

TAC EP 77 Transcript

Megan

Hi ghostie fam. Welcome to the activity continues podcast. If you're new here. We are friends and soul sisters who recap episodes of the TV show The Dead files and talk about other creepy **** as well as TV shows. We're watching Tik Toks were watching things that happened to us toddler stories, you name it. We talked about it. I'm Megan.

Amy

Hey. And I'm Amy. Thanks for joining us. We have a very special guest joining us today live. Her name is Leah. Remember last week when we talked about our friend UFO. Sorry, who? Oh, who wants to be called abductee. Abductee. Mary. She mentioned so shallowly in conversation that she has a friend who was a something and we didn't want to tell you what it was just yet. Well, she's a shaman and she's also a psychic and a medium. So we're getting 3 for one today.

Megan

When you told me that, Amy, I told everybody I work with and they just had this blank stare. And I'm like, yes, me. It's real cool. It's real. Yeah, we're super excited to talk to her. But first, say hello to AP She's our newest teammate. Hi Amy!

AP

Hey well I am also excited to talk to Leah about I don't even know what's gonna come up. So that's that's our content Warning is we don't know what we're going to talk about or what we're gonna come into.

Megan

But it's going to be great.

AP

Yeah, it's gonna be awesome. So I'm sure there'll be stuff put into the show notes. If there's any content warning, but yeah.

We do have a few episodes that Amy and Megan have covered that where Amy Allan had talked about suggesting a Shaman. There are several, but these were just a few that were covered by Amy and Megan, which is evil comes home that Amy covered in episode 62.

Megan covered in episode 59 The Devil's Bidding,. And Amy also covered in way back in episode 10. You will be mine

So without further ado.

Amy

Yeah. Well, let's bring her in. Oh, there she is. I was just going to text her. Here she is. Oh, we need a drum roll.

Megan

Hi, Leah.

Leah

Hi Everyone

Megan

I love your earrings, by the way.

AP

I know.

I was just gonna say this and.

Megan

They're very fun.

AP

Are they agates?

Leah

They're hand beaded, so I like to pick up ladies on my travel journeys and they are one of the ones that I got along the way. So.

AP

Love it

OK.

Speaker 5

Good. Uh-huh.

Amy

Alright,

Megan

very fun. Gorgeous.

Amy

Yeah. Alright. Well, I'm Amy.

Leah

Nice to put a face with the name now.

Amy

Yeah, yeah, I'm the one that's been connecting with you. And then we also have AP, who's also an Amy. Hi. Hello. And Megan.

Leah

Hi. Nice to meet you.

Speaker 6

Likewise, Megan, Amy and AP

Megan

We're very excited.

Amy

Yeah, we're super excited to talk to you.

Speaker 6

Thank. I'm going to be here.

Amy

I honestly didn't think we would ever find a shaman to talk to, and when Mary's like so I had this friend and she's really cool and she's a shaman. And and I'm like, wait. Stop right there.

Megan

She just mentioned it like you were like ohh yeah. I'm going to the grocery store later and.

Leah

Well it, It's appropriate for me that's kind of the way it is. It's funny. Yeah. How life has always been. And so I don't really know another way. So it's just like, oh, yeah, I joke with people.

And they're like, oh, what? Do you do? I'm like, oh, you know. I do an assortment of things, I talk to dead people, I Play with magic, you know, no big deal.

Megan

And one would do.

Amy

Ohh OK, I love it. I love it all. All interesting stuff, so yes.

Megan

Yes, that's the.

Amy

Yeah. One of the things I wanted to ask that you kind of just answered, but you've always you've always done this. Did you wait like when you were a child, did you already know you had abilities and stuff

Leah

Yeah, All that, yeah. So it was probably I Think five years old. The first time I saw a Fully formed apparition in front of me and then didn't really know what was going on. It was one of those challenging things and I grew up where there was a little bit of fostering it in some cases, and then in other cases it was.

Megan

Yeah. Sure.

Leah

You know, we don't talk about that publicly. It's OK that you do that. But but I you know, I was raised Catholic originally. And so there was a lot of like direct conflicts as it pertained to quote UN quote regular normal people being able to communicate with spirits energy. You know, all that kind of stuff. So it it's been there with me the whole time.

It's just been a matter of took me until. Oh, I don't even know. It's been probably about 10 to 12 years that I've been more open. About it. And then just in the. Last few years. Actually putting the services on my website of medium ship and shamanism and working with energies and transitioning spirits and so that you know, it's kind of that space of. I had to kind of come out into the real world here and say, OK, this is what I do and it's OK.

If you don't get it, but it, it's all really.

Yeah. Uh-huh. Really my authentic truth and my experience. And so I think that.

Yeah, it's been quite a journey. In that respect, so that's. But definitely the skill sets there so.

AP

Leah within the being raised Catholic cause, I also was for you in the Catholic school system or yeah.

Leah

I was for chunk of time. I was like public school, Catholic school, public school. And so I I was kind of unique in that. I didn't always know I was channeling or communicating or like hearing the messages I would receive and hear inside. I didn't necessarily know when I was younger that it was spirits talking to me.

Wanting to get messages across so I would just like say these things that I thought were. Just ohh, this is in my you know, my mind or whatever. And then people's eyes would get really big and they kind of give me a strange look and I'm like oh, oh, I'm OK. I'm talking to someone who you know, but I don't know that. And so you know, it wasn't something I really.

About and there were things that happened with friends and other people in the community back then where? No, there was a little bit of shunning and a little bit of shutting, trying to shut me down. And and I did end up, you know, for quite some Time really, really Keeping the gifts close to my chest and not saying anything unless I really felt like someone was safe and accepting. And so that is is very typical too with people I work with to kind of. Help cultivate these gift sets.

So it's actually quite normal, unfortunately, that a lot of people do have these gifts and just haven't had them nourished or haven't had the space for them to be nourished. So.

Amy

Right.

AP

So I feel like that's very common, especially in those Catholic school systems, and yeah, K through eight with with through that and. Can't say that I have gifts like that, but I definitely have had the why are you saying that you shouldn't know? You shouldn't be talking about stuff like that. That's over your head. You don't know that.

Leah

A lot of. Lot of dismissing when we do. Yeah, like I I mean, I really feel like all of us do have a gift set that we're born with. And if we're given that space, we can naturally foster it and make it, you know, so much stronger and really tap into it. So. It's just. Working on changing the dynamic of how?

What our children, as part of my part of. My mission?

Amy

Yes. Yeah, well, that's great.

AP

That's awesome.

Amy

And that's kind of what what we want to do too is just like, let people hope to, I don't want to say educate people because I don't know that much. But to bring people on like you. Who can explain things in a way that people can understand and, and maybe they won't think it's so weird or whatever, you know, and just make it be more like normal stuff that we talk about that we can have access to and and and go see people like you and or animal totems are.

Speaker 3

This is. Yeah.

Amy

Bye. Which I am fascinated with.

Leah

No. Yes, there's. Well, which self discovery to be had in that realm?

Amy

yeah, we're all animal people here. We're all we all love cats and dogs and all sorts of animals, so.

Leah

Ditto

Amy

That that's all something really. Yeah.

They're very interesting, you know.

AP

Well, something I saw that was really interesting. Leah, on just kind of going through your website, obviously not knowing you at all is the, is it Earth medicine healing and that sort of stuff, which is really interesting to me because I've never heard that before that term. But I connected to like, I have found I reset completely when I go out into take a hike, go by myself. I actually have my take a hike shirt on cause I where I was this weekend was doing some of that in northern Wisconsin, but just curious a little bit about what that means it to, you know to the lay people like us, yeah.

Leah

So I use the term Earth medicine, which is very kin to shamanism itself. So because I Had the skill set and I grew up in a in a household where we were outside all the time we camped, we were in nature. My dad taught me how to track animals and how to ID trees and plants. And you know, a lot of there was just so much Being steeped in the natural environment growing up and I had built a very deep kinship. With it so one of the ways I like to work with it is I. Like to help Open peoples eyes to exactly what you're saying. How just going out and taking a walk or going to the park or just taking 5 minutes to like breathe outside with the earth, that really it's the Earth sustains us, right?

It's like all of our food comes from here. Everything's producing the air that we're. Breathing and all of that stuff and so. The Earth medicine is about reconnecting to the earth, reconnecting to our most primal and organic states of being one with the plants, the animals, the environment, so that everything we're doing we're doing with such a deep state of consciousness. With the goal of like not taking more than we need, cleaning up after ourselves as we move forward, understanding that every single animal and insect and plant serves a very crucial role as part of the whole. For our survival.

And it's like I have so many fun conversations in the earth medicine wrong with people about insects because. It's the one. And I am I. I'm an ally, ans advocate in many wings that for many different types of groups of beings, I'll say. And they're one of those. Like, I love them.

I love talking about them. I love getting people outside in nature to see just how amazing. Everything is when you can actually take the time to stop and just watch things happen around. So that's one of the things I do. Exercises like that a lot and I do one-on-one sessions with people and then take groups out where we just look at, you know, diving into our sensory perception in nature and what do we feel and what happens when we take our shoes off and we walk on The grass and on the dirt and in the water to really just see how quickly we can reset. And I've had people within minutes Be able to just be like, Oh my gosh, I feel totally different. And then we go a little bit deeper. We stay at least an hour or so and then it's like. They're. They usually will. Respond saying. Well, I'm not having all the my head anymore and I'm feeling really peaceful and calm and like I can go tackle whatever I need to tackle next. So a lot of the Earth medicine is really rooted in that connection and because it's it's like my way of being it is It is so much easier for me to transfer that consciousness to people through me taking them out and showing them things that maybe they didn't even realize were there.

Megan

Nice.

Leah

And and it just starts awakening things, you know, and the appreciation so.

Megan

How great. And I'm sure it's such a wonderful feeling for you when you get that feeling from them where you bring somebody out and. They're like, Oh my gosh, this is amazing. And you just kind of patch yourself on the back, "I've don it again, I'm great" as you should.

AP

Great. I have that 11 little pat on the back. Megan. Amy, you. You both know Tori. Tori hated being outside. I took her hiking last fall once. And then this spring, she. Goes I think I'm gonna go hiking some. More it's ate. Ohh, bugs outside you. You've mentioned that, but I I was like, who are you? And I love it.

Amy

That's awesome.

Leah

Very cool. Yeah, that's just it. It's like it can be so simple, but so powerful, you know.

Just extra the more ways we can find to connect with our environment where it doesn't cost us anything and it just literally helps us feel a deeper sense of connection and and the word I often use is like stewardship where we feel the stewardship for all life and the importance and value of that which I feel.

Just transcends then in, making it easier to put that out into other humans. That we have to come in contact. With is it? Because the gateway. Is much gentler through the environment and animals. They're easier to love most of the time, so.

Megan

Yeah. And not only that, it's just the the physical health and the. Know how good it is for your actual body, not just your mental health, your spiritual health, but there's. No downside to, but I I say that and yet I am I I do not hike, so I'm just throwing that out there.

Yeah, I I like to go sit outside and, like, read or sit in the sun. But I'm not. one of my childhood friends. I've been friends with for 30 plus years. She's like. I'm just gonna go gonna go on a quick 10 mile hike and I'm like, I'm just gonna sit here. And not.

Amy

I'll think about you while you're out there on that hike.

Megan

I'll send you thoughts and prayers, but I'm I'm going to be here not doing a 10 mile on that but good. Good for you. Yeah.

Leah

Don't have to do ten miles for it to be effective.

Amy

I had heard recently that if you just go outside and put your feet in the. Around just for like you know, 10-15 minutes. You'll automatically. It's like a grounding thing. You feel better. And so I started.

Megan

Yeah, isn't it called grounding?

Amy

Yeah, I think it is. Yeah, right.

Megan

Yeah, my friend was telling me about that.

Leah

Earthing is another term that's used often.

Amy

Yeah, but yeah, I I'm not an outdoorsy person really at all. Because I, I I am very allergic to mosquitoes and they love me, so I try not to be near mosquitoes any more than I have to. But. I have been of course, when I read about this, it was winter and I'm not gonna go stick my feet in the snow. So I waited till it was nice out. But now every day I go out, I sit on the on a we have a a swing bench, swing outside. I go sit there, take off my shoes and stick my feet right in the dirt and just sit there and close my eyes and think about it while the dogs are running around. And. I it really does. I don't know if reset is the word, but it makes me feel more like I'm part of it. You

know the the part of the ground and part of the dirt. And I looked down and an Ant crawling on my foot. And I'm like, oh, hey buddy. But, you know, it's I I never have done that before. I never used to do that Until just this summer. And it really does make a difference. It's a calming thing.

Megan

Leah, I have a question for you and I apologize if somebody has. Nobody's asked you this.

Leah

Yeah, absolutely.

Megan

I've researched what is a shaman like. Can you explain that a little bit? Because I've tried I I just don't understand and I'm so sorry.

Leah

Sure. No, no, I I know you ladies are just meeting me essentially for the first in person, space and time, but I love different questions and being able to speak to it, I can speak to it from myself and my understanding and how I work with it. There are different types of shamans, and there's a lot of weavings where depending on how someone is raised initially, it would have been someone coming from an indigenous culture would be There is always a shaman as part of the collective to help navigate the unseen realm. Is is the language that we often use.

So it's like the. Planes between the living and the dead. But the physical, non physical, whatever language you want to use is cool. Well, but it's essentially someone who knows how to see into this world and that world and or someone who can hear and communicate. And we often act as a sort of liaisons. So it's like we work to protect against, you know, maybe more malicious Energies, which isn't something that like and even my sort of series about a lot of that has changed over the years in my experience. But to also help transition people. So I've done work in Hospice care. So when people are about ready to leave their physical body, that transitional space, sometimes we get confused when we go from physical to non-physical rules are really meant to help work between the between the worlds Is another way. That we'll see it in in the shamanic teaching.

So yeah, it it, it can be just working with spirits. It can be opened up into the healing realm, doing journeying trance states going, and helping guide people to different planes of consciousness through guiding them inward. But they're essentially.

Megan

OK.

Leah

You go in, but you're more expanded and connected with the whole of the universe. So and then, you know, sometimes healers and other vibes in there too, like my specialty is more in the healing realm. And then and, you know, helping spirits transition and helping people clear their homes and. Learn how to navigate their skill sets too. Like I work with, I take take on people

sometimes to help them with their gifts, so like mentoring, other intuitives and things like that. And that's often the role of the shaman is to help teach the next generation of them as well. So in in, in the in the original cultures. We would have done that and there would have been. Specific people who. Had a base skill set who would have been trained and prepared to take on that role as part of the community?

So. I hope that helps.

Megan

Thank you. Thank you so much. Yes, it does.

Amy

Good, I'm glad you asked that, Megan. Yeah. Alright. Do you what do you want to Leah? Talk about any of the things like like you mentioned you touched a little bit on some of the services that you do. I don't mean to make this on like an ad for your business or anything but I want you to be able to to explain like what you do in case anybody is interested in in taking you up on any of that.

Leah

Absolutely. You know, I love to. And it's. I'm always very much I'm not a I'm not a strong sale kind of person. I can sell things however I like People to just have experiences. So a lot of what I do is really working with people to help them Connect with themselves, connect with the Earth and find ways to really enjoy being here on the planet. I'm a firm believer that we we choose to come here. We want to have an experience, and in that we. Kind of Of, you know, get distracted by different things called collective conditioning. All that kind of stuff. So I like to. Create opportunities so I weave a lot of the things I do.

So I am like a master level coach and so I have like the neurological and neurobiological studying and psychology and things like that. And I weave that in with the Earth medicine and addressing our energy bodies and our spiritual Beliefs and and being and like weaving the totality of what we are to help maximize our experience here. So it's like In a nutshell, it's kind of the space of... You know, I can I like to. Do things where it's like we're working one-on-one so people are struggling with challenges in their life. They're trying to be in A job that they Actually want to do not feel like I have to get up and go do something. So those cases we often do like coaching stuff. Then I also do body work. So we work with the physical. Body massage energy. Balancing cranial sacral to really reset the whole physical system because as you were saying, Amy you know it's like it's it's our spiritual, it's our energy, it's our psychology. And so I have gone through different trainings so that I can actually address all of those worlds. In a really holistic way, and I customize it to each person I work with.

And then I love also adding on like you mentioned, the animal total readings or doing my medium ship to help people navigate the loss of loved ones and being able to really make peace with that. I do do a lot of that kind of stuff, especially for people who have lost people to intense situations or unexpected illnesses. Suicide. Some of those more intense things. A lot of the work that I do is around trauma for people as well. So I take these different weavings and help people break through traumas and really work to provide a very safe and.

Powerful place for transformation to happen, so I have a a wide range of things that I offer within that, but it's my goal is I just want people to be able to heal beyond the things that they've experienced that were really intense and find ways to be like I'm so excited to be here and I want to make like.

Absolutely the most of every. Single day that I have.

AP

So, Leah, follow up question with that. I love all of that. But how do you? Decompress from hearing that trauma or working someone through that kind of thing cause that we've all been we all have our own empathic ways and to like learning to set those boundaries intentionally so that you don't take.

Megan

Yeah, good question. I was wondering. Hmm.

AP

On everybody else's

Megan

Bullshit?

AP

stuff.

Leah

Yeah. Yeah. Well, you hit. You hit that First point on Taking care of ourselves. It's so there is a super basic technique that I use with myself and all of my clients that I'm working with, especially because I do attract a lot of empaths and I help people. I help teach empaths how to be empaths in a way where they're not taking on a ton of things that are going to weigh them down, make them sick, all that Kind of stuff.

So we do what's called a golden bubble technique, where you envision that you are in like this completely sealed golden bubble in which you set the parameters for what is allowed to cross that energetic barrier and doing that pre going into sessions with people. For example, for me. And anyone else like before you go into a crowd before you go into a social event where there might have been, you know, you might have some fear coming up, or might have some issues from the past kind of thing. So being able to put yourself in That helps you offset other people's energy where it's like it hits the barriers like no, and it falls away, or it dissolves. So that's one prep.

Thing that I do and then on the back end of things, I am really into using plant medicine like Sage Palo Santo, cedar to cleanse my energy physical spaces using essential oils. I do like cleansing baths or soaks with like your Exfoliating and salts and scrubs and things to help, like physically clear.

But nature is probably my biggest thing where I work with people and it's like super intense. And I hold it all in this beautiful, loving bubble and then offer what isn't mine to the universe to take care of and then go out and ground and center myself and connect with the earth. Again, saying like, I'm so grateful I can hold this space for others, but it's not my trauma to carry. So and I will say it took. Me a while to get there, yes.

There was a while where it was pretty intense and so it is very much an enjoyable part of the process so.

AP

So I can imagine, you know that that's that's a tough one. I'd be. I was just thinking of this weekend I blew up over nothing and I realized that I don't know that that was necessarily me. Parts of it probably was, but there was. There was literally no reason for it, and but I was around a lot of people. And a lot of.

Leah

Yeah. And it's hard sometimes as an impact to know what's yours and what's the others, because we're all connected and at the same time, you know, it can be really challenging to be around that and not be reactionary. And that's that's some of the other stuff that I help people with is like how can we shift from reactionary to Being conscious responders, so we know that we're saying and doing things from a place of love and compassion for ourselves and others, which does take a like, breathe, pause response, not just like guns a-blazing, which you know we've all been there. That's part of the experience.

Amy

That's good advice for any day. Anybody. Think before you speak. So many people. Don't myself included sometimes.

Leah

Yeah, it's. It's easy to do sometimes. So, so crucial.

Megan

Where are you located?

Leah

Right now I'm in the Twin Cities, Minnesota. So I'm I'm. Yeah, we got are all. Yeah. Awesome. Yep. Yeah. I believe this is ... I was here before I grew up in Wisconsin.

Was here for a chunk of years and then for almost the last two years I've been nomadic, so I've been traveling Mexico, Central America, exploring, exploring some of the world and.

Pretty sure I'm landing here again in Minnesota and going to work on building a Physical space here so.

Megan

No matter how many times you leave, the Midwest just sucks you back in. I was nomadic in my 20s. I moved to California and Tennessee and Florida and then over in the Middle East for a couple of years and back here I am. It just brings.

Leah

Yeah.

AP

No one has seasons like we do.

Megan

Yeah. Well, right now we're in the Sun seasons now.

Amy

Well, today is.

AP

That we're. Yeah, it's been the devil's from porch lately. But, you know. Yeah. But I, I I lived for a year in Kansas and not nothing to the people of Kansas. But where I was, it was the same color at the 10 months that I was there. And it was just, you know, I'm used to the rich colors of autumn and like which is my like getting that crisp cool air coming in.

Megan

Yes, that's the best.

AP

yeah, going through all of that and I started to, yes, I started to enjoy winter a little bit more by getting outside, yeah.

Megan

The smell of the leaves and ohh.

AP

By finding something to do, but there's just nowhere that has the seasons quite As distinct as the Midwest, I feel.

Leah

And it's it's cool to work with the seasons too. That's actually another really key component to the Earth medicine too, is actually how can we harmonize how we live when we live in a place like this, where it is so seasonal and you can really start to see the cycles of birth and death and regeneration.

And that's actually a lot of Earth medicine technique is how can you? You go through your. Own personal seasons of birth and death and regeneration and and move within that, so it's it's

especially powerful in a space like here where you get that because it is. It's like it's bizarre but you know, I was all in tropical environments over the winter and it was Wildly disorienting after having spent my entire life in the Midwest.

It's weird. It's like 90 and it's Christmas.

Megan

Yep, that's how I felt in the in the Middle East and I'm like.

It's January 5th and I'm sweating. This is it's just weird and there wasn't any snow on Christmas and it's very much, yeah. Like you said, disorienting and Very unique.

AP

So Leah too, with I thinking about. Like. You know, we've got a new full moon coming up.

Megan

Yeah. The 1st I believe.

AP

I think it's the sturgeon.

Leah

Yeah. The sturgeon moon.

AP

Yep. And, you know, obviously there's lots throughout 13 throughout the year, but are there?

Any ones that, like any things that you connect with with those or anything that you share with people about different full moons as it comes in?

Leah

Yeah, I'm glad you asked. That's actually I host a monthly moon ceremony right now. They're online because I've been traveling and have a lot of people who aren't just here in the in Minnesota. But I do harmonize with every full moon with the group, because what I've found, and there are some that are more powerful. August is actually, and so August 1st is the full the surgeon. And we then have a second one on the 30th of August. So that's a special space. And the second one is considered a blue moon because they only happen once in a blue moon.

AP

Once in a blue moon.

Leah

So, and that's when they occur. Two full moons in one calendar month. So there are going to be like more powerful or distinct ones. This the sturgeon one is actually really cool because it

weaves into the most abundant time of year for us here in the northern hemisphere. So it's when it's the most rich time for.

AP

Harvest.

Leah

Manifesting and for like harvesting, starting to harvest the full crops. And so it works with that really richly abundant energy. And so then especially powerful to have two in the same month where in my experience like amplifies the energy and ... Yeah, it's like working with the moon can be really cool in terms of emotional balancing, because the moons affect the tide and we are largely made-up of water and some of you may have heard this before, where it's like when the Full the moon is. Full it affects our emotional body is because water.

Megan

Yes, 1000%.

AP

I'm a former teacher with middle school students. We always... and my mom's a nurse.

Leah

You have ERs report like hard evidence of the difference between. All the other moons and the full, it's like a day before day of and day after that three day window is.

Megan

Yes. Mm-hmm. Yeah.

Leah

Like it it. Just calls a lot of things out of People.

AP

and it's got to be where that werewolf aspect comes through.

Amy

Yep.

Megan

I'm in HR and anytime any stuff starts happening, we're like is it a full moon? Because it does, like, , people just they don't act like themselves and they get, you know, they Just get. I don't want to say crazy because that is a negative connotation and you know it's not, but they're just act differently than they normally would.

Leah

Amplifies the disfunction that's already there.

Megan

That's a great phrase that should be put on a pillow.

Leah

Amplifies the disfunction, I like it.

Megan

This one. Yeah, like one of those, like really fancy, like, you know, Lacy pillows and really pretty cursive and...

Amy

Yeah, I used to be a preschool teacher. I saw that in the kids, too.

Leah

Well, and that's why it's it's cool to see the balance that's that's achievable when you work with that power. So people are this is the coolest thing about it is I always tell people it's like it's cool if you don't believe in this stuff, that's OK, but It doesn't mean. You're not influenced by it, so you don't. Have to believe that the moon influences You to be influenced by it.

But the cool thing is, is one year at the very least open to that being a thing and you can start using that energy. And like I'll do a guided meditation for grounding, centering and working with like, what are the main things that this particular moon is likely to stir up? Then you actually harness the energy rather than being essentially unconsciously influenced by it. So it's a way that we can sort of take a little more ownership over the experience, I guess.

Megan

So when you have these moon, I forget. Did you call them moon ceremonies?

Leah

Yeah, Moon ceremony ritual.

Megan

What, you know, what goes into that? How would somebody get involved in that if they wanted to? Hint it's me. What? You know what is involved with that and and what you know, is there a cost to it or kind of what?

Leah

Yeah. Thank you. Yeah, it is.

Megan

Are the details.

Leah

Once a month I do all of my listings on Eventbrite and you don't have to have any experience prior each time is a little different. You register on Eventbrite, you get a link. I usually have it at 18. Dollars a month for an hour and you just have to Set aside an hour window, is it?

Megan

Oh. That's cheap.

Leah

Which isn't too. Yeah, I like to make things as accessible as possible because I need there to be an exchange of energy, obviously. This is what I do for a living, and I do full time like this is my business and my practice, so I try to make it accessible to as many people as possible, but you pop on you get your link and I usually encourage people to Set yourself up at home in kind of a comfy location where like if it's just you or if there's other people in your space that. Are interested in doing it with you is cool. And then I do at the beginning portion, I talk about the moon or talk about the influences, the energies. I often share contemplations that are relevant about what it is that it's potentially influencing. Usually leave a few minutes for people to ask questions or share if there's something they're noticing. They're really struggling with and they want. Some more specific support. I cater it often to the collectives. Ending and many times with this I'll do a little maybe like a 10 minute channeling with Oracle cards or just a direct channel from source for the group that's there. And then I do a guided generally meditation type of thing. So I, you know kind of do a talk through thing and people can just be and receive and listen and have an experience so. Super, super fun and cool.

Megan

Yeah. Is there like a specific you mentioned environment? Does it need to be, I know I'm getting super cliché, but like candles and you know lights off or you know, is there any particular way that you found works best for people to kind of take in that energy?

Leah

So always personal preference. I'll speak for myself, but I I like to. Tell people to make It like create your own sacred space and if that means to you candles, crystals, incense. Cool. And if that means something different like you want, I have people that attend and they sit out in their backyard because they can get Wi-Fi out there and they'll sit outside and listen, you know, and then I have other people that have their whole set up with their candles. I have had people attend where they have their camera off and they would lay in their bathtub with crystals and things in the tub.

Megan

Oh my God, that. Sounds amazing.

Well. So like, I just encourage people to find like whatever is going to help you feel connected and is like your way of setting aside that time as a gift to yourself. And I really look at it as self-care, where you're giving yourself that so.

Megan

I'm not gonna lie, this sounds like the more and more you talk, the more and more I want to do this. Like, it just sounds like such a good way to just be set and connect and.

It's just, it just sounds amazing.

Amy

It really does

Megan

So I'm gonna look into this. Yeah.

Leah

Well, and and I like to set up. I don't do it 100% of the months, but most of the Months I actually set up a really cool Visual with candles and some of my crystals or little animals or other things too. So I kind of create a sacred space wherever I am leading it from, and then connect the energy. And I do always record them. So I've been, I've been saying this more to people. Like if you can't join live, I do send their recording out with ticket purchase. So if you can't make it but you still want to do it or you want to just totally do it in your own private space and Time that is. Also available to people that maybe can't make, and I usually do it at 7 central on the the night of the full moon, give or take a day depending on what day of the week it falls on. So.

Megan

Sure. Yeah.

Amy

Yeah, I'm gonna look into that too. I that's not it just sounds fun.

Megan

Yeah, Oh. Relaxing for like a a lack of a better term, just like hmm. Just Oh my God, it sounds so beautiful I wanna do it so.

Leah

I would love to have, yeah. I love new people coming and joining in and seeing seeing the power that is possible for you because it's so nice to be able to connect in that way and just feel more grounded and centered in yourself. But then to also not necessarily Be less than positively influenced by the energy of the moon because you're like, being super conscious about it. And so many people have, you know, come back and reported later, like, Oh my gosh, I noticed this and this and this this month after doing that. And so more people report seeing changes in other areas of their life because a lot of times the guided processes I do are also designed to help you, like, release old thought patterns or programs. Or traumas or things that you've been carrying but are actually ready to just shoot that right out. Like don't need that. So there's so many different things I do weave into it to help Facilitate more than just a relaxing time in the moment, but it's also right.

Megan

Like moves on series it.

AP

Well it's it's through one of those that it's it. It sounds like people will grasp onto different parts that help them kind of reset things like change a mindset change. But you have to be intentional about those things. It's it's you know a lot of people and we all know somebody or several people. I just "I wanted to change and I wanted to change now". But you're not willing to do any of the work to get to that and I think.

Megan

Ohh, those people drive me nuts.

AP

Well, and I I, I do feel like they're they're a bit of a few people who are just like, well, you know, I went and saw Jenny and Jenny told me to do this and like, yeah. And Jenny's a psychic that we've gone to psychic medium that we've gone to.

Leah

OK.

AP

And and she tells you right off the bat, like it's all free will. And there you still have paths to choose from and people are like, well, why can't it just be the path where it gives me exactly what I want? Because you have to work for it. You have to put that effort in.

Megan

Yeah, because life is in a movie or a book, or a story, or a fairy tale like.

AP

I mean, I wish it was sometimes. Cause I would write a better story sometimes.

Megan

I would write my romantic lead to be John Stamos.

Leah

John Stamos?

AP

Of course you. OK, I love it.

Megan

He's perfect. Like ohh my, I just love him so much.

Leah

Well, and as someone who helps people tell their own stories, I would say go for it. Just don't be attached to it like being John Stamos, but it doesn't mean it couldn't be a really solid look alike.

Amy

There ya go.,

Leah

Like, following up where you're like, thanks Universe, this will do. There you go.

Amy

Yeah it's like that 'this or something better', Maybe you get a John Stamos plus. Like John Stamos with a little something extra added there.

Leah

Yeah. Yes.

Megan

OK, first of all, Amy, I don't know what you're talking about, because how do you get plus, John Stamos, you don't improve perfection. OK, it's silly.

AP

This just saying this is what I need to do to get away from all those. Stupid. I hate all the.

Leah

Dating apps? It's not my jam either.

Megan

Amy went with me on my dating at Jeremy Bernie and she got some great photos from.

AP

And it just seems like too much.

Amy

Ohh. Megan, Megan and I worked together when she was on the dating apps and she would come to work with these stories and oh boy.

Megan

Yeah. Ohh. It's torture out there.

AP

Y'all I had one who I ordered a Margarita pizza and he looked at it and goes. Is that chocolate sauce on pizza?

Megan

OK, no.

AP

I said no, it's balsamic vinegar and he looked at me with.

Megan

No, no

Amy

This date is over.

Megan

Amy, you.

AP

Somehow I I was too nice. I was too nice and I stayed there. And then I asked for my check and. Then I walked out and he was like Uh.

Megan

Dude like. No, I'm sorry. No. Ohh God.

AP

Well, his favorite restaurant was also a chain restaurant. I was like, do you go to anything other than?

Megan

Chains.

AP

He's like, well, I like Olive Garden and I like. This from Applebee's and I like this from Chili's just like.

Megan

So not original in any sense of the word.

Speaker 3

Megan

His head would probably explode if he had original thought.

Leah

There's a challenging space for people.

Megan

And yeah, very polite way of saying that, Leah.

Leah

Then I might not fit in that I might be looked at as weird and. ...you know.

AP

I'm starting to come to that And be OK with it.

Megan

You know, there's that space of, like, well, why aren't you dating or why aren't you with someone or why, you know? And it's like, can we stop the narrative that you have to be with somebody to have a fulfilling life sometimes when you're with someone? It's terrible.

Leah

Yeah, I think that's huge. Huge.

Megan

You know. Like. And stop asking people when they're going to. Have. Kids and telling them they want kids, they just don't know. They want kids. It's like, no, that's how you get people who have kids who hate Their kids.

AP

Yes. Hmm.

Or oh, so please quit saying it'll happen when it happens. It'll happen when you're least expecting it for whether it's relationship or kids or whatever it is, it's just.

Megan

Your job or whatever.

AP

No, sorry. We got we got.

Megan

You went on a rant. I'm sorry.

Leah

Sometimes we do go down the river, but a lot of this is actually relevant to the work that I do with people, because especially these stigmas around dating and being single and being married

and having children. And it's like it's something that I have helped a lot of people with and something I navigate myself.

You know, it's like I been through my own journey with a lot of that, and I'm currently a single woman without children, so it's like And people ask that all the time, and then I go into the back story and they're like, oh, I'm sorry I asked because, you know, they don't necessarily want to know. They just want to know, why don't you look normal? My idea of normal. And it's, I think so much, you know, about normalizing that it's OK for everybody to do life the way they want to do life.

Megan

Preach 100%, yeah.

AP

Oh my God. It took me so long to figure. That out? Yeah, so long.

Megan

Like why? Why does somebody have to be with another person to be happy or have a I mean, I'm married and I have a child, you know, but it's tough and I'm not going to say, you know, any you need to get married to have the happiness that I have. And it's like, that's bullshit.

AP

But you know, for me, I will say seven years ago, I had all of my best friends got married. I was in most of their weddings and I'm the oldest of everybody. Ohh, it was the jealousy monster that came forward for me was intense and like I wish I could go back and redo that year at times because there was and even like when my cousin had her first child. Like this intense. Jealousy came forward and when I finally said something like I don't expect any of you to put your, Like understand my feelings and how I am but just know that sometimes I'm not going to be in conversations where you're all talking about your significant others. And I got the 'ohh it'll happen when it happens' is like no, I'm not asking for that. I'm just telling you that this is my boundary and this is how it is.

But that came a couple of years later and. I'm in my mid to late 30s now, but you know at that time like it was that hard thing of being that the first-born daughter, the first-born granddaughter on that side of the family and oldest of all your friends, and they've all been in relationships for long periods of time. So there must be something wrong with you. You must be broken. There must be something.

Megan

Yeah.

AP

And yeah, that's something is is that I have opinions

Megan

Boundaries and.

AP

and I'm not. I'm not a coddly little like. I'm not going to just form into a housewife that somebody wants and being being an outdoors woman, I I grew up hunting, fishing, camping and I still do a lot of that.

Doesn't put me into the side when I look at dating apps where a lot of people think I align politically. Uh-huh. It's not and so. You know, you get all these things that's like, oh, you got 50 people waiting for you. I'm like, I bet I know what they look like. And I I.

Amy

They're all holding a fish.

Megan

Ohh, the amount of men on dating apps holding a fish is just take a shot every...

AP

I Probably have fish that are bigger than theirs too, so.

Megan

so hilarious. Yeah. Ohh, but they yeah. Oh, for sure.

AP

This is my problem. But yeah. Nonetheless, it's it's that whole that whole jealousy aspect and having to really. I don't know exactly when those moments hit of like I need to change this, but it was like I don't like who I'm becoming and I need to do something different about it. And it took a lot of work and it took a lot of me having to set some of those boundaries and and, you know, boundaries aren't always physical boundaries, which is hard for This train you leave. You know.

Leah

And people like to push our boundaries like people like it's it's very normal for us to want things the way we want things.

And to not even realize when we are crossing someone's boundary because we want our way and so it's like so I do so much boundary work and not only creating but then we have to talk about how do we maintain those boundaries, especially when it's uncomfortable and people that we really care about.

AP

Mm-hmm. Mm-hmm. Uh.

Megan

How do I sign up for that cause I have no boundaries.

Leah

Call and say, Hey Leah, I would love your help. Let me schedule a session with you to help me learn how to set up boundaries.

Megan

Yes, perfect. I'm going to do it because I have no boundaries.

Leah

Whatever aspect you want.

And I teach classes on that. Like I teach a few monthly classes where the topics rotate. One of them was setting and maintaining healthy boundaries, and I create really great worksheets that I send out to people. So it's like you have stuff to work with and to your point, AP like being able to Set that stuff in motion. And it takes Work and there's no easy button for life, as much as I would love for there to be one. There are faster ways to achieve this sort of. Stuff, but it all stems with us being able to come into that space like you did with the jealousy saying I don't like this and I don't want this anymore. What do I what am I willing to do? And what am I going to do to show up for myself, to do something different? There's it. It's just about ownership, you know? And and it's hard when there's pride and ego and things like that.

It's hard for people to admit. When we have perhaps not been in our most shiny space. Yeah, I missed that one. And and you know, and also I encourage people to do that without self judgment because we're all where we are right now, you know. And if we want to do better.

We just, you know, need to show Up differently and and do better. Because

AP

I appreciate all of that, Leah. And and sorry for my like verbal dump of everything, but it just flew, it just came up.

Leah

I'll let you in on a little secret. That's what happens all the time around me. It's part of the role that this particular shaman fills. Is, is that like the space of being able to hold a space of vulnerability, authenticity. And that's one of the things that I've really worked to harness myself by taking Ownership of my own self and how I show up and letting other people know like there is no judgment. It's just what do you need right now and how can I help you achieve that? And you know.

Amy

That's excellent.

Megan

Perfect. Yep.

AP

Yeah, I think we were meant to be friends. There's just a lot going on...

Leah

And not surprising that we're living in the same state right now and. You know, connecting.

Megan

I. Yeah, we're just so you know, we're all leaving this. Friends. I hope you know that. Like it or not. Just kidding.

Leah

I am happy to welcome all of you into the beautiful circle that is Golden Phoenix healing and you know.

Amy

Yes. Yeah. I'm excited to look more at your classes. I definitely want to do the animal one. Can you explain to our listeners what that like what an animal totem is? I know that you your website it said that we are all born with 9 right nine animals and what what does that mean when we find out what they are? How is that change how we think or feel or? That kind of thing. Why would we want? To do that,.

Leah

yeah So we are, as you said, we're born with 9 at least I will give that as the preface, at least nine and what they do is they represent different aspects of us. So when I do the reading, it is done.

In like if you've seen like totem poles in indigenous cultures, you'll see the carvings and there's animals on there. So there's going to generally be like tribal ones per say, but then they'll also be individual ones. And it doesn't matter if you're not indigenous in nature like we all have these guides with us.

And so the way that I work with it is I help you see what direction. So there's an animal for the four directions South, west, north, east and then we look at one animal that sits below you one above you and one in your heart space. And then you have one for your divine masculine and your divine feminine Energy. Because as beings, regardless of our birth gender, we all have and are made-up of of masculine and feminine energies.

So what happens is when you understand the animal that's there or when you get that, then you can actually start saying, OK, this is part of my Makeup and we go into sort of explaining what the significance of each direction and placement is and then we talk about the animal and its gifts.

Now what's super cool about these is every single time I do one, there's always at least a chunk of those animals that people Have been resonating with since childhood. And so I'm like, super cool every time, and then there'll be these other ones that they may be haven't grown into those attributes yet. So like anything in life, we can be in or out of balance and with the animals, it's the same. They have gifts that they'll work with us on. But if we don't know those gifts Or the

potential downsides of that so the the animal that's coming to mind is the coyote. It's looked at as kind of the fool of sorts because they trick themselves energetically. And so it's it's they're they're considered the trickster Of the totem world because they get so sneaky and tricky that they trick themselves into doing or not doing things that they actually wanted to or perhaps didn't want to do it right.

So you can then look and say, OK, well, if I have coyote medicine, I really need to be conscious of what I'm choosing to do. So I don't inadvertently get myself Into something like without really knowing ahead of time what I'm getting myself into. So maybe you'll read the fine print a little better before you get into contracts with people, right?

So it helps us understand Ourselves and sort of the way that we show up in the world. And then when we have that awareness, we can cultivate the relationship with that animal and we can also start to really cultivate certain skill sets within ourself because the animals all have gifts That they are here to share with humanity, as we all have gifts. And so they're, like, woven together. And I really find it helps people oftentimes get a greater clarity for their purpose or like the direction they want to go in life. And they can also help them really navigate The types of things they need in order to stay balanced and grounded. So it can be really diverse.

AP

And. Do some of those. Come in for like a period of time and leave.

Leah

Yeah. So the the nine I feel are with us from birth to death. And then we can have totems come in as little guides to help us for a reason or a season. So if there's something really challenging that we need their medicine for, they'll start showing up. So I always encourage people to pay attention. If you start seeing certain animals or if you start having the image Show up on people's shirts out in public like I had this happen in ways that was blowing my, Continues to blow my mind, and I've been doing this for ages.

and so it was cool when you can tap into that, it'll be like, oh, this thing keeps showing up and it's and it's out of place. It's often only going to be something that's kind of out of place to get your attention.

And then you know, you work with it and that's another thing I teach people how to work with that. So a lot of people will be like, so why am I seeing snakes all the time? Like, what's up with the snakes? I'm like? Ohh. Well, are you in a position to be Shedding old things and connecting with the Earth and starting new beginnings and then it's like, ah, yeah. And like, well, that's why the snakes showing up.

Amy

That's so cool

Megan

Cool

Leah

And so a lot of times so cool, you know, we can read part of what we're going through when we check in with what animals are walking with us or showing, Even just showing up in our natural environment repeatedly, there's, you know, they come for a reason.

Amy

That's so cool

AP

Well, I'll be scheduling that at some point here.

Amy

I will too.

Leah

Yeah, in order. I I just. Yeah, it's. And it's a cool way for me to get to know people too, because when I can meet you and your your energy, your totem animal energy it it helps me really be able to cater things more specifically to individuals as well. It's kind of like I'm meeting you through your animals.

Which is the thing I do with people with pets too, because I read animal energy and do animal communication as well. And so it's it's always interesting when I meet people and I see the subtleties that they're animals exhibit. And then I'm like. Oh, so let me just ask you a couple. Of questions over here about something and then. Like maybe maybe that works trip me.

AP

I don't have several dogs.

Leah

Yeah, it's a beautiful world, a very worth exploring and I. Enjoy being a tour guide.

Amy

Excellent. Love it. All right. Well, we're rounding up on about an hour. So if there's do you have AP, Meghan, have anything else you would like to ask Leo before we? Total loss, it's been excellent. Yes, this has been.

Megan

Oh, she's been great. Thank you again so much for your time and taking the time to chat with us. We really, really, really appreciate it.

Leah

Thank you guys for having me and asking such beautiful questions and letting me share some of the things that I'm super passionate about. I love love it when I can so.

Amy

Excellent. Thank you so much.

AP

Yeah, for sure. Yeah, we really appreciate you. Yeah.

Amy

We'll be in touch again. I have a feeling we're all already thinking about what we want to do. Yeah.

Leah

You guys have my contacts, so reach out and let me know and I. Know you're going to.

Speaker 3

Yep.

Speaker 6

Include the stuff in there for those with so they can get in touch with me. If there's anything that they're feeling resonates and they want to ask questions or tap in, I'm cool with that too. I like to do exploratory things.

With people so. You guys or anyone else that's tapping in is not really sure what they need and can always feel free to reach out and just say, hey, this is what I'm dealing with. Is there anything within your wheelhouse that might help? Because sometimes we don't even really know what we need or even how some of these things could help. So, you know, it's just taking the action of reaching out.

That's pretty much the most crucial point. In the mix.

AP

That's the hardest step

Leah

It very much is. It's breaking that seal of like. Well, when I do that then I have. To actually take. Take those steps so.

Megan

Yeah, and acknowledge that I might need it for something so.

Amy

Yeah, great. Alright. Well thank you so much. This has been so excellent. We're so glad you're here. And if you're willing, maybe we'll have you come back again sometime.

Leah

I'd love to. I know. We didn't go too much into the the spirit realm, but I have some other things. They can share in that space or others as well. So please, yes.

Amy

I would love to talk about.

AP

Well look at that teaser, it's already built in!

Megan

I know we don't even need to do much. It's natural.

Leah

Ghost Stories for next time, right?

AP

And you're saying you don't know how to sell.

Leah

I don't hard sell, I sell by just saying There's all kinds of cool things and.

AP

Yeah.

Leah

If you're into cool things, you can check it out. If not, that's OK too.

Amy

That's OK Yeah, we're definitely in the cool things, especially spiritual stuff. So yeah, and spirits and ghosts and all that. So yes.

Leah

Such a fun and just dynamic realm, yeah.

Amy

So cool. All right. Well, thank you so much.

Megan

Thanks. Thanks. You lovely to meet you.

Amy

Bye, thank.

[break]

Amy

Well, that was super cool.

Megan

Oh my god, I loved every minute of it.

Amy

Yeah.

AP

I and I know, like she said, there's a lot more to go into, but I like that we went to just explaining what a bunch of the different parts are, so then it can really set up some of those others. But.

AND, I connect. I feel like connected to her.

Megan

Yes, when she was talking about the moon stuff that was like. In my stomach, I felt that like that was like a core, like something is telling me. You've got to do that.

AP

Ohh. Like the Earth medicine part to me. It's like OK, I I I do some of that already. So I wanna like what is more that I like could explore with.

Megan

Yeah, yeah, yeah. That was really fun.

Amy

That. That's all fascinating. Yeah, I wish we had talked about ghost stuff, but we'll do that next time.

Megan

Yeah. And I feel like if we would have done too much, it would have been maybe muddled and I liked that we really focused on, you know, the Earth and the shamanism, part of it. I hope I'm saying that Right.

Amy

Yeah. Because we didn't really. Yeah. We talked more about the shaman aspect than the psychic and medium.

Speaker 3

That's it.

Megan

Yeah. So we'll do that next time.

Amy

Which we can do with her another. Time.

Megan

Yeah, she's delightful. Charming.

Amy

And she is. So I do want to. This is a good segue. I want to talk about. We have another special guest joining us next week who is a psychic and a medium and a tarot card reader. She calls herself Third Eye Champagne Psychic. Her name is Kirsten Langston.

Megan

Love it.

Amy

And I will put her links and stuff in the show notes for you guys to go if you want to, like check her out ahead of time and kind of familiarize yourself. Then you don't have to. But if you want to, if anybody else wants to. I've watched a few videos. She's really fun. She does a thing called drunk tarot. And.

AP

Right. I feel like I need champagne for when we are talking with her then.

Amy

We probably should get some that not's not really Champagne, but like, we should get some of the Snoop Dogg stuff, yeah.

AP

Sparkling wine?

Amy

Yeah She she told me in an e-mail that she was doing a drunk Taroh and Dolores O'riordan from the Cranberries showed up and almost set her kitchen on fire.

Megan

Dolores, you scamp.

AP

Whoops!

Amy

Yeah. So she sounds like she's going to be a lot of fun. So that's that's next week. And then, well, I definitely would love to have Leah back. So another time.

AP

Yep, yes for sure.

Megan

Good. I can't wait. Yes.

Amy

Oh, and then also, we are still looking for listener stories. Ghost stories, paranormal stories. You thought anything cryptids...the whole shebang.

Megan

Shebang the whole kit and caboodle.

Amy

The whole thing, yeah. So if you guys have story. Send them our way.

And we'll read them on the show. Or you can leave your voice message. Just go to our website and there's on the bottom, there's a little icon of a microphone. You click that and then you can your message and then you can play it.

Megan

Talk back.

Amy

And then we can play it on the show.

AP

That's awesome.

Amy

That's that's what we got going so.

Megan

We're so technological, you guys.

Amy

I know, I know.

Megan

So, well, thanks everybody for listening.

Amy

thanks for joining us

AP

Thanks for being here today and until next time.

Amy

You thank you for listening to the Activity Continuous podcast. We really appreciate you giving us your. For a bit, please reach out if you have a suggestion for which episode of the Dead Files we should cover next, or if you have a spooky story you'd like us to share on the show. We can be reached at the activitycontinues@gmail.com or through our website or any of our socials links are all in the description of the show. Please feel free to drop us a note and say hi. And join us next time when the activity continues, the activity continues is produced by me, Amy at Collective Sounds Media and is part of the Independent Collected Sounds Podcast network. We are also proud members of the Boo Pod network of Super Cool Podcasts.

Megan

Nailed it.