

Wake Up Call

S: So, I've had an interesting day.

SM: Say more.

S: I got a call from somebody and they told me...you know there are people in my life that actually don't believe that COVID-19 is real.... Now you have to remember, they are very politically polite, so they are like the politer nonbelievers, then you have those obnoxious ones that have it tattooed on their forehead practically. How do you ever get rid of that? Well, anyway, it doesn't matter to me.

I think about the point where you have people that are polite enough not to say anything, but when I told her that my grandson had gotten Co-Vid from a daycare we suspect... Of course HIPPA won't share that but that's the only place he's been is home and there. And if his parents didn't have it... So, anyway, they don't believe it but yet she got Co-Vid and she's very, very, very sick. She didn't just get it...

SM: Do you mean the person didn't believe it?

S: Yeah, the person that didn't believe it is very ill. I always wish the universe would teach people, but not that bad. I would never wish that on anybody. I remember getting sick a long, long time ago before Co-Vid was named and I was so sick and it was so scary because I started to feel better and then it just threw me down again. I was so tired, I had no strength, and I had a low-grade fever fucking forever. I was on inhalers and nebulizers and the list goes on and on and on, And I had a difficult time hearing.

That is what my grandson was complaining about. With his Co-Vid he had a horrible earache and so did I, which is kind of weird. Now I can't hear out of that ear and I'm just praying like hell that his recovers. He's young enough and stuff so he should be fine. I think he'll be OK, but people are talking about how they have no ability to taste or smell.

In fact, a person who is a friend of mine, she got a call from her family in Iowa and her dad is in the hospital, her mother that tested positive for it, and now her brother, who had to go pick their dad up off the floor, literally picked him up off the floor, and now he has symptoms of Co-Vid and they all live in Iowa. The thing that came out of her mouth was, "Thank God I live in Minnesota and I moved up here." because it's scary when you think that you live in an area and especially a community that doesn't believe that there's...

L: Something to be concerned about.

SM: Everything, it seems like is a political issue. It's like there is no...

S: Yeah, when did our health become political? When somebody wanted to take all of our health care away. That's when it became political.

I have a question. I want you guys to answer this for me. When in our country, do we believe that having affordable health care is bad?

SM: I think it's crazy. Health care is so...

S: Well, you have an autoimmune....It's a pre-existing condition, dude. If he got back in, you'd be fucked.

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SM: And we pay so much for insurance. It's like...

S: What do you pay a month?

SM: I pay \$352 a month right now for insurance and that's even like a good deal on insurance. My old insurance was like \$800 a month. Coverage isn't even like that great.

S: You have like all these, "Oh, we'll only cover like 80% to a certain dollar amount" and then you're screwed. Where they tax the shit and hurt the people the most is our older people in this country. They are the ones that don't have the money to pay for prescriptions but yet don't get a prescription drug program to help offset that in Medicare/Medicaid or Social Security. It's stupid.

I remember one time a friend of mine was joking and said, "You know what? As much money as I make, I'd be better off if my ex-husband died because I could collect on his social security." Isn't that sad that I could still collect on my husband's Social Security even if he's gone. Divorce is divorce, I thought.

L: Oh, that's weird. I was like, what's weird about it but it's cause they're divorced.

S: Yeah, they got divorced and she can still collect on it because he makes more than she does.

L: It must have been a shitty marriage. I don't know.

S: Well, yeah, they only lasted like five years. Of course, he was married to another woman in Florida. She had to get divorced, he didn't.

L: Wait, was this...

SM: Oh, I know who this is.

S: Yeah, our dear friend. Literally, she married a guy here in Minnesota, here she finds out he's married to a woman in Florida and he did not have to file for a divorce, but she did in the state of Minnesota in order to get divorced from him.

L: That's fucked up. I would just like to clarify that because he wasn't honest, she had to do all the work to get divorced.

S: That's the way the system works. You are aware of that, right?

L: Being female is fun.

S: Yeah. You know what I love? OK, let me explain the woman dilemma. So, when a young woman, like you're a girl, you're growing up and start to get these lumps in front that you really don't want. Boys don't, but girls do. Then they have to figure out how they're going to keep those lumps, bumps, boobs into a harness. So, now before they're old enough to even be aware of it, they're getting tortured because they have to cover up the breasts that they got. Of course, mine were big when I was a child. I was one of those kids that was teased at age 9.

That's not the worst of it. Then as you get older, you start to feel hormones kick in and all of a sudden you've got this called blood running from between your legs. OK, no man or boy goes through that. The only pain they have is maybe they have a voice change from a high to a low, whatever it is

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when they get older. All of a sudden, you're sitting there with, now she'd got breasts, she's got to wear a diaper because it's called menstruation. If you people out there in the big, bad world don't know, it's called menstruation. Every woman knows about this unless you haven't had it yet or done whatever.

So, now, let's say, in puberty, the only thing the boy has gone through at this point is voice change, you know going from high to low, and you end up with the girl that has to wear a brassiere, she has to wear a fucking pad or shove a fucking tampon up the vagina which a young girl probably didn't even realize at that point that there was a fucking hole that big that it could go in there, and it hurts like a bitch. Why? Because she's a virgin and you're going to shove a tampon in an area that nobody has touched.

OK, that's the second dilemma that a woman goes through and now, guess what, now because you have a bra, a brassiere, a thing that holds the boobs in place, you've got to wear a tampon or, excuse me, menstrual pad that are as big as frikin baby diapers. Now they've gotten better. Of course, when I was younger, mine was about 3" thick, about 4" to 6" long and you had to strap it on a little garter thing that you wore to keep it up between your legs because you'd lose it.

Have I shown my age yet? And anybody my age knows what I'm talking about. It looks like a garter, little slit, pull it in, tie it off, you're all happy, right? OK, now we're talking about this is what the young women have to go through.

OK, here's another reality. Now you have her going through all this stuff and the boy only has an octave change in his voice. OK, I get it. Two to one, not the same moment I can tell you cause if you could put it out there, how many men would like to have blood running out their ass or the end of their penis.

SM: No thank you.

S: Or put a straw in there or shove something up inside like maybe a pipe cleaner so it doesn't leak out all over. OK, I'm a little upset but I have a reason for this because I'm going to show you what this means. A wake up call. So, now you have a young woman who's now got to go from elementary to junior high. Guess what, now there's an evening out here. Boys get zits and so do girls. But the reality is girls get it monthly in a monthly breakout because of hormones. So now, she's got to deal with breakouts, possibly acne, possibly something else that's got to go on.

Now she's got to compete with, you know, the pretty girls that are out there that walk around like they're the elitist's or whatever, you know. I was not one of them. I didn't walk around as an elitist. I was this sad little kid who literally sat there...I was the one that sat by the band door at school. I was kind of nerdy, not really popular. Just somebody who just wanted to fit in somewhere and it never happened. I've got zits, I've got a period, I've got boobs and my boobs were bigger than most people's boobs because I was a very quickly developing young woman. Now you're dealing with that. Oh goody.

Then you have the asshole of all high school, the jock. And what does he do? He lights my pants on fire and I burn my leg and I have a scar from my nylon that I was wearing to keep my tummy in because I felt like I was fat because Miss Barbie Doll, cutesy, whatever walks around and doesn't have to do anything. In fact, she can walk around with half her midriff showing and nobody says a word. If I did that, they'd have thrown me out of school.

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So, now I'm dealing with absolutely no identity because I don't know how to find who I am. Right? And I'm sitting here and oh, yes, Miss Popular. Don't we love them? So, as I'm going through high school, my mother decides to move. OK, guess what? This is my break. My second chance and I vowed that when I left that high school, I was going to be not that person that left that high school. I was going to be something else.

Believe it or not, I walk into a new high school... Well, somehow over the summer, I developed an actual shape to my body. I actually had an hourglass figure. It was probably the only time in my life I had an hourglass figure because after a while you have kids and that never comes back again, unless you're somebody that doesn't have weight issues like I do.

So, I'm now in a school and I'm popular because I'm the new girl and of course I'm dressing really cool because I asked my mom and she said, "Sure." Well, I get into the drug scene. You're kind of stupid, you know. You start hanging around the popular kids or even some of the kids you probably shouldn't be hanging around with. I should have stayed in nerdville, but I didn't.

L: Nerdville is great.

S: Nerdville's great?

L: I don't know. High school sucks

S: Yeah, you remember that. You just got out of that a few...OK, how many years?

L: It's been longer than I would like to say.

S: How long?

L: That's math...ummm

S: You're good at math!

L: Not in my head. I've had you all fooled.

S: 2013.

L: So, it's 7 years.

S: Yeah, ok. That's not that long. That's the length of one dog's year.. seven years in human.

L: When I think about what's happened how has it been seven years. Wasn't that like...

S: You had college in there too. You are aware that college kind of deformed you.

L: High school sucks, college sucks. Let's see...

S: I think college did you a disservice and a service because I think that what you learned was be a rebel, but...

L: Ah, yes. But I conformed, now I'm rebelling again.

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S: Yup. I should have stayed in Nerdville, but I didn't and I ended up getting in a lot of trouble and having a lot of issues. Now, I'm not saying that popular kids are bad, I'm saying that my idea of popular was not the highest good, great ease journey for me.

I also dealt with rejection, I had issues with my body, I had issues because I was over-developed. I could not walk down the street without being humiliated by some cat call from some guy or a whistle. I had sisters that were embarrassed to be walking with me because of my over-developed breast size. You can't hide them unless you bind them and of course even if I did bind them, they were still bigger than...yeah. I probably would look like I am right now, maybe.

I had to learn to live with that, so I matured faster, I grew up faster, but I didn't have...I could say that my fitting in was really difficult. My wake up call was I shouldn't have tried to fit in. I should have just been who I was, not try to be the perfect daughter, the perfect friend, the perfect whatever. I should have just been who I was and not try to be what somebody else thought I should be.

I would bet that goes with you too, Soulmar. It's hard to be okay with who you are because our past has in some way scarred us or made us or defined us or changed us or something.

SM: Yeah, I think it's something that sometimes you don't even think about but it's something that we're all, on some level, struggling with or trying to figure out.

S: Absolutely. And I think our wake up call is just be genuine. I found myself changing to fit in. I was not the pioneer or leader I should have been. Instead I wanted to conform to my friends or the people that I thought were important to me because I thought we were going to be friends forever. I can tell you I'm not friends with a single person I was in high school with, or college, or anything.

SM: It's almost like you live multiple lifetimes in a single life.

S: And you know what's really interesting is? You know what I learned? I was not attached to my identity that much as a kid growing up because I was so high all the time, so I didn't know what my identity was. I was false behind the drugs, but I was false behind a lot of things. I think that once you're forced to wake up and have a reality check to your life, you have to decide, in that moment, whether you're going to live or die, whether you're going to rise or fall.

I always used to remember... somebody said to me once, I wish I remembered this person's name, but this person said to me, "You know when you rise and you fall, you can always get back up if you chose life, or you choose death, there is no coming back.

So, I realized that I either had to choose life, rise and fall, but get back up and keep living. I think that was the true message and the true wake up call to my life because when you find yourself stumbling, falling, and you think, Oh, my God, I can't do this again, there reaches a point where you have to choose. You have to make a choice. Am I going to get up today and be a better person? Am I going to get up today and know that I'm being kind and gracious and caring and loving?

I'm not saying to be a doormat. What I'm saying is that this is a time when our country has fallen into the victim role of this altered reality. I have to tell you, it's an altered reality, people.

SM: There's no doubt about that.

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S: We're now just coming into reality where for four years, we were in an altered reality. The moment that somebody attacked our constitution, which I will tell you, I am a descendent of one of the men who signed the declaration of independence, William Penn. He is in my genealogy and in my lineage. I can tell you that, for me, I'm proud of that. I'm not a Quaker, he was, but that's okay.

SM: There have been a lot of Quakers running around.

S: People are people, religion or whatever. Back then that is what they did, but one thing that I am proud of is that I have an ancestor, and I would bet every person in this country, that is born in this country, that is a descendent from somebody, has a mark in our country to say that this is our country. The fact that we ran from persecution, came to America, only to inflict more persecution on the people that are the indigenous people of this country, yet we rose, we somehow took it over.

I have a sister who conforms to altered reality of a person who says that people do not have rights, or should not have rights, yet, that's not what they're hearing. That's not what they're seeing because that's not what they believe. They believe that our constitution is not under attack. I can tell you I have people in my life that are bi-sexual, lesbian, gay. I even know a transgender.

Here is the reality of it, people, when you know people... I have a son that I raised who is black. I have cultures all around me and here we sit in a world and in a place that says that it's not under attack. When democracy become communist? Only when a whack job came along and told people "drain the swamp". Well we just drained the swamp by voting. That's the wake up call.

The majority of this country voted for the man who is now our president-elect. Wake up, America. Wake up. This is a wake up call that you need to look at cause I don't ever remember having an argument with a customer in front of my business about my political views, but when somebody calls me a communist or a socialist, who the fuck are you? My ancestor signed the Declaration of Independence. Mine, not a communist. So, for you as a Trumkin out there, people who believe this, you need to wake up and realize that this is not a joke.

You are not here to judge. You are not here as my judge and jury. Who the hell do you think you are, telling me who I am or what I believe. And who are you to decide whether I'm a good person or a bad person? I have not killed anybody. I have not committed a crime that calls me something horrible. What it tells me is this is a country that needs to wake up and realize that it is not democracy that is the villain, it is the people who falsely, FALSELY, said that this is a country that is now going to go into communism.

I think, wasn't it Trump that was all buddy, buddy with Putin? Wasn't he all friends with the guy from Korea? Wasn't he all friends with all these people and everybody goes, "Well, you know..." He allied with our foes and got rid of the countries that we were allies with in democracy. Wake Up Call, people!! Wake Up!!! Wake Up!!!

I'm concerned that we're not taking this seriously. You know what? Four years from now, oh, please God, I know we're going to make a difference.

L: Oh, for sure. There is a conversation happening right now that yes, we have Biden. We have gotten rid of Trump. He still has x number of days in office, but we do have to look at the fact that there was a system in place that allowed Trump to be a ...?... There is something in our country that people

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were drawn to that allowed him to get elected. We then have the fact that for some reason Democrats don't always come out and vote so this year we had a huge turnout in votes that...

S: Yeah, in the U.S. Minnesota had the highest voter turnout than any other state in the country. That's a wake up call people. Minnesota is not taking this lying down. You know what? If Minnesota goes blue you might want to jump on board cause we might know something.

L: Yes, follow the blue lakes.

S: Follow the blue wave.

L: Then there is a thing where, I don't know a whole bunch on it, but Venezuela used to be a democratic government, and then things happened where someone got into power. I don't want to say any wrong fact so I'm going to be very vague... Basically, someone got into power, earned the trust of the poor, but it was, I would say, falsely represented and then demanded that he is now the only leader, that it was no longer democracy and now it's not a democracy.

S: Yeah, it's kind of hard to do, we're all too vocal out here.

L: That's what I mean, like that's where our votes matter, that's why...

S: Wake up call, people. VOTE. In the next four years, lets just show what the democratic...any party, you can even be republican... If we can get a good person in office, all I care about is the constitution be protected, the first amendment right.

L: That's the scary part. This election, we've set it before, but it was not a Republican vs Democratic election, it was literally

S: Democrats against Trump.

L: Yeah, and like human rights and it was not Republican... I think it was Van Jones who said he has plenty of friends and family who are Republican at heart, but they could not vote Republican because Trump was the one in position and they cannot agree with...

S: Okay, where does it say that you can't change party lines? Why is it so black and white or blue and red? Why? Minnesota was weird enough to put Jesse the Body Ventura in office for four years and then we got rid of him because we realized what that was all about and we were all screaming "No" when we saw Trump going into office. That's why we voted blue because we saw it. We were like...We've done this one United States, we have done the celebrity shot, it is not worth it.

You know, the last Republican that was considered to be a bigwig was Reagan, but at least Reagan had a sense of decency to him on some level. He didn't attack the constitution. He didn't attack people.

When you have somebody who wants to put...Okay, so when you lose your job, what do you do? You do find a new one.

L: Go on unemployment, and go and find a new job.

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S: You'd go find a new job, right? Okay, Trump's, the people that he put into his inner circle, they're all screaming, "We don't know what to do. We were planning on being here for another four years." Get over it, we all lose fucking jobs. We all get fired. You're fired.

L: How about all the people who can't work because of Co-Vid?

S: Oh, but they're whining up there. They now have Co-Vid again. That's kind of funny. But remember, Co-Vid's not real.

L: That's right, they can only handle one democratic hoax at one time.

S: I can tell you that it's gotten really close to home for me. I have a very dear friend who's family (parents) have now got Co-Vid and a brother who is being tested. She's very grateful to be living in Minnesota and not in Iowa. When she was texting us and saying that her dad's in the hospital with pneumonia and he had fallen and her brother had to go pick him up, now the mother tested positive. These are not young people. These are in their 80's, I believe, and now he's in the hospital with pneumonia. OK, Iowa, there is Co-Vid. Wear a mask, please, please.

L: Biden tweeted out today saying, "I know I'm not officially your president for many more days, but I will say this, wear a mask."

S: Yeah. Wear a mask. I wore one today and I got here and went, "Oh, shit. I forgot my hand sanitizer," so I wore my mask all the way in. You know what? Do I like the idea of wearing a mask? I'm just like everybody else, NO. But am I going to? Absofuckinglutely. I am not going to get sick at the stupidity of people's stupidity.

L: No one wants to wear them.

S: No, it's not a fashion statement. When I tell people, they come up to our food truck, "You can come but don't bring your political view because I'll tell you one thing, it may be Switzerland with a little blue twist. "

L: Or it's Switzerland until you come at me with some...

S: Yeah, it's Switzerland until you come at me with nontruth and then you're going down. I don't know of anybody who has won an argument with me. Even some heavy, heavy, heavy Trump people tried to say things and I looked at them and went, "No." I mean, I came out on these people. I told them who I was married to and you should have seen their faces. It was like, look down, look up, look away and I said, "That's what I'm talking about." It's easy for you to sit here and spout it but now you're uncomfortable because you're in territory you have never lived in or will probably ever understand. Well, you know what? My good food, your choice. They still come back for food and they say hi to me and they talk to me and they joke with me. Why? Because they know that I'm not backing down. It's stupid.

L: Yeah, we can be friends until you cross the line of human rights and equality and basic human decency. It's not about anything other than that.

S: You know it was really weird because I'm not shy about stuff and the hair I wear is from a place for people who have hair loss or have dealt with like alopecia rosacea where you lose all your hair, where Soulmar, here, is dealing with. I have very similar issues with hair loss and I get a hair lens put on

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and nobody knows that it's a lens because I'm pretty good at wearing it. It's real hair. But to find out that you're going to a place like Hair Restoration Institute and they were not going to let them open but then they realized that they were treating cancer patients and people with autoimmune problems, people like me.

L: It's not a salon.

SM: Yeah, it's critical services.

S: It's expensive. I found out that my person that I go to got Co-Vid and I had not been there for maybe three weeks at that point when they called me. She's very sick, very, very sick. She lives up in the Northwest part of the city, like Rogers or Elk River, somewhere up in that area, or Buffalo. Somewhere up there. I see the signs when you go up 94. But the weirdest thing is these are people that are nice about it, kind of quiet. They probably follow, they don't believe that Co-Vid is real because they live up north and it hasn't hit them yet. Now, it's hitting them. She has two small children, a husband, and a sister who does daycare for her. Her situation now has affected so many people including the people that she probably was seeing just before she got sick.

I can tell you I had a Co-Vid test, not this week, but last week. I'm Co-Vid free and I don't have symptoms but I had hand surgery so I had to have the rapid test. They had to make sure I.... I deal with the public. I am in the public. But, here's my rule, masks and gloves, hand sanitizer, antibacterial soap, wash, clean, wipe it down. Everybody knows this. You don't touch food if you've touched a person that is not in your intimate, I call it quarantined family, quarantines, quarantiners. They're your tribe, you're quarantine tribe. Those are the people you can be around and touch and not have a mask on, but if they're outside that you have to be careful. You have to wear a mask; you have to do all these things to make it safe.

Just to find out how sick this person got, it's kind a sad that she wore the mask when she was at the clinic because she had to.

SM: But she wasn't wearing it probably anywhere else.

S: Probably not. But, do you see how stupid???? Okay, what if we all wore a mask for a month or two, every single person in the United States.

L: Can you imagine?

S: I don't know. I don't even know if that would work because how many people still get laxed in it? And social distance, how many people get laxed in it? Hell, I got hugged by a customer and I'm like, "Ehhh." Then they stepped away. It's like that shock that makes you go, "Ahhh." Well, you can't go scrub yourself down, obviously when you're on a food truck, but I did hand sanitize. I had a mask on, they had a mask on. So, I didn't feel like I was that concerned. This happened several weeks ago. I thought, "Wow." I see him periodically and I say, "No huggy, huggy for you." And he says, "Yeah, okay. I was just excited." I'm like, "Well, stop getting excited. I'm taken."

L: I was just thinking like when you watch TV and you get excited about the show and you see people interacting without any concern about distance or masks.

S: Isn't that weird?

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L: Yeah, it's very weird. Kind of like, "Ah, you don't know them."

S: Except for Mandalorian, he wears a helmet. He's completely covered. Star Wars is completely. And, of course, Yoda doesn't get it because he's not our species. But hey, "the child." He uses the force to keep it away. And then you have the frog lady or whatever. They're all covered. What part of that do we not get?

L: They don't have Co-Vid.

S: Never take your mask off. Never let them see your face, then you're a Mandalorian.

L: This is the way.

S: This is the way – the Mandalorian way.

SM: I want a Mandalorian mask now.

S: I want one too, now that I think about it. I want a Mandalorian to cover your face.

L: A full helmet.

S: No. Well...

SM: That might scare the customers.

S: That might scare the customers away. This is the way.

L: Fried or grilled?

S: Fried or grilled, this is the way. We'd have to start using that just for a tag a little bit. This is the way.

So, today I was thinking about the whole wake up call, you know. I deal with people on many spiritual levels because I am a minister, but not of the kind you think. I am not of the...I'm kind of, uh, this is the way. Kind of like Buddha, Mandalorian, I don't know. It's very spiritual.

SM: You come from spirituality more than...

S: I don't care if I say 'fuck you' because it's just words and if you get in my face, you're getting it back. I'm not a woos. I actually cussed in front of a woman because it was a family neighborhood. I said, "Ah, fuck you." She kind of looked at me and I said, "And you don't think your kids have not heard that word come out of somebody's mouth? You're a little delusional."

L: If you're sending them to public school you're screwed.

S: If you send them to public school, they're going to learn it. There was such a weird look on their face. She nodded and said, "You're right." I said, "It's the Bad Rooster. B-A-D means come to my truck with an attitude, you might hear the word fuck you or fuck or kiss off or whatever. You might even hear bantering or joking. But I'm not afraid. I even looked at my assistant right now and she had this look of horror on her face. You know what? Fuck them. Fuck it. Fuck it in your egoistic fucking worry. It's stupid. You cannot worry about what people are thinking. My God, wake up.

You know what? Conservative is not a bad thing but when you inflict the look on me, you're going fucking down, cause I am not conservative. Don't listen to my podcast because it is not conservative thing. I would say you could go listen to some evangelical person who is going to tell you to think positive and go out there in the world and spread love and crucify the democrats.

L: We mark it as explicit so I'm assuming people are aware that it's not like tea time with your grandma.

S: Well, no, it's because I mentioned my Bad Rooster Company and they go "uhhhhhhhhhh, oh, my God, we're going to lose a star for that one." Oh, kiss the star, okay? We have plenty on the flag. You know what sells? Truth. You know what sells? Reality. And here's the reality for ya. I use the 'F' word not just for punctuation, I use it for an adjective, a noun. I use it for conjunctions, I use it for everything. You want to say, "fuck", "FUCK". It's just an inflection.

L: It's just a great word.

S: I know. It's 'oh Fuck' or 'oh Fuck!' Yeah really? Fuck, ah fuck. You guys. If we are so affected by the word fuck, then I feel sorry for the people who are named that.

L: Named fuck?

S: Yes, if you look at back in the day when we had an actual phone book, there were people that had that as a last name. Fueck is the word fuck in German. Fueck. But you know what? It's okay.

SM: I had a student employee named Fuckwen. I forgot about that.

S: But what do you do? You cannot sit here and get all bashful and weird about it, it's his name for God's sake. Somebody says, "You just swore." No, it's his name.

SM: It probably means something completely different where he's from, I'm sure.

L: I think it's only weird if you're going to the doctor and his name is Dr. Slaughter or...

S: Dr. Douche.

SM: Dr. Butcher.

S: Butcher, Douche, I think I saw Dr. Beaver. Dr. Beaver. We were like "wow." And guess what he was? A gynecologist. He had to.

L: He's like my options are gynecology or beaver study.

S: Harry Beaver. He truly was a gynecologist, people. With a name like that, your parents should be shot and you're going to go into gynecology because what the hell?

L: Middle school must have been awful.

SM: To know that you're destined.

S: Yeah, yeah. Wooow. You don't know. Really? I was sitting there one day and I was talking to this guy...he comes to the truck. He looked at me and said, "OK, I'll wait." I said, "do you want to order something?" He said, "Yeah, I will. I'm just here for the show." He knows I'm going to go off on

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somebody. Somebody's going to come up and be stupid. "And there it is." As soon as I go off on somebody he goes, "There it is. Ok, now I can order something." They turned around and looked at him and he's like....

L: Some people watch reality TV, he just watch reality.

S: I asked him one time, I said, "So, why do you do this?" He goes, "You're hilarious. He goes, " I can guarantee you, I even bring friends, and I tell them watch. There's going to be an idiot in the line. Watch. And sure enough. He goes, "There you go, there you go." Of course, this guy goes, "Do you only take cash?" I go, "Dude, I take cash, I take credit, I take debit, I won't take insults, but I will dish them." He stared at me and goes, "What?" I'm like, "I take cash, I take credit, I take debit, I don't take insults, but I will dish them if you bring them to my window." He stared at me and goes, "I feel scared right now."

SM: Choose wise.

S: I go, "Choose."

L: This is the way.

S: "Do you order or do you not?" He goes, "I came all the way from Canon Falls, I think I'm going to order because I came all the way from Canon Falls." That's the kind of people that I get. One guy, he actually lives here, I think, but he tells me he comes from Arizona. He goes, "Yeah, I'm here from Arizona. I came to get some chicken." Then I saw him a couple of weeks later and I said, "I thought you were in Arizona?" and he goes, "Well, you know, I work up here." The first time I found you guys was on this fair finder thing and now I every time I'm in town I just go find where you are." I thought cool, this is really cool. He goes, "yeah you can just say that you have customers all the way from Arizona." I just laughed and said, "You should post that." He goes, "I hate internet." I said, "Well, you must use it for fair finder." He goes, "Well, actually, I didn't. My sister looked it up." I said, "Well, at least you have somebody in your family that is...

L: Tech savvy, internet savvy.

S: Knows something. He goes, "I like my emails but that's about it."

L: Emails are okay.

S: Emails are horrible, especially when you have thousands of them because you get every.... See, I think that this wakeup call for all of us is.... OK, so you all know that there are podcasts out there, right? Lots and lot of them now. "Get Real with Soulaire". And guess what,

L: Chicken butt.

S: What did you say? Did you just say chicken butt?

L: You said guess what and I always say....

S: You can't resist. It was on impulse, actually. At least you don't cuss, you just say chicken butt. Here's the reality. Think about this, I was sitting here thinking I teach classes and stuff like that and if you're really in a funky, wunky place, go to Spotify and get a podcast.

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L: It's like class on the go.

SM: Something positive for a change.

S: Class on the go. You can listen it on your car, you can put it on your headset, you can listen on your phone. You can sit there and nobody will even know you're listening to it. You can be even at work. You can be doing whatever you want to do, but you know what? Don't sit here and say, "I just don't know what to do." Somebody in your life is tech savvy enough to help you. If not, I might have somebody who could hook you up, but I don't know. It depends on how many phone calls we get. Help line 1 and 2.

Oh, I've got to tell you what I found. Dr. Seuss tennis shoes.

L: Who is Dr. Sue?

SM: Dr. Suess.

S: Dr. Suess. I don't know of a Dr. Sue, well I know there is a Dr. Sue out there somewhere but it's Dr. Suess.

SM: She said it like she was so concerned. Who is this doctor? What are they a doctor of?

L: I usually know who all your doctors are, and I didn't now who Dr. Sue was. I was like what's happening.

S: I said Dr. Suess. You were already in your head, questioning before you heard the ending.

L: I heard it a Sue's tennis shoes like she has special shoes. It's like, what's going on?

S: Where did you find her?

SM: I don't know.

S: Anyway, I found these Dr. Suess shoes. I thought they were really cool.

L: Did you get them?

S: Not yet.

L: Are you going to?

S: Yes, of course. I have to now. But I'd better hurry. Now that I've mentioned it, they're going to run so let me get my order in first.

L: One fish, two fish, red fish, blue fish.

S: Well, don't post this out until I get my shoes and then I know people who are online right now who can see me, I'll post a picture with my shoes, so you don't buy the same ones because if you're walking next to me with my shoes on....oooohhhh. I'm taking your shoes away from you.

I have shoe issues. I have a lot of shoes. In fact, my partner looks and me and goes, "I don't know where I'm going to put the rest of them." "Ummm, stack them on top of each other."

SM: I've got some shoe issues going on right now too.

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S: Needing more or less?

SM: I tend to only wear a couple, but I have a lot and it's a problem.

S: I know that one. Yeah, my honey has a lot of shoes too, but she wears only one pair right now because she is dealing with some medical stuff but that will get better. It always does. Cause this is the way.

L: The Mandalorian only has one pair of shoes too. That we know of.

S: Well, all he has is one armor. He never gets out of it.

SM: How does he eat?

S: He has to take it off privately.

SM: So, he can take it off, but privately.

S: Yeah. No one can see his face. Well, you do in on episode.

SM: Spoiler alert.

S: That was the spoiler alert. But it is so weird because when you see it, it's only because he's so...I'm not saying anymore. I keep wondering about the child, is he going to give him a name?

L: I saw someone today who said, "Once they give the child a name it's going to be really hard to switch from calling him Baby Yoda to his actual name.

S: It's "The kid", "the Child"...

L: "It". It was "It" for a while.

S: It's not Yoda, people. Mandalorian...no...Yoda is dead. This is a baby that is from the species that was literally almost completely wiped out and now they're trying to find...

L: This is the danger of social media because you see Baby Yoda everywhere and you're like...

S: It's not Baby Yoda. I don't know if the species was called yoda.

SM: It's the unnamed species which is weird for Star Wars cause there are thousands of species.

S: He's hungry all the time.

L: He's growing slowly. He's hungry.

S: He's fifty years old, for God sakes. I'm like thirteen years older than him. What the hell.

L: The sound effects from him slurping up. It's great.

S: And that frog lady. She's just.... Well, and if he hadn't eaten that other thing.

L: That episode was hard to watch. I did not watch it a second time.

SM: It was Lorawai's nightmare.

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L: I was so stressed out. It starts out with disgusting....it doesn't get any better. Anyway, so shoes.

S: So, my dog, Silver, is sitting there, on my lap barking at people. On TV. Just barking to people cause I don't know if he was just wound up but he's barking at people and all they were doing was hugging and touching. I think he's going, "What? You're not supposed to be doing that." I felt like that's what he was doing, like you're not supposed to get that close to people. Anyway, he was just freaking out. I'm like, "Silver, shut up, stop it, what the hell's wrong with you? It's not even a dog. It's a person." He shuts up as he's staring up and now he's watching the clips going by and he's fine. Then he gets okay and bored. He gets down and gets into bed. Then the dogs come on TV.

SM: When he'd hear the doorbell in that one commercial, he'd know it was the Chewy commercial.

L: Delivering the goodies.

S: Just do it. I have a staff member sitting here trying to open something she's trying to drink and she's trying to

L: It's even louder if it's going slow. You just got to let it happen. It's like the chip bag.

S: Frickin do it.

L: The longer you try and crinkle that thing open...

S: I was sitting here and I was trying to drink water and you know how when you're on mike, I have to try and lean back and then the ice goes clunk, clunk, clunk. It was like, "Okay, that was obvious." This is Get Real with Soulaire and you know we all drink.

L: The editing of this podcast is so minimal, it's almost non-existent.

S: Why edit it? Unless I....

L: We're just a free flowing conversation.

S: Even if Mar farted, I wouldn't edit it. Rumor has it he's pretty loud. Anyway,

SM: Was it before or after I ate that chip?

S: You mean this one? It says The Reaper, Show No Mercy. This is the way. Do not eat if you are sensitive to spicy food, allergic to peppers, night shade, or capsaicin or pregnant or have any medical condition. Keep out of reach of children. After touching the chip, wash your hands with soap and do not touch your eyes or sensitive areas. Seek medical attention should you experience difficulty breathing, fainting, or extended nausea. Wow, that just makes me want to go out and buy one and eat it, don't it?

L: The picture is literally a skeleton hand in fire.

SM: Inside a coffin. The chip is literally in a coffin.

S: It says, one chip challenge. You versus the Reaper. Then it's like a fist.

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SM: I was talking to our favorite food rep today and they watched the video. He was like, "I didn't know you were that stupid." It's like, "Oh, thanks." He was watching it and going, "Oh man, don't do that."

L: Oop. There he goes. See we all knew you were. I don't know if that gives you comfort or not. I tried the extreme sauce once.

S: How did it go? I tried it, remember.

L: Yeah. My tongue was numb for a while. Then my mouth was numb.

S: Yeah we have a sauce on the truck that's pretty.... And now he wants to do a one wing challenge. We had a guy that goes, "Yeah, it's really hot but I think your Out of Your Clicking Mind was hotter than the other stuff." It just shows you our Out of Your Cluckin Mind is...that really does have....That's an addictive flavor cause people love it. They keep coming back for it once they've tasted.

L: Because a chicken has two wings shouldn't it be a two wing challenge?

S: No. Are you going to eat two wings? I'd give it to anybody who wants to. Now, we haven't put it out there yet, but keep watching for it. Maybe we'll...

L: Warm up this summer with Soulaire.

S: Maybe warm up this winter. You never know when we'll let it pop out.

The other part to my podcast is that there is a wake up call, not only in this country, but we talk a lot about just rambling on and on and on, well, that's what I do. I don't censor myself, I don't hide who I am. To be honest, I don't give a shit. Don't listen to me. I don't care. But, you know, the thing that's important is that there is a part of all this that when you join me tonight in this podcast with me and Mar and Lorawai, there is a part of the awareness that we don't really know ourselves well enough, and I think that's the biggest issue in society. We identify ourselves through what other people tell us we are.

SM: We feel the need to censor ourselves.

S: We don't know how. We don't know how to be who we are. It's easier for me to be a mom, a sister, anything. You could be a dad, you could be a daughter, a son, whatever those things are, but they're not what defines you as who you are, that's just part of your existence. I remember being married and you've got kids so they say you're a mom, you're a wife, you're this, you're that. I think the weirdest thing for me was, for a really long time I didn't know what defined me as me, not my title, not my job, not my mission in life to be a mother and a wife and whatever. I kind of ended up alone and what it did for me in that moment of being alone, which a lot of people are dealing with now with Co-Vid and there is a lot of isolation and you're not socially out there anymore. So, you find yourself more alone but maybe it's a time where we need to realize that this is a time to get to know yourself. Get to know who you are as an individual, find your passions, find your interests, find your hobbies, find your joys.

I really feel like the part of my life that I had the gift of learning was learning who I was as an individual. I wasn't, I would say in a cluster fuck of shit like what people were telling me what I am or how I am. I know I was a good mom; I know that. I get that, but I'm more than that. When I started on

my spiritual journey, I remember having conversations on a weekly basis with my mother about my spiritual beliefs. She kept saying, "I believe that" because she has had some weird things in her life too. It becomes this kind of identification for us that says, "Wow, she may have been my mom, but she was a person too. There is something more to just the title of that person. I never took away the mother, but I added her as a friend. I think that's the part where we kind of lost that. We identify ourselves as a parent or a child, but there is also the friendships that can be built into that. I think that's what's really missing.

There are so many people that go, "Yeah, my daughter is my best friend" or "My son is my best friend" or whatever. It takes more than just saying the words. It takes a conversation, it takes acceptance, it takes understanding, it takes moments to actually listen to what a person is saying to you. I think we talk over each other, or I talk over you. You let me. Again, there is a part of me that when I'm not on the mike, I do listen if you come and talk to me. I do sit and hear what you have to say. I have conversations with people on line. I just had a session today. I sat there, looking at these people, realizing the vacantness of their spiritual journey, how absent it was for them in their life. I think that was part of why they're struggling so much as a couple is because they don't have that connection that you need to have in a relationship that's spiritual; that's connecting you more than just a title. You're far more than that.

I think that's something that I'm really grateful for in my relationship with my partner is that it's very spiritual. It was not like a planned journey. You just never know who you're going to fall in love with, you don't know what that connection may be. Somebody says it's a disease, I say they're assholes, but that's part of a wake up call for people to realize that the spiritual part of us is not defined by external, it's defined by moments inside. If we can take that breath in for a moment. Just kind of take a deep breath in and be aware of your breath. You're in your body. You're not outside your body, you're actually in your body. When you exhale, you're exhaling out, but you're still aware of what you're doing.

So, I was telling this couple, I said, you need to take some deep breaths, get some meditation music, sit back and just kind of be in a calm state for a while. Then, I said, I want you to look at where you connect and where you don't connect. It's fascinating, I have 41 years of sobriety in. I did the math this time. I have 41 years of sobriety in and, in my years of experience, in my years of spiritual counseling and the moments that I have had with people on a spiritual angle of life.

I used to do the whole AA thing. For me, I had to go further. So, my journey started to become more about not just the words I read in AA and Alanon and Alcoholics Anonymous and whatever, it had to be a relationship I defined in my higher power, the God I believe in. What I became aware of when I got quiet enough to be inside myself, I heard God in me. I think that's what people are missing. You need to listen to that master, that Master God Defined Self that is in you. IN YOU. Be aware that it isn't about ego or arrogance or boasting or chest pounding or pussy touching or whatever the hell they're talking about. It's about not being a man, a woman, it's about being who we are as a spiritual being and being spiritual again.

I have done the whole Bible thing, I have read a lot of them. I delved in because I was searching. What I found more and more and more is how much more alike they are than they are not. It's kind of like there was a baseline of faith or belief, and then everybody just kind of added and rewrote it to fit more of a doctrine that they could understand. It's kind of like writing it in French or writing it in German or writing it in Spanish or writing it in Chilean or English or whatever. By the time you're done,

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you have so many versions of something that's very similar to something because everybody heard the same stories, but yet changed them in a weird kind of way.

It's always some guy going out in the desert. Some guy going out on a rock or a mountain. There is somebody going out someplace doing something, but they're always away by themselves. Then all of a sudden, they come back enlightened. I bet they sat on a rock and got in touch with the Master God Divine Self which we all can do.

I'm not sitting on a rock. I can't do that. I'm too hyper for that shit. I will call people, I will say, "You know what, that's bullshit." And somebody says, "Well, you're not a minister, you swear." Well, guess what, so do you. You just probably don't voice it as much as I do and I don't care. I'm not judging you, cause somewhere out there is a word peace that does not exist in a language out there. You write the word 'peace' and you give that definition. By American, we know what peace is, other countries know what peace is, but other countries out there, the word peace is not in their dictionary of vocabulary or words or meaning. Here we arrogantly walk around "well, we need world peace." Shit, we need peace inside. You've got to find that center of yourself, you've got to find that peace in you.

This wake up call is about finding the Master God Divine Self and recognizing that all the rhetoric and all the things that are happening in front of us does not define us. If I can't be in a room with somebody who has different beliefs than me, then I am in trouble. I'm not here to convert people. If you want to be converted, there are places you can go for conversion. I am not one of them. My journey is inward. Conversion is outward. That's not me.

SM: It's like we're so bombarded with the distractions and it's just distractions from that inner journey that we all are starving for.

S: You kind of wake up when you get a food truck that's taking all your moments away. I think for me, I have become more spiritual now, recently, the more the truck is there. I have to really work harder at having meditation time and doing guided meditations and listening to the music that moves my spirit and gives me a definition that I can resonate with inside. I listen to music all the time.

I always think of it like words, like you can say a word and somebody goes, "Oh, yeah, I know that word." Then you say another word, they go, "I don't know what that word means." So, it means nothing to them. Think about it as a child, you read a book, and I can tell you, I would read a paragraph and I couldn't tell you what half the words were on that paragraph, but I could tell you what it was about. That's how I survived high school, junior high. You learn to adapt to an environment that says "You must know every word, and I'm here to tell, no you don't. But you do need to be able to comprehend what's being said and it's meaning that you don't take someone at face value. You say, "Yeah, well, that means gobbledygook." Well, who told you that? "Well, I read it on Wikipedia." Well, you are aware of the fact that Wikipedia is a changeable dynamic and that anybody can adjust it or change it or do whatever they want to it.

SM: It's like how often do we discern with the resonance or the feeling around something like when are we trusting our intuition.

S: I think for me, it's not like getting all warm and fuzzy, cause that's not real. I remember I was sitting there doing this meditation and kept feeling this pain in my hip. I was like, "What the hell is that?" I'm feeling around, here's my dog's bone. I was sitting on it and it was jabbing me in my hip. I'm

like, okay I'm going to get all... "Ow, I can't get comfortable." Finally I realized I had to take it out because I'm really having a hard time focusing. Right? Okay, I'm a real person. If you're uncomfortable, move.

Somebody goes, "Don't move, you're in your meditation." I'm going, "What the hell is that?" I'm not going to sit there with my neck cricked and going, "Ow, ow, ow" the whole time I'm sitting there or laying there or whatever the hell I'm doing. See, I'm a meditator that walks. I can meditate while walking. A lot of people can't do that because you're so, "Oh, my God, I've got to be quiet and breathe and just be in me." You know what? You've got to be in you anyway. What do you leave yourself when you're walking? I don't think so. You go with you. It's like, "Okay, here we go." "No, I left you behind, we'll pick you up later when we come back around." Really?

Now that might happen to you, Lorawai. Don't worry, we'll pick you up on the way back.

L: But look at this thing over here.

S: You know what? Distraction is not bad because it's real. I have to love my dog anyway. He's distracted 24/7. I'm sitting there and....he's got to be a mirror to me. He's got to be a mirror to me! Oh, my God, he's a mirror to me because I'm distracted 24/7. I sit here and get mad at people for being mad. I do. There is this emotional thing on TV and I get up and walk away. I'm like, "Oh, my God, don't go in the basement! Why would you go in the basement and not turn the lights on? What the fuck? You idiot, you know there's a monster in the basement or a killer or something's going to get ya. It's coming up the stairs, probably, when you walk down. It's going to trip you. You'll fall to the bottom of the stairs and then the thing will eat you alive and you'll come up possessed."

SM: Pretty much.

L: Yeah. Our version of sports is what it feels like.

S: Then I was thinking about it and my neighbor says to me...she's got chickens and now they're in my yard and now they're pooping on my sidewalk. We're like, "You are aware of the fact that we have cats and dogs." She's like, "Well, you know, it is higher order of things. So, if my chickens get killed, oh, well." I'm like, why would you just let your chickens shit on my sidewalk? Now I might have to kill your chickens if there's a higher order of things. I don't want to walk in chicken shit. I don't live on a farm. If I want to, I can go to my friend's farm and walk all over chicken shit whenever I want to. There is a wake up call for that one, man I'm telling you.

So, you know how you're sitting in your chair and you hear this "ahrah". How do you get all spiritual when you've got this horrific sound waffling in your window? It's like the first nice day of the week for God knows how long, because you know, we are coming into winter, and we've got 70 degree weather and they're like "rrrahhh". Okay this is not a pleasant moment for me. I'm sitting there going, "Okay, I'm going to get into me." "arraaahhh". Okay, I'm not into me. I could not sit there and get into me. I had to get up, walk outside, and get into me. I had to leave the chair. Once I realized what the hell....it's not the location, it was the movement that got me back into that state of me.

L: Well, you said you walk and move around.

S: I have a very dear friend who is very spiritual and he does what's called walking meditation. He had taught me how to do that and I love it. I really want to teach people how to do it because...it's

funny because...everything around you. I think that's why the chickens were so loud because I think that I had done that with the whole walking meditation thing and I'm like, "oh, my God, I'm walking over here" cause they were very loud and there's an amplification of your senses when you do this. It's almost like you can't be vulnerable. It heightens your awareness's all around you. It's a drug free, you don't take anything, you don't do anything, but you find that when you're doing it it's such a moment and I realized that watching this person as they were walking, I could see moments where there was a breath in and out, breath in and out, but it was not like in the sense of rapid walking, it was just walking.

It made me aware when I did it, I had no pain when I did it. You can have aches and pain, your feet, your back, your knees. Things hurt. But that's because you're in the physical mentality, not the spiritual energy. When I did what I've learned from him, I was able to walk further, go further, be more in tuned to the things around me. I saw a white squirrel, I experienced things I've never experienced before. Even people looked like they were glowing, which is kind of weird because...we have Biden and Trump people in our neighborhood...but there's still that sense that you can find something more than just this kind of standard sitting on your ass and doing whatever.

L: Yeah, I've heard you talk about the walking meditation before and I always thought it sounded really cool, just cause I'm also someone who struggles with the...

S: Being zenny?

L: Yeah. You suggested the guided meditations and those have gone much better.

S: Yeah. Guided meditations help those who's minds can't focus long enough to get a good thought in their head. I do a lot of guided meditations, especially with my partner and I'm really good at it. When I do a guided meditation, it's kind of interesting because it's kind of like this:

Take a deep breath in and release

Take another deep breath in and release

Take another deep breath in and release

You now have a moment, an awareness in you and around you. Come home. Go in to that deeper part of you. Go in to the Master God Divine Self. Be aware that you will hear sounds, you will hear things but let them be a part of your journey, let them be a part of who you are in life, alive sensory. Remember, you are a master in the journey, and you are the light that shines. As you go forward in the moment, recognize that this is your journey, your journey to discover who you are and why you're here. You are not a human having a spiritual experience, you are spirit having a human experience and you are the creator. Every thought in you creates. Every word gives it power. Every emotion fuels your steps and action makes it become. You are the Divine Self, the one that is alive. The sounds around you, the moments of being can take you on so many journeys but remember the power that you seek likes within and you are the only one that knows who you are and why you're here. It doesn't have to be a struggle. This is the moment where clarity is here and you are awake and ready to seize the moment, to head forward in life as a kind, gracious, gratitude filled person who has faith in Self. With that, you will call and draw to you people, spirit, other spirit to walk this journey with you, side by side in strength and hope. You are this Divine beautiful light and as you go forward, walking in your day and in your life, you are unconditional love, you are free of judgement, for you are not here to

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convert, you're here to be a part of the story, the journey. This is your wake up to your life. Hear the call of your day. Hear your heart song sing and when you hear it, you will feel full, you will feel rejuvenated, and you will feel the strength that only you as Master God Divine Self can be. To love oneself is to have self love. To have self love is to have a self realized life. To have a self realized life brings you to a God realized life. You are this magnificent, beautiful spirit so rise to the day, remember your strength, walk only as confident as you know you are for you are the only one that defines it. Walk courageously, remember that only you and define you, no more, no less than your faith in you. As you come back from this, you're not coming back to reality, you're coming to the journey of self realization, God realization and God Self realization.

Breath in and release

Take another deep breath in and release

Take another deep breath in and release.

You are now walking in Divine.

That's how you do a guided meditation. I'm good at them and I've very spontaneous with them and I usually draw on the energy around me. You can do that even walking, guys. That's what I've learned to do, so as I go forward and as I start to have more online classes...yes I'm going to do it...I'm going to do more to guide people in a walking meditation. We can do some videos and stuff like that, showing you how to do it and to be aware of it. You might be surprised at what you discover about yourself. I know I did.

L: I think it would be cool.

SM: It sounds cool.

S: So, I just thought I'd bring you into your wake up call folks. I'm really grateful that you joined me today, tonight, whenever you got this podcast. Just know that we are very unconventional and we just do it the way we do it.

L This is the way.

SM: This is the way.

S: This is the way. I would like you to remember that we are definitely not here to squash, crush, or hurt. We are here to uplift, we're here to be aware, but I will say, "fuck you" if you get in my space, just cause I can. I will only do it if you come at me with attitude. So, just remember, that even all that sweet, gentle meditation, there is still let's get fuckin real and let's be real and recognize that this is all of it. You can be all these things without having to be a nun, a priest, a stuffy minister. You can just be and that's what I tend to be. So, have a good day, night, weekend, whatever and hope you listen to the next podcast. I can't tell you what it's about because I'm too spontaneous for that, but we will try and give you a heads up at some point. Just remember that this is about getting real with Soulaire. Good night, good day, have a wonderful moment.

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