## Introduction and Guest Background

Hello everyone and welcome back to DrTalks. I'm Dr. Sue Morter and so happy to be hosting yet another fabulous conversation with you today. In this one I'm particularly excited about, because we bring lots of research and we bring lots of clinical information as well.

And there's an education around how the nervous system works and how the energy systems work of the body, and how the mind and emotions interweave with all of that.

And there are also some components here that that I want to make sure land for you during this summit. And, and I think that our guest today is the perfect combination of all of those things, plus personal application in such beautiful and brilliant and wise ways.

And so, our guest today is Colette Baron-Reid, and she is a bestselling author, an internationally acclaimed Oracle expert, spiritual intuitive, personal transformation thought leader, business strategist, artist, and educator.

Now, don't you love that combination of things? So in other words, she would say she's unemployed. That's very funny. This is Colette, and you're about to plug in with this woman, so.

Totally kidding. She is the founder of The Oracle School of Experience and The OraclePalooza, which is, an amazing event that she holds every year. And The DreamQuest Platinum Mastermind.

And so, you know, she's also a member of the Transformational Leadership Council, which is how we got to know each other a little better. And it is, it is a fabulous place for us to, to play and to get to know one another and to share each other's work, with the world.

And so it's sort of like the Avengers, as she would say, for the self-help, folks. So, she's author of bestselling Oracle card decks, with over two million sold worldwide and 7 books.

So she's very prolific. Colette's greatest joy is teaching people that they can have a direct and personal dialog with the universe to help them create their own most fulfilling life experience.

And this is really profound when it comes to transforming trauma. And so we're going to dive in with that, as well. So there's so much more I can share with you about her.

And we will dive into some of those things along the way. But I just can't wait to bring her forward. Colette. Welcome, welcome, welcome to DrTalks. I'm thrilled to have you.

I'm so happy to be here. So happy. Thank you for having me. You know, you're you're amazing, Colette, in that you've kind of you've walked the spectrum of life.

And, I love that your brilliance has allowed you to turn that full spectrum life experience into something that serves you instead of takes you out of the game.

And, you know, I think that in this summit, this is really what we're wanting to ensure happens for our humanity, that people have tools and they have a perspective, a way of looking at the traumas in their lives that that will allow them to become more because of it, not less than or broken in some form.

And so, you know, to get started, I'd love for you to just help set a definition of trauma for us here today so that everybody can, can kind of lay into, where we are and where they might fit into the full picture.

So, right. Okay. Good. Yeah. So, you know, I think trauma has a spectrum. but I would say that I would, I would define trauma as a signifier, an event, in a person's life that causes harm.

And whether that's true, whether it's spiritual, psychological, physical or.

## Defining Trauma and Its Subconscious Effects

But it's something that makes that person either feel unsafe or completely redefine, who they are as a result of the event. and then what happens is that that becomes part of you.

It becomes part of the fabric of your mind, of your unconscious, your subconscious. Everything then becomes like like a lens that you look through. And that lens can be very, very, neutral until it's triggered.

And so it's something that reacts to, common environment that reminds you of this, and then you revert back to who you were at that time, or even prior to that, because there's a, there's a level of question of am I safe?

there's self centered fear typically is is engaged in that. And then what are the behaviors, thoughts, beliefs and ways in which I can avoid that? But the truth is, is that we still attract it.

we attract the scenario to heal it. So, ness so that so basically that's I would, I would consider, trauma in terms of event driven, that then becomes part of you.

And it's significant enough that it it's not a memory so much as it is. It becomes part of your identity. Yeah. So you're kind of saying it's it's subconscious at that point.

We're not consciously aware of what's driving our lives, but and I loved that you spoke to this right away, that when we have something that's unresolved it, it moves into the subconscious.

The subconscious, unresolved emotion is actually what's driving our lives because our system wants to resolve it. And so when you when you speak to, we attract circumstances that will cause us to revisit these, these situations.

It's it's it's opening for us. So if you might like, circle back around a little bit, unpack a little bit for people. Yeah, sure. So I mean, the best way that I can give you this information is personal.

So my personal story. So I'm just going to ask you to keep an open mind and just see, you know, where you would identify with the threads of the story.

You won't likely identify with necessarily the whole content. But, I can tell it. Well, first of all, my parents, came to Canada from World War Two. They never talked about the war, didn't even tell us about it.

But I know they were very traumatized. My mom was, And my mom's father was a Holocaust. was killed in the Holocaust, and she was hidden in a Christian family.

We didn't even know we had a drop. A Jewish blood nest until I was 25. So she hit. It was all the hiding. That was her way of staying protected. So I also think that we can't just look at ourselves independent of the greater collective of our ancestry, and the stories that we're told are not told, and that we tune into, you know, energetically in our environment.

So, when I was in 19, between the ages of 19 and 22, all I will say is that I had some significant events where I of violence, where I lost my capacity to protect myself.

and in that I had a psychotic break where I left my body. And to will tell you, I have a hard time staying in it, and I'm sick. I'm going to be 66 and I was 19, so that's, I still have the pattern there.

Right? We're going to work on that one. But, Yeah. So so that became really part of me. So I was no longer safe.

And I also developed, you know, behaviors like I would turn possum.

I could if somebody were to, confront me in any way, I would just like all of a sudden automatically kind of turn. It really confronted me because I didn't understand it.

Right. I think the first thing about trauma is being willing to understand that, you know, you cannot change anything. You're in denial about this. You just can't.

You have to bring it into your awareness and then it's great that this conversation is so ubiquitous right now. I got clean and sober when I was 27, and I've been clean and sober ever since, and, one day at a time.

And I knew that if I didn't do something different and changed my thinking, like change, I would die. Because this behavior and I was constantly seeking the same kind of violent environments, violent men, that somehow I could make it all better.

so that, you know, that whole idea of doing the same thing over and over again, except expecting a different result. Now, I understand for a lot of people it's very it's much milder than this.

But for me it was very extreme. So for I was very fortunate, not only did I go to therapy, I went to union. I had a union analyst, I had a as a psychiatrist, and I also went to a 12 step program.

So please keep an open mind. My recovery from trauma. because it really the alcoholism was a symptom, really, of the trauma. It was a symptom of the of of that kind of spiritual hole that I had inside of myself because I was looking for something outside of myself to make myself whole.

And so, you know, when I, when I was taught very quickly that radical acceptance had to be a priority, that I had to absolutely accept that this happened.

## Personal Trauma, Recovery, and Radical Acceptance

And that's the only way I could learn not to continue to act as a victim. You know that this happened. And but I am not that so. So in a way, for me, was to develop a conscious contact to a higher power.

Now, I get that it's not for everybody, but that is what saved my life and enabled me to get small steps and and see the value of the awareness so that when I did have a trigger and when it did come up for me and I felt unsafe, I recognize that that's an echo.

So I called my trauma response echoes. It's an echo. It's an echo of the past. And here it is. I don't need to keep. I don't need to be that I am not that now.

Now, that is not an intellectual choice, right? I had to practice new ways of dealing, you know, with when this came up for me so that I and I eventually I stopped identifying with it altogether.

And I can quite effortlessly talk about this. so the steps that I took were really all about radical acceptance, looking at things from the lens of more of a neutral lens that I wasn't seeing myself as hard done by or victim of that.

And and to be really self compassionate. So that was a really important thing because I didn't have one ounce of self-compassion, because when you have a trauma off and you think it's your fault or, you know, or some kind of miasma force enters into your psyche, that, you know, creates a story.

And so I realized that my job was to and this is something I teach, too, and all my work is to to recognize I'm a story in motion. I am not the story that was then.

I can write a new one for myself, but only if I'm willing to become aware and be gentle. Like I really call this gentle shadow work to go back and see and and confront these things in me.

with love. Really, I it was really about, you know, a sense of this happened, but I don't have to be identified from that now. I gained so much from the experience.

I don't know if you want me to talk about that now, because I could. I could talk without breathing. Ingenuously. But I do think it's valuable, you know, because, looking back on, you know, on all the traumatic things that happened to me, you know, when you're a drug addict, an alcoholic, obviously you continue to bring in self harm.

I mean, that's what I did, but, the quality in which, I could see what it gave me, like, even though I left my body and even though, you know, that somebody would call that a psychotic break or they would consider that what would have happened to me, you know, was where I had a, like a real split, psychological split.

The truth is, is that that made me incredibly intuitive. The fact that I could leave my body and sit with neutrality and no feelings to look at what's in front of me dispassionately, became a skill, you know, it became a skill that became a profession.

So it, you know, it wasn't. I never look at anything that happened to me. That was the beginning of any of my trauma as bad. You know, it's like, this is my resilience.

I built muscle out of it. And I think, and I have an opinion about this, but I do think that we run into problems when people don't really understand what it is.

when people are saying everything is trauma, oh, this is a trauma or a little trauma, a big trauma, you know, that we're all having trauma, without understanding what you're saying and the responsibility that we have.

Okay. Well, you know, here is then what do we do? There has to be practical steps around this. Otherwise we're just blowing smoke in the air that I'm victim was.

That's what I see. So you know the reason that I speak to people about getting in their bodies is, is that the body literally acts as a buffer for the traumatic experiences that, that we are, you know, having here in this, in this realm, in this world.

And if someone has had a trauma that involved their body, it seems to be the last place to go that they are comfortable because it's associated with trauma itself.

And this is it's common in people that that have been abused in some way, or that there have been, you know, inappropriate illnesses that have occurred in their lives, physically or even mentally, emotionally while living in their body or sexual abuse or the combinations of these things.

Even abandonment is is an embodied issue and embodiment, trauma. And so, you know, when you speak about loving yourself and having compassion with yourself that allowed you to start embracing or addressing or even evaluating, coming present to these trauma heard in your lives.

You know, if someone says, you know that I hear that, that's the answer. You know, self-love is is key. But what if I can't get to self-love? What if I don't even know what that feels like?

You know, I, I, I speak about things too, but I'd love for you to bring your wisdom into this conversation as well, you know, what do you do when self-love doesn't seem accessible?

It's just like it's a it's an energy I can't relate to. Then why? That was how I began. I could not relate to that because I had so much self-hatred around the events.

Right. And, and it's interesting because the same thing happened to my mother. I found out after when I was in the hospital, what happened? And, she told me the same thing happened to her during the war with Russian soldiers when she was 19, same age as me, too.

So this was like this wild kind of pass the baton for trauma, right? So a very interesting. And her way, she pulled up her bootstraps and never thought about it again.

And for me, I had to address the self-hatred that I had. And I had to really what I had to ask myself, what am I making this mean? I didn't get start with self-love.

I eventually got to self-love. In the end, for me, I had to have the willingness to first look, and I didn't do it alone. You know, I had excellent skilled people that helped me with this, that had a background in this, you know, that really studied and understood, you know, some of the both the psychological and the spiritual.

So I was very fortunate I found the right people to do it with. And it took a while for me to start to have dignity and self-respect. So again, I can only share from my experience, but I have students, for example, who will come in, and the first thing I teach them in Oracle school is you're not broken, right?

So it's like they're what do you mean? I have all these stories and I'm like, okay, if we're going to do some gentle shadow work to get to the other side for the intuitive piece, we have to go here.

And it's very common with you. I don't know what self-compassion is. That's a very common statement. But we have to start somewhere. So we start by looking.

You know, just by by seeing, you know, getting out of denial, bringing it to the surface and, and saying this happened like just to say that and then ask, what am I making this mean?

What does it mean? What does it mean? You know, because we are meaning makers and pattern seekers. And so once we can, you know, play around with the meaning, you know, and then then all of a sudden you start to behave differently and you start to see the results.

And then at least for me, it took a while, a couple of years before I could even say self-love. And it was. And it was honestly peeling the onion skins.

This is a long process for some of us. There's other people, I think. I think people want an instant fix too. But for me, I really wanted to become another person, which I did.

I became a person where this no longer ran my show. and beautiful. And so, you know, life is a process, right? We're here. And the whole idea is if I can soften on this topic, if I can soften in my body, if I can allow myself to breathe more deeply, if I can just be gentle while even thinking of some of these aspects that have been unthinkable, or that we just pull ourselves up by the bootstraps and get tough and get strong, you know, that's survival.

And so what your mother was focused on was surviving. She was like, got to make this work. And and what we're speaking about here is let's let's go one step further and transcend.

Let's heal and let's evolve because of it. And and as we as we do not that we have to have trauma in order to evolve, but if we've had trauma, we can utilize it for evolution.

And that's what you're speaking about that that this gets to become an active ingredient in the betterment of me, not something that suppresses or breaks or, you know, fractures me for a lifetime.

## Journaling, Reflection, and Practical Healing Tools

And and so when you speak about, doing this and it being a process, what are some things that people can do, in terms of shifting it just a little to move into self-respect or this dignity or a sense of deserving ness.

Were there thoughts that went through your mind on a on a regular basis, that, that or that Reoccurred in moments where you felt like, hey, I'm making some progress here.

was there a come from that you kind of latched on to at all that that we could pass on to people today? Well, the most simplest one that I began with was journaling.

Right. So an an inventory which was asking very specific questions. So what part of self is this impacting. Right. So until I got to the point where I realized that.

So I would always do an inventory on on my fear, my anger and sex relations. Like those are the three things that we were taught to do in a 12 step program.

Right? So it was like I had to really address all these things and see. But it was actually fun. It wasn't horrible. It was like, oh, if I see that, then I can see this.

Well that's interesting. So it became this kind of narrative in the narrative changed. If I kept all my journals, by the way, for the past 38 years. Look again and, I can see some of the earliest ones and how I worked it through.

So journaling was the number one technique that I used in the beginning to help me reflect and see how far I'd come one day at a time. Literally like so.

For me, it was first it was my sobriety and then this happened. I behave like this. Oh, this is what I could do differently next time. I wonder if I could imagine that.

And and then eventually it became like a game. In a way, it was like, oh, okay. Because. So I think one of the biggest things that I learned that I could impart to people is to stay in 24 hours.

You know, the trauma story can be very overwhelming, even if it's not that big. We feel it's huge. Like, for me, I did have huge things, but that's just the way I'm like it.

So but but trauma can be like the, you know, the Princess and the pea. There's something under that, under the big mattress, and it's bothering you, and then you keep behaving in a certain way and like, why is this always happening to me, like those stories and go like, okay, well, what part of do I play in this?

And we start to recognize without judgment. So part of this was radical acceptance, the willingness to look, remove judgment from it. That was hard, right?

Because I was scared at what I saw, because I really did believe it defined me as now dirty or or I'm unlovable and all those on things. Right. And then eventually I, to be honest with you, I got sick and tired of being sick and tired.

And because the journaling kept showing me like, do I still want to think like this? This is really not happening. This is not helping me. But I didn't do it beyond 24 hours, even 24 hours at a time.

We we live one day at a time. And that's honestly gave me manageability because when I think of healing trauma, how could I be different? I didn't know the gap between who I was and who I wanted to become was so ginormous.

What was the point of even trying? Yeah. But I could do it one day at a time. So was that. So? It's really the only way anything ever happens, right, is to be present in this moment and be more present in this moment than I was able to be a moment ago.

Yeah. We keep coming home, keep coming home, keep coming home. When one moment after another, after another coming on the cells, coming on to the body.

Coming on to subject. Breathing in the belly, softening. Feeling your own presence here. It's just so helpful. I want to jump back on this journaling here.

I know a lot of people who are, that are, you know, experiencing trauma. They have a very difficult time wanting anything to come up and out. They don't even maybe they don't even know what to be thinking about.

It's been suppressed so deeply and they're not even aware. They just know that they're unhappy. They know that they have headaches. They know that they have sleepless nights.

They know they have a short attention span or a short fuze. And and their physical health is declining. And, and they maybe haven't even linked it up.

And so of course, with this summit we're wanting people to recognize the mind body. You know, soul connection there is is undeniable. And that we we are inviting ourselves to drop in and to really inquire and investigate.

And so many people may have never journal, and they might equate it with, I'm supposed to just sit down and write how I feel today. I would love for you to offer up maybe 2 or 3 important questions that someone could focus on if they were going to journal.

These are the ways to focus my attention and the questions to answer. These are the types of questions that are the most helpful that I would love for people to answer for themselves so that they can start to see trends and tendencies and, and and evaluate a come from so that they can take this traumatic life experience or this disposition and turn it into a project instead of it consuming them.

They can look at it and make it serve them instead of it, you know, consuming them. So do you have a couple three questions? Yeah. Well I have I well so I teach a process around this actually.

And so this may not be for everybody watching this, but I have found that you zing because this is what I did in the beginning. I was fascinated with ancient divination techniques.

And so I would put and my therapist was the one who introduced me and how to use, the tarot as a functional manner in which I could reflect on if I couldn't come up with the subject.

So it would be like, this is what this means. What does this mean to me? So it was like, what do I need to reflect on today? And that would actually help me start the conversation.

And it was never inaccurate. So that's one of the reasons why I became what I became. And I have 19 Oracle card decks out. It's because everything I do is based in personal transformation.

And for people who are scattered and who don't know, it is a way in which you can focus on a subject like that. Like, what do I need to know? What do I need to reflect on today in order for me to facilitate the healing I need to get to the gap, like to get across the gap from where I am now to where I want to be.

Right? So. So which is a step. So that's always what do I need to reflect on today? What do I need to. And if you can't come up with it, it's not going to come from your intellect.

Then you can use a tool like this. It's easy. And then you go, oh, that's interesting. I can I can write about that. You know, that would happen to my sister and that, that I did that then.

Then you just go. So it's any kind of intuitive process. It allows you to bypass your logical, intellectual mind and the part of you that the the stress response, which is actually guarding the door, right?

When people say, I have a headache that's guarding the door, I can't sleep. That's the guard at the door, right? I'm not I'm, I'm I want to pass the guard at the door.

I want to just kind of play and see where I can go. So this is a very loving way. These are all universal symbols, and I know it works because it's what I used to do, because I was so scattered, I think I probably would have been diagnosed with ADHD and a million other things if I had been, but I wasn't.

But I couldn't focus because I was actually trying to bypass myself. So it's like, how can I not bypass this? And just one day at a time? Small things, just a small thing.

But when people are in complete denial and they're having all those things, it's you have to. I think there comes a point where you have to be sick and tired of it, like you have to go, I can't any I've exhausted all my own best ideas.

What else you got? That's basically what happened for me. And then that therapist brought that out and I was like, I'm here for therapy, not for this.

And then it was like, really? This works for that. And that's how I've built my entire career on that. Yeah, I think it's very interesting. I didn't mean to interrupt you.

Okay. Go ahead. Go ahead. Minerals. So when when someone is, maybe not acclimated to using cards or things like that, and they've, they've not become interested because they have had some sort of subliminal messaging saying, no, I'm not going to give my power away to a deck of cards.

it's I think, here to land the point that we're not the cards aren't telling you what's going on. You're drawing a card, and then you're in command of of determining what that brings up for you or what it nudges in you.

And so it's a very empowered way to as if you were sitting down with a group of friends and somebody says, well, how about this? Well, how about that? Well, what about this?

Or how do you feel about that? And it stirs things. It starts the energy moving for us. And so we can start to become more exploratory because the energy is in motion.

That's been locked down for so long. Right? So the energy is in motion. And there's the guard at the door. And we are stories in motion. And that's the other thing.

It can be, oh, I love that you brought that up. Because people have preconceived ideas that this is about fortune telling, and it isn't at all. This is about where am I?

You know, I have another quick exercise that I created, for people who are because sometimes we're incapacitated, because we don't even realize we're in that stress response.

Like, we don't even realize I was in it for so many years. It just became my day to day. Right? So I realized that, oh, what if there could be a different experience?

and I knew it was something I couldn't think myself through. So, you know, I became, of course, fascinated with union psychology after having that experience of, like, agony to understand symbols and, you know, the psyche.

And that became my whole reason for living. but anyhow, so I have a really quick process I can show you and everybody here can do it with me is to have three adjectives to describe your state of mind when you are.

And you typically go to the same place a lot when you feel stressed or you don't want to go there or you don't know, I don't know what's happening to me. Why right, right.

So, I would say, for example, I, I would call it anxious, like anxiety, fearful, especially if I can't because anxiety and fear there are related, but they're not 100% so fearful.

And I would have tightness in my chest like tightness in my chest. So I would I would not be relaxed. There's no softness. My body would be hard and and on patrol.

Right. So once I identify those three things, very easy to do this, then you imagine, you ask yourself if this were a place I temporarily inhabited, where would I be?

You might come up with, I'm in the bottom of a toilet bowl or some one of my clients. You might say. I'm in a jungle. I'm stuck between two pieces of a cliff.

## Using Oracle Cards and the Bird Meditation

If this were an environment I was wandering around in, this is what it would look like. And you're. And your psyche delivers it. It's already where it's dying to talk to you. You're unconscious.

Is this like your dreaming mind is like, let me in real. Like, let me talk to you here. I can if you can't understand it through words and your logic, I can show you through pictures.

So here you are. You're in an environment. The next question I say, well, would you leave this if you could, don't know anybody who would say no. So like, okay, now you then I then say, well, call upon a bird and and I can actually give you this on a, yeah, in a recording to hand out to people as a gift.

But anyhow, so you get an A, you call a bird. Now, the only reason why the bird works and this and your mind will deny it, is because it's the only animal known to man that we cannot mimic.

We can't fly, we can forage, we can swim, we can climb a tree. We can dig holes. We can, you know, like we can do all of those things, but we can't fly.

So this our earliest primitive brain sees that flying thing as magical. So of course, you're going to know. Well, of course this thing could help me. Why wouldn't it?

So you call a bird, you get on the bird's back, you allow the bird to take you high, high in the sky until all you see is blue. Once you get there. Are you doing it with me right now?

Are you kind of imagining it or can you not? Yes. This is fabulous. I'll. I'll drop the the, the, I'll give you the, meditation that comes with this. It's it's it's.

One anyway, so when you get up there, the point of it is that you look down and you're no longer there. So you embody immediately relaxes. It's like I'm not there now.

And how far away is it? Well, it's over there. It's like tiny. And then how what else do you see? And then you look beyond that and then you realize I could make a different choice from here, would I?

I would be willing to look from here. I don't need to change the environment. I don't need to make my thoughts go away. I don't need to make my story go away.

I don't need to make it bad or wrong, or try to, try to, you know, kick it to the curb or blow it up. I can let it be exactly what it is and I can choose some another way.

And you're you completely shift in less than three minutes. So I will give you this. It's fabulous. So, you know, every ancient tradition in spirituality has a bird associated in it in South America.

in the spirituality of South America, it's the condor. In ancient Egypt, it's ISIS. And, and the the raven as well, and the dove of hope and Christianity.

And it is, the bird's eye view is is truly this transcendent state of consciousness that each one of those, ancient teachings were actually trying to keep alive in story form.

the truth of what happens as we ascend in our consciousness up to above the primitive brain and, and into the third eye and the high brain centers. And so, it makes perfect sense that this is an exercise that would occur to you and that you're sharing, and it's helping loads of people around the world, because it's tapping into some two states of consciousness that are happening in us all the time, whether we know it or not.

And when we begin to know it, we can accentuate it and magnified and enhance it with our own conscious intention. So beautiful. We'll make sure that everyone has access to.

Yeah, we'll definitely get that for you. But yeah, because I was thinking to myself, I couldn't do this with you because you don't have any stress. I couldn't imagine you conjuring it up like.

Like I want to, I, I love going along for the ride, you know, all the time. So. And then I think, Yeah. Go ahead. We think, I think that when we're responding to our the lens of trauma to our physical, you know, it's it's all of it.

The whole mind body, spirit connection. You know it. We feel completely powerless, you know, to change it. How can we change it? It is me. In that moment, I am that right.

But if you can move from because you're no longer the one who is that landscape, you are the one looking at the landscape. It's like the who are you in this scene?

I'm the. I'm watching it. So then when you're up here, it's also, oh, I'm not there anymore. So you don't think it through. You don't even have to analyze anything.

You're just like, okay, I can make a different decision here, because why wouldn't I? I'm not coming from the fight. Flight. Freeze! Fun attack response at all.

I'm not coming from the primitive I'm. And the transcendent piece I want to say it like. And the word ascendant is is temporary. I think that, you know, it's it's something we strive for.

But I also want to bring people down to earth on this. It's not a constant thing. Like, I'm still working on this. I'm going to be 66 or I think I will be 66.

When you guys are watching this, that's because it's in July and this is probably in September. But you know, it's and I'm still working on this stuff.

So this it's like an onion. You just keep peeling it and you find ways. And I think a beautiful thing that you're saying here is that, yes, we're still working on it, but it's delightful to discover that we have the power to be present with something today that we couldn't be even, you know, last week or last month.

And and so it becomes this, like this adventurous journey that we're on instead of like, what? Am I ever going to be over this? It's not. Like that. Exciting.

So important for people to realize that it is exciting to take this on. It is. And there is an inspirational component to it that is so uplifting and and giving a rejuvenation to the spirit in the body and, and to allow for your life to be a reflection of aha's and awakenings and revelations and, and and so transcendence is happening every step along the way.

It's not that today I'm in pain and and or yesterday I'm in pain. And now today I'm I'm completely fine over it. Never think about it. But when we do think about these things, they begin to change.

yeah. What they're meaning is they change in their in their proportion, in their in their intensity. and the overriding quality in our life begins to take a backseat as we bring it along with us.

Instead of it pushing us into more unconscious behavior. Yeah. What I love about what you said to you said one word that I think is so important to everybody.

And, when you said inspiration because inspiration, it means of the spirit, you know, that it allows us when we receive inspiration. So we we move this and minimize it and allow it to be there.

I don't like it's it's allowed to be in us in its integrity. It gets to be part of the story. It just doesn't run the show. But and we find so many gifts in it.

But the inspiration is something we receive. It's not something that's generated by our intellect. It's coming from a

source that made us so with a big capital S, and so we automatically become more intuitive, we automatically become more creative, we automatically become more authentic and less afraid.

Exactly. And I want to touch right on that little piece right there. Because I think this is a huge key for people to become the healer within that sometimes people focus on the trauma and they focus about trying to heal the trauma.

And I'm here trying to heal this problem, this thing that happened, this this painful, you know, harmful circumstance. And my reference point is that and I'm constantly trying to heal it and find the problem and fix it.

And at the end of the day, all we've done is become better at finding problems and fixing them. And so. So tomorrow I'm going to have to have a problem to find and fix in order to know who I am, because I've gotten good at that and that's my identity.

And and I really want to encourage people inside of, of this interview to, to also allow something else to birth in you, which is this intuitive piece.

You know, you're teaching people how to access their intuition and their, their, their ability to translate from the unseen energies into the visible world, from the invisible world to the visible world.

And that's actually what every human being is doing, whether they know it or not, or whether they've ever been spoken to about it like that or translated their life experience like that.

But what we're doing is taking our dreams and desires which are in this invisible realm, and we're manifesting. People want to manifest, but what they're trying to manifest is what they're intuiting.

So if they would allow that to be a quality and a characteristic that has value itself, the intuitive piece is integral in manifesting, in transforming and changing.

And so and you are expert, expertise in this personified. The, the intuitive capacity is what you walk and talk. And so if people could allow intuition to play a bigger role in their healing process from trauma to transcendence, and they could weave that together consciously and intentionally, I know they would heal faster, work with hundreds of thousands of people every year in terms of real rubber meets the road healing processes, and it's when they allow themselves to trust their gut or to trust something else that's trying to come up through this whole thing, that they actually start making progress, rapid fire.

So talk to us about, cultivating one's intuitive capacity as it might relate to, transcendental. yes. Well, so you said so many things. I am very excited about.

so the idea that, there's a fluidity to this and, and I agree 1,000%, I did not spend years fixated on my trauma. That is not what I did at all. What I did was I, I worked on other things.

You know, I my focus was on how do I clean my inner house, how do I, how do how do I allow for more creativity? Like I allowed myself to become something here and take a take my focus away.

I was aware this. I knew it was there, but coming at it like a like a machine gun or trying to give it a pill that doesn't work and it gets frustrating.

And that's all you look at. And like you said, that's all you become really good at is looking for something that's broken to fix. And I just because you have trauma, it doesn't mean you are broken.

It means that you have an interesting story, right? Right. Cover and you know, and and the threads in your tapestry are, you know, and and and that takes a minute, obviously.

Also plus we have all been conditioned in our society to see the world through a specific lens. And, and so, you

know, and to have quick fixes and whatever.

But I do know that the way to this rapid healing is to allow for that other voice to step in, not to not to take the place of your intellect or your logic.

## Intuition, Transcendence, and Closing Remarks

You need both. But we've been actually indoctrinated into an idea that our intuitive connection, or a conscious contact direct to a higher power has to be somehow dogma ties through something else, right?

And and being having that personal connection, and saying, okay, let me see. I think I'll trust my gut or even just saying, oh, I didn't trust that. Interesting.

Just to make everything interesting. Like, oh, that's interesting. Yeah. Look what happened when I didn't listen to that note to self. Not like bad you.

So it's the idea of like remove your judgment. We're here for such a short time and we will have rapid healing. If we start to listen to that still small voice.

But we need to be still to do it. Yeah, we need to. It. Right, right, right. We still our minds. We feel what's going on inside. We allow those intuitions to those gut feelings, those hunches, those things that just keep coming up for some reason to be a greater sense of guidance.

And then we build circuitry to sustain and support that stream of information that's rising up. And what happens is we heal as a byproduct of allowing this intuitive one to burn, then to animate and to to have a life, the life that it came here to have.

And so this is what I love about the work that you're doing is that, this, this from Trauma to Transcendence happens along the way as one becomes tapped into their true intuitive capacity that has been peppered.

And and the linear, logical mind, you know, just, just couldn't stand for something more quantum to be, to, to be, to be at the same. Be engaged in the it.

Yes, but but it is not limited. That's the other thing. There is an unlimited access that we have to our intuition when we are dealing strictly with our memory based subconscious, because it's strictly memory and what we've inherited.

These are like stories we inherit, stories that are living inside us, the ones we've experienced. We have a limitation. We only it's like it's like ChatGPT can only tell you stuff that it's been fed it for.

It has. Intuition enables you to tap into something much bigger than what you know defines you, or what you've what you've encounter heard. And that's why people are in awe that when it happens to them and what you said animates them.

Because isn't that true? Animates means and sold. Anima is the soul. That's the Latin word for soul. So? So how beautiful. You know, train. Intuition is transcendent consciousness.

Intuition is beyond logic. It's it is here in a super sensory capacity. And so that is from a higher level of consciousness, then only our rational logical mind that, that, you know, jumped into the foreground the moment that we were traumatized, it was trying to make it safe, and it was trying to draw boundaries and rule things out and find a place to be that was, you know, a recovery zone.

And it works, and it doesn't serve us in the fullness of our being. It it's not enough. It's a great first step. And there's more. And this is what you're bringing to the conversation.

You know, my years of clinical experience and the research that I've done has has served it stabilizes, it gives a

reference point for the mind that if presence that rises up from from the deep intricacies of each and every one of us are what brings that information to life.

And we're here to live into that. And, you're doing such a beautiful job of that. And thank you so much for bringing your conversation, your perspectives, and your great wisdom into, into the collective that is happening here.

We are certainly better because of it. So, call it how can people reach you? How can they find more? yeah. Just, come to my website, colettebaronreid.com, and I am going to be giving a, meditation for the get on your bird meditation that I know, you guys.

It'll blow your minds. It just. Well, I promise you. Yeah. So just, you know, check me out. Same thing on social media. You know, I don't know my name.

Just put my name in there and you'll find it. I never go on there, so. No, that's not true. I do go on there, but very, sporadically. Yes. Well, beautiful.

So, we're blessed to have you today. Thank you so much for your time, your heart, your brilliance, and your personal life experience, which carves a pathway for so many.

And, and, I look forward to I think we're going to have to be doing some additional things together and connect up in, in other ways. So, so so everyone, I hope you've enjoyed our conversation today.

I know that it has deep reaching meaning for you. If you just take a few breaths and drop in and watch what surface is for you, you'll be working with your intuitive selves to sense and feel into what is, what it's time for you to apply.

So once again, just sort of thing. Oh, yes. Sorry. Can I add this in so energetically if people have never done, you know, worked with Oracle cards before on my website, you can pick a card and journal off of that.

So you can actually just chat, try it. You know, you just go there and pick a card, say, what do I need to reflect on today and read it and then just write.

Well, how fabulous is that? There it is right in your own living room right there. Right? Right. Awesome. Excellent, excellent. Well, I'm sure that everyone will be sure and go check that out.

So, and the website is I will make sure everybody has that. So colettebaronreid.com. There you have it. Okay. Well thank you for joining us. And thank you everyone for joining us on DrTalks.

And I look forward to what is next for us here. All right. Bye bye for now. Yeah.