

PODCAST
GILLIGANS ISLAND
1-4-21

S: Welcome everybody to another podcast with Get Real with Soulaire. I'm Soulaire.

M: I'm Soulmar.

L: I'm Lorawai.

S: My two confident sidekicks. We had a kind of technical insanity just a little bit ago. And we can't explain why or how it happened, but now it's fixed. Have you ever noticed how, when you're trying to fix a problem, when you're focused on fixing it, you really have a hard time fixing it. Do you know what I mean?

M: Yes.

S: You're so driven that you actually miss...

L: The solution?

S: Tell me that is not insanity when I think I'm acting sane.

M: That is definitely insanity.

S: OK and we're all guilty of it.

M: Yes.

S: I have to tell you, Mar, how does it feel learn how to hotwire your own car?

M: Uh, pretty cool. I didn't even know how I was doing it until I did it.

S: Good thing you did because I probably would have had to come out of my garage and push your car into the street.

M: Yeah, that would not have been good.

L: That would have been pretty dire there.

M: Cause I knew it wasn't my battery. My battery is brand new and is completely fine.

S: Like you haven't left your lights on or...

M: It was going, it just didn't want to...

S: How come you had to jump start it the other day?

M: Well, that's because it sat for a while.

S: OK, so you do have to jump start it still once in a while.

M: Yeah, if it sits for like a month and a half, if I don't drive it for like six weeks.

S: So, you actually also ripped a plug wire out of my really expensive lamp and you kicked the wire out of your starter. Doesn't that just seem a little weird to you?

M: I can't confirm or deny the starter. I'm assuming I did it.

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S: It was hanging down, right?

M: Yeah.

S: OK, nobody else in your car?

M: No.

S: Does anybody else drive it?

M: No.

S: Does anybody have your feet?

M: No.

S: OK, so chances are what? 99.999% chance you did it?

M: Correct.

S: OK. That's interesting.

L: It's pretty damning.

M: But, yeah, ruining two plugs in four days is probably a problem.

S: Well, think about it. One is to a light, like shining the light on something, and you ripped the plug right off of it. And then, the starter to your car that gets you places...

M: Yup.

S: So, I guess...see if I was going to look at this from the point of a life strategist, the theory of all of this would be you don't want to see what's ahead because you don't want to go ahead or move forward. Remember, your car represents movement and the ability to go places. Kind of like if you break your leg you can't go forward. Right?

M: Yup. And like pause.

S: Pause. That's a nice way of looking at it.

M: I was able to hotwire it though, so I don't....

S: Yeah, I asked you how did it feel to hotwire your own car? That's kind of weird. My truck is so high tech I would be scared to get underneath there and try to figure out which wire it would be to start my truck. I'm sorry, I wouldn't be able to do it. I wouldn't.

L: Like that Mandalorian episode where the girl goes inside the ship and he's like put the blue wire where the red wire was.

M: I didn't have to guess what wire. It was like...this one is broken and this one is broken, what if I just touch these two together. It wasn't a lot of processing. It was like maybe I'll just try to do this.

S: Well, that was simple.

L: I went out and said, "Did you get it started?", because you guys were like "We have to go NOW." And he was kneeling on the ground, he looks up and goes, "I got it."

S: Well, I was thinking about...I think about how, when we look at each other's stuff, and we think, "God, how insane is this?" When you start to make sense to me, I get scared. Like am I in my reality or am I sucked down the rabbit hole of insanity because sometimes I sit there and I'm like, "OK, why is this making sense to me because normally it would not." Do you know what I'm talking about? It's like, you look at somebody and they're the expert at something and you go, "OMG, I went down the rabbit hole."

I was thinking about an hour long phone conversation that they've been playing on all the news channels. Well, all the news channels that will broadcast it. You know, there are news channels out there that are saying that it's going to be the inaugural of Trump, but no, no, no-no. But the point to it is that, you know when you listen to a phone conversation... So, I have a friend who is a hypnotherapist and was listening to this hour long phone conversation and it sounds like if you say it a hundred different ways, but keep saying it the same way, it almost becomes like a hypnotic suggestion.

I was thinking about that and yet this guy, the Secretary of State for Georgia is like, "No, you're wrong and no, you're information is wrong." He didn't get sucked down the rabbit hole. He was solid enough in his defense to say, "Dude, you're insane." They were talking about Dominion who's got the voting booths or whatever it is and the voting machines. He's trying to say that they were broken, or they stole it or they removed the insides or whatever. The only reason he can say that guys, is Trump has his minions in the frickin Pentagon removing the internal mechanisms that's going to make him guilty. So, he's going to accuse other people of the same guilt that he is doing.

M: Like distract and deflect.

S: Sure. I was thinking about that because I have family members that are so Trumpy. Ugghhh. It scares me because we were raised under the same roof with the same parents and I can't figure out if the sibling is following the spouses side because that's not the person I've grown up with. And she has this reality in her mind that says, "Yeah, if our mother was alive, she would be on my side." It's like, "No, she would not."

M: It's like you said, people live in a completely different reality.

S: That's what I'm saying is how do you get people to follow an insanity plea and believe it? Think about it. If you talk to them, yeah, I've had conversations with them, people like that. I cannot figure out why they don't see it.

L: Like they believe 1000% what Trump is saying.

S: Yup. Yet he lies.

L: That's as far as we get because beyond that, I don't understand.

S: It makes zero sense to me because I'm a truth seeker. I seek the truth. So, when I'm out seeking the truth, I look at all angles of stuff and I'm telling you, nowhere in any of that does that man make any sense to me. He represents every vile thing that is out there, every vile, horrible thing, and I have a Christian sibling who vows that he's the chosen one. That's insane.

M: It's like somehow, he has created such a following of people.

S: When you think of people who are not very well educated.... I've been to college, I've done all those things. I'm one of the only ones in my family that has gone on to college to the level that I have but I don't care, my younger sibling doesn't think like that. My youngest sibling thinks it's insane.

L: It's to the point where it's not even political things, it's just basic human decency that he doesn't have and yet he's this great guy who....

S: OK. So, we have somebody, I just heard somebody say that all of the deaths are not real. It's all fake. It's all made up. Right? If you know people that have had Co-Vid...I'm sorry, they've got senators dying, they've got people dying of this disease and they're trying to say it's not real. OK, what planet are we on because this sure doesn't make any sense to me.

L: It's like I don't think doctors and nurses are gearing up the way they are for fun, for a good time.

S: Let's make a story, staying away from family and not being able to go home because you're trying to take care of really sick and dying people. OK, this is insane. Yet, people think they're sane. Are they really sane?

L: Is this why the Cheshire cat says we're all crazy here or whatever that quote is. Everyone is just...

S: Well, you know, the biggest thing I think for me is.... yes, we all have skeletons in our closet. We all could tell a story or two of things that we probably aren't proud of or whatever, but this person, these people that are so literally sociopathic or even narcissistic to the point where it's all about them at the sacrifice of people. Wow, get me back to reality here, but that is crazy insane.

L: Millions of people are dying, but I'm not good at losing so, we're going to...

S: Whine and cry and throw a temper tantrum. And I'm going to get half the country to follow me right into the gutter. How sad is that?

L: Extremely.

S: Have we lost some sense of our humanity because that's what it feels like...like we've lost some sense of humility and grace and that we've lost some very...what makes us be human in a good kind of way.

L: Yeah, instead of saying all these deaths are not real, they're not even trying to empathize with the people who are dealing with it.

S: Instead, I'm going to argue with you. Like, I was standing in my own parking lot of my building and I'm having an argument with a person who swears up and down that democracy is communist. OK, what country are they living in? OK, I get that maybe in his little world he created a lot of shit that he's not happy about but you don't sit here and toss in the entire country because you made bad choices. Really, think about it. Maybe we should hotwire the country.

L: It's probably a good thing that it doesn't make sense to us.

S: I kind of want to try to understand it, but the more I try to understand it the more insane it sounds. But the way they talk it sounds very sane to them. And if you explain...well, how do you explain this? "It's a lie." How do you explain that? "That's all false news." How do you explain this? "It's not real."

L: I'd like your opinion on this. So, sometimes I look at the two different...if we're going black and white, we have the left and the right side. The left side I feel like generally tries to understand where the other side is coming from and get in their mindset and go, "OK, why are you thinking this way? Why? Let's understand each other. The other side is just like, "It's a lie. Don't listen." Cut and dried.

S: What side are you?

L: The left.

S: Which is?

L: I feel like I've been trying to understand. I don't want to just feel like "You're dumb." I want to figure out like why, why?

S: OK, so let's say we all sat and tried to understand the other side. OK, we've had four years of trying to understand and I don't know why we're still sitting here trying to figure it out. So, we waste all this energy trying to figure out the other side. We know what the other side is. They're racist, white people and some are black people who I can tell you there are a lot of people who are on all sides of the fence that are racist and want to believe in this bubble of a reality that it's not bad. But if you were a person who is literally in the way of the Christian way...breaking the Christian supposed law, you're not safe. You're not safe. Think about that.

L: Is the Christian law God's law?

S: It's the gospel. It's the Bible. If you think about it, the whole idea that gay/lesbian/transgender people are evil, terrible people or that on some level we have raised ourselves above everybody and not looked at the fact that we're all in the same shit that everybody else is in. If I'm going to meet my maker or you're going to meet your maker, or somebody's going to meet their maker, that's who's going to decide it, not humanity. Because you know what? You're insane and I'm insane and now we're living in a totally insane world. OK, who's right? Because by any means, somebody is going to think I'm crazy, I will think somebody's... Do you know what I'm saying?

M: Yeah, there's no win.

S: There's no win in this.

L: Even like your day to day life, maybe you watch someone clean something and you go, "Why the fuck are you cleaning it that way. That's makes no sense." Like on a very minute level.

S: And it's even the fact that you walk down the street and you watch a couple holding hands, but you can't because you're a same gendered relationship because you're afraid that the neighborhood you live in, you're going to get death threats in your mailbox. Which I have had happen to me. I can tell you I don't do anything in public like that, so I don't know where it came from or why, but it tells me

that there are people who talk about being morally on the right side and other people are morally on the wrong side. But what makes something morally right and the other one morally wrong? How do you know what that is? How do you know? Truly.

M: It's completely subjective on what you...

S: Correct. It's subjective based on what you're living in. I'm starting to realize that I'm not going to convince my sister anything other than the fact that you know what, in my world, she's insane for following a man like that. Because I can tell you what I know, being significantly older than her that our mother would not follow a person like that. Hell no.

L: Based on what I have heard about her and just how she lived her life, I find it hard to believe that she would say "Go Trump."

S: No.

L: She might be like, "He needs some rehab."

S: All those people following him need rehab. Yes. That's exactly what it is. I sit here and I try to understand why it feels so demonic to me. What I mean by that demonic is that you have a person who literally is saying "My way or else", threatening people. Not so much that he says, "I'm going to get you" but he's saying he's going to get you. If you listen to it, it's subtle enough where somebody would say, "Well, he didn't really out and out threaten him", but he did. He plays under the radar just enough only to turn around and fucking scare people.

M: Master of manipulation.

L: That's really creepy. It's like he is not smart...he is the dumbest...what is he...but there is some part of him that is so creepy.

S: It's kind of like having so much...I've seen it before in people where there's this real sense that they say, "I'm the smartest man I know" and you've all heard someone we all know say that. And it wasn't the president. But the point is, that person was unbudging in what he believed, unbudging. No matter what you did or said. And what did he do? He comes in, disrupts and creates chaos, builds on a fear and all of a sudden, life changes rapidly for people. What happens is all the other people that are sitting here are going "what the hell just happened" start to go, "Was it me? What did I?" You start to look at yourself and question whether or not you're on the right side or not. One person can upset so much.

How do we take our power back to be our own strength and our own.... Instead of it being your truth is my truth and my truth is your truth. What is that? It is.... I literally sat all day watching that and by the end of the day I decided to watch 'Highway to Hell' and 'Rescue 401' because I would rather watch storm stories than watch TV about the fuckin, God damn election.

L: The math and science behind getting those trucks and cars out of the ditch make a lot more sense.

S: Yes, and the science behind it is real. It's called leveraging. It's call leveraging. In a way, Trump leveraged a lot of shit and was able to pull it off and people got sucked into how he leveraged things and now people are in fear...afraid that one guy has that much power that he can send his minions after you and scare the shit out of you. How sad is that that we don't see that as a basis for...that's treason. In my mind, a person who threatens another human being belongs in jail. Another person who instills so much fear. If you were working at a job and you threatened somebody like that you would be fired, possibly brought up on charges. How did this guy become untouchable by all of it? Truly.

M: It's crazy. I can't think of any figure in my lifetime at least that's ever caused so much chaos as him.

S: And everybody thinks it's OK. You know, actually, there could be an insanity plea on this. Ugghh..

L: I just think back to when he'd been president for a month and we're like we cannot get exhausted by his craziness. Like we've got to keep fighting, we've got to keep going and we're still...he's got like what? Twenty days left, not even.

S: Do you know what's even more insane than this, Lorawai? We have spent four years in a reality show at the White House and its continuing on. What's really crazy.... I would bet you if you talked to the American people or anybody in the world, probably know more about what's going on in the United States than we ever knew in all the years that we've ever seen anything political happen. How many people sat there and watched the electoral college? Or how many people sit there and worry about other states having a run off? How many other people worry about whether or not president elect is going to be allowed in because you've got some insane man who thinks that he's God, the chosen one, the righteous one in office? And then to say that if he doesn't leave, I would get the marshals in there, God dammit. Drag his ass out. He does not own the White House; we the people do. And half this country wants half their country back.

L: We want our deposit, is that what it is? We want the security deposit back.

S: Come on. Put the Rose Garden back, bitch.

L: Yeah.

S: I can't believe she fuckin rips out a garden and puts concrete in. There are some 200 year old trees, cherry blossoms, trees that Milania or whatever her name is....blahhh....she took everything out and put concrete in because she felt that it was time to upgrade. She needed to modernize it. OK, bitch, go buy a house and do that. You don't do that to a White House. These are 200 year old trees and plants that you cannot replace. Thank God the gardener moved them somewhere else on the property.

L: It's just another injustice. Its like why.

S: Why do we need...so if I don't own the property, I might need to take it to the senate and congress to see if it's OK to tear down history. You think if I went to the state capital in Minnesota and decided to rip out trees cause, you know, I own that too because I'm a tax payer and I just want to take it out cause I can. Do you think they'd let me?

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L: No.

M: I think they'd have some issues with that.

S: Yeah, a little bit. I have issues with the First Lady doing that to our White House. You're like renting the property for a few years. Put concrete in your bedroom, you might need that. Sorry, that was a little.... she probably was trying to make up for it in some way, you know? I don't know. It's just stupid.

M: Uuhhggmmm.

S: You Are aware of the fact that that carries?

L: All three mikes picked it up. Everyone at home is like, "Oh, God."

M: That was for you, Lorawai.

S: No, it wasn't because I heard it.

M: Oh, OK.

S: You shared with everybody.

L: And now he's got to edit it out. You cause so much chaos.

S: Yeah, Trumpkin. I'm just kidding. No, I think that the thing that we have to remember in all of this.... I was sitting there trying to figure out why it isn't going away. Ohhhh. You know, I think about how "Ok, this podcast I'm not going to talk about it." And here I am talking about it. Then I'm going to heal it and move on and here it comes right back in my face. I thought, so OK, what is that?

L: What is this orange menace?

S: Yes. Like, you know...

M: It's like he has a grip on the psyche of everybody whether you hate him or love him, he's like got a grip at some level.

S: Yes, it's terrifying. I was thinking about it the other day and we have a lot of things going on in our lives and we're all trying to be somewhat sane in the process of living our lives and moving forward and here we sit.

L: Are we sane?

S: No. We're insane because we believe what we see and what's going on instead.... I can't watch anymore media. I can't. Yet, you've got to so that you can avert your decision or whatever, but oh my frickin God.

L: Damned if you do, damned if you don't. Gotta be informed but at what cost?

M: You've got to be informed without being sucked into whatever.

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S: I don't know. Maybe be in another country and know it's not going to affect you, maybe. I don't know.

L: Move across the pond.

S: Yes. Move across the big pond. I don't know and I'm a strategist and I can't strategize myself out of the one for some weird reason. It is insane. I so seek the truth. I seek to know the truth. Right? I'll watch the Fox News or NBC or CNN or the BBC. I watch other things. I read other stuff. Right? I do it. And believe it or not, whatever you're watching, if you watch it long enough, you're like "Wow. Huh." OK, that scares me because it is starting to make sense. But if you go and look at all the other stuff around it, it's insane. But what if you don't look at other options or other forms of information.

L: It's kind of like when you grow up in a household and something might be like really not normal, but to you it's just...

S: It reminds me of an abusive person who has such a grip on people that I think there's this sense of being victimized that the abuser uses the psyche that they're not wrong but everybody else is. I can see that with people in my life that follow it. It's like, this is crazy. You don't sit here and look me in the eye and say this is normal.

L: It's not normal.

M: Definitely not.

S: Look at the differences between the two political candidates. Right? You have a man of faith who truly is of faith. He's calm, he's keeping it together, he's not using rage and anger to insight anger and rage in other people, he's trying to keep people calm, he's trying to keep the faith. It's such a different mindset that Joe Biden is more like a true Christian. I'm not a Christian but I'm following a Christian president. I'm not following demonic devil maker who vows that he's the chosen one and is doing everything in his power to insight violence. How can you not think that's insane?

L: It's very insane. It's like Joe is what we all hope a Christian would be...empathetic, kind, calm, like you were saying.

S: I watch him, I watch how he talks, and how he even uses his faith. He prays for people. He makes me want to be Christian even though I'm not Christian, cause he's such a nice guy. But I have a sister who is this born again Christian who is following Trump.

L: That's where it just goes, "What?"

S: I wouldn't be Christian if it was the last thing I could do. I'm telling you. I talk to other people and they say not all Christians believe this? Really?

L: There are multiple versions of the same...

S: I was talking to a guy and he said, "I don't believe in what's happening in this country. I believe in democracy and I believe we need to follow protocol, blah, blah, blah." I said, "So, you're against Trump." He goes, "Well I'm not against Trump." I said, "OK, you know what? You just mind fucked me. Stop it." He looked at me and goes, "What do you mean?" I said, "When you put the word Trump in the

same sentence, what you just put it in, you just mind fucked me.” He goes, “Well, I don’t like this swearing.” I said, “Then you know what? Don’t come around me because I’m going to cuss you out because you mind fucked me and I don’t like that.” I said, “You cannot sit here and tell me that he’s a good man.” “Well, he’s done a lot for this country.” “He inherited all the work. And now he’s sitting there telling everybody how wonderful it is. You know what? If he inherits the shit that he has created in the past four years, how’s he going to do that? He is he going to save a country that’s dying? How is he going to work to make this work? Tell me how he’s going to do it?” The guy goes, “I’m telling you, I’m not behind him. I’m not.” I said, “Well, then you’ve got to....OK explain to me what you mean by that then. How do you do that?” He said, “Well, not all Christians believe that he’s the chosen one, that he’s the whatever.” He said, “In the beginning it was kind of the idea that maybe he could make changes, drain the swamp kind of mentality.” I said, “And what swamp is that, cause if you look at it, then you’re telling me that democracy is a swamp? What is Trump?” He said, “Well, he was just trying to clean it up.” I said, “OK, here you’re mind fucking me again. You tell me you’re not behind him, but yet you’re here defending the shit out of him.” He’s like, “Well, yeah, it probably sounds like that.” I said, “No, it doesn’t probably, it is exactly what it sounds like.”

It was crazy. I almost jumped of the truck and strangled him, but I didn’t. I didn’t because in my reality, this guy was just trying to use rhetoric to convince me that Trump’s not a bad guy and that not all Christians 100% believe what he did, and yeah, he’s done some bad things, but everybody’s done bad things. Do you see where he’s going with that? Like nobody’s perfect, he who is without sin cast the first stone, I think was the statement he made to me. I said, “Man, I’d better wail a boulder at you then.”

The reason that I got so worked up over it was because he spent so much time sitting here talking to me. It was almost like I was “Huh...” you know, this is a pretty cool guy. Until Trump got brought up and then all of a sudden you see the true colors. That’s when I realized, that is what Trump has done and all the things. There’s like a veil they drop over people, get people to believing something. He could go out and shoot somebody, he said, and nobody would care. His followers would still follow him even if he went out and shot a person. What? That’s not Christian.

L: That’s literally abuse. I was thinking how you compared him to an abusive relationship. He’s literally gas lighting the country, he’s saying, “I could do this and no one’s going to do anything about it. You could tell him they’re not going to believe you. Fake news.”

S: And he could do it and they would still follow him. Because he would justify the reasons why he had to do it.

L: And he’s even somehow done this campaign where he’s getting all this money. Wasn’t it two billion dollars or something like that?

S: No, it wasn’t quite that much. It’s several million. I think it was like \$200 million or something like that. That’s still a lot of money. It may not be a billion, but that is a lot of money to get from people who are losing jobs, losing their livelihood, have to sit in food lines just to meet ends meet.

L: And he’s supposed to be there for the underdogs and the backbone of the country.

S: Pay for my legal fees, will you?

L: Right? Win me this election that I really lost but I'm going to keep fighting.

S: You know what though? The people that listen to this podcast will be people that already hate Trump anyway. They're not going to be like sitting there and going, "Well, iiiijssjjssuu. As soon as they hear that I'm putting it down, if it's truly a person that follows it, they won't listen till the end. They won't. But that's the sad thing. I don't have to convince people that are listening. You know what I mean?

L: They're just going "Yeah".

S: "I agree. Way to go. Say it like it is."

L: But you never know, maybe there'll be that one person who's listening and is just looking for clarity.

S: OK, well, then you know what? If they listen to the end then that's great. You know what I heard? Think of lawyers, lawyering bad behavior. Think of all the lawyers that Trump has in his arsenal and they're lawyering bad behavior and getting away with it and thinking it's OK.

L: And make it their main focus.

S: I guess I'm shocked because we do it anyway ourselves. Think of it like we convince somebody else that we're right. "Oh, well, I just have to give you my case or I've got to plead my case so that you'll believe me, and it will justify my bad behavior and you'll be OK with it." I sit there and I think about that. I don't know how many times I have gotten into conversations with people and they'll say, "Yeah, but you just don't know the whole story." Then tell me the whole story. They tell me their story but it's not their story, it's the other person they're defending's story. So, the first thing I'm going to say is "I don't want to hear the lawyer, I want to hear how is this affecting you directly? What power are you giving away right here, right now to the person you seem to feel you need to defend?" Most people defend the bad behavior because they know they have that bad behavior. If I defend that behavior, then it's going to be OK for me when I'm in that shitty place going down the shitty road instead of looking at why I'm in the shitty place and not want to get out of the shitty place. It's like I don't want to go to prison, but I'm going to go to prison. I'm like, "OK, what?"

L: I'm on the way to prison and I'm trying to convince you why I'm innocent. Why it's so and so's fault that I'm here.

S: So, it was really interesting because we did this whole New Year's thing and we had kind of an online thing. We were talking about like we're going to do it different this time and we're going to go herald in a New Year. And what have I got? A bunch of addicts doing stupid shit and doing exactly what they said they weren't going to do immediately following the new year. It didn't take weeks, it took hours, days. I had frickin insanity calling me on the phone, losing the shit and I'm like what is this?

L: New Year's glow.

S: The glow didn't even last 24 hours, Lorawai. At least last year it lasted a few weeks. This year it didn't even make it. How tragic! You know that whole New Year's resolution, fuck it, fuck it, fuck it. I'm serious. This is fucking insane. Cause you have no power, no control, nothing over your thoughts,

your emotions, your decisions. Nobody has the power but me. Cause you know why? Because they call me. "Why do I do that?" Well, "Fffftttt. I don't know. Because you fuckin took sleeping pills because you freakin tried to avoid your life, that you tried to go out and say that 'oh, it's great but it's fucked up great.'" What the hell is that? You cannot tell me that that's sane.

L: There's a gift.

S: Please shine the light on it. Please give me some clarity.

L: A gift. Not a gift. There is no gift here...just a moving picture.

S: Oh, my God.

L: There's a dog and he's sitting in a house and it's burning down and there's just a little speech bubble that says, "This is fine." And he's sipping his coffee and the house is burning down around him. That's kind of what this whole thing kind of feels like.

S: OK, so I'm supposed to be a life strategist and I'm losing my shit over this. Right? What the hell. I realized that what it is that you can only say it so much. This is why I tell people to go to therapy. You know why therapists cut you off? Because they know you're not going to listen and you're going to be sitting there lawyering your bad behavior. So, if you know anything about psychology, they're going to be just taking your dollars but eventually they'll be like, "I can't help you."

Oh, my God. Here's the difference. If you have to pay for your therapy out of pocket, I guarantee that therapist, knowing that you're struggling to make ends meet is probably going to cut you off because they don't want to hear it either.

L: And they don't want to milk your money if you're not really changing.

S: Correct. Now if you see progress or change in people, that's a whole different reality. If you really, truly see it. I'm not the person to come to. Truly, I'm going to warn you all out there, I'm not the life strategist for you if you're going and be a lawyer about your shitty behavior. And, I'm sure as hell, not going to sit here and condone addiction and allow you to spew your crap all over me or this fucking life that you choose to be in. You chose it. Not me. Not anybody else. You. Accountability. Do you know what that word is? Accountable for your choices, your decisions. You don't even realize that if I want to feel sick, I can just keep saying, "I'm sick, I don't feel good" and I am in a full blown sick, not feeling good kinda goddamn fuckin day.

M: Yup, that's very well said.

S: You create it. I talked to your girlfriend, my dear friend, Jemma had influenza. I go, "Stop it, get dressed, put makeup on and feel better." Believe it or not she goes, "I feel better." I'm like, "Good."

M: Yeah, get out of that sickness looping mindset.

S: Lying in bed, feeling horribly sick and rotten and terrible and you go, "uuuugghhh." You know what? If I feel shitty walking around, I'm going to feel shitty laying in bed. OK, get your ass out of fuckin bed. Be productive.

L: When I was little, I was really sick for like a week. My mom made me go walk outside. I go, "I don't want to." I was crying the whole way, but I came back feeling better.

S: Isn't it amazing? You know what that is? Its changing a pattern. It's changing a mindset. You may still be sick, but the difference is that when you change environment, do not crawl back into bed if that's the environment you get sick in. Don't do it. Go someplace else. Get away. Go be whatever outside of your norm and then you'll find that you feel better.

L: So, I don't remember if that was on take one or take two, but you were saying that when you focus on the problem it's interesting how it just doesn't get fixed.

S: It doesn't. It's still there. Yeah, we've had multiple takes because...

L: Which one was it? I don't know.

S: So, one of the things that when you look at a problem and you're just zeroing in on the problem, you're just staring at it, it's still the problem. It's still there in your face, you're looking right at it and you go, "I just don't know why it won't go away. It's just consuming me." Yes, you know why? Because you're staring at it.

M: It's all you think about.

S: It's all you think about. You call.....I love this.... "Do you think you could call Jemma for me? She's not in a really good place and she really needs to be talked to." No, I am not.

M: That sounds amazing.

S: Do you see how immediately you go, "I think you need to talk to so and so." No, you know what I'm going to do, I'm going to talk to you, MarMar instead of you're honey because if you're telling me that she needs somebody to talk to it's probably you, really.

L: And we're going to look at why you don't want to talk to her.

S: Correct. That would be my conversation. "So, what was this?" I get couples that do that all the time because I am also a spiritual minister and I try to work through the spiritual...tuning to the spiritual part of your life. I go, "Did you do any meditating, did you do some affirmations, did you do some changing your thoughts?" And you go, "I think so. I'm talking to you." No, because I'm not always going to be there, so you've got to look for resolutions outside of me.

L: The baby bird's got to fly.

S: Yes. Let your wings go.

M: Well, if the biggest issue in my life is somebody else... it's probably a problem.

S: Oh, is that it?

M: It's probably a problem. I'm probably missing the mark somewhere.

S: Yeah, and I think that's what's so crazy. People are like, "Well, can you fix them for me cause I can't fix them?" Well, because they're probably not the thing that's broke. It might be you.

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L: No, no, no.

S: Yeah, yeah, yeah. So, the fascinating part is people will confess their problems to me. Like somehow, because I'm a minister, they've got to confess their problems. "I'm going to confess to you that I'm fucked up, but I'm not going to do anything to change it."

M: I just want you to know.

S: I just want you to know so that if I go meet the big maker, I confessed it.

L: "My conscious is clear."

S: Cause in a way, "I let it go to somebody else, but I'm refusing to do the healing part of it and I'm not going to move on because you're holding it for me." No.

L: Deal?

S: No. But do you hear how insane that is?

M: If I stood back from it and it's not part of my emotion at the time it's fucking crazy. If I'm emotionally attached to it then it totally makes sense.

ha

L: It feels like it just got blown...

S: No. No. Don't go there, Lorawai because I will rip you up on line. No, no, no. Because you're doing the lawyering of bad behavior. You want to defend and say that it got blown out of proportion. It did not get blown out of proportion. When you've got people crying and emotionally upset and don't know how to settle into whatever it is, that's not blown out of proportion. That's true feelings, that's true hurt. That's somebody's feelings and we got "Well, it was just blown out of proportion" which then diminishes how that person is feeling which makes that person not want to share their feelings because that's not what we want. We want open, honest communication that it's OK to say that you're sad or that you feel this way or feel that way. It's not taking away from you, Lorawai, there's nothing to defend here. Do you understand what I'm saying? So, if you defend it, you're saying that you're bad.

L: Which is where I went because I was like if I had just come and talked to you when the plan changed, I should have said, "This is a discussion that's happening. What's highest good?"

S: I can tell you that somebody did come to me and say, "I think things are not resolved. I don't know what happened, but I think you need to find out because it still seems like they're doing different that they had originally planned. It wasn't tattling, it was more like, "I don't know if it resolved anything." I said, "Ahh, it probably didn't because the original plan was a certain way and then it got modified again. I realized in that there were some unhappy people and I had to get it so that you would talk about it without it pointing fingers. It is not a firing squad. It was not that. It never is, so you have to realize that when you feel like you've got to defend something you think you're going up against a firing squad and that's not what's happening here.

M: It's not necessarily about right or wrong.

S: No, it's allowing people to talk about it so that we can resolve it instead of it just fuming under the radar until it blows up and we have a super storm.

L: That's where if I had just come and talked about it then it wouldn't have turned into this really big issue which is what I didn't want it to be and now it's here and it's like, oh fuck, this is not where I wanted it to go. It's the opposite.

S: Correct and that's why I say that when you try to defend your position, never defend it with me. I'm not judging you for it. What I'm trying to get you to understand is, in life strategy, we're all on the wrong side of things many times throughout our lives. If I'm emotional, I'm on the wrong side. If I'm in addiction, I'm on the wrong side. If I'm trying to lawyer it, I'm on the wrong side. The point to it is that remove the lawyer and get honest and get into accepting what it is. You might find that the resolution is way easier than having to try and climb out of this sinkhole of emotional shit that has become the bigger problem than the little one that was just sitting there.

L: Right, because I'm like, "Let's just go back to the original plan", but now it's like we can't.

S: Right. That's OK because I can resolve the problem, I just needed to get it so that people would talk about it so that we can then get to where we need to be. And it's not money, It's just timing. You've gotta go find it, you've got to go buy it. The issue is not that...I can afford it, the fact is that it's the timing of it where I have to go and pick it out because it is my house. I need to put it in perspective, I've got to make sure it fits, gotta have my measurements.

M: It's about logistics.

S: Correct and the logistics is not the problem...

M: It's not like a deal breaker.

S: No, in fact it's better if we can work it out. That's the thing I see it as. I see it as a better outcome because it resolves more of the issues we've had anyway. It's kind of like it's no so much where people sleep as it is where people sit. When you have to sit on the floor, and use a dog bed for comfort, it's kind of a bad...and the dog stares at you. "You're in my bed. My bed." That's not what it is. It's really, truly looking at it as not a problem. I didn't see it as a problem, I just saw it as I have to do the logistics on it to make it happen. Not the end of the world. Something we have been wanting to do for a while, now we are just going to do it. It's kind of like you want to fire it, you want to do it but we kept making it about time and money and whatever. It was never about money, time has been a little bit of a headache, but in the end though, it is resolvable because it is temporary. It's not the end of the world.

I have a super seller in my life. She's got a badge for it, man. This woman...I gave her some computers to sell because we had closed one of the businesses that I have and we had all these older computers and it was like bing, bing, bing, bing and they were gone. Even the things that you plug them into to keep them running when power goes out.

M: There was a lot of equipment.

S: Oh, my God, monitors. They were like booo, booo, booo. Then she sold the desks, the table. It was insane. Then I turned around and took the money and bought beds. It was cool. The whole point to it is that I can't sell anything because for me I have a.... I'm just not good at that.

L: I've been trying...I don't work in the marketplace very well. I've been trying to locate these mugs because we have a couple broken in our mug set...

M: I'm pretty sure they think that she's an online scam artist.

L: Apparently, you're not supposed to offer more money than they say they want because it makes you look like you're going to reverse the charges or something. Well, OK, there are these mugs, and they go for at least \$40. These people were selling them for \$7. I'm like, it's a complete set, nothing is broken, and they're hide to find. I have been searching for six months, please give them to me. I didn't word it quite like that but basically...

S: Give it to somebody else. My super seller/buyer is going to do that, OK?

L: Then I'll hook her up with what we're looking for.

M: People are usually suspicious if you offer them more than three times the price.

L: It was \$7...

S: That's exactly the same things that happened with those bunk beds. The very, very first bunk beds, we offered like a little more and it was like, "Nope, I'm not selling them." It was cash for God's sakes, how do you reverse cash?

L: It was just like, "I'm trying to tell you I really want these, and I will make sure you get your money." Instead, they were like, "I don't trust you." "No, man, I want these cups. Give them to me."

S: Well, it's all good. Now that we know about it.

L: Oh, and one I almost had, and her kid pushed it off the counter.

S: OK, now that's funny.

M: I learned of all of this, what I call life lessons and bank aches with Lorawai.

S: Uh, we need to talk about your eggs.

M: Yeah, we'll talk about that another time.

S: Oh, you put her on the spot, but you're not willing. OK, now we know the true story of Mar. It's all fine if you don't put him on the spot.

M: You can't talk about that.

S: You can't talk about that. Well, you know what's interesting is I'm always game for people that...let's say that you're an expert at something, right? People, you go to the experts. That's exactly what you do. I have a super seller/buyer person. Go the expert, right? One of the things I'm an expert at is how I eat food. You go, "well this is the way I'm going to do it" and I'm like, "No, you're not." "Yes,

I am.” And the next thing you know you’ve got food sitting there and nobody ate it. I thought of it as like hotel eggs.

M: I knew when I was halfway through, I should have cooked them hotter earlier...

S: And not mushed them down to like granules of egg.

M: That’s what happens if you do them like s-l-o-w. I’m used to doing them slow, but they needed to be hotter. Hopefully....

L: If you can’t handle the heat...

S: If you can’t handle the heat, get out of the kitchen. No, I just.... Yeah, well. Don’t you ever wonder why we do what we do? We sit there and know that we probably fucked it up but we’re so proud that we can’t.... we just have to go with it just because we spent so many moments doing it.

M: Yes.

S: And then all of a sudden, you’re sitting there feeling bad that you did it anyway even though you knew you shouldn’t have done it. Then you feel really bad about it. I love the fact that you come to me and go, “I felt really, really bad, I just...” “Then why did you do it?” “I don’t know. I don’t know. All the eggs were used up.” “Is there a grocery store nearby?” “Yeah, but it would have taken time.” You know what? Take the time. Take the moments.

L: Get what you need to do the job? Is that what?

S: The right way. Yes. I’m not perfect, mind you, but I do know a thing or two about settling. There were so many people settling on those eggs, I was shocked that they didn’t go back.

L: Well.

S: Are you going to be his lawyer?

L: No, I was just thinking about how you don’t want to upset someone or like you’re so hungry. All the stupid reasons. Like, why didn’t we just go make more eggs. It would have taken ten minutes.

S: In your reality it would take ten minutes. In his its half an hour.

L: I raced down there like, “Oh, no, they’re going to be done.” It was like, “Oh no, these are far from being done.”

S: Yeah, I understand that.

M: Third time’s a charm.

S: Oh, God. I have to tell you though that some little person in my life smothered them in maple syrup and it all went down really fine. I can tell you I don’t like maple syrup on my eggs. That is just not my thing. It ain’t going to happen. You can’t cross contaminate salty with sweet unless it’s intentional and I can’t seem to get eggs to be intentional.

M: Or people smother it in ketchup.

S: There are people that will do that. But do you see how interesting it is if you, "Yeah, just put a lot of that on it and you can't even taste it." Damn right you can't taste it.

L: Add a little salt and you're good to go.

S: It's like putting salt on a watermelon.

L: Oh, yeah. It kind of makes it OK.

S: Maybe in your reality. No, it's so bad. One of my roommates that I live with, she put salt on it and goes, "Here taste this." I'm like, "what the fuck is this?" She's like, "Doesn't it bring out the flavor?" I'm like, "No, it doesn't. It makes it salty."

L: Like if you're looking for a real fresh watermelon taste, that's not what you want to go for, but...

S: No. I truly believe that we kind of sit in this creative energy just creating more shit. What is that? What drives you to...you know you are the creative power of your life. You know that you create your entire life. That's what I teach, that's what I have been taught by many, many, life examples. I create it, right? And here you sit, and I will tell somebody, "Why did you create that?" "I didn't create that. So and so created it." "OK, so your life is fucked up because somebody else created it? Explain." And they're like, "Well, if they just hadn't have gone in and like just created all this shit, I wouldn't have to deal with it." "Well, why are you dealing with it?" "Well, because I live with them." I don't care. You must truly think you are powerless in a relationship.

I have a partner, right? Let's say there is shit going down and you're kind of looking at them going, "OK, somebody is not in a good place or there is something going on." Instead, we're like, "What the fuck is your problem? Fuck." It's like whoa, OK, how did this become...?

M: That's going to lead to quick resolution.

S: But do you see what I mean? Immediately it's like, "Well, why do they like you better than me?" Because I'm nice...er. Do you know what I mean? It's like I don't know why. Go talk to the person. The first thing people do is they're like, "Well, why is my life shit?" "It's cause you're sittin in it."

L: Well, it was here when I got here.

S: I highly doubt that. OK, I have to tell the story of somebody that I know, and I love dearly. They wondered why they kept smelling dog shit everywhere they went...car, house, neighbors house, everywhere. They kept going, "Why am I smelling dog shit everywhere?" They couldn't figure out why until they found out that the dog shit was literally up the back of their leg and was getting smeared everywhere and literally did not know it was them. Man, if I smelled dog shit and there is no dog nearby, chances are I'm carrying the shit.

M: Especially if you've been to two locations.

S: Three and you still smell it, it's probably your shit. But think of it in those terms.

L: Yeah, you don't think it's you or you don't want to think it's you. It's like, "No, it's got to be something else."

S: Well, it's disgusting to think you got shit smeared somewhere that you don't know about. But isn't it interesting we immediately go, "Well, it's not mine." See, the first thing I do is, "Oh, my God. Where is it?" I'm looking at it right away because I don't want to be walking around with shit everywhere. Even if it just waffles up a little bit, I'm like, "Oh, hold it. Stop. Where the hell is it?" I'm not going to stop until I locate it. Right? That's a life strategist. A clueless individual who thinks it's everybody else will wander around with shit everywhere and not realize it until it's too late or until somebody goes, "Do you know you have shit on the back of your leg?" "Oh, my God, I do. Well, I didn't see it on my shoe." Well, it probably was somewhere else, especially if you keep smelling it.

L: It's very easy to assume that it's not you and because you checked off one box that you confirmed it.

S: But you still smell it.

L: Yeah, it's still there. You've got to dig a little deeper.

S: "I didn't manifest that." "Yes, you did, you walked all over town with shit on you. You manifested it." It's not like, "Hold it. Yup, there it is. It's me."

L: Again.

S: Well, it's interesting because you know how you have those interesting things that happen to you. So, we were at a conference and we were at this really questionable hotel and this couple was laying in bed and they could smell shit, human shit. They're like, "Where the hell is this coming from?" and they could not figure it out. All of a sudden, a whole night went by and the next day they pulled the sheet off and here it was in the fold of the sheet in this hotel bed. Shit. The first thing that came out of someone's mouth was "Wow, that really sucks the big one. Man, I'm telling you." Like, how did that happen? "Well, I didn't create that." I'm like, "Uhhh...." OK, here's the thing, sometimes you might not have done the shit but because it's in your...you're living in it you might need to look at it.

M: You invited it into your life.

S: Uh huh. And, of course there was a lot of shit going down at that conference. And when you have to look at it...I had somebody get bitch slapped by somebody and I got... It was a crazy fucking conference. We even drove up to this place with a refrigerator on the back of a trailer. OK, it was insane.

M: We went on that very epic lighthouse tour.

S: Epic lighthouse tour that was the most boring thing you could ever imagine. We literally were like in zombie land. I was ready to kill the coordinator that planned this trip. She picks the hotel, she picks this lighthouse tour, she's done all the planning of it. I approved it because she's done great on other things.

L: She called it a boat tour or a boat ride.

S: A boat ride, but not a lighthouse tour.

M: Which literally, the first half of the tour was the lighthouses on the right and the second half was the lighthouses, same ones, on the left.

S: It was just so sad. And it was three hours in a packed, frickin, slow moving, tour boat at like 110 degrees and we're all sitting there and here the coordinator is sitting there with a little smile, just enjoying the day, listening to this monotoned captain tell us the tour and we're like, "Didn't we already look at this lighthouse?" Well, we were coming on it from a different angle. Other side. What? I swear to God, I kept looking at my coordinator, "What the fuck did you do?" If these people don't kill me, I'm going to put you up for it because it was like.... OK, it's one thing to do maybe a half hour boat tour with lighthouses and other things but to hear the story of a woman who fuckin hated her husband, on an island, who's used to the city life, had abandoned him on this island because he dragged her up there in the middle of nowhere onto Superior and that was the highlight. You know what it was? I felt like turning to my coordinator and telling her "I'm leaving you on the island and I'm going back to the city." Oh, my God. I'm thinking how did I create this? Why is this happening? What the hell does this all mean? I'm sitting there trying to do the process and I realized what I did was get comfortable with someone else making that decision and making plans without really saying what I wanted.

That never happened again because I had already experienced the haunted tour of the western Colorado Rockies to California, to all the haunted hotels of southwestern country. Literally.

L: It's to visit but not to stay.

S: And not stay there when it's haunted, especially when people are sitting there at dinner going, "I feel like the air is getting sucked out of my body." Then some people were paying for this conference and they're going, "Why can't I breathe?" I'm like, "Oh shit. What the hell is this?" The guy goes, "Well, it's haunted. That used to be a vault and a jail. You're sitting in the vortex."

The morgue is right in the basement with a hotel elevator you push to go up and it takes you downstairs to the morgue. You're going, "OK, I didn't want to be down here." Or the elevator door closes and springs back open and then closes. Thank God I was not in that elevator alone. I had other people. You were with me, Mar. I think Dar was with me too. We're sitting there going, "OK, I'm not feeling very good right now." We go to the basement when we've got to go to the conference room, but we go to the basement where the morgue used to be. Oh, God left me.

L: Was that where you left the coordinator? Drop her off, close the door and go.

S: No. But the bus driver did back into the shed at one hotel. I can tell you that much. Yeah, it was an interesting journey. We really do epic conferences though. If you're going to do it, let's do it big; let's do it really big. Let's go stay at Hotel California or let's stay at Hotel Colorado that's the most haunted frickin hotel. OK, really? What the hell. I mean we were sitting there, and the guys came out of their room and they're like, "The water keeps going on by itself." I'm looking at them going, "Eeewww eeewwww. I don't want to know that. I don't want to know that. Please don't tell me that." They're like, "but, I swear to God we turned the water off and when we went back in it was on again." Then the hotel, you go down to the concierge and you tell them and they go, "Oh, yeah, that room's haunted. It happens all the time. Don't worry."

L: It's like make sure you check your faucets because they might be running.

S: It was truly crazy, truly crazy. Yeah. Or the very first time we pull up to the Hotel Colorado, one of the youngest people on our bus trip goes, "Look at that person in the window." You're like, "Aaaahhh." It's maybe a hotel person, you think. Oh no, oh no. It was a ghost. Cause they're wearing the period clothes and I thought well, it's a hoax, it's put on, but no it sure wasn't. Especially when you're sitting...

L: Then there was the lady.

S: Yeah, the lady with...so me and my roommate at the time, we kept seeing this lady and she had the long black thing with a cigarette on the end. She'd smoke and she had a glass. You know, you can't smoke in the hotel, right, but we kept seeing and smelling the smoke. We're like, "Do you see that?" She was very gray looking, very terrifying. Then it wasn't so bad, but we went to the Occidental. It wasn't the Accidental, it was the Occidental.

L: That was a weird ass hotel.

S: Oh, my God. Especially when you put people in a brothel. OK, let's think about that one for a minute.

L: Every room was just so unique.

S: And haunted. Oh, my God. I'm telling you that when you really, truly look at our adventures, I am so surprised. Those moments. Very big moments. Well, anyway, let's think about I realize we manifest, we're kind of creating our world and we don't like what we're creating and we're going to blame somebody else for it. Take the pressure off of you because you know you didn't do it. The ghost did it.

M: It's so weird because you're really not taking the pressure off, I'm just trying to convince you that the pressure is off.

S: Yeah. Well, you don't call me up and say, "I think somebody's fucked up." You might want to....well maybe you and I should talk first because if you're trying to send me on a while goose chase, I'm not chasing the goose, OK? I'm looking at the gander right there. Like, this is it. Do you know what I mean? You can't run from yourself. It isn't going to work. When you go to bed, you're going to wake up in the same shit, same problem, same stuff. Right?

L: Right. Every time.

S: Every time. No, I remember it was on some show. I don't remember what but when they clapped they'd go.....or they'd do...

L: Is it the gopher's clap and then the...

S: Yeah, it's like two little fingers touching. Like, quiet. Anyway, I was doing a clap.

L: And I'm going, "Does this mean something?"

S: You're so gullible. Oh, didn't you know if you walk around like this it gives you luck?

L: See, now I'm questioning.

S: But that's how gullible, how insane we are. We actually...like if you stick your nose against the glass and make yourself look like porky pig it brings you luck. Really? You know what I learned from my partner? If you look like you think you know what you're doing, people won't question it. Maybe that's what's happening with the whole Trump thing. He looks like he knows what he's doing so everybody goes, "Oh, he knows what he's doing."

L: He's confident. He's not crying all the time.

S: He's confident. He's not crying all the time. Well, he is now, but you know again I'm in the hospital and I was like on the verge of being released but I was still kind of out of it and I was so sick of hospital food, right? So sick of hospital food. The nurse goes, "Well, why don't you go out and ride around outside. Get in a wheelchair and just go sit outside for a while." I'm like, "OK." We get out there and go, "Let's just go to Baker's Square and I'm like, "Can we do that?" I hear, "If you look like you know what you're doing we can do it because we brought the wheelchair back. It's not like we were stealing it. We put the wheelchair in the back of the car and drove over, had Baker's Square, had pie, came back and I was like "Oh, my God. We broke all the rules, but I don't feel guilty. I got great pie." It was so funny. But truly what I saw was that if you truly act like you know what you're doing, security doesn't question you which was so weird. I was sitting there going, "I don't think we're supposed to take the wheelchair but OK." You were a culprit in that MarMar.

M: I was just the driver in the getaway car.

S: Oh, is that what it is? But it was really kind of fun. Then we got back and they're like, "Yeah, you're OK, you can go home now." They probably saw that we hijacked the wheelchair and took to Baker's Square. Well, we knew it was a turning point.

I have to tell you that when you're really sick you really don't care who sees you naked? Truly. As sick as I was at that time, I had different nurses like every shift and they're like, "Do you want to take a shower. I'm like, "Do I need to?" They're like, "Yeah, you probably need to." They're in there stripping you and wheeling you in. You're sitting on this little shower chair and they're like, "Would you like me to wash you?" "No, I think I've got that part." I mean it was just weird. They're like, "Oh, no, I'll help you." "Oh, OK." You've got somebody washing your body and going "God, this is really weird," cause I was really out of it. Then, all of a sudden, she goes, "Do you feel better now?" I'm like, "You just kind of like....fondled every part of my body. Yeah, I think I'm feeling OK." It was such a weird moment. Then I'm like what the hell. But I was so out of it's like, "Yeah, OK. Whatever." You do feel better because you washed all the grime and crap off because if you've been there for like seven days, you're kind of ready to wash it all off. I was sitting there thinking, "Wow, I don't know you, but I feel personally connected to you now." There's a certain connection there, you know. I was like wow. Absolutely...it was all good. It was just such a weird moment. I realized that nurses come in and if you're really out of it, they're like pulling shit out from under you and you have no idea what they're doing. You try to get up to go to the bathroom like whatever.... It's such a weird feeling of being that helpless at that moment. Then you're at the mercy of medical staff. But they do their job and they do it right and it's good until you get some intern asshole. Uuuhhh. I fired him. In fact, I said, "I'm firing you because I don't like you" or something like that. He looks at me like, "I'm a hospital intern doctor. I'm the doctor that's here." "I don't care, I'm going to wait for the next one." You know what I mean. Then

finally you get the right one, the other doctor comes in and you go, "OK, I like you. I'll take you." You know, like that. "You seem like you've got a good head on your shoulders. You're not an asshole. You're not full of yourself. OK, that's good." Cause not everybody is meant to be a doctor but they want the money. That was a bad day, I'm sorry.

M: That was a rough week.

S: That was a rough week. We were all scared. It was just uuuggghhh. Have you ever faced death, people, like I did? It changes you. It really changes you. You become very not naive anymore. It's like you go, this is my life, I'm living it. I'm going to do it because it's the only one you've got. That's I think what people forget. Why do we have to go down that hard road of manifesting shit just so that I know it's hard so I can get out of it. Think of that. I'm very grateful for this new reality I have that life is just way too short and I'm going to live my life and I'm going to do it with as much as I can in my life and not sit and be afraid.

L: It's literally the plot line of the "Soul" movie.

S: Live. Yup, I'm going to create the biggest, baddest, best life ever because why? Because I've known what it's like to build the shit and I think I'm done doing that. And that's what I do. That's what I teach people. I teach people that your strategy for life is probably building on shit, upon shit, upon shit, upon shit. You need to look at it, you need to be aware it, you need to take accountability for it. You kind of own it. Don't confess it, just own it, and then you work at healing that so you can move forward in the right way, being in full gratitude and full acceptance of the things you're creating in your life and be in the best place you can possibly be in. It's not sitting here waiting for the sun to shine. It's shining even if you can't see it. It may not be right now in your perspective but it's going to come up or it's shining somewhere on the planet.

That's how I look at life. It might not be right in that moment, but I can at least know, with full confidence, that the sun still is shining somewhere. If I can hold on to that, that gives me that semblance of hope. I can't give up just because I'm not seeing the sunshine on my happy little space. If I'm waiting for that, I will never really find hope. I will always wait for it and waiting begets losing.

So, think of it like this, if I'm accepting your reality then I'm insane. If I'm accepting my reality but willing to move forward in a way that says, "I'm not going to think the way you think, I'm going to think the way I think but we're going to find some commonalities to learn how to understand each other so that we can move forward and that we can aspire to be a better person in order to do better or to do greater in our life than sitting here looking back wishing we coulda, shoulda, done it. Do it. Just do it. It's not going to be fixed tomorrow because you're thinking about it. Stop thinking about it. The only way to really solve your life's issues is to recognize there's an issue, realize that you can heal it, and move forward.

Manifestation is not once, it's every moment of your life. If you don't like what you created, this moment, then re-create a different one and keep recreating until you get exactly, in your joy, what you're joy filled about. Hope is not hopeless, hope is hope filled with its cup running over. That's what it is. It's not sitting here for your joy, it's being in joy. It's not being helpless, it's helping which takes you out of helplessness. If you want to find love, then be loving. Don't sit here waiting for love to find you,

be loving. Love outside yourself and you're going to find that love permeates everywhere. It's not about sitting here and waiting for your life to change; be the change you aspire to change. Don't sit here and wait for it to knock you on the head because it isn't going to happen. You want Mr. or Mrs. Right to show up in your life, don't sit here on your couch and expect him to fall through the roof. It ain't going to happen. You've got to get up and do the things it takes to create the life you desire to have. Sitting here hopeless, quitting, having a hard time, yes I can still get into my soapbox about certain political situations, but in the end I can sit in my own confidence and my own knowing, knowing that I'm not perfect. I don't aspire that. I'm not a perfect person, but what I can say is I learn from those mistakes. 'I bank them in a way that says "that's a good learning tool. That worked, that didn't." This is good. This is a little challenging, I can take the high road or the low road, but either one I take is not wrong, it's just how I view it.

Just remember, guys, if you think you're insane, alright you're insane. You think somebody else is insane, you're insane. The reality is what you see in other people is probably the reality that they're probably doing what you don't like somewhere in your life. I will own that. I think of people who follow Trump, maybe somewhere in my life I'm doing exactly what they're doing with that in some other way. I have to look at it and say to myself, "If I'm going to be on Gilligan's Island and do a three hour tour and end up in a hurricane and end up being shipwrecked with a bunch of really cool people with all their stuff, you know what? I'm telling you, that's a pretty cool island to be on, but I'm pretty sure it's not real, cause I'm all those parts of it. I'm Gilligan, the professor, I'm MaryAnn, I'm the skipper, I'm the Howells, I'm Ginger. Whatever it is, we're all parts of that island.

L: For a second I had mixed up Wilison with Gilligan and I was confused.

S: No, that's a soccer ball. But, if I look at it in those terms and I look at all parts of that I can start to see that I really can figure things out. I really can aspire to be a better person, stronger, more confident. Sometime you need to talk to people, someone like me to get some clarity or maybe some understanding, but in the end, you're not bad. You're just looking for the island that you're already on. Wake up, people. Right? So, Gilligan's Island here we come. I mean, really?

L: Telescoping, looking for the island and you're on it.

S: Where the hell is the island, you know. Look down. So, I think it's important. If I'm going to sit in my insane life I need to take accountability for the insanity. If I'm going to sit there and think I'm sane but look for the island, I'm insane. So, the reality is it's figuring out how I'm going to find contentment, answers, and the ability to move forward when I've got a lot of stuff going on. Sometimes sounding off, talking to people, feeling safe to talk to people so I can get things out really becomes way more profitable for me in my journey to look for myself than sitting here and going, "Well, you did this, you did this, you did that. It's your fault. That's whatever. I can tell you that there is not a single thing in our lives that when we sit back and truly look at it, you know what, in the long night or day, the reality is it's going to be better and we're going to be OK. It's going to move us forward in some way if we're willing to see it.

See the island. Be grateful that you're on the island and not in the ocean bobbing like a bobber. See the gratitude of it and that's when you can start to change. See the gratitude and the gifts in your life and that's when things will move and change for the better.

I just want to thank everybody for tuning in, listening. I always say sanity is when somebody else sounds sane, here's the reality, we all have skeletons in our closet, we all have things that we can aspire to change and do better on. Stop luring the bad behavior. Give yourself the opportunity to not have to defend yourself, cause there's nothing to defend. Defending it means that you're wrong, that you're bad, that you have to prove you're right. And finally, when you're manifesting your life, take your whole life, not just part of it. See it all as your creation and when you don't like something, redirect it, recreate it, do something different. It's not that hard and it happens when you are struggling, when you're not struggling. You create all the time so just stay accountable and you'll find that you're going to be OK, that you're going to rise, you're going to move, and you're going to create and recreate your life every moment of every day. Don't like it? Turn around. The view might be better from the other direction.

Thanks for listening. Just remember that we all are there, and we've all been there. I can sound off, I can sound in, I can do whatever it takes, but it truly is looking at the gifts of life. Thanks for listening and we'll talk to you around the corner. Bye, bye.