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S: Hi everybody. Welcome to another podcast. You know, I am joined here with my loyal couple of buddies...

L: Buddy, I'm a buddy Lorawai.

M: Buddy Soulmar.

S: OK, that really sounds bad. OK, I'm not here alone, I've got

M: Soulmar.

L: Buddy....Lorawai

S: We were like....oh, and my dog, Silver, who wants to be on my lap.

L: He's the number one buddy.

S: He's the number one buddy. OK, come on up. Uh, oh, shit. It's got to be a small world after all, Silver.

M: It's like he knows instantly when you have an audience of some kind. "Oh, here I am."

S: "Here I am." Don't stick your tongue down my throat. Ick. I don't do dog tongue. Don't forget it. Yeah, so I'm joined with my dog, Silver, "ruff, ruff". I don't know, he's not going to bark. But people out there in podland, he is in Switzerland with me. Right here. See. Switzerland. We're in Switzerland. Yeah.

L: Wouldn't it be cool if we were actually in Switzerland?

S: OK, yeah, he's going. OK. He wants his own chair. You can't have your own mike though, OK? You're going to have to just wing it here. Alright. So, we now have Maybelline who is now jealous and joining us also. Right here. Maybelline. She's coming up on this side. Come here. No, on this side. Come here, come on. Up. There you go. God, two dogs. Two kids.

L: Now, I would listen to that podcast.

S: Well, you will be listening to that podcast because it is a part of the podcast. Right, kids? Right. If you ever want to follow my dogs and you want to see what they look like, you can follow Mabe and Rado on Instagram. Yes, they have their own Instagram page and people keep asking me to be their little model, partnership modeling, but then it costs me money and I say, "Fuck you. You want my dogs and I'm going to pay you to wear your stuff? Fuck, no."

M: It seems like a real weird concept.

S: Yeah, it's a very weird concept. If anything, Silver is charming, and Maybelline is sweet and beautiful and charming. So, kids, yes, it's all about Silverado.

So, we were sitting here and talking about how we just had an anniversary. Thank you. Six years.

L: Happy anniversary.

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S: It feels like it just happened, and I am still kind of in the honeymoon phase of my life. It's kind of a weird concept because when I was married before it didn't feel like that. Even a year after I got married, I was like what the fuck was I thinking? But...

L: That's a good sign on the second time around.

S: Yeah, it's the second time around and it was very out of the box, unconventional, and not something I was planning.

L: Did you go to a fancy hotel?

S: You know, we made one up. So, it's Co-Vid, folks. So, what I did is my crew, my family, knows that it's our anniversary and they converted my office into a restaurant cause, you know, I am part owner in the Bad Rooster, and they cooked the food on the truck and then brought it in and we ate steak and lobster and shrimp. We had a five course meal and we call it the Despot.

M: It means bridge in French.

L: I was trained a long time ago on how to say welcome to the Bridge Restaurant and I'm not even going to try.

S: Anyway, long story short, no cats, no dogs, it was just me and my partner. It was so romantic. We saw all...they had a screen up, they showed pictures of my wedding, even pictures I forgot about, a lot of people that were in my life, but now out of my life, but still in my life because I have pictures of them. It was just fun. Then I got to dance, clear the floor a little bit and danced to a song I wrote called "Willingly." I had a musician, local musician, and he actually put music to it. So, yes, I wrote a song. Actually, I wrote a second one, but I haven't gotten it anywhere near somebody. "Forgotten" is the name of the song.

L: Oh, you wrote it but you forgot it.

S: No, I've got it written down but it's just that the song is "Forgotten" and I keep forgetting about it. So, I probably need to get that not into a state of forgotten, but in a state of remembering that I had forgotten but now I'm.....Anyway. Yeah, it's just another trick of my trade. I'm a writer and I also like to write poetry. I have a lot of poems that I've written. Some of them different, but....

M: Never a dull moment.

S: Never. But I think the thing is I keep my life alive because I actually love change. Believe it or not, I live for change.

L: Well, that's interesting because I feel like most of the time it's the opposite in people and people say, "I don't like change."

S: Well, I think they want to change but the biggest issue is do you know how to change? It takes a skill set, people. We have very familiar patterns that we loop in all the time. Once we do something that is familiar, like maybe instead of finding out why you're a yes man, Mar, it might be better that you ask why you want to say yes all the time instead of going "Why do I do that? Why do I just say yes?"

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instead of going “why am I feeling that I need to just tell them yes?” I take greater respect in people when they come to me and go “why do I do that?” That’s a good question, lets explore that.

I think that, as a life strategist, people shut down before they are willing to look at it. They zone out, they shut down, they refuse to look at things, they get angry, become a yes man. There’s almost a sense of isolation that happens with some people. They will literally crawl into bed and not get out or shut the door and don’t let anybody in. Really, truly, change is like a snowfall that you weren’t expecting or a rainbow that you never knew could possibly be that beautiful and there it is, or the smile on someone’s face.

L: Yeah, I never really thought about,,,, like normally change is scary like a move, it’s a job change, something really big. But the subtle things....

S: That can teach you how to see that even in subtleties, there can be learning. For me, I went up to Duluth with my partner and we were up there. Did you know you can never take a picture of a full rainbow when it is as big as....Literally, I backed up my car for miles to get this rainbow because it was so bright and so beautiful I literally could not get it to fit into my camera. It wouldn’t do it. I even went and did the little, tried to shrink it to get it to....no, I couldn’t get it to fit. So, then I realized, you know what that was? If I had captured that rainbow, it would have been lost in my photographs, but I will never forget what I saw. So, it’s in my memory as this beautiful rainbow. Literally, you had to look and turn your head all the way from left to right and from right to left to see it. You could not see the whole thing just staring. If you stared straight ahead, you only saw the center of it or the other side of it. It was crazy...and it was so vivid and so bright and so full of color you could see all the spectrums of color in that rainbow. That’s how big it was.

L: Up north? That was up north, by Duluth?

S: Yeah, it was actually in Two Harbors or somewhere right around in that area. It was crazy.

L: I wonder what made it so...

S: Well, we had a heavy rain. “Bummer, it’s raining when we’re on vacation, God dammit.” But you know what? It became the most beautiful, spectacular, unbelievable image that you could ever have seen. We went into the grocery store. It was pouring rain when we went in, we came out and it had stopped raining, spring still, little sprinkling and we were trying to run to the car and trying to get in and not be in the rain, you’re trying to avoid that. Then you turn around and it’s like OMG. We literally stood there, in the rain now, looking at this spectacular, unbelievably the brightest colored rainbow you could ever have seen. The sun was behind us and it was just a full rainbow. Then you saw a second rainbow underneath it, just as vivid. It was so crazy. We’re like, “We’re going to get this.” “No, we’re not.” “Oh shit.”

L: I would say that we see a lot of rainbows but the ones I remember the most are the ones I didn’t try...

M: Try to capture.

L: That we didn’t actually get a picture of.

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S: I think that you don't realize how many times people look for a sign. You know, give me a sign that this is the right moment, or this is the right thing to do and then a rainbow appears. Somebody goes, "Yeah, that's a sign from wherever." I believe that the biggest mistake we make is you're looking for change, but you need to look for a reason to change. That's when it says, "Give me a sign. I need to make changes but give me a sign that I'm making the right decision to change." I wasn't looking for anything. I just was getting out of the rain, but then I saw the beauty in the rain and this beautiful double rainbow that we saw. It was just....there are no words to it.

It was interesting because I do remember, on that very same trip, I had asked for a sign and one of the things that I always believe that animal totems can be very powerful. All of a sudden, I was driving down the road in my brand new Jeep Liberty, driving down the highway, went up to Duluth again. Beautiful up there if you ever get up to Minnesota and see it. I was driving down the road and it's early spring like Aprilish, beginning of May, but April, I think. Believe it or not, a timber wolf climbs out of the ditch and is up on the road. You know how when you're driving, and you see what looks like a gigantic dog. It was so big, it actually towered over the top of my Jeep Liberty and that's not a small vehicle, but fuck, I'm driving by and I'm looking up at it. That's how close I was. It was breathtaking, but he looked mangy, rough, he looked rough. He lost a lot of weight, wintertime. He's starting to lose his fur from too much fur from the winter. Still, he was a beautiful, beautiful timber wolf. He was beautiful.

Minnesota has some incredible animals and stuff like that up north and I was so grateful, but I had asked for a sign. I had been thinking of making some major changes in my life and I really wanted to find a way to leave a relationship that I had really struggled with for year and years and years. The wolf represents family and he was alone, like the lone wolf. Usually wolves will travel in packs, but timber wolves are known to be more isolated and alone except for during a lot of the mating and stuff like that. It was pretty interesting.

M: It's pretty rare to see a timber wolf too, isn't it?

S: Uh huh. Especially during the daytime. I was shocked to see him on the road. Of course I was the only car on the road too, but still it was such an incredibly crazy thing. I thought, wow, I'm up north, I'm trying to figure out my life, I'm trying to figure out how to....

M: Move forward and look at....

S: Yeah. You want to be able to make changes and I was looking for some sign and I used that poor wolf as my sign. But, in reality, you shouldn't have to wait for a sign. I've known for years that I was unhappy but for me to truly be OK with where I was at and be ready to change my life like that, it was scary. I had been with this him for 35 years and I'm making a life decision. I didn't at first take the wolf as my final decision, but I got a phone call on my way back from my sister who had said that he had gotten angry and kind of abused a dog. I was like, "What the hell is this?" I knew in that moment that was my decision to leave and I put him on a bus to Denver to go be with a friend and I changed the locks on the house and moved his stuff out. I just couldn't live like that anymore. I lived in fear all the time. Yet, the bottom here is that I had to get to the bottom. I had already been there for years, but I was too afraid. Who would want a fat girl, who would want me? I didn't think I could support myself. I went through all this psychological bullshit, thinking that he was the breadwinner, when here, in fact, I was the breadwinner.

Really? I get out of a relationship and find out I've got money? What the hell is that? It was so crazy. For years I drove auction cars or trucks, like a big orange truck that's like a MnDot construction truck and I drove that. All of a sudden, I went to go get...I decided I was going to try to get a car loan, like maybe get a car, but I had to have a co-signer so I asked a friend of mine if they'd be willing to co-sign on a Jeep Liberty that I found. I filled all the forms out, filled everything out, and all, of a sudden, they're like, "Well, I've got some good news and some bad news." I'm like, "Oh, shit. OK, give me the bad news first." He said, "Well, I can't give you 0% interest...."

L: Did your heart just sink?

S: I thought, Oh, God, it's going to be like 9.--% or 7.% or 6.--%. But instead, he looked at me and goes, "I can give you 0.19%." "Wwwhaat?" He said, "Yeah, it's less than 1%, but, yeah." So literally for my entire loan for my brand new Jeep Liberty Limited Edition, I had like \$500 maybe interest for the entire use of the loan. Oh, my God. And he said, "And you don't need a co-signer." "What? Whwhat?" He said, "Yeah, your credit rating is good".

Here I thought for years, because I had been living under this weird thought because, of course, my ex-husband was the dominant person in my life and was literally controlling me in a weird way that I allowed to happen, but I didn't realize I was there until all of a sudden I began to see the writing on the wall. I began to see the truth. And the next thing you know I'm like, "Wait a minute, I'm the breadwinner. I'm the one that's got good credit. I'm the one that can afford this car payment. What the hell is this?"

It ended up being a real mess and yet I got out of it so easily once I made the decision. So, I had to make that decision. I was like I could sit here and be like fight or flight or I could be in that zoned out, shut down, unwilling to look at my life, that I was allowing this to happen to me. A lot of women, especially in abusive relationships don't think they can leave.

You can leave. Just do it smartly and safely. How do you do that? You need to have an ally, you need to have a place to go, you need to make sure that your kids are safe, you're safe, and when you get out, you've got to make sure that you do it very quickly and very quietly. That's what I had to do. I sent him on a trip. Then I called him up and said, "I want out." He's like, "Wait a minute." He's ready to come back and he's having trouble. I'm like, "When you come back, you're not coming home. I have a place for you all set up. You can go stay with our niece, but you're not coming back here. I'm done with the abuse." He's like crying and upset and then he's angry and then he's upset.

I was done. But my old pattern would have been, in the past, I've left him quite a few times, but I always caved to go back, or I didn't quite leave. I walked out but I'd always walk back in. This time I was like "I can't do this anymore. I'm finding my spiritual journey, I'm finding myself, I'm waking up to my own life. Every time I'd talk about anything spiritual, he'd get angry at me and pissed off. I thought, this is not what I want. I want people that are interested in the spiritual journey and the spiritual practice stuff. It was just weird.

Then, you've heard the story if you've listened to my podcasts, how my family stopped speaking to me. The very people that I trusted turned on me and sided with him. Well, you know what? Fuck you and the horse you road in on because the reality is they're now back in my life, but very much on a

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guarded...my terms...way. I'm going to do it and I'm never going to be a victim again like that. Never. Never. You can't do that to me. Why? Because I'm empowered in change, not diminished in change. That's the biggest mistake people make...is that you're empowered in change, not diminished in change. The only way you're diminished is if you see yourself powerless in it. The difference with changing a pattern is being empowered in changing that pattern. You need to be empowered to move yourself out of a repeated rut that you keep finding that triggers you back into old behavior, old patterns, old responses. You need to find a way to kind of rise up and get out of it and not be afraid. It's fascinating to watch.

M: It almost seems like you had stuff leading up to it that was empowering you like getting a Liberty obviously, like the symbology in that and also it almost seems like you proved to yourself that you could do it.

S: Correct. And what I've learned since then is I don't need proof. I used to need proof, but I don't need proof anymore. The idea of finding...you know how we have this New Year's resolution, right? We get into the New Year's resolution and we're going to diet and we're going to exercise, we're going to walk ten miles, we're going to eat differently, we're going to eat green. We're going to do it, we're going to eat vegetables, we're going to lose weight, together, honey. No.

How many of us have made New Year's resolutions and just fucking choked on it. I choked on the greens. We've all done it. Look at all the people raising their hands in the room and out there. Whatever. The really interesting thing is that you don't realize how stupid that is. You set up a plan to...my New Year's resolution, I'm going to lose 20 pounds or 30 pounds. No, you're not because we haven't changed the pattern of how we function in our life. I had to look at my patterns. My patterns are I eat food to feel better, I ate emotionally, I ate to celebrate, I ate when I felt bad. Food became my best friend, and I didn't trust anybody but food to be there for me. All of a sudden I ate myself right into a 420 pound fucking problem.

Then, you finally realize that...I can't do it alone... There are things that we do that we have to do by ourselves. One, you've got to make the decision. Right? Two, there comes a point in a person's life where when I'm looking at my like, and I'm looking at my life, and I can't seem to get out of a pattern that I repeat. I've got to ask myself why I don't want to change, why I will only do it for so long and then I go back to the old ways.

In reality, even now, I had bypass surgery, but I was going down that same fucking road all over again and getting fat. While I had all this opportunity to lose all this weight, I was gaining it back in droves and I was pushing almost 300, like 250, almost 260 at one point just recently, not this summer, but the summer before, because I went back to that old pattern of eating things that are not good. I went to emotional eating. I went into my best friend being food.

L: So, what was different then than let's say now. Why was the change? What process did you switch?

S: I learned two things. I always believed that I had to finish what I got or I believed people would say, "Well, you haven't eaten enough." Well, one, if you think of an egg, fill an egg up.

M: That's not a lot.

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S: But, when you force that little pouch to go bigger than that, you're actually forcing weight gain.

M: Yeah, you're undoing the process.

S: Correct. So, if I only eat so far, it's because I've reached a max for that moment. I have to be very mindful. What I would do is, I would start drinking water after I ate and that would flush it out of my system and then I'd just go right back to eating again. So, until 30 minutes after my meal I do not drink, sip, I don't do anything. I stay away from water till I reach that 30 minute mark because then I'm not going to go and find something else to eat right away. I remember I had something stuck in my throat and I had to drink a little bit of water and I threw up everything I ate because the water pushed me over the top. So, you can't do that when you have that. But, if I kept doing it, eventually I would stretch that pouch big enough to where I would be huge again. I didn't want that.

So, I had to learn what were the emotional triggers that would make me eat, make my friend come back. A lot of it was a lot of what people say to me or things I would say to myself. I became my own battle ground. I was fighting myself all the way because I felt worthless, I didn't feel good enough, I literally started to cycle in this helplessness, but you're not helpless. You can help yourself.

L: So, what did you do to...

S: Switch it? I saw a picture of myself, and this was after I had surgery. It was like a light bulb went off and I went "Oh, my God." So, one of the things that I know for myself, if I see things visually. Because I'm a very visual person, I'm an artist, so I do a lot of visually aware things. When I was looking at myself, I realized that I was taking myself down that road again and I didn't want that. I worked very hard to get where I was. So, I started drinking more water throughout the day instead of feeding my hunger the other way.

I learned that sugar is not the thing to start with. You've got to start with the protein so I had to learn what food tricks could keep me from sugar dumping into my system and I'd pass out. I'd get a hypoglycemic reaction and I'd sleep for 20 minutes after every time I ate. Well, I learned that protein for me is my number one. I started to learn what my eating patterns were. This is simple for me because food patterns are very obvious. But when you have other people cooking meals, they don't know your food patterns so you're kind of forced into eating the way regular people eat and I can't do that.

Rule one: Serve on smaller plates. It looks like you've got more, psychologically, and you will fill up on what you have and you're not... so, if I want a plate, I need to have a smaller one and fill that plate to that size so my brain will let me eat that, but I'm not eating four cups of pasta, I'm eating half a cup of pasta instead. And when you think about a bowl of soup, you don't fill a Tupperware container and take it to work with you and go "yeah, that's one serving." No, that's six servings.

L: That's one Tupperware.

S: You know what I'm saying? And your brain goes, "Well, that's just one container." But no, it's not just one container, it may be one container, but it contains a hell of a lot. Measure out what you're supposed to eat. I guarantee you, you will be shocked. One of the simple rules is portions. Remember what our portions are.

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Remember what you are doing. It's like, in the forefront of your mind, you have to tell yourself, "OK, I'm hungry. Well, why am I hungry? Because I'm not eating protein. If I don't get protein, I will go and get a cookie because psychologically, I'm still hungry.

M: You'll probably crave the things you don't want to be eating.

S: Correct. So, instead of baking a cake, I eat a cupcake because you can control that. I'm completing my cake but it's a cupcake, not a cake.

So, one of the things I had to learn was also talk to people about how I'm feeling. Get into an understanding that you need to feel safe so that you can talk about the things that might trigger isolation or trigger the yes person or the good girl or whatever those things are and you have to come back to the realization that...the question has to be...why am I feeling that way? Why do I feel the need to fill with food.? Why do I feel the need for you to see me as good or that I have to be right.

In the end, the thing that we do is we throw away the best tools we could ever get because, they're really easy, but not. You know how I always say do something for 30 days and it becomes a habit? I tried that...it doesn't work for me. I did it for 30 days, I did it for 60 days, I did it for 90 days and just when I stopped, I stopped.

L: You forget about it and...

S: Yeah, then all of a sudden I go, "Wait a minute, wasn't I supposed to be doing this every day." The same thing goes....I was a smoker for years, many, many, many...like '91. The fact is, when you are in that, psychologically, you're going into this like "how do I get out of it? How do I stop myself?" I can tell you, that was one of the hardest... Food, most. Second hardest was quitting smoking because it was part of my everyday, all day long. Then when I did quit I was like, "I'm thinking about it, I'm thinking about it." Even with my drug addiction stuff I was like thinking about it, I was thinking about it." I knew I was in real trouble with my neighbor called and I went over to her house and said, "I have a really bad headache. Do you have any aspirin or Tylenol?" She said, "Yeah, they're in the basket over the sink." They have these like wire baskets or whatever. I picked up this container and I dumped what was in it into my hand and it was speed. That was one of my drugs of choice. I started salivating, like drooling. I was shaking. I don't want to dump them down the drain because they're not mine, I would have if they had been mine. I'm slowly trying to put them back into this container. I closed the lid and I put it down and walked out.

She called me and said, "Did you get the Tylenol?" I said, "No, I couldn't find it." She's like, "Oh, how about if I bring you over some Tylenol?" I said, "Yeah, that would be great." I sat there thinking for maybe an hour about how easily it is to just go there and whatever. Finally, she came over and I said, "I have to ask a favor." She said, "Sure what?" I said, "I picked up a container in your little basket where you have all your medications and stuff. Does one of those containers have speed in it?" She's like, "Oh, you found that one, huh?" I'm like, "Yeah. I know me. Could you please remove that from that location and not tell me where it is?" She looked at me and went, "That bad, huh?" And I said, "Yes." So, she removed it. She got rid of it. She moved it. She didn't tell me where, thank God. I would have searched her house anyway and I never got in there unless she was home, but the point to it was I at least asked for what I needed from her. I didn't tell her she was bad, I didn't tell her she was wrong.

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What I did do was tell her what I needed in order for me not to go in and lose my sobriety. That was very scary, very, very scary. Because I didn't know how she would treat me. I didn't know if she would be mad at me. Or reject me. And if she rejected me, then that's the reality of life and I was not going to lose my sobriety over this, but I could feel the physical reaction and that's what scared me.

L: So, when you left your first relationship, you were just so tired of the fear?

S: Yup. Fear and control.

L: And this one was fear too, so would the basis of it change successful?

S: Well, fear can be one. Fear can be a really big one. Fear is the thing that is usually underlining stuff. Like you might have lost a job, you don't know how to make your money, you might be dealing with eviction or having no place to live. There are a lot of very scary things right now in our world. The thing you have to remember is, there are people out there that can help you. You are not really an island. You're not isolated other than you're isolating yourself. See, I went to people. I told her this is what I need, please honor that. She said, "Absolutely I will honor that."

M: You said you have to have allies.

S: Correct. So, I found an ally in her cause she said it wasn't hers. I don't care who it belonged to. That wasn't the point. The point was that she removed it. It was interesting because I went there probably a couple of days later because she has a little girl that I used to do daycare for. I was in the house there and it wasn't there. So, that's how I knew she had honored me and got rid of it or moved it or whatever. She had said to me, "You don't ever have to fear that because you're my friend. I don't want to be the reason you lose your sobriety." I said, "I'm not judging you for any of this. This is my story and I have to be respectful and honoring of whatever that is." Cause I don't know her story that well. Nobody really knows, behind closed doors, what's really going on. But I knew for me, that was a big no-no and I had two very small children and I was very nervous about being a bad parent and I didn't want to be. I wanted to be sober for my children and I wanted that more than I wanted the drugs.

So, I took accountability and said, "Please do this." You think about it. You know it. And if I ever got into a really fucked up place, I might go there and sneak some and then I'm back to square one and I didn't want to do that.

One of the things I've learned is my best tool is my voice, speaking up for what I need, not sitting and being a repressed or shoved down or feeling like I don't have the right to speak up. A lot of people who have breadwinners don't feel like they really have a relationship. Find your voice in the relationship. Be a partnership, not a dictatorship. I think that was what I had done. I had created this dictatorship and I was the follower or whatever and he was the dictator over me. And I allowed that to be. Then, finally, for years the trigger was I didn't want to be alone. I'm a fat girl. Who'd want me? I've had kids. You know, you go through all the bullshit in your head because you're not pretty enough, you're not sexy enough, you're not gorgeous, you don't have all the really pretty things that men would want in a woman or vice versa.

In reality, I learned that you can't look at a person that way anymore because that person is way more important than just the body they sit in. I have a very dear friend, he was on the dating scene and

he's got a face that's kind of disfigured due to a condition that he has. His face is partially paralyzed, and his mouth is kind of different. He has a little nubby...he calls his nubby. He is a published author, and he is a professor at a college and the most amazing thing about him is that I don't see that. I see him. I see this incredibly talented, funny, friendly, nice guy. He would always get rejected because of the way he looked and then finally he found his honey and she's beautiful and she's funny. They've had their sad stories; they've had their tragedies, but you know what? They found each other and they're making it be beautiful.

I think that people forget that if you can look past somebody and get to know them beyond what you think they should look like, you might discover that there is somebody way better under that surface. That's what I've learned about people. I knew the bottom line was, it started with me and I had to change how I viewed things, how I saw things. Not to become what other people think because truly I was judging people by what I was told was supposed to be the perfect body, the perfect mark, or the perfect look, the perfect whatever. Once I got rid of that and I started thinking for myself, I started doing those things because, for me, that was the right thing to do was to just get to know people without judgement of anything else. It's amazing.

L: Yeah, because the physical, you miss out of an entire friendship, relationship if you base it entirely on those shallow....

S: But people do.

L: I know, it's crazy.

S: I know, and the sad thing is, there are personalities that you could probably strangle. Right? A little more angry than you'd like, a little bit more mmmrrroowww. Like that. Well, you know, the thing is, they've not learned the tools either and so maybe, by example, you can teach people how to be less angry, less upset, more honoring, more forgiving. I think the problem... what people do is we've got these old based patterns that we've been raised our whole life on. This is how we think. This is what's right. This is how it goes. Then, all of a sudden you're sitting here going, "Yup. Yeah you're right. I am a dick. Yeah you're right, I'm a bitch. Yup."

M: It almost seems like the things I probably should question about myself are my thought patterns are probably not the ones I even think twice about. I just react.

S: You question reaction. It's easy to react to a familiar that you always do. So, based on how you're raised, if you're taught that you're seen and not heard, well, you're seen and not heard. Or if somebody always says, "Yeah, I'm always forgotten. Everybody forgets I'm here." Ooohhh, stop saying that because you're creating, by your words, that people will forget you. I'm unforgettable. I know that just because I'm very out there. I tell people to fuck off if I don't like what I'm hearing, and you don't have to listen to me. The point to it is that there are so many triggers that we could change just by simply not reacting. Like, OK, somebody says something to me. Uuurr. OK, why am I upset, what's going on? Do an inventory check, look at why I'm feeling this way, but see that means taking accountability.

See, I'm not responsible, I'm accountable. I'm accountable for this one sitting right here that's sitting in my skin, in my seat. That's what I'm accountable to. If I'm going to change anything, I've got to

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get out of responsibility and get into accountability because I'm not responsible for how you react to things, I'm accountable for my own reaction and my own things cause I don't know what triggers you, I don't know your sad story, I don't even know our happy story. I don't know your story and so why would I be responsible for that?

L: It doesn't really make sense.

S: No. And if you think about it, I'm the kind of person that I watch people and I'm very observant of patterns and responses. I watch the trigger mechanisms and I watch the familiar patterns that people go, "Wait a minute, you don't know me." Oh, you might be very surprised at how much I do know you because there are things. If you can observe people, you need to get around the person or people that irritate you the most. Truly.

L: And what happens?

S: Because you will realize that it's you.

M: There's something about them that triggers.

S: Correct. There's something about you that's triggering that to happen to you gain and again and again.

M: I feel like that can be one of the hardest things to actually come to grips with cause it's always so easy to think it's that other person is fucking crazy.

L: They make me feel this way. What's interesting is you can get into universal agreement.

M: You're probably going to surround yourself with people that...

S: Correct. So, you're all going to hate the same person, or see the shit you don't want to like.

L: Instead of looking at them individually...

S: Individually at yourself and why it's bugging you.

L: That would probably create some change.

S: Oh sure, you might discover that they're not as bad as you thought you were because you're not taking the reins. The only way somebody can get to you is if you're allowing them to get to you. I can tell you my partner, if you're in her face, she's going to go, "Stop, right now." And everybody goes, "pppp, bbbbbb, bababa". You know you want to say something, but she will go, "shh, shh, shh." And as soon as she does that, you go, "why do I have to be quiet?" Because you're trying to rationalize your patterns and your triggers that are not good for you.

M: It's not like I'm not trying to rationalize it to myself, I'm trying to tell you...trying to get you on page that I'm right.

S: Because you've got to surround yourself with like minded people.

M: But if I stopped and said, "Why am I doing this?"

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S: Correct. So, remember today when you were being a yes man?

M: Yes.

S: Did you ever look at it?

M: I thought about it. I thought about looking at it.

S: You thought about it.

M: The thing I was thinking about was I think that if I feel like I'm in trouble or somebody's upset with me, I want to agree with them and just get it over with as fast as possible.

S: How old are you? 9...8?

M: A little bit older than that.

S: But that is an 8 year old or 9 year old response. So, what that tells me is you have trauma at about that age that's pretty serious.

M: I would agree with that.

S: Because you're not going to fight the establishment. You're not going to fight the adults. You're going to stay as quiet as 'yes sir, yes ma'am'...

M: Stay as hidden as possible.

S: Correct. In reality, that's what that tells me. I see it all the time in people. So, what you've got to do is heal the trigger mechanism of.... OK you know what I always say to you MarMar, and I always tell you this...there is nothing wrong with being wrong. It's probably the best owning... if you own the mistake or own that "OK, I made a mistake, now what do I do?" If you can feel safe with that person, or find a person that you can feel safe with to talk about it you're going to find yourself not feeling guilty anymore.

M: So, it's asking...

S: Yeah, it's kind of like this. So, you were doing 'yes man' today and one of the things that happens to people, they want to be invisible, they want to be hidden, but you can't. I'm mean, you're a larger than life individual and people see you. You do have an autoimmune which kind of makes you stand out because you've had hair loss. But see, I know what that feels like. I know what that feels like because I've been there. You've seen it. So, the reality is that you're not that 8 or 9 year old that has to be perfect. It's kind of like thinking that, you know what? We're going to expunge your life. How does that sound?

M: It sounds good.

S: Expunging means that they erase it, they remove it.

M: Strike it from the record.

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S: They strike it from the record. Think about all of us having our lives, the things that we're really upset and don't like, expunged. Stricken from the record, so it's no longer a part of our record. The only way it goes back is if you commit the crime again. So, the crime would be the good girl, the yes man, the isolator.

M: it's like you really can have a clean slate if you're just willing to let it go and commit to a new...

S: Correct. But when we do our, what we call is our New Year's resolution, we set this standard so big that we're going to fail, we're going to fuckin fail. Really? We're going to fuckin fail. So, instead I would sit down and I would eat the food that people told me I wasn't eating enough, and I started gaining weight. Why? Because I wasn't listening to my body say, "You're full."

M: You were doing it for the wrong reasons.

S: Correct. So, what I have to do is say, "Please support me in this decision because I have been through hell with surgery, and I'm not going to go back to that." I have a younger sister who had the same surgery that I did and has gained her weight back and so she's really dealing with a lot of really tough things in her life. I look at her and my heart is 'I want to be the example, not the trigger'. So, when I hear people saying, "Well, you haven't eaten enough" I'm going to go psst, shh."

M: Like, worst case, I can always eat again.

S: Correct. But don't tell me I haven't eaten enough because my brain goes, I haven't eaten enough so I'm going to go eat the house. Instead of honoring the fact that OK, I've reached my full. OK, we're going to honor that and let it go. My partner is now starting to see that. I don't hear her saying to me, "You haven't eaten enough." Well, if I haven't, give me moments. We'll visit this another way. Because why? Because small, constant meals is way more rewarding for a person who has a very small stomach, not gorging on three meals or two meals a day. Do you see how you can find answers to just about anything?

Now think of it in a relationship. So, let's say you've been in a relationship and you haven't really established the rules, so to speak, the boundaries. You want to set boundaries to relationships. Everybody does. What's the first thing we do? "I love you and will you be with me forever and uuuhhh." And the first thing we do is we change because we don't want to lose that person who somehow has found a way to love us.

L: So, the boundary is no boundary?

S: No. That's not a boundary. That's caving. It's caving. If you love somebody, you are not going to change. You're going to be who you are and you're going to be accepted... as long as you're not some serial killer rapist crazy sucking psycho bitch. There are a lot of reasons that kind of don't go into relationships because they're violently awful and you don't want to be there. But you have to look at the fact that what is that person triggering that makes them angry and almost violent?

Most people don't know this but my partner, when she was younger, went through fuckin hell. And she gets mad at herself for being angry. I said to her one day, "You know, you're not as angry as you think you are. I've seen way angrier people." The things that trigger her anger is when she sees

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injustice, or when she thinks somebody is hurting somebody inappropriately, or behaviors that are not considered to be nice. That's when I see her angry and for good reason.

L: It's not like it's irrational or...

S: Correct, or she's blowing up just because she's blowing up. I think I do that more than she does, but the point to it is that isn't interesting how we see ourselves as bad. We're bad people.

M: Which is such a weird concept.

S: But it's true because if you think about it, the first thing you do is go, "I'm an asshole and I'm going to own it. What are you going to fucking do about it?" I mean, OK, we have a president that's like that. "I'm a fucking asshole. What are you going to do about it?"

M: Is that really owning anything?

S: Well, we go into there's nothing we can do, we've got to live with the shit. And now, all of a sudden we're sitting here in uncharted territory and we're scared shitless. Why? Where is the empowering moment that says "this is fucking crazy." I had a person that had come up to me and they're like, "Well, you know, it's all lies and there's no Co-Vid and I think it's government issued and blah, blah, blah." I said, "Really? And what government did that?" "It was the Democrats." I started laughing and I go, "Really?" He said, "Yeah, the Democrats did it." I said, "Funny, because there's a Republican in our presidential office for four years. If he's so almighty powerful and the great and wonderful God Oz, why didn't he wave his magic wand and make it all go away? And yet, you've got all these people dying." "Oh, I don't think there's that many people dying." I said, "Really? My three year old grandson got Co-Vid and is dealing with hearing stuff. At three. You have no idea what you are talking about. Because it's not in your little personal bubble of reality, it doesn't not mean that it does not exist. When you lose somebody who dies from this disease, you might be talking another story. Or when you get it because you right now are refusing to wear a mask." I said, "You know what? I hold that you don't get it because it's horrific. And what I hope for you is that you realize that you can't just watch and listen to one person's view because when that happens you no longer think for yourself. You think you do, but you're not thinking at all." "Oh, you're one of those people." I said, "Yeah, and I'm one of those people that feeds your ass."

M: Yeah, otherwise you're just regurgitating somebody else's beliefs.

S: Yeah. I do it all the time. And he's like, "Oh, what are you going to do? Not feed me?" I said, "Hey, think of this as Switzerland and you're lucky because I will feed you because your money I will spend. The truth of it is I will not let you take away anything by what you say. And you can do the same thing." He stares at me and goes, "Well, hopefully we'll get really nice weather or the next couple of weeks." He completely changed what he was talking to me about and now they come to the truck all the time and you see him all the time. They don't talk about it, but they do wear my 2020 Fluster Cluck shirt. I love that.

We have these shirts that are Bad Rooster Food Truck and it says 2020, What a Fluster Cluck. On the back it lists literally every possible thing that you could think of up until the election. Back from

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Co-Vid to quarantine, to toilet paper shortage, to food shortage, to breakouts, to record breaking hurricanes, to the fires, to.... Literally every month there was like four or five things in every month.

L: Yeah, it's quite a list.

S: Yeah, and it goes all the way down my back. Some guy sat there reading it and he laughed his ass off. He says, "I gotta have one of those shirts." And that guy wears my shirt. So does my wife. Fascinating. But he never talks to me about it. And that's fine. I'm not there to change his mind. But I think what's interesting is that the food was more important than being right. He was going to get on his soapbox.

M: I do. He's definitely not shy about showing his opinion.

S: No, he isn't, but he sure is quiet around me. But he smiles a lot and he talks to me about other things. He's friendly to me, but food is powerful. And that's what I was a victim of was food and I changed that trigger.

L: How do I know if I'm ...if you're someone who's regurgitating someone else's beliefs, how do you know if that's.... lets say I'm in my life, how would you know if you're regurgitating someone else's belief or is that thinking for yourself and coming to your own conclusions?

S: Get all the facts. Get out of your comfort zone. So, I followed Fox News. I watched CNN, I watched Kare11, I watch all these news channels. In reality, I don't sit here and shut out one just because the other one says they're right, cause they're not. Its fact finding. Its information finding. What I know is that for me, I have to learn that I'm sorry, I'm not conservative. I'm literally not, I've very liberal. And why? Well, let see, I'm married to a woman, two: I believe in science that black lives matter, I believe in equality for all people, I believe in the sanctity of marriage but not just one side, all of it. It shouldn't matter if you're heterosexual, lesbian, gay, transgender. It shouldn't matter about any of it. Why? Because it's not your life you've got to live.

M: It seems like true freedom should be about you living your best life, whatever that is, as long as you're not hurting other people, like physically or whatever.

S: I remember that guy, that comedian that says gay bandidos broke up...he talks about how a bunch of gay bandidos came rushing into a cul-de-sac and broke into their dinnertime and did each other on the table and another American family was destroyed. I laughed so fucking hard when I heard that because he was making a joke to say that it's not on your table, it's not in your life. But you might have a son, a daughter, a sister, a brother, anybody could be in that situation and because you refuse to love that person unconditionally, you are now basing your right as God in your life, and you think that you have the right to be the God of everybody else. Just like the guy who thinks he's God in the presidency.

Here's the reality, you don't pardon mercenaries. You don't pardon people who have broken laws that have hurt people. You don't pardon white supremacist people. You don't let somebody out that is guilty of that crime. You only pardon those people that have been found innocent or that there is shadow of doubt. Your hand as the president of the United States does not make you God. It does not. See, he's an employee and he works for the American people and the American people have spoken.

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And whether we like the truth or not, or that we...change is coming people and he is throwing temper tantrums left and right because he doesn't like change. He actually thinks he is the change. In reality, he's the nightmare that we've allowed to take control. It's time to take control again and not allow somebody else to come between your family because you think differently or believe differently. It's not his right to tell you to hurt your own family members. That's communism. That's what that is.

L: It's like a really extreme version of what we were talking about earlier where you instantly judge someone and condemn them without even getting to know them.

S: Yeah, well, we've gotten to know him quite well and I'm not judging him, I know that he's a predator. For me to see that tells me there are a lot of people that don't see that. What that means is that by him judging other people, I think is what you were trying to say...

L: Like let's say I'm gay and I come out to my family and all of a sudden, I'm out on the streets, I'd have nowhere to live because I'm bad. That's messed up.

S: Well, that's not Jesus' way either. I don't care what any Christian out there in the United States or around the world, you are not Christian when you follow a man greater than the God you believe in who believed in unconditional love, who believed in forgiveness, who believed that you are not judged, that they will face whatever they will face at the end of their life. That's not our job as human beings. Our job is to love our families no matter what and and be grateful that we have people to love. That's bullshit and anybody who wants to argue that point, I will go up against you any day of the week because you are not Christian if you are following that man in the White House that's currently Donald Trump. You are communist. Face the facts. Face it.

And yes, I'm getting a little soap boxy so I'll pull back, but the point is it's terrifying. It's terrifying to think...

L: They're shrouding communism under Christianity or...

S: Well, that's what the Germans did. They blamed the Jews for everything. They're taking away your stuff, you don't have any rights anymore. They didn't do this, this took years for them to build the propaganda he's trying to create.

L: It's taking all the problems in the country and blaming it on a very specific target instead of dealing with the real problem.

S: Correct. Let's deal with Co-Vid. "No, it's not real." Yeah, it is. If you've had it, you know it's real and it is not fun and many people are suffering because of it long after they've recovered from it. I don't really feel that you totally recover that quickly. People that get really sick are dealing with a lot of stuff. Those are vulnerable people and we need to realize that we've gotten complacent and we've allowed the bully to bully us and we've allowed this new familiar crap to be what makes us who we are.

I remember I was sitting there and I was talking to somebody and I was getting kind of vocal and I noticed, Mar, you got really uncomfortable and I just turned around and went, "Don't you do that." Why? Because you need to get uncomfortable, people. You need to get uncomfortable. You need to get out of your nice little shut down little, little comfort zone and get awake and really look at the world the way it really needs to be looked at and that is through truth, not through Trump's version

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of fake news or his version of truth. You need to find the truth and find it soon because science has come up with an antidote or a vaccine, not an antidote but a vaccine, to combat Co-Vid 19 that's not real. Science isn't real, but science is doing something right now to actually save the people out there.

L: Preposterous.

S: God has a plan for me. I'm not taking that shot. You know, if God wants me to live, I will live. You know what? God made doctors, scientists, God's made the planet. Utilize the resources that are here that can help us instead of sitting here and falling into this little reality that says, "My God will save me."

Well, let me tell you a story. It's a joke, but I'll tell you the story. There was a man. It was flooded. He was on his roof. He sat there and a guy came by in a boat and he says, "Get into my boat, I'll take you to safety." He goes, "No, no, no. My God will save me." The man goes, "OK, but you can just ride with me." "No, no, no, my God will save me." The boat rides away. All of a sudden, a helicopter came. Right. The helicopter, "Come on, we'll save you." He said, "No, no, no. My God will save me." And all of a sudden he finds himself dead because his house flooded and he was now facing God. He said, "God, why didn't you save me?" He said, "I sent you a boat and a helicopter, you just didn't get in. What was I supposed to do?"

L: At that point clearly you wanted to...

S: Clearly, he wasn't getting the message. Science is real. Doctors are real. And people need to fucking wake up.

L: Yeah, there's another story told once. I don't know exactly how it goes but somebody was asking once why there is sickness in the world and why that was created and why God didn't come to help. But then the answer was what if doctors were created ...

S: For that. That was not a joke, that was somebody came to me, because you know, I'm a minister in part of my life, and interestingly enough I had this person come up to me and say "Well, why is there sickness in the world then? Why didn't God fix it, get rid of it? Why are people suffering?" Doctors were created to help that, and he created doctors and created the science behind it. He was like, "Oh. Yeah. "

L: Were they a doctor?

S: The person? No. This person was a lawyer. OK, so why would God create sickness and illness. I said to him well, maybe you were created to help those that are suffering by helping them with food and health care or whatever. He was a lawyer and he then became like a humanitarian person who traveled all over to third world countries and stuff. He didn't believe in God. He goes "If God is so great and all this, why is he allowing these people to starve and suffer and go through all of this." I said, "Hm, did you ever think that maybe God created you to help somebody like that? Maybe you're here to teach them how to fish instead of feeding them a fish. Maybe you're here to show them what it is to thrive instead of just survive." I can tell you that changed that guys view completely. Because it was put on him. I said, "Do you not go around and help these people?" He goes, "I do." I said, "Maybe they see

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you as the God they've been waiting for...someone to help them. So, maybe, you may not believe in God, but maybe you have become a savior for somebody."

L: He's become the boat and the helicopter.

S: Correct. Correct. It was kind of interesting because when you get around people that are real analytical, they don't want to get into the woo-woo stuff. They don't want to get all fluffy, give me a sign kind of thing. They don't want to do that. I said, "You're the sign, dude." You know how they get. They go, "What?" I said, "You're the sign."

M: Not the answer he was expecting.

S: No. That's part of why....You know I have a friend who has had some mental health issues and it's been really hard for him. It's really hard to watch somebody who is struggling so bad because they're on the wrong medication, things aren't going well, money's an issue, things are going down. All of a sudden, you reach out a hand and they're like, "OK, I'm ready to take it." You know, you finally go, "Alright, here it is." But you know I'm not expecting the hand to be taken, I just still offer it even if it's been turned down before, you keep offering it. Eventually it becomes "this is OK." Because why? Because I'm here to make a difference. I'm here to help people. I'm here to guide people. I'm here to help food shelves.

We do a lot of drop offs for food shelves and clothing drives and different things that people might need in this time. Well, I'm not going to sit around and let people suffer, I'm going to do what it takes to get people on their feet. Why? Because the universe sees that I become the change that needs to happen. I become change. That's what it's about.

L: You just answered one of the first question I wrote down, how does me changing my life affect the whole? And you're just like....

M: You become the change.

S: You have to act upon it. You can't just say you're gonna and not. You have to say you're gonna and do because people need trust. People desire hope. People want to change. I have to be the example in my life in order to help others see that it is doable, plausible, and they're capable of doing it. It's not about the woo-woo, it's not about the fluffy, it's about taking tools that I've learned and work them to the best of my ability all the time.

Now, not all tools work the same for every situation, so you've got to figure it out. Your toolbox has got to be pretty hardy and pretty big like my friend who I'm currently helping who has definitely got a frickin garage size toolbox that we should be able to figure out how we're going to help that. But you have to be able to look through those tools and figure out what you've got, what you need, where you're going, and kind of look at it as these are the tools I need, these are the tools I don't need. I can sell them on Marketplace or get rid of them because I don't need them. Money... Cause why? Because money's hard.

You know what? You won't know you're changing. Most people do not know, it's just the people around them that notice the difference.

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M: It's like you don't know when it's happening, but if you look back it's pretty obvious.

S: Yeah. You've just got to keep moving forward. You've got to keep... You know what I always say? "Set yourself up for success and if you fall down just get right back up and keep going because you're going to have fall downs and you're going to have to get up and you're going to fumble the ball and get back up. You know what? You haven't lost the game yet. Right? If you haven't lost the game, you still have a chance to win. Thank God it's your game, not mine, cause I'm responsible for my game. Not a hard thing to do, it's just taking the moments.

You know what? If a project or something seems so overwhelming, allow people who have experience with whatever it is to help you. Ta Da.

L: Like a podcast setup or...

S: Yeah, like a podcast setup or food or you now... world dilemmas. I don't know if I could solve them, but I could sure have an opinion about them. I don't know

Silver left. He said, "Screw this I'm outa here." Maybelline's like, "I'm here."

I think it's just remembering that we do our best work when we're doing it with others that can help support us in decisions and help us make right decisions. Have you ever been in a house that's so overwhelmingly got too much shit in it? OK, bravery means throwing shit away.

M: Letting go.

S: Letting go. Because, technically, if it's still sitting in your fucking house and your fucking living room or your fucking garage, and you're not using it, you do not need two to three refrigerators. Get rid of them. I'm sorry, I had an emotional moment. I've got to lock down. Whew...

L: It's like if you haven't needed it, but you think you might still need it, you probably....

S: Well, if you do, put it in the garage, not in the middle of your kitchen. Like, OK, why do you need two refrigerators? I have two. I have one in the garage, and one in the house. Right? The one in the garage is for like you might have extra bulk items. I put them in that. But the one in the house, I take one out of the bulk, bring it into the house and then I.... Oh, no, two refrigerators in one kitchen.

L: Space.

S: Yeah. Like overwhelming stupidity when you know you don't have the room for it anyway. You don't need 15 fucking blenders. You don't need 20 cutting knives. Well, maybe if you're a chef. But not of the same kind of knife. You know what I mean? You don't need to have 40 different kinds of bowls when there's only maybe 5 or 10 of you. That's just means you can have way more dirty dishes piling up and no room in your dishwasher.

L: Sure, because you never have to wash them because there's still 10 in the cupboard.

S: See and that's why the rule is you only have so many and then you're forced to wash them.

M: We have exactly enough plates for the amount of people.

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S: Correct. I'm going to make you do it. You don't need 50 pairs of underwear. You do not. If you're going to do it, do a 14 day run and you have to do your laundry at two weeks at the longest. But if you're doing it weekly, you don't have to worry about it. Pick a laundry day, it's your laundry. Just stop fighting over the fucking laundry day. I mean, people these are tools that are very simple, especially if you've got...like we have nine people living in our house, right? And we're all quarantined together and it's kind of hilarious that we're all sitting here like, "What day are you going to do it?" "I'm going to do mine on Tuesday, but maybe I'll do it on Wednesday too." "OK, that won't work cause Wednesday is taken and we know Tuesday is taken too." "Well, I'll do it on Friday." "OK, Friday is open." "Sunday is my day cause it's not a day of rest, it's a day of laundry."

M: On the seventh day we did laundry.

L: The food truck is closed on Sunday not because we're Christian but because it's the only day for laundry.

S: Yup. Hey, I'm not giving up my laundry day. Too goddamn bad. Too bad.

L: So, for everyone that keeps asking us to be open on Sunday...

S: It's not because we're Christian.

L: But we have laundry too.

S: It is my day to do laundry, to clean up, to... defuse. It's called the de-bombing. Like you defuse so you don't blow up, I need that day.

L: It's an important day.

S: It's a very important day. It's the day I watch the news and catch up on the week to find out what the fuck's going on in this world. You just go through the cycle of all the weird channels and you go out and look on the internet and come back and go, "What a whack job."

L: Yes, that sums it up.

S: Yeah, somebody will take it wrong. So, I guess I'm just at a point now where it's just...you want familiar, make sure your familiar is a good familiar, not a bad familiar, that it's a highest good familiar. Whoa! What? What does that mean? It means that the familiar needs to be a changeable familiar, something that you can use to help change things, not get stuck, complacent, and stagnant.

L: Think of an example of a highest good familiar.

S: Highest good familiar is when I remember my anniversary as being such an amazing day, my wedding day being an amazing day, and every year I work to make it an amazing day. That's a good familiar. I just have to get everybody else on board. My partner loves it but yeah... The point is I don't do it alone. So, you get people on board and you make the day amazing. That's a good familiar.

A bad familiar is eating myself to death. You can't eat yourself out of house and home because most houses aren't made out of gingerbread, but I might try.

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L: I saw something...the gingerbread man was sitting in a gingerbread house. Was the house made of man or was the man made of house? He screams because he doesn't know what's happening.

M: Either way it's disturbing. This is how Lorawai's mind works.

S: That is disturbing. Right? It's like.... remember the question are you this body or are you the orb? So are you creating your life or is your life creating you?

L: Well, I create.

S: Right, so do I. Who's creating?

M: Who's doing it?

L: Both of us.

S: Do you create for me or do I create for you?

L: We create together?

S: We do. It's only good familiar when it doesn't trigger the good girl syndrome or the fact that you're trying to please me. Stop trying to create the perfect fucking omelet or the perfect picture or the good...

L: I make a good omelet.

S: They are good. But they don't have to be picture perfect like you have to go out and take a photograph of it.

M: Throw away three omelets until you have a picture perfect one.

S: Yes.

L: That only happens with the fried eggs.

S: Make them into a sandwich. You don't throw them away.

L: There is someone who usually will eat them.

S: Make them into a sandwich. Someone out there might eat it. I don't know. I'll even eat it. If you've got fresh bread. If you've got bread and butter, I'll eat it. You've just got to talk to me. See, this is the good girl. "I won't tell, I won't say anything. They won't know." You open the trash and look down and you've got five eggs hard eggs. You're looking down going "OK, there are only three of us here today, I think somebody vomited eggs.

L: Yes, that is what happened.

S: But, if you had talked to me, I probably would have just eaten the sandwich.

L: See, that's admitting I did something wrong.

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S: Oh, familiar, familiar, familiar pattern of bad triggers that. Stop. I love egg sandwiches. Maybe the Universe is saying, "I want an egg sandwich."

L: Every egg is breaking for no reason other than that you want an egg sandwich.

S: Yes.

L: Alright.

S: Not hard. I can tell you that Laira will do the same thing. She'll eat an egg sandwich too if you've got two broken ones. What the hell. Don't throw it away.

L: I go, "Is anyone hungry?"

S: Hey, I've got two broken eggs. Can I make sandwiches out of them?" "Sure."

L: I don't know. It seems way too easy so...

S: OMG, Lorawai. People must have really fucked with your head, girl.

M: I'd never do that.

L: Do not even get me started!!

S: The point is, you wouldn't know unless you asked.

L: Yeah, that's probably most like an old tape.

S: Do you think? We've only had this conversation for now how long?

L: Oh, I know. At least we're finally now to the egg point. We're slowly chipping away. Right?

S: Yeah. Kinda. Truly, we will break this familiar pattern of good girl and yes ma'am.

L: Just crack the egg and break the yolk and...throw it away.

S: No. Don't throw it away. Feed it to somebody.

L: Throw the pattern away is what I meant.

S: No, instead of throw it away, feed it to somebody. Recreate. If the egg breaks, don't throw it away. That's the old pattern. The new pattern is to take that broken egg and go, "Hey, would you like an egg sandwich?"

L: Yeah. I was saying like the old pattern, crack and break it.

S: No, that' doesn't work because that old pattern is breaking an egg and then throwing it away. The new pattern is if the egg breaks, give it to someone.

L: Yeah. When you first said it I thought you meant feed the old pattern to somebody. I was like...

S: Only you would go there.

L: It's like, ooh.... I've arrived.

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S: Good. It's nice to see ya.

L: Hi. I took the long way but I made it.

S: It's alright. So, I just think that...I don't celebrate the other holidays that people...you know like Christmas or whatever. I believe in unconditional love. It starts at Thanksgiving and goes the whole month of December. We do all kinds of things that honors love and the heart and people and we work very diligently to make lives better while this is going on but I do it all year around. I donate, I collect, I'm a drop off for people for food, for toys, for clothes. We take all these things in so that we can make a difference in the world and that's really what it's all about. So, if you're out there, find a charity, give to the people, get real with your life, and realized that the familiar pattern is to sit at home and do nothing or to feel bad. Instead, get up, do something different. Help. That's what it's about. Make your new pattern, your new decision, your new things in life be get out of your comfort zone and do something different. Don't shut down; turn on. Don't run or fight; find solidarity and serenity. If you're going down the road of isolation, don't do it. Find a party, find people and become alive again. Live, live, live because change is not your enemy, change is what we all have to be. Get to bottom f why you're feeling and rise, move, create and recreate every moment of every day. When you don't like where it's going, get up, turn around, recreate a different moment and use the tools that you have and will begin to learn once you realize that you've got to set goals that are not so big that you shut down and quit. You have to have small goals that feel doable and feel possible. That's really what it's about.

How do I be the change? Like I said, I see it, I do it, I become it. That's what it's all about.

I want to thank everybody for joining us here and I really hope that you continue to be an ally in change because this is what it's all about, people. We have to continue to keep moving forward and find the joy, the unconditional love, all of it because we are the things that we have to desire in life and be kind and good and hope-filled. When somebody can't, maybe we're the reason that the Universe, Unconditional Love, One True Light Consciousness created us to be there to help somebody when they needed it the most.

Thanks for joining us and we'll talk to you again. Bye, bye.