Introduction to Trauma and the Guest

The way for me was to develop a conscious contact to a higher prayer. Now I get that it's not for everybody, but that is what saved my life and enabled me to get small steps and see the value of the awareness echo.

I called my trauma response echoes. It's an echo, it is an Echo of The Past. That is not an intellectual choice, right? This is Doctor Talks. Hello everyone and welcome back to Dr.

Talks. I'm Dr Sue Mortar and so happy to be hosting yet another fabulous conversation with you today. This one I am particularly excited about because we bring lots of research and we brings lots clinical information as well and there's an education around how the nervous system works and how energy systems work of the body and the mind and emotions interweave with all of that.

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

So our guests today are Colette Baron-Reed and She is a best-selling author and 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 Collette and you're about to plug in with this woman.

So totally just kidding. She's the founder of the Oracle School of experience and the Oracle Palooza, 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, And it is a fabulous place for us to play and to get to know one another and 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 best-selling Oracle card decks with over two million sold worldwide and seven books.

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

And this is really profound when it comes to transforming trauma. So we're going to dive in with that as well. 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.

Collette, welcome, to Dr. Talks. I'm thrilled to have you. Thank you, I am so happy. You're amazing, Collette, in that 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.

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, okay, good. Yeah.

Defining Trauma and the Subconscious

You know, I think trauma has a spectrum, but I would say that I define trauma as a significant event in a person's life that causes harm, whether it's spiritual, psychological, physical, 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 a part the fabric of your mind, your unconscious, you're subconscious. Everything then becomes like a lens that you look through.

And that lens can be very, very neutral until it's triggered. And so it is something that reacts to a 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 level of question of, am I safe?

there's self-centered fear typically is engaged in that. And then one of the behaviors, thoughts, beliefs, and ways in which I can avoid that, but the truth is that we still attract it.

We attract the scenario to heal it, so basically that's what I would consider trauma in terms of event-driven that then becomes part of you. It's significant enough that it's not a memory so much as it is, it becomes a part Yeah, so you're kind of saying it's subconscious at that point.

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

The subconscious un-resolved emotion is actually what is driving out lives because our system wants to resolve it. So when you speak to, we attract circumstances that will cause us to revisit these situations.

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

My personal story. I'm just going to ask you to keep an open mind and just see where you would identify with the threads of the story, you won't likely identify necessarily the whole content.

First of all, my parents came to Canada from World War II. They never talked about the war. Didn't even tell us about it, but I know they were very traumatized.

was killed in the Holocaust and she was hidden in a Christian family. We didn't even know we had a drop of Jewish blood in us until I was 25. So she hid, it was all the hiding, like that was her way of staying protected.

I also think that we can't just look at ourselves independent of the greater collective of our ancestry and the stories that were told or not told and that you know, energetically in our environment.

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

And in that I had a psychotic break where I left my body and Sue will tell you I have a hard time staying in it and I'm gonna be 66 and i was 19. So that's a, I still have the pattern there, right?

We're gonna work on that one. But yeah, so that became really part of me. And so I was no longer safe. I also developed, you know, behaviors like I would turn possum.

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, it 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, environments, violent men, that somehow I could make it all better.

So 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 much milder than this, but for me it was very extreme.

I was very fortunate. Not only did I go to therapy, I had a Jungian analyst, a psychiatrist, and I also went to a 12-step program. So please keep an open mind.

My recovery from trauma, because really the alcoholism was a symptom really of the trauma. It was the symptom of that kind of spiritual hole that I have inside of myself because I'm looking for something outside of me to make myself whole.

You know, when I was taught very quickly that radical acceptance had to be a priority, that I had absolutely accept that this happened, and that's the only way I could learn not to continue to act as a victim.

Personal Trauma, Recovery, and Radical Acceptance

you know that this happened and but I am not that. So and the 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 see the value of the awareness so that when I did have a trigger or when it did come up for an echo.

So I called my trauma response echoes. It's an echoes of the past. And here it is. I don't need to be that. Now that is not an intellectual choice, right?

I had to practice new ways of dealing with when this came up for me. 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 and I wasn't seeing myself as hard done by or a victim of that and to be really self-compassionate.

That was a really important thing because I didn't have one ounce of self compassion because when you have a trauma often you think it's your fault or some kind of miasmic force enters into your psyche that, you know, creates a story.

I realized that my job was to, and this is something I teach too in all my work, is 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 confront these things in me with love, really.

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 dunno if you want me to talk about that now because I could talk without breathing continuously.

But I do think it's valuable, because looking back on on all the traumatic things that happened to me. When you're a drug addict and 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 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 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.

It became a skill that became profession. So I never look at anything that had happened to me that was the beginning of any of my trauma as bad. 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, big trauma You know that we're all having trauma without understanding what they'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 are just blowing smoke in the air. That's what I see.

You know, the reason that I speak to people about getting in their bodies is that the body literally acts as a buffer for the traumatic experiences that we are having here in this realm, in the 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. trauma itself.

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

Even abandonment is is an embodied issue, an embodiment trauma. 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 traumas that have occurred in your life, if someone says, well, I hear that that's the answer, self-love is key, but what if I can't get to self love?

What if don't even know what that feels like? I speak about these things too, but I'd love for you to bring your wisdom to this conversation as well. What do you do when self-love doesn't seem accessible?

It's an energy I can't relate to. That was how I began. I could not relate that because I had so much self hatred around the events. And it's interesting because the same thing happened to my mother, I found out after when I was in the hospital from what happened.

And as she told me, the thing happen 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 passive baton for trauma.

Right? So it's very interesting in 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 have 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. and for, me I to have the willingness to first look and.

Didn't do it alone. You know, excellent skilled people that helped me with this, that had a background in this. that really studied and understood 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. Again, I can only share from my experience, but I have students, for example, who will come in and first thing I teach them in Oracle School is you're not broken.

So it's like there, 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.

I don't know what self-compassion is. That's a very common statement. But we had 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 doesn't it? You mean because we are meaning makers and pattern seekers. And so once we can, play around with the meaning, then all of a sudden you start to behave differently and you started to see the results.

Then at least for me, it took a while. a couple years before I could even say self-love, and it was honestly peeling the onion skins. This is a long process for some of us.

For other people, 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 soft in my body if can allow myself to breathe more deeply if some of these aspects that have been unthinkable, or that we just pull ourselves up by the bootstraps and get tough and gets strong, you know, that's survival.

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

and transcend. Let's heal and let's evolve because of it. And 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 our evolution.

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

Journaling and Daily Reflection Practices

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 deservedness Were there thoughts that went through your mind on a regular basis 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 onto at all that we could pass on to people today? Well, the most simplest one that I began with was journaling, right?

And an inventory, which was asking very specific questions. So what part of self is this impacting? So until I got to the point where I realized that, so I would always do an inventory on my fear, my anger, and sex relations.

Those are the three things that we were taught to do in a 12-step program. Right? I had to really address all these things and see. But it was actually fun.

It wasn't horrible. If I see that, then I can see this. Well, that's interesting. So it became this kind of narrative. The narrative changed. I kept all my journals, by the way, for the past 38 years.

And I could see some of the earliest ones and how I worked it through. 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.

So for me, first it was my sobriety, and then this happened, I behaved like this, this is what I could do differently next time. I wonder if I can imagine that.

And then eventually, it became like a game in a way. It was like, okay, so I think one of the biggest things that I learned that 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 is huge. Like for me, I did have huge things, but that's the way I'm like, right?

But trauma can like the princess and the pea. There's something under the big mattress and it bothering you and then you keep behaving in a certain way like why is this always happening to me?

Like those stories and go like okay, well, what part do I play in this? And you 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 unlovable and all those un-things, and then eventually, to be honest with you, I got sick and tired of being sick And because the journaling kept showing me, like, do I still want to think like this?

This is really not happening. This isn't helping me. But I didn't do it beyond 24 hours. You live in 24-hours at a time. We live one day at time, and that honestly gave me manageability.

Because when I think of healing trauma, how could I be different? The gap between who I was and who wanted to become was so ginormous. What was the point of even trying?

But I could do it one day at a time. Small step. So it's really the only way anything ever happens, right? Is to be present in this moment and be more present than I was able to a moment ago.

And keep coming home, keep, coming, home one moment after another, after, another coming on the self coming onto the body, Coming onto subject, breathing in the belly, softening, feeling your own presence here.

It's just so helpful. I want to jump back on this journaling. I know a lot of people who are experiencing trauma, they have a very difficult time wanting anything to come up and out.

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 are unhappy.

they know they had headaches, that have sleepless nights, have short attention span or short fuse and their physical health is declining. And they maybe haven't linked it up.

And so, of course, with the 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 many people may have never journaled 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 two or three 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.

so that they can start to see trends and tendencies and evaluate a come from, so they take this traumatic life experience or this disposition and turn it into a project.

Instead of it consuming them, they look at it and make it serve them instead of consuming it. Do you have a couple of three questions? Well, so I teach a process around this actually, and so this may not be for everybody watching this, but I have found that using, because this is what I did in the beginning, I was fascinated with ancient divination techniques and my therapist was the one who introduced me how to use Zetero 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 never inaccurate. So that's one of the reasons why I became what I become. I have 19 Oracle card decks out. It's because everything I do is based in personal transformation.

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 reflect on today in order for me to facilitate the healing I to get across the gap from where I am now to where i want to be, which is a step.

So that's always, what do I need to reflect on today? What do i need? And if you can't come up with it, it's not going to come from your intellect. Then you use a tool like this.

It's easy. And then you go, oh, that is interesting. I can write about that. You know, and that would happen to my sister and then you just go. So it's any kind of intuitive process that allows you to bypass your logical intellectual mind and the part of you that the stress response, which is actually guarding the door, right?

When people are, I have an headache, that's guarding. The door. I can't sleep. That's the guard at the. Right? I'm not, um, i'm, uh, want to pass the garden at.

I want to just kind of play and see where I can go. So this is a very loving way. There's 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 actually trying to bypass myself.

It's like, how can I not bypass this? And just one day to have 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'd have be sick and tired of it.

Like you had to go, any, 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.

Then it was really? This works for that? And that's how I've built my entire career on that. When someone is maybe not acclimated to using cards or things like that, And 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.

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, about that? What about, this or how do you feel about it?

And it stirs things. It starts the energy moving for us. 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 a bad. Where am I? You know, have another quick exercise that I created for people who are Sometimes we're incapacitated because we don't even realize we are in that stress response.

I was in it for so many years, it just became my day-to-day. So I realized that what if there could be a different experience? And I knew it was something I couldn't think myself through.

And so I became, of course, fascinated with Jungian psychology after having that experience.

Oracle Cards and the Bird Meditation

Like, I need to understand symbols and the psyche. That became the 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' know.

I don"t know what's happening to me. Why? Right, right. So I would say, for example, I, would call it anxious, like anxiety, fearful, especially if I Can't because anxiety and fear are They're related, but they're not a hundred percent, so fearful.

And I would have tightness in my chest, like tight-ness and my. So I could not be relaxed. There's no softness. My body would be hard 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 one of my clients did, you might say I am in a jungle, stuck between two pieces of the cliff.

If this were an environment I was wandering around in, this is what it would look like. And your psyche delivers it. It's dying to talk to you. Your unconsciousness, your dreaming mind is like, let me in.

Let me talk here. 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? I don't know anybody who would say yes. No. So like, okay. Now you then, I then say, well, call upon a bird.

And I can actually give you this on a recording to hand out to people as a gift. But anyhow, so you get in a, you call a birds. The only reason why the bird works and your mind won't deny it is because it's the only animal known to man that we cannot mimic.

We can't fly. We could forage, we can swim, climb a tree, dig holes. You know, like we could do all of those things, but we cannot fly, so our earliest primitive brain sees that flying thing as magical.

So of course you're going to know that this thing could help me, why wouldn't it? So you call a bird, you get on the bird's back, and you allow the birds 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? Yes, this is fabulous. I'll drop the, I will give you the meditation that comes with this.

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

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

I would be willing to look from there I don't need to change the environment. I can let it be exactly what it is, and I will give you minutes. Fabulous.

So, you know, every ancient tradition in spirituality has a bird associated in it. In South America, in the spirituality of South American, it's the condor in ancient Egypt, its Isis and the raven as well in The Dove of Hope and

Christianity.

And it is the bird's eye view is truly this transcendent state of consciousness that each one of those ancient teachings we're 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 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 true 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 magnify it, 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 I was thinking to myself, I couldn't do this with you because you don't have any stress.

I could imagine you conjuring it up. I love going along for the ride all the time. Go ahead. I think that when we're responding to the lens of trauma or to our physical, it's all of it, the whole mind-body-spirit connection, we feel completely powerless to change it.

How can we change? It is me. In that moment, I am that. But if you can move from, because you're no longer the one who is that landscape, you are the ones looking at the landscape.

It's like, who are you in this scene? I'm watching it. So then when you were up here, it's also, I am not there anymore. You don't think it through. you don' even have to analyze anything.

Okay, so I can make a different decision here. Why wouldn't I? the fight, flight, freeze, fawn, attach response at all. I'm not coming from the primitive.

And the transcendent piece I want to say, and the word ascendant, is temporary. It's something we strive for, but I also want bring people down to earth on this.

it's not a constant thing. Like, I am still working on it, so I will be 66. Or I think I will be 66 when you guys are watching this. Because it's in July and this is probably in September.

And I'm still working on this stuff. So it is like an onion. You just keep peeling it and you find ways. Yeah, 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 couldn't be even, you know, last week or last month.

And so it becomes this like this adventurous journey that were on instead of like, what am I ever going to over this? It's not like that. so important for people to realize that it is exciting to take this on.

There is an inspirational component to it that is so uplifting and giving a rejuvenation to the spirit in the body and to allow for your life to be a reflection of ahas and awakenings and revelations and And so transcendence is happening every step along the way.

It's not that today I'm in pain or yesterday I am in a pain and now today, I completely fine over it, never think about it. But when we do think of these things, they begin to change what their meaning is.

They change in their proportion and 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.

What I love about what you said too, you've said one word that I think is so important to everybody. And when you said inspiration, because inspiration it means of the spirit, that it allows us, we receive inspiration.

So we move this and minimize it and allow it to be there. It's allowed to in us in its integrity. it gets to part of this story. Just doesn't run the show.

And we find so many gifts in it, but the inspiration is something we received. It's not something that's generated by our intellect. It is coming from a source that made us, the big capital S.

And so we automatically become more intuitive, we become automatically more creative, and we are automatically becoming 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 drama, And I'm here trying heal this problem, this thing that happened, 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. At the end of the day, all we've done is become better at finding problems and fixing them.

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

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

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

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

Intuition, Healing, and Closing Remarks

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 try 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 Yeah. Yes. Well, so you said so many things I got very excited about. So the idea that there's a fluidity to this and I agree a thousand percent.

I did not spend years fixated on my trauma. That is not what I didn't at all. What I did was I worked on other things. My focus was on how do I clean my inner house?

How do allow for more creativity? I allowed myself to become something here. and take my focus away. I was aware of this, I knew it was there, but coming at it like a machine gun or trying to give it a pill, that doesn't work.

And it gets frustrating. That's all you look at. Like you said, all that you become really good at is looking for something that's broken to fix. Just because you have trauma, it doesn' mean you are broken.

It means that have an interesting story. right uncover and you know and and the threads in your tapestry are you you 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 so you 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, you need both.

But we've been actually indoctrinated to an idea that our intuitive connection or a conscious contact direct to a higher power has to be somehow dogmatized through something else, right?

And having that personal connection and saying, OK, 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, look what happened when I couldn't listen to that? No, 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 that still small voice. But we need to be still to do it. Curiosity. 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. What happens is we heal as a byproduct of allowing this intuitive one to birth and to animate and two to have a life the life that it came here to half 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 poo-pooed.

And the linear logical mind, you know, just couldn't stand for something more quantum to be engaged at the same time. Yes, 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'd experienced. We have a limitation. It's like chat-sheet PT can only tell you stuff that it's been fed.

Or as intuition enables you to tap into something much bigger than what you know defines you or what what You've encountered and that's why people are in awe of it when it happens to them and what?

You said animates them because it's not true animators means and sold Anima is a soul That's the Latin word for soul. So how beautiful, you know, intuition is transcendent consciousness.

Intuition is beyond logic. It is here in a super sensory capacity. And so that is from a higher level of consciousness than only our rational, logical mind that, that you 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 a recovery zone. And it works and, it doesn't serve us in the fullness of our being.

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 served.

It stabilizes, it gives a reference point for the mind. And I also… The deep intuitive presence that rises up 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 the collective that is happening here.

We are certainly better because of it. So Collette, how can people reach you? How can they find more? Yeah, just come to my website called letbaronread.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 will, 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 named in there and you'll find it.

I never go on there. No, that's not true. But very sporadically. Yes. Well, beautiful. So we're blessed to have you today. Thank you so much for your time, your heart, or brilliance and your personal life experience, which carves a pathway for so many.

And I look forward to, I think we are going to be doing some additional things together and connect up in other ways. 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 surfaces for, you'll be working with your intuitive selves to sense and feel into what it's time for.

Can I add this in? Absolutely. If people have never done, you know, worked at Oracle Cards before, on my website, You can pick a card and journal off of that.

So you can actually just try it. You know you just go there and pick the 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. Awesome. Excellent, excellent. I'm sure that everyone will be sure and go check that out.

And the website is? We'll make sure everybody has that There you have it. Okay. Well, thank you for joining us and thank everyone for joing us on Dr. Talks and I look forward to what is next for us here.

Bye bye for now. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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