

FOOT IS MORE INTUITIVE

S: Hi. This is not your typical Get Real With Soulaire. You'll find out.

Did you record that too? Good.

Intro:

S: I think the misconception of people, like myself, who have gone in and tried to clear a home, you can clear homes but the people in it have to be 100% behind it or it doesn't work. I don't care who you are or how good you think you are, you have to have all players in the home on board with it. There are certain shamans that work with it, there are certain priests or mediums that work specifically in the area of clearing homes and guiding the dead people on and stuff like that.

If you have a house that's built on sacred burial ground and it's native American, you've got to get that Native American priest to come in and do some blessings of the home or if a person's Catholic, you might have to have the Catholic Church come in and prepare a blessing.

I do know people that do carry holy water and blessed water. I used to carry it a me when I used to do house clearings. I haven't done that in fucking forever, but it just depends on what you're up against.

Cold spots in a house – now if you have a cold spot and the temperature drops dramatically, like you can see your breath and then it goes away, you're probably dealing with spirit. If your house is drafty...there are a lot of things you have to do to debunk stuff in order to prove to somebody, "Your air vent right there blows air and that's probably what you're feeling. There is a lot of debunking that goes on when you do that stuff.

I even remember, I was actually in a house, a six sided house which is kind of a weird thing, but I was in that house and the weirdest thing was they had a rocking chair, literally it was like this weird energy vortex that started in the basement and went all the way through the house and up into the attic.

There was a rocking chair up in the highest point of their house in the exact spot where this chair would rock all by itself. You could actually hear it on the upper floor. You could hear, you know wood rocking on wood; you can hear that, and the memory I have was I had to disprove whether or not it was just the floor, it was near a little tiny window. You have to do all these things to prove that it's not that.

I realized that the window that was by the rocker was boarded up because it had wood in front of it and it was probably two feet by a foot in size. Not even a human being could probably squeeze through there, maybe a head. It was really tiny, but it was boarded up because it was at the highest peak of the house. When you moved the rocker out of the corner where it rocked, it didn't rock. But if you put it right back in the spot where it was, it would start rocking.

Somebody would say, maybe it's an uneven floor. Okay, so we tried to do things like we turned it a different direction. Instead of it being in the same direction, we turned it sideways. If it's rocking this way, back and forth, like that, we turned it the opposite direction and it still rocked. It didn't matter what angle we put the chair, it rocked. That right there told us there was a definite energy there.

FOOT IS MORE INTUITIVE

I noticed that in the basement, which has a dirt floor, I literally could almost count footsteps to the exact spot. If I walked my same footsteps across the attic floor, across to the kitchen, across to the girls room that was saying that couldn't sleep at night, to the basement, it literally lined up right where I had come in, they were literally in the same spot.

The dirt floor had a great big hole and you could see the dirt kind of moving in it like it looked like it was kind of spinning and it wasn't going the correct way, it was going counter clockwise. For whatever reason, that spot in the house, which could have been where satanic stuff went down. I didn't know for sure at that point, but I knew something had gone really haywire.

You go upstairs and they have a cat who's litterbox was directly behind the spot where the hole from the basement was. The cat literally would not walk straight into the little room that was behind that spot. It would literally walk against the wall and skirt in that way and would walk back out literally avoiding the middle of the doorway and the middle of the room. It kind of tells you there is something wrong.

The other thing was that her bed, the girl that I was there to help, her bed was directly in the same lineup as the hole in the basement, the weird energy in the kitchen, her room, and directly above her room you could hear the rocker rocking.

For me, I was pretty sure that the house had something going on with it, but you can walk in. I did the typical clearing, but it didn't clear it. So, I had to learn, in that moment that it was going to take way more than just house blessing and saging and holy water and whatever the hell else it was. It would take a lot more than doing the typical stuff. It involved grids and....it dealt with crystals...it had a divot box. There were a lot of things that people didn't realize.

What really opened this whole thing up was somebody found a divot box in the basement in the spot where the vortex opened. What was in that divot box? Selenite, which seems to be the typical stuff. I found it, dug it up, opened it. It was closed with wax.

The human nature is to be curious, that's the human nature. We're really not very bright when it comes to human nature. Human nature goes, "What's in there? Oh, I found it, it's mine. I'm going to open it." Well, don't open it. Logically, thinking it through, people, don't open the fucking box, especially when it's got.... This one even had hand carved symbols on it. I didn't even know what the symbols were. I was like, "Okay, whatever this box is, for whatever reason...it was sealed for a reason... and I think I'm going to just leave it alone." The answer for us was I found the box, they gave me the Selenite box back, I put holy water in the vortex hole, I put the Selenite back in, I called on all forms of energy, of light, Divine, God, whatever you want to call it, and my power of my faith to put whatever was in the house back in, and I closed it up with wax again.

I looked at them and said, "I'm putting this back in the ground where you found it. Leave it alone." As soon as we buried it, everything quieted down. It's like, "Okay, people, just because you found it, doesn't mean it's a treasure. There might have been a dead bird in there or a dead cat, or maybe human remains. Don't be so fuckin stupid."

If it's a personal haunting, chances are it's a personal state. People that usually have a haunting of a person...let's say you have a trauma as a kid in a house, and you're scared and whatever...you have all these things that are happening and whatever in this kind of weird...you're a kid, you're traumatized

FOOT IS MORE INTUITIVE

and you just really don't get over it. All of a sudden...your mind is very powerful, people. One thing you've got to remember, it's very powerful. Children create invisible friends, people that maybe aren't invisible. We may think as adults, that no, it's just this invisible friend. But maybe that invisible friend isn't invisible at all to them and they just don't appear to adults. We have to be really aware of the fact that when you have a person very young and they move from place to place to place, if that's the case, then they have to have a personal blessing. You have to find a shaman, you have to find a medium that can do a personal blessing. You use blessed water, you sage them, and they wear selenite around their neck and they don't take it off. They wear it because they don't want it.

But I don't get this with people because I've done all kinds of....I've dealt with a lot of stuff. I've dealt from satanic all the way to, like you said, a personal haunting or children. I had a house that I had gone to and the couple, ay, yi, yi, yi, yi. They are very Christian. Nothing against Christian because I've been in those shoes. Very Christian. So, she was defying her husband by bringing me in because I'm a medium, on one level, but I've kind of retired a bit unless it's really, really bad. But I can tell you that when I got the call from a friend, she said, "my daughter is having some issues." She says one of her children is getting very violent, one of them says she sees things. She says, "Every time me and my husband are laying in our bed, our bed shakes." I'm like, "Oh shit. All right. Okay I can come over."

I went with my...I call her my spotter, the person that goes with me. She came with me and as soon as I walked in the front door, there was this little girl staring down at me and she goes, "I'm like her, Mommy." She looked right at me and I go, "Yeah, you are, you little stinker." Meaning that she's intuitive. She knew that I was intuitive. She didn't take her eyes off me the entire time. She came over and wanted to sit on my lap, she wanted to be near me.

I have some crystals that I had brought along and I talked to the mother, my friend's daughter. We talked about the very things that were happening, that their son was not violent until they moved into this house. She said, "Even when we first moved in, he wasn't like this. He's sleeping with us." There were just a lot of things. Okay, there was something definitely wrong here.

I walked in and started to walk around the house. I noticed when I walked into their bedroom...the little girl was following me everywhere. She was a sweet little thing. She was like maybe 3, 3 ½, 4 maybe. Anyway, she was sitting there, and I had these crystals in my hand, and I put my hand out and I said, "you can pick one." She picked up one and put it down and said, "Oh, no, that's not mine." She picked up another one and said, "That one makes me cry." I'm like, "Ohhh." So she put it back in my hand and picked up another one. She finally found one she really liked. I said, "You can have that, but it can't go in your mouth, but you can have it. She smiled and ran out of the room for a moment.

As I was sitting on the bed, I looked at the woman who had asked me to come and said, "Who owned this bed before you?" She looked at me and said, "My boss." I said, "Did your boss get a divorce?" She said, "Yeah, that's why she got rid of the bed. She got rid of the mattress and box spring." I said, "Wow." I knew immediately that it was the bed. I said, "You know what?"

Rule one ladies and gentlemen out there in the free world and beyond, do not buy a used bed especially if you don't know the history of it. There is a lot of fighting that went on in that bed. I sat on that bed and knew immediately there was a very, very, very bad divorce and that they had fought a lot on it. I said, "By any chance, ever since you got this bed you and your hubby have not been getting

FOOT IS MORE INTUITIVE

along too well?" She goes, "Yeah, it's really weird." I said, "No, it's not weird at all. This bed has been through a lot of like...divorce. So, you might want to think of getting a different one." She said, "Oh, we can't afford it. We just bought this house. Blah, blah, blah."

So, I said, "Here's what you do." I gave her some crystals and I had put them in little pouches, and we put them inside the pillow case, because she didn't want her hubby to know about it. But when she did the laundry, she would remember that those crystals were in there. We put one in each pillow, rosy quartz in each pillow because that's a very loving stone. I then placed one under the mattress.

Interestingly enough, I left and I got a call and she said, "The shaking stopped." She goes, "It's kind of weird, my husband found the crystal right away and asked me what had happened. I told him what I had done." I said, "Oh, was he mad at you?" She goes, "No, actually, I was really surprised that he was very receptive to it because the shaking of the bed stopped, and we are able to sleep at night again. So, now we know."

I also had placed blessed water and I saged the room and did all that stuff. Sometimes residual energy can be in items like a box or like a cabinet or furniture. Sometimes furniture can hold serious signatures and if you're really into antiques, you might want to rethink the antique especially if you're really not sure where it came from. But if you're a collector and you know, then there are some things you've got to be just very aware of.

It was funny because even toys, antique toys because I used to collect antique toys. I don't anymore but I have in the past. You don't realize that... a child may be attached to an antique doll or a little boy to a truck or whatever those things may be. It's really important to remember that when you're buying stuff.

I know that people love Goodwill and you love to go to Goodwill, and you love to buy inexpensively because you can buy a lot for a little. But I remember a woman who was not the nicest lady on the planet and when she died they gave all of her clothes. Talk about serendipitous, a friend of the family who got rid of all the mothers stuff took it to Goodwill and what's so serendipitous was that a friends of theirs bought a scarf that the mother had worn all the time and all of a sudden they started to see behavioral changes just in the woman.

One day she came over and they saw this scarf and they go, "Where did you get that?" She looked down and said, "I got this at Goodwill. Isn't it cool?" They go, "That's my moms." She ripped it off of her neck because they all know how rough the mother was, how mean the mother was and stuff. She's like, "Oh, my God, oh, my God. What does it mean?" They talked and noticed these behavioral changes in her. She said, "I've noticed that I was acting kind of like your mother.." Deceased mother with little respect. But she said, "I didn't know that it was even hers." That's that kind of serendipitous moment.

Long story short of it, they had a burning party in the back yard in a big barrel and watched it go up in flames. They all swore up and down they heard it screaming. But I'm pretty sure that was just their final good-bye to a woman that was just very mean and abusive. That was just kind of a weird moment.

I've burned many Ouija boards. It's one of those things that I vowed never to allow in my house. They got one in, it opened up a door, we had crap going down. I think that when you're all downstairs

FOOT IS MORE INTUITIVE

and a basketball flies down the stairs at the speed of somebody throwing it, it kind of gave me an indicator there was some pissed off spirit in my house. Everybody dove onto the floor or were hiding because it was at a velocity that you would have like, if you were angry and you had that ball and you had enough force behind it, it could have easily put a hole in the wall if it had been a harder ball, but, it was a basketball.

Everybody was like downstairs. It would have been like kicking it down the stairs at a velocity that you would be kicking a football or whatever. It hit the wall so hard. It was like screaming, diving, and running away. I got up and kind of had a feeling. Then I found out there was a Ouija board in the house. So, when I burned it, it actually made a hissing sound as I was burning it. I'm not saying that all of those boards...well, for me I don't like them because, personally, people use them, think they're playing, say wrong words, and they open a door.

There are people that have them and have had no problem with them. I don't risk it just because I've seen so much crazy, crazy shit go down in my life and being that I do house clearing and I've done work with talking to spirit, it's quite intense.

One thing that, Lorawai, that you were asking me about was shadow people. If your lights are off in your bedroom, and you look at the wall and there's like a shadow there... It's easy to trick your mind to think you see it, but if you've really seen a shadow person, a real shadow person, you can't see through it. It's black. I've had my share of those back in the day when I was all gung ho about finding out about my spirit and ghosts and hauntings and stuff. I don't do that anymore because I realize there's a whole lot more going on in the world right now that needs more spiritual guidance than anything. If I'm asked to do something, I can get my team together to do it but I'm hesitant as to....let's just say I'd be very selective about the event.

People, like children, being tortured, I would probably get involved because that to me is terrible. We have a house behind us that had a murder. Literally, I can look out my door and look into the patio of the house where a couple were bludgeoned to death by the man's son. It was the man and his girlfriend that were bludgeoned to death and it was the son who was pissed because he needed drugs and wanted money and the dad was pretty much not giving him any anymore and he bludgeoned them to death in the basement.

I have lived in my house for a really long time and I can tell you, we've probably seen five families move in and out, in and out. I notice they can't keep anybody in the house. Of course, then you, Mar, want to go over there and clear it and I said, "Hell, fucking no." Leave it alone. It's different if the people that live there are asking for assistance, but if you go in there with the intention of doing something that you're not....I mean if it's your home it's a little bit different. If it's somebody else's space, you've got to be invited, not like vampires, but kinda. If I come into a place and I'm not invited to do something, I won't be very successful at it and it might attach itself and I might bring the fucker home and I do not want that in my house. And I've got a lot of grids to protect me from shit like that.

So, yeah, I'm very aware of things. I've seen a lot. I'm 63 years old and I've been through a lot. There was a time when I couldn't tell the difference between human, living, breathing people, and spirit. It took me many years to learn to turn that aperture down when I had opened it wide open and I literally was like I would stop the car in the middle of the road because I saw somebody standing there and everybody else in the car didn't see them. I thought I was going insane. My friend started driving

FOOT IS MORE INTUITIVE

instead of me. Finally, I just learned to shut that aperture down and be very careful about what you see and what you don't see.

My daughter just me sent a message, "Do you want us talking in this one?" Well, if you want to ask questions....

L: Well, I have a lot of questions. Normally we're like, you were on a roll and I didn't want to just jump in not even having spoken.

S: Well, by the way, welcome to Getting Real With Soulaire. That was a quick preview of what we might be talking about tonight. So, I'm with my two cohorts in crime.

L: I'm Lorawai.

SM: And I'm Soulmar.

S: So, you might hear a lot of noises and you might hear a lot of other people. There are other people online, watching and listening and I forgot to mute them so, forgive us. Generally, it is important to be able to participate in it and stuff.

L: Well, hi. I can't remember what my questions were. You covered a lot in a short amount of time.

S: Well, when you've experienced it, you have a lot to say. There are a lot of people who have been in ghost busting and the whole paranormal thing. The thing is, a lot of us burn out really fast after a while because it takes a lot out of somebody when you're fighting against stuff that people can't see or people have a hard time believing. You have places like Hell House, or you have a house like Amityville, or you have houses that some people say they're real, some say they're not.

I have been in homes where there are the typical cold spots or objects moving or stuff like that. It really does come down to figuring out how you can change things for a family that might be scared or terrified. Animals will give you a real indicator. It's funny because this lady kept saying, "I don't know what my cat keeps chasing." I said, "It's probably a bug or a spider or something. They're kind of small and you don't always see it." She goes, "Yeah"...but when you looked at her you could tell there was more to the story than what I was really understanding.

You don't realize your animals see things like, if you ever have an animal that is staring over your shoulder, don't panic. If they continue to stare over your shoulder and they refuse and they kind of look like their eyes are darting around like that. You might want to first perimeter yourself and see if you see any spiders or bugs or anything cause those are usually moths. Those are usually the big lures for cats or animals. But if you see nothing, visibly, then you might want to step away, get on the other side where the cat's looking as if they're still looking. I've just seen a lot of crazy shit. I've dealt with a lot of weird people.

L: So, what's the difference between, like you said, when you're...I don't want to say ghostbusting....

S: Paranormal.

FOOT IS MORE INTUITIVE

L: Paranormal investigating, helping people, or whatever you said, is very taxing and burning out pretty quick.

S: Not real quick, but you do burn out. I reaches a point when you have participants in the story that say, "Oh, yeah, I need my house investigated. Something's going on" or whatever, but they don't change anything that they're doing about it. You have to do your part, your legwork in it. Meaning that you're going to have to sage your house, you might have to put some stuff around that helps you. It's not like every day.

Some of the things that I use is Himalayan salt, I used blessed water, I used certain crystals or stones.

L: Did you throw the salt over your shoulder?

S: No. What a waste of good salt.

L: What do you do with the salt?

S: You don't throw it over your shoulder. If I do, I hope I would be throwing it at you.

L: Don't they perimeter the...

S: Some people will put do like windows. You can put salt in the windows and stuff like that. I like Himalayan salt just because it's a very gentle salt, not like your typical salt with iodine in it and stuff like that, but I have this reality in my journey when I met a shaman and the shaman had a bottle of what looked like pinkish colored water. He looked at me and said, "Close your eyes" and I closed my eyes and he shot me in the face. I'm like, "What the hell is this?" But it was salty and he said, "I use this, I spray this in areas of homes that I know might have a problem. A lot of times basements tend to be places where a lot of very negative activity happens, so I use this." It's pretty diluted so it wasn't like I was salty faced or whatever. It was just kind of weird when he did it.

L: So, what was he trying to say?

S: His point was, "This is what this is." Cause I said, "Oh, is that blessed water? He goes, "Close your eyes."

L: I thought he was saying like you need to be cleansed.

S: No, he did it because in his teachings, he very much believed that Himalayan salt, because it doesn't have all the crap added, its more pure and it comes from the Himalayan Mountains. You know Himalayan, kind of like close to God is how he explained it. He believed that it was from one of the ...?... I took that in and I thought that was pretty cool. I noticed that when I took that in I felt better. Physically felt better. I had kind of a headache when I had gotten there because when you walk into any kind of place, you might get some physical reaction. I know people out there who are mediums or psychics, you get a person who comes to your table or comes in to get a reading and you have this horrific headache. You don't know where it came from and you know it's not yours. As soon as they leave the headache goes away. Whoa.

I did that at an expo; I've also done it at Bellaluna Boutique which is a very sweet little boutique. It's like you want to hold your breath for the whole half an hour or forty-five minutes you

FOOT IS MORE INTUITIVE

giving a reading and then as soon as they leave you go “Aaaaagggggghhhh.” You’re exhaling and you don’t even know you’ve been doing it.

There are some very intense people. I was very green, very new in the beginning and I had to learn early on how to protect myself. I wear certain crystals and I make sure I have certain stones on that resonate with me. Not everybody wears the same one. I see people that wear citrine or smokies or regular quartz or you might see something like aquamarine, or you might see just different ones. Kunzite is a big one for me. I use it for PTSD. I’m not saying it cures it but I notice when I have my Kunzite with me I feel better, less anxious, less racy. So, I have Kunzite and I have Kyanite. Kyanite is considered the God stone for whatever reason that is; somebody said it is. What I know about that particular stone is that it can be used as part of a grid to amplify your spiritual faith.

I’ve seen a lot of crazy shit in my day, I’m telling you. It’s not like you can just sit back and go, “Wooo, we’re going to beat this.” It’s not like that. No...

L: Someone on line is wondering if you’ve ever gotten pushed.

S: Oh, yes. Down a stairs and it was hard. Literally, it was like somebody pushed me with two hands against both shoulders and my feet lifted off, literally out from under me. People standing there literally watched me fly down and land. I was so lucky that I was younger then, and way more limber, and had bones like solid bones and stuff because I had a nasty bruise and I had smacked my elbow and hurt my wrist a little bit. I landed hard. I’m lucky I didn’t hit my head or anything, but I have been pushed, yes. It literally is like a physical person pushing you. It’s so weird.

L: And is it just how strong that energy was or is that...

S: Well, what we were dealing with when that happened, let’s just say there was a little demonic energy going on in that house and it kind of scared me a little bit. I let my fear come out and if you have fear, it will play on that fear and so pushing me was easy. Now, if I hadn’t been fearful...I’ve had one where it tried to push me when I wasn’t.....this is now after I’ve had a few under my belt. I’ve had my run with demonic, bad, evil, dark shadowed figures or whatever. I’ve dealt with those, but what I found fascinating was the stronger I got in my knowing of how to handle that kind of thing, when you’re looking at helping a family or people, and as long as I wasn’t in my own fear, I got pushed a second time and my shoulder pushed back and I came back into place. It’s like, “Oh, really. Come on.” It was nothing and it was literally like the same force I felt the first time I got pushed.

When you’re ghostbusting or paranormal investigating, the things you have to remember is no case is exactly the same. It’s not going to be exact same events; they’re not going to act the same way. Some spirits are more playful, some are more cruel. The one that I experienced in my own house was this little furry Furby, sitting on my dresser, and it turns to me and starts talking demonically. I’m like, what the fuck is this? Oh, my God. I’m looking at it and it’s ears were moving and it goes in this really deep voice, “You, you.” I’m like, what the hell?

SM: Die for me.

S: You’re burned alive Furby. Then I went out on the internet and started reading about them and some of them sound demonic. They will take on a demonic energy. I was like, “Oh, not in my house you ain’t. Oh, hell no.” I took the batteries out because my littlest one didn’t want me to get rid of the

FOOT IS MORE INTUITIVE

Furby. So, I removed the batteries thinking that would make it all better. No. And then my partner looks at me and goes, "It's going away. Outa here." I'm like, "Okay." So, we got rid of it.

L: Was there ever any greater understanding around the Furby situation?

S: Well, I think the programming is set up...this is my hypothesis now...this would be the person who doesn't believe that they're possessed. I believe there is programming in them that, when they are ignored, and not played with and sit for a long period of time, and then they reactivate, it's almost like there is a weird memory thing in them. They're supposed to get more smarter the more you play with them. Well, when a child doesn't play with them for a while, this woman said they turned it on and it was this demonic voice that came out of it. So, the logic is there might be some programming, not a lot, but some small programming in it that they might have put that in there for a reason. I don't know. For me, when I took the batteries out and it did it....yeah, trash.

L: Burn it, just gone. Adios. Fur-bye.

S: Yeah, it was weird.

SM: Is it possible they're even programmed with demonic intention?

S: That's another thing. I think that's what the argument was when you go out and watch on YouTube about it, that's what we were hearing. So, that was kind of weird. So, I thought, what is that? You know?

We're just touching on stuff. Oh, my God, I could talk all night about shit. I'm 63 years old and I've been doing this since I was in my early 30's. That's a lot of years of looking at the world in a greater scheme of things. I've seen everything from something very charged and dangerous to....I've had things thrown at me. That's when it gets real to me. When you're standing there and an object flies across the room and nearly hits you, you kind of wake up to the fact that "wow, that's kinda crazy."

L: It's all fun and spooks until something is thrown at you.

S: The weird thing is that we were in this mausoleum type graveyard and it was pretty scary.

L: Was it at night?

S: Yeah, always at night. You've got the theme being at night. There is a place in the Minneapolis...

L: Is it a rich people graveyard?

S: Yeah, kinda. It has a crematorium there and stuff. Anyway, we scaled a fence back when I was young enough to scale fences cause you can't get in there without because they have a gate. Anyway we got in there and there were all these crypts and they were above ground and also inground. We're all thinking we were going to be really cool and hang out in the graveyard and see if we can conjure something. Yeah, stupid as I was, I went along with it.

L: Did you say you were going to conjure something?

FOOT IS MORE INTUITIVE

S: Yes, we were going to see if we could bring the dead back and talk to us like a séance. We were all cool. We were younger, not the brightest thing in my life that I could say I have ever done, but it was also kind of the path that got me on the path of kind of this stuff.

SM: It kind of wakes you up a little bit.

S: Yeah, it kind of blew my whole theory of God out of the water a little bit. I definitely was pretty naive when I was younger, but I have always been intuitive, I've always been psychic. I had my invisible friend, Michael. Then I had a friend, Jonathan, so I had two of them. You're a kid. You're got your playmates and didn't now at the time what they were. Of course, when you don't know anybody who knows what you know, you're kind of alone in the world.

I remember when I was a kid, my mother had gone and saw a psychic. She wrote our names down and the woman kind of gave her messages for one of her kids. Of course, mine was quite interesting. She said I had gifts that I had not yet discovered and that I would discover these gifts and that she... Of course, my mother is thinking I'm going to be a genius, like I'm going to write a book and be famous. You know, the typical mom things like your daughter is going to become a Nobel Peace Prize winner, something. You know. Low and behold it was that I was already very intuitive and psychic.

My very first real experience in it was when I was probably nine when my grandfather passed away and he came to me the night he died and told me he was leaving. Of course, everybody was trying tell me I was asleep and I was dreaming it, everybody tried telling me he was in the hospital. It's like, "Don't lie to me. He's not in the hospital. He's already gone."

I remember my grandfather had always been very agnostic. He didn't follow any one religion. He was a church hopping kind of guy. If he went and he had a Bible which I thought was fascinating. But, he definitely was somebody who would sit in the back and be able to slip in and out if he wanted to. It was just so different. Then you have a mother that's intuitive herself, who is psychic.

So, it ran in the family. I was never told I couldn't be that way. I was never told it was wrong. So, my gifts developed naturally where other people who are raised in a very devout religion that's maybe anti stuff like that would maybe squash a child's ability to be aware and all that kind of stuff.

I believe that everybody is born with a gift of being intuitive and being aware and having the ability to sense and stuff, like mother's intuition or whatever. But I think it's also something you have to use or you lose. So, the less you use it, the more you lose it. So, I always say, when a child is born with it and you allow them to be, it's great.

Even if my parents were fine with it and stuff, society was not and I became very disillusioned by my abilities and I slowly tried to hide them, I didn't talk about it, everybody thought I was weird. The next thing you know you stuff it, you hide it, you don't allow it to go. Then I became an addict. I started drinking to shut it off, doing drugs to shut it down. I heard other people did it to find God and get close to God and I was doing everything in my power to get away from it. In the end, though, when I sobered up, it came right back. They always say if you drink again, it's going to be like you never stopped drinking. The same thing goes with psychic. As soon as I quit drinking, "Hello, we're back again." I'm going, "Oh, shit." But I was determined to stay sober so I figured ways around it, I figured out ways to adjust. Then it got really loud and I got very...yeah. That's all that. It's an interesting journey. I think I'm pretty lucky but...

FOOT IS MORE INTUITIVE

L: I tried having imaginary friends when I was little but...

S: How did that go?

L: I never saw anyone, so I gave up. I thought if I talked and imagined it enough, they would appear. I didn't understand.

S: You probably didn't have as many traumas in your life, maybe. I think, for me, some of it was coping mechanism because I had been through a lot as a child. But I also had a mother who would encourage it and set a place at the table at times. I would scream when somebody would try to sit on them, so I think I was lucky in that way.

Not everybody's turns on. I've noticed there are people that so desperately want it and just can't seem to figure out how to make it work. Then you get other people...they're the sloppiest psychics I've ever met in my life. They're good but they're sloppy and all over the place. You kind of look at them and go....I had a person give me a reading once and they go..... and start talking to me about all these things. I'm looking at her and going, "Who are you talking to?" She was telling me about my horse. I don't have a horse. She was telling me all this stuff and I'm looking at her going, "What?" She said, "Yeah, your horse." I'm like, "I don't have a horse." Well, the next thing you know, she's like, "Oh, that must be somebody else." In the end of it I got very disillusioned by it because as a person who is intuitive and can read things and people and stuff, I get very irritated by people who pretend to be something they're not. It puts a bad name to the true psychics and true paranormal investigating and stuff.

L: Which leads me to my next question which is what do you think...the general "society" has a stigma around psychics and the paranormal and the unseen. Why is there such a fear or distrust around it?

S: Because in some people's religion it would mean they'd have to stretch beyond their faith, that if you truly believe in certain faiths, that would be challenging their paradigm. It would challenge everything they know.

L: Which is.....

S: God.

L: God can have that kind of information?

S: UmmHmm. It's weird in the way that I think people think. See, I'm very spiritual. I've tried every religion out there. I've studied almost every religion, but in the end it all kind of drives down to one thing and that's be a good person, be kind, caring, loving, and know that you're not alone and that there is a greater power out there sees our good, and if we're bad, it's going to give us more bad; if we're good it's going to give us more good. Bad things happen to good people, yes, but I believe, in my journey, that I've learned for years is that I have more power in my life than a lot of people believe they do. I believe that I have the power to heal and I have the power to change my life in a way like I can set things in motion by words, thoughts, feelings, actions, emotions and that's why I am successful. I don't ignore the signals.

FOOT IS MORE INTUITIVE

A lot of people will ignore.... I think you can attest to this, Mar, when we started all this I looked right at him and said, "If it's difficult, it means no." Every time we hit a road block or it would get really hard to make something happen, I would go, "This is not the highest good, great ease journey (road). We need to stop and regroup."

SM: Yeah. It wasn't like we weren't going to get there, it was whatever we were doing at that moment clearly was not the right.....and we had to just rethink it.

S: And that's why we had to listen. I was listening to the ques and the signals.

SM: And it would start to go really smoothly.

S: What I find funny is people want what they want when they want it. It may not be for highest good to have it by then. We would have been in St. Louis trying to buy a damn truck when the fucking truck was right in our back yard. How stupid and cheaper and I wouldn't have had to drive it all the way back from St. Louis, Missouri, for God's sakes.

I've got to get the team that works with me on this to listen to those signals that "wow, this is really hard to figure out." Well then don't figure it out. Tell them no and forget it. But instead, we push through it to the point where we don't know what's going to happen. Now we've got to do a gig that was not easy. Let's pray that we can turn it around and make it easy. So, that's why I always tell people, when you're shoving and pushing so hard, think of the resistance that's happening. There must be a reason and I always listen to that. It's really hard when you have a crew that doesn't... team that doesn't.

L: That's a good point. A lot of times, in my head, I've just got to do better, push hard, gotta go. It's my problem that it's not going easy, but really, it's a signal that's saying, "Hold up." I would like to change that.

S: Well, that's listening to the intuitive knowing inside of you. I think that's what's so funny was I used to remember all the time, when something was hard, I'd listen and go, "I'm not going to do that." I saved my ass more times than I could count. But when I was too stupid to listen then I was grounded, paying the price, getting into shit, Oh, my God. I realized in that moment that you've got to figure out how to stay present and listen and not try and drive it because you think you're right.

L: It seems like a much happier, healthier existence, living, thing.

S: Yeah, it's fascinating. Do you ever try to wear a shoe that's uncomfortable? Do you ever wear a shoe that fucking hurts your feet? Why? The resistance says don't wear it, it hurts your feet. And then you suffer all day and then into the next day. You don't get rid of the pain because you probably put a blister on it or you probably bruised the bone. Get rid of the fucking shoes! People! That's not being intuitive, that's being stupid. Your foot even is more psychic that you are. "Don't put me in here. No. No. No." And you're like, "You're going to get in there" as you force your foot into a very uncomfortable shoe. And you refuse to get rid of them because you paid \$130 for a really uncomfortable shoe.

L: Can I use this part... You're Foot's More Psychic that You?

FOOT IS MORE INTUITIVE

S: Yeah, it's exactly what it is. Your foot is more psychic than you, more intuitive than you are. Really. Your foot will tell you within seconds if that's an uncomfortable shoe, not hours, no. You're sitting there and you can put your shoes on and walk from there to the bathroom and your feet are going, "No, no, get me out of here. No, no." You're like, "You're going to push through it. We're going to make it work." Your feet are going, "No. No we're not. I'm going to make you hurt more. We're going to punish you." Then you sit there all day. Eventually you take your shoes off under your desk and then you regret taking them off because you know you've got to force them back into that very comfortable shoe to go home.

Do you know how many times I've seen women carrying their shoes down to their car; slipping them on just to get through the parking lot and then kicking them off in the back? What the hell is that? Sheer stupidity, don't you think? I suffered the lot, man. Never again. No way, no how. No. If your shoes hurt, get rid of the fuckers. They're more intuitive than you are.

L: We have a question from someone online. "How do you use your past history in ghostbusting now in your life strategy sessions?"

S: I always use a knowing with people. There is this whole psychology about people, nobody is in the box. Nobody sits in the psychology box perfectly. I'm telling you. You might want to think that but, no, there is always an exception to every fucking rule and every psychology research paper is adjusted according to it. It's weird. They're going to write the paper to get what they want and not what's really out there. Somebody will say, "You're really out of the box, aren't you?" Yes, and proud of that.

SM: And they're never influenced by the people paying for the research.

S: Correct. Never. I find that so interesting. So, in working with people in life strategy, the biggest thing I know is people will come to me and say, "Well, I want to do this and this and this." I go, "All right, you've got this general idea like you want to (throw something out).

L: I want to make a journal that helps everyone.

S: Wow. Okay. So, want to make a journal that helps you. Okay, there you go. Then if it's good for you, it might be good for others.

One of the things you just did is you made it so big it's going to overwhelm you. What you have to do in life strategy is if you want to make a journal that works, then you need to put together the questions that you would ask yourself, the things that would inspire you, the interests that you might have. When you do that, if you're sitting here and have all these great ideas and great plans for what you want to do, you're going to have to work through what works and what doesn't.

Don't throw away the things that don't work because not everybody is not like you, honey. There are a lot of people out of the box. But what you can do is create a journal. I guess for me, I would see it like a fit and play, like I like this section to work for me, but I don't want to use that because I don't do dieting. I want to be able to do a plug and play journal that works for me. I may one day need to go "Oh, I didn't drink enough water. Oh shit, I need to deal with my emotional stuff."

One thing that I know for people, intuitively, we are little collectors. Intuitively, every person collects stuff, data, things, whatever. But not everybody deals with their data the same way. When I'm dealing with people with this whole idea of a journal for everyone, you have to look at this in terms of

FOOT IS MORE INTUITIVE

what works for you. Then you kind of ask around other people like, “so, what kind of journaling do you like to do? What kind of journaling do you like?” Someone says, “Oh, I don’t journal. So, maybe you have an ‘I Don’t Journal’ journal. Make it not a journal. Maybe it’s just a section that says...

L: You open it up and scream.

S: Yeah and close it. Whatever. You have these ideas and you might even write the word ‘screaming.’ The point to it is that every person is not the same. A lot of people will be trained to do stuff for somebody like life coaching, whatever. I’m not a life coach. For me, my strategy to what I do is I’m not going to teach everybody the same cause it’s not going to work that way. So, if you’re an ADHD person I’m certainly not going to give you something that says “I’m going to give you a meditation CD and you’re going to listen to it because I know you will.” No you won’t. You might do it twice, you might do it once a week, but then all of a sudden they see if sitting there collecting dust on top of the CD player. The point it you can’t do that.

I get to know the people that I do life strategy with. I get to know them, talk to them, talk about different things. What I do is for one person, this person writes everything down even when I’m talking. The don’t quit writing; they just write as I talk. They data collect.

You’ve got a different person who’s like drawing flower and pictures and they’re drawing a picture. For me, it’s reaching a person through the dynamics of that person’s reality. Nobody is exactly the same. I could have a conversation with one person. I might have to put flowers on the wall just to reach some kind of connection to them. Another person I might put horses up on the wall or some way, some how you’re going to find that connector that’s going to help that person get where they need to be. If you’re going to do that, the same thing goes with everything in life.

Somebody says, “I want to own a food truck.” Well, okay, fourteen months. “Fourteen months, what the fuck is that?” Fourteen months. Give me fourteen months of your moments. We will strategize, we will talk, we will work through different things. Get your food plan, get your food, do your prototyping. I’m going to make you do all the work before you go and buy a truck, before you invest even deeper into something. You have to be ready to run before you have the ability to have a food truck.

Most people don’t think like that. They buy a truck and it sits. Then they put some stuff in it and it still sits. Then they go out and realize “Oh, shit, we’re not ready for this,” and they shut down for a while. Or they go out and bomb and blow it and just throw out crap. Then they’re known as the crappy food truck. That’s not what you want to do. You’ve got to figure it out, you’ve got to prototype, you’ve got to plan, you’ve got to work through all these things that you have to get in place before you launch.

L: Which makes sense. There was someone who came to the truck midsummer, probably. They were saying how they felt like they were stuck. I was overhearing the conversation between you and them, but they were saying how they just feel stuck in the restaurant world, just stuck in the kitchen. They just didn’t know how to get into their dream of having a food truck. You laid out what you did which was you figure out what you’re going to sell, what you want to make, what you want to make yours unique. Then you find the investor, then you find your truck.

FOOT IS MORE INTUITIVE

S: Correct. That's how we did it. I helped Mar to make that happen, but in the end, truly, I can do this with anything, anything. You want to go to college; I can get you there. We've got to get the strategy down, figure things out, but it's all about timing and moments. If it's really hard, it's not time to go. If it's too easy, then I think it's ready. I think people forget that when something comes simply, you've already done all the work, that's why it's coming simply.

Mar: What is strategy? How does that play into the overall manifestation process?

S: So, for me, intuitively, like we were talking how the feet are more intuitive than I am, the point is my years and years of working in the whole realm of psychic and intuitive, paranormal stuff, I've seen what works, I see what doesn't work. There is such a psychology around all of this stuff that people are so inept. They don't get it. Do you understand? Literally, if it's not in this box, it's not real.

L: It's not in my reality so it can't be real.

S: Yeah, and that's the mistake people make. So, when somebody says, "Well, I just don't believe that shit. God damn it, I just don't believe that shit." Well, you know what? You may not believe that shit but there are truly people out there that suffer, that hurt. Your reality may be that. Guess what people, let's just talk about it. Let's just talk about it. Okay? We're going to talk about this.

Black lives do matter. If you're a white person, that's not going to be in your scope. "I just don't understand why you keep posting that on your food truck. Roar, roar, roar." You know what? Privileged white people, WAKE UP. I'm white and I am not going to play the privileged bullshit. This is a reality that we have to face and that's that whole outlier where it's not in their world. They don't see it. There's no discrimination. What the fuck?

You get into the trenches, people, and you will see the real reality of it. That's the part that I don't understand. If you really want to see ghosts, go find them and you will find them. In the U.S. you will know that spirit is real. You will. That's what I can say about that. You don't even have to be psychic to see shit.

L: I was going to ask, if someone is so like "I do not believe in ghosts" or "I do not believe that there is an issue with racial inequality", are they just going to never experience that or are they going to push it to a point where they're going to....?

S: I don't know.

L: I suppose it's different for every person.

S: It's different for every person. I can tell you this much, the Christian family that I worked with, with the bed that shook and freaked the woman out, and I guess her minister came over and said it was in her head, that it was a train going by. Well, they don't even have a train in their neighborhood. This is in St. Michael, for God's sakes. Really people? Really? There is no train in this brand new housing development, nowhere. Nothing is shaking the house, nothing. He goes, "Well, maybe it's the air conditioning." It's winter.

So, anyway, long story short of it, she finally talked to her mom and her mom came to me and said, "My daughter is Christian, I don't know what to do here." I said, "Well, I can be gentle, kinda." I showed up at their house and their little daughter, "I'm like her." That freaked the mother out to hell

FOOT IS MORE INTUITIVE

because she knew coming in because her mother explained to her who I was and what I could do. She's like, "I'm desperate", like that, only to discover that she knew I was real when I said, "Did you buy this from somebody who got a divorce?" "Yup." She's like, "Oh, my God." Then when I put the crystals in the bed....of course, it took him a few weeks before he found the crystals in the bed, but he did find them, and he put them back. He left them on the bed, because I guess the bed started to shake again so he was freaking out and he put them back. Now I've met him and he's come to the shop and it's very adorable because he's come to the shop and he met me. He goes, "I believe in you." It was interesting.

I think that there are more and more people out there that are starting to see it in small doses and if you're even just willing to be open to it, you might be given an opportunity. But if you've got somebody who absolutely does not believe, I am not going to convince them. I don't want to.

L: I feel like if I believe something and somebody else doesn't, we're both going to have things that support both of our points.

S: You know what? In all of these things, I have watched...okay you bring somebody with you who doesn't believe and they're going to rationalize away everything that they see. Truly.

L: Have you seen that show, Evil?

S: Yes.

L: That's fascinating. It's like everything you're talking about.

SM: I remember we watched that sasquatch where we had that one girl that comes.

S: Yeah, she's does not believe it.

SM: Yeah, she disproves every...I'm like why are you hunting for this thing if you just do not believe in any of it?

S: And what 's really weird though is, they have literally got true footage of stuff they can't explain and they're still trying to say it's not. I'm not...dash cam...bipedal, fairy thing, and it runs across the road. You hear them in Russian going, "Aaahhhh." Kinda evident that they did not expect it because they came to a dead stop in a snowdrift. People. Really?

Or you have this car full of women and they got stuck behind a truck and the girl has her camera faced out this way and there's this thing, kinda looming and coming towards the car. There's screaming, everything's shaking. They're screaming, "Go, go." Well, you can't, there's a big semi blocking the road. They're locking the door; you can hear this fear in their voice." You know what? Okay, they were out there to have a party and have a good time and she just saw something move out of the corner of her eye, turns her little phone camera out there and blaaaa. Here's this creature coming at them. It was not sasquatch, it was something else that looked pretty scary.

People, if you do not believe in the paranormal, you do not believe in sasquatch or bigfoot or Lac Ness or giant squid in the ocean by Sanibel Island, where they had this stupid giant thing wrapped around another big fish. These people are like, "whoa, whoa, whoa." They're not hanging out taking filmage, they're running away.

FOOT IS MORE INTUITIVE

You really think they're making this shit up for the fun of it? No. I can tell you when I got scared, really got scared, I had probably one of the scariest things ever happen to me in paranormal investigating you don't think I sat there and went, "Wow, I'm going to take pictures and hang out here while this thing is charging at me." It might kill me, or jump in my body and turn me into some kind of demonic, evil person. You're not going to sit there and wait. You're going to run away. I'm not stupid. I don't care how many holy, blessed water, Himalayan salt I could have that day, I was out of there. You guys, it's not like you sit there and go, "Yeah, I can get this thing. I can break it."

L: You don't understand how you're going to.... No.

S: Well, then you find out there are these people that died. Okay, there's probably not just one thing. It might be a lot of things, like a burial mound for the Indians that are pissed off and so they curse the land and you can't understand why nothing grows, or your children become like plague victims and just shit like that. Okay, you know what? Move. Fucking move. Really, is it that important to live there because it's the last dollar you put in? Make more money. You can figure out a way. Family will take you in. I don't know, but I don't sit here and say, "I can't leave. It's the family home." Yeah, where your uncle was a serial killer upstairs and dismembered bodies and then you find out how many years later that you're fucking living in a house with a bunch of dead spirit that he fucking killed. "It's the family house." I don't give a shit. Move.

L: Good bye. Lock it up.

S: Get your priest. There are some things I will not touch. I remember I was helping a person...this woman had come to a friend of mine who was literally healthy as hell and all of a sudden, is literally walking with canes, can't walk, and is sick, sick, sick, sick, and she...

L: Complete 180?

S: Yeah and there was no reason for this. Later to find out that her niece by marriage, is cursing her. There is known spirit that can hurt you. So, we did this whole thing, there were several of us, and we extracted that entity and we put it in a divot box, sealed it shut with crystal inside and stuff like that and put it away. Let's just leave it alone and let it.... And then the person got better. Just one day there was nothing wrong with her anymore like we did it. It's like see that's what I'm talking about. You don't need to stick around, people. Get help. If medical's not helping, go to people that you trust. You don't just sit her and go, "Well, I can't. It's against my religion." Well, you know what? It's all religion.

L: Can I ask a weird question?

S: Yeah.

L: I kind of got introduced to this whole spiritual side of things on purpose, by accident. Does that make sense? Like I never searched for it, I was just kind of like...

S: You mean your family brought you to it?

L: Yeah. So, like if I'm someone listening to this right now, and I'm thinking, "Man, I could really talk to someone." Maybe they're not local or whatever, what would you even start searching or looking for to start finding help for people who...

FOOT IS MORE INTUITIVE

S: Well, if you're listening to me and you're out of the country, I have no links out of the country. I can tell you that much, if you are looking for help, there are places that you can look. Obviously, there are paranormal places. You can look them up. I, personally, go on line, but be mindful that if they're going to be charging you up the wazoo to get rid of stuff....obviously there is gas, there is travel for people, whatever, it's determined based on that stuff, but if you really are somebody who's really scared and dealing with some really terrifying stuff, most paranormal investigators will go in and help you.

They're not there for the money, so to speak. They're more there to stop the bad stuff from happening. I think that people need to realize that if you do need to talk, there are people out there that you can have conversations with safely. Be very mindful, you go out on the internet, you might find every whack job in the city or the state or the country, or the world. So, just be mindful of that. I would talk to local area people like maybe going to some spiritualist places, people that are not locked into the religious core but more into the spiritual stuff.

There are books out there that you can look up to possibly read that might help you with some of the things if you're searching and you want to get out of the dogma of religion and get into more of a spiritual practice or spiritual journey. There are ways with which you can expand your knowing and your knowledge without losing your faith in God.

I very much believe in a higher power, a God. I believe in that. And I believe that we are a part of a really huge thing and we're like a bunch of little cogs trying to fit into our spot and do what we need to do. We're not ever going to be 100% on any level because we're not perfect. And thank God, I believe in a divine presence that embraces both our positive and our negative, our good, our bad, our perfections and our imperfections. Thank God, that I believe enough in that to know because I've seen things.

You know, when you have a near death experience like I've had, and I've had two of them, and they were both very different. But I can tell you one of the real realities to all of this is that we have no clue, as little humans, what is so greater and bigger out there. We truly have to be willing to broaden our horizons. We can't just believe everything we read or everything that you hear, you have to really research it.

The #1 thing for me is I didn't just take things at face value, I did work. I looked things up. I literally went and saw specialists and experts in things and I found out and talked to them and found out what I could about whatever gifts I had or things that I needed to understand. Not everyone is going to agree with you and if you find someone who doesn't, find out what they believe and you might be able to figure out something that you agree upon with.

You don't need to have your story be right. You don't have to always be on the win in everything. I really learned that because if I'm here to convince you of a way of life, or a way of believing, then I'm really doing a shitty job as being a spiritual being. I don't think that's my job, it's not my job. I think there's just so much out there that people want to go and talk about this stuff and want to talk about that stuff.

Someone says, "Well, what do you believe in?" I just told you, I believe in a One True Light Consciousness that can speak any language. If I speak French Canadian and you speak Spanish, One

FOOT IS MORE INTUITIVE

True Light Consciousness will speak to you, however you process and believe and understand. But if you're French and I'm French Canadian, we might get along a little bit because we kind of can speak the same language. There might be a little dialect difference or whatever, but you can still do it. I think that's something that you have to remember is that not everybody speaks exactly the same language in their faith, in their spiritual practice, or their belief.

I quit trying. I quit trying to convince people because it's exhausting. I love when they try to convince me, though. That to me is kind of hilarious because I had a guy come up and try to tell me something about being a heathen. I said, "I don't think I've ever lived there." He looked at my like, "What?" I said, "The truth is that you may see me as a heathen, but you know what? Do you really know what that means? Truly?" It's a word he has heard and they always say those that don't believe like you are heathen, but if you really look at it it's truly someone who believes differently than you do. They're not your religion, they're different.

L: Heathens

S: Different. You heathen, pagan believer. Like, a cult or occult. One supposedly means satanic, the other means gathering. I kind of think they mean the same. Why muddle with it. You know what I mean? Somebody says, "That's a cult." Well, every church on the planet is a cult. Every gathering of people is a cult. So, we might as well get our story straight before lobbing and throwing shit. Frik, the followers of Trump are cults, followers. They see him as the chosen one. "He's our chosen one." Chosen for what? To go to prison. Well, there you go. Keep it up, dude, keep it up.

L: It seems like we way to quickly judge each other based on how we understand or perceive...

S: Correct. Oh, you have no idea how lonely my life was a a kid because it's hard to know things and be aware of things and be alienated and isolated because you're different. There are a lot of people that are on line right now, listening, and I'm pretty sure they will all agree with me that they have always been kind of an outcast by the family because "You rocked the boat. You play Solitaire when you're Seventh Day Adventist in school. Like, really? Playing Solitaire by yourself is considered a sin.

L: I've never considered myself a rebellious person but as soon as I heard their rules I was like I would have been the worst child.

S: Aren't you lucky you weren't? Yeah, it's weird. And it all took one guy or a couple of people to come along and say, "Here are the rules. No Solitaire." I don't think Solitaire was in the Bible. I don't think they even talked about Solitaire in the Bible. I don't think it even existed back when Jesus was around that or anything beyond that. What do you think, that Kind Solomon played Solitaire? His was rock tablets with numbers and letters on it or what? Really people? Let's look at this. Look at this.

L: How do you shuffle that?

S: You don't. It's not real. You just don't. Again, in my brain, I'm not going to go there because...I mean, I could rationalize the shit out of it. When they say, "Yeah, Jesus was up someplace talking to God and a burning bush. Man, who the hell was on LSD when they told that story. How many mushrooms was that person eating when they fucking told the story of the burning bush and Moses and breaking tablets on the golden calf because they were down there being sinners and paganing each other and whatever the hell it is. It's just such a weird concept. I remember when I was in Sunday

FOOT IS MORE INTUITIVE

school and I would look at them and go you really believe this? Even when I was a child I just couldn't swallow. I would gag. I remember getting sick every time I had to go to Sunday School. I'd be like, "I feel like I'm going to throw up." Well, yeah. It's because my brain was going, "Hell no." Even as a little kid I knew that it wasn't real. I fought it, I fought it.

I remember my mother sending me to Sunday School and she staying home and it made no sense to me. I said, "Why do we have to go and you not?" She said, "Well, I have to make Sunday dinner." "I'll help you." "Well, you need to be confirmed." "In what?"

L: Was it like a just in case you had to go through this?

S: Well, then I found out, this is how shitty my pastor was...and I mean shitty, Mt Olivet Lutheran Church in Eagan. I'm going to give it out because what happened was is that he tells me...so I had to go through catechism and we had to go through these classes for years. Then you have to study stuff and take tests and you've got to get it right. Then you have to sit in church and you have your little robes on and you get confirmed. Right? Found out one month after I got confirmed, if I asked to be baptized, which I wasn't at the time, I wouldn't have had to go through that. You have to be confirmed in order to take communion. But if you asked to be baptized, because you're asking to have the Lord in your heart, that opened the door to....

L: So, one's like you've got to prove yourself and the other is like just ask for it?

S: Yeah. Isn't that fucked up? Anyway, so he tells me this the day...I will never forget it, May 15. I was pissed off. I will never forget that day. You know the hanky that they dabbed the baby. You know I was in high school. So I was just seething with anger. Then the two others never had to take confirmation class cause they got baptized. What the shit? Now you wonder why I turned against it? That's why because it was like all I had to do was ask. Well, shit, I would have asked before I had done three years of prison. A three year prison term. Every Wednesday to study the Bible and I didn't understand half of it.

L: I used to think I was missing out on the CCD thing. I don't know if that's what they called it when you were young, but then I realized what they were doing and oofff.

S: Aren't you glad your family decided....

L: We gave up on church.

S: I get that. So then I was searching for myself...different churches, trying to figure myself out. I can tell you I even this this whole born again Christian thing. I went to this place in Minneapolis, Souls Harbor. I don't care if I say this either. I go in there, I'm a smoker, drinking teenager and I'm following this Christian boy band. They played at the school and they invited us to their church, right? So, I'm coming to see the boy band. I wasn't going to do anything.

Then we get in there and find out we have to do this whole like renouncing our sins and you've got to get up on stage and they push you over and you're supposed to fall because you get filled with the spirit and you've got to tell them you're going to give up smoking and drinking and you're going to do all these things. I was like, fuck no. Then I'm just sitting there because I only came for the boy band and I would do that for every Wednesday again. Stupid. Always Wednesday. Always. Wednesday.

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So, I'm sitting there doing this thing and then they took me in this room. It's kind of a quiet room and it's got a bench and what looks like padded walls, but I couldn't confirm it or not. People were sitting there kneeling and they were talking in what they call tongues. Nothing was English. I understood not a single word that a person....and they were sitting there swaying and speaking this weird....abba dabba dbdbda. I thought, "Oh, shit, the woman was staring at me waiting for me to do it. I faked it cause I got scared. I thought I was going to get in trouble so I'm sitting there...aaabbbdbdle. I looked like a fucking idiot. If you knew me, you'd know I was faking it. But, she didn't know me so she didn't know. Then she gets done and everybody quieted down and she goes, "How do you all feel?", like that. They all go, "I feel beauti"...and they're talking about how they feel changed. I'm like, "I'm going to go to hell. I'm going to rot in hell right about now because that's what they believe because I just faked speaking in tongues, I'm not going to give up cigarettes, and I'm not doing to give up drinking, so what the hell?"

Then they get me on stage because once you do that...there are people standing behind you and the pastor comes up and he will put his hands on your shoulders and he goes, "Do you believe in the Lord, Jesus Christ as your Savior?" And you go...people were saying, "Yes." I'm like third from the end and as they're getting closer to me I move one person further. I want to get off the stage cause there are a lot of people and it's freaking me out. They're catching them and they're falling on the floor and shaking. I'm looking at them going, Oh, my God, they're causing them to seizure. I'm telling you, it was the weirdest thing I'd ever been to. Then I get to the last one in line and there is a guy there blocking my way so I couldn't even get out.

The preacher came up to me and goes, "Do you accept the Lord, Jesus Christ..." Well, fuck I already lied once, I might as well lie.... I go, "I believe." He pushed me. Well, I didn't fall back, I stepped back and he was staring at me. Then I realized I was supposed to fall back and finally I crumpled. I didn't fall back and let people get to me, I just fell to the floor and nobody caught me. I'm telling you... He kept looking at me all night long. Paranoia. I'm pretty sure I was paranoid at that point cause I was smoking and drinking. But by the time I was all done, I never went back after that. I never went back. I smoked all the way home.

I'm not saying it was wrong because there were probably a lot of young people that were saved there. I just wasn't one of them. I wasn't ready is what one person said to me. "Well, you're just not ready." I said, "I will never be ready" because I believe that you've got to be able to speak English or speak a language that people understand, not some gibberish that nobody understands.

L: I feel like it's something you should go to willingly and not be tricked by your teenage hormones.

S: Yeah, teenage hormones and a really cute boy.

L: Isn't that a ploy? Look at all the cute boys.

S: I think it was. Yeah, it was bad. He was cute.

L: Isn't that using your sins against you. I don't know, it seems weird.

S: I can tell you I was lusting after him. I can tell you that much. I was going to go to hell anyway. I was lusting after the boy. I felt so bad for like months afterwards. I remember sitting there feeling horrible. My mom said, "What's going on?" I kind of told her what happened, and she looked at me and

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said, "What? Where did you go?" I'm like, "Well, I went to this church in Minneapolis and they made me talk in a weird language and I didn't do it right. Then I was supposed to renounce smoking and all this stuff cause she knew I smoked, and I couldn't do it. Then I was supposed to fall on the floor and I didn't." She was like, "What the hell were they doing there?" It freaked her out pretty bad.

In the end, truly in the end, guys, the mother said, "Jesus, God, Allah, whatever it is, is with you and it's in you and you don't have to prove anything to anybody. You're going to find it. You will find it. We all do. And when you do, it feels right." I never forgot that because I remember her telling me that God is not in a building, and it's the same thing my grandfather said. "God's not in the building, it's in the people. It's the people you connect with, it's the kindness, the goodness."

Eventually, I did find my path and I really learned that spiritual connection has to speak a language to you. What I've learned is that the spiritual journey is not politics. The spiritual journey is not convincing. The spiritual journey, the spiritual practice is what we are in kindness and love and care and support and being there. If I have the ability to help someone in need, I help because I can, not because I have to, but because I desire to.

I find great joy in helping those in need. I find great joy in smiles and happiness and people, and love. And I find great joy when I can clear a house and it doesn't bite me back. "I saved another house with a bunch of people in it. That's rewarding. But you know what? Not everything is savable. Not everything can you protect people from. It has to be something that we learn, the language that speaks to our heart song, our hear intelligence. Listen to that, people. Not your mind fuck. Don't listen to the bullshit out there or the people trying to convince you that you're wrong, you're bad, whatever. Listen to that true sense of who you are and know that you don't have to worry because worry just begets more worry. Find an answer to your life by living fearlessly, hope filled, desire filled, love filled, gratitude. I can't say it any other way. And know that if there are people in need, just be there for them whether it's ghostbusting or socks, bras, hauntings, spiritual practice, very non-committal kind of people but that's okay, we'll get there.

Truly, spiritual people are very non-committal. We're more flaky, floaty. We don't have anything organized. We're not organized religion, we're kind of just there. We don't have a big political debate, we're just us, we're just who we are. Just like you thought Santa Claus was Jesus' dad. [Soulmar] That makes way more sense. Especially with Christmas time with Santa standing right next to it.

SM: It makes a lot more sense to me.

S: That's right. Isn't it funny what we're taught, what we've learned, and what we see? If you live in a very sheltered world you wouldn't know different until you meet a bunch of really crazy people and then you realize, "Wow, I fit in with these crazy people. Cool."

SM: I think we also assume that, because we live this country, that everybody understands Christianity. People understand different things. Not everybody's the same.

S: Correct. My partner was Jewish, Christian, kind of wore a few hats along the way, kind of realized it was all fucked up, cause it was just leading her to her spiritual journey.

SM: Finding what works for you.

FOOT IS MORE INTUITIVE

S: Correct. And that's what I'm telling you people out there. Find what works for you and stop convincing your neighbor. It's not your job, you're not here to apostatize or convince people to believe what you believe. Then realize they're not is because they're not you and they've had different experiences. You need to trust and believe in those differences and know that they're path might be very different and it's not bad to be different. As a matter of fact, it's what makes the world such a very nummy place to be.

I want to thank everybody. I know we went all over but just remember, your feet are more intuitive than you are. Listen to your feet. Have a great, great day, afternoon, evening, whatever. I really appreciate you listening, tuning in. I know we kind of bounced all over the place. Just remember one thing, if you're going to go out there and be somebody, be you, be genuine, and be the person that you would love to see other people be like grateful, kind, loving, supportive, interested. Show people that you care enough to let them be who they are, what they are, without a need to change.

Thank you and have a great day.