

TRANSCRIPT

00:00:00 Sarah

As I was thinking about that question, I was thinking about my father because even though I never thought of him really as a role model. But that is the foundation, right? The his belief system is the foundation pretty broad. It was a pretty open minded 1, you know he was a.

00:00:16 Sarah

He was a.

00:00:18 Sarah

I don't know the story about him.

00:00:21 Sarah

He, as a conscientious objector when he was 18 or something, he helped, he went to prison for being a conscientious objector, crossing the.

00:00:29 Sarah

Border of.

00:00:30 Sarah

Mexico and to Texas.

00:00:32 Sarah

Ended up in a Pennsylvania prison and.

00:00:36 Sarah

They started they there were other conscientious objectors there. So people who were not really prison types segregated the prison.

00:00:50 Merrily

This is the casual temple podcast, and you're listening to episode #5 and I'm your host, Marilee Duffy on the casual temple, we will hear from everyday people discussing their magical practices, psychic phenomenon, energy healing as well as hear about their amazing, mystical and paranormal experiences. This week, my guest is Sarah Levitt, who joins the podcast to talk about her spiritual journey.

00:01:10 Merrily

And current role as a teacher at psychic awakenings, which is the psychic school based here in Seattle, WA. We also get into discussing her energy healing using the map method, which helps people energetically address past traumas.

00:01:22 Merrily

We also get into A Little Dream interpretation, so stay tuned. All right. Well, thank you for joining us here at Casual Temple. My guest today is Sarah Levitt, who is a psychic intuitive reader, energy healer, artist and map method coach. Sarah is here to discuss her spiritual journey, her experience as a teacher at a psychic school.

00:01:43 Merrily

Angels, her luminary artwork and explaining the map method and how it can assist people with their inner journey.

00:01:50 Merrily

Thank you for making time to talk with me.

00:01:52 Merrily

Sarah, how are you?

00:01:53 Sarah

You're welcome.

00:01:55 Merrily

Let's just start at the beginning. I'm going to pretend I don't know some stuff about you so well.

So what is? What is your earliest sort of spiritual experience? That kind of kicked off where you're at today?

00:02:08 Sarah

Yeah. Well, I was raised in a pretty spiritual family and my my parents were Quakers, so we went to friends meeting every week, and we did met at an hour of meditation, waiting for the word of God.

00:02:25 Sarah

Which is really an interesting approach, right? It's experiential. Christianity wasn't really very much training. It was more like there's got a that of God in everyone. And we sit quietly and listen. And then if we do hear something, it's OK to stand up and talk about.

00:02:43 Sarah

It so we wear our own.

00:02:45 Sarah

It's unmediated Christianity, but honestly, I didn't hear a saying the whole time I was a child, sitting there quietly and eating. I always thought there must be something.

00:02:55 Sarah

More to this.

00:02:57 Merrily

Yeah. And so, so that's interesting. I know you've talked about your upbringing before and that's always interesting to me. And was there a time kind of when you were either a child or a teenager where you had sort of something either paranormal or odd that happened that made you go kind of what you just said? Like there's something more?

00:03:18 Merrily

To this.

00:03:18 Sarah

I know I think I was very spiritually oriented child. It was more for me. It was more about nature. I was just, you know, running.

00:03:26 Sarah

Around in Woodlands.

00:03:27 Sarah

I was born in the eastern woodland.

00:03:29 Sarah

And running around chasing little critters, salamanders, turtles, whatever I could find because that was my thing. It's finding cool little animals. It wasn't really until I was in college. I.

00:03:42 Sarah

Think that I.

00:03:45 Sarah

Had my first really conscious spiritual or paranormal.

00:03:49 Sarah

Experience and that was a dream healing. There's reading this book called Creative Dreaming. Very old book with different techniques from different cultures on dreaming. And there's a chapter in there about healing yourself.

00:04:01 Sarah

And your dreams.

00:04:03 Sarah

And I was at UC Santa Barbara, and I was experiencing really severe hay fever, just like I could not go outside without being all itchy and go all and swelling. And it was not my normal summer. And so I decided I would heal myself in my dreams. So I went.

00:04:21 Sarah

I remember I was riding the bus around town that day and I was. I think I missed.

00:04:25 Sarah

Put myself in the trance because I.

00:04:27 Sarah

I remember I was just sort of.

00:04:28 Sarah

Bumbling, I hear myself.

00:04:29 Sarah

In my dreams I just kind of did that all.

00:04:32 Sarah

And then I I went to bed and I had this dream about tanging a little.

00:04:37 Sarah

Puppy a little.

00:04:38 Sarah

Puppies. And when I woke up I.

00:04:40 Sarah

Never had the fever like that.

00:04:42 Sarah

Again, it was just gone.

00:04:43 Sarah

Even though I mean that's.

00:04:44 Sarah

Pretty dramatic.

00:04:46

Yeah, yeah.

00:04:48 Sarah

Yeah. So I was surprised, but.

00:04:52 Sarah

I never thought about that as something like a message or an idea that, oh, I should maybe look into this spiritual feeling stuff more.

00:05:02 Sarah

Or or, you know, there might be some. I might have some.

00:05:05 Sarah

Skill. I might have an ability.

00:05:08 Sarah

But I just never it. Never.

00:05:09 Sarah

Occurred to me somehow.

00:05:11 Merrily

Right.

00:05:12 Sarah

Follow up on it.

00:05:13 Merrily

Yeah, I'm wondering about. I know you do some dream interpretation. I think maybe I think maybe more for fun is kind.

00:05:21 Merrily

Of how I remember.

00:05:21

Yeah, yeah, yeah.

00:05:23 Sarah

Hard to get beyond.

00:05:24 Sarah

Take that seriously. Yeah, because I find it amazing language. I took a course from Michael Sheridan and you know his dream interpretation course.

00:05:35

Is really good.

00:05:36 Sarah

And he.

00:05:37 Sarah

Kind of opened up this whole world of of.

00:05:40 Sarah

Dream language. And it's really the language of metaphor.

00:05:43 Sarah

I think it's the language of the soul.

00:05:45 Sarah

So if you.

00:05:45 Sarah

Can it's not that different from seeing visions and translating the pictures and images that we see into.

00:05:55 Sarah

Some kind of information?

00:05:56 Sarah

Right, some real.

00:05:57 Sarah

Message. So that was, I mean, I didn't do that until I.

00:06:00 Sarah

Was in like my client program or right?

00:06:02 Sarah

Before it maybe.

00:06:04 Sarah

It got me to go into this program even because.

00:06:07 Sarah

There was a dream that he interpreted, interpreted, interpreted, and it was something about.

00:06:15 Sarah

It kind of pointed out this ability to channel.

00:06:20

Which I had.

00:06:20 Sarah

Never really thought I. I mean, I knew I was experiencing something by.

00:06:24 Sarah

Then, but I didn't really have it as.

00:06:26 Sarah

A gift as much as a problem happens on this journey, yeah.

00:06:30 Merrily

Right.

00:06:36 Sarah

But yeah, I don't have been. I had been writing down.

00:06:40 Sarah

My dreams. For years I just hadn't.

00:06:43 Sarah

I don't know that I was.

00:06:44 Sarah

Interpreting them at all.

00:06:47 Sarah

It's like, oh, interesting dream, yeah.

00:06:49

What am I going to?

00:06:52 Merrily

Uh, since you brought them down, did you ever go back and look at them at all and interpret them?

00:06:56 Merrily

Or you're just like.

00:06:57 Sarah

Well, one thing I learned in his course was that.

00:07:01 Sarah

They're really about the present. They're giving you information about the present. There are a few dreams that I remembered that were very important dreams. I did not understand what they meant at the time when I dreamt them. One was like about that spiritual awakening period, and it was very.

00:07:21 Sarah

Much about an over it was about disaster. It was about being overwhelmed by waves by, you know, like or flooding.

00:07:33 Sarah

So and I feel like you know.

00:07:35 Merrily

If you have a.

00:07:35 Sarah

Dream. Then you're house is being.

00:07:37 Sarah

The OR you're on the beach and the waves keep getting higher and you have to move out of the way or you're getting washed over. Then that's probably a dream about a spiritual awakening. Just from my experience. Interesting, right?

00:07:51 Merrily

Yeah, totally cool. Well, thanks for chatting a little bit about dream interpretation.

00:07:57 Sarah

I love. I love it.

00:07:58 Sarah

That's a little interesting challenge. Like, what is the language? How is this dream showing this person not only what's going on interpreting, you know, telling?

00:08:09 Sarah

You what's going on? Because these are.

00:08:10 Sarah

Messages from the spirit, but it usually also.

00:08:14 Sarah

Includes the solution.

00:08:15 Merrily

Right.

00:08:15 Sarah

Something so I've learned to start looking.

00:08:18 Sarah

For the solution so.

00:08:19 Sarah

That I'm not just giving bad news.

00:08:22 Sarah

It's usually good.

00:08:23 Sarah

Green calories. They're always about something you can change.

00:08:26 Merrily

Yeah, for sure. Like you gave me a really good insight into a dream I relate to you about.

00:08:32 Merrily

I'll just go.

00:08:33 Merrily

Talk about it really quick so the listeners know. So basically I had my biological father passed away. We didn't have a really great relationship. However, I and he passed away during 2020.

00:08:46 Merrily

And I had.

00:08:47 Merrily

A dream where he well, it wasn't him and it wasn't me, but it was like it was a father and son figure. And then the son was like in their front yard. And and I was like observing this. But I was also understanding I was the sun and it was really weird. The sun had there was a rowboat and then the sun.

00:09:06 Merrily

Had oars and he had nailed the oars onto the neighbors house.

00:09:10 Merrily

Right me observing this was getting a lot of anxiety of like, oh, man, you just messed up.

00:09:16 Merrily

Why did you?

00:09:16 Merrily

Do that. You know, I'm like observing this as in the dream and and then the father comes out of the house and, you know, walks up to the son. And I'm like, oh, man, that father is going to give you some hell for that, like the.

00:09:28 Merrily

Neighbor, what is going on?

00:09:31 Merrily

But the father was like, like, just looked at the oars on the House and, like, touched the nail.

00:09:35 Merrily

And then he was like, oh, these are going to come out really easily. They're masonry nails. It's gonna be fine. And then I.

00:09:40 Merrily

Was like, but if I remember correctly, you're telling me that and you can reinterpret it, cause I I'm just kind of relaying it very quickly, but what I remember you telling me was like ohh. It's like boats. Kind of indicate like again like a spiritual journey, that kind of thing.

00:09:55 Merrily

And I was like, oh, yeah, and.

00:09:58 Merrily

Sort of like maybe the other house. I can't remember what the other house would. You can help?

00:10:02 Merrily

Me, if you remember at all.

00:10:04 Sarah

Something in the dream that says oh, but this.

00:10:06 Sarah

Will come out easily like that's the.

00:10:08 Sarah

Things are going to come out easily, so you.

00:10:10

Kind of.

00:10:10 Sarah

Listen your way however you write down what words you use are the message.

00:10:17 Merrily

That's so good.

00:10:18 Sarah

They are. I know it's quite interesting, however.

00:10:20 Merrily

Yeah, very cool. Yeah. Thank you. Yeah. I always think about that. And it was really cool. So I always appreciate.

00:10:27 Sarah

Virtual language, you know that metaphor? Language. It can be very intuitive, but it's also makes some kind of sense. It's almost a little bit literal sometimes.

00:10:37 Merrily

Oh, yeah, yeah, yeah, yeah.

00:10:39 Sarah

So you have to kind of.

00:10:40 Sarah

Jump over your your ability to rationalize and figure things out to literally saying things are going to be all right.

00:10:48 Merrily

Yeah, yeah. Ah, I like that. Cool. Well, thank you.

00:10:53 Merrily

I did have a question and I know I think we mentioned this in one of our conversations before, but I don't know if we ever got into it deeply. But what do you think the difference is? And sorry, this is a question I'm kind of throwing at you, but I think you can answer it. What do you think the difference is between soul and spirit or do you think there?

00:11:13 Merrily

Is a difference.

00:11:14 Sarah

At all. Well, yeah, now that.

00:11:17 Sarah

Is a kind of a challenging.

00:11:21 Sarah

Yeah, spirit is, you know, the energy part of ourselves. I think that whole like spirit, could be a really big picture of you or it.

00:11:29 Sarah

Could be a.

00:11:30 Sarah

Small picture, I mean, I always thought of my spirit as.

00:11:34 Sarah

Myself, my higher self.

00:11:37 Sarah

In some way, like the gut, the healing part of myself and the the part of myself that is guiding me, my spirit.

00:11:46 Sarah

And the soil is.

00:11:48 Sarah

You know that.

00:11:51 Sarah

It's like, I mean, it's part of the heart, right? It's like the heart of you that comes down into.

00:11:56 Sarah

The world that is the.

00:11:57 Sarah

Soul it's always connected to.

00:11:59 Sarah

Who you really are.

00:12:01 Sarah

And it might.

00:12:02 Sarah

Feel like a very small part. You know what we, we label as a soul is, but it's the the experiencer, right, the.

00:12:11 Sarah

Who experiences the?

00:12:13 Sarah

The world, the life here and above. Probably.

00:12:17 Sarah

So I can't give you an absolute definition.

00:12:20 Sarah

Of that. But I do think it's an interesting.

00:12:22 Merrily

Yeah, that's good. Yeah, I've been thinking about that lately. So I was curious what you thought.

00:12:27 Merrily

Cool. So I know that you have had, I would say it was like a spiritually transformative experience. I don't know if you want to talk about that and then how your spiritual path progressed from there.

00:12:40 Sarah

Yeah. Well, as I said, I.

00:12:41 Sarah

Always thought I needed more formal training than the taker.

00:12:44 Sarah

Because the Quakers are kind.

00:12:45 Sarah

Of like who's we do?

00:12:48 Sarah

Or there's that of God and everyone. Listen and.

00:12:51 Sarah

You'll figure it out. It was just not a real. I mean, not that what they were doing was bad. It was just a very, you know, Quakers are very practical sort of activist.

00:13:02 Sarah

We think we.

00:13:03 Sarah

Can make the world better kind of people.

00:13:06 Sarah

So there's a very physical part of.

00:13:09 Sarah

That right and.

00:13:09 Sarah

The activists kind of like acted out in the world, so I got a lot of that right. My father was such an idealist. Right. We were being dragged around to peace marches and great boycotts and.

00:13:21 Sarah

All the kind.

00:13:22 Sarah

Of social work, social justice work that he was interested in.

00:13:28 Sarah

Yeah. So.

00:13:30 Sarah

Even though I felt the need for more formal training, I didn't really get that until I, you know, was in my 20s.

00:13:37 Sarah

Later in my 20s, after college, I was kind of hung out at the Theosophical Library for a while, reading books. I got to know one of the librarian and ancient librarian there, and he was also riding the bus from Capitol Hill to through EU District a lot. So I kept running.

00:13:55 Sarah

Into him on the bus and.

00:13:56 Sarah

Kind of struck up a friendship and kept talking about.

00:13:59 Sarah

Intern and.

00:14:01 Sarah

Places to go, spiritual ideas that he was experiencing. So it was kind of a fun little connection, right? Because young people don't talk about that. Really. Some people my age weren't talking about that anyway.

00:14:17 Sarah

I did, you know?

00:14:20 Sarah

I think that I had a spiritual.

00:14:22 Sarah

Kind of underpinning to.

00:14:23 Sarah

Everything in my life, I really was a very spiritual person. Maybe because I was raised by these sort of about people, but.

00:14:32 Sarah

And maybe as a blessing, that sort of Quaker belief isn't really very controlling or, you know, there's not a lot of judgment or, you know, you should do this or you should do that involved in it. It's pretty open. Right. Oh, if you see God in everyone, that's good. Right. So I feel like.

00:14:53 Sarah

Yeah, it was.

00:14:54 Merrily

Just sort of.

00:14:55 Sarah

Floating around. I know my art had a spiritual focus and in some ways it was about perception and learning because I didn't really see visions. I.

00:15:04 Sarah

Didn't really have any.

00:15:06 Sarah

You know, aside from dreams, no paranormal experience that I.

00:15:11 Sarah

Made connection with really just that one time.

00:15:13 Sarah

I mean, I had.

00:15:16 Sarah

Dreams that would predict certain things like before I met someone sometimes.

00:15:21 Sarah

I would have a dream. There's always.

00:15:22 Sarah

Like 3 days.

00:15:23 Sarah

Or three days.

00:15:24 Sarah

I meet somebody.

00:15:26 Sarah

But I do.

00:15:27

For this.

00:15:28 Sarah

I don't know. You know, just.

00:15:29 Sarah

When you're a kid, you you just see.

00:15:31 Sarah

What you see anyway?

00:15:32 Sarah

My arts about perception and learning to see.

00:15:36 Sarah

And follow that, you know, it was about what of?

00:15:39 Sarah

It was about opening.

00:15:41 Sarah

And I think you know probably that was the underlying kind of drive in my life because I really was closed down spiritually. And I think I I was, I did that out of protection in some way.

00:15:56 Sarah

But when I was in my.

00:16:00 Sarah

34 I was 34 years old and I had a falling out with someone in my family which really disturbed caused a lot of disturbance. It was kind of like my beliefs were shattered at that moment. And what a family.

00:16:12 Sarah

Was supposed to be.

00:16:14 Sarah

And I went home and I was also, I decided.

00:16:19 Sarah

To see a counselor.

00:16:20 Sarah

Because I was having weird.

00:16:22 Sarah

Experiences like I would go to a doctor's office.

00:16:25 Sarah

And I would cry.

00:16:26 Sarah

There was no real reason for it.

00:16:28 Sarah

Necessarily, I just had this sort of and there.

00:16:30 Sarah

Was something under there that was.

00:16:32 Sarah

Not being treated or so. So I went to this counselor and she happened to work with Betty Lamont, who's a neurodevelopmental therapist. And she said, I think, from your language, the way that you speak, that you could probably use some work on your brain.

00:16:52 Sarah

There's some brain thing going on, so she sent me to Betty Lamont and I did. I went there and I did the exercises and got diagnosed and she gave me some ways to start, really.

00:17:04 Sarah

Stimulating the brain, which basically is creeping and crawling and rolling over like a baby, exercises that cause you to kind of stimulate your body in a certain way that stimulates brain growth.

00:17:18 Sarah

It's kind of like creating.

00:17:19 Sarah

New pathways around the damage.

00:17:20 Sarah

Part so I had a mid brain mid.

00:17:22 Sarah

Brain damage is about emotion.

00:17:24 Merrily

So my motions were.

00:17:25 Sarah

Really closed down my ability to connect.

00:17:28

With people was.

00:17:29 Sarah

Not very good.

00:17:31 Sarah

And so after eight weeks of crawling and creeping around on the floor, think I spent like 40 minutes a day, just like with knee pads doing these exercises.

00:17:42 Sarah

I was pretty I.

00:17:42 Sarah

Was pretty devoted to it, pretty dedicated.

00:17:46 Sarah

Really, my whole life changed.

00:17:47 Sarah

All of a sudden, I.

00:17:48 Sarah

My brain was working differently.

00:17:51 Sarah

And I almost felt like it was more than.

00:17:54 Sarah

That it felt.

00:17:54 Sarah

Like as soon as my brain was working.

00:17:57 Sarah

A lot of.

00:17:59 Sarah

Spiritual block just fell away. It's kind of like I've been living in a shell, an isolating shell.

00:18:06 Sarah

Like I was in a bubble of my.

00:18:08 Sarah

Own beliefs and they were not bad beliefs, but they were very protective and limited. And then I was suddenly like that bubble burst and I was suddenly inundated by all of this phenomena that I had never had. I was seeing visions. I was hearing voices. I was.

00:18:27 Sarah

Getting a lot of energy. I was getting a lot of downloads of information, none of which was familiar to me.

00:18:33

In any way.

00:18:39 Sarah

Yeah, that was a really big.

00:18:42 Sarah

Big step. It was kind.

00:18:44 Sarah

Of like stepping out of.

00:18:46 Sarah

The limiting system and into this sort of.

00:18:51 Sarah

Suddenly opened all my players. It was. It was a kundalini opening. It was. Yeah. And. And, you know, I was in a place where I could. I got overwhelmed really quickly.

00:19:03 Sarah

And I I had a breakdown. I immediately had a breakdown, quit my job, and I started going around looking for spiritual community. I was. I went to ask where they do Gestalt therapy.

00:19:16

Oh yeah.

00:19:17 Sarah

Working there as a I think they have a just kind of a fun place to work for a month or something. I went there.

00:19:25 Sarah

Then I went to Findhorn.

00:19:30 Sarah

I kind of traveled around.

00:19:31 Sarah

Nepal and India and Tibet.

00:19:34 Sarah

And then when I came back, I was doing Buddhist studies because that was such an interesting place and I knew nothing about Buddhism.

00:19:41 Sarah

Well, I knew very little.

00:19:42 Sarah

About Buddhism, I mean I had to. I'd read some books on Theosophy. Right where? Read his.

00:19:48 Sarah

Books. But I didn't really.

00:19:50 Sarah

Understand the whole thing that in Tibet people are very grounded, there's the the solidness and that really impressed me.

00:19:57 Sarah

So when I.

00:19:58 Sarah

Came back studying Tibetan Buddhism. I did some.

00:20:02 Sarah

Work like the Dalai Lama was teaching.

00:20:04 Sarah

His math courses with thousands.

00:20:07 Sarah

Of people. So I took at.

00:20:09 Sarah

Least one or two two.

00:20:10 Sarah

At least two of those courses.

00:20:12 Sarah

And then I did some.

00:20:17 Sarah

Tonka. Tantric work at Vajrapani Santa Cruz area.

00:20:24 Sarah

And then finally I got to the past and I was still pretty unbalanced mentally. I was really like, still unstable. This was several years.

00:20:33 Sarah

Later, you know.

00:20:34 Sarah

From that awakening, but maybe it wasn't even that long. I can't remember the exact dates like it.

00:20:41 Sarah

Was this is sort of like 90?

00:20:44 Sarah

91 to 95 something like that. That whole little period in there where I was changing my life pretty dramatically travel.

00:20:52 Sarah

Thing and then coming back and doing all this food, this work and I went to started doing the pass in that.

00:20:57 Sarah

Workshops and that.

00:20:58 Sarah

Really did stabilize my mind. I have to give them a lot of credit for that. Practice is very purifying.

00:21:05 Sarah

Kind of clears out all the confusion and the.

00:21:08 Sarah

Mess, right? One more flailing just.

00:21:11 Sarah

Kind of be there with.

00:21:12 Sarah

That information. So I learned a lot.

00:21:14 Sarah

And I really value that sort.

00:21:16 Sarah

Of the teaching of equanimity serves me today.

00:21:20 Sarah

Really does so.

00:21:22 Sarah

Yeah, yeah, yeah.

00:21:24 Sarah

That was pretty intensive. Five years of my life.

00:21:27 Merrily

Yeah, I have a quick question. I know you chatted talked about Finn torn, it's Findhorn. Can you explain what that is?

00:21:36 Sarah

Oh yeah, it's a spiritual community. And when I was young and growing up, I had this book called the Magic of Sin Torn. It was just like a little book picture book. Right. And it was while they were working with the Davis and had created the spiritual community in northern Scotland, is on the North Sea.

00:21:57 Sarah

The guy who the elderly Theosophical society librarian was also really into. He knew Peter Caddy, who had visited the Theosophic Library and he was.

00:22:08 Sarah

Talking about him. And so he kind of planted that. So I.

00:22:11 Sarah

Had the little.

00:22:12 Sarah

Left when I was a kid that had said they grew giant cabbages and sand.

00:22:17 Sarah

Or whatever that was worth it. It was interesting enough to me that I remembered it, and then I talked to Peter to this Glenn. His name is Glenn, and he kind of.

00:22:29 Sarah

Kind of planted the idea.

00:22:31 Sarah

That might be a cool place to.

00:22:32 Sarah

Go so when?

00:22:33 Sarah

I had my breakdown, I said, well, I'm going to find spiritual community.

00:22:36 Sarah

Somewhere I'm going.

00:22:37 Sarah

To go there. So I took off. I spent a I spent ended up spending six months there just doing their programs like.

00:22:44 Sarah

They have a a living.

00:22:45 Sarah

In community program, they have an Easter week program.

00:22:49 Sarah

And I just stayed as long as I can.

00:22:52 Sarah

Until I finished all.

00:22:53 Sarah

My programs basically.

00:22:55 Sarah

Right. Yeah. Findhorn is a is a spiritual.

00:23:00 Sarah

That has, you know, it's kind of new age kind of open to lots of different types of spirituality.

There's a lot of British or weekend or.

00:23:13 Sarah

Of what I'm trying to think of the.

00:23:17 Sarah

Druid kind of.

00:23:19 Sarah

Stuff that comes through there. There was some sufies there. We did Sufi.

00:23:25 Merrily

So it was.

00:23:25 Sarah

Kind of a bunch of different. It wasn't one religion or one kind of cult belief it was.

00:23:31 Sarah

Sort of a.

00:23:31 Sarah

Space where people could explore and be open.

00:23:35 Sarah

To different kinds of spiritual practices.

00:23:38 Sarah

So that was a kind of a cool thing.

00:23:40 Sarah

I called it a spiritual cacophony at the time.

00:23:43 Merrily

Yeah, that's a lot. That's a lot of stuff happening in one place.

00:23:47

And they.

00:23:47 Sarah

Were growing vegetables with the help of.

00:23:49 Merrily

Davis. Wow. So with all of this, were there any either role models or got human guides that you had or that you looked up to, maybe either that you knew personally or that you just kind of?

00:24:04 Merrily

Like follow a lot. Sort of their path and wanted to emulate it.

00:24:08 Merrily

Yeah, I always.

00:24:10 Sarah

Had a problem with that. You know the idea.

00:24:12 Sarah

Mod role models.

00:24:14 Sarah

As I was thinking about that question, I was thinking about my father because even though I never thought of him.

00:24:19 Sarah

Really, as a role model.

00:24:20 Sarah

But that is the foundation, right? The his belief system.

00:24:25 Sarah

Is the foundation pretty broad?

00:24:27 Sarah

It was pretty open minded.

00:24:29 Sarah

You know, he was a.

00:24:29 Sarah

He was a.

00:24:32 Sarah

I don't know the story about him was.

00:24:35 Sarah

He, as as a conscientious objector when he was 18 or something, he helped, he went to prison for being a conscientious objector, crossing the border.

00:24:43 Sarah

Of Mexico into Texas.

00:24:46 Sarah

Ended up in a Pennsylvania prison and.

00:24:49 Sarah

They started they there were other conscientious objectors there. So people who were not really prison types segregated the prison.

00:25:00 Sarah

Wow. Interesting legacy. Yeah. So got some interesting influence there. My mother was, you know, mostly about doing things. She wasn't a very big talker, but she would. We were always doing something creative. We were sewing. We are making things. We were.

00:25:02

That's pretty good.

00:25:22 Sarah

You know, decorating whatever it was, you know, it wasn't always high end art idea, but it was.

00:25:28 Sarah

Always a part of our lives. Doing something creative. Well, my dad was.

00:25:32 Sarah

Really creative. Some other influences starting.

00:25:35 Sarah

A couple, I mean people.

00:25:36 Sarah

I read I I was influenced by payment children and by Carolyn Mays back in the 80s and 90s, and that was really, you know, that book on what is it? Anatomy of the Spirit is a pretty.

00:25:49 Sarah

Valuable, really interesting way to look at spiritual development.

00:25:53 Sarah

So I got a.

00:25:53 Sarah

Lot out of that.

00:25:54 Sarah

Book, mostly reading. I think I read a book called Ancient Futures Learning from Ladakh too.

That was very interesting kind of.

00:26:06 Sarah

About how culture changes overtime.

00:26:10

MM.

00:26:11

That was a really.

00:26:11 Sarah

Interesting book is about Ladakh is of course the Himalayan side of India and it.

00:26:17 Sarah

About how when they opened Ladakh to Western culture and what happened to the people there and how their values change.

00:26:27 Sarah

Because when tourism came into a really interesting book and it has sort of a philosophy underpinning.

00:26:35 Sarah

It I think.

00:26:37 Merrily

Well, we can move.

00:26:38 Merrily

To your sort of your current incarnation about being a teacher at psychic awakenings. If you want to talk about why you decided to become a teacher and kind of go from there.

00:26:49 Sarah

Yeah, well, when I.

00:26:51 Sarah

Came to Seattle. I I was. I somehow ended up in this program. Psychic tools.

00:26:57 Sarah

101.

00:26:59 Sarah

The class I teach now, and it was so helpful and grounding and it really integrated everything that I had learned kind of like everything fell together and I suddenly felt more empowered. Like Ohh there's energy and you can work with it. And here are some ways. It's amazing how I could have gone through almost 20 years of this spiritual experience and not have.

00:27:19 Sarah

Did anybody say well, you can do this or this is one way to look at it and try it. And you know the actual hands on tools were so valuable.

00:27:29 Sarah

And I feel like when I was looking.

00:27:32 Sarah

Back in the.

00:27:33 Sarah

Early 90s when I was looking for a spiritual community, I was thinking there should be a place where people can learn something, you know, and I feel like in a way this is the result of that wish, you know? Oh, I can help people go through.

00:27:49 Sarah

Spiritual awakening without all the foundering and the challenges we still have our challenges. But if you have a few tools, it feels.

00:27:57 Sarah

Much more empowering.

00:27:58 Sarah

And possible to you know.

00:28:01 Sarah

Do something as opposed to just being the victim of whatever this is and not understanding very.

00:28:07

Much what to?

00:28:08 Sarah

Do is more than a philosophy, right? Cause philosophy doesn't like the plasma. Also is not really a philosophy. It's a way of being, of working with the energy.

00:28:18 Sarah

It's looking, it's just looking profoundly at yourself.

00:28:22 Sarah

So that was my first tool and it really did rebalance my brain. And then I came back up here in Seattle and I started taking those classes. And then I got all excited because I was suddenly able to function again in a much better way. Yeah. To. Yeah. Just having a way to do something. There's a really big difference between a philosophy.

00:28:44 Sarah

And a tool, that's what I need.

00:28:47 Sarah

Anyway, it was so valuable and I'm so grateful to be able to be here teaching these tools. I learned so much from my students.

00:28:56 Merrily

Well, it kind of goes into my next question about maybe if a favorite story that you want to share about being psychic school teacher. I'm sure you have several, but.

00:29:07 Sarah

I know that's.

00:29:09 Sarah

Way there's OK some of my experience like being a school teacher. Maybe. I mean, that's really about seeing people grow and kind of take hold of their lives and go, oh, this actually does something this actually works.

00:29:23 Sarah

But when I'm doing.

00:29:24 Sarah

Readings. That's when I really get some interesting insight, and my favorites are.

00:29:30 Sarah

When I'm working with someone and their guides come in and start teaching me through the reading and I'm like, oh, that's a really.

00:29:38 Sarah

And ways that.

00:29:39 Sarah

I wouldn't have thought and.

00:29:40 Sarah

You know my, my one reading I had.

00:29:43 Sarah

In particular, I was.

00:29:46 Sarah

I could see that this man had been in all of these wars, wars that I.

00:29:52 Sarah

Had heard of in history books like he'd been in lots.

00:29:55 Sarah

Of war. He was a warrior.

00:29:57 Sarah

And I was like, wow, how? Why would someone do that?

00:30:01 Sarah

My mind away and.

00:30:03 Sarah

His guys just like.

00:30:05 Sarah

Started showing me how he went into these deep, challenging.

00:30:12 Sarah

And you know, not necessarily easy situations, right? Passionate victory and failure and loss and.

00:30:19 Sarah

All of the.

00:30:20 Sarah

Things that war has all the challenges. And then what they showed me is at the end of the lifetime, he.

00:30:26 Sarah

Would leave it all behind.

00:30:27 Sarah

He would just.

00:30:27 Sarah

Say you know there would be, we would forgive all.

00:30:30 Sarah

Of his enemies.

00:30:32 Sarah

And he would.

00:30:33 Sarah

Make up and it was kind of like he.

00:30:35 Sarah

Would walk away with no karma.

00:30:38 Sarah

That's an interesting picture that you don't have to have.

00:30:42 Sarah

You don't have to drag your past around with you for lifetime after lifetime. Just let it go, and that's a that's a very big lesson, you know, for all of us, because there is this, you know, thought form or belief on earth that we have to. We're we're well, there's the punishment type people or the we have to make up for our sins.

00:31:02 Sarah

Where there's the.

00:31:03 Sarah

We have to balance out our acts, which might be true, but it's not.

00:31:08 Sarah

That's how we do it. We have a lot of choice and and if we're stuck in the system that says there's punishment or suffering involved, then we get caught up in that. But if you're looking at this guy and you're going, we'll maybe you can just clear the, you know, walk away.

00:31:11

Right.

00:31:28 Sarah

And release all anger. And you know all difficult pain, you know, not carry negative feelings.

00:31:36 Sarah

And beliefs with you.

00:31:37 Sarah

At the end of a lifetime, not get caught up in that that you're.

00:31:41 Sarah

There's a kind of freedom in that.

00:31:43 Sarah

It makes life more of an adventure, yeah.

00:31:46 Sarah

Yeah, making choices. Yeah, I and.

00:31:51 Sarah

In a way.

00:31:52 Sarah

It's fully committed to your life, she was.

00:31:54 Sarah

Like he went in fully committed to this, these battles, right and this.

00:31:59 Sarah

You know, great camaraderie and challenge.

00:32:02 Sarah

Of being a soldier and.

00:32:03 Sarah

Then he would walk.

00:32:04 Sarah

OK.

00:32:05 Sarah

And it was just like release at the end.

00:32:09 Sarah

Of it.

00:32:11 Sarah

To me that.

00:32:11 Sarah

Was a really profound moment of seeing the other interesting people I meet in psychic school are sometimes these star seeds that come into the world and have difficulty grounding and they're.

00:32:25 Sarah

They're young, right? They're in their 20s or.

00:32:29 Sarah

And they it's not like, for instance, that the other person, the soldier, had been, he's he was a starseed. But he'd been here for decades for hundreds of lifetimes. But these new people were.

00:32:41 Sarah

Coming in and the newbies.

00:32:43 Sarah

Come to Earth and they can't ground because it doesn't feel good and they sometimes or they don't have that.

00:32:49 Sarah

Through binary sexuality like, it's not in their history.

00:32:54 Sarah

So they don't really know what to do.

00:32:55 Merrily

With it and.

00:32:56 Sarah

They're kind of struggling, you know, with.

00:32:59 Sarah

How do I fit?

00:33:00 Sarah

Myself into this, you know, extremely limited belief system. I kind of see it as.

00:33:08 Sarah

They they.

00:33:09 Sarah

Need to get their.

00:33:10 Sarah

Land legs their earth legs under them.

00:33:14 Sarah

And it's really interesting to see. I think that what I learned from that is that we carry so much history with us all of our past experiences are kind of programming us.

00:33:27 Sarah

It's like how we are.

00:33:28 Sarah

Comfortable in the world is.

00:33:29 Sarah

What we've seen known and.

00:33:30 Sarah

Believe and that systems the systems that we've lived through.

00:33:34 Sarah

Are kind of a.

00:33:35 Sarah

Part of our reality. And so for the for.

00:33:38 Sarah

Us it makes sense in a way. Maybe not, not always make great sense.

00:33:43 Sarah

But it's the familiar.

00:33:45 Sarah

And but for these star seeds, it's like.

00:33:48 Sarah

This doesn't make any sense whatsoever. I don't.

00:33:51 Sarah

Know my who.

00:33:53 Sarah

These relatives are that brought me to the world I've never had.

00:33:55 Sarah

Any history with them?

00:33:58 Sarah

Why you know and then and yeah, they.

00:34:03 Sarah

You know, it feels like.

00:34:06 Sarah

It feels like when they do find their grounding, they're going to have really shift the planet because a lot of them are very psychic, very aware they have. I had one student and she's like, oh, you know, I can. If somebody tells me when they were born and what year I can see the, I can see the angles and how the stars.

00:34:25 Sarah

With them, just like it's like.

00:34:27 Sarah

A visual picture for her of how everything.

00:34:29 Sarah

Works. That's a really interesting astrological gift.

00:34:35 Sarah

My mind cannot even start.

00:34:38 Merrily

It's a lot.

00:34:38 Merrily

Yeah, I can't even work out my own.

00:34:40 Merrily

Chart. That's pretty.

00:34:41 Sarah

Funny. Yeah, I know.

00:34:44 Sarah

Like, yeah, and I can see that this is facing.

00:34:47 Sarah

That she's just like.

00:34:48 Sarah

That's she has this sort of profound understanding of the stars and the energies and how they work, but.

00:34:54 Sarah

She can't ground herself or anything.

00:34:56 Sarah

Kind of like how.

00:34:57 Sarah

Do you get?

00:34:58 Sarah

Once you get grounded and.

00:35:00 Sarah

In your body, then you.

00:35:01 Sarah

Have all this knowledge.

00:35:02 Sarah

To share, so I can't wait till they.

00:35:04 Sarah

Grow up because.

00:35:05 Merrily

Yeah, we'll find it.

00:35:07 Sarah

You know, it's exciting.

00:35:09 Merrily

Now I have this is a strange question and I I I probably worded it very poorly, but let's see if I can ask it. Have you ever sensed someone like in your just kind of walking around your everyday life and you're like this person could benefit?

00:35:26 Sarah

Yeah, well, in my math.

00:35:28 Sarah

Sessions that comes up.

00:35:30 Sarah

Because I feel like impasse. Anyone who's struggling with the energy is going to benefit from just a few things.

00:35:37 Sarah

Grounding. They need to be centered, kind of owning their energy and.

00:35:41 Sarah

Knowing that they.

00:35:42 Sarah

Can let go of other people's.

00:35:43 Sarah

Energy and yeah, I run into that all the time and sometimes that is the healing, you know, sometimes the feeling is that you can do it, that you don't. It's not just something happening to you.

00:35:54 Merrily

That kind of goes into my next question somewhat. So Seattle, we we're both in Seattle, I took psychic, you know, I went to psychic awakenings, but Seattle is considered like a Tech City. Like one of the biggest tech cities in the world.

00:36:08 Merrily

Have you ever had? I'm sure you have, but have you ever had any left brained analytics students in your psychic class? And what was your experience with that?

00:36:17 Sarah

Everybody is so unique, you know.

00:36:20 Sarah

Yeah, I've had a few.

00:36:22 Sarah

Some people who said they couldn't see pictures or they couldn't see inside their body.

00:36:29 Sarah

Some, mostly it comes.

00:36:30 Sarah

Out as in the tech world.

00:36:33 Sarah

There's a lot of masculine energy. That's a very.

00:36:37 Sarah

Strong focus limited, you know, keep your keep your focus on this project. And so it's usually women who are struggling. They might be really good at tech, but they're I think they.

00:36:50 Sarah

Struggle with the.

00:36:51 Sarah

The balance and, you know, reclaiming their expansive female energy.

00:36:56 Sarah

I was just having a.

00:36:57 Sarah

Talk with someone today and it was such an interesting comment.

00:37:00 Sarah

You made.

00:37:00 Sarah

This like, well, men, have Gray matter.

00:37:03 Sarah

You know and then.

00:37:04 Sarah

I said, well, what do women have?

00:37:05 Sarah

If they, he, he.

00:37:07 Sarah

Said that, yes, that actually, what do women have? That's not Gray matter like they like men have bigger brains that.

00:37:14 Sarah

Women have more. What?

00:37:16 Sarah

He called white matter, which is the connective tissue, and that is so clear, clear when you think of women, make connections like we connect people, we connect ideas, we open our, we're open to the threads.

00:37:30 Sarah

Picture sometimes. Yeah. So I thought that was really interesting. Oh, there's Gray.

00:37:35 Sarah

Matter and white matter in the brain.

00:37:37 Sarah

I never thought about that until today.

00:37:39 Merrily

Yeah, I learned a thing. That's great. So how would you say and we kind of already went over this. I know you've had psychic awakenings. You've had people that are going through spiritually transformative experience.

00:37:53 Merrily

So how would you help somebody who's going through that? I'm sure with the tools, but you know.

00:37:59 Sarah

Well, mostly how to heal themselves and learn how to let go of those old pictures. They learn actual things that help them to be more present, and we're in their space. So that is the number one thing that we do. Feelings we do like if you are having a disturbance in class and you ask or I think to.

00:38:19 Sarah

To say something if I notice which.

00:38:21 Sarah

I should be.

00:38:22 Sarah

Doing maybe more, but we can offer dealings we.

00:38:26 Sarah

Have you know some?

00:38:27 Sarah

Skills to help people to move through that and 1st, I'm always asking questions or answering questions. People some classes more so than others.

00:38:40 Sarah

Yeah, but I feel like.

00:38:43 Sarah

You know our philosophy and feeling is that people feel themselves.

00:38:47 Sarah

When we have the right information, we.

00:38:49 Sarah

Have a little bit of skill.

00:38:51 Sarah

Well, then we feel empowered and we can you.

00:38:54 Sarah

Know tap into.

00:38:55 Merrily

Some resources that we didn't.

00:38:57 Sarah

Think we had? It's funny how you.

00:38:58 Sarah

Have to know.

00:38:59 Sarah

You have it in order to tap into it.

00:39:03 Sarah

Right. There's lots of people out there that, you know, make great progress from reading that.

00:39:07 Sarah

Book for this.

00:39:09 Sarah

Thing that some of us need like hands on.

00:39:12 Sarah

This is how you do it.

00:39:15 Merrily

I'm one of those people.

00:39:18 Sarah

I like. I like that that.

00:39:23 Sarah

Kind of. Oh, there's a tool I can use for this because so we teach are just examples. You can start making up your own tools. They're how metaphor works with the spiritual language of picture idea created through a picture that works for your body is going to help you.

00:39:34 Merrily

Right.

00:39:44 Sarah

Transform your life.

00:39:44 Sarah

And sometimes there's.

00:39:45 Sarah

A little leap of faith there for a minute.

00:39:48 Sarah

Until you see.

00:39:49 Sarah

That it.

00:39:49 Sarah

Really works, that's why.

00:39:52 Merrily

Like grounding.

00:39:54

We use kind.

00:39:55 Sarah

Of pictures on how to ground and then people start noticing that it really does feel different when you use a tree image then.

00:40:02 Sarah

We use a.

00:40:03 Sarah

Waterfall when when you use a new?

00:40:04 Sarah

Light and suddenly we're reading energy.

00:40:08 Merrily

How would you describe or how would you explain pictures? I mean, I know what pictures are, but how?

00:40:14 Merrily

Would you explain that to somebody?

00:40:16 Sarah

Require energy. It's a vibration that we hold in our bodies like we we kind of tuck things away in our bodies, their memories. They're based on memories. They're based on belief.

00:40:28 Sarah

If we usually pick them up like this foundation, at least when we're very small, very I'm surprised I'm still finding pictures that were.

00:40:38 Sarah

Part of my upbringing as a child, or even an infant, my most recent one was that my mother quit teaching when I was born.

00:40:49 Sarah

And for her, she loved. She was.

00:40:51 Sarah

A school teacher and she really loved it.

00:40:54 Sarah

And and she lost her income. And there was a profound sense of sadness and loss because she no longer she only had that freedom. She had been teaching before she got married. And then she suddenly, after her second child, she quit.

00:41:10 Sarah

And I feel.

00:41:11 Sarah

Like there was.

00:41:12 Sarah

A kind of a profound, so I felt.

00:41:15 Sarah

I suddenly realized that I had kind.

00:41:19 Sarah

Taken that into my body that.

00:41:21 Sarah

It when?

00:41:22 Sarah

You leave a job there like.

00:41:25 Sarah

You walk away.

00:41:26 Sarah

From something good?

00:41:27 Sarah

Like when and I it's kind of.

00:41:30 Sarah

Weird how our.

00:41:33 Sarah

And because it was a sad thing it was.

00:41:35 Sarah

Kind of odd how she.

00:41:39 Sarah

Kind of so I kind.

00:41:40 Sarah

Of took on that energy of leaving work or leaving money behind and not. And I realized in my life I've kind of done that in.

00:41:48 Sarah

Different jobs like oh.

00:41:50 Sarah

I walked away from a job for no real reason or for some idea that wasn't really very well thought out.

00:41:59 Sarah

For and, it wasn't necessarily always the.

00:42:03 Sarah

Best decision I walked away from a lot of.

00:42:05 Sarah

Money in my life, and I'm like, oh, where did that come from?

00:42:08 Sarah

And then I.

00:42:08 Sarah

Kind of rooted back there and somehow in my.

00:42:10 Sarah

Ancient mind I.

00:42:12 Sarah

Had picked up that belief that you walk away from money.

00:42:16 Sarah

So funny. And it's isn't it interesting how that event wasn't even my life?

00:42:23 Sarah

Right. And yet.

00:42:25 Sarah

I had been living out that vibration somehow, so pictures are of vibration.

00:42:30 Sarah

That we carry a belief.

00:42:33 Sarah

That we carry that hat. And when when it has seniority over us like.

00:42:38 Sarah

That one did.

00:42:39 Sarah

And it's and you know.

00:42:41 Sarah

I picked that up in the.

00:42:42 Sarah

Womb. Probably to some degree.

00:42:44 Sarah

Yeah, you know it as an infant and.

00:42:47 Sarah

I didn't know.

00:42:47 Sarah

Where it came.

00:42:48 Sarah

From I didn't really even see it until I.

00:42:50 Sarah

Started doing these clearings really I?

00:42:53 Sarah

Saw that in a map session, which I was.

00:42:56 Sarah

Doing called the.

00:42:57 Sarah

11 money saboteur.

00:42:59 Sarah

And I'm like, where did that come from? And why did I take that on such A and how now, you know that I've I've been through most of my work life already. I I suddenly see this pattern and how it played.

00:43:13 Sarah

Out so when?

00:43:14 Sarah

We have a picture it creates.

00:43:17 Sarah

Things that we do without.

00:43:19 Sarah

Kind of.

00:43:21 Sarah

Thinking about them in a.

00:43:23 Sarah

Way or we think of them through and they still come out the way that they that.

00:43:27 Sarah

This picture says they should.

00:43:29 Sarah

It's kind of like a.

00:43:31 Sarah

I believe, and there are worse ones than that, you know, so.

00:43:34 Sarah

Some very challenging energy from our parents. Not all parents are in the.

00:43:39 Sarah

Right place when they have children.

00:43:41 Sarah

And yeah, isn't it happy how we could hook up 1 little thing? My mother was a very happy person, and my parents were not starving or having a lot of trouble. It was just that she had that profound experience of sadness, or over that loss, probably at.

00:43:56 Merrily

Ohh right, yeah.

00:43:58 Sarah

So anyway.

00:43:59 Merrily

Oh yeah, thanks for explaining pictures. So I know I took one of your workshop, your Angel workshop. And I think you do it around the holidays.

00:44:10

Usually around.

00:44:11 Sarah

Beginning of December, I try to do that.

00:44:14 Sarah

Because angels and Christmas seemed to go together to me.

00:44:19 Merrily

Yeah. So why did you want to even start working with angels?

00:44:25 Sarah

You know, like I came to angels unexpectedly. I didn't really like my history, wasn't really around angels. The only angels we ever had.

00:44:34 Sarah

On the Christmas tree are at.

00:44:35 Sarah

Christmas time, never any other time but.

00:44:40 Sarah

They kept knocking at my door, you know.

00:44:42 Sarah

I I would go to a.

00:44:44 Sarah

Book store and a Angel book would fall off.

00:44:46 Sarah

And I'm like, I don't want.

00:44:48 Sarah

To read this.

00:44:49 Sarah

But I had. I somehow did.

00:44:52 Sarah

It wasn't until later that I realized that I needed that help. Like Angel guides are high.

00:44:59 Sarah

They're not going to need you. All you have to do is ask for what you want, and they're very much the higher vibration people and you know, I started working with them more while I was in the cat program because another person, when we were doing one of those reading exchanges, the partner that I had said, oh, I want to work with Hannibal.

00:45:18 Sarah

Can you take a look at what that is and and how that would work?

00:45:22 Sarah

Out because he was an occupant, charist and.

00:45:24 Sarah

And I said OK, so I looked.

00:45:26 Sarah

At Hannah Allen.

00:45:28 Sarah

And she said, well, I won't work with him because he's doing one-on-one practice healing practice with people. He's a healer, but she said I'm more like Earth. Like, how are things working out on Earth if there's?

00:45:43 Sarah

Some big problems, there's.

00:45:44 Sarah

Some belief system that's changing.

00:45:48 Sarah

That's my realm and so.

00:45:50 Sarah

I'd be happy to work.

00:45:51 Sarah

With you.

00:45:52 Sarah

So anyway, I worked with channel for quite a while and that was a very interesting shift for me. I had to take it seriously in a way. It's like, oh, if this Archangel wants to work with me, then I maybe need to look at it more profoundly.

00:46:09 Merrily

Yeah, yeah.

00:46:11 Sarah

And and they are really reliable guys, yeah.

00:46:16 Sarah

Sometimes you know in the non physical world there's people of all different levels, people just like us can be floating there and want to be your guide. And I don't think that's necessarily going to work out. They may.

00:46:28 Sarah

Have a different perspective from the non.

00:46:29 Sarah

Physical but doesn't necessarily mean they have the insight or the.

00:46:30 Merrily

Right.

00:46:36 Sarah

You know, high level of.

00:46:37 Sarah

Information that you specifically want for your.

00:46:41 Sarah

So I always ask for exceptional guidance.

00:46:44 Sarah

And angels are good.

00:46:47 Merrily

I agree. We're kind.

00:46:48 Merrily

Of shifting a little bit I.

00:46:51 Merrily

You know, I've seen your I haven't seen them in person. I hope to someday you create these luminary sculptures if you want to talk about that. They're quite beautiful. Quite. They kind of look angelic. We're going to tie it back to what?

00:47:04 Merrily

We just talked about.

00:47:06 Sarah

There's a nice picture.

00:47:08 Sarah

Yeah. You know, one thing that I have learned from angels is that their way of looking at humanity and our angels are about love, and they're here guiding us how to grow into our ability to love.

00:47:21 Sarah

And bigger way.

00:47:22 Sarah

And that's one of the things that.

00:47:23 Sarah

We bring to the world that not.

00:47:27 Sarah

It's not necessarily brought by any other life form. It's like something that sets us apart, according to angels the luminaries are, you know, I started making luminaries. I I I was involved with the Fremont Arts Council.

00:47:40 Sarah

So I started making giant things and street art, and I learned luminaries from a a woman who was teaching that there and they are, gosh, I create them with volunteers. Sometimes the large puppets are created in in Group settings so.

00:48:00 Sarah

It's sort of like a.

00:48:01 Sarah

Social outlet for me, not the sole artist in their studio which, you know, art can often be very isolating. But I've learned how to work with other people by through the the the luminaries and.

00:48:16 Sarah

I think that.

00:48:18 Sarah

People really love them and that kind of encourages me to make more. I have. I have some dedicated I've had over the years all these different dedicated puppeteers and people who really love them and helped me out in very generous ways. So I'm very grateful for for that kind of it's.

00:48:34 Sarah

Kind of like connects me.

00:48:36 Sarah

To humanity in a way that.

00:48:38 Sarah

Other things don't seem to.

00:48:41 Sarah

And the other thing that's been really interesting is working with the puppets and doing the psychic work is I've noticed how as I've cleared.

00:48:48 Sarah

The pictures as I've.

00:48:50 Sarah

Opened myself up as I've learned to grow into.

00:48:53 Sarah

Creating energetically all of.

00:48:56 Sarah

These projects flow more easily and and I it's all about trusting.

00:49:00 Sarah

The process now.

00:49:01 Sarah

It's kind of like, oh, I can just intend.

00:49:04 Sarah

What I want I.

00:49:05 Sarah

I always work from a vision like I get.

00:49:08 Sarah

A picture of what I want.

00:49:09 Sarah

To create and I.

00:49:11 Sarah

And it can change overtime, but it's almost always starts with a vision of some kind. Yeah. Then learning how to trust the process and people showing up and everything falling into place.

00:49:24

Put a little.

00:49:25 Sarah

Bit of work.

00:49:26 Sarah

Yeah, want a lesson and trust.

00:49:28 Merrily

Yes, for sure.

00:49:30 Sarah

Being on a project for.

00:49:32 Sarah

Arts aglow and luminata.

00:49:35 Merrily

Oh yeah, Illuminata is the thing here in Seattle on the lake.

00:49:40 Sarah

September 23rd.

00:49:43 Sarah

On the fall equinox are right around it every year.

00:49:47 Sarah

Yeah, I think it is the equinox and yeah, it's coming up.

00:49:52 Sarah

On the 23rd.

00:49:55 Sarah

Hearts of Glow is on the 9th September 9th.

00:49:58 Merrily

Might have to check those out.

00:50:00 Sarah

Yeah, definitely.

00:50:02 Merrily

So we can talk about we're kind of nearing the end of our chat, but I know you also do something called the map method. So if you want to explain.

00:50:11 Merrily

What that is?

00:50:12 Merrily

And then how you use it to assist your client?

00:50:15 Sarah

There's a blank there map, it is. It's a very interesting process. I learned a lot about psychology.

I'm not a therapist, but I learned a lot about how people, whole trauma and beliefs. How to.

00:50:35 Sarah

Map is a.

00:50:36 Sarah

A way to help people release them.

00:50:40 Sarah

All of those at least create a vibration. That vibration attracts certain things to us or not to us. It's really quite interesting.

00:50:48 Sarah

How we are?

00:50:49 Sarah

Energetically asking for what we're getting, and if it's a pattern that we don't like, if it's painful, if it came out of a trauma like.

00:50:56 Sarah

We created that.

00:50:57 Sarah

Pattern of trauma. Well, it can be very it gets very unhappy.

00:51:01 Sarah

And really be a limit to, you know.

00:51:03 Sarah

What we can achieve in?

00:51:04 Sarah

Life. So what math does it work with.

00:51:07 Sarah

The higher self, but what we call the Super.

00:51:10 Sarah

So we connect with the Super conscious and the Super conscious is this.

00:51:14

Part of our.

00:51:15 Sarah

Psyche, our spiritual being, like our higher self that is above the trauma and it's running the programs. It's helping us to fulfill the vibrational beliefs that we have. If you want to put it that way. So if we have a vibration that we don't like.

00:51:30 Sarah

Our super conscious, our being is helping us to fulfill it. We're in a way asked. Like if you're carrying a migration, we're asking.

00:51:38 Sarah

For it so.

00:51:39 Sarah

What Matt does is we we we start with talking about what it is that we're trying to clear, what the problems are with the paint, where the paint is and then the Super cut we.

00:51:50 Sarah

Use commands to the superconscious and very simple commands and the superconscious can see what is creating that problem and systematically we go through and we kind of.

00:52:02 Sarah

Release all the.

00:52:03 Sarah

Things that are creating it.

00:52:06 Sarah

And because the superconscious sees it, we don't have to mess around with what?

00:52:10 Sarah

Was your childhood problems?

00:52:12 Sarah

We might go to.

00:52:13 Sarah

A place where you were a child.

00:52:15 Sarah

And look at it and TuneIn.

00:52:17 Sarah

To what was.

00:52:18 Sarah

Happening there so we can remember it, but we don't have to.

00:52:21 Sarah

Have long discussion about.

00:52:22 Sarah

It we just go in, we kind.

00:52:23 Sarah

Of look at what was going on, like for instance.

00:52:26 Sarah

That thing with my.

00:52:27 Sarah

Mother. Well, I didn't even have conscious.

00:52:29 Sarah

Awareness of it until I was in.

00:52:31 Sarah

A map section.

00:52:33 Sarah

And they're saying, look at what is the, what is the belief that you're living on? And and it was.

00:52:41 Sarah

Kind of.

00:52:42 Sarah

A little grueling, you know? She kept asking.

00:52:44 Sarah

Over and over, but it was a very powerful.

00:52:47 Sarah

Insight in a way, because once we see it, then we can release it. The Superconscious goes up.

That's a belief.

00:52:54 Sarah

You don't want.

00:52:54 Sarah

Let's get rid of it.

00:52:55 Sarah

And then what it does is it it minds our awareness for the good things, for the memories that are positive and help us grow in the way that we want to. And it softens the painful trauma memory.

So we have everything.

00:53:08 Sarah

Still, but the the balance is shifted so that we're operating off of the better memories.

00:53:16 Sarah

We kind of release the pain of it and we understand the whole picture and we reassess and reevaluate it and then we move forward and it happens very quickly in that because superconscious notice where it is, I don't have to figure it out. You don't have to figure it out.

00:53:33 Sarah

You will have insights as we go along, right?

00:53:38 Sarah

You never know where map and where the Super.

00:53:40 Sarah

Conscious is going to take you, that's true.

00:53:43 Sarah

Every time.

00:53:46 Merrily

Do you have a favorite uh client story that you're you would like to?

00:53:50 Merrily

Share about the map method.

00:53:53 Sarah

People changing. Well, you know, I have a kind of.

00:53:55 Sarah

A curious child story and it comes up sometimes in sessions too, so I have this client who she's a wonderful person and I really admire her strength. But when she was a she would grew up in.

00:54:09 Sarah

Haiti or Jamaica?

00:54:12 Sarah

Some and her mother was a single parent and had to work. And so when she was two years old, her mother had a second baby and she left her behind to take care of her infant baby. So had two years.

00:54:25 Sarah

Who could take care of a baby girl?

00:54:29 Sarah

Like that just.

00:54:30 Sarah

Like it will work right? So.

00:54:32 Sarah

What happened was that she called, like in desperation, sometimes as children we call out for help. And what happened was this David Energy. This elemental came along and started helping her.

00:54:45 Sarah

And grabbing her as a you.

00:54:48 Sarah

Know A2.

00:54:48 Sarah

Year old and when I was and and in a trauma situation, it was helpful. Like they survived, she and.

00:54:56 Sarah

Her sister both survived.

00:54:57 Sarah

Jobs and.

00:55:00 Sarah

Grew up to tell the story.

00:55:02 Sarah

Which how many of us would have?

00:55:04 Sarah

Survived taking care of infant, actually.

00:55:08 Sarah

You know, I call her my miracle child, right for that. But So what? The day effect energy was still there. It was still trying to help her. And she was all grown up and trying.

00:55:19 Sarah

To run a business.

00:55:20 Sarah

And you know, and it was just like in conflict cause it just it's not really good to.

00:55:25 Sarah

Have elementals or any other being attached to us, but when she was young, it kind of guided her into being, you know, being able to survive. Now it was a really big problem.

00:55:36

Right.

00:55:36 Sarah

So what we did was we released it and then she started to feel more empowered and able to create her business. But I mean, that's kind of like an extreme. I've seen that too. One other time in a.

00:55:53 Sarah

A child who was like.

00:55:56 Sarah

I don't know. Maybe they were in the.

00:55:57 Sarah

The the death camps and the Holocaust or something they asked for help from Davik's help. They I just asked for help and.

00:56:06

I don't.

00:56:06 Sarah

Know maybe Davis have a special relationship with children.

00:56:09 Merrily

Sounds like it.

00:56:10 Sarah

It might be, but anyway it's not good to.

00:56:12 Sarah

Be connected in that way and.

00:56:14 Merrily

Right.

00:56:15 Sarah

Yeah. And then they might even like that belief system or that whatever that agreement is because there's some agreement that's made even in a desperate request. Sometimes we're making a somewhat unconscious agreement that you will accept help from this person as well.

00:56:31 Sarah

Or be as.

00:56:32 Sarah

And so we have to clear those contracts and say.

00:56:36 Sarah

Oh, thank you very much. But we don't need that.

00:56:39 Merrily

Right.

00:56:40 Sarah

What we're doing, but just seeing it is the key.

00:56:45 Sarah

Here's that, David, in your space, what do you, you know, a really good example of that is if you've ever seen Hells moving Castle the.

00:56:54 Merrily

Me and Zachary. Yeah, yeah.

00:56:56 Sarah

Calcifer the the heart thing, that's a star that that would be like a day that that would be.

00:57:04 Sarah

The experience.

00:57:04 Sarah

Having a day that entity attached to you.

00:57:08 Merrily

Oh wow.

00:57:09 Sarah

Is keeping the heartland and needs fire in the.

00:57:12 Sarah

Heart, right? It's like.

00:57:13 Sarah

Yeah, it's thing.

00:57:14 Sarah

I need this. I need this I need.

00:57:15 Sarah

This and and yet it's not healthy to.

00:57:19 Sarah

Have a the star being in your.

00:57:22 Sarah

Body and to me.

00:57:23 Sarah

That I kind of had that insight at sometimes, like, oh, that's what that that picture is a a davic attachment.

00:57:32 Sarah

They're never healthy in the in the.

00:57:34 Sarah

Long run and.

00:57:35 Merrily

Right.

00:57:36 Sarah

You can have relationships with them, but yeah.

00:57:38

You know.

00:57:40 Merrily

Want them like in your space all the time? Kind of guiding you really. Or to an extent, yeah.

00:57:47 Sarah

Right. Not even we don't even really want the angels in our space all the.

00:57:50 Sarah

Time. Yeah. Yeah, they're like.

00:57:53 Merrily

OK, never mind.

00:57:55 Merrily

They have too much of A high level view. They don't understand like we got to pay bills.

00:58:00 Merrily

And take showers and you know they don't get that.

00:58:02 Sarah

Part have their own attitudes and beliefs that they're trying to instill in you, and they don't always fit in every situation. But yeah, we, I mean, that's why we teach that you need to be owning your own states. You are, and you're in control of it. And if there's some.

00:58:19 Sarah

Contractor agreement. That's that's, you know, betraying that trust. That would be senior and and have seniority over other beings. Then you're going to be in trouble. Whether it's a ghost of your ancestor or what.

00:58:23

Right.

00:58:33 Sarah

It's still the.

00:58:35 Merrily

Well, cool. Wow, that was a lot, Sarah.

00:58:37 Merrily

Thank you for.

00:58:38 Merrily

Sharing so many interesting stories so as we're kind of wrapping it up, do you have either in Mantra, motto or words of wisdom that you find helpful that you'd like to?

00:58:50 Sarah

Oh, gosh. Well, you know, the one thing that I came to mind is.

00:58:55 Sarah

Always keep you know, keep.

00:58:57 Sarah

Looking like if you don't have feeling, if you don't know.

00:59:00 Sarah

What if you can't?

00:59:01 Sarah

Find what you need. Don't give up. Just.

00:59:03 Sarah

Keep keep your.

00:59:04 Sarah

Open mind to that or keep your.

00:59:06 Sarah

Focus on what?

00:59:07 Sarah

You really need. It's really like setting the vision.

00:59:11 Sarah

As clearly as you can of what you want, not giving up right, it's.

00:59:14 Sarah

Right.

00:59:17

Like oh.

00:59:18 Sarah

We I mean really setting clear.

00:59:20 Sarah

Visions. I don't know if that's.

00:59:21 Sarah

A motto it's like always be.

00:59:23 Sarah

Aware that some things change and something.

00:59:26 Sarah

Will come your way if you keep your.

00:59:28 Sarah

Mind open to it.

00:59:30 Sarah

Yeah, I mean, that's not really a motto.

00:59:32 Sarah

But plus I can get.

00:59:33 Merrily

Well, I mean it's like a good thing to keep in mind like clear, like, keep clear vision and then.

00:59:40 Merrily

Keep your mind open for the the solve or whatever the solution.

00:59:44 Sarah

Yeah, I like, don't give.

00:59:44

Or whatever you know.

00:59:46 Sarah

Up, but it's.

00:59:47 Sarah

A very good model.

00:59:49 Merrily

Well, I mean, yeah, there's a lot of.

00:59:51 Merrily

Times you're anyway. Yeah. I just want to, like, not today.

00:59:57 Sarah

We are, you know.

00:59:57 Sarah

That as we grow and change.

00:59:59 Sarah

As the world grows and changes show up for US, solutions show.

01:00:00 Merrily

Yeah. So.

01:00:04 Sarah

And if we're open?

01:00:05 Sarah

To we'll actually find them.

01:00:07 Merrily

Thank you, Sarah. OK, So what contact information that you would like to share if people want to find you and see what we?

01:00:15 Merrily

Going on.

01:00:16 Sarah

Yeah, I have a website and it's kind of this messy combination of map, psychic and art because I don't have that kind of boundaries boundaries for external things, but my internal life is very much all connected.

01:00:33 Sarah

So, or maybe it was too much trouble to have three separate websites, so I have one website, love it arts. That's L.

01:00:41 Sarah

OVE.

01:00:42 Sarah

Ttarts.com.

01:00:45 Sarah

And there's map coaching information there. There's psychic information. There are links to finding the. There's also occasionally somewhere there's a link to classes that psychic weakens. That might be harder to find. So psychic awakenings is another place to find me.

01:01:06 Sarah

Yeah, for for classes.

01:01:09 Merrily

Yeah, and that's psychic awakenings.com, right? Oh, for out the Seattle part.

01:01:13 Sarah

Seattle.com.

01:01:17 Sarah

You might find it either way, yeah.

01:01:20 Merrily

Well, awesome. Well, thank you, Sarah. Thank you so much for your time and sharing all your wonderful stories. And I always enjoyed you as a teacher and yeah.

01:01:29 Merrily

Thank you so much.

01:01:30 Sarah

You're so.

01:01:30 Sarah

Welcome. I would I'd.

01:01:31 Sarah

Like to see you stepping into this bigger picture of you.

01:01:37 Merrily

It's an interview with Sarah Levitt where we discussed her spiritual path, her role as a psychic school teacher and her work assisting people energetically address their past traumas. Please see the show notes on how to contact Sarah and learn about all the amazing ways she assist people on their healing journey to learn more about the casual temple podcast, please visit our website.

01:01:55 Merrily

Casualtemple.com, where you can listen to past episodes and learn more about me and my psychic reading, energy healing and spiritual guidance services at celestial ring guidance.

There's a casual temple YouTube channel, so please like, share and subscribe and click the notification Bell. New episodes will be released every Wednesday.

01:02:12 Merrily

Please be sure to leave a review and share this episode with the people in your life who enjoy this content and thank you so much.

01:02:17 Merrily

For listening.