

EP80:

"Spirit Summer Jam" LIVE Readings (Part I)

With Colette Baron-Reid

Colette:

Hi there, and welcome to INSIDE THE WOONIVERSE, a podcast brought to you from the corner of Fringe and Maine. I am your host, Colette Baron-Reid, and welcome to Spirit Summer Jam. Back by popular demand, we are closing out season three with yet another sneak peek into my exclusive members only experience called Spirit Jam. Now, let me tell you something. Spirit Jam is the only place I do one-on-one readings. It's a live zoom setting where I connect with loved ones through mediumship, pull cards, offer laser coaching for life, love, and business. And today, you're going to experience exactly what it's like to be in the room with me and my Oracle Circle members. It is so awesome. Oh my gosh, I can hardly wait till you see it. So before we get started, I encourage you to grab a notebook and write down any messages that pop out to you. Because even though this was previously recorded, I'm going to tell you, these readings are so potent and are so strongly connected to the collective that spirit might just speak directly to you and whatever's going on in your life.

So just because I'm reading a specific person does not mean it's just for that one person. You might find a hidden treasure in something that comes through. Why? Well, because that's the power of spirit. So without further ado, I welcome you to Spirit Summer Jam.

Colette:

Let's talk to Andrea Garcia and get this party started. All right.

Andrea:

My husband just retired.

Colette:

Oh. Why don't we just do a general reading on what does-



Andrea:
Yeah.

Colette:
Spirit want you to know now that he's retired and where you're heading. How about that?

Andrea:
Absolutely. Yes.

Colette:
Yeah because this is the only place that I do relative predictive readings. So-

Andrea:
Right.

Colette:
Let's just see what's going on here. Okay. What's your husband's first name?

Andrea:
Kenny.

Colette:
Kenny. Okay. Perfect. Oh, all right. So he's... Oh, boy. Okay. Can I just talk about him for a minute? You're doing great. He is having a hard time. So, okay. Here's what you're dealing with right now, and you can decide whether or not you want him to see this or not. Maybe not, but-

Andrea:
No.

Colette:
He's a lovely man. Okay. Your husband is a great guy. He has lost a little bit of his purpose with the retirement. So you are going to go through a phase. There's a sense of feeling orphaned, a



never ending story. He is going to be in a bit of a loop that you might be irritated the heck by. All right. So since you're not going to show this to him, I'll just be straightforward with you-

Andrea:

Yeah. I'm trying to be still because I've been home for seven years waiting for him to land-

Colette:

Yeah well, listen honey-

Andrea:

I have all these plans.

Colette:

He landed and he's fricking confused. Okay. So there's no plan. Zippo. You got to give him a minute.

Andrea:

Yeah.

Colette:

He is not going to tell you the depth of his fear.

Andrea:

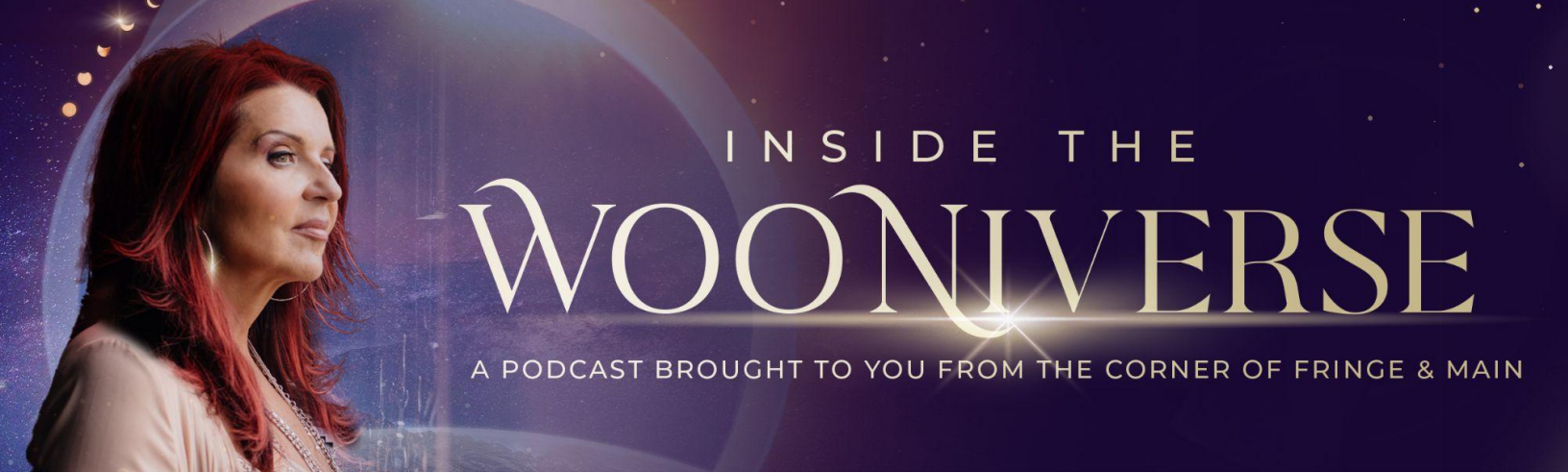
Yeah, right.

Colette:

Yeah. He's not going to explain that to you. So he's going to act a little, slightly bit confused and ornery, just temporarily. All I'm going to tell you is this will not last. So your balance, no, it's not going to last. But you are not the one to go in and help him with it. Even though you actually know what the hell is happening. So-

Andrea:

Yeah. I've been trying to be still.



Colette:

Yeah, good. Well, it's going to be hard but you need to not just be still but go do something outside the house that doesn't include him. Like-

Andrea:

Go stand in the flower bed.

Colette:

Perfect. Get out there, do stuff. We'll go for walks. Go join a knitting circle. Who knows what the hell or something. There will come a moment, I think in the next two or three months, where you're going to basically say to him, "You're still the same man, just find your bliss" because he doesn't know what that is. So it is, I'm giving you a big giant hug. I think I'm already telling you what you already know deep down. If you can get yourself help, you're in here getting help from us and sharing and all that stuff. You know what I mean?

Andrea:

Yep.

Colette:

Make sure you have friends to talk it out with because yeah, with him, I think you have to let him tries things on like, "Do I like this? No. Do I like this? No. Oh, I like this." Do you know what I mean? He might have a plan and now he's got no plan.

Andrea:

Right.

Colette:

You know what I mean? So just trust this. Your plans are going to be six months behind your schedule.

Andrea:

Oh.



Colette:

Well make it the biggest amount. If he gets your together in three months, yay. Right. So let's hold for that but honestly, plan all your big plans for 2024 and try the little ones on in the short term.

Andrea:

Cool.

Colette:

You know what I mean? If you can do that, see how it is, one at a time. Get them on the barbecue, get him doing things. He's a doer. He needs to... Break something so he can fix it. You know what I mean?

Andrea:

My list is long.

Colette:

Right. Say, "Hey." Yeah. I feel for him. I really feel for him, also because no one's ever taught him how to talk. So yeah. I don't know. And you're miss chatty Kathy, so I'm amazed.

Andrea:

40 years.

Colette:

Yeah.

Andrea:

40 years of no talking.



Colette:

But you want to know what though? There is such deep love and compassion and understanding that you have for him and he has for you. And there's this silent language the two of you had but now-

Andrea:

Yes.

Colette:

He's starts putting words into the holes.

Andrea:

Yes.

Colette:

Anyway, love me a ton, honey.

Andrea:

Awesome. Thank you.

Colette:

My pleasure.

Andrea:

Thank you.

Colette:

Let's talk to Eileen White next. Hi Eileen. What question do you want me to answer?

Eileen:

I have been getting readings and both astrology and healing readings about abundance that's coming through and I've been doing a lot of shadow work, but I'm thinking that there's some part of shadow work that I'm just not recognizing that will allow the abundance to come in.



Colette:

Okay.

Eileen:

Does that make sense?

Colette:

Yes. So one of them is impatience. So poised is a card that talks about readiness. So I'm using this deck. I feel like using WOTO today for the readings.

Eileen:

That's the one I use the most, so perfect.

Colette:

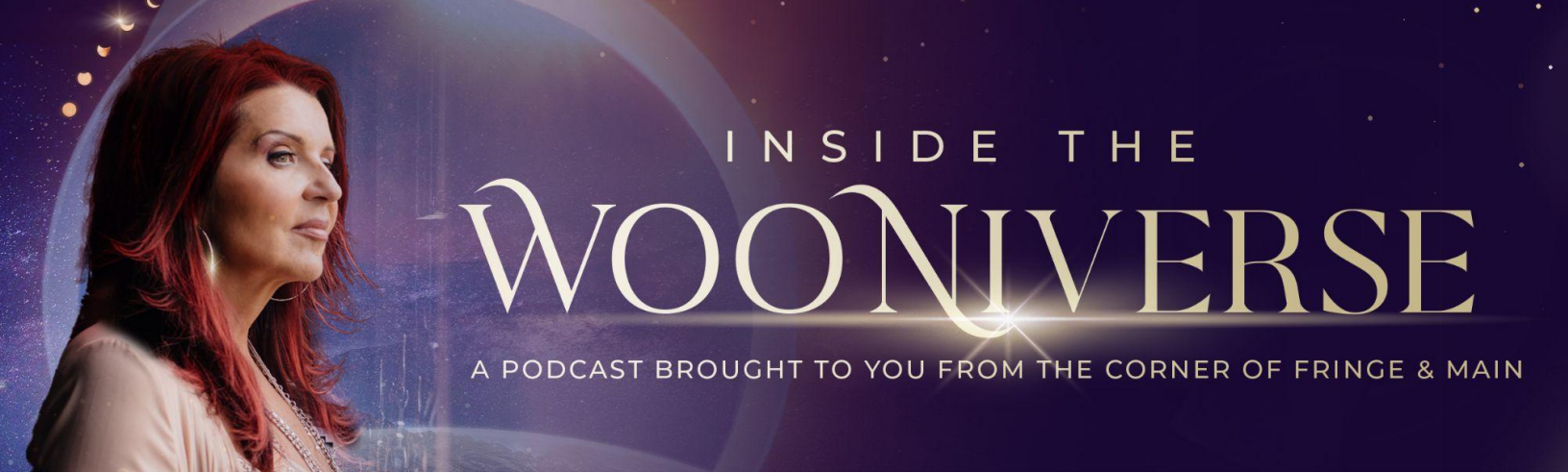
Okay. There you go. So this talks about being ready. So being ready does not mean on my watch, right? Abundance is something that also is a sneaky thing. So we expect the knock on the door, the check to come in the mail. We have these expectations when we talk about this. We're working hard at it instead of allowing it to process through us and through the world. So one of the things that I'm talking about at the class on Wednesday night.

Eileen:

I'm signed up.

Colette:

Yeah. Well, it's good because it's stuff that you need to hear over and over again. I'm going to teach you guys how to make a sigil. I'm going to show you mine. How that works, the whole nine yards. But also to really talk about the psychology of release and surrender, because that is a key piece that most people don't recognize and also, that you have to actualize. It's not acquisitional, manifestation stopped being an acquisitional process years ago. That was okay for us in the early, the eighties. It was okay for us at the turn of the century and during the depression. It's, let's get something but now it's, I need to become the person that has this



experience. And so, I don't think the shadow is where you need to be looking at all anymore. You're stuck-

Eileen:
Oh, good.

Colette:
I don't think you should be digging out anymore out of your naval. I think you need to read Happy Money by my friend Ken Honda. Happy Money. I also want you to start being playful.

Eileen:
Okay.

Colette:
Milk and honey and trust that your partnership with Spirit. You can't tell your partner, "Go get it now. Bring it by Tuesday." That's why I always get people say, "Oh, be as specific as you can and give a date" because the date is what fucks everybody up. Sorry to say that, okay? You have to let it go and trust. Okay. The thing you should be focused on right now is developing a relationship to your higher power where, and there's another great book that everybody should write down called The E Squared by Pam Grout. It's a very good book to actually practice seeing the evidence in the outer world that spirit's listening to you. And I think that's it. It's not that you need to look at more evidence as to why you're having pain or suffering or that you have shadow content to overcome. It's more about, "Oh, I need to place my attention on my partnership and have positive expectations and leave the timeframe out of it all together" and really get super grateful for what you have now.

Because that multiplies. The law of praise multiplies, right? "Greater works than ye shall you do than these" is what Christ said in the Bible. And I'm not a Bible person be but there's some good things in there. I was raised Christian but I'm everything. But it's this idea that we are powerful manifestors, but you don't say, "And now you have to have this." Right? "And now my prosperity's knocking at the door." Oh my-



Eileen:

Actually, I've been doing your vision board and I've had quite a few things happen.

Colette:

There you go.

Eileen:

Yeah. I've been working on the ancestral wounds of money is evil only-

Colette:

Right.

Eileen:

Mean people are rich, thing.

Colette:

That's really good that you're saying that. I think we need to all talk about this. Because it's also, the society has created some really screwed up ideas about money, generational wealth, how inequities have been baked into social order and systems, et cetera, and how right now, all of that's being highlighted so that we could create something new and that can only be created in the invisible realms. We can't wait for the other stuff to show up. So yeah, in my case, my dad lost all our money when he was 75 years old. So mine is, you're going to get wealth and then someone's going to take it from you.

Eileen:

Snatch it.

Colette:

Right? It's like-

Eileen:

That's happened to me too. Yeah.



Colette:

Right. So it's like we have to undo those things as opposed to let's wait till the resources show up. No, you need to be resourceful. Not look for better resources. Do you understand what I'm saying, right?

Eileen:

I do.

Colette:

Spiritual resourcefulness is a big difference than, I don't have resources and opportunities. No. They'll come in a form for you once you get resourceful, right? So resourcefulness for you is, yeah, take a look at it, own it, claim it, understand it, and then say, "Oh, but I'm going to make a different choice. But I'm not doing it by myself because I don't trust myself. I trust spirit, not me, right. Because I left to my own devices. My little ego would choose things unhealthy. So I've got to trust that the spirit in me, that the light within me creates miracles in my life." That's what you have to keep reminding yourself. So stay out of the shadow content right now. You've done a lot and now put it into practice and start playing with it. Okay. Got it?

Eileen:

Thank you so much.

Colette:

You're so welcome.

Eileen:

I love you.

Colette:

Love you too. All right, Lisa D, you're up next. Hey, Lisa D.

Lisa:

Hello, Colette. I love you so much. Oh my gosh, I've been your biggest fan for years-



Colette:

Okay.

Lisa:

Anyway, I have no idea what to ask you. I want to know all the things. I have a work project I love. I'd love to know where my mark is. My soulmate.

Colette:

Okay.

Lisa:

I love him.

Colette:

How about we choose, let's say, what does spirit have to say about your project? And then what does spirit have to say about you in relationship?

Lisa:

Perfect.

Colette:

Okay. Both and, right?

Lisa:

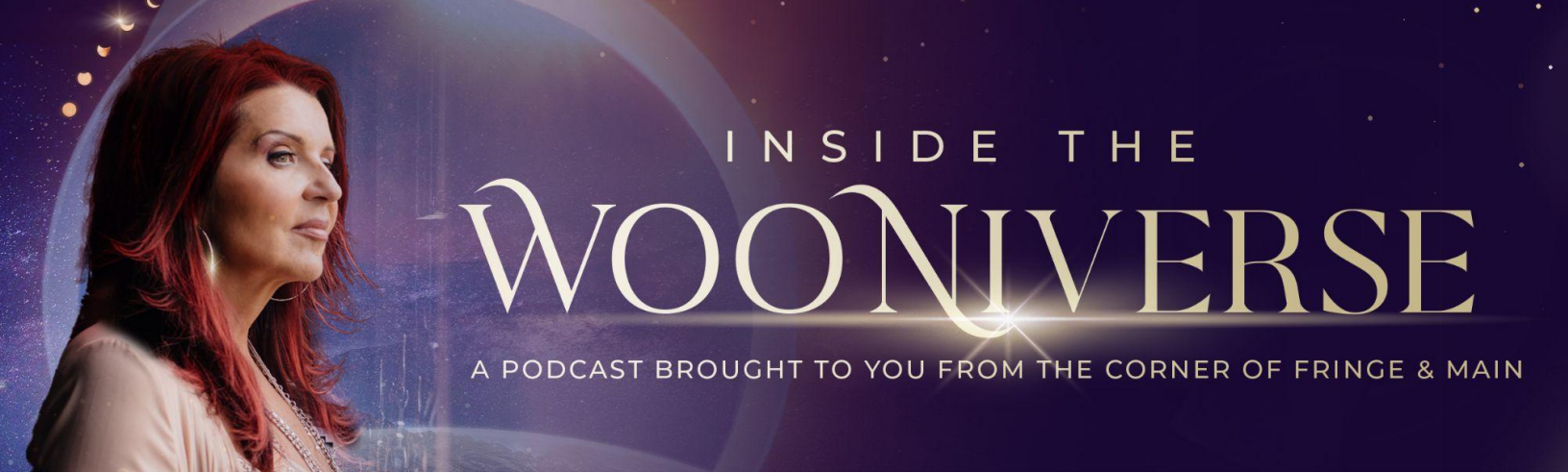
Yes.

Colette:

Because I think other people will get a lot out of it too.

Lisa:

Yes.



Colette:

Project you love. What does spirit have to say? Soulmates. That's interesting. It could... Ooh, all right. That's very interesting that it brought that up. So could your project that you love bring you in contact in ways, new people into your life?

Lisa:

Yes, a hundred percent.

Colette:

So that-

Lisa:

A hundred thousand percent.

Colette:

That project could actually bring in the relationship.

Lisa:

Okay.

Colette:

That's so weird.

Lisa:

Okay.

Colette:

Right?

Lisa:

Yeah.



Colette:

So it's, "Why did I get soulmates from the project, right?"

Lisa:

Yeah.

Colette:

Isn't that-

Lisa:

Yeah, no, that makes sense. It could very well. It's funny you say that because I had a vision about that, and this guy who I have yet to meet or maybe have meeting now, I don't know, was at one of my events. I saw fast forward, I was at the location-

Colette:

Hello.

Lisa:

And he was there helping me.

Colette:

Hello. Okay. So I also saw the same thing, right? So you need to be flexible around it. It may be a guy... Similar, it's funny you asked where your mark is, and I'm getting a similar story that if you liked dark men, he could be blonde. If you do... You know what I'm saying?

Lisa:

Yeah, I do.

Colette:

Like me.

Lisa:

Yeah.



Colette:

So it says to be flexible in term... But you will eventually work with the man.

Lisa:

Okay.

Colette:

So the man will come into your business in some way or help you with your business in some way. I'm going to choose another.

Lisa:

Okay.

Colette:

Yeah. So wow. Very well developed feminine side. There'll be one clunker first. One more not for you guys. And you may already know him.

Lisa:

Okay.

Colette:

So that he might be-

Lisa:

I just had one.

Colette:

That could be it. That could be that, right?

Lisa:

I hope so.



Colette:

No, that could be that.

Lisa:

Okay.

Colette:

So you have to judge from the... It would be literally recent, like the other day.

Lisa:

Oh, okay. No, this is last November we dated till end of March. You know what I mean? For-

Colette:

Yeah. That's the other day. That's, it's only two months before. Yeah-

Lisa:

Yeah.

Colette:

I'm talking about not two years ago.

Lisa:

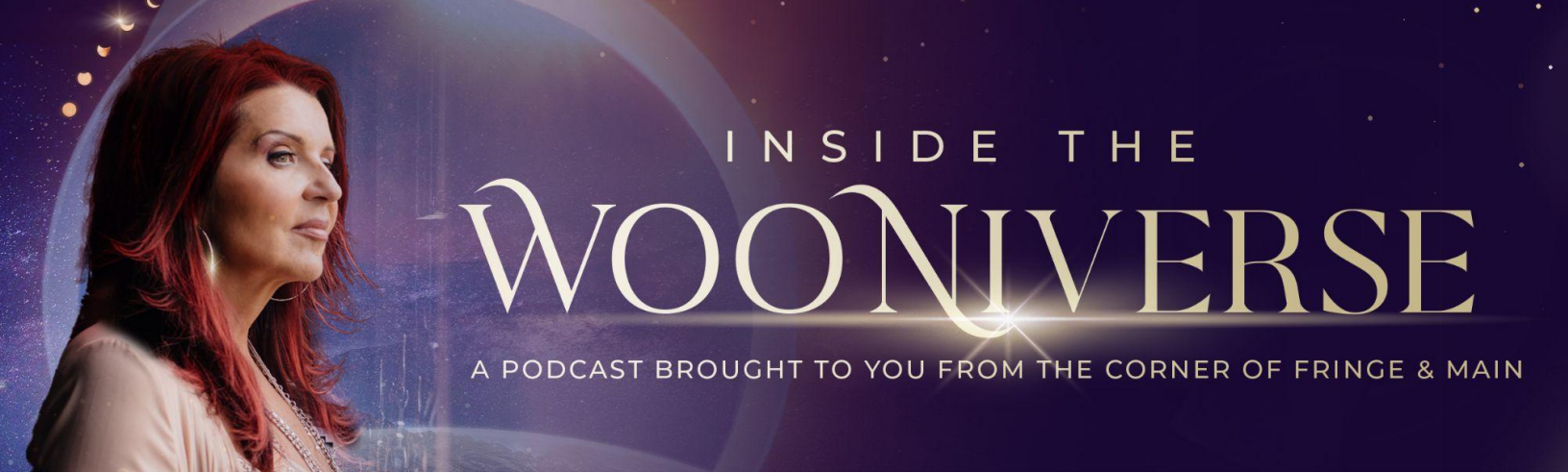
Oh, right. Okay yes. Then let's call him the clunker. Please, let's call him the clunker.

Colette:

So what did you learn from the clunker, and what did you understand about yourself that you are no longer willing to tolerate? So rather than make the clunker bad or wrong, I want-

Lisa:

No, he's not.



Colette:

No. Because I want what I'd like you to do before the next couple of months, because it does feel like this guy is around you somehow, in the sphere of availability that's got to do with your business. So where the business goes. So I'd like you to spend a tiny bit of time doing an inventory around the repetitive wound that keeps coming up when you choose your partners, right?

Lisa:
Yeah.

Colette:
So whenever, I think it's a guy, right?

Lisa:
Yeah.

Colette:
Of course. About Mark, right? So this is definitely a marriage partner. This is definitely somebody that is a long-term partner. But what is it? What wound have you been trying to heal? Where have you been... Where does the word disrespect come up for you?

Lisa:
Okay. The short story on that is, I grew up with an alcoholic parent. I've been in Al-Anon for 12 years. But if there's an alcoholic in a room of 2000 people, I will find the five alcoholics. Hundred percent.

Colette:
And you kept some seven and half years sober to follow me, right?

Lisa:
Absolutely, darling. It's no coincidences. I mean, everyone can have a drink in a hand and 2000 of them will be having a good time, and I'll find the five alcoholics. So through my relationships, my theme has been date the unavailable, because then I don't have to fully commit.



Colette:

A hundred percent, great. You know this then, yay. Yay you. So-

Lisa:

For sure.

Colette:

A hundred percent, you will meet that person who does not fit your criteria at all. So that is the marker. He will not be an alcoholic. You won't really know what to do with him either in the beginning. So he's really healthy. But he might have come from, a sibling could be an alcoholic or an ex.

Lisa:

Sure.

Colette:

You know what I'm saying?

Lisa:

Yeah.

Colette:

There's always something otherwise you wouldn't recognize each other, but-

Lisa:

Right.

Colette:

This is really great connection and you know going in the right questions to ask. But you are in a relationship cycle for the next two years anyway, so it is going to be interesting to see who enters the picture. What events do you do?



Lisa:

I'm speaking, I do intuition work.

Colette:

Okay. So you could be speaking at something or attending something.

Lisa:

Yeah. Oh, that's what I said. Yes, exactly right. Yes. I'm doing a workshop. I'm speaking at a community event at the end of June. So-

Colette:

Could be those things, right?

Lisa:

Yeah.

Colette:

Yeah. There you go. Congratulations. I'm excited for you.

Lisa:

Thank you so much. I love you so much.

Colette:

Okay, great. Take care.

Lisa:

Thank you.

Colette:

Let's get somebody else up here, unless you want to open up the chat first. It's 40 minutes, Laurie, to see how everybody's doing. If we got any cleat ons.



Laurie:

Yeah, let's open the chat real quick. Let me do that.

Colette:

Yeah. Oh, somebody asked about belly button picker. So when you pick at your navel, it means that you're only looking at yourself and trying to figure out what's wrong in there. You're digging in a hole. That's what that is. And then the reference to belly button picker. It's this, "Oh yeah, I get it." I used it in a different context is actually, maybe we don't... That my relationship picker comes from there, exactly. All right, perfect. I love that you guys are really getting this. Yeah. And we have to also set boundaries with ourselves too. I think part the shadow of this self-help work is that we go a little too far. I think shadow work is crucial. I would never be where I am today without doing that. But then there's also times where you have to start taking the focus away from the shadow and then enter into that more playful quality of seeing how the universe works with you, right. Don't wallow in the shadow. Exactly. I love that song tag. Gaia Kate Culver. Exactly. Woo. I know. There you go.

All righty. So let's get Stephanie Litwin up and then get some more and we're ready to rock and roll back. And we're going to close. We need to feel our feelings. That's right. Don't build a house and live there. You guys are really got great comments. Good morning Stephanie. How you doing?

Stephanie:

Good morning. I'm so excited.

Colette:

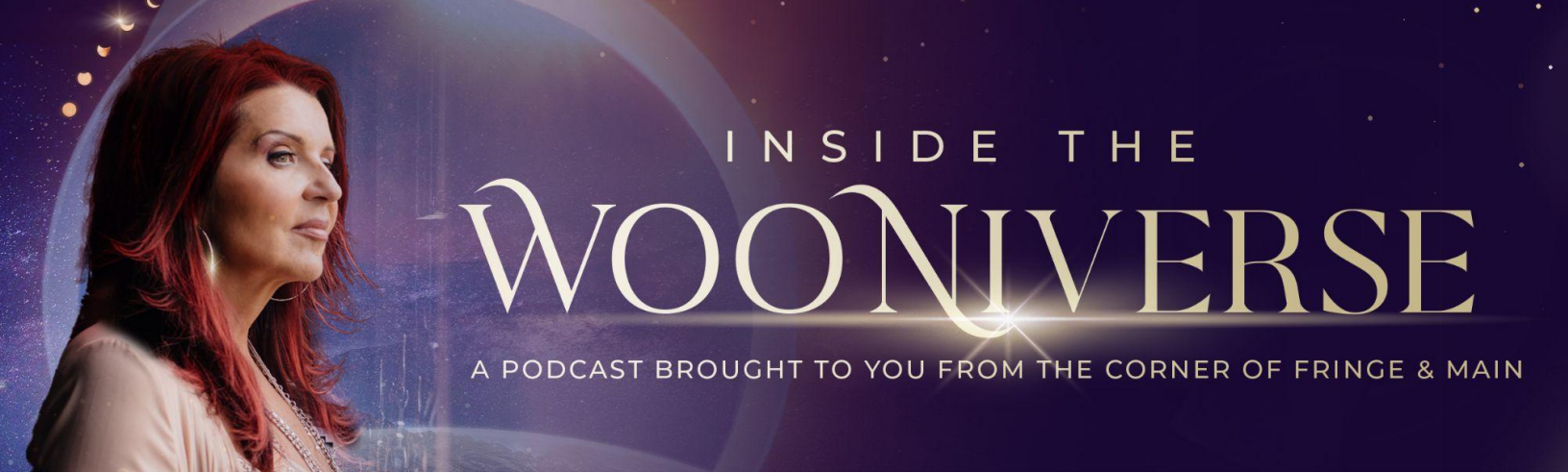
Oh, I'm so glad. All right, so now let's answer some questions.

Stephanie:

Yeah. I've been trying to get business off the ground. I'm in your course.

Colette:

Great.



Stephanie:

And I... Nothing's happening.

Colette:

You haven't had one client?

Stephanie:

No, not yet. I mean, I did years ago.

Colette:

Okay, great.

Stephanie:

But then I left and-

Colette:

You let him go and now you're starting again?

Stephanie:

Yeah.

Colette:

And you just started when? I did-

Stephanie:

This past month, I put up a free webinar and I have a course and do the coaching.

Colette:

Okay, great. Okay. You're doing in coaching and mediumship, what are you doing? I'm just looking at here because it's looking at-

Stephanie:

Well, I'm a decluttering coach and I do Feng shui. So I work with energy and-



Colette:

And then you then sometimes you-

Stephanie:

I've done ghost busting and-

Colette:

Okay, great. So the other lady earlier that talked about patience. So the change in the wind recognizes that all of a sudden somebody's going to come in and start telling their friends. So you haven't given space. You wanted it to happen right away and I get it. We all do. So here's one of the things that I would do. You got the co-create card first, changing the win second and then go to the distance third, which is all about, you don't even think of giving up anytime soon. This is a long range thing that you're doing, is tell your friends.

Stephanie:

Yeah.

Colette:

I decided to go back in business. It's the people that know you best are the people that you need to tell. Say, "Listen guys, I just want you all to know, I'm back in business now." If you want to pull a card for one of them, say, "Listen, if you've got any friends that want my services, I'd be happy to give you a quick read." Just only with your friends, the people that you know really well that would want to support you. And then it just takes off naturally. So I think that, also the free course is a decluttering course. Is that correct?

Stephanie:

Yeah. It's an hour webinar on-

Colette:

Yeah. Okay. So you've done-



Stephanie:

And I introduced the course at the end.

Colette:

Of the lead magnet. Okay. And have you sold any courses?

Stephanie:

No. Not yet.

Colette:

Not yet. So when did you launch this?

Stephanie:

Beginning of the month.

Colette:

And where did you put it? Just on Facebook?

Stephanie:

I've put it on social media and mailing. I do have a mailing list.

Colette:

And so far nobody took the course, nobody watched the video?

Stephanie:

No. I don't know if they watched it or not. I got to figure out if I can see how many.

Colette:

Right. Okay. So if you sent it out to a mailing list and no one has lined up, then I would also question how connected you are to the content. Or did you do it with it... Do you see what I mean? Do you love this content or could you go and-



Stephanie:

I've tried many things but it always comes back to decluttering. I'm just-

Colette:

Great.

Stephanie:

I love doing it.

Colette:

Okay. Then you got tell a story that you're not telling.

Stephanie:

Okay.

Colette:

So sometimes people get all kinds of stuff in the mail. So their emails and stuff. Sometimes the story, I mean, the story is always the thing. Where did it come from?

Stephanie:

Yeah.

Colette:

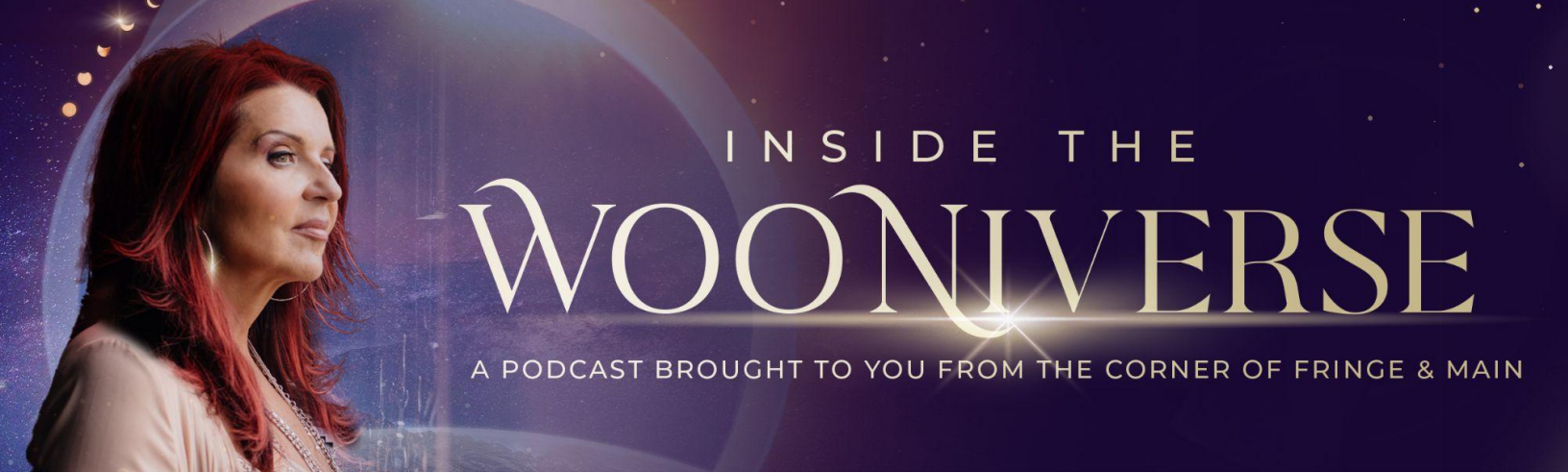
Why do I love it? Oh my God, I've seen these things. You have to lead with, "This is the most fan fricking fantastic thing I've ever done in my life and here's why. And here's check out this video and come and join the course."

Stephanie:

Mm-hmm.

Colette:

Or hire me to come and declutter your house. That a thing, right? So-



Stephanie:

Yeah, I have done that in the past.

Colette:

I think that's what you should do again.

Stephanie:

Yeah.

Colette:

Because it's showing me something from the past that you've already co-created that work for you back then is something you aren't doing now. That it's, start like that. I'm coming to your house. Can you do locally. Online, it may sound like the wild, wild west that everybody's going to get successful but that's not always true.

Stephanie:

Yeah.

Colette:

I would go local. Say I'm coming to people's houses. I'm armed with this. Armed to think declutter, here's what you will get. You'll have more money, better relationships, clearer head. Did you know, boom, boom, boom. You know what I'm saying? And start there again, the way you did before. The pandemic's over.

Stephanie:

Yeah.

Colette:

Well they say.

Stephanie:

After this is over, I'm going to put posters up around town.



Colette:

Good. Yeah. But have a story about yourself.

Stephanie:

Yeah.

Colette:

Did you know that decluttering can change your life in a way that, holy crap. Make a fun story about it. So be very clear when you put up those posters that you tell a story. Not declutter for available. No. It's, decluttering will blow your mind. I'll come do it for you and then show you how to do it. Do you know what I'm saying? You got to do something like that. So good for the online stuff but the changing the wind is hearing this conversation and all of a sudden Boeing, right?

Stephanie:

Yeah.

Colette:

Something happens. I definitely would start more local and then go the distance, then it will grow online. Then you will have that. Because really online, you're basically teaching people how to do it themselves and frankly, I think people are so fried right now. They want somebody to do it for them.

Stephanie:

Yeah. Okay.

Colette:

Get it?

Stephanie:

Yeah.



Colette:

Just do all the woo-woo magic in there. The magic of decla... This is going to change your life or your life-

Stephanie:

It is. It's amazing.

Colette:

Okay. So that's what you-

Stephanie:

All about energy.

Colette:

All about energy and then give them a link to even also go to. Go to this link. Call me, sign up, give them your phone number. Set up another call number but just go do it. And I just feel local for you. It may not be for everybody but I'm sure some of you in there that are questioning it, don't be scared to go out, clear outside the internet box because we got trapped in a computer. It's, well, maybe not.

Stephanie:

Yeah. A friend of mine suggested to talk to groups.

Colette:

Yes.

Stephanie:

So-

Colette:

Talk to groups.



Stephanie:

That's what I got to do.

Colette:

And guess what else? Businesses.

Stephanie:

Yes.

Colette:

Businesses. Feng Shui the business. Oh my God. Your desk is going... Do you know that I have my place Feng Shui-ed every single month on the New Moon. My entire house, offices, studio, everything. And we declutter. We move things around and see, I have to declutter again. You're my sign today. I'm excited for you-

Stephanie:

I do that all the time.

Colette:

Do not give up on this. Uh-uh.

Stephanie:

Okay.

Colette:

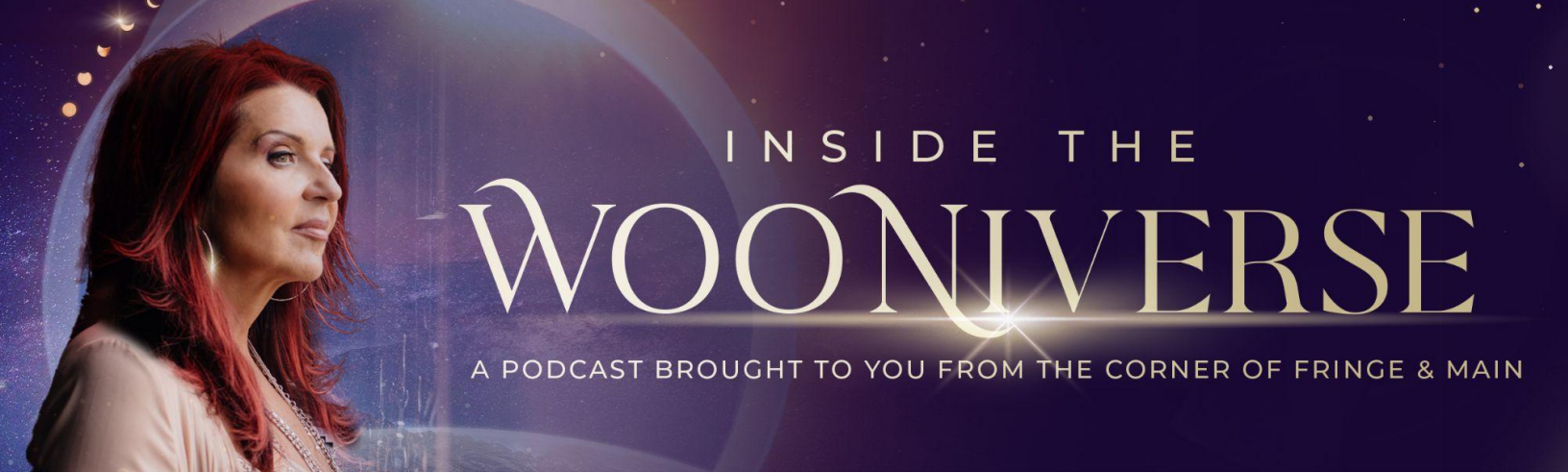
All right sweetie.

Stephanie:

Thank you.

Colette:

So welcome. Oh my gosh, this is so much fun. Before we move on to the next person, we have to take a little break. More with Spirit Summer Jam when we return. We'll be right back.



And we are back. Thank you for joining us today for Spirit Summer Jam. Okay, who is next? Lu is up next, L-U.

Lu:
Hello.

Colette:
How you doing?

Lu:
'm okay. I wasn't expecting to get picked here.

Colette:
Well, you put your hand up, so isn't that great? And can I tell you something funny?

Lu:
Yeah.

Colette:
It's the people who want it too much that don't get on the camera. It's the ones that are like, "Oh, whatever. I'm going to put up my hand. I'll never get picked." And then you're the ones that get picked. So the less attachment you have around getting picked, the better it is. All right. So, what would you like to know? Anything goes, I'm going to give you a hug while I do it.

Lu:
I've got a few different things that I'm concerned about. I've been feeling really disconnected from my ancestral. I've got Native American background-

Colette:
Okay. In me.



Lu:
Yeah.

Colette:
And I've been, my grandmother was in a residential school and I've been just feeling I'm lost with that, for one thing.

Lu:
Yeah.

Colette:
Yeah, so...

Lu:
Okay, so first of all. Well it's... Are you Canadian?

Lu:
Yes.

Colette:
Yes. Okay. So as you know, it's indigenous history month. So all of this is coming up for a lot of people with indigenous heritage. So I personally can't help you with this but I do know that there are groups that you can join and of people of the same experience for you to be able to share and genuinely get support from people who really get it.

Lu:
Right.

Colette:
Do you know what I mean? Because it's from your peers that you're going to get this help and this connection and this real sense of understanding. Right?



Lu:
Right.

Colette:
So that's going to be one thing. I'll pull a card on that and then let's keep going. Okay. So let's find out how do you get connected? And it's a building block. So where are my people and how do I get that connection? So how do I get that connection? Where do you live in Canada?

Lu:
Alberta.

Colette:
So you're in Alberta, okay. So is that where your lineage comes from?

Lu:
No, they're basically Ontario.

Colette:
Okay. So you want to make a connection. There's lots of online help to connect with. Is it Anishinaabe or...

Lu:
Oneida.

Colette:
Oneida. Okay. So there's websites and stuff to really just write in. I mean, they really have these communities online now too, for you to meet other people and read as much as you can.

Lu:
Yeah.



Colette:

I will say this, even though right now you feel a little destabilized as a result of your life up until now which has come with hardship, you have some pretty solid building blocks that you're standing on. You've overcome a lot up until now already. Would you say that's true?

Lu:

Oh yeah. I've been going through an awful lot. I've done all kinds of shadow work and work-

Colette:

Right.

Lu:

I still feel like I got a long way to go.

Colette:

We always do.

Lu:

Yeah.

Colette:

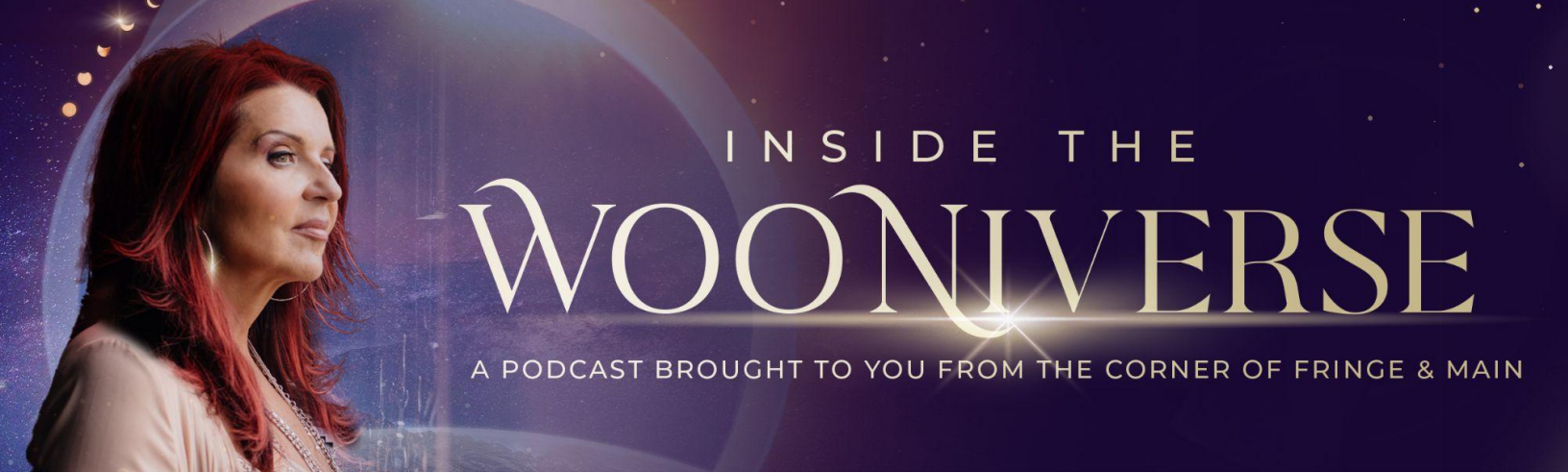
We always. I always have a long way to go too but you've done a shit load of work. Let's be celebratory there.

Lu:

So I'm on the right track then.

Colette:

Yes. You are on solid footing. It's just that right now, I think it's also because of the zeitgeist that's going on in Canada. This is a big conversation everybody's having right now. So at least they should be having. So I think that to be also self-compassion really is crucial-



Lu:
Right.

Colette:
Key. But you're doing great. By the book, it's like you are doing everything to make it work. And do you have addiction history also because it shows here.

Lu:
In my family.

Colette:
Family, yeah.

Lu:
We're both alcoholic. My parents were both alcoholics. I had an uncle who died of drug abuse and-

Colette:
Drug abuse. Yeah.

Lu:
And so...

Colette:
But you aren't that which is great.

Lu:
No. And I've my ex-husband was an alcoholic.

Colette:
Yeah. Well, not now.



Lu:

No.

Colette:

This is done. It looks to me that you have taken apart the puzzle of the past, dove into some deep pain, face these things and are building from a new strong foundation. The trick right now is to not get caught in the story of suffering, that you're now unearthing again to do with your heritage, I think. So it's really important to know it but it's also important to recognize how far you've come and what you have built for yourself in spite of all of the suffering, pain, and generational trauma.

Lu:

Right.

Colette:

Do you get it? So do you work as a therapist or somebody who heals others because this is something that you are capable of doing?

Lu:

I've been doing energy healing since the late nineties and I just did herbalism.

Colette:

Right.

Lu:

But I spent 26 years in the military, which-

Colette:

Oh, interesting.

Lu:

So, well I've had severe PTSD from that but I've come a long way with that too.



Colette:
Oh yes.

Lu:
And I'm just, I do love the healing arts, basically. So...

Colette:
You are a healer.

Lu:
Mm-hmm.

Colette:
So you are a healer. So I'd like to acknowledge the PTSD and also the military background. That makes a lot of sense for the never ending story attached to by the book. That this would be trauma from rules and regulations and things imposed upon you.

Lu:
Right.

Colette:
The military was almost a... And again, my expression of this, I hope you take it for what it is, it's almost a repetition of this residential school. Right?

Lu:
Yeah.

Colette:
You have to be a certain way and not be yourself, but obviously not as painful and as that.

Lu:
Yeah.



Colette:

But it's red. So you've cut that thread too on the tapestry. Look what you've done.

Lu:

Yeah.

Colette:

You've said go to the addiction, the abuse, the energy, the whole thing there. You dove into your shadow. You recognize all your patterns and nature calls you, energy medicine, herbalism. The healing arts is the place for you because you have suffered.

Lu:

Right.

Colette: Right. So you're on the right track if that's what you're pursuing. Okay, go ahead.

Lu:

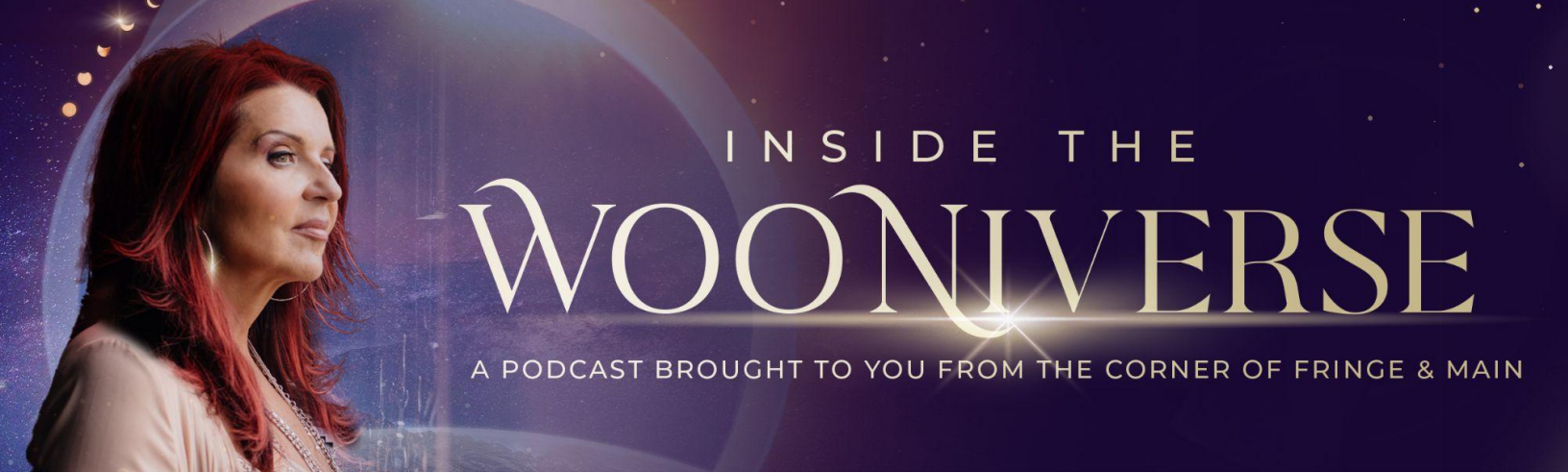
I was just going to say that I feel like every single thing I've gone through, I've gone through pure hell in my life that I can pretty much relate to anything anybody else has gone through now.

Colette:

Yes. Which makes you an extraordinary healer. Right. So I always used to wonder, why did I have a grandparent that was in a concentration camp and was killed there? Why did I have a mother who was terrified all the time and didn't tell us who we were? Why did I get gang raped when I was 19? How come I ended up a drug addict? Why did I have bulimia and all this stuff? And why was I beat up and all this? You know what I mean? It's like I'm why? And then I realized so that I could have empathy and I can do this work. So you're like me. Only you've even been through way worse.

Lu:

Mm-hmm.



Colette:

So take that. You actually know this. You are standing on such beautiful ground. So the universe is saying to you, you have the energy to step forward and to be that healer for those who have similar experiences.

Lu:

Yeah.

Colette:

So you may even find yourself working with people who have left the military. You know what I mean? You might even find yourself working with people who have been traumatized by addiction, et cetera. You know what I'm getting at? It's there for you if you want it. The other thing is that there's another source of income for you that you will have that it may not... You might have more than one source of income that gives you stability.

Lu:

Right.

Colette:

You don't know what that means but it shows you having stable finances, not big finances. But it's, you will not starve. You are going to be okay. And it's like the universes goes, "Okay. You've been through hell and back. We are now at this stage of your life, ready to support you as you move forward in this new way."

Lu:

Right. I'm feeling stuck. I'm trying to start a business with the herbalism and I'm learning astrology right now too because I want to get into the medical astrology.

Colette:

Oh, good.

Lu:

But I'm feeling-



Colette:

Good. Why are you stuck?

Lu:

I'm just feeling stuck with putting myself out there.

Colette:

Because you're not ready.

Lu:

No, I don't feel ready.

Colette:

Okay. Can I give you a hug? Can everybody hear this? Can we hold space for when you are ready, I think you should finish your medical astrology. Get the income that's coming in from wherever the hell else that is that I saw.

Lu:

Yeah.

Colette:

Just let it be there. No. If you're not ready, why do... You're not ready, it's okay not to be ready. I think you should go dive a little bit more into the medical astrology and that's what makes you so different and so unique. Give yourself some time. Just because everybody thinks now's the time for you to get out there. The universe is saying to you right here through these cards, breathe.

Lu:

Mm-hmm.

Colette:

Breathe. You have the energy to complete. Clean it up first. Clean up what it is. Right? Clean up, I think. Holy crap. Medical astrology. That makes you so cool. Right?



Lu:
Yeah.

Colette:
Come on. Who does that? An herbalist plus medical astrology. That is the most amazing thing. And a time in which we can actually be present to this healing art. Come on, give yourself some time. And you're never going to want to go out there in a big way. You're going to tell people small way, that's you. You're quiet, shining light. When you shine your light, it's not going to be a big giant freaking lighthouse that's going to be, make put too much in too much attention on you because you'll have a panic attack.

Lu:
That makes sense because I don't like attention drawn to me. It's, my husband owns a Jag and I hate driving that car because it draws too much attention.

Colette:
Right? There you go. So it's okay for you to just tell people, "Hey, I'm doing this." And I think right now you should get some case studies, case study for you to try out the medical astrology and the herbalism. You know what I'm saying? Get people to come that way and then they'll tell each other one by one word of mouth. I'm telling you right now, that's how it's going to go down for you.

Lu:
Oh, okay.

Colette:
Yeah.

Lu:
Thank you.



Colette:

Yay, you. Yay. You can do this. And you've got a man who loves you. You've got grounding. A nice, stable life and you chose well this time.

Lu:

Thank you.

Colette:

All right. Betz McCune.

Betz:

Hello.

Colette:

Hi Betz. How are you?

Betz:

I am well. So it's weird, but it's pronounced Betzy.

Colette: Betzy.

Oh-

Betz:

Yes.

Colette:

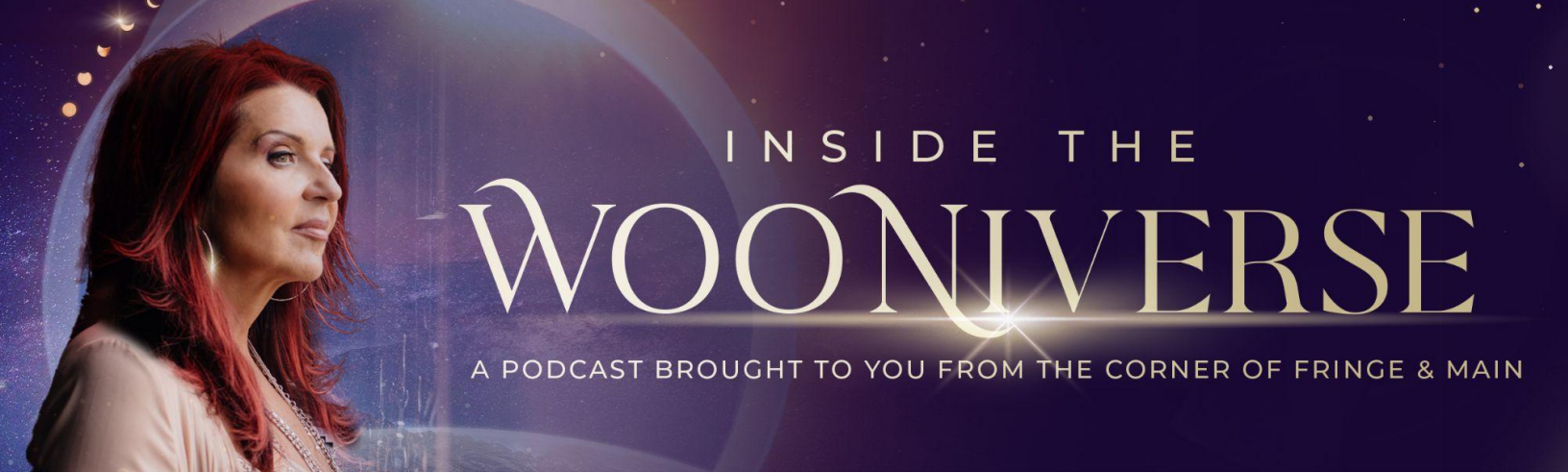
Z.

Betz:

Yes.

Colette:

Great, Betzy. Okay, cool. Betzy. That's very cool. All right.



Betz:

Thank you.

Colette:

How can I help you today?

Betz:

Well, so first of all, I want to give everybody a little patience. I have been with this membership since the beginning and this is the first time I've been called. So everybody just be patient.

Colette:

Yet you've been in here.

Betz:

Yes. And I've always gotten cleat ons and it's like, woo-hoo. Here I am. Okay, so-

Colette:

Here you go. Now you're here, yay.

Betz:

Now I'm here. So like everybody else, I need to know about my work. I have been in between knowing what I needed to do for about 10 years now and just going along and I've taken hiatuses and sabbaticals.

Colette:

I'm going to coach you. So let's zero in on what you do at this moment and then let's juxtapose it against what you want to do.

Betz:

Okay. So at this moment, basically I'm doing nothing. I'm on sabbatical. My husband and I traveled the country in an RV for a year, which was wonderful.



Colette:

How fun.

Betz:

And I thought that was what's going to give the impetus to figure out what I was doing next and it didn't. So...

Colette:

Okay. Can I interrupt you?

Betz:

Yes.

Colette:

All right. So just judging by your energy, I get that you've been very work focused for a long time.

Betz:

Yes.

Colette:

Even before. Even for those 10 years, it's just zap. So the very fact that you went on the road thinking that you're going to figure it out during the time tells me that the universe was like, "Oh no, you're not. You're going to just go have some fun for a year."

Betz:

Well, and I did.

Colette:

Yes. Right. So can we make that be okay? That you-

Betz:

Yes.



Colette:

Right. Let's just make that okay.

Betz:

Yes.

Colette:

And now let's say, okay, now I've landed and now I really want to discover what I'm meant to do next. So what was the thing you did that you said sabbatical, were you teaching? Were you doing something where you were serving other people? Admin... What did you do?

Betz:

So I've been doing energy healing for over 40 years.

Colette:

Okay.

Betz:

A coach. I'm ordained. I do card readings, I-

Colette:

Great. Okay. Perfect.

Betz:

Name it, I do it.

Colette:

Okay, perfect.

Betz:

But now how do I put all this together and what do I do next? I'm-



Colette:

Okay, so let's do that.

Betz: Okay.

Colette:

So now you're here. The boredom for you is the best thing that could happen because that's when you actually get off your ass and do something.

Betz:

Well, I hope so.

Colette:

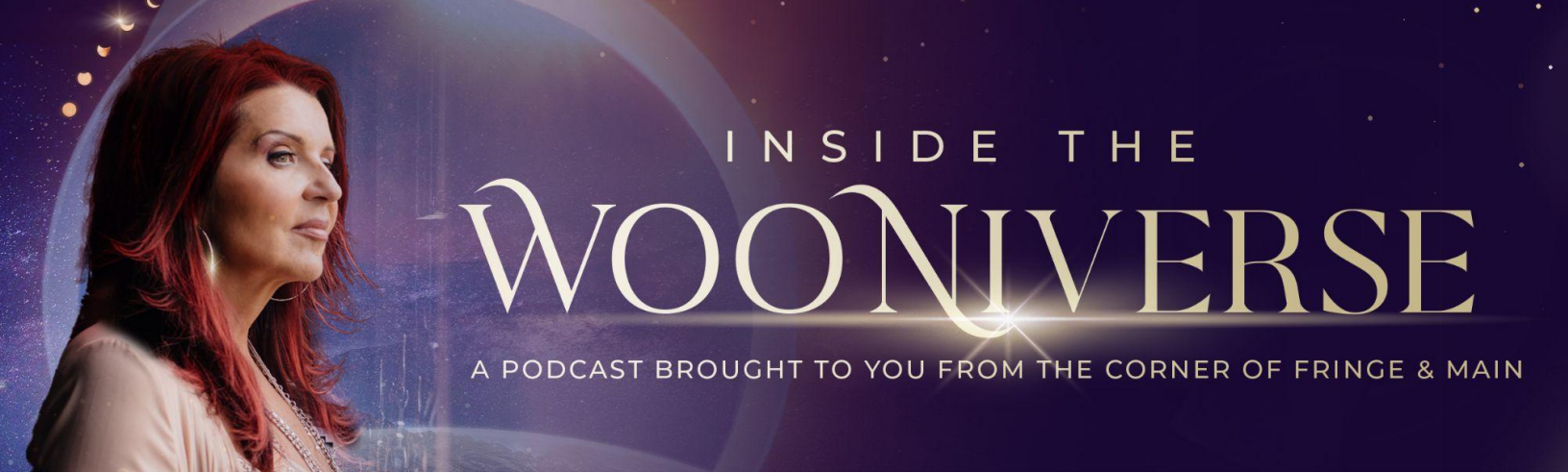
Yeah. Not for everybody, right. I'm the same as you. It's like I need something new and I need it now but it takes me a lot to get bored and then all of a sudden it's like, "I got to do this." Right, there you go. All right, let me take a look at the cards. You have to take a risk. You already have the foundation. Okay. So chop wood, carry water. So here's the thing, all of what you are is what you put on. Maybe you need a little... First of all, everybody needs a website these days. Even though when I started, there was no internet, so there was no websites. But we all need one now. So you don't have one that tells everybody what you really are. So that's your next step is to... Because you don't need the money right now. You need to do something so you feel fulfilled and that you have a service that you provide people. So for the next few weeks, I mean it's like you need to know that you're of service to feel fulfilled. Right? And you want to be creative.

Betz:

Yes.

Colette:

Okay, good. Yeah, because it's like you don't need to make... Everybody needs to make a living but in your case it's, yeah, okay. I can still take a bit of time to figure it out. So what you don't have is the expression of who you are for anybody to see. So before you even put a webpage together, I think you need to sit down and likely with somebody to work it out. To really talk about



your story. Who am I? What do I have to offer and what do I love doing? Here are the services I offer but it's, who am I and why would you want to work with me?

Betz:

Right. No, I was just going to say it's really interesting because I just took my website down. I just have-

Colette:

Great.

Betz:

Under transformation on my front page.

Colette:

Perfect.

Betz:

I know nothing else that I want to-

Colette:

No, that's perfect.

Betz:

Yeah.

Colette:

That's perfect. Take it. You should have a brand new webpage. Get rid of it. That's right. You need a brand new Feng shui.

Betz:

Right.



Colette:

You know what I'm saying? Absolutely, get rid of what was and start from scratch. So that's the exciting part is you get to start from scratch plus your aesthetic has changed.

Betz:

Yes.

Colette:

You know what you think is pretty has changed. What you feel is beautiful. You need to look at that webpage and go, "I love my website."

Betz:

Right. I even have a new platform. I'm building it on a new platform.

Colette:

Perfect.

Betz:

So everything that is going to be new, I just don't know what to put in it.

Colette:

Well, excuse me, this is what I'm saying to you is that you need to take the risk and be honest with yourself and with another person. That's why I think you need a partner. So getting somebody who can help you with the content, a copywriter, somebody that you can sit with that has a better way of expressing. But to be really honest, you think, what do I need to put there for other people? No, you need to put there what you love. Only what you love. So that's where a lot of people get screwed up with webpages. If they think, what do people want right now? I'm going to put that. Yes, you need to know what people want but you need to know what you can offer. There was a great... And here's the other thing, I just got to, I want to read you guys, you and then everybody too. Something from Seth Godin this morning that, or yesterday... There it was, last night, that I thought was really cool for everybody to hear today. So I get he's the marketing guy.



I love him. He is my favorite guy, Seth Godin. And he has these tiny blogs and it said, "There are two approaches to business, broaden your offerings. Make them easier, cheaper, and more available. Dumb them down and raise to the bottom or focus on the customers who care enough about your idiosyncratic and particular offerings that they'll not only happily walk away from the lesser alternatives, but they'll tell the others."

Betz:
Mm.

Colette:
Right. So-

Betz:
Yes.

Colette:
That's what I want you to think about.

Betz:
And I'm just starting to come out as-

Colette:
There you go.

Betz:
As the priestess. I'm neuro-divergent. I just wrote a story for a book about that. So-

Colette:
There you go.

Betz:
Pieces I'm just starting to own. So-



Colette:
Great.

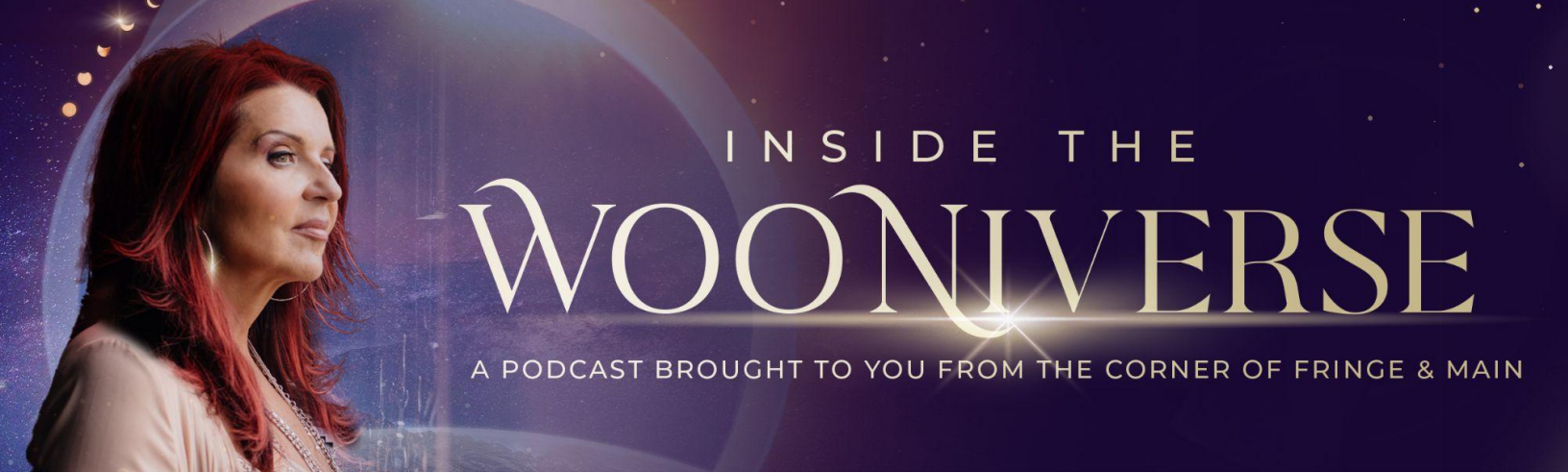
Betz:
Yeah.

Colette:
So you need to give yourself a minute to put those things in there because that makes you really unique and be who you are. I run across this because I have a big brand and oftentimes I tend to be very heady and nerdy and whatever. And sometimes my team will say, "This is way over people's heads. You have to..." I'm like, "No, this week on Wednesday, I'm talking all about the history of manifestation. All kinds of shit. People are going to... Heads are going to explode because it's interesting." You need to feel that you're interesting and that you have something that's unique to you and that's really meaningful to you. And then the people will come because you don't want to be generic like everybody else.

Betz:
Yeah, thank you.

Colette:
You be you. You be that fabulous neuro neuro-divergent self. It's important and that's why the world needs diversity. It's like it... Of all kinds, not just race. It's all kinds of other things. It is not even gender, not just race. It's all these complexities that makes us unique that then would have people interested to work with us and to say, "Oh." You don't have to lead with that but that gives you a level of sensitivity. You get that you tap in because of that neuro-divergence in a way that other people may not. And then you can explain it and say, "This is what enables me to do X, Y, and Z, and why I can do this for you." Get it?

Betz:
Yes I do. That really smart.



Colette:

Fine. You can do this. Chop wood carry water, you just had... Give yourself some time. Don't give yourself a time limit on it but really, I would hire somebody to talk it through with you.

Betz:

Thank you.

Colette:

On your case because I do think you need that person. And it will happen a little bit more clear with a little more clarity.

Betz:

Yeah.

Colette:

Cost some money but it'll be worth it.

Betz:

Yeah, I think that's exactly what I needed and it brought a tear. So you hit my truth spot. I appreciate it so much. Thank you.

Colette:

My pleasure. All right, 11:11. Now let's get Joyce Paso up here.

Joyce:

Hi.

Colette:

Hi Joyce. How you doing?

Joyce:

Good.



Colette:

Okay. So what would you like to know?

Joyce:

Well, actually I'm just about ready to pass out that I got selected because like Betzy, I've been on here for a long time and it's helped me so much. So...

Colette:

Oh.

Joyce:

I just want to thank you and I have a lot going on, so whatever.

Colette:

Let's take-

Joyce:

You feel-

Colette:

Why don't

Joyce:

Would be helpful.

Colette:

Why don't you give me a couple of what, I don't want to be too general with you, I think that will waste the reading. So give me some actual things that are happening so I can dive in with you.

Joyce:

Okay.



Colette:

A little, sometimes general readings are good but in your case, I think let's take the two things that are freaking you out the most.

Joyce:

Okay. That would be trying to get business off the ground.

Colette:

Okay.

Joyce:

And my health.

Colette:

Okay. I typically don't do health readings because it's-

Joyce:

Right. Okay. Yeah.

Colette:

But I will look at you from what does spirit want to say to you about your health, that but I can't-

Joyce:

Right. Yeah.

Colette:

Yeah. Time for a nap. So that's funny. Okay, so it's stressing you out and this is all about relaxation around it and trusting that you will... It's surrendering to spirit so you can relax. Do you know what I mean? It's the sense of I'll do the legwork but then I have to relax and turn over the results to spirit. So whatever is that's the issue, your stress levels are inappropriate to what it is, to what the actual thing is. Does that make any sense?



Joyce:

Yes.

Colette:

Okay. All right. Now let's look at your business and what do you do? Is it similar?

Joyce:

No. I'm an educator. I am early childhood educator and I am trying to get a product out there right now to get it tested and then possibly produce it.

Colette:

Produced. Okay. That's love.

Joyce:

And I just entered a startup business challenge and I was a runner up in that.

Colette:

Woo.

Joyce:

So I'm getting a little bit of money.

Colette:

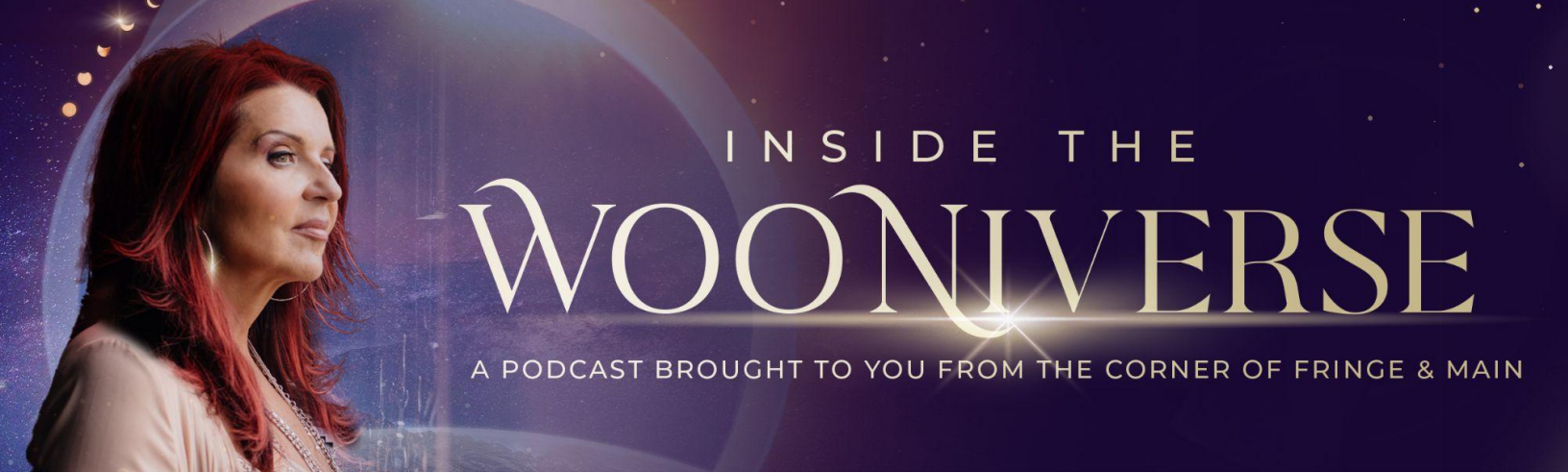
Excellent. So let me just say this. Your building blocks are good and solid. You're starting from a good space. The observer card is you need to go step back in the next level of the process and discover how it mends for the person or the child or... This is an educational tool, correct?

Joyce:

Right.

Colette:

Is there some somatic quality to it as well?



Joyce:
Is there some what?

Colette:
Somatic. So it's not just a psychological process, it gives them something to do. Is this correct?

Joyce:
Yes.

Colette:
Yes. Okay. That's a somatic. I'm touching something.

Joyce:
Yes.

Colette:
Yes. I'm touching something. Okay, good. So whatever glitch is in it, you'll find it very quickly. If there's any, if there's not any, you're going to discover how it really helps. And so that you can have 1000% conviction and confidence that the next step is going to be revealed. It looks like there's going to be, fate is going to bring you some type of an investment. Go the distance means do definitely keep going with this. This is also your destiny and everything that you've learned in the past 30 years. I'm going to say 30, for some reason, I got 30 years. You don't look old enough for me to say 30 years but I could have passed. But anyway-

Joyce:
It's just a braces.

Colette:
Okay, here's it. I'm like, "Wow, she looks 20. How's this possible?"

Joyce:
Okay.



Colette:

But anyway, the long stretch of time for you that you had learned all these different things and observed and then figured out a way how to actually make this $A + B = C$. So it is fated for you. It is your destiny. Keep going. The ups, the downs it's going to come. That's the way startups and entrepreneurial businesses work. Just keep going. There is no blocks in front of you. Just remember that it's not a straight line. It's a winding road.

Joyce:

And I need that patience too.

Colette:

Yeah.

Joyce:

Because it's like-

Colette:

It's hard-

Joyce:

Now.

Colette:

I know. It's-

Joyce:

Yeah. I was just getting confused because every time I try to pull a card on this and am I on the right track and everything, I just kept getting these ones that says, "Not for you. Not right now."

Colette:

No. Because you're asking, am I on the right track? Is it happening tomorrow? And it's telling you it's not going to happen. All this stuff is not going to happen now. And it's whenever the not for you card. So if you're asking yes or no, it's telling you not to ask that question.



Joyce:

Oh.

Colette:

Am I on the right track? Not for you to ask that question.

Joyce:

Oh, okay.

Colette:

So if you ask a yes or no question, I get the biggest kick out of it when the not for you card comes because you're asking the wrong question.

Joyce:

Well, I don't really ask that. I just ask, what is the next step for me? And-

Colette:

Oh, if you're asking what the next step is, and it says, not for you, it's asking you to look at the flaws. What do you need to take away, if anything. What needs to be removed now? What could be removed is your anxiety around it. What may be removed is your expectation that it has to be a certain way. What do you need to take away? Maybe your whole attention that you keep asking the questions is saying, well, stop asking questions. Right.

Joyce:

Right.

Colette:

Let the next step be revealed.

Joyce:

Yes.



Colette:
Because I'm certainly-

Joyce:
You're right.

Colette:
Not getting that, not for you, as this is not for you. It's that stop asking questions all the time and just allow the next step to come. It could take a lot longer than you wanted it to and that's okay.

Joyce:
Well, and my phrase with my vision board was, let go of fear and let spirit steer.

Colette:
Oh, awesome. What a great thing-

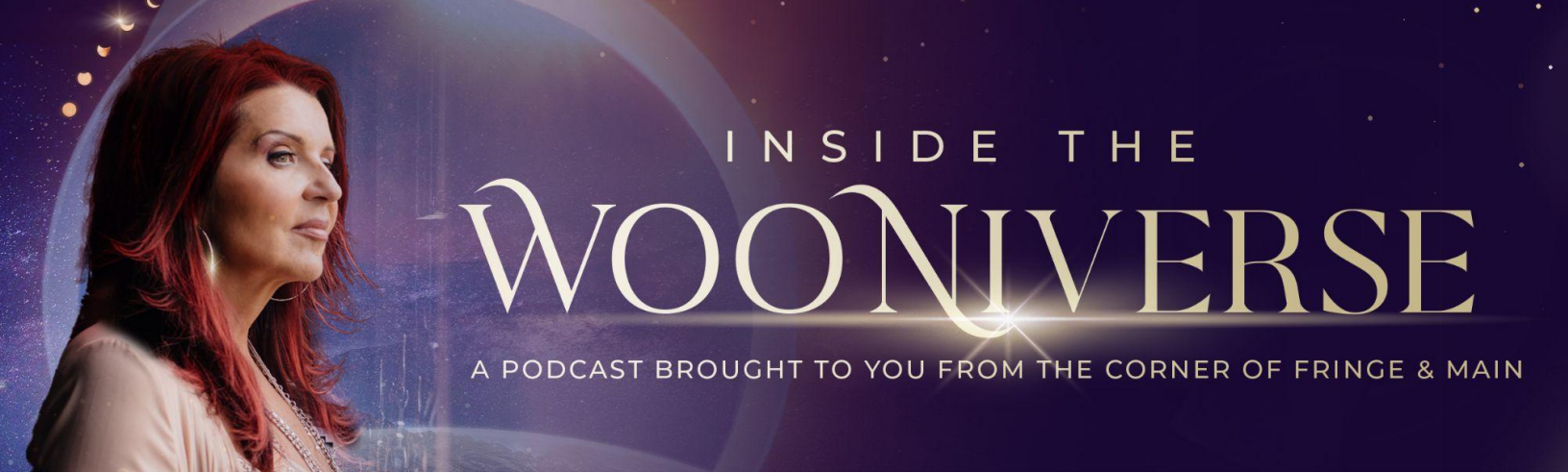
Joyce:
And I just have to keep going back to that.

Colette:
Yeah. Let go of fear and let sp... At Unity church, I heard a similar line that was, let go of fear and let God steer.

Joyce:
Right.

Colette:
But yeah, it's exactly the same and it's so true. We have to surrender and we want to take the wheel back.

Joyce:
I've always had clenched hands on the wheel and I just have to keep telling myself, let go.



Colette:

And look how far you've come because listen, I'll tell you one thing, I'll tell a secret. Nothing gets done without having some level of ambition. It's just that when it becomes unbridled and relative to too much attachment, that it goes awry. But armchair astronauts go nowhere. Risk-takers are the ones that get things off the ground. And yes, every once in a while you're going to notice, oh wow, I got to peel index fingers off and that's okay.

Joyce:

Exactly.

Colette:

Because that really is not for you. Stop holding on and trusting. And look, what are the chances you came as a runner up. You're getting some money and then you'll do another startup thing. Look at you, you are already finding these things.

Joyce:

Yeah. That totally fell in my lap unexpectedly. I was driving-

Colette:

It's like Divine reading.

Joyce:

Right, exactly.

Colette:

So why wouldn't it happen the same way with your business?

Joyce:

Okay.

Colette:

That's a cool thing to think about, right?



Joyce:
Right.

Colette:
All right. I'm going to pick-

Joyce:
Awesome. Thank you-

Colette:
Bye.

Joyce:
So much.

Colette:
Here comes Tora. Hi, Tora or spirit-

Tora:
Hi.

Colette:
Hi, honey. How you doing?

Tora:
I'm doing great.

Colette:
That's so fabulous. All right. What's your question?

Tora:
Hey. Maybe finances.



Colette:

Finances, okay. Let's take a look.

Tora:

Yeah.

Colette:

What do you do, Tora?

Tora:

I'm a dance producer.

Colette:

Too crazy. The only card in the deck that relates to this is Treasure Island and you got the card. So, you're only just getting back to making money is what it's saying. So I don't know and serendipity. So does that make sense to you at all? Did you take a break for a while?

Tora:

Well yeah. I quit the job. That was really toxic.

Colette:

There you go.

Tora:

And I've been on the leave of absent for one year and now I just said goodbye-

Colette:

Ready to go. Perfect.

Tora:

Yeah.



Colette:
Perfect.

Tora:
So...

Colette:
Perfect. New opportunity is going to come Addie in your boom, in your lap, unfinished symphony. You're definitely not finished with all this quality of dance production, et cetera. There's people you already know from the past that you're going to reconnect with that's going to offer you an opportunity or you might start something on. It is just really good. Excellent. A partner comes in. Yeah. And trust your higher power. This is also really important that your risk, the risk that you took to get out of the toxic environment was the way to signal to the universe that you were serious about something better. That is coming.

Tora:
Oh, wow.

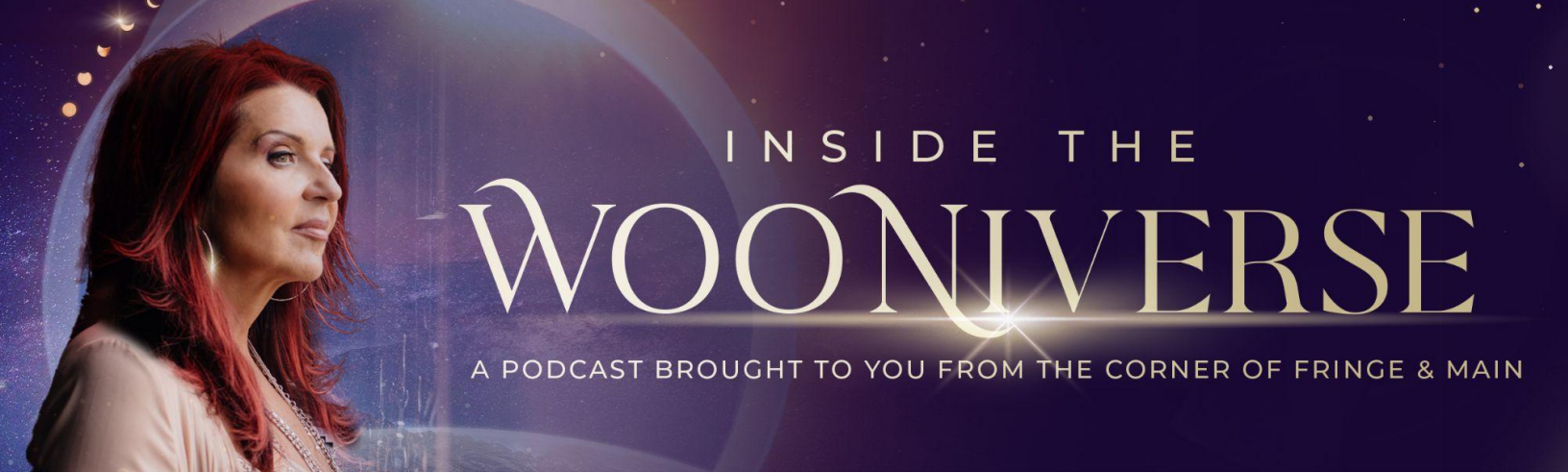
Colette:
That is coming.

Tora:
Thank you.

Colette:
Right.

Tora:
Thank you so much.

Colette:
Yeah, congratulations. I know you... It was difficult but you're just getting back to it. You will be amazing. It'll be so much fun. Congratulations.



Tora:
Thank you so much.

Colette:
You're so welcome.

Thank you so much for joining us today for another powerful episode of Spirit Summer Jam. To join us for our next live Spirit Jam and to learn more about my sacred community, the Oracle Circle membership visit itwpodcast.com/spirit. OCM or the Oracle Circle Membership is where we partner with spirit and connect to the divine. And it's so precious to me because I get to be with you live twice a month. I give you access to my meditation library, share many lessons, monthly spreads and other tools to help you navigate this blessed life. And if you'd like more spiritual guidance and support from me and the most awesome spiritual community there is, visit itwpodcast.com/spirit to learn more about the Oracle Circle. Thank you so much for listening. I love you and I appreciate you for all your support. Until next time, I'm Colette Baron-Reid. Be well.