



## EP48 Woo<sup>2</sup>

# Synchronicity

With Colette Baron-Reid

Colette:

Hey everybody, welcome to WOO<sup>2</sup> with me and my executive producer, Connie Doletti, where we just talk about, well talk about anything, anything we feel like to do with the wooniverse at the corner of Fringe and Maine. What's our topic today, Connie?

Connie:

Today, we're going to talk about one topic I love to hear you talk about, which is synchronicity.

Colette:

Love it.

Connie:

Okay. Is it possible to start off with a little bit of a description or a sure definition of synchronicity, so we're all starting on the same page?

Colette:

Sure. Do you have one handy or do you want me to do it?

Connie:

I do. In fact, I do. So this is a definition of synchronicity from Carl Young, the Swiss psychologist who says that synchronicity is a term used to describe circumstances that appear meaningfully related, yet lack a causal connection.

Colette:

Right. So meaningful coincidences. And I think that when people say, oh, that's just a coincidence, I laugh. I go, there's no such thing as coincidence. Synchronicity. You can see why



I'm so fascinated with the topic, because it is actually the mechanism of how Oracle cards work, how tarot cards work, how any divination system works and has for since the beginning of when they first arrived on the planet, thousands of years ago. And this concept of synchronicity where you are asking a question, how would these cards know anything? Why would they come up exactly the way you would need it? They tell you the exact thing that you need to hear. They tell you the exact next step to take. They reflect you in a way that is so deeply personal that it's shocking. And so I was always fascinated with how that worked, especially when I first studied the I-Ching.

Because the I-Ching is very much even how they're, they built it and they talked about it being synchronistic. Even though Carl Young coined the term synchronicity, the meaningful coincidence was part of the 64 hexagrams. And everything moves, and everything flows, and everything evolves. And yet your action here, let's say you're going from A to B, but D is what comes up next, or F, right? Because F is the important piece that you think needs to be C, but F isn't, and you've forgotten it because C wasn't right. Do you know what I mean? So it's like, okay, I have to surrender this. So it's when you put a wish out into the universe or an intention or a set, a goal, and then you take a few steps and then you just forget about it and off you go and then boom, completely without any causal relationship. How did I meet this person at this time?

Meeting my husband was a complete act of synchronicity. He had posted onto the internet, this is what we had dial up right? I was in the first (dial up sounds), and there I was in this big box and it was Lavalife. And he had posted he was staying in Toronto, he was going back to LA and I didn't even like what he said. It was just that I was struck by his face and I wasn't even there for me. I was looking for my friend who was actually checking to see if her husband was there because he was cheating on her. So we were looking through all these profiles. My intention was not to go look for my husband there, not that afternoon. It was specifically to look with my friend. And I'm like, oh wow, this guy's not even my type. He's stunning and gorgeous and I don't even like anything he says. But I am struck. I am. It's the weirdest thing. And I'm like, I don't even like what he says. I didn't! It wasn't anything. I was like, okay, whatever. And then I'm like, and he's way too pretty for me. He was a model. I was like, okay, I'm going to send him a note anyway. And I did. And literally the rest is history. Why was I supposed to be there? Why was my friend worried that day coming to my house, let's look and see and sneak and see if he's in there. And there is this other person that becomes my husband. It was a complete coincidence.



Meanwhile, I had asked, I was single and I had a series of unhealthy relationships that reflected the unhealthy parts of me. Because I take full responsibility for my choices of all the frogs I kissed, I was into kissing frogs. But when I decided I wanted a different type of relationship, I had no idea how to choose that person. Because none of my choices worked out. And I had just surrendered it. It's just like, oh, whatever. God, my picker is broken. You pick for me. And there was this person that in a million years I would never have seen. But then meanwhile, check this out, more coincidences, more synchronicities. He had the same, his music lawyer was one of my best friends and we knew all the same people in the music business. He was also in the music business. We had so many things in common that were so outrageous. How is it possible that

Connie:

You could have had a million other ways to cross your paths, basically?

Colette:

But we would never have, because he wasn't even living in Toronto, he was living in LA. There was no way our paths would've crossed. And yet we had all these synchronistic things in common. I'll never forget Anna, for example, who runs Oracle school, she's the head mistress. She had offered me a ride home, wasn't looking for a job. She offered me a ride home from an event that I had done at Kripalu. And I just sat in the car listening to her tell story. She was so entertaining. I had the best time and I left the car and this flash of this person is going to work with me someday. Then I called Jill, the person who was working with me at the time, and I said, and she still does. I think I'm going to hire this. She goes to do what? I said, I really don't know. I hadn't come up with Oracle school. None of those things had happened yet. They weren't in my sphere of availability.

Connie:

D-E-F, like, where's the middle?

Colette:

Right? It was like the Z. There was no middle part at all. So this was strange, and then of course, sure enough, she kept going to things with me and then she became the person that I asked, I



actually just told her she was working for me. She said, I'm not looking for a job. I said, yeah, I know, but I'm a psychic. I see it. So you're going to have to go along with me here. And just the best thing that's happened to the school to me, has this been amazing. So meeting you, oh my god, remember we kept saying Spirit has a plan and then the TV show that arose?

Connie:

Well, and the synchronicity of that was, I wasn't even in the meeting when you came to the media company I was working at, you had met with other people. We never even crossed paths. But when the director, he was actually walking back and I saw him walking. He had this book in his hand, this book was your book. And he said, I was like, oh, what book is that? He showed me and I was like, oh cool. He's like, yeah, we just met with this author. And I was like, wow, okay. I know I actually have a deck of hers. And he's like, yeah, we're thinking about doing a show with her. I was like, wow, that's amazing. I got so excited about it. And then he said, do you want this book? I would love to read it. Sure. He's like, yeah, here, go ahead. He won't read it.

Yeah, I do. You want to read it? And then I was literally the resident woo person at the company I used to work with. I always had a couple decks on the go. People would come over and just kind of share their stuff, like a little therapy. So anyways, and then I approached John and I said, Hey, are you guys really going to do a show with Colette? And he's like, yeah. I was like, I would really love to be part of it in some way. And he's like, yeah, well do you want to produce it? I was like, ah, yeah, okay, well let's connect you guys. And it was just right. The rest is, history's amazing.

Colette:

And then now you're executive producer of this show. And had you not left that place, because that was the other thing I was saying to Mark, who are we going to get? Who are we going to get for this? And then I found out you had left and I'm like, we're going to her, and then I called you up and I said, don't say no to me. Just don't say no.

Connie:

I'm going to tell you something.

Colette:

Just telling you something. I'm telling you this thing -



Connie:  
Right. You can't say no

Colette:  
No.

Connie:  
You can't say no. I was like, Not saying no, but I was so scared. This is the thing, right? It's like I've been producing professionally since 2003 and I filmed television, live events at every level I was like, can I do that? Yes? Ok? Then I tried it. So podcasting was the last frontier producing, and I was scared. Send me the description. I was like, can you just send me the description? I want to do a good job. I know, but you know me, I really want to do a good job. And I wasn't going to take it on unless I was like, yes, I can commit to this. Right? Yeah. So then I did, and look where we are, history as well. But it's amazing because again, the different things coming through the path. And I want to ask you, do you feel like there's a difference between serendipity and synchronicity?

Colette:  
Yeah, because serendipity is always positive. The serendipitous event brings you something that's abundant and beautiful and healing and wondrous, etc. Okay. Whereas synchronicity can also bring you into alignment with something that you really needed to work through and

Connie: Right. Aka maybe not so happy and cheerful.

Colette:  
Aka I'm not happy at all. You know what I mean? And the synchronicity is that this person's coming into your life for you to basically be kicked behind the knees in order for you to do something about the thing you've been avoiding. So synchronicity is more neutral. Serendipity is more positive.

Connie:  
I love that.



Colette:

But synchronicity always, the meaningful coincidence to me represents something. And synchronicity tells us that there is a spirit in the plan. That you are a co-creator, it's a reminder that you're not there to do all the work. It's not all your plan. The one that you intellectually come up with in your head, or even imagine, you know, have this energetic intention and you step into the world and then all of a sudden you're invited to something that you weren't going to go to, but you went. And then the most important person you've ever met is sitting in front of you or you're offered a job in the perfect job that you've ever wanted. But you almost didn't go right to this thing but there it was, synchronicity that person also wasn't going to go.

Connie:

So many examples.

Colette:

There's this invisible matrix. So if you look at synchronicity too, as a glimpse into the matrix of connections, we don't see the connection, we don't see the causality. But there is causality. There's a link somehow between your intention, whether it be conscious or unconscious, your destiny, the blueprint that you're here to express, and the meeting and events that occur that match that you didn't do anything on your own accord to make that happen. You just showed up. You know what I mean? And so

Connie:

On your conscious accord.

Colette:

Correct. You weren't conscious, you didn't take step A, B, and C. If I do this, I'm going to get that. That's not what happened. I intend this, I'm turning it over, or I've forgotten all about it. And then all of a sudden, oh wow. All the things that I had wanted, our place, our place, Mark and I had meditated and we both came up with pictures and images of a place that would be our forever home. And I didn't imagine what he saw. He didn't really imagine what I saw. But we just decided to tell each other what we saw. We have the exact place that both, all the details that both of us saw together in the one bubble that our farm is exactly what both of us saw.



Connie:  
That's incredible.

Colette:  
What he saw is there. And I didn't see, and what I saw was there that he didn't see. But what we both saw was all there.

Connie:  
Wow!

Colette:  
It was freaky. And what did you see that, yeah. And then all the dragonflies everywhere was trippy. So like these moments of recognition, that's the other thing. Synchronicity requires us to recognize it. It's that moment where it's not a meaningful coincidence if you don't recognize it. If you don't see it.

Connie:  
That's right.

Colette:  
You have to identify it. Oh, that is a meaningful coincidence to me. That's interesting. And it really makes, certainly it is a sense that there is order in the world. There's that sense of divine order.

Connie:  
Oh my gosh yes.

Colette:  
You and I used to say all the time, spirit has a plan, spirit has a plan. Cause it took us three years to get that TV show off the ground. Right. They kept saying, they kept saying, yeah, no, not this year. Yeah, no, not this year. But then we, let's turn it over if it was meant to be. And if we are here, we have this friendship that developed. It was synchronous, and then we had all these things in common and then turned it over and we forgot all about it. And then the phone rang.



Yeah. Oh, by the way, they wanted this show now. Right? Right. It's like, oh really? We moved to the states. Well, we were living in the States.

Connie:

Right, so now we're going to come back. We have to come back. Exactly. And you've given examples of these big shifts, but you're also sharing that these are like people have said, cosmic breadcrumbs that can be small little shifts and leading you to the bigger ones. Like hearing a song on the radio that's telling you that message or bypassing people on the street and their conversation is literally Exactly. And well, that's answer.

Colette:

There's a name for that, which is called a cledon, right there. That is an innocent oracle where you overhear something. Because that actually came from Greek civilization. Part of the average everyday expectations was that the God Apollo would speak to them through an innocent party, that they would overhear something in the market square so that people would actually pray to the God Apollo for an answer. And they would go directly into the market square and wonder if they overheard something, if it would come up above the din. And for us, it's a billboard, it's a bumper sticker. It's the things that we see every year.

Connie:

11:11 on the clock. It's like all of these things, right?

Colette:

11:11, my husband always saw 1111. And I saw, and that's my favorite thing, like, oh, you see, everybody sees 1111. But I always think it's the coolest thing ever when somebody tells me that they've seen it. But Mark and I, he's a 29 11, I'm a 38, 11, we're 11, 11. We see 1111 all the time. But those little God shots of those moments that you recognize either hearing a song on the radio or one of my favorite stories was that one where there was a girl who had saved up and got an RV and really wanted to go on this vacation. And she was a client of mine. And then the day before, there was a song on the radio playing at her sister's house, and the sister was on the phone with her. But she says, oh, I hear that music is so loud. What's that song? She goes, it's not loud, it's that please don't go by so and so. And so it was like a sixties song. And she goes, oh, right. She goes, wow, that's so loud.





She goes, it's not loud at all, so I can barely hear it. It's the other room. And then she was like, Ooh. And she felt that she shouldn't go, but the boyfriend said, oh, come on. And she goes, yeah, but you know Colette, she was studying something with me. And she goes, yeah, I don't know my intuition. He goes, oh, screw the intuition. That's just that woo woo stuff. So they get in the car, in the RV rainstorm, whatever Jesus takes the wheel is on the radio. He hates Carrie Underwood, the boyfriend. So he goes, oh bleh. And he changes the channel and he goes, oh, I want to hear Outlaw country or something. And he changed the channel and he couldn't get any other channel. And then he went to another channel and there she was again with Jesus. Jesus. Take the wheel, the wheel. And immediately a big giant tractor trailer thing was coming at them swerved because it was very, very wet.

She took the wheel, grabbed the wheel, and they avoided what would've been a terribly tragic accident, but she'll tell the story that way. That Jesus take the wheel came up. She goes, I knew it was that we had something was going to happen. And she said she was on alert because she felt it. So she felt it was a coincidence. Right? So the synchronicity, Carrie Underwood had no idea she was going to prevent an accident. Right. She is the innocent party on the radio. So yeah, it's really interesting when you're aware of synchronicities in your life and you become more aware of it, how they show up. They start to show up in so many more ways when you become conscious of them. And then there's times where a rock is, a rock is just a rock or a song is a song is a song. But a meaningful coincidence is something that genuinely speaks to something that you're thinking about or that you're concerned about, you need an answer to. And then the world just seems to move in your direction together, in your favor and the dance begins and then all of a sudden, boom, there It is. And you did nothing to make that happen.

#### Credits:

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