



EP64 Woo²

The Antidote to Imposter Syndrome

with Colette Baron-Reid

Colette:

Welcome to Inside the Wooniverse, Woo². 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, it's Colette Baron-Reid, and my executive producer, Connie Diletti, and we are here with Woo², another episode of us talking about... Well, I don't know yet, because Connie hasn't told me.

Connie:

Woo, a big surprise!

Colette:

So Connie, what is the subject that we're supposed to riff on today?

Connie:

Today, we are going to continue our discussion in Spirit of Your Business, which is under the umbrella, I just want to share this for anybody, any new listeners, that Spirit of Your Business is an umbrella that will include fireside chats with Colette, and a new podcast series we have coming out this fall, basically about the Spirit of Your Business and spirituality.

Colette:

I'm very excited to talk about this, and I'm super excited also of our guest list for our Spirit of Your Business podcast series coming up. And of course, the fireside chats, which are my new



course, upcoming, based on all the people who have asked for my advice around entrepreneurship. So yay us.

Connie:

Yay us, and yay to some people who wanted to be the early bird to catch the worm. Some people have actually sent in some questions that they were hoping...

Colette:

Oh, fantastic.

Connie:

... you could address. So, we're going to start with one of those.

Colette:

Let's do it.

Connie:

So the question is, Colette, how do you deal with imposter syndrome? I feel like I've never been, quote, "good enough". Who am I to claim I'm spiritual enough to teach another? Can you help?

Colette:

Yeah. So, when she actually said, "spiritual enough to teach another", so I'm going to make an assumption on that question that she's talking about a spiritual type of business, or that incorporates spirituality, and we're really addressing all kinds of businesses. You could be listening to this and sell pencils. So we take a spiritual approach to business, but we don't necessarily focus strictly on spiritual type of businesses, so I want to make sure that's clear for all the listeners so you don't tune out, because I have something interesting to say.

Connie:

So tune in!



Colette:

Yeah. So imposter syndrome is kind of interesting, and I've suffered from the "not enough" off and on for my whole life, because it was just the way I was raised too, that if I didn't get straight A's, I'd get in trouble, that kind of thing. And my parents were really focusing on academia, which is hard work will get you the results. And there was a lot of competitiveness around being the best, that kind of thing. But over time, I recognized that I was not the only person on the game board. So, when I was worried that I wasn't enough or didn't know enough, et cetera, I was really forgetting that I had a partner in the universe, that I also had a partner in a higher self and in spirit, and that I was only able to do what I had learned about life and my life experience and everything that I am up until the point where I was opening my mouth, for example.

If I could address this in terms of when I've made speeches, for example, and I'd got up there and I didn't know who was talking because my mouth would move, and all of a sudden this incredible stuff would come out of my mouth, and I'd be like, "Whoa, I didn't know I knew that." And it was because I had surrendered, before I opened my mouth, to spirit. And I don't always do that, and I notice that when I don't do that, it's not as good. So, I'm realizing that I'm always in awareness that I have a partner in my business, in my work, in my teaching, in my creations, because I'm also an artist. Anytime I step forward into something, I ignite, and really activate the remembrance of the awareness that I have a partner. So I'm not there by myself.

And when I surrender, there's a beautiful... It's a little poem that I heard when I think I was in nursery school, and you might know it because your child is really young, when they say, God be in my mouth and in my speaking, God be in (Singing).

Connie:

Yeah.

Colette:

Right? So, it's that idea that I will be used in service on behalf of the divine. And then the onus of being... Then how are you an imposter when you're actually in service? So you're basically taking your cues and your intuition, your intuitive hits... Because really, imposter syndrome is about an ego. It's the things that we've been conditioned to see ourselves as.

Let's say, for example, you were conditioned to believe that you weren't good enough because of your social standing, or because of your education, or because of your sex, or because of your



race, or because of a gazillion other reasons, we can list them all and tick, tick, tick, tick, tick. That becomes our view of ourselves. We can't help that, that's what we learn. Our environment gives us cues, our families, our culture. We all come to the table with a bit of imposter syndrome, because we want to be something that we think we're not. But the truth is, we are born worthy.

I love the work of Matthew Fox, for example. He talks about born blessed, that we are not born in sin, we are born in blessing. And that the word "sin" means that we missed the mark, that we are born in blessing.

Connie:
That's beautiful.

Colette:
That we are actually born blessed. It was fascinating, he has this really, really interesting take, creationism, Christianity. That really helped me when I was struggling with, "Who am I to..." I don't have a degree. When I got to Hay House, I told Reid Tracy, the president of Hay House, "I need to finish my degree. I have a background in Jungian psychology, but I never actually finished the degree." And he's like, "No, you don't need to finish your degree. You can still have a book deal." I'm like, "But, but, but, but, but, but..." Right? What if I have no original ideas? And he's like, "I don't expect you to have an original idea, just an original way of saying the same thing everybody else is saying, because everybody else is thinking they have original ideas, when they're not."

Connie:
Right. Which directly answers that second part, "Who am I to teach?" Who are you not to teach, in your unique way?

Colette:
Exactly. In your unique way. That doesn't need to be perfect. The only thing that I will say though, that could be a little controversial for some people, and I'd love to hear some of the people who are listening, what your opinions are about this, but the idea that somebody really hones their craft over time has been really, it feels to me anyway, a little bit thrown away, that anybody calls



themselves an expert. And there used to be a saying that you have to put 10,000 hours into something to call yourself an expert. And a lot of people don't put those 10,000 hours in, they just decide to call themselves an expert.

And I do think that there is a level of commitment to your craft, commitment to your own personal growth and learning, commitment to your education so that you're always bettering yourself. If you are going to be called to teach others, then you better do your homework. That's how I feel. So for me, if I've done my work, and I'm continuing to work on myself, and to learn as much as I can, my filter is clean, and I can offer what I can. But sometimes, there's a sense of, I think the world feels like it's trying to make... It's building the plane as it's flying, and also on the seat of your pants going out there and going, "Hey, I could teach you how to be a unicorn." No. So I think, sometimes, imposter syndrome could be a good thing. Maybe I don't know enough, should I read more? So sometimes that can be, actually, a really good thing, if you struggle with imposter syndrome, that maybe it is a call that, well, do you feel that you might want to continue your education while you are teaching? So I think it's a very nuanced, complicated conversation, that there is no one answer to it.

Connie:

Right, it's like a call for self-awareness of some level to look at yourself and say, "Where are you at?"

Colette:

"Where am I at?" Exactly.

Connie:

Where're you at?

Colette:

And worthiness, right? Where does that come from? The sense of unworthiness. Yeah. And again, can we acknowledge that we are not here alone, that we have a partner? It's invisible, but it's there. And if we rely on that, and we ask for help and guidance, that we do the right thing, that we do no harm, that we are, in some way, that conduit. And if we do, then we know that we're still willing to change, and make amends, and do whatever it takes to better whatever it is that



we're offering. But ultimately, life is a journey of personal transformation, like it or not. So the imposter syndrome, I think, is an important one to address, as well as it's also an excuse, I think, sometimes, for not taking the risk to start something, like, "Oh, who am I?" Well, who are you not? If you're called to it...

Connie:

And what I'm hearing from you is that it's a personal journey to discern what the imposter is telling you, and where they're coming from; fear, or, like you said, a lack of one other little nugget that needs to be in place before moving forward.

Colette:

I like the fear thing, because it is basically blanket fear. Like, "Oh, who am I to do it?" Well, that's also ego based. It's like the... Where did I read this? Where you talk about... Pride in reverse. There's pride, when pride is run amok, like self-will run riot, then the opposite of that is that low self-worth, where we don't actually make a choice. But somewhere in the middle, that imposter syndrome can come up for anybody. And you can just say, "Listen, I know as much as I know, and this is what I'm willing to impart, and this is what I'm genuinely capable of imparting." But the other part of that is if we don't just rely on our memory, and we don't just rely on our conditioning, and we don't just rely on the things that we know already, and we open ourselves up to other potentials that could land on us when we need it in a moment of inspiration and in an epiphany, well then, this whole conversation changes, doesn't it?

Credits:

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