



EP49 Woo²

The Magic of Vision Boards

with Colette Baron-Reid

Colette:

Welcome to Inside the Wooniverse, Woo², plus a little bit of Woo times two. In these shorter episodes, you're going to hear more of me, like an audio journal, and universal topics like abundance, resilience, working with the [inaudible 00:00:23], manifestation and meditation and much, much more.

Hey, everybody. Welcome to Woo². This is a segment of Inside the Wooniverse where me and my executive producer, Connie Diletti, basically talk about anything that you want us to talk about. So here goes. Tell me, Connie, I'm never prepared, what are we talking about today?

Connie:

Well, if you're listening to this live, being published in 2023, you're in the midst of your vision board challenge-

Colette:

I am.

Connie:

... for 2023. Yes.

Colette:

I am. I know how to talk about that right now.

Connie:

Oh, my goodness, you do. For anyone, whether you're in it or not, you have such an amazingly interesting take on vision boards. You say it's rooted in a lot of things that you've read and things



that you've experienced, but you also have evolved your process as well. Let's start with what is a vision board?

Colette:

A vision board is a tool. It's a representation, a visual representation, that has both pictures and words on it, like affirmations or things that represent the vision for your life that you are intending to experience or manifest. That's that old school term, the old school new thought, no longer new thought idea, about what you want to bring into your life that year ahead. I have done one a year for over 35 years, so I don't think I'll be... My husband and I have done one every year since we've been together. I've never not had one.

Connie:

That's amazing. Yeah.

Colette:

I still do mine old school.

Connie:

Okay, so let's put a little pin in one question here because you mention intention. I know in the challenge, because I've done it multiple times with you, is that you talk about the difference between intention and a goal. Can you share that with us?

Colette:

When you set an intention, you set an intention to experience something. That's how I like to look at it. I'm intending for this to occur and for me to participate in. It's a little broader because when you have a goal and you meet the goal, then all of a sudden, you're at a destination point, and then what?

Whereas, an intention is an ongoing experience. I intend for this, as opposed to I'm going to ... This place in the future that where X marks the spot is what I'm going for. This is totally different. I am choosing, and consciously, that I am going to have this experience and I can do this in advance of the actual experience. I can also be a lot more loose and open to the form of that.



When you set a goal, it tends to be a little bit more ... Nothing wrong with goal setting, by the way. I do set goals, too. I want to meet a certain marker by a certain date. But when you set a goal, it's very defined.

You can get into trouble on a vision board when you set a goal because you literally are defining it by its form. Whereas an intention is much more about how you actualize and how you evolve through having an experience that is ongoing. So it's very organic. It's not defined by its form. It's defined by its feeling state. Again, subtle. Nothing wrong with goal setting. Nothing wrong with that at all, but I added the concept of intention because you can enter into the world with curiosity. Oh, I wonder how this is going to appear? As opposed to when you set a goal, you're going for something very specific.

Connie:

You also talk a little bit within the vision board challenge, but, again, you don't even have to be in the challenge just to understand that. When we talk about the evolution of vision boards, that maybe once upon a time when vision boards and the concept hit the scene, they were very acquisitional. I want this, this, this, this. But the way that you present a vision board and vision boarding is not acquisitional. Can we speak about that a little?

Colette:

Yeah. I first learned it, it was called a treasure map. I learned it at Unity Church 37 years ago or 36 years ago because I even remember when I went and saw it for the first time. I was like, "Whoa, what is that?" It was taught that God wanted you to be abundant. Yeah, that was about I want this, this, this, and this, very much like how The Secret became so popular. It came out of this idea that we can manifest or get or acquire any kind of material thing that we want just by the intention of wanting it in some way. That's like looking at the universe as Santa. You know what I mean? I'm putting this on the list. I was very good, so give it to me, which is not about that so much now.

I think that I'm not the only one that's been evolving through this. You know what? I feel that we actualize ourselves as human beings. We embody who we are through the out-picturing and the relationships that we have with the experiences that we want to have. We're in relationship to those things, and we grow as a result of them. It's really more important is how are we going to



grow and be fulfilled and have meaningful experiences, than getting stuff that we think is going to give us the experience. Because, honestly, what do you want the thing for? In the beginning, nobody ever asked me that. Why do you want that? It's like no. I was like, "I put it on the board." I remember doing a whole board on getting married. My friends had all gotten married, and I got exactly, literally, the guy that I ... Firstly, my starter husband looked exactly like the guy in all the pictures. Honest to God, he could be ... Mush them all together, we would've got him. I forgot to mention how I wanted the experience to feel. Not to say that it was a mistake. It was a learning experience, but it became very much about the surface. What does it look like?

When you take pictures, that was all it was. I did manifest certain things. I put a picture of a Joshua tree, which I didn't know what it was. I just thought, oh, that's an interesting looking thing. Then my affirmation, I travel to new and exciting places. I ended up completely without any planning, I went to visit my friend just outside of Los Angeles, and we went for a drive. She wanted to take photographs, and we ended up in Joshua Tree. I was like, "What's that sign?"

Connie:
Where are we?

Colette:
There are times when it will absolutely align like that, and that's why I think it's a bit confusing for people. I don't want people to think that they can't do a vision board and add very specific things. It's just I want them to think about why. You so want this one thing, but really, if you ask yourself why you want that thing, it's because you believe that thing is going to provide you with a certain experience.

It's been my experience too as I've done this over and over and over again, it's more like I've gotten a lot of things, but they didn't give me what I genuinely wanted. I didn't find what I was looking for. Therefore, I turned it on its head and go, well, let me experiment with this. What if I really got clear about the experience and then let the universe decide what it's going to match. But I'll still put a picture up because I still want to feel a certain way by looking at an image. I'm not going to be attached at all to whether that image is exactly correct or not. It's that I am going to be in a relationship with a certain feeling about myself as a result of experiencing or attaining or becoming fulfilled in these ways. Then it's like, wow.



It can also be added to the descriptors that you think you think you want. That's the game. It's like, well, oh, I got what I wanted, really genuinely how I felt, how I wanted to feel from this thing. I thought it was going to come from that thing, but it didn't.

My perfect example of this is my recording career. Okay, this is embarrassing. But for 20-

Connie:
I love it!

Colette:
... years on my fricking vision board there ...

Connie:
Right. There it was, the microphone.

Colette:
... I actually wrote ...

Connie:
Good.

Colette:
Yes, I whited out ... I put my name on Billboard. I whited out-

Connie:
Amazing. Yeah.

Colette:
... my name, put it in. Capitol Records.



Connie:

I'm sorry to interrupt you, but you have so many amazing examples of your oh gee Photoshopping, like craft Photoshopping. It's one of so many amazing examples. Please continue. So good.

Colette:

I cut out magazines and I took Capitol Records out, and I was determined in my head that would be it. I failed miserably every year, but I'd still doggedly put that on there. Okay, like flap-

Connie:

Capitol Records, yeah.

Colette:

... Capitol Records and all this stuff. Then finally, I gave up because it was too painful. I wasn't getting anywhere. I thought that the music career was going to make me whole, that the experience of being a successful singer-songwriter was going to make me feel fulfilled emotionally and spiritually, that I could take the stories and my difficult past and turn it into something that could help somebody else by them hearing my music. Every musician wants the public to be moved by their music.

Connie:

...an artist. Yeah.

Colette:

As an artist, and that I am an artist. Then finally, I just gave up. I was like, oh, forget it. It's just like, what am I doing, after one record deal after another one fell through, literally, literally. Oh, gosh. So finally, I just gave up, and then I met somebody who suggested that, "Well, why don't you do a meditation CD?" which then happened. Actually, I won't go into too much detail, but bottomline is somebody from Virgin Records had heard it. Me and my partner Dina released it just on our own mini label. It became so successful, just all organically. Then this guy from Virgin Records had heard it, and then a lot of different people, my friend and lawyer Steven brought me basically to EMI Music, which was Capitol Records. I got the record deal, but it was



20 years later. I liked going to bed at 9:00 at that point. The thought of, what? I have to go play in bars at what time?

Connie:

At 11:00. Yeah.

Colette:

11:00? I was making very, very good living as an intuitive. I was helping people. I was able to share my experience, strength, and hope. I was also in recovery, in a 12-step program, all that time. So everything that I wanted my music career to give me, I was already experiencing in different areas of my life.

Thank goodness that I didn't get this any sooner because I recorded my first album and worked with phenomenal Eric Rosse, who worked with Tori Amos. I had the best production team. I'm so proud of the record that I did. I'm really, really proud of it. But I wasn't meant for the business of music.

I remember leaving our Canadian version of the ... the Canadian Grammys. It was snowing. It was our Juno Awards. I was the teacher's pet because Dean Cameron, bless his soul, he's passed away now, but he took me under his wing. A lot of people were resentful of that in the company because I was older. I was 40. That was all they talked about in the press, that EMI took a risk, a risk on a mature artist because they don't talk to anybody after the age of 28. I couldn't find a manager. It was crazy. Anyway, whatever. But he was so supportive of me. But there we were. People were snorting coke in the bathroom. Not him, he was not at all. But I was really unsafe.

Connie:

The scene, the scene.

Colette:

The scene. I was in the music scene. So I sat there, we were at this restaurant, and I had two entire dinners. I just kept ordering food. There was all this wine everywhere. Meanwhile, I'm



sober. I literally turned to Dean and said, "I have to go home now." He goes, "What?" I said, "I have to go home now."

So I sat, a little me, at the back of a limousine in all the disco ball colors inside the stretch limo. There I was, little me going home because I couldn't. I couldn't go. I just could not go. I wasn't safe. I realized, I don't think I can do this business. I'm not cut out for it. This is just not ... no. But I still wouldn't give it up, but until finally ... Then out of the blue, I ended up ... I was still doing readings, of course. Then a client introduced me to somebody in London, England. I thought I was going to move there. Then they connected me to Hay House and, basically, the rest was history, and I found my calling. I already answered my calling, but I kept thinking it was temporary. But yeah, then I wrote books, Oracle cards, and the rest is history, and I'm still doing music as a hobby now.

Connie:

But you reverse engineered ... Like you said, if we bring it back to the vision board, that what-

Colette:

Exactly.

Connie:

... you put there, the symbolism. You speak about putting things that are symbolic. So if we just look at the symbols. So the Capitol Record, a label or the industry. The microphone, as in your-

Colette:

Microphone.

Connie:

... voice.

Colette:

That's right.



Connie:

Right? Your voice is amplified.

Colette:

That's right. Yep, amplified voice. Yep.

Connie:

First of all, yes you did. You were a musician and you still are, but then you evolved or you held the space and released. You surrendered. You said, "I stopped putting it on my board." Then, of course, that's when, like okay, fine.

Colette:

Okay, now we're going to give it to you.

Connie:

Now we can bring her something.

Colette:

Now we can bring her something to see if she really still wants this. That's one of the reasons why, because I have proof. I have the boards, I have the proof. I have the experience. Knowing your why for what it is that you want to put on there. Why do you want that? Why do you say that you want to experience? Why do you want that thing that you say that you want on there? What are the consequences of that desire or that commitment to have?

That's why acquisitional boards come with a lot of stuff. I'm not sorry for the experiences, the lessons that I learned from that. But now, I don't want to learn those lessons. I want what's best for me.

Connie:

Well, yeah. Because you learned those lessons and because you made boards like this, here you are on the other side saying, hey, take a little page out of my book and that maybe take a minute in your journal, because you also speak about this, take a minute in your journal to really define



and really capture and discern how do I want to feel? That's the reverse engineering. From there then, get your images and your symbols that really speak to those feelings that you want to feel.

Colette:

Yeah, and the word want is also a tricky one too, because desire is only good to start it.

Connie:

The fire starter, yeah.

Colette:

It's really about the calling to something. A vision board can really give you a lot of ... It can be a lot of fun because you're like, ooh, I want that and I want that. But what did that do for me and others? It's really about the embodiment of the experience and who you become as a result of it. That's the approach that I take is who could we become?

And also to dive in, why do you want that? I didn't realize I was coming from a real deep place of unworthiness and lack. Of course, the music business did not help with that at all. I was overweight. I was too old. I was a woman. I had all those strikes against me, that somebody said I was old enough to be Britney Spears's mother. I was blonde at the time too.

Connie:

Now, there's such a massive push for inclusivity that it's just different times, different times. Yeah.

Colette:

Eric and I got back together again, and we were joking around thinking that we would call our band Two Old Farts. Instead, we called it Social Magic, but now nobody knows that it's us. So we decided, "Oh, screw it. Let's just put our names on it," because we're a band now. That's so funny.

When you do a vision board, you're actually committing to change. You're committing to evolve. You're committing to embody a new, improved, hopefully, version of yourself. Or if not, you're committing to face your demons. You're there to face the shadow. Because once you place that



there, who do you need to become in order to experience that? Sometimes you have to go back into adversity for you to really appreciate ...

Connie:

Right, what do you need to move through, yeah, to get through. Yeah.

Colette:

Yeah. It took me a long time. It wasn't overnight like, oh, I get it now. But it can be overnight for me now because of my experience and my wisdom that is hard won. So that's why I'm teaching it this way, to get people starting from this point. People are like, "Well, what about the thing I want?" I say, "Well, you can put it on there too, but do this too." Really focus on the actualization piece. Who would I become? Then let the universe pick the form. Let the universe pick the form.

Connie:

That's the magic.

Colette:

That is the magic, and it's always a big surprise. You can always be grateful. To be honest with you, I find that when hardship comes up, because a lot of people they, "Oh, hardship means I'm doing something wrong." I'm like, "Uh-uh, uh-uh-uh, that's how we get sharpened." It's the edges that bring us more clarity and the sharpness and the humility that we need to be present in life and to also consider that right now in our lives ... I always like to think of compassionate prosperity and the idea that whatever we do is going to somehow help reduce the suffering of others. That's also part of that. So whenever I want something, I think about, okay, well why do I want that? Sometimes I just want it because I love beautiful things. Sometimes I want to enhance because I've got my Libra rising and Venus and Gemini and all. I don't know, I love beautiful, pretty things. Those are those frivolous things.

But for the most part, if I am wanting to experience the success of something, I also have to recognize that I need to be open to all of it getting there and not to make a judgment on anything. Because sometimes you go off on a detour that you need to go on.

I went around the bend a couple of times to get to where I am today. Looking back on it, I don't judge anything that I have done as taking a wrong turn. It's all good.



So vision boards, magical, and they are wild. That's the other thing too, is like, don't not put something on there because those are the easy things to quote-unquote get. Those are the crumbs that it's like, oh look, magic! Don't give up! Something exact. Then you look back on it going, wow, I became that. I really became that person.

Like somebody wants to be a famous guitarist. Well, are you practicing? That's the other thing. The vision board is the preparation for the action plan. You still have to act. You don't put it on the wall and just go, I wonder what's coming, knocking at the door. One step towards the gods. I think maybe it's two steps towards the gods. Step one, make the board. Step two, get out the house.

Connie:

Yes, and start something-

Colette:

Start something.

Connie:

... in that direction. Yes.

Credits:

Woo² is a production of Wooniversal Network Studios. A special thanks to our recording engineer, Kristy Pui, executive producer Connie Diletti, story editor Julie Fink, and post-production audio by Lonnie Carmichael.

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