

S: Welcome everybody to another podcast with Getting Real with Soulaire. We have Soulmar and Lorawai. I think it's kind of weird because I really wasn't prepared to talk. I don't have any prepared topic tonight other than I don't.

L: All right.

S: Sometimes these are the fun one's, I think.

M: You never know where you're going to go.

S: Have you ever wondered why...you know how you feel like you're doing something good and then all you do is look at somebody and all of a sudden you feel like you fucked up?

M: Yeah. Do you have anything specific?

S: No. It's just sometimes you're going "What? What did I do?"

L: You get that feeling in your stomach.

S: Yeah. Then I'm thinking, "Oh, my God. Go back, go back, go back. I don't know it's just kind of a weird momentum and stuff. I think that....How much sleep did you get?"

L: Me? More than you.

M: Yeah, definitely more than you.

S: Yeah. I don't even want to talk to you. I think that it's so weird how you immediately get into the guilt of all guilts and then you don't even know why you feel guilty. Have you ever done that?

M: Yeah, I have. It's like I'm good, I'm on it, and then I see someone who looks upset and I'm like...

S: Guilt. What did I do? What did I say? What, what, what, what? I get it and I'm an expert and I still fall in..... Well. I think what I do is I then start going down the journey of history. I start going back and go, "Wow, why did I give that person so much power by just looking at me?" or

L: You said one word and things were slightly off.

S: Yeah. Like what the hell is wrong with that picture

L: Do you know?

S: Of course, I know but I still do it cause you want everybody to like you. Seriously. I mean, I did an interview today with a local magazine. At first it was "Oh, they're just a little magazine" or whatever. A little magazine doesn't matter, it's a magazine, and to me that's cool. Then I'm sitting there trying to go back and remember all the things that you talk about because I'm a free flowing....I just get real and say whatever's on my mind. You're like, "OK, did I say anything..." You know, you are talking to reporters, less is best. That kind of a mental thing. But I didn't even go there until you look at people and then you go...

L: I just talked for an hour, what did I say?

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S: I have no idea what I said.

L: From what I heard, it was good.

S: I think of it like how much power we give to people. They might just look cranky, or they might be staring at something. You know what I mean? But it's really not you, it's probably some problem they're having on their computer.

M: You're just throwing a story on it.

L: So, if I do that...you said you go back to history?

S: I have to start trusting myself more than I realized. Here's the reality of life...is anybody perfect?

L&M: No.

S: So, if you hold me to perfection, what do you think is going to come and bite you in the ass?

M: A lot of imperfection.

S: So, I was thinking about that. I thought, well, that's justice.

L: Has that been my problem?

S: Well, I mean when I go back and look at history, I want to know why the hell we're repeating it. OK, you know what? That hurt me. Why would I do it again?

L: Or like, wow that hurt our relationship. Why would I do that again? Or, Oh, that hurt, why does it take it hurting, but even then we don't change.

S: You know? I guess numbers speak louder than reality.

M: What do you mean?

S: Well, you know, if all the people you hang around with believe one way, you're going to surround yourself with those kinds of people because it justifies and gives you good feelings about what you know, but not really getting the facts. I went out and I followed some people and I almost got eaten alive by some Trumpkin people. I mean, eaten alive on.... I'm doing good out there in the world, getting bras and helping women that are on the streets and struggling and need clothing and I'm getting them brand new bras and doing all this stuff. I made one comment about something that I had gotten from the bank and I had people literally threatening each other on Facebook. It wasn't me, but they were threatening each other. I'm like, what the hell? Then I came back on and said, "This is not what this is about."

M: It definitely turned into a shit show really fast.

S: It did. Do I want that to popup on my timeline in a year? Fuck no.

M: Remember when...

S: Remember when you did that? Yeah. No.

L: Like thanks Facebook for reminding me of the mistakes that I've made.

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S: Really. Let's just rub it in your face a little bit, OK? You know what? You get these people and I get that they believe what they believe but fuckin educate yourself. You do not balk science unless you are a scientist, and you can prove something. My God people, it is December, and they are talking 50 degrees in December on Wednesday, two days from now. And then snow on Friday and Saturday. Oh, no, there's no global warming, you whack jobs out there. Yes, there is. Fuckin, our glaciers are going away. "Well, we don't care about that." Well, you should, because here's the science behind it...when fresh water drains into our oceans, it destabilizes the salt in the water which causes greater storms, more hurricanes, more catastrophic stuff, and things fucking die. There. And I did my science research. Wake up. Stop being stupid.

L: It's way to easy to go, "It's just so nice out. It's so great." But it's like, "No, it's December. This is ...

S: The trees are supposed to be sleeping.

M: Yeah, we should be cold by now, for sure.

S: "Oh, goody, I can wear shorts in December." Move to Florida. Come on, people. You know what? We are a colder state at this time. We're supposed to be. Somebody said there's no such thing as global warming. Really? What the fuck. Do you know what? You don't live on my planet. You live in LaLa Land, maybe Candy Land, I'm not really sure, but it is definitely not earth. In your little world, it might be in your brain. Your brain has gone whacky. Think of California has fires so bad and there's no rain. Uh, that's not a good sign

M: Massive drought.

S: I found it really interesting because I always watch science and weather channels. I'm kind of into that stuff and I'm into weird science and stuff. Weirder than whatever. I sit here and I go, why can't we just accept the fact that when this planet bleeds out and dies, we will have nowhere to live. And it will only be a matter of time when we all die because the planet is not going to produce the food, the things you need, and if you want to believe that it will stabilize and that it will come back to reality, I don't know how you believe that especially when I'm watching that ...?... They had four tornadoes, literally four at the same time. Four at the exact same time.

L: It feels like those weird freak occurrences in nature are becoming...

S: More often.

M: And more common.

S: I would really like to know what the agenda is to make changes to save our lives, our democracy, our planet, the people that are starving right now. I just donated a shitload of money. All kinds of food came into my business, and we're donating it to the food shelf. I do not understand why it's so crazy that I have a sister who doesn't see it, yet her own daughter can barely feed her own kids. OK, what the hell is that?

L: Confused by "the economy is so good now and the country is better than it ever was."

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S: Yeah, you know what? If that's the truth, then why are businesses closing left and right? Small business, even medium sized businesses, even some big businesses are closing. Why? Because the industry is failing. It's failing only because you have a president right now who is leaving, who is literally creating a Hitler rising, but it's going to be a Trump rising. His current agenda is not good for this country. It's not good for the world.

L: I don't really know where this is going to go but I was reading up on how Hitler took over.....Isn't that how it all started?

S: Yup. They didn't lose World War I, though they were telling propaganda lies that they had lost it and it was the Jews fault that they lost it. He created such a firestorm of lies that, all of a sudden, you have a country divided in half and now they're persecuting people with money, persecuting people that are not Christian. "They're different." You know what? How sad is that?

L: There were so many lives lost that were...then you made the point, I don't know what day it was, but we're kind of living in like a weird altered version of a concentration camp scenario where there are the people who are dying.

S: Dying to get rid of them. Why would the president of the United States, currently President Trump, do anything to stop killing off the elderly or the weak or the colored people, or the people that are brown or black or yellow? Well, he's orange so we might want to look at that. He's not normal. But you know what, a president that doesn't care enough...and I have a sister following that shit.

L: Like even now, he's supposed to be this great president but he's not even focusing on the people.

S: Trump has never focused on people. He's focused only on his own personal high. He's an addict, a TV addict. Well, anyway...

I was thinking about...let's take this down a different road. Let's say we close that podcast and we start over.

Hi everybody. Welcome to Getting Real with Soulaire. I've got my two sidekicks...

M: Soulmar

L: and Lorawai.

S: We're here to talk about something else.

L: I like that. All right, go back to my notes.

S: Something else other than you know... Same rhetoric over and over and over again, panicking over and over and over again.

L: Crying...

S: Over and over and over again.

L: Yeah, it's good times. We're panicking, crying over and over and over again, screaming in the corner.

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S: God...

M: I love seeing the world through Lorawai's eyes.

S: You really see the world very differently than the rest of us. I swear to God. We go, "What?" You know how you have that moment where you know...has anybody ever had someone in your life that's just a little quirky? Just a little. They're actually known as the quirky one or the nice but weird one or...

M: If you don't have that person in your life, then you probably are that person.

S: Yes, that's exactly it. Exactly. I can tell you I'm it and I have many around me that are like that. Just that hers is extreme.

L: You never know.

S: I know. I love you, honey, I do. I love you but I don't love Mar. No, I love Mar too. I love you both. But I think we kind of have to realize that...I was trying to figure out like this whole spiritual thing. OK? So, we're searching for the answers to our life. Right? And we're looking for some spiritual guidance. Right? And we're all sitting here going, "Where the hell is Jesus? Where the hell is Buddha? Where the hell is Mohammed? Where the hell are these teachers. Where are they to show us the way? Right? We're going to be saved by one of these. We're going to be converted. So, let's say we find one of these master teachers or whatever, one that enlightens us on our way. We're so excited and then, all of a sudden, we're like told that we are accountable for our whole life and we go, "Whoa, whoa, whoa, whoa. What does that mean?" "You're the cause and effect of your entire life." "WHAT?"

Do you see how crazy that is? So we go, "Oh, well, you know, if I take accountability for my whole life, who the hell am I going to blame?"

M: You have no one...no one but yourself.

S: Shit, you've got to look in the mirror, dammit.

L: It's kind of funny. What's the answer to enlightenment?

S: Look in the mirror.

L: No, what's the answer?

S: Look in the mirror.

L: I did that but....you know.

S: Look in the mirror. Chances are when you look in the mirror you're going to go, "You're the one to blame."

L: Yeah, that one class where you're like, "You need to go in the bathroom and just yell at yourself," because everything going on right now is my fault, whatever it is.

S: So, I did this really funny thing. I have probably forty people in a class and they all had to bring one mirror each. Every week for months, somebody forgot. It was always one or two people that didn't

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have a mirror. And it was never the same people. All I said was "We have to do this together." They're like, "OK." "Bring your mirror next week." They forgot it.

L: You would have thought we were....

S: You didn't know what I was going to make you do with it. You were like, "Oh, well, what are we going to do with the mirror?" "I'm not telling you till you bring one." Finally, somebody brought this mirror like on a frickin lipstick tube. It was like this teeny weeny mirror. I'm like, "OK, that's your damn mirror." It was the last person. "You're using that dinky mirror then."

L: You have to really focus in on it.

S: It was like this little teeny..."it's all your fault." "OK, you need to yell." "But it's so tiny." "I don't care, yell at it." "You're so bad, bad, bad."

L: You're really feeling it. Good release. Good release. Do you remember when we all had to get on the floor and have a tantrum?

S: Yes, that was hilarious.

L: It was. I was really awkward about it and then I was like, "Oh, no, this feels good."

M: I can get into this.

S: Yeah, we had everybody get on the floor in class, 'cause everybody was kind of frumping and grumping and I go, "All right, everybody on the floor and throw a temper tantrum." They're all like, "What?" They all got on the floor and they're like, "Waaaa, waaaa, wwwaaa," kicking their feet and stuff like that. Lorawai did finally get into it.

I look over and here's little Saleah going, "What? What are we doing?" She had thrown many a temper tantrum when she was younger, 'cause she's a little kid, she's a baby. She's like...

M: What the hell is this?

S: "What the hell are you doing?" It's kind of funny, you know how one little kid sees another one crying or throwing a temper tantrum like crying...she didn't. She's looking at you like, "What the hell are you doing?" Totally confused. I remember one of my kids, if they saw a kid crying, they'd start crying too. It was like empathy. "Oh, yeah, your life sucks. I'll cry with you." I'd be like, "What are you crying for?" "Cause they're crying." It's like, "Well, why?" "I don't know." "Really?" "Yeah." "OK."

Then I was realizing, I couldn't put anybody in their room. Like, when you have a kid who throws a temper tantrum, and you make them go to their room? You can't put forty people in their room. They're already in their room. "Face the wall." I felt like doing that, but the reality was they'd get up and go, "God, I feel better. Isn't that weird?" "No, that's why I had you do it."

L: Looking back on what we've learned, that was a great lesson in just expressing...

S: Letting it out.

M: Yeah, if we're all doing it, it's not...

S: "I feel so much better. Yeah."

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L: If we do it as it happens, we won't have to have a full on temper tantrum on the floor.

S: Well, you can do a temper tantrum by yourself in your room. I remember one time... this is so funny because I have my moments too. You know how you just have one thing after another, after another and you've just reached a point where you're like, "Baaaaaa." Like that. I remember grabbing this pillow and going, "Baaaa," screaming in this pillow. Of course, at the time, my dog, Teddy, looks at me and goes, "What? What? What?" He's freaking out because I'm screaming into this pillow. I get done and he goes, "Boof." And he looks right at me. He's barking at me because he doesn't know what the hell is going on. It must have looked like the pillow was attacking me because the next thing I knew I saw him shaking the shit out of the pillow. Like, "Get away...from...get away from...get away..." I'm like, "Dude, the pillow didn't do anything." He's like throwing it around. Then I tried to get the pillow away and he's doing a tug-a-war with me and the fucking pillow. I couldn't believe it. I had to stick the pillow up in the closet and then he'd sit there and stare at it, growling at it. I'm like, "Stop it." Then he'd look over at me. I'm like, "Stop looking at it." I'm all alone in this apartment, townhouse. I'm probably having this weird conversation with this dog, but I swear to God he understood me.

L: I think he did.

S: Yeah. He would walk over, he knew exactly where his food was and he would go, Pppssshh, pppssshh right on it and go like, "Hey, you haven't fed me. Come on, get on it. Get over here. Feed me." He would just do enough to let you know that "Hey it's food time." And it was like clockwork. I swear to God, that fucking dog knew what time it was. Like he'd look at the clock and go, "Hey, you're late." I'm like, "What the hell." So, I kind of had a weird relationship with this dog. Right? But then I realized that they're intelligent. I have two Jacks now and they're really smart dogs. I have a dog that can take a sock off in a split second, hide the sucker and lick the shit out of his foot before you can even get across the room to stop him. Never seen it, like, "Quick, go, do, lick, lick, lick." It's just like, "What the hell. You just licked your foot. Don't lick your feet." He looks at me like, "I wasn't licking my foot, I was licking my leg." "No, dude, you were licking your foot." He wore the fur off his foot.

L: Spraying it works.

S: We had to quit spraying his foot. It actually irritated it. Isn't that weird?

M: Like spraying his foot?

S: Well they have a spray that you're supposed to put on it. It's supposed to calm the stuff, but he gets pissed that it's on there and he just double downs on it and licks the crap out of it. You're going, "Really, dude? Really?"

L: I feel like there's a message here.

S: Think of dogs being smarter than us.

L: Yeah, the only thing stopping them is no (something).

S: What does that mean?

M: I'd just go with it. I don't know.

S: What does that mean?

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L: They're smarter than us and the only reason they're not running the world is because they don't have thumbs. They can't open the fucking door, they can't pick up the bag, you know. I was agreeing with you. Yes, they are smarter than us.

S: OK, that's not what I heard. OK, I'm with you now that because they can't open the door, they're smarter than us. But, you know, it's kind of interesting how we don't really see how they look at us. 'Cause we're so busy being something we're not...we're like being a whole other species that we haven't quite figured out who we are yet. We call ourselves human but I think that's another whole species happening that's just like...we're not like... It's like all of a sudden we're kind of going, "Nah."

I was listening to a song the other day. Right? There was music playing, I'm listening to it, and I thought I knew what it meant. Truly, I thought I knew what it meant. Then, all of a sudden, I realized it could have been taken either way.

L: I've gone through a few...

S: And you go, "Ahhh, wait a minute." And you're trying to figure out the song now because it kind of messes with your noggin because you have like this trajectory of what you think the song means, and then all of a sudden somebody says to you, "Well, you know, it could mean the other thing." "Whaaa." "No, no, no, my brain can't handle that much information."

M: It's like the context changes and the whole message completely changes.

S: Um humm. It turns everybody homophobic. It turns everybody homophobic that listens to it if you change what you think it means. All of a sudden it's about two men and not a man and a woman. It's weird.

M: Oh, yeah, I remember what you're talking about.

S: I get it because I now know that the artist and all that stuff, but the point being is isn't it interesting how we have to learn how to be accepting no matter what it is? You don't have to agree with it, but don't hurt people because of it.

L: Truly, how is it affecting you?

S: Well, unless you're paranoid or a delusional asshole who is narcissistic as hell and... But anyway, let's not go down that road again. But the point to the idea is that we're sitting here and we're like, "Well, that was stupid. Why did you do that? Why did I make that stupid decision?" I have no idea, you're the one that's got to live with it. "You want me to fix it?" "Yeah, I screwed up." It's like, OK, Rule 1: take accountability.

Rule 2: Make amends if it has hurt somebody.

Rule 3: If it hasn't hurt anybody and you're still alive, well, you're heading in the right direction.

Rule 4: Write a letter of forgiveness to yourself for making a stupid mistake.

Rule 5: Burn the shit out of it and let it go.

There you go.



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L: What is it about burning that's so good?

S: I think it's like burning away the old to make room for something new. It's like you're physically doing something to eliminate something.

M: It's like a ritual.

S: It's like it's really weird how our brain goes, "Oh, I did that. I feel better." All you did was sit up or stand up and turn around and sit back down. "I feel so much better that I did that." Well, great. If that's all it takes, keep doing it.

L: If I'm in a bad place and I'm thinking I just want to get out of this bad place and I stand up and turn around, I've physically...

S: Physically doing something. And then you have to figure out what got you there, which will probably take you back into it. But if you're smart enough to know that you can get up and turn around and sit back down and look at it, and if it starts to take you down, you get back up and just start doing that like walk away and come back. Walk to the door, come back. Walk out of the room, come back. But you've got to come back because it's really important that you...

M: Otherwise, it's like you're avoiding it.

S: Correct. You don't want to avoid it; you want to make a plan for your life to change it. It's not that hard. You go, "It's so hard." It's not that hard. "It's so hard." I'm like, "All right, can I ask you a question?"

L: Yes.

S: If getting up and turning around and sitting back down and changing something is hard, what the hell? I want to know what really, really, really hard is then. It's like stand up...turn around...sit down. One guy goes, "Why the hell am I going to do that?" His wife goes, "Do it!" He gets up, stands up, turns around, and sits down. Right? He's sitting there and goes, ..... Trying not to feel different but he felt different. I said to him, "Do you feel different?" He goes, "Oh, yeah." But you could he didn't want to give it to her, the wife that made him because it's like, "You made me," or whatever.

I think of it kind of like that story that you tell yourself. "I have to let you think you came up with it in order for you to do it." If it's your idea, "Oh, I'm going to do that. That's a great idea I came up with." Yes, it is.

I had somebody that had taken my class go, "I've come up with a plan." I said, "Great." It literally was verbatim the plan that I had talked about in class, but I wasn't going to take it from him. I go, "Oh, that's really good." Until they were going to write a book about it and I said, "No, that's already in the book." They're like, "Oh. Oh, my God, is that where I got it from?" Yeah, I'm pretty sure it is, it's word for word. "Shoot. Then it wasn't my idea." Well, sure it was.

L: Oh, no, back to the drawing board. Step 1: Blame.

S: I think it's funny because you know like somebody says, "I'm a storm chaser, shit show guy." What the hell is that? So, you think you're an avoider, you're a conflict creator, or you're a chaos spinner, or you're a denier or whatever the word is, whatever the words are that you use to create

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these negative things that you have. "Yes, I'm going to deny any involvement" yet you're standing in the middle of it and denying that you had anything to do with it.

M: Caught in the act.

S: As you're in that act. Right?

L: Yeah. I have denial.

S: Yeah, it's like, "Well, how do I know it's going to work?" Oh, you're a doubter, huh? Then they go, "No, I don't doubt. OK, maybe I do doubt." Then you have somebody that goes, "Why did you make me do that?" Conflict spinner. Great. How you doin'? "Well, you made me. Now I moved all this crappy shit, and I was feeling pretty good earlier." I'm like, "Well, you know, maybe if you look at this you can feel better more often and longer."

L: I was going to go down the road of "No, nope, not my fault."

S: Or you have somebody...you've got all these weird issues that we deal with on a daily basis and we go, "I just don't know why it keeps happening." Well, shit, if you don't know....Did you choose that today? "Um. No." Are you sure? "Pretty sure." How sure are you? "Well, now I'm not so sure. You made me question it." I'm like, "Well, good."

L: You know how we were talking earlier about how we're like we have religious DNA and it's kinda like...

S: Guilt.

M: Baseline guilt.

S: You're not worthy. You're a sinner. Don't you hate that word, sinner?

L: If I get up in my day and I have not actively done my clearing statement, or it set me on the path of choosing to be an empowered person or listening to the old tapes.

S: Sure, it's like, 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, limitation and suffering and transcending it all by claiming my God Self, Master Self now.

So that clearing statement clears you for those moments, but you have to be mindful if you go back into the shit you have to do it again. It's like if we are consciously aware of where we're at and what we're doing..... You know what I mean?

L: Yeah, 'cause I might necessarily get up and be like, "I'm going to deal with abandonment and failure, and if I fail, everyone's going to leave." But I do know that I will get up and I won't set the tone for my day. So, then I'm just running...

S: You're running on an empty fuel tank. I always think of like the clearing statement as a way of fueling my tank in a positive way. Then at the end of that statement I say, "And anything else I may have missed or forgotten for highest good and great ease. I command it to be so for I am a co-creator with One True Light Consciousness, God Self Creator, Master Self Creator, therefore I am. "

A lot of times you don't even realize there's shit you might have forgotten and I always like to kind of throw in "And anything else I may have missed or forgotten for Highest Good and Great Ease" because I want to catch those little stragglers or those little leftovers in there so I can have a better, clear day. I always....I have a bubble of protection around me and I always see it there. I never call it back. I just know that bubble of protection is there all the time and I'm just reinforcing what's already there because I am conscious and aware of it. That gives me the ability to say, "Wow, I have this bubble of protection around me."

Now, I'm not going to walk around with no mask on and be stupid, but I believe that if I at least wear a mask and do things I am at least averting the possibility of it being just that wrong place at the wrong time or wrong place at the right time. I don't set myself up for going, "Yeah, I think I'm going to go out and test this theory." Let's look at that one for a moment. Test the theory that you create your whole life, and you think you walk around completely protected 100% of the time and that you're not going to slip or fall or cave in some chaos, doubt, fear, overwhelm... I'm realistic about this, guys, because I am on this journey for my life, and I am working on it constantly because I'm always doing this stuff. I'm not going to sit here and go, "Yeah, I got this one. I worked really hard for it and you know, I'm really good at it. I don't have to do anything else. Yeah." OK, that is fuckin' stupid.

M: 'Cause that's the state of enlightenment.

S: Yes, "That's the state of enlightenment...I know what I know, and I know it well."

L: It makes me think of when you talk about east and west medicine coming together. It's like you're taking your faith and your belief and accountability, but you also have to do the actions to support it.

S: Correct. Well, it's kind of like, OK, I'm going to wear a mask because east...I have faith in my faith...but there are also all kinds of people out there that I'm really hoping I didn't draw them to me because I had some fucked up karma that I had to deal with and I don't want to be a part of that karma right now. I want to be in control of my karma.

L: That would be nice.

S: You don't know. You go out there and you meet somebody and they're going, "cough, cough, cough. Yeah, I don't got Co-Vid, it's a cold." And then you black out because you're so exhausted and can't smell or taste anything and you feel miserable, and you can't breathe, and you feel like shit. You know what I mean. Really? What harm does it do to do a preventative? So, I'm going to do my east preventative and my west preventative. My east preventative is doing a clearing statement, seeing my bubble intact, doing it, being it. Whatever. West is wearing the fucking mask and just wearing it.

L: You had asked the question about two or three weeks ago and you said what if we overreacted? What if Co-Vid really wasn't that bad? It is like the flu. What if we're wrong? How would you feel about all the precautions we've taken?

S: I'd be happy. You know why? Because I didn't get the flu. You know, I have not been sick this year at all because I'm wearing masks and their sniffly, snotty, Musinex, NiQuill, HoneyQuill, whatever you want to call it out there telling you you've got a cold, take this shit. And you watch these commercials and you're like, "Whaaaaooo."

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L: Aren't their sales way down?

S: Probably because they've been hitting us hard with those commercials. That and that frickin, if you're over 65 and you need to get your Medicare plan updated and make sure you've got all your stuff covered. It's like, really? OK, I watched four channels one night and every frickin channel had that guy on.

M: Which guy?

S: Joe Namath. See, Joe Namath used to look really young when I was younger.

M: Yeah, he looks a little rough.

S: When I was younger... when I saw him I didn't even know that was him until somebody said, "Yeah, that's Joe Namath." I'm like, "What?" Cause my memory is not that. I mean, I was looking at another celebrity and he was talking about reverse mortgages and I'm going, "Wow."

M: Wasn't that Tom Selleck?

S: Yeah. And I'm looking at him going, "Damn, he used to be Three Men and a Baby."

A little confusion here. She's not up on the Three Men and a Baby".

L: Two and a half men. That was a good show.

S: Two and a half men. See that's your version. Mine's Three Men and a Baby. Yours is two and a half men. What the hell.

Anyway, I was just thinking about the whole...like if you watch TV shows, if you think about it, really? Bevis and Butthead was popular in the 90's. Right? 80's and 90's. Then there was South Park, that rolled in and that's still going on. Kenny always gets obliterated at the end. Does he still?

M: He's finally dead.

S: Oh, he's finally dead? Wow, you still watch that shit?

M: It's what I hear.

S: Oh, it's what you hear. Anyway, you see this and then they go, "The return of Dumb and Dumber" or the return of the guys who fly...

M: Everything now is a remake of the 80's, early 80's.

S: Oh, my God. Really? Do you think I liked those shows in the 80's? I didn't. Like those two guys that flew around in a phone booth.

M: Yeah, Bill and Ted.

S: Yeah, Bill and Ted's amazing adventure and Bill and Ted meet each other when they're older. What? Really? Oh, my God.

M: Why is that? It's weird.

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S: Or even Dr. Who. What? You can't do Dr. Who over again. Dr. Who is Dr. Who. That would be like doing the Yellow Submarine with somebody else and not the Beatles. OK, that would suck. Seriously, they're classics. They're classics, classics. You do not sit here and throw the Beatles under the bus. Or under the sub. They were the first to do literally animation cartoon and videos with their music. Isn't that weird.

I'm sitting here going, "This is what I grew up on. Are you going to do Pink Floyd and the Wall to something else or like...

L: Hell No.

S: What the hell. But people do. I was listening to this song and I go, "This isn't the guy." Somebody else did the guy's song and they redid it and now it's not... I'm like, "Ok, it's too slow. Where's the right tempo of this song?" I had to go like three times to find the right music. I'm thinking, "Wow, we are so...we have no brains left to come up with anything new."

M: It's like no original, it's remake sequels and...

S: Yeah, let's remake Star Wars. You know what else we're going to have to remake? Spaceballs.

L: We still need to see that.

S: They're going to have to redo that one.

L: Well, and the final Star Fighter or the Last Star Fighter.

S: Oh, and the Last Star Fighter. They're going to have to redo that one too.

L: Don't touch the Goonies.

S: I'm telling you, it's tragic. I sit here and I'm like, "Oh, my God, do not redo that movie." They redid the movie. Literally, what they're doing is regurgitating something that's already done. There's no creative flow, nothing new. Instead of doing Three Men and a Baby, they do Two and a Half Men. Weird. One of the men left and the baby grew up. There's two and a half men.

L: Progress.

S: I don't really know the story or anything like that, but you sit here and watch these things. I was watching a show on TV. I'm not going to mention names or anything but I'm watching it and Oh, my God, you listen to people laughing their ass off and I'm staring at it going, "That's not funny." But everybody's laughing. And then I realized that everybody was laughing because one person laughed so they all thought they had to laugh and I'm the only one sitting there not laughing. Everybody turned and looked at me, "Why aren't you laughing?" I said, "It's not funny." They're like, "Oh." Or the fact that they keep killing the same character every fucking week. Like, really? You think that's funny? You did think that was funny.

M: I did.

L: It's like I'm lying or I'm lying.

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S: It just shows you how desensitized we are and that we laugh at cartoon characters. Man, when I was a little kid I got so upset because you know the guy...

M: Coyote.

S: You know the road runner and the coyote, and he kept falling off a cliff. I would get so upset watching that shit. It's like, "He's going to die." He didn't die. You know what I mean. I'd get a little confused because I had fallen and gotten hurt before, so it was like...

M: Falling off cliffs.

S: Falling off cliffs was a little much. Or like Elmer Fudd trying to kill Bugs Bunny. I mean, really? His whole mission is to kill the rabbit?

M: It sounds like a good children's cartoon.

S: Oh, yeah. And now it's like, "Yeah, we're just going to kill all the people." I was watching one day, I looked up and watching my boys. They were playing this video game and literally, when they shot it, it splattered blood and they were laying there with their guts lying on the ground. I was like, "That's it." They're like, "Nooooo", freaking out. I'm like, "Oh, hell no, you are not going to sit here." So, secretly, I guess they were meeting at someone's house. I said, "Play Zelda. The old Zelda where you're trying to save the fucking princess." Well, you didn't see guts. You just saw things...or your life went... But you didn't see gaping wounds or a guy's arm lying on the ground.

L: A little graphic.

S: A little bit. But people are like, "Yeah, we just don't know why they're becoming serial killers." Well, you've been putting fucking video games in front of their faces and going "Just kill somebody. What the hell." See, you guys don't like this because this is your generation I'm talking about.

L: I was not allowed.

S: See, now I'm trying to get you on this whole spiritual path and what are we doing? If we're not talking about Trump, we're talking about frickin' ...

L: Video games. God damn fucking millennials.

S: Well, my children were not millennials. My children were generation...they're 90's people. You know what I mean? We're talking...

L: They made it out OK.

S: Well, barely, but they did. I think it's because I forced them to play. I made them go outside, I made them.... You know, they could still do their stuff, but you have to force people to interact.

L: The world is your video game. I don't know...

S: And you know I had all these people looking down at their phone when I was outside on the food truck. I went, "Well, there you go." They're all like...their heads went up and were like, "What, what? It's cold." "Yeah, but you know what, you feel it, right? You don't interact. You don't strike up a conversation, people."

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M: Yeah, society in general, seems like it's become a lot more passive.

S: Passive/aggressive. That's what society has become. Passive to one end, but aggressive to another. You take away technology and you're going to have an uprising. People need to learn that they've got to.... computers are good, things are good. But you don't live in it. Right?

L: That's not where life is.

S: Life is not in your phone, in your devices. Your life is around you. Even if your sister drives you fucking crazy, at least you're getting driven crazy, not by watching shit on internet stuff. Be grateful there's a little sibling around hitting you and smacking you and pushing you. And you're like, "Ahh, ahh, God dang it."

We have to stop raising kids on phones and internet. Give yourself a break. Even the adults, give yourself a break. Pick up an art book. If you can't draw, pick one item and draw it until you can fucking see it in your sleep. Draw it to the point where it actually looks good. And it might take you months, but you will get there. And once you start doing that, I guarantee you the artist will rise out of you. I did it to you, Lorawai. I've done it to other people, people who said, "I can't draw for shit" all of a sudden, they're drawing, they're coloring, they're doing stuff they had never done before. Why? Because you're not on your devices. They can be a great recess, but they're not where you live. That's not your life. And if that is your life, you've got some serious problems ahead because that's how people get sucked into repeated patterns of being naïve and not knowing the truth.

Your truth is outside in the world people, not on TV or in computers. That's not real life. Real life is those people that you look at, the people you have dinner with, the people that you talk to, the people that you want to be around. That's real life. If we don't learn to go back to real life, we're going to find ourselves in a whole other reality that we may not like.

I'm not saying go away from it, but don't let it dictate, don't let it control, and do not let it be your social media. Your social media should be the room you're in, the people you're around, the conversations you should be having, and the conversations that are difficult to have.

L: I would think that's how real change happens instead of just yelling at someone on the internet, like, "Ah, fuck you." What do they care? It's only on the internet. If you have it face to face, they're looking at you having to see the person.

S: It's interesting because I have not done a live Facebook in a long time. I used to do them and I realized that I watch a lot of people that, in my industry, do speakers and that kind of stuff and they use social media to reach motivation and positive and do the calm because that's how....

People are driving to devices so now they're using psychology and you pay a lot of money to talk to these people about your psychology and your life. Well, let me tell you a little story...not every person has experienced what you've experienced. So, now they're going to have to go by the textbook classic, what they're taught, as everybody is like that. Well, we're not. We're not made and cut from the exact same mold. We don't always think the same, we don't always respond the same, we don't always get the same type of feelings when things happen because we're not the same to each other. I think that's where I get really frustrated because I think that society needs to know, in general, that you're not cut into this type of box and that's it. There is always an exception to the rule.

What if we're all an exception to the rule? What if we're all just a little different? What if we are not made... I can tell you, somebody can take a pill and I would react to it and get sick and almost die. Somebody else can do something and they get well, and I don't, or you get sick from something and I don't. So, I don't buy that we're all made of the same cloth. One antidepressant works on one person, but it doesn't work on another. Well, why? Because the chemistry in people's body is different. You don't know what mechanisms or your pituitary, your thyroid, your hormones... You don't know what's going on inside of you but they put us all on the same stuff and then they wonder people are offing themselves.

I'm not saying not go on it but do your research. Find out things. Test things. See your doctor and say, "I don't want to just jump blindly into this, I want facts, I want to understand, I want you to help me understand why you feel this is the best drug for me, and will you watch closely so that if there are changes..." I took something and it made me like...I've never reacted, never like this, to the point where I was paranoid, I was suicidal, it made me nuts, and people who live in my house know me and kept saying, "What the fuck is this?" finding out that the drug I took caused literally a paranoid...I don't know...I was so... I wouldn't talk to anybody, I was staring at the TV, I thought everybody was talking about me. "I'm going to get a divorce. I don't want to be here anymore." I'm going to walk out the door, and I just had surgery the day before, on a drug they gave me. I'd never taken this before. What if you just left me alone and nobody noticed? What if I'm living alone? What if I don't know? What if a doctor is not really watching closely the needs of the people they're caring for to make sure that they're not having a reaction to something?

M: We assume that if we're taking it we're going to notice it in ourselves.

S: But I didn't.

M: We're more likely not going to.

S: We called Doc and said, "What is this?" Doc did the research and said, "Oh, you need to stop this because this is a very rare side effect." Of course, I'm the weird one. I get like the .0000001 that would ever have that happen. Okay, here I am. That's what I'm talking about. People, get wise about your health, get wise about your...educate yourself. Get a doctor that will listen and do what you need to get you healthy or get you into a better place. And you just don't put yourself in a box just because somebody tells you, "you belong in that box." You don't.

L: You've got to make your own box.

S: No. You make no box. I just got out of it. That's what I'm saying. Get wise. I love my doctor. My doctor listens to me; my doctor takes the moments and has that conversation with me. That's what you need to do. You need to find somebody who truly is gifted in the field of what they do. I'm grateful that my doctor is that person. I shop around with doctors. I don't just accept the first one that comes along. I'm going to make sure, "Hey, are you the one for me?" They don't even know they're being interviewed. "Oh, yeah, you just got interviewed, and dude, you're not it." And I walk out.

I let the universe sometimes, when the universe says "You know, when something is hard, don't do it." I always believe, and what works for me is if something comes easy that's the direction you go, but if you're hitting road block after road block and the shit hitting....stop....clear the emotional space of



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you, do nothing, try again. If it's still hard, then that's not the path. Go a different direction. Make a different decision. Plan for your life, not just let other people do it.

M Yeah. It's the importance of just being intentional.

S: That's how I live. I think that's why "Getting Real with Soulaire" happened. I can look forward, I can look backwards, I can look up, I can look down, I can turn around, I can look in the mirror, yell at myself, get up do whatever. I do that. I'll even let my emotions out and people are just going to have to either walk away, or be there for me to support me, or whatever it is, but in the end I am landing on my feet and you have all seen that. Even if I'm upset about something because I made a really weird decision or something happened...right?... I see something coming that I'm nervous about. At the end, though, it's not pointed at any person. Just deal with it. I'm the kind of person that says, if you're in my life and you're not dealing with our life together in our co-creative universe, well, you're kind of fucked.

M: Have some resistance.

S: Yeah, have a lot of resistance and I have to fight that; and I won't do that anymore. If people are not going to be a participant in a co-creative universe with me, then I'm sorry, I'm not the person to be around or the person for you because you can't sit here and go, "Well, I just didn't like what you said." "I just didn't like what you said." So, now what do we sit here in a stalemate? What? I'm not going to walk away, I'm just going to say we just don't agree. But other people have been known to known to walk away because it's uncomfortable.

Getting uncomfortable is not a bad thing. Getting uncomfortable makes you look at it. Shoot. Great. If you're going to do this and you're going to rise up to meet your higher power or higher God or higher self, well, man, you've got some work ahead of you because if you're constantly in the human way, you're going to see the true quality of your enlightened state. It's not about being not mad, or not having emotion, or whatever. When I see people walking around and they're going "Bless you my child. Bless you. Bless you," and they don't react, OK, be scared of those people because that freaks me out. That's not real.

L: Robotic.

S: Bless you, bless you, bless you my child. What the fuck. Run. It's not real. Look at how many people swear to the clergy and there's a lot of bad shit that went down because of that. Well, OK, let's think about that. You can never have sex, you can never get married, you never can be a part of anything. You're supposed to be married to God, but God's kind of absent. Kind of a problem. It's like being in a house with somebody and there's nothing reciprocating back. You know how long that marriage would last? Not very long.

I always heard this joke. There were these monks in training, and they were back translating the sacred scrolls and writing down all this stuff. They went over it again to make sure and all of a sudden, the head monk comes and sees one of the younger monks sitting there crying and he says, "My son, what is wrong?" He looks up with tears in his eyes and goes, "It's celebrate, not celibate."

M: Kind of a big mistake.

L: That might hurt just a little.

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S: Can you imagine somebody translating that wrong?

L: An entire generation of.....

S: No, forever. Like, we're still doing it. We don't know what those sacred scrolls said anyway. Hell, they keep hiding shit from us. Maybe there really isn't any. Oh, there's a conspiracy theory. I'm sitting here and saying, "OK, can I see the Constitution of the United States? Absolutely. It is on display. Go read it.

M: So, there are no scrolls?

S: Sacred scrolls, they don't show you shit. They're too fragile. Yeah, like the Constitution isn't fragile, dude? Really? "Well, here's the reality of it. We really don't have scrolls, but we want to keep the flock and we want to keep everybody towing the line. Don't tell anybody."

Seriously, I don't know what that is out there, but I have a hard time buying it, especially when I see all these religions kind of rewriting to fit their particular needs.

L: Again, where are the facts, where is the...

S: Some guy said he found some message from God in a field in Utah.

L: Hey, I had a dream that Jesus came as a cloud...

S: And rained all over you.

L: So, I don't know if that means I can do something...

S: Oh, God, back to earth Lorawai. Back to earth. No, I mean...then there's another guy that said he had dug up some shit and found it and now you've got all these religions popping up and some illiterate guy goes out into the frickin desert and some angel talks to him and he comes back and he's written books about it? Or you've got people translating stuff from way back when and all of a sudden now this is the Word of God? OK, I have a hard time about the burning bush. I really have a hard time with that. Like you've got a guy who climbs up this mountain and pppkkkkk, ppppkkkkkk, the finger of God is cutting these ten commandments. Now he's got to carry these gigantic stone tablets down a mountain. Right? He gets to the bottom and they're fornicating and building idols and they're sinning and it's horrible and he gets mad and throws the tablets and gets pissed at the people, and God says, "For that you are banned from going to the Holy Land, the Promised Land, and you must wander for like forty years or something like that. What?

M: He got punished?

S: Yes, for throwing the tablets on the golden calf or I don't know what the hell it was. It's like we're sitting here, and people are like, "That's the old Testament." OK, now you've got a guy who is a tectonic which means a tool maker, not a carpenter, he's a tool maker. That's what they are in the middle east. They make tools, stones, grinding.... You know, they don't have a whole lot of wood, it's kind of deserty, kind of a lot of rock hanging around. You've got to remember, Jesus was not a white guy. Jesus was from the middle east. Now, if some white guy popped in somewhere along the way, blue eyes, and everything...Wow. But I'm kind of thinking he's from the middle east and so he's probably got brown skin, brown beard, probably didn't shave. You know, they just didn't back then in those days.

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And you've got a guy running, supposedly the son of God, declaring all kinds of stuff, and then we kill him 'cause we don't like what he's saying. And he got punished 'cause he got angry because they were selling wares in the sacred space of a church, the temple, synagogue.

L: Every time I think I have a grasp on the story...

S: And here you sit going, "Jesus came to save my life." You know what? If I was Jesus, I would be pretty pissed because...you mean God comes down and says, "You are my son and you will die for all these sinners?" Fuck you, Dad. Really? OK and then I walk around knowing that I'm going to die for all these people who fucking hate me anyway?

L: So, they're really just begging for Jesus to forgive himself?

S: I don't know what they're begging for, it's just weird. And here we sit and spirituality is woo-woo. Give me a fucking break.

L: I know one guy can't carry ten giant stones down a mountain.

S: Not ten. Two tablets. You know, I don't know how many it was, but you know...burning bush? What LSD trip do you think he was fucking on up on that mountain? Or he was so fucking high at the top of the mountain, the lack of oxygen made his brain whacked. What did he sit there and chisel out these ten commandments out of that stone cutting thing and carry them down and pppkkkkbbb. And then you think this guy walks along and parts the Red Sea and they kill more people. Wow. OK, I've got a story to tell you – you're easy. I challenge everything. You know why I challenge it? Because it makes no sense. Supposedly, some guy several hundred years after Jesus' death, he wrote the Bible.

L: Perfect memory.

S: The New Testament. And of course, it's interesting because Jesus, going to a stable and put into a manger and some kings and shepherds and animals showed up because there was no place in the inn for a pregnant woman. And of course, they're going to put him in the stable and they have nothing for him to cover him, but they're going to... Then all of a sudden, a star appears above him and leads all these people to a baby in a manger. And Santa Claus was born. I am really confused. And where the fuck did the bunny come from?

OK, Easter, we celebrate the death and resurrection of somebody. Right? Jesus guy. And we got a little bunny shitting out eggs. OK, my mind is really whacked on that. Very confused and when I was a little kid, I questioned it.

M: And isn't the day he was killed called Good Friday?

S: Good Friday. We killed Jesus. See, why would you want to be the savior for that?

M: Why would he want to come back?

S: Pfpfpfpf. Well, they've already got the chosen one you know. That's what they call him. You guys, really? OK we're celebrating a man's death. It's like ooooo and you've got little bunnies who are going to give you candy because we killed a guy.

L: And if you're good you're going to find a basket full of candy.

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S: I'm sorry, if you're a kid that comes from poverty, that's not real. They never see a basket, they never find...they might find an egg, but it's probably made for breakfast...if they get the egg. Really. Why does Santa only come to the rich and famous? How many young people, children are lied to? Better be good, Santa's coming to town.

L: Watching.

S: I know, I'm busting all your bubbles, but you know, you've got to face all the facts. An Easter Bunny shitting out eggs? I've never seen it. That has got to be a phenomenon never known not anybody. Who came up with it?

L: And is it hatching chickens or more bunnies?

S: Usually...I don't know 'cause it makes no sense. I'm sitting here and you know what I figured out? It must have been Jesus who got pissed off in 2020 because there was a record breaking Easter tornado break out this year. It didn't sound like he was too happy about it. Really? We got derechos happening in the Midwest, you've got.... What the hell people? Oh, my God. What a fluster cluck. Really! I was sitting here trying to figure out what makes sense of any of this. Nothing. Nothing. And you people get mad at me because you think my spiritual practice is fluffy. Well, at least it works when you do it. And I'm only accountable for me and if my life sucks it's because I am the one making it suck. Do I have co-creative energy? OK, yes, but that's my stupid part hanging around somebody who just doesn't get it.

M: It's all your accountability.

S: Hey, I own that. If I'm around somebody who is just not getting the co-creation thing...that we create what we're doing together, our reality together...once you both own it it's like we're having a party. This is the best thing ever. But you've got one sleeping person, another one going, "Wake the Fuck UP" and they're smacking them and they're like, "I don't know what you're talking about. I didn't say Fuck You." "Yes, you did, I heard you." "Well, .....anyway." You know, "No, I'm sorry. No." OK, denial is not a river in Egypt.

L: Denial is in your mind.

S: Seriously. Denial is not a river. Denial is your unwillingness to take accountability for what you do. You want me to bring this up? I'm not doing it Lorawai. I'm not going to give you a positive. You know why?

L: We've got to be real.

S: Correct. That's....I'm going to get real. People.... You don't want to hear all these things I talk about and all this religious shit, but you want to believe some asshole who lives in the fucking White House who tells you it's a conspiracy against him. We might need to listen to that. You know why? Cause nobody really wants him in there. Well, at least the smart ones. Think about it. If you have any intelligence at all, we need to remember that all history repeats itself because there are people out there feeding it, every word of it. So, whether you like what you hear me say, I don't give a shit. Don't listen. Hang up. Go be wherever. But you know what? Spiritual practice means taking accountability, being a good person, working hard, having faith that the goodness in people, the gratitude, the

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kindness, the compassion, patience, connecting to each other, not online but together heart to heart. It's as simple as looking at the facts that I have to take accountability for my whole life and my contribution to other people because I'm co-creating in a co-creative universe with other people. I need to be accountable for my part in it. Just like they do. If I want to blame them for it being so fucked up, well, I'm going to keep trying to talk to you until you get there. I'm going to force the hand because I'm not going to sit there. I'm going to make you talk because that's what you do. You get it out. You let it go. We have to have faith in each other as a world, as people, not some assholes that think they have the deciding factor for all of society. That's crazy.

L: When did we give them the power?

S: We've never given it that much power. You've got one guy feeding the lie. This will be a story in the record books. You know what's really tragic of all of this? Look at how long it took Germany to be free. A very long time. I'm here to say that I'm not going to be a part of that. I want to create my life and world caring for the people that need caring for, being there and supporting the people that need support, guiding and giving people the things that can help them, and in return see the whole of my relationships as good. I want history to repeat as a spiritual practice, learning to be unconditionally loving, but not a doormat, or gullible, or sticking my head in the sand because I don't want to hear the truth. Instead, I'm going to step through that door, I'm going to see the truth of it, and I'm going to say what it is I have to say. You know what?

I don't celebrate Christmas. I celebrate Unconditional Love Day, December 21. If you really know the history of that, that's all the Mayan calendar stuff, and it's all this really cool shit that happens and some planetary alignment that's going to happen...whatever. I'm telling you that Unconditional Love for me, has transformed my life, it's given me purpose, it tells me that I'm more than some religious deity, that I have a life to live in greatness, goodness, and kindness. Once you recognize that, you won't look back at religion the same way every again. I'm not afraid of it. I'm not afraid. I'm not afraid. I don't believe in hell. I'm living in one. And I, for some reason, created that shit. What the hell? See, what the hell? I don't want to be in hell anymore, I'm done with this shit. I'm moving on to a higher, greater awareness. Be fearless people. Don't hide. Speak your truth. Be honest. Look at the facts. If you do the math you might be shocked cause all I can tell you is that if you truly believe the stories that you think you heard as a child, someday I hope you wake up, some day I hope you realize.

In 2017 I had a near death experience because I literally was on my death bed and the people in my life know what I'm talking about. When I came to the moment where I was between life and death, I came out into a hallway. I was in stuff I had never seen like this gown or whatever. I don't remember any of that. I stood in the hallway and I saw this beautiful, radiant light shaped like a being. It was not male or female, I didn't get the feeling that it was there to judge me, and all I heard was "choose."

I thought about it and I had to go, "Choose what?" I didn't even know what I had to choose because I didn't know that I was on my deathbed. I didn't know that I was dying. I had no clue. You know what I mean? I'm like in that whatever. The being of light said, "Choose." I said, "I don't know what to choose." He says, "You have to choose." I said, "What if I choose wrong." They go, "There is no wrong." I was standing there, and I came to a T in the hallway. The being was standing there in front of me and pointed the hands out in both directions. I looked right; it was grey. I looked left; it was grey.

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I'm like great, that's not easy. There is nothing giving me any hints as to which direction I'm going to go, but what I did hear was the sound of...it almost sounded like music...but instead it was somebody calling my name and I turned left and woke up. As I laid there and opened my eyes, my partner is looking at me and they looked scared because I was alone in my room and she didn't know I was out of surgery. She had no clue. They had already taken me up, there was all kinds of confusion. I looked at her, she squeezed my left foot, which is why I turned left, I think. It felt like a heart song, like music coming from that direction. It was what drove me to go left. I remember when I woke up, I woke up to a whole lot of pain and a lot of awareness or whatever. You know what I remembered? I was grateful for my life. Gratitude is everything. Grateful for your life and the people in it because I'm grateful that you're all in my life, that you're a part of my journey and that those people I've met and the people I will probably meet someday, when our paths cross, I hold with great joy a moment where we choose.

I chose life that day and I choose life every day. I choose life, that's what I do. It's really important to remember that all the shit in the world and all the crap in the world, we have to wake up, look up, and choose life.

I want to thank everybody for joining me here tonight. I know I kind of rambled a little bit but you're kind of getting two podcasts, the bitching one and a little bit of bitching in the end. But if you can look past the things that you're seeing and recognize what this is, let's not repeat the past, let's create a beautiful now so that our future shines.

I want to thank everybody, thank Mar and Lorawai for joining me and being a part of this. I'm very grateful for all of you for listening and I hope that you realize that getting real sometimes is hard, but it's a whole lot better than sticking your head in the sand. Bye, bye.