

frances-ulman

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7s Journey on my. It lies

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see one.

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Good day everyone. Welcome back to The Journey On Podcast. I'm your host, Warrick Schiller, and I have a very interesting guest today. It's a lady named Francis Ullman, and Francis was previously a clinical psychologist and ardent atheist from the USA. But she's now initiated into a lineage of shamans in Mongolia part of the year. She lives and sits with people in Mongolia, and this transformation began when Francis spontaneously started having awarenesses beyond what she thought could be true. These experiences included perceiving the subtle energies of living beings around her, and receiving messages in her private practice from the past loved ones of her clients. Uh, that's that's a little part of Francis's bio. And her story is absolutely fascinating. And some of the places she's been, some of the things she's seen are absolutely fascinating, too. So I hope you guys enjoy this conversation with Francis Ulman Shaman as much as I did. 6s Frances Ulman. Welcome to the Genuine podcast.

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Thank you so much. It is such a huge honor to be here with you.

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Oh, I'm honored to have you here. This is going to be fun unraveling your amazing story. Um, I'm going to do something different than I normally do. I'm going to read normally, I read out people's bios in the intro, and then we go into stuff here. But I want to keep this fresh in my mind here. So I'm going to read the bio that you sent to me, to you, and then I'm going to quiz you about it

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okay okay I love that.

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So here's your bio. It says the most unbelievable stories are the true ones. France is a story is still being written. Previously a clinical psychologist and ardent atheist from the USA, Francis is now initiated into a lineage of shamans in Mongolia. Part of a year she lives and sits with people in Mongolia. This transformation began when Francis spontaneously started having awareness beyond what she thought could be true. These experiences included perceiving the subtle energies in living beings around her, and receiving messages in her private practice from the past loved ones of her clients, despite significant bewilderment, and that there's so much of this. But like that sentence right there, despite significant bewilderment. I definitely want to get to that. Not for a moment. Did Francis doubt the validity of her newly opened sacred senses. However, these new awareness has challenged her most fundamental beliefs. That's another topic of conversation right there. Um, fundamental beliefs. Where was I up to? Here we go. Francis saw two possible paths ahead. She could either stay in the life she knew and try to suppress a new awareness, or she could leave everything she had known and set out on a great adventure into the unknown, and a decision some call foolish and others call fearless. She left everything behind and jumped into the unknown. First living in Nepal, Francis now has moved over 200 times across many countries and continents, including Nepal, India, um, and another

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one. Quite a list. I know another

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one. I'm not sure how to pronounce sap

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mi. Stop me, stop me. Oh, set me on the Norway side of the border Greenland, Bhutan, Iceland, Denmark, Mexico, South Korea, Scotland, Ireland and Taiwan. Of all the places she's been the most transformative for, Francis has been living in Mongolia with the shamans, spirits and the land only in Mongolia. After many years of feeling lost and confused, did she finally feel found when she was told she was a shaman. Being initiated did not end her journey. It began the next chapter. As a shaman, Francis now uses her time to help others. She sits with people in Mongolia and online. Francis especially enjoys being with new sacred healers as they find themselves on their own journeys. She has seen time and time again at the very feeling of being lost is often a great sign you are finding your way.

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Say that one again. That's that's the stuff right there. That

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is stuff. Yeah.

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So let's let's unravel this whole thing. I mean, there's a there's so much to that. I'm going to start at the beginning. Okay. Previously a clinical psychologist and ardent atheist. Tell me about your path to being a clinical psychologist. What what led you to doing that. Yeah. Well, I think it's important to start there, because when you read that bio, I can almost imagine some people thinking, whoa, I'm just here for the horses. It's such an out there story. So it's important for me to have people understand my background and where I'm coming from to recognize that this was not a journey of like, um, choice. And yet, at the same time, I understand that this is what it was always going to be for me. And in some ways, I think everyone listening to this can understand. I thought I was going one way in life, but something unexpected happen and now I'm somewhere else. So I'm 46 now. I was born and raised in the southwest of the USA, and I was born and raised in a non-religious family. Uh, but I like to joke and say our religion was something of the mix of the lineages of science and shopping. 1s So science and

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shopping. Yeah. You know, like, we were very we were very rational people. And we spent our Sundays maybe looking for good deals. Um, you know, and it's funny, but also I think it summarizes a good part of, uh, others that have been born in the USA. Um, I was raised in the kind of family where, uh, the expectation was always that I would go to college. I was very fortunate in that we always had enough food to eat. We had summer vacations. Um, where I'm from in the USA. In fact, I was just there a couple of days ago, and even now, in October, it's over a hundred degrees. So it would be what is that, like 3233 Celsius while I was there?

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So we had about

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3838 okay. So

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let's do the math. Do you know how to do the math? You don't. So take the Celsius and double it. So 38

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and 38 and add 18.

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No, actually I've got a different way of doing it. You for Celsius do Fahrenheit. You take the Celsius and double it. So 38 and 38, 76 minus. The first number in which in 76 is a seven. So oh my goodness is 69 plus 32, 69 and 30 is 9069 and two is 101.

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Wow, that is a very accurate way to do it. I have a very brief funny story of how I learned to do it, although it's clearly not working right now. Skipping ahead, I found myself with Covid in Shanghai in January 2020 and I was so sick I couldn't leave my hotel room, but the only thing I could see outside was a thermometer that was like four stories high, with Celsius on one side and Fahrenheit on the other. So I learned 50, 68, 86. That was it. Ten, 20, 30. And then after that, I get a little rough.

U2

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I used to I used to be able to tell, like when I first moved to the US where they use Fahrenheit. I used to be able to tell if they told me the temperature. I used to be able to tell if it was going to be cold or hot, but I couldn't tell the the middle bits.

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Yeah, yeah, I couldn't. I know what you mean. The

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stuff in the middle. I didn't know if I need it. I didn't even know, you know, if I needed one sweatshirt or two, I knew, I knew when I needed a jacket and I knew when I needed a swimming costume. I wasn't sure about the rest of it.

U1

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Well, luckily for me, I spent part of the time in Arizona, part of the time in the Arctic. So you just kind of know, you know, what to grab. So yeah, so I was born in this part of the country where I was from a family where we had a swimming pool, and, um, there was no sense of. ^{3s} I think early on I want to differentiate. For me, the way I use words, there's a difference between how I feel about the word spirituality and sacred. Spirituality. It's a beautiful word for me. It pulls up a sense of things like religion, and I don't consider myself religious. And sometimes I notice that people use the word not everyone. But I notice some people use the word spirituality in a way as like an identity, like a sticker to have on them, like their little Girl Scouts sticker. I more tend to like to use the word sacred, because if you're if you're talking about what is sacred necessarily, it means all is sacred. You can't be sacred in someone else isn't. You know, you can use the word spirituality. I'm spiritual. You're not. But sacred is something else. So I would say in my childhood, I was raised in a way that didn't remember what sacred was. It was a kind family, um, functional in a lot of ways, but it was lacking the wisdom of, uh, the ancestors before me. So, for example, or just to kind of put a little bit more context around it, I find it interesting for myself to always think about my grandmothers, grandmothers on both sides were not did not speak English as a first language. You know, and how far I've come that I've completely lost that connection. And I was raised in the family. That was the family of science and shopping. And it was a beautiful childhood. I don't mean to diminish that, but I just want to put some context around it. So I found myself going to college. I went to UCSD, a University of California, San Diego, and I'm

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going to University of San

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Diego. Oh. Did he? Oh, wonderful. I love San Diego. Um, there is a place you don't need to know what temperature it is. It's just always good. It's the same temperature all year round. Year round. Yeah, exactly. Yeah. And I, I'd like to really make a point that I'm not saying the names of these universities as a point of like pride or ego. It's because what I'm about to say is so outrageous. I would like us to consider that all these institutions gave me degrees. So yeah. So I got my undergraduate degree in cognitive science, which is basically the study of the mind and consciousness. And at that time I was still a very rational atheist. But I do find it interesting, looking back to see that was what was of interest to me. I then spent two years working as a research assistant at MIT in Cambridge, Massachusetts, and after that I went to graduate school in clinical psychology, and that was at Vanderbilt University in Nashville, Tennessee, a very respectable university. And I like to joke that there probably at some point going to take my doctorate away, but I guess I don't need it anymore. So that's okay. So from the beginning of graduate school to doing a post-doc at the University of North Carolina and Chapel Hill to getting licensed, that was over a decade. To get there. I was finally in private practice. You know, I had been trained to think, I know what I'm doing, and we're just so cute. When I think back, I didn't know what the heck I was doing, but had my office and I had my, you know, license. And a door to clothes. And I had never had any sort of what maybe we could call like sacred knowing before that. ^{1s} And. I have no history of drug use. I feel like it's important saying I have no history of mental illness. I don't consider this an illness, but I do have a very strong relationship with depression, especially through graduate school. I think that's kind of amazing, but I want to put that out there as like full my background. Um, so there I was, working as the psychologist in private practice, um, being the expert on other people and telling them what they need to do to be. Well, um, I say that tongue in cheek now, and

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I have a did you have a, like, especially like EMDR or like IFS, uh, for CBT? What did you specialize in any particular thing?

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Well, in a way. So yes, I did. So Vanderbilt University had a very reactionary model to psychoanalysis. And like the Freudian model, we were trained more in statistics than compassion. I think is a nice way to put it. I actually took four years of statistics post-college, like in in graduate schools for extra years of statistics. And it was actually said in one of my classes, if you can't measure it, it doesn't exist.

U2

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You sound like Brené Brown.

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Yeah, she'd love to hear that.

U2

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No. She says she says that she used to be if you couldn't measure it. Yeah. She said one of my college professors told me if you can't measure it, it doesn't exist.

U1

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Holy cow. I did not know that. Yeah. So I was of that same model, you know, and that raised I don't want to say an entire generation, but it's interesting that she and I would have that in common. It raised a big part of a generation of the therapists that are now out there right now. Um, and within that, in graduate school, my specialty was autism. My brother has autism. He passed two years ago. Um, and he's a very essential part of, uh, my life and my story. And he still feels very close to me. But I think that probably led to why I was interested in autism and graduate school. And within graduate school I specialized in diagnosis. So it means I actually worked on teams, multidisciplinary teams, diagnosing kids as young as maybe 15 months, up to three years, where we were trying to push the envelope of how young we could diagnose a child with autism. And there's a lot of value in that. One of the things that I did as a graduate student on that team was IQ testing. So I was doing IQ testing with 20 month old babies and reporting back to parents saying, here's where they are now compared to other children. Here's what we can expect them to be at five years old. I in some ways at this time feel that's a very, um, devastating way to be interacting with parents of a children when they have a concern about them, because who cares? It's not relevant in so many ways. **1s** Um, after that, when I went to my postdoc, I ended up working on at a regional center. Uh, one of the, uh, **1s** um, doing a lot of good work for a very influential researcher on eating disorders. And I absolutely fell in love with that work. I worked with people in patient, outpatient, partial, all the different kinds of eating disorders, and I became very passionate about that work. So when I was in private practice, I did kind of specialize in eating disorders and autism. And when I say autism, it would generally be like folks in their adult years. Um. **2s** Just just that wanted a therapist that was like autism informed. And every once in a while I would have people coming in that had both. **2s** Yeah. So as I was in private practice, you know, sitting there with my little degree behind me on the wall to prove that I was legitimate. I began hearing, um. **3s** Well I I. My my story is uncommon and that I had what we could call an opening. I think the English language doesn't have all the words that we need. So I'm going to use the word opening. And if that's not comfortable for people, I invite you to listen to yourself and think about what words work for you. It's not exactly the right word for me, but I had a what I would describe as almost a violent opening. And I say that as someone now who works with other people who are going through openings, it was so fast it couldn't, uh, make heads or tails of it. Very early on in this, I began hearing the past loved ones of the clients that I was sitting with. I mean, like war. What can you imagine? I'm sitting there talking to someone about their anxiety. And this is the one, the one example that always comes to mind. And her grandmother came in to my mind and I heard the grandmother. I mean, I was an atheist **2s** and there was no context for this. Well, I have a

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question for you. You said you were the patient and you were the client. Sorry. And their grandmother starts talking to you. Did she introduce herself as their grandmother? Like, hey, I'm that person's grandmother and I want you to tell them something. Or I mean, how did you know it was the grandmother? And my other question is. **2s** Does it come to you in your voice, or does it come to you in their voice? What do you, when you hear

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the answer to the first question is, it feels quite intrusive to me. Um. It wasn't. Hello? I'm her grandmother. May I take a moment? It just was another voice in the room. The way that I hear it is not the way that everyone who is able to communicate, uh, in sacred senses. Some people experience it this way, some people don't. But the way I hear it is the same as my stream of consciousness. So perhaps not everyone is this way of learning, but most of us, we kind of have an internal monologue. Are you one of those people?

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I've got six internal monologues, but

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yeah, okay, I'm 55. Are you like, yeah. So it is that it's not an external voice. So imagine I just have my stream of consciousness. I'm sitting with my client and I'm thinking, okay, I need to ask her about, you know, whatever next. And then suddenly in the stream of consciousness was something that wasn't mine. But what comes along with it is what some people call clear cognizance, which is just sort of a knowing. And the way that I describe that is, imagine if I said to you, like, in what state is the Grand Canyon? Immediately you're going to think Arizona. If you know the answer, it just kind of was always there. That's the best way I know how to describe it, where it's just it almost feels like it was already in my mind and I knew it. So I heard something, and immediately there was just the knowing of, oh, it's the grandmother and the father's side. Mhm. Yeah. And sure enough I would test it and it would be true, which just shook me to the core.

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So let's talk about the shaking to the core, because, you know, I have people like you on the podcast because there's a lot of people that listen to the podcast who are.

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You know, exploring different ways of looking at the world. And I think when you have those. Is You know, those shifts in your perception of the world, things can start to open up to you. And I really like to have people like you share their openings, you know, going from straight clinical psychologist who is an atheist to

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whatever it is and I so what when that that that clients that sorry that.

U1

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Yeah. Grandmother

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started talking to you. What's your. I know it's in your internal dialogue, but what's your other internal dialogue like? Holy shit, what's this? Or was it like it was okay?

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Yes.

U2

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I want to know how you handle how you how you write at that moment. How do you go on with life right there?

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Uh. 3s There does seem to be a bit of a fearlessness in my soul. Um, which. 2s Probably was part of my package coming in so that I could handle. You know, I think we are given what we can handle. It doesn't always feel that way. Um, but in that moment, my, uh, underlying being was like. Well. 2s You know. Holy crap. But it never questioned it. 1s I almost think of it as like someone who's never seen before, and they didn't even know that there was something like seeing. But suddenly their sight returns. There's simultaneously bewilderment and familiarity. It just. It just was like, oh my goodness. This is another way to know this is another way to perceive. Yeah. So, so in like the experiences itself. Were. Not the trouble for me. The trouble for me was knowing how to incorporate that with the world and the beliefs that I had built around it.

U2

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Yes, I think that's. I think that would be that's that's kind of my question to as I kind of get in a bit of a spiritual path sort of thing, once you start to understand certain things, it's like, how do you how do you live in this world, being aware of that. And I'm definitely not having the experiences you were having. Uh, so in your bio says the transformation began when Francis spontaneously started having awareness beyond what she thought she could be true. These experiences included perceiving the subtle energies in living beings around her, and receiving messages in a private practice from the past, past loved ones of clients. What's the what is the perceiving subtle energies in living beings around you? What sorts of energies?

U1

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Can 1s I tell you the truth, it was trees. Trees were one of the first beings that I was, uh, being able to sense something more around them. It was sort of perceptual. At that time I was married and I was married to an incredible man, and I have nothing but wonderful things to say about them. Even now. Now. And we lived, uh, with our two dogs in Durham, North Carolina, and we had these huge oak trees in our backyard. They were over 100 years old. And I started to be able to see, like the energy field around them. Um, and, and slowly, within about the same amount of time, it wasn't super clear. It was just sort of vague impressions. And perhaps the people listening to this has this sense too, of like, it's almost like, did I see that? Did I sense that just a little bit of like, oh, a client would come in and on that day their heart looked a little. 2s Um, felt a little denser sort of thing, but it was trees, too. And that's why I think I'm very mindful to say living beings, because to me, trees are as much living beings as, uh, as those of us with legs or fins or wings and something I didn't put in my bio, but I think it is relevant to the story, is this man that I was married to, he and I met in graduate school. He was incredible. He was a mathematician and he and I, you know, we bonded on gardening, 2s um, cooking. We had a mud oven in the back where we would make pizzas. The mud was from the river behind us. He was he was feral and the best of ways and rationality. And when this began happening to me, I would say that we were kind of like that couple where everyone was like, they're going to make it. You know, you kind of, I don't know, I at least you have your friends and you know, the statistics and you kind of wonder. And we were the ones that I think everyone kind of thought, well, they that that's going to, that's going to work out. Unfortunately, his father had been diagnosed with a mental illness and he watched it happen when he was a child. He and his family and it it, uh, devastated the family. And the father ended up leaving and uh, passing in a very significantly terrible way. So you can only imagine for this poor guy. Imagine his personally. He's committed his life to what he experienced it as someone. It was the beginning for him of what had happened to his father. 1s And that was true. I was so close to him and I was so close to his family. And that was true for all of them. And I think we just didn't have the conversation. We didn't have the, um, like before behind the conversation. We didn't have the cultural understanding of what was happening to me to be able to hold and support me. And that's something that I really want to make sure that I communicate today is. Most of you listening are not going to be a shaman. I think that's a safe thing to say. Most of you are not gonna be a Mongolian shaman, but you know, even if you've had a couple of

experiences, it can be really difficult to know how to communicate that with the people that you love. Because we in these colonized cultures, um, these colonized times, for many of us, we don't we've lost the, the cultural wisdom to say, oh yeah, that just happens. It does. And also, it doesn't mean that you're special, like ancestors just sometimes communicate, you know, sometimes dreams do mean something. I didn't have anything around us. And I think the reason why my I know in my heart the reason why that relationship didn't last is not because we weren't great together. We were. We didn't have the fabric around us to hold us together when we were going through something we didn't understand.

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Yeah, I can. When you said that, you guys bonded over, you know, three things gardening, cooking and rationality and, like. So this guy is quite rational. And then you start having.

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He was a mathematician.

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Yeah. You start, you start having these.

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Non ordinary experiences. I can imagine that would be. And then on top of that, the fact that he's, you know, his father had some severe mental health issues. And yeah

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they can probably look somewhat similar.

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Yeah. Yeah. You know and honestly I, I wonder I don't know, but I wonder about him as well about his father as well. So

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that wonder what about his father.

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When we open to things that we don't understand and we don't know how to make sense of it, it can be devastating. And I made it out. Yeah. Was it meant to illness for him or. Uh, was it him not knowing how to make sense of things that are happening to him? I don't know. Well, that's that's my big question for you. And I was going to kind of wait till a bit later when you, when you get told you're a shaman, but I'm going to maybe do it now. I've read quite a bit on shamanism and usually people that, you know, it's kind

of the wounded healer archetype. Usually they've had some sort of terrible thing happen to them. They've had near-death experiences, they've suffered a great deal, whether physically or mentally. Um.

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I think that's quite common in shamans. And you, do you feel like.

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Uh.

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Do you feel like there was a part of that with you, or are you kind of the exception rather than the rule?

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I'm gonna think about, uh, the experiences I have. I did not experience anything significantly. Traumatic beforehand. Um, I also had not been seeking. It's not like I'd ever taken a yoga class. Yeah. Nothing, I mean, nothing. You know, I was reading books by, uh, Dawkins, like I. 2s Uh, I, uh, my hesitation is, I don't know if I want to use the word exception, because I think that you and I are both coming from spaces of cultures, of non-Indigenous cultures. Um, and I sometimes wonder about the stories that we've been that have been handed down to us. I don't know that I'm the exception or not. So I'll just say for me, uh, I had not had anything traumatic happen to me before, but after I did, a couple years after a pretty bad. And I've met with shamans now in a couple like a shaman that comes to mind is a shaman I met in Siberia. He was in business school in Moscow. And the spirits called him and he was like, oh, damn it! 1s Because he knew it meant he was the shaman and he had to go back to Siberia. And he's very upset about it. So I have heard other stories like mine and that I don't I don't buy into the wounded healer as the only path in a path. Not that path, I would say. Yeah,

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I didn't, I didn't yeah, I wasn't sure it was the only part, but.

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You

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know, from what I've read, the people I've talked to that are either shamans or or, you know, have been around. Shamans are like usually there's a story of some, some great deal of suffering, um, along the way.

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I didn't have that until after I opened. When I opened, then I was pushed quite deep into some dark, weak, dark years. But I didn't have anything. This was genuinely spontaneous. Truly out of nowhere. Truly out of nowhere.

U2

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Okay, so let's go back to

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you've. You've had the grandmother talk to you. You you're starting to sense the energies of trees. Your husband is starting to think that you might be having the start of some mental illness. Mhm. Um.

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How did you get into the the the traveling around, going to far off places and, um, hanging out with shamans.

U1

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Well, let me think about how I want to answer this. ^{3s} I'd like to briefly talk about what a shaman is, and I think that informs informs the story. So to talk about, for me, the word shaman is a very specific kind of sacred healer. And the way that I talk about it is there sacred healers all over the world? We have sacred healers in Greenland. They're called folk, which is where I live part of the time, the sacred healers in North America, we are often told they're called medicine men or medicine women. But of course, within each community, they're going to have their own word and sort me, which are the indigenous lands of northern Europe, the only indigenous lands in Europe, which is where I live half the year with my partner. And he is indigenous. Uh, they they have no aid in Mongolia and neighboring regions. They have shamans. So all of these are what I would call the sacred healers of each community. I would say were all the same kind of soul. We're a little bit different than non sacred healers, perhaps a spectrum, but we're a little bit different. But we're all the same. We're all sacred healers within each community. The methods are different. So Mongolian shamans, the methods look very different than or somewhat different than, let's say, uh, the people that I know who are sacred healers in Greenland. So for me, what happened is, uh, much stranger than just starting to hear the past loved one. Because then you think, okay, when we pass, we continue on. But there were other knowing coming through. In particular, I had another voice. So you imagine I'm hearing. I'm connecting with the past loved one. ^{1s} I loved ones of my clients. But there was another, um, channel of communication coming through. And this was, I mean, we I was kind of thinking like, maybe it's a grandfather I didn't know or an ancestor I didn't know, but it was giving me really accurate and helpful information. And some of the information that it said to me was helping me ground like it would say, look, something is happening to you that your soul knows, but your human self doesn't understand. You need to go sit down outside right now and put your back against a tree. It was helping me move through, uh, what was happening at the beginning. And along the way it said. ^{1s} You got. It basically was like, you got to get out of here. Like, this is not going to you're not going to be able to hold this all together. The life that you had is over. You got to go. And within that, one of the things that in the knowing that came was go to Nepal. ^{1s} And so I did I, I left my life and I took a backpack and I moved to, uh, Kathmandu.

U2

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So let's just before you go to Kathmandu, let's talk about. 2s What is that like? What was that like for you when you got the knowing that your life as you know it is basically over and you need to do something else? Was that was that hard to let go of for you? Or was it like, okay.

U1

32:22

It was like, okay, because it was very naive, I didn't understand. I thought they meant like, you know, used to eat meat. Now you're going to be a vegetarian. I don't think I understood how fundamental everything. I think I would have put it more resistance if I understood fully what that meant. Um, and moving to Kathmandu happened where from that moment on, I think I had about four years of just. 1s Oh my gosh. Um. 3s But. 2s In every experience, in every place, losing a sense of who I was and I. What happened was I met someone in Nepal and I stayed with him and we lived in India. He was a Tibetan refugee. And so I lived in Nepal, in India for about two years at the beginning. And I remember at one point being in Calcutta. 2s Just absolutely devastated. The change was too quick and I remember thinking, I don't know how to tell my story to myself anymore. You know, like I was a clinical psychologist now, like, I, uh, but I had enough self-awareness. You know, this is not the sense of, like, I don't believe in the word crazy. Crazy is a slur, in my opinion. It's not diagnosis. It's a slur. 1s Um, and I don't use that word, but I'm going to use it right now to say I never felt crazy. I just felt overwhelmed. And I remember just thinking, in Calcutta, um, I no longer how to know how to tell my story to myself. And I am in the middle of trauma, and I can't wait until I'm out of this and I can tell my story again. Yeah, it was hard.

U2

33:58

So when you when you first moved to Kathmandu, did you know anybody there or you just rocked up with your backpack? And unlike here I am

U1

34:06

more or less. 1s Yeah. But what was

U2

34:11

your like? What was your first step? Like? You arrive in Kathmandu. What? What are you looking for? What? You know, what are you seeking? Who are you seeking?

U1

34:21

Um, well, I you're right. I think seeking is the key word, because what had happened is when all of this started happening, I had, you know, I had heard about meditation and I thought, well, maybe I better start meditating. Um, so that happened very early on, and I found myself meditating. There's different styles of meditation, and I was kind of within different traditions. But the tradition that gave me a moment of maybe not even clarity, but a moment of. Orientation within myself and and I believe all traditions are valid. This was just for me. Was a Tibetan, a Buddhist teacher in Virginia. His name is Tenzin Wang Rinpoche, and I have tremendous respect for him and I still follow him. And I went to a retreat up there, and I started following his teachings and his teachings. 1s He wasn't telling you who you are or what you should do, but he was giving you skills. And the skills were, you know, like sit and stay when the present moment. But for me, that was what I needed and it was transformative. It was the only thing that was providing sort of an anchor in such a distilled, uh, destabilizing time. And so as things continue to grow and I thought, you know, I don't think I can even be a psychologist anymore. Um, and I wasn't sure what

to do next. I still had that academic mind, and I still do in some ways. I just know when to be in it and when to be not in it. But I still had that mind of like, well, but what is the answer? You know, I just want to know, like, okay, so now where's the graduate school for hearing ancestors? Um, and his tradition had roots in Kathmandu. And I think I was just thinking about it as, like a next graduate program. Okay, I'll go to Kathmandu and study with teachers there. It's not what happened, but that's what that's the reason why I initially went there.

U2

36:12

Oh, so you go into the meditation in North Carolina?

U1

36:15

Hmm? Well. Virginia. Yeah. Virginia. Sorry.

U2

36:17

Yeah. I think I've had somebody else on the podcast who spent quite a bit of time with him, too, I think. I can't remember who it was.

U1

36:23

I think he's a solid man. Yeah. *1s* Um, so you rook up to rook up to Katmandu, then? Yeah.

U2

36:31

Then what's the next chapter in this

U1

36:33

story? Let me tell you, it's a long chapter, and, uh, it sounds interesting, but it's not. So I would suggest you don't spend too much time with it. But I met a guy, and he was my Tibetan language tutor, and I fell in love, and I had, uh, he was a refugee. Yeah. From Tibet. Well, no, he was born in India, if you are. *2s* It. His parents had, uh, fled from Tibet into India and then in India. If you're a Tibetan refugee, you never get citizenship. So I think as far as I know, they're now in third or fourth generation, but you never quite get citizenship. So he's a Tibetan refugee born in India. He was living in Kathmandu. He had actually been raised in a monastery. Um. *1s* And within Tibetan Buddhism, that's what happens. You often send your oldest son to the monastery, and that's who he was. And he was no longer within the monastery. But boy, at that time that was you know, sometimes I went through my phase of being interested in surfers. But when I went to Kathmandu, I was like, oh, is that that was in a monastery? Yeah. Wow. *1s* So anyway, I really don't think it's worth our time to spend too much time in this part of the chapter for me. But he and I ended up being together for a couple of years, and that's so when I lived in Nepal, in India, we weren't just living there, we were living primarily within Tibetan refugee communities. And I think, uh, that when you hear about things like, um. *1s* The trauma. I didn't have trauma before, but that was the trauma. It was actually an incredibly difficult time. A lot of people seem to have beautiful experiences in these places. Um, especially Nepal is still very close to my heart and I hope to go back soon. But it was a it was a time of, um. *2s* Mhm. Words fail me. Let me try to. I just completely lost an idea of who I was and I it wasn't a week. It was like years of not knowing who I was anymore, because I had built such a story of who I was within the colonized spaces that raised me. I was a psychologist. I had a PhD. None of

that's relevant when you're in Calcutta, you know, um, I have a mortgage in a house, uh, I, I. 1s Really lost the understanding of who I was in that time for a long time, and I understand now why that was incredibly important for me. But it was, um, it was traumatic in, in very soul shaking ways at the time. And he ended up not being a great man. So. It was difficult. Just

U2

39:17

just, uh, you know, just being in India has got to be an assault on the senses, too. You know,

U1

39:23

like. Yeah, for someone who's having opening and awarenesses and, you know, a lot of people, I think listening to this, uh, are spending a lot of time with horses and horses are such beautiful, wise teachers. And to be with the deep teachings that can come and working with horses, I think it's how it helps to be growing in your sensitivities within yourself of being aware of these very, very, very subtle things, these subtle awarenesses. For me to be developing these subtle awarenesses in India was, um. 2s Bit intense,

U2

39:56

right? There's a lot going on

U1

39:58

there. A lot going on there, you know. But it. I there's a lot of trust in this story too. There's a lot of reluctant trust in my story. And it's something that I'd really like to share with other people. It was an awful, awful, awful time. But what did grow out of it, looking back, is trust of like, boy, that's just what I needed. I, I believe I needed not just a week. Some people might need a week. I needed a couple of years of the universe just shaking me and just shaking out, like, I imagine, like grabbing, um, like a dandelion or like pulling something out of the earth and you kind of shake it to let all of the the pollen go. I needed that shaking out to get all of the stories out of me or the wrong ones, at least loosening them.

U2

40:45

All right. So that's, so that's the trauma that you didn't have.

U1

40:50

Exactly. It happened after. Exactly. I did, but it happened after.

U2

40:55

So. Nepal. India. Um. 2s While you're in Nepal and India. How? How much? Um.

U1

41:10

How much more advanced these sacred senses become. Are you like on a you're on a plateau? Like, is it just kind of the same? Or are these things they were going to they were going, they were going, they were continuing. And even now they were blossoming. I imagine it like a ever blossoming flower. They were going quite a bit and, uh, but it was very chaotic. I wasn't doing any. It didn't. Um, lead me to a place of feeling like, oh, I'm a healer. I never had that word around me. I just felt like, I don't know what's happening to me. So moving us ahead. What happened is I ended up back in the US, and that had been such a difficult time. I found myself back in my parents house and my, uh, mid late 30s. And, you know, I left my parents house when I was 17. That was kind of the final straw on the Mongolian camel's back.

U2

41:58

So my question before you go any further, there is so you've had all these experiences and you've moved back into the house of. Uh, shopping. And what was the

U1

42:08

other one? Science.

U2

42:10

Science and shopping. And so do you. Move back in and keep all this to yourself. Do you move back in then and share this with your parents? And they think, what the hell happened to you? What? What was that like?

U1

42:23

For whatever reason. Uh, there are a couple of very fundamental operating systems within me. And one is to always tell the truth. And I told my parents everything. They knew exactly what was going on and what happened. So this is where the story, I think, gets a little bit, uh, more fun anyway, is at that point I had started to do yoga and I was doing yoga in a strip mall in, in, uh, Arizona. Uh, and we were in Shavasana. And at that point it was quite open and I had no idea. I had no I no sense of like who I was or what I was doing. It was just like, Holy crap, what happened to my life? It imploded. And so there wasn't Shavasana. And I swear to goodness gracious, a moose showed up. 2s Um, in my closed eyes. Kind of. Kind of like having a dream with your eyes closed along with some other spirits. And they said. 1s You're never going to know who you are until you get to Mongolia. 1s Which doesn't make sense because there are no moose in Mongolia. 2s And I basically told them to f off. I was so tired at that point. I had stayed in India on the advice of these same kind of channels, and I just said, I'm done. Like I'm done listening to this. I'm done with this. This stuff, you know, like, let me have my life back. And I told them to f off. And the words that they said in shavasana in this strip mall was, the door will open and all you have to do is walk through. 1s And I was like, okay, if the door at that point, I think I could have told you that Mongolia was in Asia, not South America, but could I have pointed to it? No, I'd never had any interest in the country. It's not. It wasn't like, oh, Mongolia, that makes sense. Like I had never had it felt any connection to this, and it just was the most outrageous thought in my mind. And, you know, sometimes, like for those listening to us having this conversation right now, if you ever have just the most outrageous thought, like you're in like. 1s A 9 to 5 job, but you just are obsessed with making cupcakes. Make the cupcakes. I think the universe sends us these signs. But yeah, I told them like, there's no way I'm doing that. And they said, the door open. And I was like, fine, if you can, if you can magically get me to Mongolia, I'm in. Well, very soon after, I found myself, um, at a retreat in Sweden and it was a shamanic retreat. And at that time I didn't really know what that word meant. But I had had these great experiences of that retreat before. And yet I had a lot of difficulty with what happened and,

uh, after. And so I thought, well, I like the idea of a shamanic retreat in Sweden. I don't know, it just felt more safe to me, I don't know. And so I went up there and I had these love. Oh, it was just beautiful is a beautiful group of people. And we were learning sort of the basics of what some people in the West would call shamanism. I don't know that I would, I would call it our birthright. So things like journeying with a drum. I think that that's just something in the human. It's in our package. It's in almost all of us, you know, you hear, you hear the rhythm and it shifts the brain state. We all dream. And I think we all can journey in some ways. Um, but it was a beautiful, safe space. And everyone there was from Europe except for me, who was from the USA, and two women, maybe three, but two that I remember that were from Russia, which I believe is on the. They were from Moscow, I think. I think that's Europe right as well. Um, but I'm going to, I'm going to qualify them as they were from Russia. And every time we did group exercises, I ended up with them. They were incredible women. And at the end of the retreat, the last day, the last circle, they said to everyone. 1s We are taking a pilgrimage to Lake Baikal and Siberia. In about six weeks or something. Anyone who is here with us, we've grown to love you. We know you. We invite you to come along with us. It's a very sacred land. 1s And that little voice in my head. Warwick said, there's the door. 1s They said, look it up on a map. You're just north of Mongolia. And it. And it was. 2s So. 1s This is the flavor of most of my stories. So I go back to the USA and I'm like, gosh darn it, I said, if I go, if the door opens, I'll go. 1s But at that point, I was getting a little bit more savvy because I think what I had done. 1s Well, let me back up a little bit. So the day that I decided to go to Nepal, I was so out of sorts. I had been a psychologist. I didn't know what to make of all this stuff. And I decided, okay, for one year, you know, I'm still a scientist. I have the scientific mind for one year. I'm going to say yes to all of this guidance that's coming to me, because I can't tell if it's worthwhile or not. Let's just see what happens if I open myself up for one year. That was the beginning of me moving to Nepal, because that guidance I felt was pushing me to Nepal and India. And the decision was, don't listen to it all the time. 2s So when it was when the door opened to go to Mongolia, I thought, okay, I'm smarter now, you know, 1s don't say yes, say a qualified yes. So I actually made a contract with the the energies around me. And I said, okay, here's the deal. You have been telling me for quite a while to get to Mongolia and the door open. And what you said you have delivered on, but I'm not going to go without my, um. 1s Demands, and my demands were that I always have healthy food. I don't want to be sick. 1s I'm always have a comfortable place to sleep. A couple other things as well. And they said, okay, we accept your demands. And one of the things it was small, but I said, I'm going alone to the part of the world that I've never been to before. I'm going to Russia and then Mongolia. Like, this is really feeling a little bit more wild than my garden with tomatoes. I need to feel that you guys are with me. And the way that I want to feel you with me is I want to always have a comfortable seat because I'm traveling so much, you know, and in Nepal and India, I was happy to do it. But you're, you're often like really cramped in different spaces. And I thought that's a very physical way to know that you're with me. And they said, okay, we like accept your demands and here's what we offer you. In return, you will find your teacher and you will understand who you are. 2s So I. I get my visa for Russia. Not the easiest visa to get. You can do it. But it was a little bit more difficult than the one for India. Um, I get my plane tickets, I'm going to Irkutsk, and I plan, you know, this is just. It'd be like anyone listening to this. If you happen to be listening to this and thinking, well, I couldn't do that. I know that's so I didn't have any more information than you, but I get it all together and. Within a week before I was going, the Russian woman sent me an email and they said, um, something came up. We're not going. 2s They cancelled the the trip to Siberia. 1s Wow. Yeah. And I, uh, panicked, of course. And at this point, I was pretty clear. Audience is a one way we could we could talk about it. But I had a very clear connection with the guidance that I was getting, and I. 1s I was very angry, you know, and I said, you told me the door would open. 2s Mark. They said the door did open. We told you that. It just brings me tears to my eyes now. They said the door did open. We told you we would open the door for you and all you had to walk through. We didn't tell you. Be walking through it with others. 2s And so I went.

U2

50:07

You went to do you go to Russia or do you go straight in Mongolia?

U1

50:10

I went straight, I went to Russia first I went to Siberia, which is just a couple hours north of Mongolia. And then after very, uh, interesting, beautiful time there. Just a couple of days, less than a week, I think. I took the Trans-Siberian railway into Mongolia. So my introduction to Mongolia was actually taking the train and seeing it's called gears there. But yurts, those circular houses which the Navajo have very similar places. Hogan's in the USA. Mhm. Yeah. Uh, so my first introduction to Mongolia was actually seeing them from the train. It was an incredible experience.

U2

50:42

So yeah in Russia they call them yurts. But in Mongolia they call them girls.

U1

50:47

Mhm mhm. I didn't know that. I only know the Mongolian word. But you've been there too. I didn't know that. Yeah,

U2

50:52

I'd been there too. No, I think the Russian word is yet. And a lot of people call

U1

50:56

them Geertz. But yeah,

U2

50:58

to me they were good.

U1

50:59

Mhm. Yeah. Me too. ^{1s} And what happened was, everything they promised me became true for all of my struggle and difficulty in India. And perhaps people listening to this right now are in their space. And this is not a story. It my story, I feel like, is a parable for all of us to hear. But we don't need to have these incredibly outrageous stories. Like a couple of other people that have been on our podcast, I don't think that our stories are unique in that we're on a human journey, and we're all being asked to go through our scary parts to come into more ease within ourselves. So what I invite people to do is listen and not think, oh, I've never been to Mongolia, but think about like, okay, I'm kind of being put through this like very rapid story. And I believe the value of it is it's important for me to share so we can all reflect upon it. So I went through this incredible difficult time in Nepal and India, and I struggled and I resisted. And now I look back and I see that there was a purpose to it. When I got to Mongolia, I believe by that time, if I had gone from North Carolina to Mongolia, I wasn't ready. ^{2s} And I had to go through those really dark years. And when I got to Mongolia, what they told me was, you're going to understand who you are and you're going to find your teacher. And it was like diving into a tub of butter. It was so smooth. ^{2s} So tell us about that.

U2

52:28

You take the Trans-Siberian railway down, you get to see the girls out the window. What do you just step off the train and your teacher's right there, you know? Where do you go? What are you looking for? How do you. How do you close? The next chapter of the story happened?

U1

52:42

Almost. So the first thing I did was I, um, I realized, have you ever seen that documentary? Uh, gosh, I can't remember the name of it. It's about the eagle hunters in western Siberia or Mongolia. But there's the one girl, right? Yeah. And so, um, the eagle hunting festival was happening, and you can book a tour for thousands and thousands of dollars. And I just thought, well, let's see what happens if I just book a plane ticket. Sure enough, at that time, you could get a plane ticket for a couple hundred bucks. So the first

U2

53:14

thing I did to train to do you get Ulaanbaatar

U1

53:16

in the US. Yeah. Okay. And I was only there for a couple days, and, uh, I found an Airbnb out in Baton Rouge, so I took a prop plane out there, and I'm actually very scared of flying. 1s Um, 2s and so to I know 1s to, uh, one of the things that I think that's really funny about my story is that my sister is a pilot. 2s You know, all these things kind of come around me where it's like, I can't have a home, but I can fly. But, uh, it's really required me to face something that I'm very scared of. So I had gotten the habit down of flying, like, bigger planes. But to get from us to buy an Uzi, which is all the way in the West, you have to fly a little prop plane. And I'm terrified of them. So I'm not a huge fan of Rage Against the Machine, but I downloaded five of their songs and I just listened to them the whole way out there to just kind of like, pump me up to be like, I can do this. 3s So I land and I, um. 1s I ended up meeting my first teacher. 1s I had someone that. How did that happen? Was

U2

54:33

this the eagle? This is at the Eagle Festival.

U1

54:36

A meta translator. A wild man. Uh, he did translators. Kind of a generous word for him. He wasn't that fluent in English, but it was grateful for some. And, uh, he ended up, um, you know, kind of interacting with me as just a Westerner interested in the Eagle Festival. I had this Airbnb, and the Airbnb was with this amazing family, and the the man was a policeman in this small town, and, um, they had two young kids and they were just brilliant, beautiful children. And I remember I was taking a shower one day in the bathroom and the mom just the door was locked. The mom just opened the door and walked in while I'm taking a shower to, like, get her necklace because sense of like, communal space was different there. And I, you know, I was like, oh my God, she it was nothing. So it was a very different place than the places that I had been in before. But beautiful, beautiful experiences. And so I had this wild translator and, uh. 1s I was telling him a little bit about why it was there. And I think this is the big, 1s uh, the beginning of what I've. 1s Come to see us. So fundamental. Which is I told him what was happening to me and in places outside of. 1s More highly colonized spaces. When you tell them what's happening to you. They don't have the myths of clinical psychology. They don't immediately go to mental illness. Yeah. And I told him that that was transformative for me. Uh, I didn't know that you could trust your dreams. And I told him, you know, I had this dream about, uh, going out, going through, like, flat land and over two

mountains and meeting a teacher or something. And he said, I know, I know where that is. Uh, my sister, she owns a jeep. She has a tourist company. Let's go tomorrow. 4s Yeah. I mean, at that point, I that was I think I think that was the first dream I remember. 2s Teaching me that dreams are something more than just a dream. And I needed someone else to tell me that. Yeah. So so so there we were. So the next day, I didn't even know I should have. I should have been a little more inquisitive, but it ended up being about a ten hour trip. There's no roads. I have pictures of this. I still haven't figured out a platform to share it, but I have some beautiful pictures of just us in this Jeep out in the middle of nowhere, he said. I don't know anyone there, but my uncle is along the way. So five hours in, we pick up his elderly uncle and we drive to the small town. 1s Uh, right on the border of Russia. And we go to the, like, local market, open air market. I don't know exactly what's happening because they were not speaking English, but I think basically they were like, all right, where's the shaman? 4s So within like honestly 30 minutes the the uncle had replaced his cell phone that he needed to replace, and I think he took it into the cell phone shop because he needed to get done. And while he was getting it fixed, he said, also, do you know where the shaman is? And they yeah, we'll give you the number of her sister. And the sister was there within an hour, the sister of the shaman. And she said, of course, come stay with us. Then I have a I have this amazing, beautiful picture with her, this huge tapestry behind her of like, the Mongolian steppe and horses. And it's just

U2

58:03

beautiful. This is in her GU.

U1

58:05

She lived in an apartment.

U2

58:07

Oh, okay. Because. Yeah. Good. When you walk in the back wall opposite the door always has the tapestry on it.

U1

58:14

Exactly. They have horses on it? Yeah, exactly, exactly. It had the feeling, I'm sure. Yeah. And so she said, of course, just stay with you. No, no questions asked. Just, uh, stay with me for the night. And we had a beautiful night, and we slept in sleeping bags on the floor. And, uh, the next day, I met her sister. And her sister is a very. 2s Uh, what are the words? 2s I met her and my blood went cold. And in a way, it was spooky. I don't know how. It was a spooky feeling. I met this sister, and it was like meeting someone who was somehow here and not here at the same time. Um, I don't quite have the words to explain the moment of seeing the sister, and I thought, oh my goodness. Like, this is, um. 4s I just lose my breath. It was my who I'd seen in my dream. 1s And the sister has, I think at that point never interacted with someone that looked like me before in her life. She and her husband invite me in, and this translator and the sister and we spend all day together. And she. Warwick, she grilled me for hours. She's asking me all these different kinds of questions you just asking me to do to, like, prove my skills. She's asking me to do work so she can evaluate it. She checks her astrology, and after hours she said, okay, you're a shaman. You've been here in many past lives and you've finally come back. We'll have a ceremony tomorrow. We did. And the ceremony? 3s I don't totally know what happened because the translator was Muslim, so he was not understood. It's not like he had an understanding of the shamanic ceremonies and his English wasn't that good. So to be honest, I understood on an energetic level, but I think I missed a lot of it in the in the language component of it. But it was hours long. And I also have many pictures of this. And uh, at the end they said, okay, we need to take all of your clothes. And I was

like, whoa, whoa, whoa whoa whoa. Like, all right, my I've learned how to say no. Like, you can't have all my clothes. They said, no, no, no, you can keep them on right now, but we're gonna go get you your formal de your deal, and then we're going to have to burn the clothes that you're wearing. And so that is, uh, that was the my first, um. 1s My first meeting with my first teacher, and I'm still in contact with her now. And actually I have a YouTube channel. I don't it's not as active as my podcast. My Patreon is where I'm most active. I have my podcast, which is season one, where I tell all of my most outrageous stories. Um, but I do have a YouTube channel two, and she allowed me the last time I was in Mongolia to actually film her. 1s Um, doing a an entire shamanic ceremony of like, going into trance. And she allowed me to film her talking about all the clothing. And it's not up yet, but it's going to be up on YouTube soon. So she's still someone very active in my life. Well,

U2

61:25

well, let's talk about your podcast. So your podcast is called Not Old Spirits and Jerks, is it? Is that what it's going? 2s Yeah, I think I didn't. Well, I don't think I've finished uh, the definition of what a shaman is and we can talk about it a different time. But one of the core features of being a shaman, which makes you different than other sacred healers, is you have a primary spirit guide, and that spirit guide is called an omega. And that is what that voice was that I heard from the beginning. Turns out he was a Mongolian spirit. Look, I have no idea why I'm this, like, white non-Indigenous woman. 1s Raised in the suburbs, and I have been recognized by not just one, but five shamans remembering me in past lives in Mongolia. I can't explain to you why this is, but this spirit that was with me in North Carolina. It turns out once I did my formal initiation. He's my own God. So what happens is you actually formally accept them as like, imagine having a boss, but your boss is with you. It's like a boss and an elder. 1s And a mentor and a teacher all at once. And he is with me now, 24 over seven. He's here right now. He told me I need to be very nice and respectful to you. You know, he kind of guides me along the way and, um, but

U1

62:46

unfortunately, he's. Yeah, he he approves of you. Let me tell you, he doesn't he doesn't let me go on any podcast. To be honest. He's very picky. Um, but he's a jerk. He's a huge jerk. And so this podcast is named after him because I think not all spirits are jerks. I love the the playfulness of it. If you think like, oh yeah, they're good ones too. But it turns out my quote unquote good one is just a it's just really rough on me as much as he helps others.

U2

63:14

What makes him a jerk?

U1

63:17

Well, let me give you, uh, one of the more, uh, the story that comes to mind is I had been working for years and years and years, and the reason why stay with them, apart from the fact that I'm not allowed to leave him, is he's, um. He's the healer. You know, I think as a shaman, what we understand, and this probably resonates for people who are sacred healers and not is I'm not doing any of this. My job is to keep myself sort of clean. Uh, that's not about a good and bad thing. It's not a religious thing. But I don't want to be hanging around in, like, icky energy, so I want to keep my energy. 1s In a very good light. You know, listening to podcasts like yours is a great example of that. You know, things like working with horses and being on the land and being with people we love and these things. That's my job. And then he can come through me. So that makes it very different. And, uh, he does the healings through me. When I sit with someone, I do something that's a little bit like mediumship, but he it's sort of like rapid therapy. Um, he will say, well, this person maybe has insecurities about the life path that they were on

because they thought they were going through a different life path. And it turns out that that's because the grandfather on their, you know, mother's side had expectations for the mother and the mother gave it to him. And we can sit down and it's this unga, it's this high spirit that can help us map out together and quickly put together sort of pieces that might have been missing for someone. And it's great too, because I don't need to know anything. He he knows what is the little piece of relevant information in that moment. And he does energy healing as well. So I really have grown to trust him. But he's so rough with me. And the story that comes to mind is, um. How I learned Celsius versus Fahrenheit. I, uh, had been working my butt off for many years, and, um, I just wanted a break. This is post India. I had been in Mongolia sometimes, and this was in 2019. And this, this jerk spirit guide, as I call him, he said, you know, Francis, you've earned it. And take a break. You deserve a vacation. I should have been suspicious right then, because my sister is a pilot, and I don't think that's a coincidence. I actually have the great fortune to be able. I don't I'm not financially all that well off, but I have everything that I need, including any flight on American Airlines. If there's an empty seat, I can be on it. **1s** So I remember being like, oh my goodness. Like I'm kind of getting like time off, you know. And so I was able to go on to the website and look at flights just literally anywhere from America all over the world. This is the empty seat I can go. So we're in January 2020 at this point, early January, I'm looking at Milan. I've never been to Italy. Like, you know, if you think about the list of places that you mentioned at the beginning, there's lots of places I've never been. I've never been to France. And I thought, oh, maybe I'll go to Italy. All the flights are booked. Maybe I'll go to Japan. All the flights are booked. Maybe I'll go to Venezuela. Right? There's no flights. There's one flight that I find to Shanghai. **1s** Not only is it open, it's open enough that I can fly for free in business class. Like first class, lie down seats, you know, and I. Yeah. **1s** And and I live a not very luxurious life. So I was like, okay, this is what I'm doing. And at that point I happened to have a visa for China because I would be flying through China to go to Mongolia. So I was very excited. So I'm going, I think two days later I'm going to get on this flight to Shanghai, **1s** um, going from LA to Shanghai and the night before I go to Walgreens, which is like a drugstore in the USA, and I'm getting little toiletries and things I think I might need. **1s** I was walking through, I think I was getting allergy medicine and walking through the aisle of cold medicine. And the spirit guide says to me, why don't you get some Mucinex? **1s** The Mucinex is a medicine that you also often use if you're having like a cough or phlegm in your throat. And I was like, am I going to get sick when I go there? He's like, just buy some Mucinex. Just, just throw some in your bag. So I try to resist it and be like, maybe if I don't get it, I won't need it. And he basically turns me around and he's like, buy the Mucinex. **1s** So I go to Shanghai. I have a beautiful time. I take some tours. I, uh, I booked some, I love Airbnb. I booked an Airbnb tour of these sacred lakes. Uh, and to get there, we had taken the high speed rail between Shanghai and Wuhan. **1s** I think might be relevant for the

U2

67:58

fact Wuhan in January 2020. Okay.

U1

68:01

Mhm. 36 hours later I became very very ill. And I mean I you know, and at that point it wasn't I, it was, it was before Covid was known, it was before anything. And I was in my hotel room getting more and more sick. And I remember it was in the international news for the first time in my sister called and she's like, I think you got to get out of there. And I was like, yeah, you know, it was getting worse and worse. And I remember the day they closed Disney Shanghai, she called me and she said, Disneyland closed. And I thought, oh dear, I gotta get out of here. So the time that I was so basically going to Shanghai, I had two nice days. And then I was sick in this hotel room looking at this thermometer for many days. That was talking about the difference between Celsius and Fahrenheit. And I was so sick. I remember I couldn't even look at Facebook. I mean, like how much cognitive processing is required for any of us to be looking at social media. I was so sick. I just stared at this thermometer for days, and, um. And then I left. Why did that happen? I have no idea. But he just laughed and laughed. I have dozens of stories there. A lot of them are my podcasts, he laughs. He loves it. We could we could sit here and talk about, like, the theory of like, oh, I needed that for this and that. And I do understand India, but this there's some

stories like Shanghai where I'm like, did I really need to be one of the first people in the world? I don't know, I don't know why, I don't know why. He's a jerk to me. He's lovely to you. He'll be lovely to everyone else around me, but he's just a jerk to me.

U2

69:34

I was actually in Mongolia then. Yeah, that's right. I think you're probably in Shanghai the same time I was in Mongolia. So we went to Mongolia. We flew through, um, Beijing into Mongolia, and they closed the borders the next day. I remember the night before we went to Mongolia, we went to the pharmacy and bought masks. And I'm like, I don't know why we got to wear masks, but they say we're good to wear masks. You know, it was just starting right then. It was later in January when you were

U1

69:59

in. Oh, interesting. Before we left California, we went to the store and got and got masks because there was this something that was going around this respiratory thing that was that was going around, you know. But yeah, we flew through Beijing and the I think a day or two after we arrived in Mongolia, they closed the border between, um. Yeah.

U2

70:20

Mongolia and China.

U1

70:24

Yeah. Is Okay. So for all of us. Yes.

U2

70:28

So tell me about some of these other countries you've, uh, lived in. What? What were you doing in Greenland?

U1

70:37

I don't know.

U2

70:40

You put it on the list. That's what I'm

U1

70:41

asking. Well, no, it's a valid question, but the answer is, I don't know. Um, and I think one of my podcast episodes is called Greenland Bound. And I do love a play on words, and I mean it in terms of how I ended up there. And also I just feel like I had to go. So there is something happening around me and I can't tell you what it is. I'm in the middle of the story, and I think about someone like, um, Emily Cutts

cat stutter. Is that how you say? Yeah. ^{1s} If she feels farther along in her story than me. I'm still trying. I'm just still in the place of, like, learning to trust more and more what feels chaotic and random to me. There is a purpose to it. So, uh, during Covid and we'll skip over so much. But I found myself back in the USA because I couldn't get to Mongolia. And, um, I was on the same dang couch and my parents house in Arizona. You know, and that's where I just feel like, oh, gosh, my whole life was coming to nothing and I just had to get out. So I thought, okay, I, you know, you remember early Covid, we all thought like three more weeks. Three more weeks. Yeah. Let's get this

U2

71:49

thing done with you.

U1

71:50

Yeah, yeah. So I thought, well, I'm just going to go to North Carolina. I love Asheville, North Carolina. I'm just going to wait it out there until the border opens again to Mongolia. So, uh, this this guide came to me and he said, you're not going to North Carolina. You're going to Greenland. ^{1s} Just like Mongolia. Like I had never thought. I thought about it before. It sounded as out there as the Mongolia starts. Oh my gosh, this story is so out there. Do you really want this story? Yes.

U2

72:17

You're in the right place. This is a safe space.

U1

72:20

Oh, this is ^{1s} such a wild story. Yeah. So I was like, yeah, I'm absolutely not going to Greenland. I don't this is you got me to Mongolia. I'm good. I'm recognized as a shaman. Like, how much more do we need in our life? I'm doing healing work. I feel like I've found sort of like my new career. I'm good. But I'm not on the path of a career. I'm on the path of a sacred healer, and that often looks, um, outrageous. And so I said, you know, thanks, but no thanks, I have booked. What I did is I booked at Airbnb in Europe. I feel like Airbnb should sponsor me, come to think of it. I booked an Airbnb in Asheville, North Carolina for one month and it was in like a big house with many different rooms. So it was affordable. And I thought, well, a month is long enough that it's either enough time to find more stable housing there, or I can finally get back to Mongolia. And my guide said, you're not going to North Carolina, you're going to Greenland. And I was like, hey, you know, at this point I'm fine. I have learned how to say no. I've learned how to set boundaries. Sure enough, about a week. You know, the story echoes Mongolia about a week before is supposed to go to North Carolina. ^{1s} I got. I woke up one morning in my parent's house to a message saying, all of your money has been refunded. We've cancelled your trip to this Airbnb. ^{1s} And my guide said, I told you you're going to Greenland. ^{2s} So the woman calls soon after. She sends me a message soon after and she said, oh my goodness, I'm so sorry. The Airbnb hosts please call me. I'll explain what happened. This is where the story is. So strange story. So out there, I'm just going to tell it. You can edit it out if it's too much. So she said, uh, you know, we're very stable Airbnb hosts. You can see we've been on for many years. We own many properties, unfortunately. Here's what happened. The house that you have booked a room in, we have many rooms. Someone came in and they didn't follow the protocol. They didn't know which room was theirs. They didn't follow the check in procedure. They opened the door of a couple in a different room, thinking it was theirs, and they opened it in the middle of intimacy for this couple. ^{2s} This couple did not respond well to this accident. In fact, they were pretty outraged about being caught being Nicky. Nicky. ^{2s} They called the Airbnb host livid that this could happen. They're being both apologizes profusely. Can I give you a free room? I'm so sorry. I'll refund your money. But she wants revenge. This Airbnb guest, suddenly the Airbnb host. I mean, I'm not saying

I'm just giving you all the facts. We can all do what we want to do with it. The facts are suddenly this Airbnb host in Asheville, North Carolina starts getting. Dozens of calls for free chickens. 1s All these people calling about the free chickens. She finally figures out that this, like vengeful Airbnb guest, decided to get back at her by listing her personal number on Craigslist and saying, free chickens. And in Asheville, North Carolina, that's like a hot deal. There's a lot of people that want free live chickens. 1s The Airbnb host decides. Aha! You think you got me? I'm going to get I'm going to get back to you. So after a couple dozen calls, she decides. Oh yes, she answered the phone. I know, just for these free chickens. Ah, and she gives the phone number of the Airbnb guest. Well, we've now broken Airbnb policy of giving out personal information. So this very livid Airbnb guest who was caught in the middle of being Nikki Nikki with her friend or partner, calls Airbnb and reports the host, and they get immediately kicked off of Airbnb. 2s And my guide said, I told you you're going to Greenland. He said, look at flights and I wish I had taken a screenshot of this because sure enough, I opened up the flights to get there. There's not many options in. So I was looking at the flight on Air Greenland, and at that time they now have two planes. But at that time they had one plane and they've actually named it. It's like the pet. It's the it's the beloved like Air Dragon of Greenland. So they have this one plane that goes back and forth between Copenhagen and Greenland. And I goodness gracious, honest truth. In that month, there was one ticket left on one flight. 1s And he said, I told you, you're going to Greenland by the ticket. 1s And now Greenland is a very difficult place. Neuk is the capital. There's only 20,000 people. They have very limited housing and it's incredibly expensive. And my guide said, go on to like Facebook. He loves Facebook. He loves Airbnb. He's like, go on to Facebook. Just go to the expat group and ask if anyone has a room available. 1s Within. Once I had said, okay, I'm going to Greenland, just like Mongolia. Everything fell into place in a disturbing way. I went onto this Facebook group and within two hours I had this beautiful French scientist who lives there, French-Canadian scientist, who was there. She said, yeah, I have a room for you. And I had a room and I had a place, and I ended up there and it ended up being incredible. And people told me, so this is where I'm mid story. It's not chaotic for me. I've shifted into trust, but I don't exactly understand what's happening. I didn't know a thing about Greenland. Once I was told I was going to go, it would be like a voice coming to you and saying, you're going to. 1s You know, Columbia or Mars or. Um. 2s But on my way there, what I learned is Greenland is one of the only last places in the world that have shamans. Now, all cultures have sacred healers. But it is a place that has, like, culturally very related methods. And just like Mongolia, they have experienced tremendous cultural loss. Colonization Mongolia is a different story, but similar. And people told me, yeah, there used to be sacred healers there. They're called anko, but they don't exist anymore. And the spirit that's around me, he said, you're going to meet them. And people told me they're gone. They were all killed. There are no more. They're all Christian there. Sure enough, I went there and I had one of the most, um. 3s I have. Like like if Mongolia is my home, then Greenland is like my summer home, like it's I, I've made so many friends, I've met so many people, and I did. I met sacred healers there. And I met this incredible community of people who are Baha'i. Are you familiar with Baha'i?

U2

78:51

I only because I had Shalon Hawken on the on the podcast. Did you do you hear the podcast with her?

U1

78:57

No. I'll have to go back and listen to it. Uh,

U2

78:59

she grew up in the Baha'i Faith and, um, was on a, like, a tour of Israel. And she was in the jail cell of the guy that started. Yes. Hi, Faith.

U1

79:10

Oh, goodness. I did hear that podcast. Yes, yes.

U2

79:13

Well, she's in there. She downloaded this and now she's a mystic

U1

79:15

poet. Yeah, yeah, yeah, yeah. And so I've, um, I ended up meeting, uh, sacred healers there and people of the Baha'i Faith. And I met people of all different kinds of, uh, backgrounds there. And I felt so comfortable in at home. And I'm on my way back there in a couple of weeks. And why, I don't know, but I suspect that there's something happening because Mongolia feels like the lineage and the connection. And I do remember past lives there. And other shamans remember me there, too. I in some ways feel Mongolian in my soul, but I find myself in Greenland and like I said, I live half the year in stop me, so stop me are the indigenous lands of Northern Europe. They go across Norway, Sweden, Finland and part of Russia just way at the top. And I'm actually above the Arctic Circle when I'm there, living with my partner and sort me as one of the only other places where they still have these traditional healers using. And some people say, and I don't know, I can't tell you, but that if you think about like migrations of people and you imagine shamanism spreading from Mongolia, they would have gone one direction over the Bering Strait, across northern Canada to Greenland, and in the other direction they would have ended up in Sami, these indigenous lands. So I spent if you think about me, Mongolia and Greenland, I spend most of my time in those regions and then sometimes in South Carolina. But outside of that, I think that there's something about bringing people home and bringing people together.

U2

80:44

Um, where am I going to go next?

U1

80:46

I have, uh, I have one more thing to say about Greenland, if that's okay. Yeah. So I think it's easy to listen to my story and hear the most outrageous moments. But those to me are not the headlines. The headlines are the more subtle transitions and shifts that have come within me. And in Greenland, I found myself doing. I've been invited to do healing work. Um, and I would do sound healing. So sound healing is actually my primary method of the way that I do healing work, soul retrievals and all these different kinds of things. And in Greenland, when they learned about me, there was and this is the same in Mongolia. There's no hesitation, there's no hearing it through other than kind of sacred knowingness of like, this is what some people do. And I was actually doing sound healings in huge groups, not huge, but like 20, 25 people weekly in Greenland. And we were even getting people there who didn't speak anything other than their indigenous language. And I had a translator there. And I think for me, that's what's been way more interesting than the stuff about like getting Covid. And, you know, it's easy to tell these fantastic stories. But for me, the transformation is much more been being able to have this perspective of, oh my goodness, the culture that raised me, uh, kept a lot of truths from me. And, and it's taken me a long time to remember, I think. And I don't want to say learn, but remember. The sacredness that is the truth of all life. And in places like Greenland and Salt me in Mongolia, I have connection with that again. Is Yeah.

U2

82:22

It's interesting. You know, it's it's really interesting. 2s I know you said before that like, the shamanic practices are different, you know, different in different places. But, uh, from a podcast guest, Rupert Isaacs, and, you know, he took his son Rowan on for different healing journeys, you know, with shamans. Mongolia, 1s uh, the Kalahari in Botswana.

U1

82:47

Uh. Country rainforests in Australia and in Arizona. And three of the things they did, three of those different places, they did something very, very similar.

U2

83:01

With Rohan. And these are. These are. 1s You know, millennia old practices way before ships were sailing around the world, let alone, let alone, uh.

U1

83:15

The internet, you know. So it was it was way before that. So I just thought that was pretty interesting. So you used the word uh, sit with you. Sit with people. What?

U2

83:29

What is that entail?

U1

83:33

Well, I think fundamentally it entails the understanding that there is no expert in the room when you're sitting with a shaman or a sacred healer. And like when I say the methods are different on the surface, the methods are different. But, you know, I can like I remember I was in Chiapas, in southern Mexico, and I met with a sacred healer there, and now she had no connection with these more Asian, uh, trace back traditions. And she didn't even speak Spanish. She only spoke the Mayan language. And I had a translator there. And when she and I met, we were, like, fast friends, because the methods are different. But what I find is when you meet the real sacred healers across the world. And I think that's what he was experiencing our perceptions of. Um. 2s Like most of us, but not all of us share the senses of sight, sound, smell. When these sacred senses open our perceptions, sacred healers across the world, different cultures, we sense things the same way. I forgot your question. That's what I wanted to say. This is

U2

84:32

it was about when you sit with people. But what I was going to ask you was right. Do you go into trance? Do you? Is there chanting? Is there drumming? Is it? What do you what do you do?

U1

84:42

Uh, so there's no plant medicine involved for me. Um, I do go into trance quite easily. In fact, to be honest, I'm in a very, very slight, mild trance right now because I'm communicating with this dark spirit guide and he is helping me remember things like, oh, remember to share this story. Remember to share

this story. So it's a spectrum for me now. Mongolian shamans, we do go into complete trance. We're completely gone. And we have, uh, our primary spirit that we know well in our body. But as another example and way to explain things, this is me in a mild trance right now. It doesn't look always what people think of it doesn't look so. Strange. And I think many people, when they're just like in the flow, maybe working with horses or out on the land and suddenly they find themselves in a lake, working with the animal in a different way, or suddenly having a knowing that's that spectrum of the sacred senses to me. I think most of us have these experiences, even if we don't know it.

U2

85:39

I you know, I've had two people at the same time on the, on a, on the podcast before, but I've never had a person in a spirit on the podcast before, so. But it's good because you need one less microphone and headset when that's true, when you get the spirit along for the for the

U1

85:53

parsimonious. Yes. So do you, uh, when you go into trance, do you drum, do you, do you use a rattle drum? Chanting, dancing. ^{1s} Any of those? I can, yes and all, but, uh, the way that I was trained was rather non-traditional. This jerk spirit guide, he said to me, look, when the witch hunts were happening in Europe and a cultural genocide was happening in the Americas, the Tibetan Buddhists, about three, 400 years ago, were actually coming into Mongolia and killing the shamans. So we have huge parts of, uh, the world, unrelated cultures that were going after the sacred healers to take what I would say is control of the culture by removing us humans, knowing our sacred knowledge. And what he also said is one of the first things they did if they didn't kill the spirit, what they did is they went after the sacred objects. They took the drums, they took the rattles, he said. Those are methods. Those are ways to connect with these other realms, but you don't need them, and your spirit has everything it needs within it to do all of this without any objects. So he said, this is the primary way that we're going to train you. And for many years now, it's almost like he he he stood me down so I can I can go in a complete trance without anything. I think that might be a unique part of my soul. Look, I'm never going to be an athlete. I didn't have those abilities, but I think I did have these abilities in me and I and my podcast I talk about in one episode, I trained myself basically to learn how to be possessed and to learn how to do that with, uh. Less and less until I don't need anything at all. And now I'm moving back into using the drum more often and using different things. But the the lessons were quite strong. By learning that fundamentally it's all a game of consciousness. So with okay with your sound healing. What?

U2

87:46

Are you using?

U1

87:49

I molds metal bowls. I use metal bowls. I have a set of.

U2

87:55

So you use a Tibetan singing role.

U1

87:58

Yeah. And to bring it back to the question of sitting with someone, the reason why I say that and not work is because for me, I'm the assistant to the spirits, fundamentally, and I feel like even these bowls have a lot of wisdom within them. They truly feel like they're teachers to me. So in some ways we can say I'm doing the healing and someone's being healed, but in another way, we only heal ourselves. And I want to fully acknowledge now that I have a growing understanding of something that I think is more true, which is we're all connected. We can trust what's happening around us. I recognize, and I allow for the fact that I'm being changed, too. You know, it doesn't it doesn't serve any of us to say, I'm going into a healer. And they healed me. It gives us the impression that they are healed. I'm not healed. So every time I use these these bowls, I am working with the individual. I am feeling their energies. I am being possessed. Am I a great spirit is coming through me very classically shamanic way to do it. It sounds outrageous, but in Mongolia it doesn't. **1s** But while I'm doing this healing on them, I do it in individual and I do it on groups. I'm being transformed as well because I'm opening a sacred space. I'm raising the vibration. What does vibration mean? I don't know, I think we don't really have the right word in English, so I'll use that word for now. But I'm opening the space for all of us who are ready to move along in our path to move along. And to let go was no longer serving us. And unexpected things can happen for me as much as for the person I'm sitting with, and that's why I say that.

U2

89:28

I was going to I was going to ask you, do you have any strange stories from when you're sitting with people? But it's probably a bit like the psychiatrist client. Um,

U1

89:39

you know what? I, **1s** uh, I think I do because, I mean, I only have strange stories, but the reason why we are connected is because of someone I work with and this person that I work with, she's so dear. And she. You know, she's another beautiful example of someone who is being called on the, I think, the path of something like a sacred healer, but she doesn't have a traumatic story behind her. She's just so amazing. And she works with horses. Um, and that's how she connected me with you. And I know her well enough that I know not only would she be okay with this, she'll be thrilled for me to tell a little bit about her. I'm not going to reveal anything too much, but she's a great example of, uh, doing work with someone. So she does live nearby. And I was here where I am in South Carolina, and I had worked with her for some time online as she was beginning to go through her opening. And when she heard I was nearby, she's a couple hours from here. But she said, oh my gosh, I'd love to come see you. And I thought, crap. Like, it felt like The Wizard of Oz. Like she's going to see me behind the curtain and be like, oh, you're only a human. You know, I had some hesitation, but I felt like, yeah, of course, of course. So I met her after knowing her for a couple of years, but the first time in person, and we agreed to do a sound healing together because it had all of my sacred bulls here with me. **1s** So I, um. I've learned you can work anywhere. You don't need a slave. You make your space sacred. You know, in Mongolia, when you're doing work, you have, like, a teenagers coming through with cell phones and, like, uh, this idea of perfection doesn't exist. And so here we were. **2s** We sat down for a little bit and we talked about she was very open. She I said, is there something you want to work on? And she said, no, I you know, I trust you. She knew me at that point. She knew my spirit. She knew how strange I was. She said, let's just see what happens. So I said, okay. And she's working towards becoming a better animal communicator, mostly with horses. And so we sat down and we started talking about things that have nothing to do with horses. And I'm thinking, oh my goodness, why are we talking about this stuff? It almost feels like gossip about her life. This is not related, and I don't feel like a sacred healer right now. I feel like I'm just like girl talking. Doesn't feel like I'm doing it right. Um, but I that is what it is to be a true sacred healer is you completely let go of self. I had ideas of what I want to do with her, but I'm not relevant in that moment when I'm really working, I'm not there. I'm just taking what's coming through me. But what was coming through me in the moment felt like girl talk and chatting. And I thought, Holy crap. Like, I've lost my edge, you know? **2s** So we have a conversation, and I, uh, we lay her down on the floor and I put the bowls around her. **1s** And I have no idea what I'm doing. And I and I think that is when I know I'm doing it right. Early on, one of my mentors said to me, only the young shamans know what they're doing

because I don't think we ever truly know what we're doing. You know, even when we're working with horses, we might just have an intuition of like, well, I need to do it. I need to touch them. Just just here on the hind back, right leg. Right. But we don't know why. That's when you're in the right space. So I didn't know what she was doing. And we had a it's a very brief, maybe 20, 30 minutes of doing the sound healing. But there were a couple of key moments. And the sacred part of the sacred healing. I'll. I'll leave. Holy Sacred. 1s And afterwards I said we compared notes. Um, she had gone out. She had gone out into. I don't know where she went. You'll have to ask her. But she certainly wasn't there. I had to kind of call her back at the end and press on her feet and re-invite her back into this realm. 1s And afterwards we sat and we had a cup of tea and we shared notes, and we had some very shared experiences of, uh, being these different human souls. But in that shared sacred space and my own God said to me, you did a soul retrieval. He said you did. You did a soul retrieval of two pieces of her. These are the ages. 1s And so I told her, I think we did a soul retrieval and I do soul retrieval is quite often, but this is what it sounds like when I do a soul retrieval of people, because it's not my business to decide when you need a soul retrieval, you know, it's easy to hear the story and say, okay, your addiction started at 24. And probably started sliding into things at like 17. So of course the human mind might go right towards that. But when you're working in these sacred ways, you recognize they can see the chess game in a much higher dimensional level, and they know to go back at three. That's that's when the pieces started to go. And that's where the soul retrieval, where the addiction didn't start there. It started at three, and that's where you and the soul is ready for that part, you know. So he said we did a soul retrieval of these two pieces. Here are the ages. 1s So I told her that, and I it might have been then. It might have been in a message later. She and I then spent the next couple of months working on inviting those pieces home, because Soul Retrieval, I think, in some ways, is like finding a lost puppy. You wouldn't find a lost puppy and just bring it home and not deal with it again. So retrieval work is very sacred. Special work of. Finding that last puppy, but then inviting that piece of yourself back. And that's where it's really important to know what piece of you that is, of what age. What did you need at eight that you didn't get a eight? And sometimes the universe is very mysterious. Everything's connected, you know, maybe a eight. You felt like you were being ostracized by your peers. And maybe after we do soul retrieval, bringing that piece back something. Sometimes really difficult things happen after a good soul retrieval and it will have the similar flavor. Maybe I would if I did a soul retrieval. Me and let's say I had been ostracized at eight, maybe after this beautiful little session that felt so good. Two weeks later, I try to get on a podcast and someone writes me back and says, no, you're too wacky. 2s That is actually taking. It's an opportunity to take care of your puppy and say, it's okay though, Francis, you don't need the approval from others. I think soul retrieval work is a, um, it's not a moment. It's a process. And it's really valuable to have someone we could say, like me with spirit eyes to invite those pieces in. So she and I worked on the two different pieces. We did it one at a time, and we were reflecting upon, okay, what happened to At the age, what's happening right now and and how can we invite that piece of you back home and, um, you know, she's she's very, very special and, uh, I think. 1s That was a very beautiful, um, a very beautiful recent experience and something I know she'll be okay with me sharing with you at this level.

U2

96:23

It almost sounds like spiritual parts

U1

96:26

work. I don't know if I know what the difference is.

U2

96:29

Well, this part's work. Like, you know, like ifs type stuff. Um.

U1

96:36

Um. Yeah. Yeah, very, very similar. Yeah. And

U2

96:39

then. Yeah, it's. Yeah. You're just going back and the. So. So tell us about soul retrieval. What.

U1

96:46

Oh goodness. Do you have do you have

U2

96:47

a good, um, explanation?

U1

96:49

I have a beautiful analogy.

U2

96:51

Oh, good. Yeah. So yeah. So people know what soul retrieval is. Explain that

U1

96:56

to us. It's a big question, but I think this is an analogy that I go back to time and again, and I can't quite remember where I heard it. Did I hear it in Mongolia? Did I hear it in the West? Did I hear in the West from someone who learned it from Mongolians? I can't remember, but the way it was explained to me is each of us. We have a soul and we can think of the soul as a tree and birds in the tree. There's a huge flock of birds in this tree. And when something scary happens, you know, you'll see a flock of birds in a tree and something scary happens. Maybe a car backfires and some of them will kind of fly off. Their circle around, and then they'll come back into the tree. **1s** That's what we want. And probably at any given time, not all of our birds are in our tree, but that's sort of the aim is to get as much as possible. You want you want your soul with you in this tree. Sometimes when scary things happen, it's so big and scary that we startle some of these birds and they fly off and they can't find their way back. **1s** The soul retrieval work is I think you can do it two ways. You can do it with someone like me and some sacred healers. We all have our ways of doing things. I happen to be someone who does. I think very naturally a lot of soul retrieval work. We can go find those birds for you and bring them back to the tree. **2s** Another way that you can do soul retrieval work, I think is just trusting your intuition. Why the heck are you thinking about cupcakes? You know, like, maybe it's to open that cupcake business because your niece needs a job and you guys working together, growing the business is the thing that's going to heal. The family life is very, very mysterious. But in terms of what soul soul is and soul retrieval is, I think it's bringing the birds back into the tree. So there's a piece of finding them and bringing them back, and someone like me can help you with that. We can even do it on a group level. Like if I had a, you know, your listeners as some of the most it I don't want to say most, but I have tremendous respect for the people who are listening to this podcast, because when I listen to the quality of the people that are on your podcast, my goodness, they're ready to. I mean, I am just in awe of the guests that you have on here. So I know that the people listening to this can hear this. If, let's say I had a group of like 20 or 30 or 40

people of your podcast listeners, and we decided to do this together. They're sophisticated enough. And you listening to this, you're sophisticated enough within yourself that you could say either something scary happened to me when I was six. I'd like to work on that. Now it's time, you know, you go for the middle. Scary. You don't go for the big scary. You don't go for the small. Or you could open up and say, I just feel like it's time to call a piece of myself back. And I don't quite know what that is, but I'm open to the universe knowing what what piece is ready to come home and then taking like the sophisticated people you listen here. Now, we could actually do that in a group where you do it for yourself so I can facilitate, I can open that sacred space. We invite these spirits and higher energies in, but it can happen on a group level as well. And you get just exactly what you need because the universe is. 1s Is able to do that and more. 1s But of course, the soul soul healing work. And I think this is what is really important to understand when you do soul retrieval work on this energetic shamanic level. There's the moment, but then that's nothing. Then it's the month and, uh, sometimes a little bit longer ahead of really making sure that those birds, that puppy is ready to feel comfortable being back home. 4s That's a great explanation. You know, I sometimes having these conversations with people.

U2

100:29

The conversation is so interesting. I'm like, oh, I don't even want to get to the questions that you chose. And then I just thought, hang on, I thought you had some really good questions that you chose. And so I just had a look and I'm like, oh yeah, I gotta ask you these questions.

U1

100:44

Oh, okay.

U2

100:46

And sometimes in the conversation. By the time I get to the questions, we've covered them. But, um.

U1

100:52

The

U2

100:53

ones that really interested me here. I mean, I'm going. I can ask you all the questions you chose, but the ones that I really wanted to ask you was what advice would you give people who are about to enter your occupation? And then in parentheses it says, this 1st May be difficult as many as I have. Others have occupations that are far from normal. So what advice would you give for people who are about to enter your occupation? But before you do that, you have to tell me what exactly is your occupation?

U1

101:22

Oh, you led me straight into the trickster answer I was going to give you. My occupation is being human.

U2

101:32

Okay. When you travel, what do you put on? What do you write on the piece of paper when you go into a new country and that is, you know, your passport number, occupation. What what do you put on there?

U1

101:40

I think I say something quite vague, like meditation coach or something, but quite honestly, and if you pushed me, I would I, I do identify as a shaman, and I think that it's important in terms of cultural appropriation, because it's a culture that raised me and to not most times when you hear someone like me calling himself a shaman, it's cultural appropriation. If I don't label myself that way, then I feel like I'm actually stealing from the culture that has raised me. But the trickster answer is my occupation is human and what I have the advice for all of us, what I have learned along the way, you know, I was so pushed through this colonized story of like, you have to push your you're like, you're a project, you have to progress. And I think what I have learned and my hard advice for everyone is you're not. It's happening. You're growing right. We never go into a forest, into a huge spruce tree and say, why aren't you progressing? That that knowing of being a living being, like we said at the beginning, like living beings, trees and humans are not that different to me. There is an intelligence built within us, and the only time we lose connection with that intelligence is when we're in our minds. Which is very counterintuitive to what I had been told when I was growing up. So I think that's true for all of us. You know, there are times we go through seasons, there are times to push, like right now. I was not sharing my story for many years, and now I feel like I'm at a place of like, pushing and like, this is me really, uh, being brave, being on this podcast with you. So it feels like pushing for me, but it's it's playing with the right season of growth for me. Um, yeah. So that's my advice is just knowing you're not doing it, you can just relax. Growth happens and the more you relax, the more it just comes in naturally.

U2

103:26

Which leads us into the next question that you chose. What is one common myth about your profession or field that you want to debunk? This I will answer specifically for shamans and sacred healers. We're not strange. We're not unusual. We exist all over the world and in most cultures and the cultures I live in now, like in Mongolia, I do these like profound healings. I'll have someone come in and, uh, sometimes when I do a healing session in Mongolia, it's five hours. It's literally all they. Then they bring the baby in and they're like, oh, the shamans legitimate. And they're calling the teenagers. And suddenly I'm doing, like, remote work. ^{1s} They treat me with tremendous respect. And afterwards we all go out and have a dinner and have a beer. In healthy functioning cultures, shamans are not treated as someone different or special. It's understood that we all have difficult lives and we're all going through something together. I think only in really colonized spaces to ideas of like mental illness even come up. So that's the myth that I really want to debunk is, you know, I'm talking to you about being possessed by a spirit. And he tells me to go to Mongolia. I would like people to hear this and update their thinking. If there's anything you hear in that that makes you think mental illness, I would like you. I challenge yourself to think about why there's nothing unusual about me. And we exist and we're healthy. ^{2s} Yeah.

U1

104:48

I think thank you for asking that one.

U2

104:50

You thank you for choosing it. You know, in Western society, we've got away from. You know, an indigenous way of looking at things. And in all indigenous cultures, what you do is, is perfectly, perfectly normal.

U1

105:07

Right.

U2

105:10

Okay. Next question that you chose. What's the most well thing that you have put your time into something that it changed the course of your life. I think we know what that is, but let's hear your answer.

U1

105:21

Oh, you know what? I know just what I'm going to say, but I'm curious what you think I'm going to say first.

U2

105:27

Worthwhile thing. You put your time into going to Mongolia, as I'm going to say. Mhm.

U1

105:33

In some ways. But my answer is quite different. Uh, and this is the one question I was hoping you would ask me the most worthwhile thing and this is for all of us is I've learned how I've learned that awareness is something that we have control of and we can control where we rest it. And in the colonized spaces that I was raised, I was taught to rest my awareness in my mind, and I was taught to identify with my mind as who I am. And in the past five years, what I've learned how to do or maybe a little bit more the journey of the last decade, I've learned how to rest my awareness in my heart. 1s The small practice of taking. I almost think of it as like a little point of light, and it had been stuck in my thinking mind, taking that little point of light. And I literally just practice. Even now, when I sit here with you and you're talking, I'm resting in awareness of a space in my heart. Space transforms the way that my perceptions come to me and. 1s Uh. 2s I don't care about being a shaman. I think it's also the biggest gift that's ever come to me in this unusual journey is learning. Once I learned how to get on my mind and rest in my heart, that's when all those wisdom, wisdom remembering came in. If everything's connected, everything's sacred. It's been worth it all just to be able to have this small practice.

U2

106:51

So when would you say. Because now you're aware that resting your awareness in your heart is the thing. 2s Do you think you were doing that? 2s Early on, and that's what brought these things on. Is that something you've been, uh, encouraged to do, um, by your teachers?

U1

107:14

I think as children, that's what we're doing. 1s I think when we have those moments of complete vulnerability and maybe, uh, times and spaces, you know, horses, I think, are the best. The best teachers. They sometimes people. What I have found. And not everyone might like me saying this, but in like these spiritual spaces, people get caught in the ego of I'm a spiritual person, but anyone that works with a horse knows horse isn't going to let you get away with that. They're going to call you out on all your BS. Um, but those are those moments to really be able to be in connection with the horse and understand your

horse. I think that that is that's the same thing, learning how to be out of your mind and in your heart. And so children do it. Sometimes when we have these profound moments of understanding working, especially with profound teachers like horses, I don't think I don't think I knew how to do it before. I probably as a child, but I had lost it. And by the time this happened to me, I literally had my primary spirit guide. He I would be talking to someone and he would when I was a psychologist. So he would yell at me. He was like, get in your heart. He would yell at me so loud I couldn't hear what the client was saying. And let me tell you, it didn't take a week. I'm still working on it, but it took a it took a lot of training to get back into that.

U2

108:32

So I was in Australia earlier this year and I walked into this bookstore and something. 1s Told me to walk to a certain part of the bookstore, and I just turned and looked on the shelf, and there was this book called The Lost Art of Heart Navigation and Modern Shaman's Field Guide.

U1

108:49

Wow. 1s Amazing. Have you started reading it yet?

U2

108:54

Yes. And it's all about. It's all about getting into your heart. It's all sorts of exercises and and one of the early exercises he has you do in there. And I tell you what, his, his, um, his story is not probably unlike yours, but one of the first exercises they have you do they're to start to.

U1

109:17

To

U2

109:18

be able to read the messages your body sends you is they said, just sit down and take three long, deep breaths. When you get kind of grounded and then picture someone in front of you that you love dearly. 2s And just listen to your body and see what it says. And you might not really might. Might be a body. Then say anything and then do that for a few minutes, and then do some deep breathing again and kind of get yourself grounded again, and then picture someone in front of you that you absolutely detest, and see if you can detect a difference in what your heart is telling you, then what it did a second ago, and then he has you go, okay, now do some more deep cleaning breath. Now go back to the person you love and feel that, and then get done with that, and then go back to the person you detest and keep going between the two of them until you can start to. Because it might be, you know, he said. It might be very, very subtle at the start. If you're not used to being in your in your body or in your heart sort of thing. And that was that was one of the that was the very first exercise in it. And he and it wasn't like, you've got to do this exercise. It's like, just try this exercise now. It'll give you a little an idea of what I'm on about, and I'm not very far into it, but I think it's going to be one of those books that it's it's not a book you just read, it's you going to read it, then you're going to practice what it says to do. And

U1

110:48

so did you. Did you try it? That just that sounds so brilliant to me. What was that like for you?

U2

110:54

Uh, yeah, I will. I've spent most of my life in my head and dissociated from my body and so, you know, haven't had much in the way of emotions, things like that. So yeah, it was faint and I do need to practice it some more. But yeah, there was a, there was a, uh yeah, there was something there. But it's funny that you said, you know, the the most worthwhile thing is, is getting into your heart. And I'm like, oh, that's what this book's telling me.

U1

111:20

I love that so much. I think shamanism, the, the downfall of shamanism is it's so sexy. You know, we have these huge stories, some of the people that come on your podcast and, and around these spaces. And none of that is about the real beautiful, transformative work. None of it. I, I, in some ways have a conflicted relationship with sharing these stories as much as I love them, and they're entertaining and there's a lot to learn from it. That's not the lessons, you know? And I just don't know how to get across what you just shared here that like, that's the magic is that is I swear to goodness gracious, if you learn how to shift from here and I'm like you, you know, I look, um, I look now like someone who's very integrated in emotions. But I remember in high school, my best friend, she used to say touchy feely makes her squirrely because I couldn't handle any emotions. It was so shut down. I was so shut down as a psychologist. That forget the shaman stuff, learning how to do that exercise that he just said in that book is, is, uh, is. ~~Is~~ Has been the heart of my journey. And it continues on. I'm not done. The heart

U2

112:28

of your journey.

U1

112:29

I like a little wordplay now. Yeah,

U2

112:31

a little wordplay now and again. Yeah. So tell us again about your your podcast. How many episodes have you get out

U1

112:37

now? It's just eight. I think it's something more like a book. Uh, that you just enjoy. And people, it's just really wild stories. I share this Greenland story, I share many other stories, and I share the story of, I think in a way that people that listen to it. Uh, some people say that is so outrageous, they don't even know what to make of it. But I was entertained. And other people I know, like this woman I told you about doing this poetry where she said, thank you so much for making this podcast because I don't want to tell my family what I'm experiencing. Maybe she's okay with it. She's great. But she said I could share this podcast with other people. And your story is so out there and you're so honest. It opened a conversation for me with my family. So I think, uh, if nothing else, it's a good time because I like to share a story. Can I share one other thing that I have going on?

U2

113:27

Yes. Please

U1

113:28

do. My newest thing that I'm so tremendously excited about is a Patreon that I've started, because I think what I've learned is, as a psychologist, one of the the downfalls of psychology is you come into a psychologist and you close the door and you do your work, and it kind of reinforces shame. And you leave. And let me tell you, uh, one of the biggest fortunes in this lifetime, I don't know what I did to deserve it is I honestly meet the most tremendous people in the world, just the most beautiful souls in the world. And some of them are on sacred paths and some of them aren't. But for many years, I've thought this is, uh, ridiculous. I want everyone to know each other. I don't want to be seen as the expert. I want us all to be walking on this journey together. I finally have been able to start a Patreon, and it's it's growing. So on this Patreon, it's a space where we have monthly lives, and the monthly live is we have a different topic that we discuss each time. It's not a teaching, it's a space where I really want all of us to meet each other and hear from each other. I also offer a library of teaching, so I offer. I do energy teachings like how to ground, clean and protect your energy because as I was working with people one on one, I was finding it didn't matter where you were in your story. To learn how to ground, clean, and protect your energy is transformative for all of us. It's just kind of basic stuff that we should have been learning before. It's sort of like learning how to eat healthy foods to take care of yourself. These are the work too. And there are other teachings there too, like how to work with our ancestors, how to make an altar for them if we never knew them. If you have a story like mine where you've lost your connection. So it's and I have sound healings on there and I do AMA's ask me anything and people ask me outrageous questions like, are the spirits with you when you're in the bathroom or the bedroom? It's, uh, it's the project that I am most, um. Energetically like with right now, and I'm just really excited about the people that are there. So I invite anyone listening here to join us there. And like I said, there's there's not any one type of person there. There's people already from all continents and all kinds of people and all kinds of genders, and it's just a great place. If you want to hear more about what I'm talking about. And as we grow together, hopefully we'll hear more and more from everyone there.

U2

115:37

And how do people find that Patreon group?

U1

115:41

Hmm. I think I'll send you the link. So, uh, my, sort of my social media handle, which I think the shamans of the past didn't need to have. But generally, if you if you search for a drop out psychologist, you're going to find me in different places. So my Patreon, if you search, drop out psychologist, you'll find me there.

U2

116:00

So tell me about I haven't. This is the first I've heard of drop out psychologist. So what what social media are you on with? Drop out psychologist.

U1

116:08

I have Instagram. My Instagram is mainly just pictures of like the beautiful places that I'm in when I'm living in the Arctic. I live next to some fluffy pigs, uh, seeing the northern lights. So that's sort of a way for you to connect with the journey that I'm on, because I really always want to be sharing. I don't think my life is for me to be sharing. Uh, if you want to hear my outrageous stories and feel like you're kind of cozying up with me some with some tea on the campfire, that's going to be the podcast. And then the Patreon is, uh, where it's interactive. I also have this YouTube channel, which again, if you search drop out psychologist, you'll find me there. And on drop outs on that, I have videos of like time that I spent in Mongolia. Um, I have interviews with other sacred healers. That's one of my favorite things, although there are some of the least viewed all kinds of things. Yeah. And if you want to email me, it's just drop out dot psychologist at gmail.com. Yeah. Uh, YouTube is like a growing, um. 2s There's lots of videos that I'm so proud of, but I think they don't. Each each place has its different place. And so as you listen to this, if you feel called, they all kind of a different part of my story there. 2s Okay. I can't wait for you to put up the one with the the shaman. It's funny that, uh, when I had Rupert Isaacson on the podcast. We talked for about an hour and 45 minutes on. I was really interested in his experience with shamans. That's you know, he usually he gets he gets some podcasts and stuff to talk about his autism activism. And I want to talk about the shamans. And so this was a very shamanic conversation. And about an hour and 40 minutes in, everything went, everything died, 1s all the electronics died. And when I finally got Ahold of Rupert again, I said, I said, I'm sorry, I don't know what happened. He goes, oh, I know what happened. Yeah. He said, you know, he's made lots of documentary films. And sometimes if you get even if you get permission to film a shamanic ceremony, the the energy causes the electronics to all absolutely

U2

118:11

fizzle out. And so I was interested when you said that you had actual footage of a shamanic ceremony because, like, you know, you don't always get to see that.

U1

118:21

Well, you know, what's interesting is so the whole it was a huge day, it was a big, um, event to get everything together. And she took her sacred items and her sacred regalia on a 24 hour bus ride to us to be able to film this together. And there were two other people in the room, but she only speaks Mongolian and I only speak English. And, uh, as much as I'm always trying to learn another language. So the whole time that I'm filming, I don't know exactly what she's saying. And it came to one point and something just moved my hand down and she was showing and she she went through showing every sacred object. She showed one sacred object and something moved my hand down. It was like, you're not going to film this. And then as soon as she put it away, pulled it back up. When I got the translation back, I understood it was a sacred object that, well, I don't want to talk too much about it in the podcast, but I understood why I had been, uh, shown not to, um, not to film it. But a funnier story to me is I just recently did another podcast, and at the very end, we were kind of coming towards the end, just like we are now, and we're the host. Lost connection. And it was just me. I suddenly had like full control of this podcast 1s and the spirits had shut them off and my spirit said, say whatever you want. The floor is yours. We kicked him out. So, so far, so good that we're still here together. I have had I have funny things happen.

U2

119:50

I was just thinking, we can't talk about this, that stuff too much more because we might lose the whole two hours. That's right. Francis, it's been an absolute pleasure chatting with you. Uh, I love what you're doing in the world. And I'm thankful that you came on to share your story.

U1

120:05

Thank you so much. It's just been such a huge, tremendous honor. I have so much respect for you and everyone who is involved in your community. You're doing something transformative. You know, sacred healers. We have a role, but we're no more special than anyone else. And what you're doing is truly transforming the lives of so many. So thank you for all that you do.

U2

120:24

Well, thank you so much. And, uh, you guys at home, thanks for joining us. And we'll catch you on the next episode of The Journey On Podcast.

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120:32

Thanks for being a part of the Journey On podcast with Warwick Schiller. Warwick has over 850 full length training videos on his online video library and videos. Warwick schiller.com. Be sure to follow Warwick on YouTube, Facebook and Instagram to see his latest training, advice and insights.