

PODCAST
Magic Carpet Ride
11-23-20

S: Hi everybody. Welcome to Getting Real With Soulaire.

L: My name's Lorawai.

M: I'm Soulmar.

S: They are trying to talk to me more. We have a technician that's working hard to learn everything he can. So, we're still amateurs. The good news is I've got somebody from Russia listening to me now and somebody from Spain so I'm actually growing leaps and bounds on Apple.

L: Apple Podcast.

S: Apple Podcast. Now people are searching for me there even though I didn't actually...

L: You haven't linked there or anything, they're just kind of...

S: They're actually pulling me in themselves which is good because it's organic growth.

L: We're getting questions.

S: Yup. We've got questions. People are starting to send in questions. I don't know if I have all the answers, but I will give you as many as I can give you and then I will refer you on to a higher authority.

I know that everybody is really anxious about what's happening in our political climate and kind of anxious about just Co-Vid in general because we still are in Co-Vid hell. It was interesting because I really didn't realize how easy it is to forget a mask. Then all of a sudden, you're like, "Oh, shit." Then you hope like hell that you have one hidden in your car somewhere or hidden in a bag or a pocket. I just happen to have my partner who is very brilliant and always has extra's so I always have one.

I think it's kind of really weird, but I'm really grateful that I do my due diligence when I am in public and I don't talk to people without them. If I am, I'm not six feet, I'm probably twelve if I can make it happen. I think I'm just freaking out about the numbers.

L: Yeah, they're climbing. It's like, if you haven't done a frantic car search for a mask have you....

S: Oh once. It was just so cool because a friend of mine handed me a baggy with two throw away masks and some hand sanitizer and now I have that in my car in a little Zip Lock envelope.

L: You feel a lot better having it.

S: Yeah, I'm really, really relieved to have that.

L: I've done the frantic car search more than once.

S: Yeah, well, I'm kind of thinking I need to have a second backup to the backup. I don't know. You know, I don't know. We had a really heavy conversation today and it's kind of like when you've had a heavy conversation it's like, "God, I don't want to talk. I don't have anything to say."

I'm very aware of how we get very caught up in our story in our heads and our story is usually so wrong because we assume we know exactly what that person meant by that. I was in a conference with

a couple of people that had the same first names. I wasn't saying anything negative, just commenting, and of course my cohort in crime - like my second in command is how I saw her because she always helped plan out all of the conferences and kind of did a lot of that stuff – I came into the chalet that we were staying at and she was like slamming shit, and pissed off and she wouldn't talk to me. I'd sat "Hi" and she'd just storm by me. I was like, "What the hell is this?" Who pissed in her Cornflakes?

M: Didn't she even hit you with a clipboard?

S: Oh, that was a long time ago. That was another situation, but she didn't hit me with a clipboard this time. But it was so bizarre. Then, all of a sudden, she's stewing for days. Finally, I said, "All right, this is bullshit." Right? Because I don't let shit go too long. So, let's say it started yesterday afternoon, it was day two, and it was evening time, and I was about to confront it because I couldn't take it anymore. She was getting worse and worse and worse and then finally I was like, errrrrr. I looked at her and said, "What the hell is going on?" She started yelling at me saying I was talking about her and I said all these things. I'm literally looking at her like, "What the fuck are you talking about? Wait a minute."

She goes, "I'm loyal and I'm committed to this journey. RRRR." I'm like, "Who questioned that?" "You said I questioned it." I'm like, "Oh, my God. What?" She said, "You said, Pat's questioning." I go, "Remember there are two Pat's on this conference?" The look on her face was like, "Ohhhh, oh, my God." "And it was a conversation I had with her and I was relaying our other cohort in crime who helps me process people to help getting the answers they need and it had nothing to do with you."

Then I get mad because I've been suffering with this person in my... Literally, all you saw was her pissed. I tried talking to her and she was just "rrrr." She'd go into her room and shut the door. Well, I was sharing the same room. She had a double bed and I had... I'm sorry, this is not working for me. I was about ready to park my butt on the couch but somebody was already sleeping there. I almost traded.

Then she's like, "Oh, my God, I'm so sorry." "Okay, where in me do you think I would talk about you and not talk to you?" "Well, it's just that I heard the name Pat and you were saying something about I was questioning the journey." I said, "But that had nothing to do with you. There's another Pat on this journey and she's the one that came to me to ask me that question. Since you were acting like a puke, I had to find out what the hell was going on. I didn't go to you because at the time I didn't know where the hell you were. Then, all of a sudden, you were slamming shit and mad at me. I didn't know what the hell was going on." Then she was like, "I'm so sorry." I said, "This is crazy. What story were you telling yourself?" She said, "I don't know. I just feel really bad."

Oh, my God. I'm sitting here suffering for almost two days, 24 hours, I guess. It felt like two days and I slept through part of it.

M: It is kind of fascinating how our mind can make up stories. It's like my mind against the world.

S: Yeah, and you think you know what's being said, you watch people's lips move. Well, now you can't see anything move because we're covered by masks, but at one time you'd see lips moving and you'd go, "Ahhh, they said my name. I wonder what they're saying." Really? Then you start harboring

this kind of pissed off feeling that someone's talking about you and then you try to go to other people to see if they are talking about you.

L: And you're paranoid every time you come into the room. And then you're like, "Everyone doesn't like me."

S: Correct. You just assume 'nobody likes me, everybody hates me, guess I'll go eat worms.' Boohoo.

M: Why are people's minds so paranoid?

S: You know, I think there is a weird mechanism in people, at least what I've experienced in my many, many years of working with people, is that when there are a lot of questions about who you are, what you want to do in life, when you're really kind of searching....it's almost like because you're so unsettled in searching that you almost become kind of a story teller of your own stuff because you're trying to figure it out. Then all of a sudden, you're like picking up all this extra stuff.

I notice for me, if I know exactly where I'm going and what I'm going to do, I'm right on target and nothing really phases me or gets me or anything. It's when I'm in some state of insecurity or unknown that all of a sudden, I'm thinking people are stacking against me, nobody loves me. You can get really crazy. I don't mean that every time you don't have any plan you're going to go loopy but it's a very easy time where when you are very unsettled and feel very insecure...

So, like the whole thing with my friend who was on that conference with me, she saw another person as a threat to her job, but it was all make believe in her head and that's part of what set it off. She heard her name Pat, she heard something, and the next thing you know, it spirals out of control and it really had nothing to do with that. But her story was I was replacing her. Nobody can replace her. We all have known that...to everybody who has been around, and she's been with me...she's the longest friend I ever had. She passed away a few years ago, but fuck, no way. She even had her own office in my building. It's like...really? Come on people. If that's the case, am I going to drop you to the curb? I'm not like corporate America. I'm going to give you room to fall down, I'm going to give you room to screw up, I'm going to give you room to try to figure it out, crawl out of your hole you've created.

L: We were talking earlier, and I find myself....like sometimes I misstep or do something wrong and all of a sudden I'm all worried about what everyone else is thinking. Then I start feeling the need to defend myself.

S: Um hmmm. I notice when that happens to you, you are more confusing than you were before you got started on the conversation. At least I could make up a story in my head about what was going on. Then when you talk, I'm like whoa...

L: It feels like when I'm trying to talk, I'm trying to combat every situation that I think someone might be thinking.

S: That's what I'm talking about.

L: Then I'm confused, and I don't know what's happening anymore.

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S: And you cry.

L: Yup, bingo.

S: It becomes resentment so fast. The thing that I've noticed with people...so I was thinking about this for a few days. You know me, I'm always thinking. The thing with me is that because I'm kind of in the business of helping people work their strategies of their business, their life, whatever, and working on people's spiritual practice that they're looking for. When you try to start to help people, you're constantly hurdling through all kinds of stuff.

I watch other people fall down, stub their toe, bump their nose, get hurt and I'm sitting there the whole time, "mental note, don't do that. Mental note, don't do that. Mental note, ooo that hurt. Mental note, wow." And I'm taking all this information in as not to practice. I walk the wiser road. But to literally take in those things I see people doing because it's really quick for us when somebody's in the hot seat, we go "Wow, I would never have done that" yet you did it a week ago.

M: And a couple of days later, you'll be in the hot seat it seems like. No matter what. You judge somebody else but...

S: Yes. Something's going to put you there, like the Universe hears you. It hears you loud and clear.

L: I've been asking for an opportunity to talk about stuff.

S: Yeah, like you said, "Can we be alone and talk?" No. I always tell people that if you have secrets to hide, they're only hiding in you and then they're really not hidden because all those secrets you think you're hiding, really are not hiding because you're going to slip up, fuck up, screw up, drop the ball, do something that's going to give it away and somebody's going to see it. Then you're going to have to figure out how to back pedal, figure out how the hell you're going to save your ass because somebody caught you at your not-truthful moment.

L: Not smart. So, if you're someone who is constantly worrying about what people are going to think when you talk about stuff, you feel stupid or embarrassed and all that jazz, what can I do so that doesn't stop me from moving forward in that process?

S: So, a lot of times, what I do is, if I know I have a repeated pattern like something that I do over and over and over and I know this and it's one of my not so cute sides to me...Right? "I really don't like that side of me." Well, don't hang out with the people that make you not be in your cute side. Really? Go hang out with the assholes that make you look better, not the cutsie people that make you look like an ass. I'm serious. You go hang out with people that you really don't like?

L: Oh, I see what you're saying.

S: It's kind of like...I can choose my friends. I can't choose family, so I'm kind of stuck with them, but I'm just choosing not to hang around the people that keep reminding me that I'm not that perfect, sister or not, that perfect person in their life anymore because I have failed somewhere in their life. So, am I guilty of that? Everyone is guilty of failing something, but it is not something you wear like a badge of honor or even a badge of humiliation. I fucked up.

Do you remember that conference I did where everybody had to wear all the faults they had? They had to wear all these things like enabler and

M: All those pins.

S: Yeah, all those pins.

L: Chaos spinner...

S: Everybody had to wear different ones cause not everybody wore the same one. Everybody would get off the bus at this conference and people would be going "what is that? What does that mean?" It's like the dreaded spreader of ... I don't know. But all these pins had all these like liar and all these things that you say about yourself...denial, doubt, conflict...

M: It's weird because all the things that are under the surface, yet we feel uncomfortable wearing them on the outside.

S: Yes, because you don't want anybody to know.

M: Even though everybody probably has the same shit.

S: Sure. Did you see how many people on that conference had those pins? Everybody. Even I was wearing them.

L: And the people we ran into were like, "Oh, man, that's really...."

S: That's really fucked up. But you know what? In the end we got to take them off as we were working through them just to put them back on after we got back. Isn't that pathetic? Where's the learning curve? "I need to go on some drugs because I went on this conference and exposed all my shit and I thought I got rid of it and here it's all back again."

That's that emotional stacking that we do. You're not looking at what caused the stacking, you're looking at the stack.

M: So, what causes stacking?

S: What causes stacking usually is something that has deeply wounded you or done something to hurt you in some way shape or form. Then you just sit there and go, "Oh, I'm going to just brush that under the rug." Okay, one now you have it under a rug, so the rug is higher and then something else happens and you brush that under the rug and the rug goes up. All of a sudden, you're literally sitting on a rug that looks like a flying carpet but it's really all your shit underneath it, keeping it off the floor.

L: Sorry, that visual is very clear. You're like swaying in the wind. I'm flying.

S: No, you're not, it's just your shit moving around under you because you keep bringing it up. Think of it like a....I was thinking of it like a derecho or when they have those super sandstorms in like Arizona and I'm sure New Mexico, they where they have a lot of sand and those derecho's will literally sandblast your skin off. You don't stand there with high winds thinking you're safe from shit like that. Why do you think the people in the desert are completely covered up? You barely see their eyes.

L: They know something.

S: They know something. So, here's my reality. I'm not going to stand naked in a desert where the winds get really high and think I'm not going to get sunburned and fucking sandblasted and have new layers of skin that have to grow back. You people, this is what it's like. We know this. We see other people going, "Well, you look like an idiot wearing that mask. Ha, ha, ha, ha. Cough, cough, cough. I can't breathe." It's like, "Dude, you've got fucking Co-Vid cause you're not wearing the God damned fucking cover." This is what it's about, people. This is just a physical idea, but you know what? Think of your emotions.

Here's the reality of it all.

Haboo, sorry, it wasn't a derecho, it was a haboo. Somebody corrected me. Thank you so much for correcting me. I'm sure there's somebody out there that's probably saying, "It's not a derecho."

But the point to this is, am I screwed up? Am I fucked up? Well, obviously I've experienced it in many ways, shapes and forms and I've probably still got baggage somewhere that somebody would like to dig out from under my rug, but you keep trying to hide it. Well, you can't hide that shit because I know mine's under mine. That's how stupid we are. "You can't find mine, I hid it away."

L: I've locked it down. We're not even touching it.

S: Then I say one word and you're like blahhh, falling apart. I'm like going, "Okay, why am I? Why would you cry at this?" All of a sudden you say one word and that word could be a trigger word for somebody and all of a sudden, they're like a blubbering mess and you do not know what the hell you said. Then you go back in your brain going, "Okay, was it the word haboo? Was it the word...?"

L: That was the one.

S: That's the one. But you know you've guys this is how weird it is.

M: Do you ever get something off of your stack then?

S: Oh, yeah. I have.

L: How?

S: You know what it is? You don't want me to get mad. You don't want me to share it. You don't want me to share it because it makes you feel uncomfortable.

L: Because I probably did something wrong.

S: It had nothing to do with you. I was the one that forgot my shoes. Then I've got to figure out what the hell I'm going to wear. You see what I mean? It's so stupid. There are two Pat's, not one. See how easy it is to just take information and make it all about you.

L: Yeah, it's my fault. Oh, I did that too. It's my side stack, supporting.

S: No, you have it completely buried under you. Do you want a side stack?

L: No.

S: Okay, then why would you create that? They're all under you and you don't hide it very well because it's kind of.... Have you ever seen....? Okay, here's my perfect example; we have a cat, his name is Pie. He's a big cat. He hides behind the door, but he's so big that his butt sticks out. But because he can't see me, he thinks he's hidden. You go, "Pie, I can see you." He moves over and I go, "Pie, I still can see you." It's like, "No, you can't see me." Then, of course, the younger cat, Chasai pounces on him and he goes, "All right, you did see me. Dammit."

It's like you can't hide the hide, especially when everybody else is doing the same thing. "I do that too. I don't feel so bad. I know somebody else does it just like me. Wow. I'm not alone in it. Cool. Maybe it's not so bad cause somebody else does it. But that's all right, I'll keep mine hidden just in case they're wrong."

L: It's like today we talked about a lot of stuff and you pointed out a few instances in my life that I've been balancing on, stacking. So, now that I'm aware of them, how do I actually let them go and stop basing every decision I make on them?

S: Forgiveness is a really good start. But see, here's the thing...."Oh, there you go, there's that whole religious forgiveness. Forgive yourself for you did not know what you were doing." So, how many people out there in Podland or sitting here in this room or out on the internet that's watching me right now, how many people actually probably did something against themselves?

A lot of hands. It could be a thought, it could be just being dishonest about where you're at, your feelings, whatever. Right? Because we're not going to talk about capital murder or anything, robbery. Well, you could but I'm talking more on the lines of what you do for self-violation. That could be denial, it could be lying to yourself, it could be not investing in you and not realizing that your thoughts can be very toxic and very painful and harmful. I think of it kind of like I sit here and watch people.

I know people were watching me talk to you, Lorawai, but nobody said anything. I found that fascinating. You wanted to be all alone in the room. Don't worry, we were because you know what everybody else was doing? Worrying about them being the next one on the seat. Or, wishing they were on the seat so they could get rid of it. But the point is, they weren't thinking about you. They were on their stack of emotional shit, thoughts, words, feelings, whatever it is, stuffed under a rug. That's how the world tries to function and the sad thing, I kind of think of it like this... How many of us have the perfect family? That's what I thought. How many people thought they had a perfect family when you were younger?

M: It wasn't perfect, but it wasn't horrible. I held it in a higher regard than I do now I would say. No offense to my family. We had like illusions.

S: Yeah, and when you were younger, you wanted to believe what the parent is telling you.

M: And your normal is just like your normal. You don't even know...

S: Right and how would you know? You didn't even know that Jesus was born in a manger. What you understood was that you thought it was Santa Claus in a manger. But that just shows you how you were not driven into the whole Christian belief system. Your family followed a very different belief

system. That doesn't make it wrong, but it would make you skew differently in your perspective because you have different understanding about things than somebody who is born into the Christian background and belief system.

I'm one of these people, I was born into a Christian background with an Agnostic grandparent and I ended up kind of following all the paths and finding a different one. What was interesting about the whole denial around what I believed it to be, there was still underlining all of this, the fear that you're going to be punished for being bad. And what do we base our entire life on as kids? To please our parents. We don't want our parents to be disappointed in us or mad at us. We don't want our parent upset. We want our parent to glorify in our name, you know? Praise be to me. As a kid, that's how you thought. You wanted to believe that you were the super A child with super grades, and you'd go to school...

What I find so interesting is how many people out there are using their AA++A+++++ education? I rest my case. So, you go to school and you're driven to get a perfect grade. Why?

L: Because that means you're....

M: You'll get into a good college.

S: What if you get into a really good college but that college standards are higher than the one you are already in? Now, here's another four years of failure, fucked up, screwed up, bad, and maybe worse now. You've got to pay a lot of shitten', God damn money to a college that only beat you down even more.

L: That's a little personal.

S: It is. Cause I went to an Ivy League school only to find out.... well, I am using my degree. But the point is, a lot of people don't need that AAAA. Now, if you're getting good grades just because you're smart and don't do the higher achieving shit... Okay, let me tell you something...anatomy is anatomy. But I'm going to go into....I'm going to go into a class that is for super A....what did you take?

L: AP

S: AP classes in anatomy. It's still a heart, it's still a tit, it's still an eye, it's still a butt, it's still genitals, it's still feet, it's still hands. And you go, "But I had to work much harder...snore.... But do you see how stupid that is? I got straight A's because I didn't have this mental idea in my head. I was told I'd never be able to go to college in high school. Then I went to high school and got out of that and went to college, but I didn't go till I was much older. But thank God, I had realized that, in a way, that guidance counselor did me a service.

L: The one that told you...

S: I wasn't smart enough. I couldn't handle it. Well, fuck you bitch, I graduated Phi Beta Cappa, Delta Phi Delta. And you know what? There was no overachieving there. There was just getting A's.

M: Well, you also went back later when you desired to, not feeling like you had to. It's almost a weird mindset when you think you have to do it.

S: Well, it's because people are setting out their little entry level jobs for \$15 an hour and you've got to have an AA degree, or just to get \$5 more you're going to have to have a BA. And if you want to have that \$20 some dollar mark, you've got to have a God damn masters in something. How pathetic. Pathetic.

I did a friend a favor because I am director of a non-profit and I do a lot of volunteering and she has done a lot of stuff for me to work out...she gets programs going, she helps me figure out how to do things. I did this like a reference letter for her talking about it. They offered her not the job she went in there for because she didn't have a BA, not that she didn't.... It didn't mean she wasn't qualified, she couldn't check one of the little boxes.

M: That is so dumb.

S: I was almost pissed off and I was going to call ...?... but I didn't. Do you know why I didn't? Because they probably would get mad at me and I didn't want to have any lawsuits or anything. But who the hell are they? They just lost a fucking awesome, probably one of the best employees they could probably have because she didn't check one of those fucking boxes. Yet her life experience, because she's 40, should have lead her down a different fucking path. That's bullshit. Bullshit, people. Bull shit.

L: I feel like, even though you have a degree, it doesn't mean you were good at it.

S: Well, you might be good at pushing an A but are you good with people? Can you handle people? Can you handle truth? Can you handle the fact that you know what, you may not get what you want in life because all that work you put into it does not get you where you think you're going to go. How I know that is I can have all the degrees in the world, but in reality, my hard mother fucking ass work is what's getting me there.

M: It will always trump anything.

S: You mean it will overshadow.

M: Yeah, your work ethic, your character, your personality will always, in my mind, those will always shine through no matter if you have a degree or not. There are plenty of very, very successful people that never went to college.

S: Oh, God yeah. Well, I did, but...the point to it is that even though I've been to college, I went to a very prestigious school, I'm still paying on that God damn fucking loan.

M: When did you graduate?

S: Let's just say it was in the later '90's.

M: You've been paying for a long, long time.

S: And guess what? I think it was in '97, but you know what that means? When I'm 75 years old, they will forgive my loan and I still haven't touched the principle. How pathetic. You know what? You know what's really scary to me is, how naive people are and they don't listen to the experts. They listen

to their brain expert, their shit underneath the rug that says you need to go to an Ivy League college and you're going to make really good grades cause guess what? That's what it's supposed to be about.

L: Darn tootin.

S: Darn Tootin'. Well, you know what? The kind of jobs that we are looking at, people, things like doctors, lawyers, people that need to have that kind of thing, I get that. But you know what? A good nurse is not only going to come out of one school. So, why waste your dollars on an Ivy League school when they don't give a shit. They're just grateful you're frickin a nurse or they're grateful you're a God damn doctor. Do you think they really give a shit what school you went to? No, they want to see internships, they want to see your fellowships, they want to see you're specializing, not anything past that. And here you are, "I went to a really great school. I went to Stanford and I'm a dick." Congratulations, Dick. How are you doing?

L: It's like, I went to MCAD, which is another conversation.

S: I thought I was going to lose you that....

L: That was not...I made some decision... Let's just say that.

S: I was in college...

L: But there's Cal Arts in California and it was always like, "Oh, this person's from Cal Arts or this person is great because they went to Cal Arts after this. There is this weird stigma that Cal Arts is the best. It was weird because there were artists that I would say were better that didn't go to school or were right there at MCAD. It's like a weird...it's weird.

S: But do you want to know what it is about professional people? It's that they're not defined by the school they go to, they're defined by truly the gift of who they are, how they move forward. I mean, you and I know the same artists that go beyond anything, could make you look good even when you look really bad when she draws.

L: It's true.

S: And she does not see it. And we would like to have a hangnail of her artistic talent. A hangnail. I'm not asking for a lot, I just want a little hangnail of goodness, of good art. Just a little bit. I mean, I'm not a bad artist, but when you meet somebody who is...

L: The natural ability to....

S: Yeah, it's like they take your breath away. You want to like pick them up and shower them with positivity and goodness and they just go CLICK as soon as you do. It's like the bulb goes out, the lights are off, nobody's home. I'm too mad, shut down, goodbye forever. And what happens to that person's art? They struggle to bring it back.

M: It goes under the rug.

S: It goes under the rug as a problem, not as a gift. It's a problem, not a gift anymore. See, your gifts ride with you on top, your problems ride underneath. When you hate some part of you or don't

believe in some part of you, that is now not a gift, that's a stacked bad emotion that now is buried deep underneath.

L: How do you separate it again so it's not a problem, it's again a gift, it's something you enjoy?

S: So, one of the things that I have learned with people. I have some experience with a certain person in my life and the thing that I notice is you have to have moments of working through your thoughts in your head, like what you're going to do, how you're going to do it. First you rev up in all of the crap and then you take the day off from that and the next day you get started again. It's like I have this art spot. You've got this art spot that's all set up and you're sitting staring at your blank piece of paper trying to figure out what the fuck to do next. Right? And you might jot a few things down, you might write a couple of things, but it's just not coming. You could even go out on the internet and look at pictures to try and stimulate some response from that. Right? And then you go to bed and the next day when you get up, you now have things you want to work on and things you want to do, but when you sit down, when you've worked through a lot of the garbage that has been the negatives of the day before and you are willing to come to the table clear, art flows.

L: I have been wondering what the difference is between some days; it's like you're just driving it and nothing's happening and other days it's just flow.

S: That's because truly to drive something, especially if you're dealing with creativity or feelings or whatever, when you're driving them, it's not going to come out right. It's going to sound sideways, it's going to sound like crap, you're going to feel pissed off. It's going to take you down a negative road. But if you work through it in a way that says, "I'm getting all the emotion out today, I'm going to write all my sad words down, I'm going to do all this kind of stuff..." So, what I did was I took a page and wrote all these sad things down, loneliness, sadness, heartache, blah, blah, blah...Right? And all of a sudden, in the next move, all of a sudden, the next day it wasn't there because I had dumped it on a piece of paper and put it aside. And what I did realize was is that I used that negative as the underlying under the rug and placed over the top of it the positive outcome that came out of me being willing to shuffle through the shit to get to the real gift.

Think about your emotions. So, let's say we stack a shitload of emotion. Somebody says college and you just blow a gasket. Well, okay, who in their right mind said that the only way to really be a professional artist is through school?

L: Well, most of the ones we know about didn't go to school.

S: So, you did, and you're still amazing, but you don't see it. You're still shoving you're art under the rug. Do you know how many times I have had to dig shit out of the garbage and I hide them until another moment. But you have to because we throw things away at a critical emotional time. We throw away relationships when we're pissed off. "Fuck you, it's over. I want a divorce." But you really don't mean that; you're just upset and mad. You never do anything when you're emotional. You get the emotion out, you can do the goddamn fucking art. But you don't get the emotion out of the way. You're making faces that make you look like Freddy Kruger in Nightmare on Elm Street or whatever the hell it is. It's stupid.

L: Is that the one with the ski mask or the...

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S: No, that's Freddie.

M: Freddie's got the burnt face kind of thing going on. The mask is Jason.

L: Okay.

S: Jason. No mask for... he's got the neeee... claws, like razor blade fingers that slices people up in their sleep. It's a cult classic.

Anyway, he chases people in their dreams, even in Freddie Kruger II. The reality is that a horror flick is a horror flick. Right?

L: Yes.

S: Do you want to live in your horror flick all the time?

L: No.

S: Okay. Then get the emotion out. Do something with the emotion if you want to but you've got to create the pretty. You've got to create the dynamic. You've got to create something that pushes this stack of all these emotions to the result that's positive.

So, you remember that 3-D image I did where I'm behind bars and there are all these horrible images behind it, and if you light it up you can see the violence, all the things. Then in front you see the bars and then my arms hanging out of the bars. I did that as a collaborate piece with somebody else but you know what? Here's the reality of that piece. That was emotion that had to come out in order to create this multimedia 3-D event so that it can be seen.

People don't realize that these are the things that make us be better at whatever we're doing, whether we're going to be a better nurse, a better doctor, a better friend, a better lover, a better partner, a better boyfriend/girlfriend/husband/wife. Whatever. A spouse that's not gendered. Whatever. Whatever it is, whatever it is to make you better means that you have to allow yourself that awareness of emotional stacking and work at slowly chiseling that away.

I said to somebody not long ago, "Just talk. Just talk." They look at me like I've said, "Na wha, neo, siko, amnaet." And they're like, "I don't know what you said to me." Talk. Like get your mouth moving, do something, but they don't. And they go, "Ya, ya, I'll do that." When?

L: Maybe tomorrow. Maybe.

S: Maybe. Do you remember that conversation we were talking about when I said...we were talking about it earlier... So, one of the things we talked about was "Oh, yeah, I'll remember to do that." That's the word... I'm like Oh, my God, they're scheduling into the future, especially when I'm having a conversation with them. "Yeah, I'll get doing that." "When?" "As soon as we're done." "When?" "Is this a trick question?" "No, it's not a trick question. When?" "Later." "When?" "Tomorrow?" "When?" "Now?" "Yes, now because whenever you tell me, "You know, you're right. I should do that. I should. Yeah, I'll get on that. Yeah, you're right, I'll get on that." Getting on something doesn't mean are you doing it right now? Are you just deciding this fucking moment you're going to do it? No, you're

putting it out into the future so you don't have to worry about it, so you don't have to change, so you can stay in your little fucked up emotional stacked pile on a flying carpet that's not flying.

L: So, what would be the more proactive implementing it now response?

S: "You know what? I'm going to do that right now." And then you do a clearing statement. You do a command statement. But you do something NOW, not tomorrow, not later. You burst out in song. "I command the whole of my life for I am walking in a state of consciousness, enlightenment, and love. The master that I am has achieved the ability to clear all human condition....Right?

M: Yup.

L: Yes.

S: So, when you start doing that...

M: it's a conscious action.

S: Correct...in the moment. Not tomorrow, not later. Cause later you'll forget cause you know what happens? I know this cause I'm older...I pick up my keys, I see something else, I set my keys down, pick the other thing up, then run around wondering where the fuck are my keys. Where you picked up the other thing. "Do I do that? (ha, ha, ha) Oh yeah, I remember picking the other.... Yeah, Okay." That's what you'll do. "Let me get to that tomorrow, okay? Let me put that on my list of things." Don't list it, people. The list becomes the shit underneath the fucking rug.

L: I gotta vacuum a little more. Something.

S: Take the rug out and beat it with one of those rug paddles. Sweep it up. Vacuum it, then beat the rug till all the dust comes off. I truly don't think you realize that the little things that you're doing become a huge impact in your life.

M: They all feel like little things until you're standing on a six foot rug.

S: Yeah, you fall and break your ankle.

M: Stub your toe.

S: Stub your toe or step on our belt and puncture your foot.

M: That hurts.

L: I don't like that story.

S: Get over it. The tragedy here is that you want to hear what you want to hear and.... you know the commercial I forced myself to watch is the dog ones, the ASPCA. You watch a little dog shivering in the cold and I'm like "Here have my paycheck. Boooohoooo I can't take it anymore." I must be their twenty hundred thousandth person who donates \$20 a month because that fucking commercial is painful to see little dogs with their little tears going down their face. You know what I want you to go take... No don't do that. But hypothetically you go out and you take a hammer to your finger and you tell me you didn't feel it. Now you think about an animal that actually cries and makes noises and sings

and chirps and whatever, has a personality. We've had birds, dogs, cats, whatever, cows. I'm telling you I have a friend who has a cow. This cow follows him everywhere. You know what..."Oh, he's not really following me." "yes, the only one he follows is you. She's following you." He's like, "Oh, no, you're just making this up." He looks back and there she is. He stops, she stops. He goes, she goes. He's like, "Okay, this is just weird." She's been doing this for a year and a half. Where have you been? He's sitting there talking and reaches out scratching this cow's ear. "Okay, dude, what the fuck?"

L: It's like his little buddy.

S: Well, he doesn't know it, unless he's just hiding it very well, buried underneath the surface of shit. You know what we should do? We should break out in the Muana song.

L: Are you sure?

S: Oh, yeah, we should break out in the Muana song and start singing and maybe that will get somebody out of their stuff.

L: My minds going blank and I can't even...

S: No, well, the whole idea is you have a choice in where you are and I can see it on your face and I'm like, "Stop it." And you go, "It's not me." It's Muana. It's you.

L: I don't know if this is a good time to talk about it but earlier today you were talking about something that you called the mental challenge and it was about figuring out where your head is at. Is that something you would want to do if you know you're in a funky place?

S: Okay, since you brought it up, what was your mental challenge, hypothetically?

L: Just one?

S: Just one.

L: I think mine is or was I would stack and then worry about what everyone thought.

S: So your idea was being a good girl. So, the good girl scenario, which there are a lot of people out there, good boy, good girl, it's very common for people. So, let's say you've got this whole stack idea that you've got to be perfect. Right? You've got to be good; you've got to do it right. As soon as you fuck up, man, you're now running through hoops, jumping over, leaping over tall buildings in a single bound just to prove that you are a super hero for somebody. Really?

So, I'm going to use your example since you brought it up. Okay, so I had asked for a specific sandwich for breakfast because I'm not your traditional egg, and ham, and bacon. I don't do that. Anyway, I will eat sandwiches or different things, and there is this particular sandwich that I really like and I was thinking it would be really good. It's a Minnesota classic. All of a sudden, I was informed that Lorawai had left it at the office in our refrigerator.

I'm like, "Well, okay." She said, "Oh, I can just run out and get another one." I said, "Oh, no, no." I told you no.

L: I'm like, "No, no, I've got this."

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S: I said, "Oh, no, I'm good. We'll figure something else out." "No, no, no, I really can." "Well, if you can run out and get it great but don't bust your back on it." Right? Did I not say that? Yes, I did. She never heard those words but thank God I had a witness. So, you go out this morning and for an hour you searched for a sandwich that didn't exist in my neighborhood. How many gas stations did you go to?

L: Ummm. Three.

S: And then what did you do?

L: And then I went to a grocery store.

S: And you looked it up on the internet how to make that sandwich.

L: Well, first I scoured the shelves for a Chuck Wagon. I was like, "What am I going to do?" I was like starting to sweat. I was like, "Oh, God...."

S: "I fucked it up, I left it at the office. It's my fault."

L: At the fucking gas station there was a Chuck Wagon, empty but here's five cheeseburgers. No. Go to the next one. Chuck Wagon....empty, but here's a ham and cheese and egg croissant. No. This place didn't even have...I did walk out of two gas stations without buying anything though, so I feel like a little bit of growth.

S: It was a little bit of growth not buying anything. So, whenever she goes into places, she feels like she can't just walk out, she's got to buy something.

L: I thought about it, but I thought, "No, we can't buy something at every gas station." So, I made eye contact with no one and I left.

S: You didn't heal anything, Lorawai.

L: But the third one I made eye contact, so I had to buy something.

S: Did you buy something then?

L: Yeah I did.

S: Okay, see you didn't learn anything at that point. You learned how to avoid. So, you stuffed that under your rug. Right?

L: Yeah.

S: Okay. So, we're still dealing with the whole sandwich thing which really wasn't a big deal.

L: Well, to me it was. It was a big deal.

S: You were staring at a Haboo

L: Yes and it was getting painful.

S: And there was no Haboo. You know like you're having a mirage. You're like, "Oh, my God, it's the end of the world.

L: I'm like the crazy person on the corner going, "It's coming. The end of the world."

S: With a sandwich sign on your back going, "It's the end of the world." Here's the point. Okay? You didn't have to do that, but you did it. Right?

L: Yes. I bought all the ingredients to make a homemade....

S: And what did I say to you? I called you on the phone and said, "Lorawai....

L: "What is this? This is not a Chuck Wagon." "Well, it is a homemade version."

S: You have to understand. We don't have to tell you anything more about the sandwich. And, of course, you stuck it in tissue wrapping stuff in a lock 'n lock and sealed a microwave sandwich that became flat as a pancake. I'm telling you it was not the flavor, it was literally...the sandwich was about a half an inch tall by the time....it literally shrunk as it got wetter.

L: Well, I did make two so there is one at home.

S: I called you and said, "Lorawai, I don't know what you're doing here but you don't have to do this. I can always find food. I can always find a way." So, the reason we're talking about this is I said if you really think about it, who are you projecting on?

L: Well, I'm projecting on you....

S: Or the good girl. I'm not your birth parent, correct? You came to live with me after your mother died. So, your mother who, in your mind, and a few other people in your life, you felt like you were not perfect enough and you were put into a situation where you were not at fault there, the parents were. But you have never, ever let that go because you didn't say the right words to the authorities and thought you fucked it up. No, you were a minor taking care of three minor children and one was a baby in diapers. So, this story...that's the underlining, that's the bottom that you have built so much shit on and have not healed that. And you project it on anybody you talk to. You even project it on your siblings. I've seen you do it. Like, "I wasn't good enough for you. I couldn't do it." So, now it's almost like trying to make up for lost time but there is nothing to make up because the reality is you can't change the past and you sure don't need to drag it with you like a backpack of shit underneath your rug. Forgive yourself. It's like doing time in prison. You already did the time. Get over it. Let it go. Truly.

The underlining issue is there but you have to change that feeling you get whenever that triggers the good girl. So, you know how I always say, "Okay, you're projecting the good girl." And you do this with everybody, not just me, but everybody. So, you're not good enough and so what you have to remember is that....did you graduate from college?

L: Yes, I did.

S: You did. And you did every ounce of the work that you deserve to say. The hesitation says you didn't do it with straight A's. What did you learn about that?

L: Basically, I was striving for protection in a world where I was not going to get perfection because art is objective and subjective.

S: You also have to look at there were people setting rules so high that even the elitist of the elite at MCAD told you that they were being squashed in their art. A lot of those kids you saw walk away never to return because art is creativity, not fucking numbers. But to a college, and I hate to say this, all your colleges out there, you're crunching numbers on people who have feelings, emotions and are incredibly creative only to take away the very gift they came in there with and that is the ability to see past straight fucking lines. Stop it, educators. Stop it. Stop boxing these kids in, stop being the one thing you hated. It's not sitting here destroying creativity or destroying a person because they don't set to the standards that you believe you should have.

We're a lot alike. I had an educatory almost take me out of the game, but I rose up and I refused to let a high school guidance counselor take away my dream. But I went back as a returning adult. I was past that. Now, could I have stopped at where I was? I should have but I went on because everybody kept telling me and I got sucked into the roll. Stop getting sucked in. it's not worth it.

L: It's like when I was younger, the teachers were the ones that would give you a straight A so they would be the one person that dictates whether I was good or bad, I guess.

S: Just like your mom or dad.

L: So, then when I got to college and, all of a sudden, I couldn't get those A's anymore, no matter how hard I tried, I was like...

S: Yeah, you scared me. I was very concerned. And here's the thing, I felt like I was sitting there holding up this fragile, cracked...you know how you get this really thin piece of glass, so paper thin, that has a crack in it and I'm holding on to it trying to figure out how to keep it together long enough and not break and shatter. Remember that?

L: I do.

S: So, you have to realize that as an educator myself, since I'm an educator in a different kind of way, but you know what? I will never take away from somebody, I will always enhance and give back if I can. I might push you a little bit and say, "Get out of your rut, go right all your nasty, dirty, icky words down that's keeping you in your shit, make your list of why you hate art or make a list of why you hate this or hate that or hate yourself. Make your list and then what you do is you take that list and you beautify it.

You know how artists visual people, they like colors. Right? And so, what I do is I assign behaviors to color. That's how I function in the world. So, if I see a color and I know what emotions I'm dealing in, I start to see that color everywhere which is telling me, "Oh, shit, I'm in that." Okay, I need to figure out what I need to do. I take that color and it becomes a resolution. It becomes "Hey, that right there is a problem I keep repeating. But guess what? I have an answer to it because I did the research to figure out how to heal failure. How I did it was looking at successes. Failure has a color and when I start hearing myself, the next thing you know that color starts exploding around me and I'm aware of the fact. What it shows me is all of my successes. It's a training mechanism that I've had to train myself

to do but I do it all the time. Then I talk to people to further help me get out of this kind of bubble of shit that I can easily fill up with all kinds of colors. And I told you to put them in front of you.

L: Yeah, I've already started figuring out what color things are going to be.

S: Correct. You make your list and you assign colors. They're usually similar things, abandonment, loneliness, sadness. Those things kind of sit there. Then you might have conflict, anger, indecision. You might have something like fear, overwhelm, indecision can be together. They are words and things that can click very easily together. Once you assign these emotions to a color, you need to assign the answer to that color. So, if conflict happens to be red, anger/red. So, that's the color you pick. You see red and you go "Rrrrrr", God, I'm in anger.

If you think about anger, anger usually is hurt. Anger is usually coming out because internally it's too hard to deal with what's going on. It's getting to the place where you can feel what you're feeling emotionally around it. I'm not a psychologist but this is just my technique that I've taught myself how to do. Do I get angry? Absolutely. Do I have days? Absolutely. I'm not perfect. I will never shine brighter if I'm not owning it. The thing that you have to realize is that you have to learn how to unbury the basis of things that are happening like humiliation, Mar. Everybody has it. In some way, shape or form, there is something that we identify and every time we see, hear anything similar to what we felt, we immediately go into our story and it becomes regurgitated up and stuffed under the rug again. You've got to learn not to stick anything under your rug. Just put it away, throw it away, get rid of it, trash it, write it on a piece of paper and throw it in the garbage. My favorite thing to do is to stick my little notes that I find that are not really good and positive, I can tell you, I love my shredding machine. "Wwwrrrrraaaa."

M: It's more satisfying.

S: It's so satisfying. It's so satisfying. I hate cleaning up after it, but it's just fun going in. I just don't like the work afterwards.

L: "Too full." Nooooo.

S: So, I think of this too in the sense of all of the spiritual dysfunction that I've gone through in my life, how I viewed a lot of my own spiritual practice and journey as being work and hard yuk. But you know what? It also comes down to the fact that in my journey of being on a spiritual journey, I have to find the things that lift and bring us up and keep us going, keep me going. Right? So, I get a bunch of people in a room and we're all sitting here and "can I talk to you privately?" Sure, what do you want?

And they look at me and go, "This isn't private." "Do you have something to hide?" "No, I just don't want to talk about it in front of people." "Because you have to own it? Because you might actually have to have another person hold you accountable for what you're about to say to me?"

L: Nooooooooo.

S: The truth is, I do private sessions, but when somebody feels like.... I will do private all the time; that's usually how I do it. But, when you really think about it...I'm like an open book. I blurt things out and people look at me with kind of a blank stare going, "What just happened to me? Did I just get....."

Did that really happen? I go, "Well." And they go, "Oh, shit, she was talking to me. It's always about me." But you know what? You're not alone.

Do you know what the mirror is in art? I've lost the touch too and I have to find my way back to it.

M: I feel like everybody is dealing with that on some level.

S: Sure. Just think about the Co-Vid. Everybody is like, "Oh, my God, I just so feel not a part of anything anymore because I can't be with people. And now they're abandoning me" and you abandon you. Well, reality is, this is a time where we have to figure out for ourselves...I hate to tell this to you, people in the world of Co-Vid, if you work in a high risk job with a lot of people that you do not know where they are, you are a high risk potential for spreading it. I'm not keeping you away from me because I don't like you, I'm keeping you away because I know, for myself, as a person who has dealt with asthma, that I am not a good candidate for Co-Vid. And I am choosing to take the high road. I am not going to play Russian Roulette with my health. So, it isn't about abandoning you, but you have to think about why I have. Well, am I supposed to not take care of me and make myself a priority and make you first again and then I'm back into the whole victim shit and feeling guilty and feeling bad because I didn't put myself first and then I get sick and I have someone to blame. Here it's all your fault? Nooo.

This is about recognizing that you cannot bring to the table, risk. I wear a mask and anybody that comes around me, if you don't have a mask, bye, bye. And if you're not 6' away from me, because I don't know who the hell you are....see, I may know you but I don't know who the hell you are because I don't know who the hell you've been sleeping with. I don't know who you've been hanging around with. I don't even know who you've been hanging around with that's been hanging around with somebody with somebody else. By the time I'm done I have just slept with 30 people in Co-Vid. I am not risking that.

L: It's the only way to stop the spread.

S: And you don't go out, you don't talk to anybody, you stay away from people and then you find out whether or not you're Co-Vid free and then you get all your friends to do the same fucking thing if they want to hang out with you. The biggest thing is, you've got to think about it, am I the only one they hang around with all the time? Like I'm the only friend they have. You may get the answer "No, I don't want it." You might. You might get it. But, hopefully you're at a point now in your life where you know your friends and you know your friends friends and you know your friends friends friends. By the time you're done, you can actually do a literal map of who the hell you're sleeping with. Not literally sleeping with but breathing with. You still want to wear a mask around the people that are a little bit risky.

L: It's not risk dying.

S: Well, some people think it is. "My emotional state of being is way more important than your life." Wouldn't you want me alive on the internet than dead at your feet?

L: Yes.

S: But think about it.

L: It's the big picture vs the pain right now.

S: The big impact versus the....so your little thoughts to a big impact. "Oh, it's nothing. I only walked over and said hi without a mask and I tested positive about a week ago." Really? So, you slept with somebody who tested positive and now I have to sleep with them too? Well, fuck you. That's what it feels like, people. And the truth is, I do not want your venereal disease that you keep seemingly wanting to spread and share. Sexually transmitted disease or not, Co-Vid is transmittable by air, touch. Let's get with it, people. I know I got a little graphic. This is a very graphic part, so you need to be an adult to listen. I remember I dated a guy and all of a sudden, I had this weird problem. I actually....this was when I was a lot younger...I'm not a violent person...but I punched him in the nose because he was the only person I slept with. He says, "You didn't get it from me." You lying dog. Then he found out he had it. He didn't know he had it because no symptoms to him.

L: Isn't that just lovely.

S: Yeah, we broke up after that.

M: A little bit of trust issue after that.

S: A little bit. Because you have to go through and give them your sleep history. I had one. One.

L: Well, we know where it came from.

S: Yeah, but then they go to that one and he's like, "umm umm, well, there was this girl, something, and this other girl Tashi and this other girl named Chan, another girl named Susan." Then I said to him, "If you wanted to break up just tell me to fuck off and I would walk away." STD, not a fun thing. Co-Vid 19, not a fun thing. Let's get real.

You know what? A lot of times when we start to look at the underlying issues it might be feeling deserte; it might be family issues, it might be... a list of things. Right? A list of things that might be your underlying problem; feeling rejection, abandonment, not protecting....whatever it is. Right? In the end, you have to try to look back at the things that maybe trigger it. But once you're aware of what those triggers are, it's your accountability to change when the color rears up.

If purple's your color, or red, or blue or green or whatever....you can have several listed on it, but have the positives on top. As soon as you start seeing that color, you go look at what the negatives are, you track whatever it is you're feeling, and then you turn around and that positive should be sitting right there over the top of it. Fearless...

L: Is it kind of like contract tracing your emotional state?

S: Yes. Exactly. It's like tracing back to the thing that rears you up and gets you going down a road you don't want... I think that once you realize what the emotional triggers are for that you can start to reroute those emotional triggers. At least, for me, that's what I did. I rerouted them out.

M: Because probably what you're feeling upset about is only the tip of the iceberg.

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S: Correct, but there's a whole big berg underneath it all. That's why I keep telling you, you think you're on a flying carpet when really you're stacked so high. "Look my carpet is just flapping in the wind." No, it's not.

L: That's a very good visual.

S: You know, guys, just...you know I was sitting here thinking a lot about what we're not doing and I think the biggest mistake we have is we don't do enough research to figure out why we are the way we are or why it's happening the way it is. It's the same thing...we just believe what we're told on social media and we don't even do anything further than that. That's why we're in a shitstorm of crap right now is because nobody is.... fake news travels faster than real news and now, in any kind of a dictatorship, or whatever you want to call it, any kind of whatever, you have the situation where it's making the populace question the media that questions social....you're not. You believe what you're being told. They isolate, they contain, and they destroy and you have to fight beyond that or you're going to end up in a really big, bad place. You won't win when you stick your head up your I don't know.

You know what I realized? You know what the name of this podcast is? Magic Carpet Ride because the truth is we're not on one. We've got to realize that Alladin, I don't know.

L: Where is that whole new world?

S: Yes. Whole new world...

L: Which is funny because you said Haboo earlier and it sounded like Aboo, the monkey.

S: Haboo. You know, I think that we just have to get real, get honest, reprogram.

M: Off load some baggage.

S: Off load the baggage. Get the facts. Get out of your social media circle and start looking at the real truth of it because the moment....I have a child that's a conspiracy theorist but he ain't that bad. He researches and researches and researches. You do not sit here and accept one person's decision as yours. Think for yourself. If you're giving up your family for a guy in the White House how fucked is that? That you hate your family members because they're not like you. Well, you know what, good thing we're not all the same or we'd get bored as hell, but we don't risk the lives and our democracy over stupid. Cause I'm going to tell you, the fact is, I fired my dictator, fired him well. That's why I work at figuring out what it is that's underlining all the shit. If you point back to what it is, you'll see who the problem is or what the problem is. Fire the dictator in your life and start doing real work. That's all I can tell you.

I just want to thank everybody for joining us here tonight and being a part of this. I know that I've got a lot of new followers on the podcast in different medias and stuff. The biggest thing that I can tell you is don't get lost in your life. Start getting rid of the things that you know really do not serve you well. By doing that, it's tackling small jobs, small things, little things. You're not going to fix the whole of you in one evening. You just have to start doing some things like making a list of things that you know are triggers for you or figure out what it is that underlining at the bottom of the barrel that causes the problem. Find out what your baseline problem is so you can learn to change it and climb out of it. It's

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not rocket science, thank God, it's just that you've got to be willing to get honest and be willing to truly dig deep into what it is that's going on. That can be really scary, but in the end you will come out of that a way better person and a way happier person cause the baggage isn't going to be hanging on to you dropping you down. You'll be tossing it out in the trash or shredding machine or whatever you're doing but you've got to get rid of it. You have to stay on top of it, not like on the magic carpet ride, but sweeping it out when you see it. When you see you putting it back, sweep it out. Keep putting it back? Sweep it out. Keep doing it. Eventually you will change it. It just means a whole lot of work.

I just want to thank everybody and just remember that and have a really, really awesome night, day, week, whatever time it is that you came on. Just remember, you are the only person in your life right now that you can really take care of. You know social distancing and mask wearing and elbow hugs and elbow shakes and virtual hugs. That's what it's about. Just remember that. Just keep going forward, guys, because we can conquer this.

Bye bye.