



EP33 Woo²

The Magic Stream of Flow

with Colette Baron-Reid

Colette:

Welcome to INSIDE THE WOONIVERSE, Woo². That's a little bit of woo, x2. In these shorter episodes, you're going to hear more of me, like an audio journal on wooniversal topics like abundance, resilience, working with the moon, manifestation, meditation, and much, much more.

Connie:

I was playing around with the map, your amazing Oracle deck called the map today, and I pulled the Magic Stream card, which is a great one. It's a great one. It's all about how everything is connected through consciousness. I just wanted to ask you, for anybody listening today, who doesn't, maybe that's a new concept to them, or they're looking to see that concept in a new way, what is one of the most recent ways that concept has made itself apparent to you?

Colette:

So that card also talks about flow, which is why we picked a picture of a stream. So connections are moving all the time. What's really interesting that you brought that question up, because I was listening to Merlin Sheldrake, Rupert Sheldrake's son, who wrote a book on Mycelium, on fungi. That's the best way to describe this intelligent moving connection that is always alive and that all life depends on. So not only is that card about connection, that card is about flow.

So that I would say the most recent experience I've had lately is we get into that flow state and it's when I paint. I'm painting my next Oracle card deck. I'm coming out of the artist's closet. I just want to add that to my repertoire now. I'm doing the art, and I find myself when I'm painting regularly that I disappear. I'm no longer dealing with anything in my head. So it's all very, very flow. So the magic stream card would represent what it's like for me.



Then I receive all kinds of ideas when I take myself out of the picture. So I'm actually painting a picture, not really thinking, because I'm just painting what arises from me because my process is to just channel whatever comes. I think I know what I'm doing and then it turns out to be completely something else. The being, because this is guides of the hidden realms and they show up in very unique ways, I think it's one way. It's like, oh, who are you? I didn't know you were coming. Who are you?

Connie:

On the canvas, right?

Colette:

On the canvas. Exactly. But then while I just continue, continue, I find that I'm no longer attached to these opinions that I have about other things. I will often get an epiphany about something completely unrelated when I'm in that stream, when I'm in the flow. So the flow, you need to let go in order to be in flow. That rhymes. Isn't that cool? Yes. So letting go of an attached concept and just being present to whatever is, is a really special way to actually work with that card, for example. Just like, okay, I got to let go and just trust that everything's connected. I don't know, the how of anything is none of my business. I'm just going to do what's in front of me, surrender into it, even let go my thoughts, and then see what arises.

Connie:

So to get into the flow state, you speak often about meditation to get into that state. And really, that state is one of surrender. So, even praying?

Colette:

Yeah, praying. But my three best ways to do this is painting. That's my number one is art, doing art. That's my number one. Playing guitar when I do. That's also one too where I'm just like when I'm singing. But actually, I go for a walk or sometimes I just think about walking and it works. Just allow myself to be in that kind of meandering state and just look around, just being really present to my environment, and just looking without thinking. Driving a car is also a way I can get into the flow state too. I can just drive and listen to music.



Connie:

Moving, right? Some kind of movement.

Colette:

Some kind of movement. So I would say too, I listen to chill music to get into that. So music can really impact your flow state as well too. Then if I really want to get into a flow state, I will specifically choose iAwake Technologies meditation. I'll put headphones on to get myself there. So I like to use specific technologies to get me there if I know I need to get into flow, I'm out of flow. So I will actually say, okay, what's my protocol? I'm going to put a pair of headphones on and specifically pick one of the iAwake Technologies that are going to play with my brainwaves to get me into the flow state quickly. But my easiest one is going for a walk. That's what I would tell people. Just go for a walk.

Connie:

When you think about how things are connected in the universe, what type of imagery comes up for you. With the magical stream, there's a flow, there's a river. But thinking about how everything's connected, do you have any-

Colette:

Yes, I know exactly what you're talking about. Spider webs are one.

Connie:

Okay, yes.

Colette:

But the other one is mycelium. We are looking at all of the ways that mushrooms, that fungi ... not mushrooms, because mushrooms are actually the seeds of the fungi kingdom. How that all, it's wild, it's like the worldwide web. It's like the internet. It's the internet of plants. So fascinating. I've been studying that lately. It just fascinates me. So of course that's the first thing I will think of when I think of connectivity and something that is continuous and moves and is always changing. Is that it's not a static thing. It keeps moving and changing and morphing and doing all kinds of stuff.



Connie:

What is your guidance or your advice for anyone who's looking to create a connection with something or someone they don't feel connected to, but it's part of something they desire? Manifestation basically. It's like if everything is connected through consciousness.

Colette:

Hold space for it being real in advance. I'd say that. Connecting through consciousness of an experience that you want to have. Say you do want to have an experience with a person. But that it's not the person, it's how you think you want to feel around. That's really what you're connecting to. Then the universe matches it with the appropriate form. So it's really, you manifest according to the essence of what you want to see yourself having an experience of. So, does that make more sense to you?

Connie:

Yeah, really, so I was thinking from our being in the perspective of someone who's like, "I would love this job at this company." Do you know what I'm saying?

Colette:

Sure.

Connie:

Someone who wants to connect with an experience that they desire for their future selves.

Colette:

That's perfect.

Connie:

Would you recommend getting in the flow as step one to manifest that?

Colette:

Yes. So I think the first step is asking yourself what it is, getting to know your what. Playing with the what. That's the first step. That's something that you just have to, it's kind of putting all your ideas on a piece of paper and not editing yourself or judging it. Because sometimes people are



like, "Oh, do I deserve that?" We don't even want to go there. So it's really just like, what's the what? Then, what's your why for your what? Then get in the flow. The flow state always takes you away from your attachment to the result. The flow state is really like after what you know what your what is, and then you're kind of sure, you think you know your why. Because often that changes. But at least get to some of the why. Get to at least part of it, then go into the flow state going like, "This or something better now manifest for me."

But I like to visualize myself there, feeling the feelings that I think being there is going to give me, and then seeing what comes back. That's how I did it with my music career. I kept feeling the feelings that I believed that the music career was going to give me, but something else gave it to me. It's like doing readings gave it to me. Like being signed with a house. Everything that I wanted with the microphone in my hand came from something else. I got everything experientially that I wanted, but the form was different. So that's the flow state always is the point of surrender where you surrender what you want to manifest the form of it to the universe and then just see what shows up.

Connie:

Right. So when you're in that stream, you're flowing. Even though you may get scared or something, you want to hold onto a stick.

Colette:

Hold onto the stick.

Connie:

River. Let go.

Colette:

Let go the branch.

Connie:

And just keep in the flow.



Colette:

Let go of the branch.

Connie:

Yes, let go of the branch.

Colette:

Let go of the branch and see. I think that's really a big issue for all of us, the idea of attachment. I mean, that's what they're saying in a lot of the most ancient spiritual traditions. Attachment and resentments are the two things that cause the most wounding of us, that we cling on to desire. And desire is really just a fire starter. You can't keep desire, you can't keep going. Because desire will just create more desire. Then you don't get the thing because you keep on desiring. I want, I want, I want, and then the universe goes, "Oh, that person wants. Well then. We're never going to give it to them. We want them to stay in this because they obviously want to stay wanting."

Connie:

You get more of what you focus on.

Colette:

Right? So let go of the desire. Once the desire has planted the seed or turned the pilot light on, then you got to let it go.