



EP 87:

Stepping Beyond Intention: Creating Life on Your Terms

With Dan Mangena

Content Warning

Warning: This episode contains sensitive or vulnerable content that may not be suitable for all audience members, especially children. Please listen at your own discretion. Thank you so much and we hope you enjoy this episode of Inside the Wooniverse.

Colette:

Hi there, and welcome to Inside the Wooniverse, a podcast brought to you from the corner of Fringe and Maine. I'm your host, Colette Baron-Reid, and joining us today is Dan Mangena. He's a well-known personal development thought leader, broadcaster, bestselling author and coach. I love this man. He's awesome. I was so excited, he's super busy, that he made time to come on the podcast. He's best known for his highly successful micro to millions program, authoring the book, *Stepping Beyond Intention*, and for his tuit with Dan and *Beyond Success Podcasts*. Dan is completely self-made and has spent decades perfecting his world-class coaching methodology. Welcome to the Wooniverse, Dan.

Dan:

I am happy to be here in the Wooniverse with you, Colette. I love you, yes, I do. Did that rhyme? I think it rhymed. It was meant to rhyme.

Colette:

That was good. Oh my God, that was awesome. Well, if you ever decide not to be a coach, you can also go on Broadway.

Dan:

I'll work on it. I'll work on it.



Colette:

Oh my gosh. So let's talk about you as much as we can. So I want to go back. I love talking to people about when they were little kids. So I want to go back because you have a whole journey that began with your family, et cetera. So were you always interested in the power of intention and mindset? When you were little, what did you see about the world and how it worked?

Dan:

I wanted to be an inventor, and I always knew I was going to be a millionaire. As I got more into my spiritual journey and started diving into that more, I started to put the pieces together, which I'll explain in a second. But I was always coming up with stories and I was always creating things and had these ideas. I worked out how I'm going to do this to do that. So I was very creative, but also very autistic and didn't know.

Colette:

Oh.

Dan:

And so I was always very much in my idea. I wasn't diagnosed with Asperger's until I was 27. And so up until that time, I'm very heavy on the autistic spectrum, but I was sort of trying to force-feed myself to be in the mainstream world. And so I didn't really have friends. I didn't really have social stuff. It was kind of like my cousins, my sister loved me. My younger sister Lou loved me so she would let me hang out with her and her friends. Or people from my mom's church that had to hang out with me because our moms knew each other. Other than that, that was kind of about it, and that sort of changed later in life. But yeah, I was very much in my head and very committed to this idea that I was going to be really, really, really successful. And that's something that was very, very vocal about. I don't remember a time that I didn't just have this certainty that I was going to be successful. Maybe an inventor as well, but definitely very successful.

Colette:

I think certainty is a big thing. I think for you, you just knew it, right?



Dan:
Yeah.

Colette:
So it's the certainty that was internal as opposed to certainty external. If you were to look around your world the way you just described it, there would nothing-

Dan:
There was no evidence to support it.

Colette:
There was like, "Well, I don't know about that." And that's one of the things that I love about how you teach too, is that the idea of it's not about the external certainty, it's about the internal and the trust and that real surrender to that because it's true. It's like you are a walking poster child for the inner world first, outer world second. So one of the things that I love about you and your work... You know, we're actually friends and I've read all your books, et cetera, but you are deeply committed to helping people transform, and I admire that about you because you mean business. So where does the passion come from? I would ask, what are the biggest transformations in your own life that really inspires you? Because you've had a fascinating life.

Dan:
Up until about two weeks ago, I considered my life to be a trilogy. I just had a very, very deep transformational medicine-based experience a couple of weeks ago, which I shared about in the WhatsApp group. So I feel like I'm on the precipice of closing out book three and moving into book four now. But every single one of those, and for me, they're books, not even chapters because something pivotal happened. But book three has been this journey of sharing my experience with people, sharing my life with people, sharing what's come up for me with people. But I really didn't want to do that. A lot of people in my experience do the work that we do, they had an emptiness. So, "I was in the corporate world and I felt really empty and I had this soul's calling to do something different." I was living my best life, Colette. I was literally living my best life. And I'd clawed up, and we'll probably get to this, but I made and lost 2 million pound fortunes by the age of 23, ended up in a really, really deep, dark place of suicidal ideation.



Colette:

Slow down here, slow down. I think this is really, really juicy stuff. Just slow down. Okay, we'll get to book three. Let's go back. You're 23. Okay.

Dan:

Okay.

Colette:

People want to hear this, they want to hear your story. So let's go to that whole 2 million pound thing by the time you're 23 years old. So how did that happen?

Dan:

I was that kid that all of my teachers like, "Oh, this kid's going to be successful. He's going to be a millionaire. He's going to be..." I mean, I taught myself to make computers when I was 13 years old, right?

Colette:

Wow.

Dan:

When I was in high school, I had a tuck shop at the high school. I was doing deals with local businesses to sell them computers when I was 14, that's what I was doing. So I managed to amass my first million by the age of 19.

Colette:

What?

Dan:

Yeah, but I didn't have the right licenses for the company, and so it ended up getting shut down. So the company got shut down. So I was like, "Ah, I'm going to go and do it again." So I went and did it again. I tried to be smart, put things in other people's names and like, "Yeah, yeah, you can hold that company for me and you can lock up that bank account." And then people stole everything. Yeah. So I ended up sort of losing everything again. But the thing is that the



first time, and this is one of the beauties I think about, and I was even looking at the card pull that you did, dolphin spirit I think was the...

Colette:

Right, the card pull was dolphin spirit.

Dan:

About the this and that and that duality because these dark chapters that closed out one book and moved into the next were actually some of the most beautiful things for me. And so if it wasn't for some of these challenging episodes, I wouldn't have had the metamorphosis that took me into the next level of my experience. I maybe would've stayed the same.

Colette:

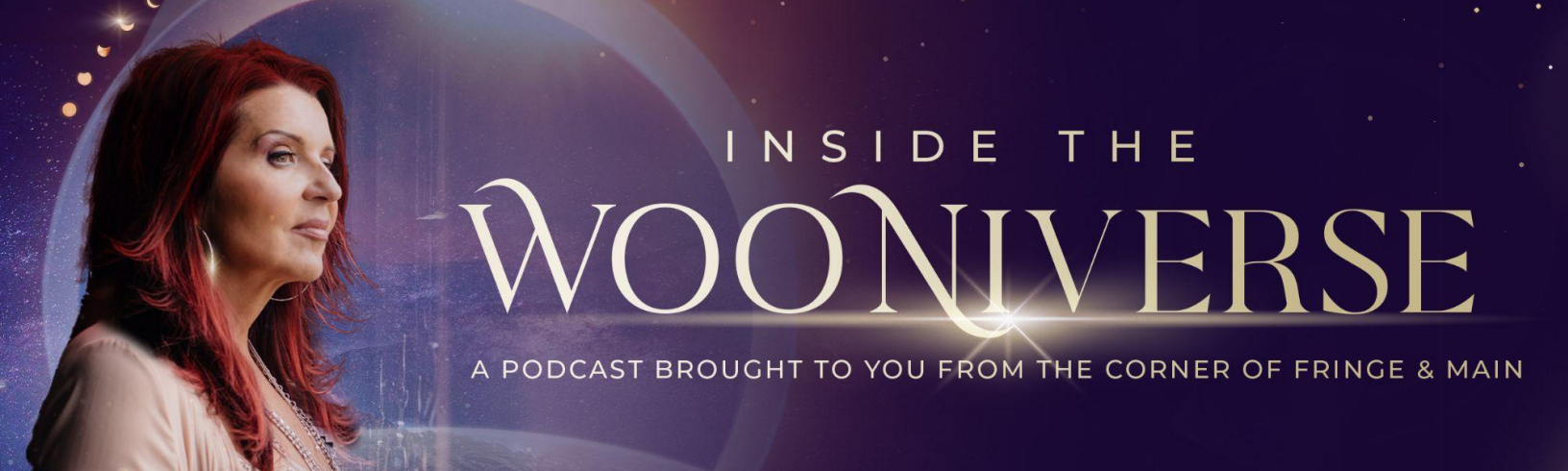
Right.

Dan:

Because I was an arrogant little turat, Colette. The thing is, I hadn't really had a hit. There'd been bumps, but I hadn't really had any hits. So as a teenager who's just got the world at his feet and everything works out... And I mean, I was reading books Think and Grow Rich and Psycho-Cybernetics and all this as a teenager, and I was using this material to develop a mindset that gave me the capacity to manifest and create all of these things. But all of that power without the guidance, the direction and the framework to hold it, and then you've got the arrogance of youth that we all had when we were young, but then when that's unfettered because nobody can actually tell you what to do because you are the most successful person in the room, it didn't create the best combination of the best version of [inaudible 00:07:10] getter, let's say. So when I get to the point now, when I've lost everything the second time, I no longer have the space to hold the delusion that I've got it all worked out and I know everything.

Colette:

Had you known it, this would not have happened.



Dan:

Hello. It happened. And so I'm looking at literally the broken pieces of that, and I realized in that moment, "Oh my gosh, this vision of myself and this identity built up around the guy who had it all worked out and worked out the secret code to the universe, that's gone now and I have nothing left." And it left me in a space where I literally, I couldn't think of anything else I had to offer the world apart from not being here anymore. And that's what took me into that shadowy place. But here's where again, the gifts come in because of my autistic brain wiring, I literally don't have the capacity to go and make impulsive decisions like, I'm just going to go and have a suicide attempt.

I literally was like, "Hmm," because everything has to be framed for me. Now I know, the way my brain works, it's like, "Okay, okay, so we're going to commit suicide. What's the way to do this? Okay, right." I was looking at the options. It's like, "No, that's not going to work. That's not going to work." And I literally sat there and I said, "Hmm, I'm a bit of a loser at the moment. Things aren't really working out for me. I need to make sure that I'm not a loser so that when I make my attempt, this works out." And this is the crazy thing. I didn't go into the journey that brought me out of book two and to book three and book four where I am today because I was trying to save myself. I actually went on that journey because I was actually trying to be successful in ending everything. But you can't spend-

Colette:

Isn't that amazing?

Dan:

... I know. It sounds really crazy, right? But you can't spend the amount of time that I spent... Literally, I learned to transliterate Hebrew and Arabic. I was going back over ancient texts. I was studying the live stories of successful people because I needed to understand, okay, everything had worked up to a point, but something had gone wrong somewhere. Is it because all of this is poppycock or because I've got it wrong and I need to understand it? And I became obsessed, completely obsessed with understanding it. This is around the time when The Secret came out. And so I was dissecting that. And this is when The Power of Now came out, and I started dissecting that and more people started talking about the law of attraction.



And I've been in this game for half a decade plus already, maybe even closer to 10 years by now. And so I'm bringing these pieces together because I'm coming more from the mental visualization, sort of literal using consciousness to create perspective. And now there's more of the universal law thing coming into it, and then more of the Hindu culture coming into it. I'm like putting these pieces together and I'm putting together this framework because I'm like, "Because I'm not going to fail." And the thing is that this is all like 2008, 2009. And the crazy thing is I wake up one morning in 2015, seven years later, and I realized I haven't thought about suicide in a very long time.

Colette:
Wow.

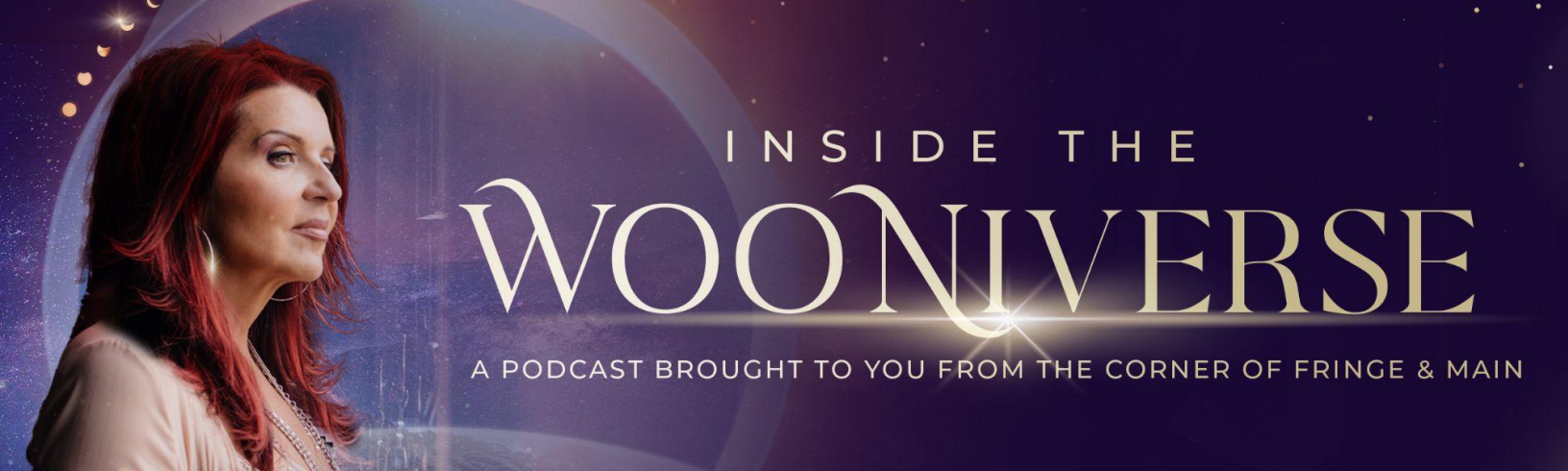
Dan:
I could-

Colette:
Set it up to do. Right. Wait a sec.

Dan:
Wait. Wait a minute. What happened?

Colette:
I'm successful. That's not my agenda.

Dan:
Exactly. I literally, I just got back from a trip to Thailand with my cousins. My business has been doing really well at that point. I had one phone call in the whole time I was away. I'm living in a beautiful place in North London. I'm traveling to different parts of the world. I'm doing it a certain travel class. I've got my tailor. The watch collection started to build up again. I'm like, "Oh, what happened here?" And that's when I actually sat back and started backtracking. Now all these notes and these ideas that I'd been sort of using and putting together became what is now the book, *Stepping Beyond Intention*. So that book takes through the journey of the creation of the model and the steps and everything that I went through to get there. But I realized, "Oh my



goodness, I literally went off to do one thing, but I ended up here. And then the journey to understanding that has been what I've shared with people and what I get to do now in the world."

Colette:

Oh, I love that through line because I think... Well, first of all, I love that you talked about basically all of the conceptual ideas of the law of attraction and then universal law and the fact that you studied ancient texts because this is not the first time this has been written about, but the idea that your humanity, you can't manifest your humanity that's in you, and you have to experience the evolution. You can't just go like that and be, well, you can become a different person within reason. You can grow and evolve, but you have to integrate the experiences.

Dan:

100%.

Colette:

And I think it's so important to acknowledge that there has to be room for what we would perceive as failure. Because people come into this and there's this whole blame and shame around the concept of manifestation. And it's very materialistic. And yes, you got all the material things, but until you actually integrated the relationship and recognize that there is this sacred dynamic between you and the conscious universe, this is something special that we all have, but it is why we're here. And it's very little to do with all the material success. It's to do with the evolution of you as a spiritual being having a human experience and learning that suffering... Pain will come, suffering is optional-

Dan:

Exactly.

Colette:

... in terms of continuing to repeat the pain. But I think it's just really key that when people listen to your story, that's the thread that I got out of that. I'm like, "Wow, this is great," because it's human. It is human. The hubris of the teenager, the hubris of the early 20s. Like,-



Dan:
Yeah, yeah.

Colette:
... "I'm so hot."

Dan:
There was a lot of that.

Colette:
You know.

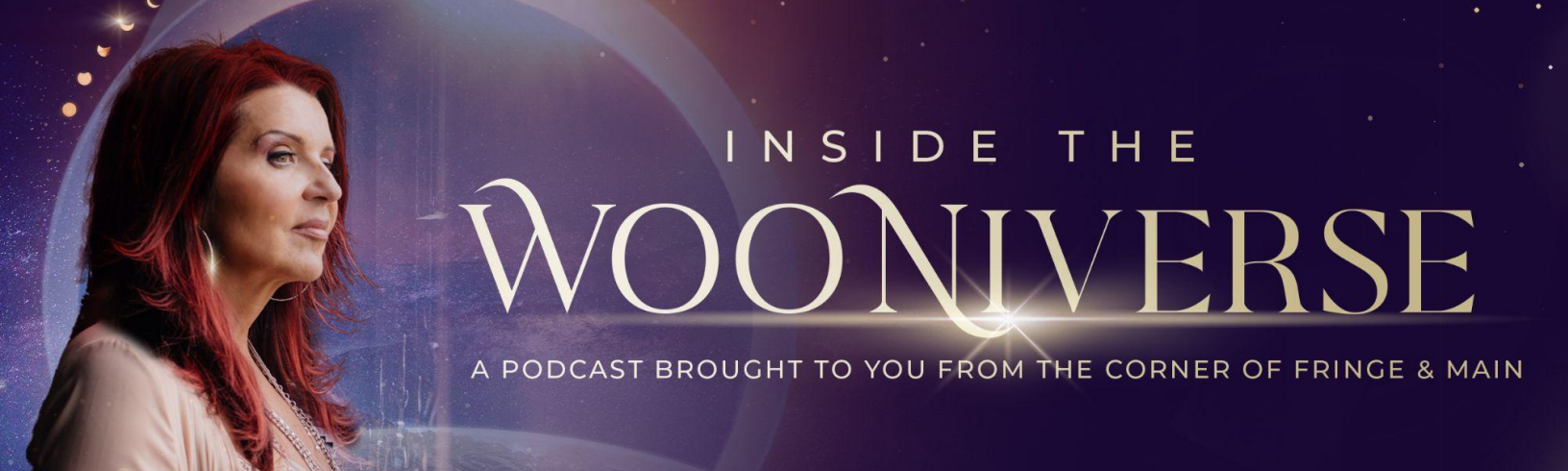
Dan:
There was a lot of that.

Colette:
There was a lot of that. And listen, there is nothing wrong with amassing material things as far as I'm concerned. We live in this kind of a world that spirit chooses us to experience itself in the material world. That's just the way that is. But that can't be the main focus.

Dan:
Yes.

Colette:
So I think... Right? You are figuring out how to end it and reading all these things, which everybody says in all of the ancient texts that that's a big no-no. We don't do that, but we discover the humility of that surrendering to this process, but still being part of it. That one step towards the gods and then 10 step towards us.

Dan:
Exactly, exactly, exactly. And the thing that I love as well is that so many people lose sight of the fact that when you do focus on the inner work... Two thirds of the game is in a game. If you look



at the ancients, and this is part of my flow funnel framework that I talk about in the book and a lot of my work, this whole idea that everything that we experience in three-dimensional physical reality is the byproduct of a movement or non-movement through time and space. Think about it, everything that shows up. But that movement or non-movement through time and space or physical action for the most part is predicated by an unconscious pattern, habit or belief that sits inside our unconscious. And that is predetermined to a certain degree by the environment that that unconscious mind was cultivated in.

Colette:
100%.

Dan:
And so a lot of us go into this whole thing of trying to fight our current pattern of behavior, fight our current pattern of thought when all we need to do is remember that we didn't wake up... And the moment in time when I really got... So my son's going to be three in a couple of months, and I remember coming back from the office when he was about 11 months old. I came back from the office, I walked through the door and he looked at me. He started smiling and he was waving. And it hit me in that moment.

Colette:
How cute.

Dan:
When did he learn to wave and who taught him the context of the wave? He can't speak yet. So nobody sat there and said, "When someone comes through the door, you wave at them-

Colette:
Wave at them.

Dan:
... to greet them." And I was like, "He got that just by witnessing and observing that." And I also got this really deep compassion for the world around me as well, because how many people



that have done something that annoys me or done something to hurt or harm me are doing it because at some point they learnt that just the way that my son learned to wave?

Colette:

Yes.

Dan:

And it just became a part of who they are. And so when we understand how much of our environment, and I think it's the numbers are like 70% of those programs were done when we were completely unconscious anyway. And so if we just took the time instead to focus on cultivating a relationship with our inner being, with our emotional resilience, with our internal emotional state, with our inner thoughts through the environment that's supporting it, then there's a top down trickle effect that happens wherein, hang on a minute, that emotion only leaves space for a certain pattern of thought. Hang on. That pattern of thought only leaves space for a certain pattern of behavior. Hang on a minute. That's pattern of behavior only leaves space for a certain pattern of life. And that's exactly what happened to me. I was literally pummeling my mind, polluting it positively over the course of two or three years. That's all I was doing. And so how can there be anything other than an inner emotional state and inner mindset, and therefore a set of unconscious behaviors that matches that high vibration of input?

Colette:

I could listen to you talk for hours. No, no, no. And you would've had a lot of fun this past weekend, by the way because we're so in alignment. I know Connie was saying, "Oh my God, you and Dan are so in alignment, so in alignment." I want to talk about that because you said so much. And I want to dissect it a little bit for the listeners. Because I think right now we have a lot of comeuppance, if you will, in our society, to see how basically social trauma has caused so many people to, depending on where they stand in the whole spectrum of the social order if you will, that none of us asked for, it just kind of happened. So it's like, do we spend our time against it or do we do what you said, which is to go within and cultivate something new?

You have to recognize that I think we're all responsible right now to go to that place. Every one of us, no matter where we stand on that board if you will, to say, "Okay, these are my patterns, my ancestral patterns." And I'm like, "Okay, here are mine. So where is my responsibility to keep



it clean, if you will, and not encroach on others?" Because a lot of the behaviors, like my mom, for example, she was a Holocaust survivor and was raised in a Christian family. And her father who came to get her, who was French, her parents were not married actually. And he came to rescue her to take her back to France. And the people who took her in told him she was dead. She was hiding in a closet.

And the SS came and picked up the father who was a French resistance movement guy, plus he was also a Jew. So he was killed in a concentration camp. So my mom was traumatized. So her message was, "It is not safe to be yourself." So she came to Canada, raised us, we were Anglican, which is Catholic with no pope because of the King Henry VI. You know what I mean?

Dan:

Good old King Henry.

Colette:

Yeah, go King Henry, right? And I loved church. Oh my God, I loved it. But it was like this whole thing. So there's this, I don't know, but I see today because I'm really conscious of my behavior. Some of the things that were the limiting beliefs we talked about earlier about Shelly, who was on the show too, the idea that, "Oh, I'm completely unconscious when I respond in a certain way. But if I can become conscious and aware and then feed it a different," like what you say, what did you call yourself? Polluting yourself as positive.

Dan:

Yeah, positive polluting my positivity.

Colette:

And it's not about bypassing anything.

Dan:

No.

Colette:

It's about-



Dan:

It's about curating the environment to support what you want to be. That's it.

Colette:

... As opposed to fight against the thing you don't want.

Dan:

And here's the thing, Colette, to your point about not bypassing, you cannot actually definitively create a new holistic environment that hasn't addressed the healing and trauma that's there.

Colette:

Correct.

Dan:

You can't create a bypassed environment that's going to achieve this outcome. It's not going to work.

Colette:

No, it won't.

Dan:

You have to go through. What's the scripture? You can't put new wine in old caskets. I think that's the way that it goes, something like that. New wine. You can't put new wine in old-

Colette:

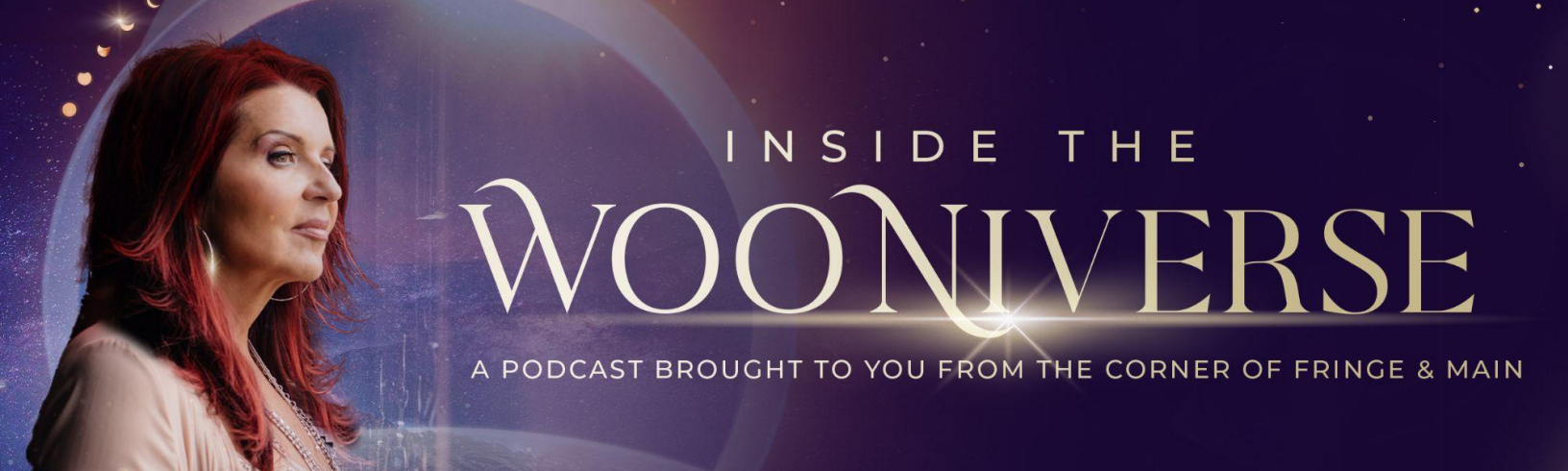
New wine. Oh, new wine in an old casket. Really? You can't.

Dan:

... So basically-

Colette:

I'm thinking about that, but I know what you mean.



Dan:

... So this journey of creating that environment, to your point, it's not saying, "Oh, I'm happy. I'm happy and here's my new environment." No, no. I desire to move through this trauma to create a new environment. This is a toxic relationship that I'm in. I'm going to create the space for me to be able to heal of the toxicity, to introduce new loving components into my environment so I can go and be in a healthy relationship going forward. That's not pretending that you don't have poor money management, and that's the reason why you're in financial problems. It's let me take a pause from the environments that are supporting my poor money habits, go and learn about new money habits as I start to create a new money environment that's going to give me a new money story and a new money experience. So it's doing that together.

Colette:

Yeah, you have to go through it.

Dan:

Yes.

Colette:

That's the thing I really got from reading your books too, which I... Because really do think the biggest issue with the original or new thought, I mean actually the new, new thought, because the original new thought never told you to bypass that.

Dan:

Yeah.

Colette:

Back in the 30s or whatever, told you you'd go deep within, but that there was a greater consciousness. But I do think that that was part of the problem and why people would feel ashamed or they would feel like, "I can't change. I can't change." Because the minute you start to move into this new place, it's like when you uplevel, there's a new devil. There's like, the old stuff is saying, "You got to pay attention to me because I am still wounded and I need your attention." So it's not like we stay in attention all the time. It's acknowledging it. So half the battle is to acknowledge it. Half the battle is like, "Ah, I see this in me."



Dan:
That witnessing.

Colette:
The witness, right? It's like, this is true.

Dan:
And to your point about the new thought and the new, new thought just struck me just now, I think the reason why maybe I do differ from people in my sort of era with this work because I wasn't raised on the new stuff. I was reading ancient text. I was reading the Charles F. Haanel where you are actually doing diligent exercise. There was no shortcuts. There was no shortcuts with the old guys. I was reading Florence Scovel Shinn. It's not shortcut, it's dedicated diligent work. And even books like The Science of Getting Rich, Wallace D. Wattles, there's no mythical thinking anywhere in those frameworks. They are very much put-

Colette:
Right? None of them.

Dan:
... the work in to become the person who has the capacity mentally and emotionally to move into the new state of being that's going to give you the new outcomes. And it's maybe not as sexy as manifest this in 30 seconds that you see on YouTube, but how many of-

Colette:
Because that's bullshit.

Dan:
... How many people see that work?

Colette:
Let's be real.



Dan:

I don't know anybody that that's working because the shortcut that they're trying to get there in five minutes is not where the game is won. The game is won in the trenches. I was even thinking about this today when I was driving along. I can't think of anybody that's achieved anything of any significance that hasn't gone through a journey to get to that point where they have some significance. And yet people want to be famous overnight. They want to be successful overnight. They want to have health overnight. "Oh, I want to get my six-pack in three weeks." No, you need to go through the journey of getting into the health. "Oh, I want to find the love of my life today." Babe, you haven't dealt with your daddy issues. You haven't dealt with your mommy issues. You're just going to take that toxicity into the next thing. But I think, yeah, a big difference between the older schools and the newer schools I think is that thing of putting in the work and knocking for the instant gratification, but enjoying the journey. High five, babe. High five.

Colette:

I'm the old school.

Dan:

Yes, 100%.

Colette:

I'm all about the old school. But I also know too that there is, I also feel super compassionate for, I think you get there at some point when you realize that these new, new forms... I mean, listen, I think sometimes you do get these instant miracles that are just, it's almost like, here's the crumb. Stay on the tracks. Stay on track. We'll give you little gift. Poof. But then when you get the gift, you have to up level-

Dan:

To be able to hold it.

Colette:

... yourself to be able to hold the gift like you said. Remember you talked about your-



Dan:

Getting the gift and keeping the gift to two different things.

Colette:

... And being responsible to the gift.

Dan:

Exactly.

Colette:

Right? People want, they want to be multi-millionaires, but they don't realize that you have to now do accounting and pay your taxes and be really responsible for that and be that person who knows how to manage all these things. It's like, what are we making it mean? So I think now more than ever, your way of doing things is what we need. We need to hear that again. "Here's what I did. I got all these instant things and it ran away. So now here's what I do where it has real metal. I am rooted. I root down," because that's what you do. Your next book should be Root Down With Dan.

Dan:

I love that because the meditation that you shared with us about the tree that's going into the age of tree, which I use a lot by the way that crosses over, is having those roots that go into, not just into the soul, but into the depth of who you are. Deep into spirit, deep into source, deep into connection, deep into commitment. That's where you get the strength and resilience to be able to deal with the storms, to deal with the circumstances that come up in life.

Colette:

Yeah, and to trust too, that it's like... There's a book by John Kabat-Zinn called Full Catastrophe Living. He teaches mindfulness. I love this. And I really think too, you want to sign up to the full catastrophe. You don't want to just have some of it. And I do think that we're all kind of like cats on a hot tin roof right now because... I mean, I do think we've been indoctrinated into the idea that chaos is everywhere. We should be afraid and polarized and all that stuff, which is, to me, I find that to be a fascinating distraction. Why are we being distracted that way? Who is distracting us and why? Because this is not helpful to anyone.



Let's go hang out with Dan. Because it's so true. And I love also what you said earlier about how what we see in the coaching industry is a lot of people, and I have clients like that too, who were from corporate that really feel called to serve, et cetera. So in my mastermind I have, that is actually really great for the transition into something, blah, blah, blah. That's what I see. So that's a very specific kind of coach, person that's now sharing their epiphanies, if you will, from this structured environment. I never came from that structured environment. So I've always done my own thing. I've always just because I had to. And so I understand too that the sense of freedom that we get, because we do get a sense of liberation and freedom when we do the work that you're talking about, right?

Dan:

Yes, absolutely.

Colette:

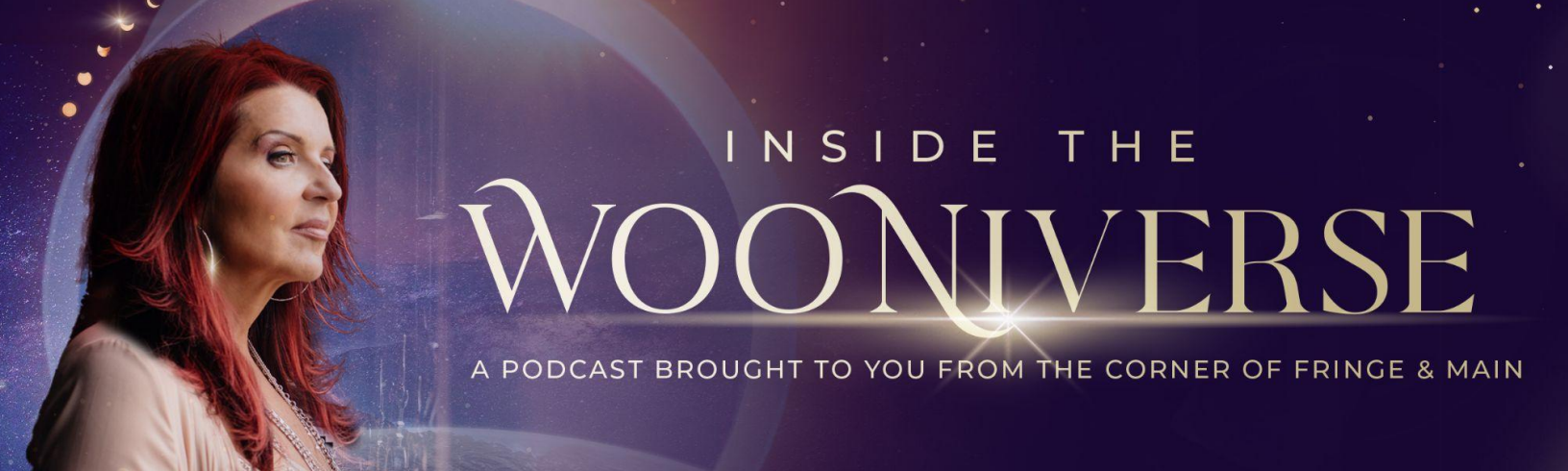
There is a liberation that becomes very real. And so where we come from, I think can serve best the people who need to know it's possible.

Dan:

Like you said, the journey. The journey serves people. It shows them the possibility, also shows them the steps to take because we can gather so much wisdom from the trials of other people. The challenges don't have to be your own. If you're ready to learn from other people's, although you have to go into an integration which may require you to assimilate circumstances that will demonstrate your integration. But generally speaking, there is so much that we can give people by just showing them the fullness of the experience that we've had.

Colette:

And that's what I love about your book because you don't shy away from any of this. I think that's the other thing. Everybody just wants to say, "Oh, this is so great, manifest in 15 minutes." But you're like, "Yeah, and here's what happened and I failed. And then I fell on my face, and then I had to get up again, and I did it again. Only it was worse. And then on the other side of it, here I am now."



Dan:

Here we go. Exactly.

Colette:

And I think that's so important. You have to give people permission for their humanity and for the fact that we're all going to fall down. I always call it the cha cha. So the cosmic cha cha, four steps forward, five steps back, 10 step forward, two step back, fall on your face, just shake your tail, get back up. Because that's what life is. We have to take a little break now. More with Dan Mangena when we return.

And we're back with Daniel Mangena. Okay, Dan, my next question is... So I want to talk about, because one of the greatest things that you teach about is step beyond intention. The concept of stepping beyond intention because we talk a lot about intention. First of all, tell me what you see in the awareness work. What is an intention according to you? And then what is the stepping beyond intention?

Dan:

So for me, intentionality is the conscious disruption of whatever pattern we're playing out. So it could be, I'm seeking to break the pattern of habituation in my romantic life, in my health, or in my finances. Because if left unattended, the law of perpetual motion is going to keep playing out the same way. The unconscious is going to be like, this is the script, I'm playing it out. You can switch partners 20 times. You can have the same person in a different scheme. You can switch diets. You're going to have the same outcome. You can switch jobs or businesses. You're going to have the same outcome. That's why people that win just win no matter where they go. People that have healthy relationships just have healthy relationships wherever they go. A person who's in alignment on health, it doesn't matter what fad diet or exercise routine. Even if they're eating beans and chips every day, they're still going to have the same situation because they're aligned in that direction. As we said before, most of that comes from unconscious programming and so on and so forth. But when I say to myself, "Do you know what? No, enough is enough. I deserve love. I love myself enough to step into a situation that's more aligned with me being loved, cherished, adored, all of the things," I'm intending to create an experience where this is what I have.



Now the challenge, and this is why we have to move beyond intentions, is that we are only conscious a portion of the time. I think the maths is five to 10% of the time we're conscious, the rest of it's unconscious. So during that time when we're conscious, we have to throw everything at creating and cementing and maintaining that alignment, which is where the environment kicks in, because with my environment supporting me, then over time that unconscious behavior is going to step up. And so my beyond intention paradigm, for example, is how do I create that intentional disruption? How do I remain conscious enough to be able to capture myself coming off target so I can get back on target? And we've got frameworks for that. And then how do I start to shift what's going on at the deeper level so that I can maintain that journey, so that I can move beyond needing to set intentions? Because my new trajectory, my new autopilot is what I actually wanted to create rather than what I feel I need to disrupt and move away from.

Colette:

The new autopilot, I love that. I love what you talked about, relationships. I remember too, I would have a series on and on and on and on. The same exact thing would happen to me. I would end up with a unfaithful sex addict or a really charismatic hot guys who'd be like often... No, I'm happily married for 21 years now, so I can say these things. My husband knows-

Dan:

To the amazing, amazing human.

Colette:

Yeah, yeah. I kissed a lot of frogs. What could I say? But until I found out that I was the one kissing the frogs. Because I was always the one that was the victim. I was, "Look what they did to me." Or they would not be available. There was a whole list of things that everybody was identical and I thought, hmm, but they were all different and one day woke up just like that and thought, "Oh-

Dan:

There's a common thread here. I'm seeing where they go.



Colette:

... I'm the common denominator. Oh, boy." And then when that happens, then my environment changed because I didn't date for a whole year, went to therapy. I thought, "That's it. Cleaning up, cleaning house," because I wanted to get to the point where you got to, which is I love myself, so I want to create that alignment. And I know that's something that you know intimately, this is what needs to happen. And then it happens. But it doesn't happen because you say it's happening. It happens because you take the action and then you see, and then you take more action, then you clean up more, then more action. It's not totally clean yet. Okay, fine. It's like this polishing. And then you let it go, let it go, let it go. And then bam, one day there's that person like, oh, how I met my husband. It's just amazing.

Dan:

And the thing is, is that I think when people starts to fall in love with the journey to falling in love with yourself versus demanding that that relationship happens in a day, it's like nothing... And I really want whoever's listening to this, I even feel teary saying this, whoever's listening to this, really just remember that nothing of value shows up instantly. And in those rare instances, much to your point about miracles, that show up, in those rare instances that we do see something of value, show up instantly, it didn't show up. It was there all the time. My ability to see it showed up.

Gold takes.... It's an element, it takes time. Diamonds take time under pressure, but they have to be mined. We have to move away the dirt. We have to sometimes put our back into it. We sometimes have to negotiate terms for the land that we're going to go and do the thing from. But ultimately, that work reveals something that was there all the time. But it took time for that thing to get to the place where it was ready for us. And we took time to get to that point of actually being ready to meet it. And when you fall in love with that journey, then you can start to see the dualism of life and be like, "Is that so," as Eckhart talks about in *The New Earth*. And then you can start to understand and fall into this whole thing of, oh, maybe I don't have to suffer through this pain, but understand that even as I grew, I grew with pain.

When I was there watching my son being born, Olga was screaming. And yet that screaming in that pain that she went through wasn't about suffering. It was actually a signal that something



beautiful was being birthed into this dimension. And when we can understand that, the game completely changes.

Colette:

It's not creating a life that's devoid of pain because that doesn't exist, right?

Dan:

Doesn't exist.

Colette:

It's about being present to it and without trying to escape it to face it, to be present to it, and then to see who we become as a result of it. I always think of that about being broken open. I think it was Elizabeth Lesser's book, right?

Dan:

Oh my God, I literally suggested that book to friend two days ago.

Colette:

Wasn't that a great book?

Dan:

I love the syncrisis-

Colette:

We like all the same books right now, you and I.

Dan:

... that happen with you. It's so wild.

Colette:

I have all those books like Florence, Scovel Shinn, the entire book [inaudible 00:34:06]. I just picked it. Winning The Game of Life and then Wallace Waddles, I mean, yeah, all the old stuff. But Yeah, that was about letting yourself break open knowing that there are things that we've



been indoctrinated in through our environment, through what we inherit. We don't even realize we've inherited certain traits unconsciously, et cetera, but we want to disrupt the pattern so that, "Oh, I wonder, oh, that's interesting. I wonder what could happen next. I wonder if I could be with this." And it doesn't happen overnight. And I think also surrendering the need for it to happen in any kind of timeframe.

Dan:

And the thing is that spirit doesn't operate in human time. Spirit operates outside of time and space. And it's actually only human constructs that say that it has to take time. And I know it sounds like I'm going back on what I said before, but ultimately, we are here to experience time. That's one of the reasons why we're here in this dimension. And so time is a part of the game. One of the things that spirit seeks to experience through us is the journey of time through the unique perspective that we have going on that journey. But the second that we do let go of the need for it to happen in time by committing to the time that it has to happen, it gives spirit the opportunity to seamlessly bring it in at the perfect time for both our evolution, spirit's witnessing and experiencing of three-dimensional space through us, and also our experience of what's going to come after it without the suffering that comes from resisting that.

Colette:

Oh my God, this is such a great conversation. Yes, but I want to punch a hole in the resistance. So because sometimes we build muscle through resistance, right, as well. Sometimes that resistance is necessary for us to see the resistance. I think that it's great to have no resistance to everything, but I do think sometimes the resistance reminds us of some of the work that we still need to do, right?

Dan:

100%, 100%. And again, for me, and this is this whole book four thing that's coming up now, which is kind of this work that I'm doing more with crossing over lucid dreaming and the nature of reality and all this kind of stuff. It's kind of the realm I'm playing with right now, and it's this whole thing that ultimately resistance and non-resistance just are.

Colette:

Just are.



Dan:

They just are. And so instead of me trying to be resistant or non-resistant, it's just being in this place of playful, curious being. Almost like if I was a curious, divine, omnipotent energy that was just seeking to experience everything, how would I seek to presently experience this moment? Oh, maybe I want to experience resistance right now. Okay, let's play the resistance game. Maybe I do want to play the whole thing of serial dating with handsome young men who are going to treat me a bit, whatever. Okay, let's see what that is. And when I take the judgment out of it and just allow it to be, and remember that ultimately because of the nature of reality, every single conceivable variation of my experience is happening in another space of consciousness anyway, and I'm just having this one, I can be present to this one and just see what happens.

Colette:

Right. I love that. Curiosity is a superpower. That's one of the things that we teach people in Oracle school right out of the gate. We say, "That's interesting," is our motto. Well, that's interesting. Well, that's interesting. I wonder what this could be. What are we making it mean? What else could we make it mean? The idea because we are meaning makers and we're pattern seekers. I mean, that's-

Dan:

Exactly.

Colette:

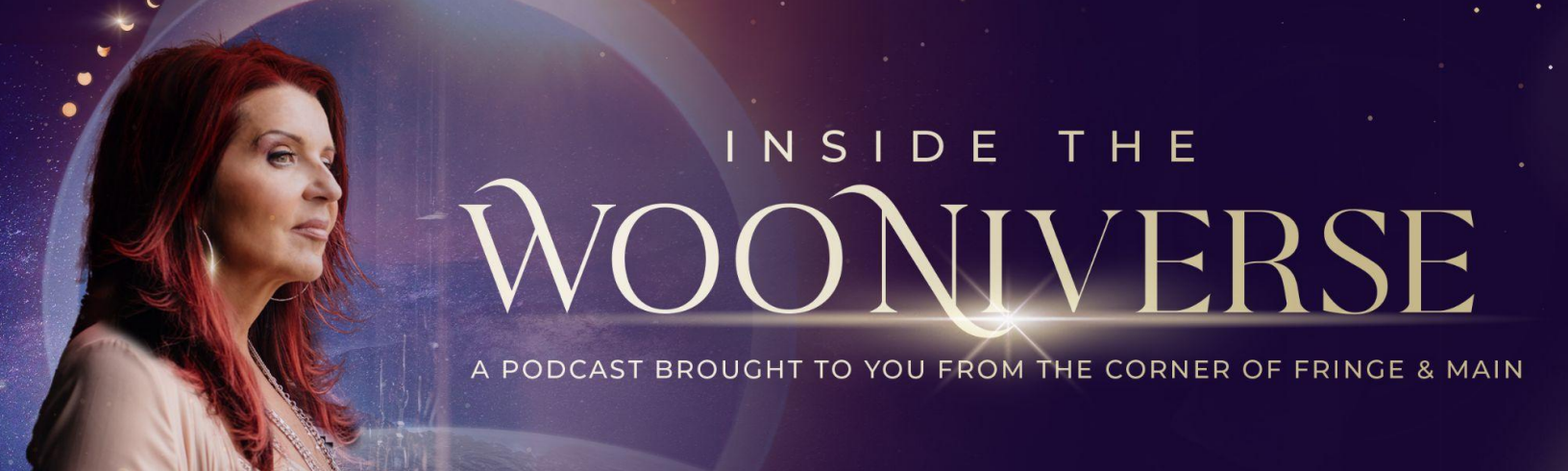
... And you talk about this in your book as well, too. So let's segue into, because I love this conversation about gratitude, the concept of gratitudes. You talk about turning the concept of gratitude on its head. Let's turn it on its head.

Dan:

And I think there's a lot more science to support this now, but for me, gratitude as an activity is a cheat code for reality.

Colette:

A cheat code? Okay, tell us.



Dan:

A cheat code, right. No, because ultimately reality follows expectation. And what I mean by that is reality, which is what I experienced with my senses, which isn't necessarily going to be the same thing that the other person sees because the glass half full, glass half empty. We all have our different perspective on the reality. So my reality is it's mine. It's subjective to me. So I am always going to see what my brain has pre-framed that I'm going to see. Because even if there's a different configuration of atoms and energy, waves collapse in front of me, my mind literally only has the capacity to see what fits the framework of what's in my mind.

Put a political conversation on the table and just see two people look at exactly the same facts and having different narratives. It's exactly the same thing. So what if I was to cultivate an expectation that what I desire to experience is actually going to be there? How can I start to trigger the chemistry in my body to front run that expectation? And one of the most powerful ways it's consistently been shown to do that in test after test, study after study is being open. The difference I say is being open to the possibility that it might happen and grateful even for that possibility. And then playing in that realm of possibility until it starts to sit a bit more comfortably.

And then the more comfortably it sits, the more I start to sit with developing a deeper certainty around it until I can actually just sit in and say, "Do you know what? I'm just grateful for the opportunity to even have this intention. I'm grateful for the opportunity to even see some of those breadcrumbs showing up," and diving more deeply into those little experiences that I can start to anchor then in my three-dimensional reality, until ultimately, I get to the point where I can wake up seven years later and be like, "Oh, isn't that interesting? This is the life I'm living now." And then I can step into appreciation and celebration for what's been while harnessing that gratitude in advance for what I am developing a certainty of showing up for me.

Colette:

See, I love that. So the idea for me, that's all about trust.

Dan:

Yes, 100%.



Colette:

And being grateful in advance, the idea that thank you... And it's true, thank you for the breath. Thank you for the fact that I can even imagine this. Thank you for things beyond my imagination because I always go, "Thy will be done through me, and sometimes thy will not mine be done, given that I am willful and often [inaudible 00:40:33]" We have a very, very limited view of what's possible.

Dan:

Of course.

Colette:

Because it's the unknown that tells us-

Dan:

100%.

Colette:

... what's possible, right? It's not us, what we already know. Yeah. So it's being super grateful in advance and having that expectation that, "Wow, this is awesome. We have a great life the way it's meant to be." It's like, this is true for me now. And then it starts to be part of your body. Because what happens to your physiology when you start to feel super grateful? You relax.

Dan:

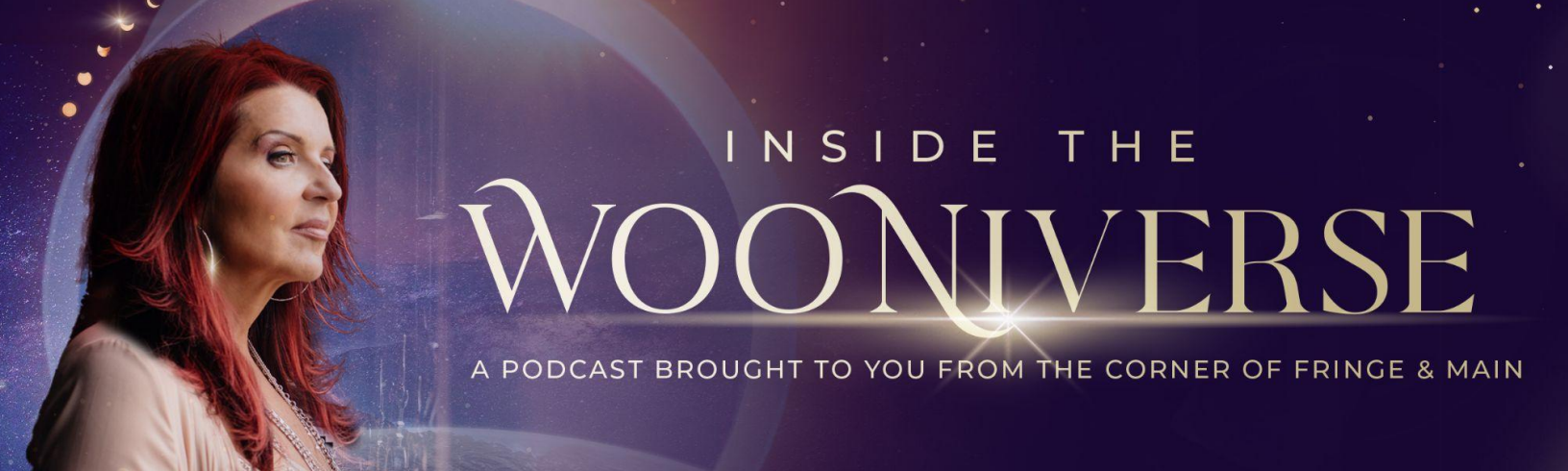
Yep. Everything shifts.

Colette:

And you get excited. It's like, "Wow, I feel so good." And nothing's changed, but who caress? It's changed in me.

Dan:

But that must proceed what changes outside because two thirds of the game is in a game.



Colette:

Oh, I love that. So how do you strike a balance between setting ambitious intentions and remaining grounded in reality, and what is reality? And maybe we should talk about what is the nature of reality? Because I think that-

Dan:

Oh gosh, we hit a whole-

Colette:

... Let's go down the rabbit hole on that one because...

Dan:

Oh, wow. Here's the thing. So I practice and I teach a system of cleaning my intentions. And what I mean by that is the ego is a gift that serves a purpose and has a role. But even in our lives, there are people that come out of the role they're supposed to be playing to come and play another one. And if we don't have boundaries, then it'll come and do the thing. And so when we have some of these intentions that have come from a space of ego, and I'm not saying that even in a negative way, I'm just saying from a place of ego, it can sometimes start to fall into a bit of a disconnect from the heart and from the soul and from our connection to spirit, our connection to the divine.

And so the practice that I share with people is let's just bring that intention into a space of divine connection and see what happens with it. Can it sit in the same space as my heart and still feel expansive? How does it feel inside of me? And if it feels expansive and yummy, whether it's a Ferrari or building an orphanage in Kenya, does it sit there? Because all of these experiences are valid. And this is one of the things I think can be challenging when we start to really take this conversation to the nth degree about spirits seeking to have all experiences, because spirits seeking to have all experiences is spirit seeking to have all experiences. But that's a very dangerous place to sit, and yet we can't.

Colette:

But it makes it neutral. It makes spirit neutral.



Dan:
Exactly.

Colette: Neutrality is something people can't get a quite grasp on that and I know that's true.

Dan:
That's because we as humans have our stories and we have our things that I need to fight you, and we need to have this combat. We need to have this separation. But ultimately, when I can bring an intention into my heart and see what it does there, does it put in those roots and start to grow? Or does it feel, yeah? I like watches and my friend, Jerome's really got me to cars now, but I'm a watch guy. I've got a decent collection.

I set goals. It's like, "Oh, when I hit this goal, I'm going to treat myself with a little thing." And it's like, I don't need any more watches. I don't need any more, but I love them. But I still, when I see one that I like, I ask myself, "Does my heart really desire to experience life with this watch being a part of it?" And sometimes I'm like, "Oh, no, actually. No, I didn't actually. I'm good to just look at it. I don't need to bring it into my experience."

It's the same thing if we look at relationships. You can look at a person, or you can be around a person. You can, "Oh, yeah, yeah, yeah. But bring that person into your heart and see what happens. Sometimes you'll actually realize, "Oh, do you know what? I love this person, but it doesn't mean that I need to be in relationship with them or in deeper intimate connection with them." And just bringing any intention into your heart, something that you want to learn, something you want to do. Like, "Where did that come from?" Sometimes a program gets revealed, sometimes a wound gets revealed. Sometimes an old childhood trauma gets revealed. Just bring it into your heart and see what happens. And that will start to create that differentiation between audacious goals and grounding and all the things. It's just, that's a heart connected, soul approved, shall we say, intention. And that's the game I like to play.

Colette:
Oh, I love that. So the nature of reality, I think, too, is very subjective, right? Because that-



Dan:
100%.

Colette:

... changed dramatically. It can change so much because you're seeing through a specific lens. I think that's what people have to remember too. When we talk about reality, it doesn't mean what we read in the news. "Oh, that's our reality." No, that's a perception that's being sold to us because panic sells, like anything that's extreme distortion sells, polarization sells, I mean, it sells. It makes us look. It's like we drive down the highway, we might be seeing the most gorgeous sunset, and then there's a car on fire across the road on the other side, we forget all about the sunset because, "Let's look over there." So that one reality, another reality. I love the way you invite people into experiencing this. I love that you also brought up this could bring up a childhood trauma, for example. And I do think that trauma is a under explained, overused term-

Dan:
100%.

Colette:

... recently. And only what I mean by that is because a real trauma with a big capital T, and then there's the thing. It's just because you didn't get your eyelash on your eyes, that's not a trauma. But things that actually create behaviors, thought processes and identity issues where you don't feel safe in the world or you... You know what I mean? Those are traumas. And then so what do you tell people? How do you invite them into that healing? I do think that the collective trauma is actually a very useful conversation now for us to remember, "Oh yeah, this is going on," so that we don't cringe and run away or make it our identity because we're in process with that. Tell me how you manage that.

Dan:

So my whole thing is, I'm really heavily influenced by the quantum model, because that perspective was where I really cut my teeth in terms of the conceptualization of manifestation, right? Before manifestation was even the word, it was conscious creation.



Colette:

I still use conscious creation.

Dan:

Yeah, we're old school, right? It's like-

Colette:

Yeah, we're old school.

Dan:

... Well, back in the day, it was co-creation, not law of attraction.

Colette:

Well, it's again.

Dan:

Right. But it's like every conceivable variation of this moment is happening and not happening in this moment here and not here at the same time. And the second that we can just really get that, and it sounds simple, but it means that I can't get anything wrong. I can't get anything, right. I can only get this moment. And I can be fully present to source experiencing this moment through me, or I can be distracted and miss the moment. And then I've missed the gift of actually being able to be in this witnessing experience with the divine.

And that experience may be me reliving a trauma and having to go through the game of that. And then maybe going through the game of choosing what I'm going to do with that. Because guess what? Whether I do or don't in this level of consciousness, there's another replicate experience of me that's taking every other conceivable variation of that moment. So I don't have to fuss and worry about those. I get to be present and bring into the heart what I want to do from this space of consciousness. And that's the game that I play.



Colette:

I love that you call it a game. That's one of the things that I loved about Florence Scovel Shinn that you mentioned earlier because she calls the game winning The Game of Life and How to Play It. But I love the gamified version of this. I often think, and I know that people are going to think I'm a little cuckoo right now, but sometimes I think we're like a board game, or sometimes I've seen this fuzzy quality that I'm like, "Are we for real? Or are we in a..."

Dan:

Well, there's evidence of support that we are in a holographic universe in effect.

Colette:

Oh my God.

Dan:

Right. I was in Damanhur last July.

Colette:

Oh, you were?

Dan:

There was this whole thing of the fact that we are... If you look at how they're creating the metaverses and the AI and all of the virtual realities, they're modeled on this, right? But it's a different entity. And even if you look at this whole thing of them putting artificial intelligence in Sims, those guys aren't going to know that they're not real. And when you start to look at the work of Michael, is it Michael Newton that wrote The Journey Between Lives, Destiny of Souls? Journey of Souls, The Destiny of Souls.

Colette:

Journey of Souls, Destiny of souls. And then The Holographic Universe is Michael Talbot.

Dan:

By Talbot. That's the one. Newton spoke to hundreds and hundreds and hundreds of people under hypnotic trance and had common stories about this completely different layer of reality



that we returned to. Just like if we were taking the headset off and coming out of a virtual reality. And to me, it's just like I kind of fox with that thing. And again, this is part in parcel of what I'm experimenting with at the moment, what I'm exploring and investigating. It may be a book, it may be another documentary, I'm not really sure. But I'm really fascinated with this whole idea of what reality is-

Colette:

Actually is, yeah.

Dan:

... that we can actually put our finger on and is it everything and nothing? Is it nothing and everything? Who knows?

Colette:

And I think also, it is really important that we consider the concept of judgment to take it, relieve ourselves of judgment. There's a prayer I always say, "Relieve me of the of self so that I may better do thy will." The of self is all about judgment and polarization and separation, et cetera. So if I am just to be present to everything, because sometimes we get taken hostage by ourselves. So the idea to be able to see through that lens of just pure potential and possibility makes so much sense to me. But then we fall asleep. It's at that spiritual narcolepsy. We just, "Oh, here we are in a little..." Nope, that's the reality, is very narrow. But I have had crazy experiences where I've seen this vastness of potentiality. And that's without any drugs, without anything. Because I can't take drugs or alcohol because I did too many when I was young. We can't.

Dan:

You've had your fair share.

Colette:

More than my share. Yes, indeedy duty. Yeah. But I'd never, even just through breath work, I can step into that. I can't stay there because I think the other thing is that we're not created the way our senses are made, the five senses, the way we consciously see the world. We're limited. But then when we get into that unlimited space, it's like, "Wait a second, look at how much else



there is here. Wait a minute." And I've seen it. I've actually seen how everything is this grainy quality of light, that it's so expansive, it's so much bigger than us. But then we whoop back into the body going, "No, no, no, no, no, no, no. That's a hallucination. That's not true." But it is because reality is made not from where we think it's made. And maybe one day in our lifetime, we'll be able actually have a conversation and know for sure what we're talking about.

Dan:

And this is another thing with the game thing, Colette, because it's like there are some things we're not going to know until we [inaudible 00:52:36] our clocks and actually left this realm of dimension. There's just some things we won't. There's a whole conversation now about near-death experiences are they just hallucination trips? I don't know. But guess what? Does it matter?

Colette:

No, that's the thing. Does it matter? I don't know. Does it?

Dan:

And that's why it's like-

Colette:

It's just interesting.

Dan:

... It's a game. And that's the thing. It's interesting. Oh, oh, isn't that interesting? Versus No, this is the rock on which I will die. And all of you who do not agree with it will die before me. Or it could be like, "This is a potential thing. I agree that this may be the potential thing that's likely to happen. What do you think? Oh, that. Oh, wow. Isn't it amazing that both of our ideas could exist in the same space without either one of us dying?"

Colette:

Right. Right. And we're actually seeing evidence of that. If we were to, instead of taking the judgment, taking the judgment away, for example, when I say, "Oh, there's polarization," I have a judgment about that. I'm saying, "Oh, that's bad." It's like, "Why can't we all get along?" So



taking that completely thing away, going like, "Well, that's very interesting." There are people with the exact same information, making completely different choices and seeing things from a completely different perspective. And yet we are coexisting in the same space. At least we think we are.

Dan:
Exactly.

Colette:
But it's so fascinating. Anyway, we could talk for five more hours, but we can't. We actually cannot. We cannot. So I do want to say one thing. One of my favorite things that you say is that people are already the miracle they seek. Just give me a couple sentences on that and then we're going to pull a card together.

Dan:
Okay, okay. A big part of my philosophy of life is that if we look at the concept of omnipresence and omnipotence and omniscience, there's no space for reduction within those frames. So if we claim that God, the divine source, the universe is omnipresent, as in everywhere at all times, and omnipotent, that there's nothing he can't do, and omniscient or knowing, that means that there is no part in the limitless expanse of the universe that the divine is not, which means every single cell of you is also an expression of the divine. And when we actually hold the truth of that, then how can there be a miracle that exists anywhere in this universe that we're not in this moment?

Colette:
I love that. Oh my gosh. I'm going to play that over and over again. No, I could actually just call you at home. That doesn't mind. So let's pull a card together. We are going to pull a card together to see if there's anything else the Wooniverse wants us to talk about.

Dan:
And my favorite deck. I'm obsessed with this deck, Colette. I take it with me everywhere.



Colette:

Oh, I'm so happy.

Dan:

It's the one I travel with. It's my travel deck.

Colette:

Oh, you travel with The Dream Weaver deck?

Dan:

I travel with The Dream Weaver's Deck.

Colette:

I love that. I love that. It's going to be an app soon too. I'll let you know when that's going to be on the phone. Yes, yes, yes. Because I know the art. Joel Nakamura is just the most extraordinary-

Dan:

He's gangster.

Colette:

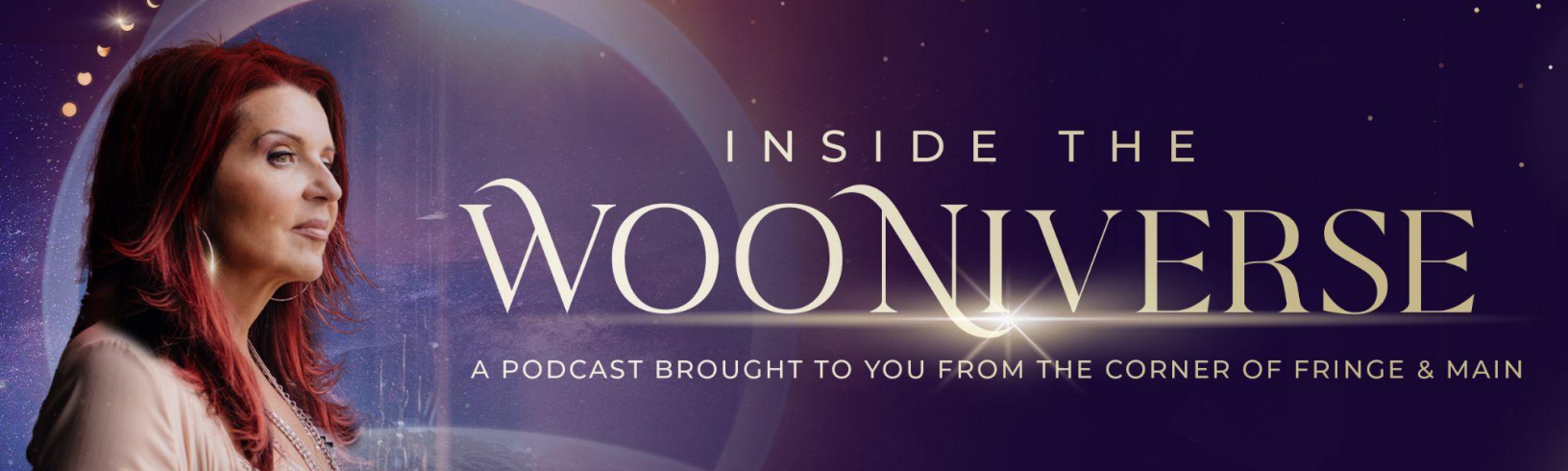
... artist. Isn't he amazing? We have all his art. We bought the entire collection, and it's my whole house is this deck. I mean, everywhere I look, it's this card, which is great because I get a different reading depending on what wall I'm on.

Dan:

Amazing.

Colette:

Okay. So I'm going to pull a card and say, what else should we talk about that we know This audience that's listening to us today really needs to hear? When the storm spirits play.



Dan:

Oh, I love that one.

Colette:

So when the storm spirits play is really about, I'll just say in a nutshell, being the eye of the storm to allow the chaos, just allow it to be true instead of fighting against it. How does it appeal to you?

Dan:

I think for me, the thing that comes up, this is something that's been a common thread in my life. It's that every time that things start to bubble up, and anyone who reads the book will see that I'm not one of these people that pretends I've got all my crap together, that I've got all the answers. No, I'm going on a journey. I'm a human, right? And any one of those times when it kicks off or this happens or that happens, I just take a moment and remember, "Hang on a minute, stuff has happened before and I'm still here."

Colette:

Right.

Dan:

Right? Things have gone not according to plan before, and I'm still here. What would happen if I sat with that truth instead of falling into the stories that emerged from maybe this being the time that it doesn't all stay here or whatever. And for me, that is the eye of the storm. It's that peaceful place amidst the chaos, the safe space is in the midst of it, present to it, not trying to run away from it, or trying to run through it.

Colette:

Or try to make the world behave. And then you decide, I'll get there when the world behaves. We're going to take a little break now, and when we come back, we are going to switch gears and enter into another dimension of the Wooniverse, The Teatime Afterparty. So please stay with us. We're going to be right back.



Thanks for joining us today and welcome back. With us today is personal development, thought leader, broadcaster, bestselling author, and coach Daniel Mangena. This has been such a great conversation, but we're going to switch gears and travel into another dimension of the Wooniverse, and it's called the Teatime Afterparty, A place where we kick up the fun just one more notch. And joining us now is my fantastic executive producer, Connie Diletti.

Dan:

Connie. Connie. Connie.

Connie:

Oh, wow. Dan. Dan And Colette. Dan and Colette. What a conversation.

Colette:

Right?

Connie:

Oh.

Colette:

We should have done this for two hours. I think everybody... I didn't want to end, but we have a... Yeah.

Connie:

I know. I was like, "Oh my gosh," looking at the clock like, "No," but I understand you have a life to live, Dan, right?

Colette:

Yeah, exactly. So Connie, you start with a question.

Connie:

Okay, Dan, if you could be wildly successful in any other profession, which one would you choose?



Dan:
Comedy.

Connie:
That's interesting. You are pretty funny.

Colette:
You'd be great. Yeah, you're very funny. Yeah.

Connie:
Get that next Netflix special going, I think.

Colette:
You still might do it. Maybe you should be-

Dan:
Maybe.

Colette:
Yeah. Well, I love it. Okay. If you could be any supernatural creature, what would you be and why?

Dan:
Pegasus.

Colette:
Why?

Connie:
They get to fly.

Dan:
They fly. And they get to run. They're super fast on the ground, but also in the sky. Pegasus.



Connie:
And you're a horse.

Dan:
I want it to be a dragon, but people are always trying to kill the dragons, but I think it'd be pretty dope to breathe fire-

Connie:
Yeah, if you-

Dan:
... But I don't want to get-

Connie:
... Yeah.

Dan:
... They always try to kill them.

Connie:
That's right. Nobody would try to kill Pegasus.

Dan:
No.

Connie:
No, no.

Dan:
It's like, "Hey, Pegasus, how you doing?"



Colette:

And how about if you also breathe fire as Pegasus? That could be okay.

Connie:

A fire breath-

Dan:

A fire breathing Pegasus would be like the thing. Can I change my answer?

Connie:

Yes, you can change your answer.

Dan:

Fire breathing Pegasus. Boom.

Colette:

Mic drop. Poof.

Connie:

Which would you rather have, a pause button on life or a rewind button?

Dan:

Neither.

Colette:

Whoa. The first person that's ever said that. Awesome.

Dan:

Neither.

Colette:

We have waited for someone to say neither the whole time.



Dan:

I don't want to rewind. I've already lived those moments. I'm present to the new ones. I don't want to pause because I want to see what happens next.

Colette:

I love it.

Connie:

Yeah.

Colette:

Love it.

Connie:

If you could live inside of a sitcom or a television show movie, what would you choose?

Dan:

Ooh. Ooh, this is a good one. The OA.

Connie:

Oh, I loved that.

Colette:

Oh, wow.

Connie:

The OA. That was such a great show.

Colette:

Nice choice. Wow.

Dan:

Yeah, I'd-



Colette:

Didn't see that one coming. Wow.

Connie:

But only in the... Yeah, because you know what? It went a little weird at the end.

Dan:

Yeah, it went a little weird at the end. But the thing with the octopus, I didn't really get, but I was like, "Okay. It's the hard left."

Connie:

But being the original angel.

Colette:

The original, yeah.

Dan:

But being able to do the thing where they could do the thing.

Connie:

Right, and the dance, and then all of a sudden, boom.

Colette:

I know.

Connie:

Ooh.

Colette:

Wow.



Connie:
I love that.

Colette:
Great choice.

Connie:
Very good.
Colette:
Yeah, great choice.

Colette:
If you could have a magic power, what would it be and what would you use it for?

Dan:
Magic power. So my favorite superhero from comic law was always Ozymandias from the Watchman series. He was the fastest, strongest, smartest man on earth.

Colette:
Okay.

Dan:
And the reason why I loved it is because the superness was actually reaching the full potential of what he could be as a human rather than need to have something extra. And so I feel that would allow me to fully experience the potential of the human experience, which for me is like a soul calling to actually do. So that's what I would do.

Colette:
I think you'll end up to be that, frankly. And then you're going to teach us normal people how to do it.

Connie:
Yeah, exactly.



Colette:

Yes, I want that too.

Connie:

So if you were to create a magical potion for society to take, what would the potion do for them?

Dan:

It would allow us, I feel, to remember that the separations that exist between us are completely illusionary. So not even to change your experience of life, but to have your experience of life remembering that this person that I'm planning to slap is really just me. This person that I want to treat with disrespect and outside of a place of love is really just me or is the divine in form. This person that I want to steal value from instead of pouring into is just me or the divine in form. If we could just have that, I think so much would change if we came at reality really understanding that all of these stories are separation are just stories.

Colette:

That's beautiful. Yeah. I want that potion too. So far again, we're signing up to whatever you do. That's what we do. We're like, "That's it."

Connie:

We're in.

Colette:

Okay.

Connie:

That's it.

Colette:

Oh my gosh. We're ending our fabulous conversation with some silliness, but I do want to thank you. This has been one of the best conversations I've had here on the-



Dan:
Oh, thank you.

Colette:
... podcast, Dan.

Dan:
I really had fun.

Colette:
But anyway, for all you listeners here to learn more about Dan the work he does, his books and podcasts, head right on over to dreamwithdan.com. And as always, for a summary, quotes, links and the transcripts of this conversation, visit us on our show notes page by clicking the link in this episode's description by heading on over to itwpodcast.com. I love you, Dan. Thank you so much for joining us today.

Dan:
Love you too. Thank you so much. Thank you.

Colette:
What an incredible conversation with Dan Mangena. And what did we learn today? I mean, I learned about 1000 things today that I needed underlined, but I think what I really genuinely got was that intention just isn't enough. That action and alignment are two things that are so, so important when we set our intentions to have an experience of life and to recognize that life is not going to be devoid of pain or failure, that that's all part of it. And Dan's story and everything that he shared with us and showed how we can overcome those things, but we don't have to bypass them or pretend they don't exist. I think that's really important for everybody to hear. We're human beings, not human doings. And to set intentions to experience life in the material world. It's not all about that. It's about the inner world first, and the outer world then reflects that. So I want to say thank you to each and every one of you for listening. We know that there are millions of shows in the podcast verse, and you have decided to tune in here with us. And this episode marks the end of our third season of Inside the Wooniverse. And after this episode, we're going to be doing something we actually have never done in 87 weeks, which is we need



to take a hiatus. That's right. We're going to take a little break from the Wooniverse to stretch our legs, our minds, and our creative muscles. So in the meantime, I hope you continue to enjoy our podcast and maybe even listen to some episodes you might've missed along the way. There are some good ones. You can always find me and learn about what I'm up to at colettebaronreid.com, and of course, on Facebook, Instagram, and TikTok.

Now, if you really miss me, remember I just kicked off another year of Oracle School and I go live twice a month in my Oracle Circle membership community at cbrlove.com. I want to say a special thank you to Connie Diletti. For those of you who don't know, Connie was my producer on my television show, Messages from Spirit. How many years ago was that? Oh my God, 10 years ago. Wow, wow. 10 years ago. And we made friends and stayed friends, and Connie has been in and out of my world, and we always have a blast. And she is the best at what she does no matter what she sets her mind to do. And I am just been so honored and privileged to have her as my executive producer on Inside the Wooniverse. And I love her so much, and I want y'all to know how much I love her.

And of course, a shout-out to Julie Fink as well too behind the scenes. She's done a fantastic job at editing, and you guys don't get to meet her, but she's a complete hoot, and we really have had the best time ever. So our little hiatus right now, we all need it. We're all fried. So I just want to say thank you again for listening. Again, love you Connie. Love you, Julie. Love everybody behind the scenes that have worked on Inside the Wooniverse, and of course, all of you listeners, I love you lots. Until next time, I'm Colette Baron-Reid. Be well.