



## EP59 Woo<sup>2</sup>

# What is a God Box?

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...

Hey everybody, welcome to Woo Squared. This is Colette Baron-Reid, and we are inside the Wooniverse. We are still inside the Wooniverse. I'm here with my producer. I've called you executive producer because that is your job title. Connie Diletti!

Connie:

Hey!

Colette:

And we are talking about different subjects. Basically anything goes. Mostly we answer your questions that come in to our inbox that tell us what to talk about. So Connie, what is on tap today?

Connie:

Today is a question we've received a lot of questions on. You've mentioned this before in some videos, and the question is, what is a God Box? And then what is it for?

Colette:

Oh my goodness, I love my God Box. Okay, so what is a God Box? This is something I learned 37 years ago, and it can be called anything. So it is an actual box. Let's just go there. This is a box, a real box, or it is an ornamental... Can be a cardboard box. Typically, it's smaller... It's not a giant



box, it's a manageable box. And/or I have a kind of beautiful beehive that I open up that's a box. Right, so it's something you can put something in with a lid. How's that? Like a pot.

Connie:  
Okay.

Colette:  
Right. So it's a container. So how about that? So its metaphor is that you are choosing this box as a sacred container. So you're kind of indoctrinating yourself into the dynamic relationship with God, with what you put in the box. So I call it a God Box. I've called it other things, Spirit Box, Wish Box, Prayer Box, where you write letters to God. And what we do is we put our intentions in the box. So we write out our intentions. At the beginning of the year, my husband and I do this together. We actually still have to do ours. We take them all out from the year before and see what we see.

Connie:  
Okay?

Colette:  
And so they're really about your intentions that you surrender to God. So it could be called a Surrender Box if you're don't want to have a God Box, you know what I mean? And so you're surrendering it to the universe or to God or to your Holy Spirit, divine matrix, whatever you want to call it. You are surrendering your needs, your intentions, your desires. Boom! So you're saying, I intend this, I desire this, I want this, I want to contribute this, but I'm putting it in this God Box. I'm going to close the lid because I say I surrender this to you. Right, so to do with as you will. And then we see what happens a year later. Then you open the box a year later, and then you see... And you're usually severely freaked out because in some form... It's kind of similar to a vision board only it's just... It's a box. You see what actually happened that relates to the things you put in the box.

Connie:  
So can you backtrack just a bit in that? So the God box is an actual box, a container.



Colette:

And it's like a ritual.

Connie:

And it's a ritual. You designate it to be a sacred space where this is your communication with God. And are you using tiny pieces of paper? Are you writing massive letters? How do you phrase this?

Colette:

No, I'm using tiny... I'm using small pieces of paper, and then I roll them up in a ball and I throw it in.

Connie:

Okay.

Colette:

Yeah, and sometimes I also can't figure something out. I can't figure out how do I make peace with this person? It's like, I'm still struggling about so-and-so. I need an intervention from you. I can't do it. You can. So I'm going to let you. Right, because let go the branch. It's like your claw marks are on something. I know! I have to know how to do it. No, guess what? You might not know. So give it to God. Say, you know what? I can't do this. I'm going to surrender my will in my life over the care of God as I understand God. And in the box it goes. And then you just close the lid and it's an action of surrender. So it's an actual ritual action of sacred surrender where you're writing things down and plunking it in there.

Connie:

And once you plunk it in there, you are not going back into the box and looking...

Colette:

No.

Connie:

Would you suggest not any time sooner than a year?



Colette:

I like a year. I always do it once a year. I've done a God Box literally for 37 years. I have had 37 God Boxes. 20 with my husband, because we've done one together for 20 years. 20 of those years. Yeah.

Connie:

And do you use a new box every year?

Colette:

No, no. We have the same one. We bought this beautiful... It's a ceramic, like a beehive, right? It's just gorgeous. And then it has a lid. It's ceramic inside. It's all gold. And we just put it in there and we close the lid and it's decorative. So it sits on our living room table all the time.

Connie:

So do you have any examples of something that you saw a year later that was...

Colette:

Yes.

Connie:

Okay, let's hear it.

Colette:

Our house. So Mark and I were living in Westport, Connecticut. I'd had a TV show, of which you were my producer, remember?

Connie:

I remember.

Colette:

Do you remember that show?



Connie:  
Oh, yeah.

Colette:

We were living in the U.S., but I had a TV show in Canada. You were the producer? And that's how you came here. So I actually didn't put a TV show in the box, which was interesting. But we were looking for a house. So Marc and I... We kept saying that we were in the house before the house because we never felt like it was our forever home. So I said, just for fun, let's do an exercise about our forever home. I knew what I wrote, so I wrote all these details about the house. But at first I prayed, I meditated and I saw it. So I'm like, oh, that's wild. Okay, I wouldn't have thought of that, but let's put it down. So I put all these details, and I'm not going to say what the details are, but they are details.

And then Marc put his details down and his details were wild. And when I put... We talked about it though. This would be our perfect... Let's pretend we were writing about our perfect home. What would it be if we could have visualized it together? And he put something down. I'll just say what his was. His was a Frank Lloyd Wright architectural build. Now we were living in Connecticut. That's where Frank Lloyd Wright houses were but they were so expensive. So I cannot sell enough Oracle cards for that. Okay. Right. So...

Connie: Fair enough.

Colette:

So it is highly unlikely that we are going to get a house like that, but why not? That was what he wanted. He put it down. So all I will say is that three weeks later, not a year, not a year... Three weeks later and it went into the box... A phone call came. And to my specifications, which would be... I'll leave some of mine... Exactly one and a half hours outside of city. Exactly a farm. And exactly with a well. I wanted a well on a farm but that it had to be an hour and a half outside of the city, because in the middle of nowhere, that's what I wanted. It was a Frank Lloyd Wright architectural copy. It was a copy.

Connie:  
Pretty close. Pretty close.





Colette:

I was okay, that's close enough. So it was just uncanny. We didn't have to wait a year, but we really surrendered it. And I didn't believe... I'll be honest, I know people say you're going to see what you believe. I was just like, I'm giving it to God and whatever you come up with, but let's do it. Let's actually do that and surrender it. And three weeks later, the phone came and we had to move to another country.

Connie:

So you can in tandem work with a God Box and a vision board, because we're coming off of your visual challenge, right?

Colette:

I work with all of it. Honey, I'm the Woohoo Queen when it comes to these things. And plus, I love it. It's artistic and it's an action because I like to hold onto things and think I know better often. So for me, it's a practice of surrender is the God Box. But it was pretty crazy because we pulled it all out of the God Box. Marc! Let's pull out those things. Look, look, look, look, look!

Connie:

Yeah. Yes. Yeah, absolutely. And you have. So for anyone listening today, so a God Box is almost like if you've made a vision board that the God Box is... You can also speak to some things on the vision board in the God Box, but as time goes by...

Colette: Oh yeah, an adjunct to the vision board.

Connie:

Yeah, like an adjunct. But also to life, generally speaking, when you need help or when you need guidance or you desire something. You have some inspiration, looking for clarity. Literally, it's kind of a catchall to...

Colette:

Yeah, and it's not always going to manifest that way either. So maybe you have visions that you're going to be an author with a New York Times bestseller, right? I mean, I never got a New York Times bestseller, but the year that I put New York Times bestseller in my God Box, I was a



number one bestseller in the book, *The Map*, for five or six days. I took photographs of it. I never got *New York Times*, but it was a number one bestseller, but not *New York Times*. So that was good enough for me. Thank you. You know what I mean?

Connie:

You accepted that. Thank you.

Colette:

I'll always have those pictures. Yes, I accept that. And often, most of my Oracle cards got to number one for a few days. Well it doesn't matter anymore. I don't have that kind of need for those things today. It would be great. But it's not necessary.

I have a great life. I don't have to have those things to make me happier, to make me feel whole or whatever would be nice, fantastic. That means all you lot liked it, but it doesn't really matter. And I always say to the caveat is there is something better now manifest for me in divine appropriate timing? Thy will be done, not mine. So that's what I always put. So for me, if it doesn't come, I'm okay. I've got that so down right now. Oh well, I might be disappointed for this much. That used to be days. And now I'm cool, that's fine.

Connie:

Could you also use this box to... Because there's also a potential of making a prayer, and even for someone else under the Law of Grace... If you want to create a prayer for someone?

Colette:

Under the Law of Grace, but you can't influence anyone. I believe in the power of prayer. Sometimes you have, Lynne McTaggart has group intentions for people who are ill, but that person is given permission. Yes, you can pray for me. And then yes, we can set intentions. Churches have prayer. We used to have a prayer board on our website a long time ago. Maybe we'll put back again, who knows? So you put your prayers there, you say thy will be done. So the act of it is not as important as what happens on the other end. The generous act, the grace that you even cared enough to do that, to send your energy to someone else. Send this love to somebody else that I can't speak to. That kind of thing.



Connie:

That would be okay too for a God Box.

Colette:

Yeah. Yeah. But you can't say, make John leave his wife for me

Connie:

Right, the warning of the God Box.

Colette:

Dear God, make John leave.

Connie:

What it is and what it isn't.

Colette:

She doesn't love him, I do. I've heard, I've had that from people. That's not how we do this. No, you cannot influence anyone that could hurt someone else. This is do no harm.

Connie:

Do you have any final thoughts on the God Box or...

Colette:

Yeah, I encourage people to do it. Do it for fun. Just do it because. Especially if you are looking for new tools. I love creative things. So if you want to get creative in a way, they're beautiful, you can decorate them. You can get a shoe box, decorate the shoe box. Put a little slit on the top, put it in like the suggestion box, right? And then just do it that way. I just love the tools like the vision board, you can look at it. It's a way to keep you focused, and surrender is not easy for people. So practicing surrender by putting it in a box is really something. And knowing that God's got that. I've had incredible stories because I'm in my Masterminds, I'll do a God Box exercise with everybody, and it can... Sometimes people keep it for two years then go back. Or they leave things in that weren't taken care of, or then they'll take it out cause they don't want it anymore, right?





Connie:

It's like an inventory when you look at it to say, oh, do I have, am I even still aligned with this?

Colette:

And by the way, too, for self-healing, help me heal this. That's the other thing in me. Give me the courage. So help me be willing to be willing. Those kind of things I've written down in my God Box. Give me the courage. Help me have courage. I surrender this to you. Fill me with courage, fill me with grace. Is that something we're asking? We were gifted this life. Every one of us is gifted our lives. So what are we going to do with it? What are we going to do with it?

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