



## EP50 Woo<sup>2</sup>

# The Power of 8

with Colette Baron-Reid

Colette:

Welcome to Inside the Wooniverse, Woo<sup>2</sup>. That's a little bit of Woo times two. 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.

Colette:

Hey everybody, it's Colette Baron-Reid. You're listening to Inside the Wooniverse, and I am bringing to you these little mini blabbermouth things called WooSquared that I get to do with my executive producer, Connie Diletti.

Connie:

Oh my gosh.

Colette:

Where we just talk. We sometimes talk about things you ask us to talk about and other times we're talking about things that we think are interesting. So today, what are we talking about?

Connie:

Well, today we're going to talk about The Power of Intention and the Power of Eight and make a little mini plug for season three coming out May 2nd. We're kicking off with Lynne McTaggart, and so I thought let's talk about Lynne, the Power of Eight, and The Power of Intention.

Colette:

I love her and I am so excited that she is going to be kicking off season three. The Power of Eight was a book that Lynne published a few years ago and it described something that I had learned from one of my early teachers, the different healing modalities that I studied way back



when I think, oh gosh, like 30 years ago plus. I had a teacher who talked about the power of prayer and the power of healing prayer and intention in small groups where it wasn't about you, it was about the other people. So the gist of Lynne's work was the evidence, because she's a researcher, she's a scientific researcher, and it took her many, many years right before she came out and produced this book, which was a description of all the evidence that she had gathered about the impact on these small groups.

Specifically, in her case, she claims that it was eight people, in our case it was six people, but hey, everything she described in the book, we experienced in the groups of six. It was like six to eight kind of thing. So it was a little looser the way I was taught it, but it didn't matter because I went and did it again. Once Lynn's book came out, I was like, I want to be in a group of eight. So it was a very, very interesting thing. And I started adding this as a part of my masterminds that I ran the concept of group intention. So I have been a student of Lynne's for a number of years. I've taken all her courses, all of them. As soon as they're on the internet, I wanted to see The Power of Intention. I was there when we saw evidence that a leaf woke up basically with all our prayers at it.

It was amazing. So we know it works and her posit is that there is healing that can occur on my experience is it's not so much about healing as it was about a sense of empowerment. We never did anything about someone's illnesses, for example. And that's what hers is. And I do understand why it took her so long to actually gather the evidence because that's pretty radical to say that state people in a group, people have remissions from different diseases and stuff. But what we saw in my groups, because it was in the beginning of me going to Unity Church and doing treasure maps and manifesting and all that kind of stuff, is that a person's psychological blocks would basically melt away from being in alignment with the life that they wanted to live.

That was really clear that whenever we got into got together in groups, everybody felt amazing because you'd be praying for the other people so that they receive the blessings of the universe and that they're capable of completing something or it was usually about something they were doing, not necessarily something they were being healed for.

And everybody had epiphanies and everybody saw things melt away and everybody saw, in their lives, saw evidence that being prayed for, not asking for anything, just these, when other people



hold space on a consistent basis for you, and this is this power of intention, things actually happen. But they were always for the highest good. So I remember this one incident where we were all holding space for this person. This person was with a partner who was having a lot of problems. So her intention was that her situation would melt into a loving scenario, a loving partnership. So really fast they broke up, right?

Connie:

Cause that was on the wall, right?

Colette:

That was, yeah. And then within a year, the qualities, because she was like, she would list out the qualities of what she wanted and she believed that those qualities, the potential of those qualities were in her current partner.

But it was interesting. So sometimes you get evidence that things don't go the way you think they should go. And then bam, every single thing that she intended or we intended for her, I think it was only six months later, I thought it was short. It was very short period of time. And then so being really surrendered to see what the form is, like that's the other thing. Not being attached to something happening, just receiving it is a curious experiment. So I think you really have to step into it like it's an experiment. You know, "I'm going to do this." And if she calls it that, she does call it that, right? The intention experiment, she calls it that with her power of eight. But we experimented and that was what my teacher said, experiment with God is what she said. Experiment with God. And so yeah, we would pray for other people and on a weekly. Get together, sit there and hold space with that person so that they are highest good could become manifest. And sure enough, bam. Yeah.

Connie:

Yeah, that's it. It's making me think of, I grew up in the Roman Catholic Church, so during a mass, be into these intentions and the entire congregation would say, "Yes, I pray for this." And then thinking about how even just really old school places where there could be nuns, for example. You know, you send away an intention for them, another collective of people to pray for you or someone you know.



Colette:  
Yeah.

Connie:  
I mean it seems like this is like...

Colette:  
This is not new. I know.

Connie:  
It's not new yet. The way that, like you said, at Unity Church, now all of a sudden you knew your whole group, you knew everybody. Everyone was vocalizing their specific things that they wish to create and be supported in. And then there you are, and yeah, you're feeling great because you're giving something, whether it's a prayer, a positive intention like, "Yeah, I hope," some hope that...

Colette:  
What you do too is you acknowledge... It's like you're acknowledging that there is a consciousness that is abundant and that it is possible. He 100% healing is possible for somebody. And again, going back to Lynn's work, she has evidence that these things that are impossible, she has seen the impossible become possible. And now I know she actually has courses in it and creates these groups and you can get coached by her and these. It's extraordinary. That's why I wanted to talk to her too, also because she's really a, she is a science person. She does not... She will not produce anything that she hasn't seen enough evidence for. That. Then she could say, "You know what? I can put my name on this." That's why I respect her. Because I mean, listen, I have Oracle cards and I talk to dead people and I'm funny and all. So there's like...

Connie:  
... not taking your word for it more better take Lynne's word for it.



Colette:

Anecdotal. But then when I get so excited, people like Lynne McTaggart publish something like this that I've had experience, personal experience with, I'm going, "Yes, that's exactly what I learned." And then I'm like, "I want to do that again." So yeah, I am thrilled. So anyway, so I guess in essence, if you're listening to this, getting together with friends and holding space and praying for the highest outcome for whoever, the most respectful outcome, the most, the highest outcome for whoever it is in the group, like go around in a circle. If you can do that, it just, well, plus it feels good to do something for somebody else and you're not thinking about yourself because then you get the benefit. That was the other thing. The more that you do for others, the greater the benefit for you. It's something that just happens. You don't do it for that. I learned that in recovery too, that the more I became less self-centered, the more myself was happier.

Connie:

Yeah, the attention is on intention, and intention is on all. And we are connected to all, but only when we're focused on that small self, things get small.

Colette:

Things get really small.

Connie:

The me me me.

Colette:

Smelling. Exactly. Yeah, no, it works. It's really cool. So anyway, it was amazing and I'm so excited for people to be able to hear Lynne actually talk about it because it's...

Connie:

Oh, it's going to be great.

Colette:

Get the book. Oh my God. The power of age books.



Connie:

Yes. Yes. And we'll, we'll have links in our show notes and I think Lynn's actually starting, she does every year. I think she does like her Power of Eight, like a masterclass and yeah, I'm going to actually confirm then and then it will be in the show notes. Yeah, that it's coming out in the beginning of the year, January, February. So we'll get that to you.

Colette:

Yeah, I'm excited.

Credits:

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Thank you again for listening, and we hope you join us next time for another episode of Inside the Wooniverse, a podcast brought to you from the corner of Fringe and Main.