

You're listening to a morbid network podcast.

This show is sponsored by BetterHelp.

Do you ever feel like your brain is getting in its own way?

You know what you should do, what's good for you, but you just can't do it?

Sometimes I get into such a rut where I fall off of my routine, fall off of my daytime rituals, and then I just feel a little bit lost in it, but therapy has always helped me figure out how to get back into things, because therapy helps you figure out what's holding you back so you can work for yourself instead of against yourself.

Personally, I think everybody can benefit from a little bit of therapy.

It just helps to have somebody to talk to about your issues.

If you're thinking of starting therapy, give BetterHelp a try.

It's entirely online, designed to be convenient, flexible, and suited to your schedule.

And all you've got to do is fill out a brief questionnaire to get matched with a licensed therapist, and you can switch therapists anytime for no additional charge.

I really love that they do that, because maybe you're not going to drive with the person that you get assigned right off the bat, but there's a therapist out there for everybody, trust me.

Make your brain your friend with BetterHelp.

Visit [betterhelp.com slash morbid](https://betterhelp.com/slash/morbid) today to get 10% off your first month.

That's BetterHelp, H-E-L-P dot com slash morbid.

The right mattress matters to feel your best, and Mattress Firm will help you find the right one.

Mattress Firm carries a wide selection of high-quality mattresses from top brands at every price point. There are tons of options, you guys, but don't worry about getting overwhelmed.

I know how that feels. But listen, their sleep experts can guide you through finding a perfect for you solution. It can feel overwhelming to commit to a mattress without trying it out in your own environment, and Mattress Firm totally gets that. You can try any mattress for 120 nights,

and if you're not totally satisfied, Mattress Firm's sleep experts will help you pick a new one.

Get the right bed now. If a better price comes along, they'll match it.

The right mattress matters. Mattress Firm will find yours this Black Friday sale.

Win Black Friday, shop unbeatable deals at Mattress Firm before they're gone.

Audible is the home of storytelling. You'll discover thousands of podcasts from popular favorites to exclusive new series, guided wellness programs, the aptical performances, comedy, and exclusive Audible originals from top celebrities, renowned experts,

and exciting new voices and audio. The Audible app makes it easy to listen anytime, anywhere, while traveling, working out, walking, doing chores. You decide. Usually when I'm working

out, I end up watching TV, but I was just getting bored on the treadmill, just watching the same show over and over. So I was like, oh, let me go over to Audible and start listening to something new.

I started listening to Pineapple Street by Jenny Jackson, and it was just suggested for me, and I am loving it so much. If you listen to the same kind of things that I do, like the seven husbands of Evanlyn Hugo, this is a title that you will really love. New members can try Audible free for 30 days. Visit [Audible.com slash Morbid](https://Audible.com/slash/Morbid) or text Morbid to 500-500. That's [Audible.com slash Morbid](https://Audible.com/slash/Morbid) or text Morbid to 500-500 to try Audible free for 30 days. [Audible.com slash Morbid](https://Audible.com/slash/Morbid).

Hey weirdos, I'm Ash. And I'm Elena. And I'm Rachel. And this is a special episode of Morbid. Woo!

Guys, we have Rachel Stavits on the show today. Rachel is a this is a long list, a world-renowned exorcist. She has written multiple books, created the backstory for Lara Croft Tomb Raider, and really you're kind of just like an all-around badass, so welcome.

Oh, well, thank you. It's like the best. Okay, good. I'm glad I really worked on it.

And you know, it's funny because we were just talking about this before we started recording, but this is really exciting because I just came across Rachel on TikTok. Like one of your videos just popped up on my For You page. I immediately was drawn to it, watched the whole thing and was like, oh, immediate follow. And then I just started like every time you would come up, I was like, oh, like, yes, like awesome. And then we just like, I think somehow we came together and it was like, oh, she should come on the show. And I was like, hell yeah, like it was such an organic. Yeah.

Coming together, it felt so cool. Yeah. And like, I think I'm so terrible at TikTok. So that was very validating for me, what you just. You're great at TikTok. No, we love your videos.

Yes, I'm like, I try. I don't know what I'm doing. I'm just like

following like Sinister Pond babe, and that's it. Oh my god. Yes. Same. We have been shouting the praises of Sinister Pond babe for months. The funniest person alive. I am obsessed with Sinister Pond babe. So good. We do impressions all the time, and we are not so good at them. Constantly saying that Sinister babe. It's given dark sadness. It's given dark sadness. Every time there's a new one, I'm like, I have to watch it as soon as I see it. Every time. Every time. If we're in the room together, Alina's like, oh, new one. I swear that's me. That's totally me. I'm like, oh my god. I love it. So if you guys want, we can kind of dive right into everything. We have a ton of

questions for you, Rachel. So hopefully that is okay. Yes, I'm ready. Awesome. All right, amazing. Our first question for you is, can you basically just give us like kind of an overview about what being an exorcist means to you? Sure. Yeah. So, oh my gosh. Let's see. I've been doing this work, well, kind of in secret for a while for over 10 years now in Los Angeles. I work on everyone from, I don't know, like Oscar winners and heads of studio and rock icons. Like, if you can think of them, they've probably been here. Let's just put it that way, but I don't know clients. That's so cool. I never say who. But yeah, and basically what I do, you know, is exorcism work. It really is what it is. It's taking entities out of people in places.

That's what I've been doing here forever. I love it. How did you discover that this was your unique talent that you had? Yeah, so ever since I was a kid, I could see entities with my eyes.

And I would complain about monsters under the bed or monsters in the closet, like one does.

And then parents would come in and be like, there's nothing there, go to bed, like you're keeping me up. So for me, they just never went away. Like, I always could see them. And I didn't know that that was weird when I was a kid, because like, how would you know? So I talked about it.

I talked about it at school. I talked about it. Oh, I'm like, yeah, by the way, the worst idea ever. So I found out very quickly that that's crazy. I'm lunatic and you don't do that. So, you know, I believe that wholeheartedly, because there's, I don't know, when you're a kid, everything's so weird and awkward. And so I didn't want more weird and awkward things about myself.

So I just listened, and I didn't talk about it ever again. Like it went to the vault. And I had, I always say, like, you know, how people talk about they had like some life changing event, and then now they're like, can see spirits or whatever. That was totally not me. I was able to kind of

drown out the sight of it until I hit like 30. And then I had a fender bender, not like the life changing thing. But he was like one stressor too many in a week full of stressors. And so suddenly my site was blown open. And I couldn't suppress it at all anymore. And like, you know, the unhoused person on the street, like screaming, I was seeing who they were screaming at or what they were screaming at. Entity was just everywhere. And I, you know, I thought basically like, I mean,

they're gonna have to check myself in or figure out why I have this. Like, what is that? What is this thing? So I always joke like I sat down with a bottle of scotch and was like, okay, spirit people like tell me dive into this. I love that. Here's my offering. Right. And you know, many scotches later, here we are. But I just kind of learned to open myself up more instead of closing everything down. And in doing so, I communicated with spirit with the good things. Right. And just started working on people and friends at first and who would just let me and, you know, there were a lot of issues that you don't think about when you see movies about exorcisms, like, you know, if you put five candles on the ground, you're going to kick them over and start a fire at some point, you know, you know, so I started a lot of fires and did a lot of things wrong and hope that people would bear with me. And so then they would have a good experience and share it with somebody else.

And it just was so word of mouth for so long. That's the best way to go about things though, like word of mouth travel so quickly. And then I'm sure you have just people beating down your door at this point. Yeah, well, I never thought it would get so public. I just thought, well, I could do this. Nobody's going to care. Yeah, right. That's not the case. Because that's what it is. It's like when people are saying their personal experiences with something like this, it's like, that's the most valuable thing you can have is people telling other people being like, I did this. This is real. This worked. I did it. Yeah, that's true. That is true. And these were people that people respected, I think, too, and that goes a long way. Oh, absolutely. Did you feel lighter once you kind of started leaning into it after suppressing for so long? Honestly, yes. Yeah, I could imagine. You know, it really sucks to not embrace parts of yourself, all parts of yourself. Like, you don't have to be an exorcist to feel that, you know? Absolutely. And we do that so often to, like, not be ridiculed or not be judged or whatever. And I even had, like, a manager at the time, not my manager anymore, who was like, you could never tell people you do

this because I'm a writer as well. I mean, that's like my job. So you cannot tell, you can't go public with this. You can't tell people you do this. Don't tell people in meetings, like, and I was like, oh, okay. But then eventually, you know, that catches up with you. And you're just like, this is who I am. If you don't want to work with me, don't work with me. Absolutely. Yeah, I'm not going to hide this part of myself just to appease people. Right. You make yourself small for people. Like so many people do that. We just like make ourselves so small to make other people feel safe. And that's not cool. I'm not doing that anymore. I'm old for that shit now. Oh, yeah. Leaning in. And it's funny that you said it happened when you were like 30. Because I always say that

I always tell her, I'm like, something about 30. I just hit it. And I was like, why am I doing like, why am I making myself for other people? Like, like I need to, I need to be comfortable with everything I am. It was like, I hit 30 and I was like, whatever, I can't wait for that. It's so true. You do like you just don't care anymore. And

honestly, the older you get, I feel the less you give a shit about others people's opinions at all. You hope for the best. But you know, at the end of the day, it's like, it's none of my business. That is fine. I know exactly. It's so funny that it like coincided with that. It's so true. And I also say that when you are high frequency, you know how there are online like gurus that always tell you like, you got to love everybody and you got to forgive everybody. And, you know, everything's the same. And that's not for me. The more high frequency you actually get, the less tolerance you have for bullshit. Like you just don't want it around at all. That makes sense. I feel like I'm nearing that the closer I get to 30. I'm 27 now. And I can see like every year, the less and less tolerance that I have for stuff. I love that. That's true. Because it really does. Like once you get to that place of just being like, Oh, no, like, I don't give a shit. Yeah, you don't like me. You don't like me. Like that's fine. We don't have to. That's cool. As long as I like me. That's what's good. As long as I like me and the people I love and respect, of course, then that's it. Yeah. Like my whole thought process is like, as long as my little bubble likes me and I like me, then like, we're good. We're in the clear. Yeah, we're good. Exactly. I totally agree with that. Yeah. Now, obviously, it's spooky season. We're all excited about that. Oh, love it. You know, Samhain, we did a whole history on that. I think it was like a couple of years ago. Yeah. And during the autumn months, that's when the veil is the thinnest. And I've actually learned specifically from you on TikTok that right now it is currently the thinnest. Like this is wild. And I think you said it's from here until like sometime in November. So for people who don't even know what the veil is, can you kind of tell us a little more about that, what the veil is, why it might be that the thinnest right now? I'm so excited for this question and this answer. Guys, if you've listened to this show for a little while, I feel like it will come as no surprise to you that I am not an athlete. In fact, my nieces know that TT doesn't run. But guess what? You don't have to be an athlete to need extra hydration throughout your day. From Zoom meetings and workouts to long travel days and, you know, fun nights out, Liquid IV makes it easy to stay hydrated with three times the electrolytes of leading sports drinks, plus eight vitamins and nutrients for everyday wellness. Liquid IV hydrates two times faster than water alone, all in a single stick. And now their hydration multiplier, which I love, comes in three delicious sugar-free flavors. White peach, which is my favorite, green grape and lemon lime, which is a second favorite, I'll have to say. A proprietary zero sugar hydration solution with no artificial sweeteners. I'm obsessed with Liquid IV. I love how convenient the packaging is because you can literally just toss a stick right in your purse, in your back pocket if you need to, and it's easy to take on the go. And you can feel super hydrated on the go because it's got three times the electrolytes of the leading sports drinks. No artificial sweeteners and zero sugar. It contains eight vitamins and nutrients for everyday wellness and non-GMO, free from gluten, dairy, and soy. It replaces sugar with a proprietary amino acid allulose blend. Allulose is actually a naturally occurring sweetener. With the same sweet taste and texture, one can expect from table sugar. For daily use before a workout, when you feel run down, after a long night out and long flights, Liquid IV is perfect for you. Grab your Liquid IV hydration multiplier sugar-free in bulk nationwide at Costco, or you can get 20% off when you go to liquidiv.com and use Code Morbid at checkout. That's 20% off anything you order when you shop better hydration today using promo

code

morbid at liquidiv.com. Our show has a few people that just keep things going. Mikey, our assistant, is the absolute best. He knows our schedule better than I even know my own life.

Our producer Avery keeps us on track and is so helpful. And listen, guys, it takes a team of people to make this show successful, just like it takes a solid team to make any business successful.

So if you're hiring, how do you find the best people for your team? Zip Recruiter.

And right now you can try it for free at ziprecruiter.com slash morbid. Zip Recruiter uses smart technology to scan thousands of resumes to find the most qualified people for your job, and they let the most qualified people for your job know they are a great match for it and encourages them to apply. You can actually invite people to apply. That's a Zip Recruiter feature that easily sends a personal invite to apply to top candidates, so they're more likely to apply. See why so many business owners and hiring managers are thankful for Zip Recruiter.

Four out of five employers who post on Zip Recruiter get a quality candidate within the first day. I'd be super grateful if you could go to this exclusive web address right now

to try Zip Recruiter for free, ziprecruiter.com slash morbid. Again, that's ziprecruiter.com slash M-O-R-B-I-D. Zip Recruiter, the smartest way to hire.

So the veil is between our world and the spirit world. That's kind of a big world.

You know, and that's high beings. You know, that's deceased people. It's a whole lot of stuff on the other side. And right now, it's the thinnest it's been in years, and there's a lot of reasons for that. So part of being able to read negative energy, I guess, like my side effect is that I can read when energy shifts in the world, so I always try to warn people about it and good stuff too. Like, oh, this is a really good time for you to be able to manifest things. This is a bad time for that. Just stay home and like, you know, sleep for five days.

Right. So right now, it's the thinnest because there's a lot of negative activity on the planet, just a ton of the negative activity on the planet. Really kind of, I mean, we don't even need to get into it. Everybody knows. And then the flip side of that is there are a lot of people more interested in connecting. That makes sense. Those things work together to kind of thin energy out. So it's like there's a reach going on, if that makes sense, reach across to each other. Absolutely.

And so the negative part of that, well, depends on how you feel, I guess, but the negative part of that most people feel is that there's a lot of, you know, not so nice energy trying to come through. So you'll get like visitations from entities. You'll get, you know, more stuff kind of, like I've been getting a lot more of my name called. It's like, out, I'll hear it. And a lot of people have been experiencing like, oh, I just heard my name and there's nobody here in different voices of that. That's so interesting. And a lot of like stuff moving around. So like doors closing, you know, just, you thought your keys were here, somehow they were here, that kind of stuff. That's so, that's really fascinating actually, because we've had like some stuff going on in our family and with my parents, they're good now, but like we had some stuff going on the last few weeks

and we were in their house, which is the house I grew up in. And it's like very old house. There was always stuff going on in there when we grew up. Like nothing ever seemed threatening or bad. It was always just like innocuous things, but we've been in there kind of cleaning and help organize and stuff. And I specifically, and this has never happened to me. I've never heard voices in that house. I've never heard anything like that. And it's funny because I have. Yeah. And I never have, but I was like, I believe you have, I just never experienced it myself. And I was in

one room cleaning and Ash was in another room across the way on the upstairs floor. And at one point I heard a woman's voice go, hello. And it was like clear as day. And I was like, what was that? So I was like, Ash, did someone just come in the door, like our sister or something? And she was like, what are you talking about? And I was like, I just heard somebody just yelled, hello. They came in the door and she was like, I did not hear anything. No one came. It was just the two of us. And I was like, that was so clear. Like what? You were shook by it. I was like, shook by it. And I kind of pushed it aside. I was like, okay, that was weird. And then the other day we went into the house again to talk to my parents. Totally different area of the house. We were in the room, me, Ash, both my parents and they all saw me look to the left because I was like, someone's talking over there. Like it was like a man's voice talking on my left and I couldn't figure out what they were saying. But it was like so clear. And I was like, what is going on? Like, why am I suddenly hearing this? Right? Like, okay, that's a perfect example, because this has technically been thin since like September 15th-ish. But the Halloween is the thinnest. So don't, people don't do stupid things. Please don't do stupid things on Halloween. That's all I'm asking. Put your Ouija boards away, people. Like, you know, those conjuring games that people love to play that they're just like scared. And then I'm always like, what's the plan if it comes through? Like, what are you gonna do? Where do we go from here? Please have a plan. But yeah, it's so crazy that you're experiencing that because like even people, and I don't think this is true of you, I think you all are very sensitive. But like, there are people who are like walking around like boards. They're not sensitive at all. Like, unconscious. And they're saying, oh, I just heard this. I just heard this. That makes so much sense. It is crazy. Really? That was like so validating when you started talking about like voices. I was like, okay. It's like, I'm not losing it. That's nice to know. I get that all the time in my house. My house was built in 1936. And it's so loud here sometimes, like at two, three in the morning, it always like once a month at least, someone's having a party in the living room. So we now have like a code for it in the house. We call it the anti whispers. And I don't know if you're like over the garden wall fans. Oh, I love that. Yeah, there's like a character called anti whispers. So we're always like, well, it's anti whispers again. Just like I love that so much. It's amazing. Just going for it. Damn, just like popping off at 2am. Good for them. Wake up and you're like, oh, okay, cool. Thanks. Okay, have a good time. I guess. Welcome, I guess. Yeah, like so loud. Yeah. Well, you use the term and we've heard it a couple of times while talking to you right now, entities, rather than like what people might think of, you know, demons or something. Right. And in your book, Sister of Darkness, which by the way, is an amazing title. I love that. So good. Immediately I was like, oh, grab that book. You talk about entities like, you know, the Clive, a race, tricksters, realm walkers, collectors. Can you kind of give us a little bit of the differences, what those things are, what their differences are, and kind of how you approach each one if you approach them differently? Sure. Yeah. So, you know, let's just be clear to like, deceased people and entities or what people call demons are not the same thing. That makes sense. Deceased people are just deceased they're people, they're dead. Right. Everything else is like not been people. They haven't experienced that. Different, different lifestyle. And it shows. So Clives are the lowest, like if you will, on the malevolency branch and intelligence. They're things that people pick up quite often. I call them Clives very scientific. I call them

Clives because to me they look like Clive Barker drawings. So I've just always called them sort of like something between like a brain and a face hugger. Ooh. No, if you can picture them. I can. Yeah. As soon as you said that, I was like, oh, I don't want one of those. And they're the easiest to pick up, unfortunately. They're, they're like the smallest and the easiest to pick up. And people when they think about attachment or possession, they think about movies, right? Like, oh, it's like everything is going to hell really fast. Very obvious. That's not how entity works normally. So like with Clives, for example, it's like they attach, they're very small, they come in, they don't want you to know that they exist. They are very quiet. You know, it's not, it's very insidious, I guess is what I'm saying. And a lot of people have Clives. It's very easy to pick up. So I would say I don't even know now, like 85% of the population is walking around with a Clive and they don't even know not to be stupid, but like, I feel like I definitely have a Clive or two. Well, the word, the name Clive is like so innocuous sounding that when you're, you know, you're just walking around with a Clive. You know, he's just there. But what it does is it's, it's an amplifier. So like if you're sad, you're depressed. If you're depressed is worse, you know, if you're angry, you, you have rage and it just works like it's, and it feels really big, but it's actually very small and very easy even for people to get rid of. Okay. Like they'll walk around with it and then get rid of it without even realizing. Oh, wow. So you can just drop. They kind of like jump to the next person. Well, if you work on yourself even a little bit and you, you raise your vibration a little bit, like you've had, I don't know, like six really good days in a row. Sure. Or you're like trying to be positive or you're trying to be like really nice to people for say whatever your deal is, or you meditate six days, like it'll pop off. I love that. That is cool. Yeah. So Clives are kind of like, you just have to kind of recognize that something is a myth. Yeah. And just try to rectify it a little bit within yourself. Okay. Exactly. Like they're the leeches of the, the community, let's say. They're just trying to feed. They're just not, it's just, they're just there. Yeah. You know, it's not personal. Just trying to sap your, your energy. Exactly. So if you start to starve them out, they're like, yeah. On to the next. That makes sense. All right, I get that. But then, of course, it goes up from there. Right. Like Wraith attachments are attachments that people get that are associated with night terrors and sleep paralysis. Oh, I've had sleep paralysis. And night terrors since you were little. I had night terrors when I was little. So that, you know, you know, not to get into anything, because we're not going to point anything out publicly here. Our business area, right? There's two ways or, well, three ways to get that. So either you're in the house around someone who has it and you're an extra sensitive kind of empathic person, or something sexual happens to you when it shouldn't. So people get that from, you know, unfortunately, molestation and all kinds of terrible things, or even abusive partners. Sometimes you'll get that from abusive partners. And then the last way you can get that, which is the most rare, but it does happen. And I've seen it a lot of times here in my practice, if you will, um, linear traits. So it came down through someone in the past who had an encounter and it's just hung around. That one feels like right. That we have a long line of people who have also dealt with the same thing. And I've always been like, Oh, okay. Yeah, that's interesting. And my kids had a few bouts of night terrors, like pretty early on, and then they went away. Right. And I was always like, Oh, no, did I pass this? Well, you kind of thing I could do. You confronted it head on and was like, you're not welcome here. Yeah, I just kind of was like,

this isn't happening for you guys. So like, I'm going to take, because they had, they had like night terrors, like the night terrors where, you know, they're awake, but not awake. And they're just kind of upset. And we would just sit there and like, kind of hug them until they were calm down. My poor husband had no idea what was going on, because he had never experienced it when he was younger. It's usually maternal. It is almost always. That makes sense. Wow. My mom had the same thing going on. So that makes a lot of sense because they would then, they woke up one night. We've told this story on the podcast before. So listeners have heard it, but I, one night they woke up and they were so upset. The two of them, I have seven year old twins. And they were saying that a group of people came in their room and were trying to cut their sheets with scissors. And I was like, that is the scariest shit I have ever heard in my life. But in my head, I was like, all right, you can't react to this, like how you want to in your head right now and start screaming. I just run out of the house right now. So it's like, all right, I got to take charge of this whole thing. And I was like, I don't want them to go through these like I did. So I was like, all right. So I was like, where are they? Are they still here? And they were like, they're right there. And they pointed into the hallway. And I was like, okay. And I was like, my husband literally was like, no, he was like, I'm not, no. He's like, this is a you problem. He just stood in the corner and was like, I don't see anything. It's okay. And I'm like, it's, so I was like, all right. So I walked into the, into the hallway where they said they were. And I just stood there and I was like, are they here? And they were like, yep, they're right there. And I was like, you guys are freaking out my kids. This is mean. This is our house that is their room. Those are their sheets. You can, whatever you're doing is not welcome. And like it's rude. And I don't appreciate it. And we can all live together if you're not being assholes, but you're being assholes. And I was like, cut it out. And then I was like, okay, you feel better. Never happened again. They never had another night terror. They never saw another thing. Awesome. And like also, my guess is that you all are high empaths, which means that you feel everything. And so when you're a high empath, another thing that comes through is a lot of deceased people. A lot of deceased people will come through because deceased people love to talk. They're very chatty. Like they, they do not shut up. And so if they can feel that someone's a high empath, even if you don't know it, or even if you're like, nope, don't want that or whatever, they try to come through. So it's very possible too that your children are high empaths. And like, I could see that. All that wants to come through and like talk to them or see them. And they're not necessarily ready for that either. So it's scary. Yeah. Absolutely. Not the way to do it. Yeah. That's the thing about it. It was so specific. That was the thing. I was like, wow, you really just, that was too specific. When it comes from your kids, when it comes, when anything comes out of a child's mouth, it's always like the scariest thing possible. Yeah. Always. Because you're like, I know you're seeing it. Yeah. Like, yeah, I guess so. Yeah. And they're like so open about saying it where adults, even if they saw it, were like, I'm not telling anybody that. Right. I'm not saying it, but they're just like at the breakfast table being like, you know what I saw last night? It was wild. This is creepy. I want to run screaming into the night, but I'm not going to do that. But I'm like, it's fine. Like our youngest member Skelton. Skelton. Oh, yeah. She said she saw, she saw a skeleton, but her little voice would call him Skelton. And she said he was a nice guy and he just hung out and smiled at her. And Monday he left. She wasn't even that scared of him. And then she was like, I was like, do you see him anymore? Like I just asked her once and she was like, no, he went to see his family. And I was like, oh, okay. And then he just never came back.

I hope he did go to see his family. Yeah, good for him. Well, you know what's cool about kids too is that, well, lots of things, I guess, but they're very connected to spirit because they're the closest to spirit. You know, the older they get, the less connected because we kind of, well, maybe not anymore, hopefully, but when I was a kid, like people definitely were like, that's not real. So you stop, you know, opening yourself up to spirit. But one of the things that's really great about kids is that they trust what they feel. Yeah. Yeah. Instead of what they see. Because oftentimes deceased people come in and even for adult people, that's too scary. They don't want to look at it or they'll come in kind of half-borned or they'll come in kind of looking weird or whatever. Yeah. And the responses, that's scary. Shut it down. But kids are like, well, it looks like a skeleton, but he feels real good. So he's nice. He's nice. He's all right. Yeah, he's smiling. So I'll go with him. Yeah. It makes sense. I used to see so much more stuff when I was a kid, but then I could tell I was scaring people. So I was like, okay, maybe this is bad. Yeah. Yeah. Exactly. Yeah. So it's nice when you kind of keep it going for kids. And I think more parents are a bit more spiritual now and are like, oh, seeing like, tell me about it. Oh, does it feel, but you know. Yeah. Like asking more questions instead of just being like, no, no, no. Like they just ask a little more. Better to lean in. Yeah. Exactly. Absolutely. And what about tricksters sound? I don't know about that. Yeah. Yeah. Scared about that.

Tricksters are the ones that form symbiotic relationships with their person because they stick around. So trickster is a little more malevolent because they're like, yeah, you can see what you want to see. So I've had clients who, you know, had imaginary friends. You know, that felt not good. They had arc angels with them. I had a few clients who thought they had like genies with them. Oh, wow. Like from childhood. I had one client who was, I think, in their 30s who was like, there's a horse with me. What? Because they usually latch on in childhood and then keep going. Okay. So why wouldn't you think, you know, differently? Yeah. I had, this is so weird to say. Well, I guess all of this is weird to say, right? But like, nothing's weird here. Weird for me. Like I've had more than one client come in and be like, arc angel Michael is attached to me. Like co goes with me everywhere. We go everywhere. Wow. And I'm just like, okay. And so to me, when I see a trickster with my eyes, they always look the same. They don't look like whatever they're presenting to this person. They just kind of look like, I don't know, like, it's so hard to explain, but like, like very tall, very dark figures. So it always looks the same. I'm not seeing the horse or arc angel Michael or whatever, you know, the grandpa or whatever, whatever it is. So I'm like, try to be respectful about it. Because, you know, we're having a conversation. I like to have a conversation with people about what they feel is going on. And so I'm like, okay, so, but how's your life going? And they're like, Oh, it's a shit show. Oh, thank you for that. I don't recommend. And I'm like, well, okay, so how do I explain? So, you know, if you had an arc angel Michael with you at all times, but yet your life is reflecting a shit show, right? Maybe it's not like we should take that out. Yeah, maybe he's just trying to make you think he's arc angel Michael.

Right. Exactly. And how they do that is they can, again, this is like wild, scary sounding shit, but I'm so used to it. I'm like, Oh, here's how. Oh, we love it. We're like, let's go. They can kind of pull something out of your mind. So they scan your mind, basically. Wow. And pull something you want out of it. So I've had situations where I had a situation where I worked on one particular like rock star. And I've actually worked on several and they always, they think it's the same entity. They'll see something in their mind and be like, this is what

I have with me. And I'll be like, okay, because it's like a famous, you know, like demon like from pictures, like they'll be like, Oh, I have this demon, this demon, this is the demon I wanted. I bought him at the store. And I'm like, okay. And I'll just be like, it's really not that, but let's just take it out. You know, I like, I won't even get into it. I'll just be like, you do. Okay, let's take it out. It's a trickster. It's a trickster. Then they'll be like, okay, cool. And whenever I take something out of people, I also give them homework because we need to keep the energy up. Right. So how entity attaches in the first place is, it's all energy. So, you know, we are energy stuff is energy, everything's energy. And we're walking around life with what I call a baseline frequency. And so that's, you know, how we interact with ourselves, how we interact with the world, how conscious we are, like, how do we talk to ourselves? All that stuff matters. So like, I don't know, if you're walking around, like if it's a scale of one to 10, and one is dead, and 10 is Buddha, you know, you're doing good if you're out of four, giving it your best go. It may not be great, but you're like, you're there. You're here. So when we work on ourselves, we can raise that vibration, we can raise that frequency, but it takes time. So it's not fast. It's like, okay, I'm going to do this every day and like, try to do better. But when we go through a trauma, that baseline frequency takes an immediate hit. And since we don't really believe in this in our society, we don't know how to handle that, like spiritually, like we barely know how to function through that. Yeah, accurate. So when that happens, unfortunately, that's kind of a double edged sword, we're in low frequency space. And here's this low frequency thing that wants to attach. And so that's kind of how it happens. Whenever someone leaves here, because we have to take that trauma signature out of the body as well as the entity out of the body so that we can raise that vibration for you. So you're not just going to attract other things right away. And so there's homework, right? So we want to keep that energy clean and rising. So whenever I've worked on people in the past, and I've done all the work and I've given them homework, especially people that affect a lot of other people. So very famous, like people who affect a lot of people. I'm like, oh, please, please do the homework. Do it. But with a few people in particular, they would come back, like a month later and be like, well, this demon came back. I don't know. They didn't do the homework. Definitely didn't do the homework. And then I'm looking at it, and it's not the same trickster. Interesting. But because they stayed in the place that they were energetically, and it scans the brain, it was like, oh, it's me again. Hi. Yeah, it just knew exactly what to present as, but it's just a different guy. That makes sense. But it's not because when I take them out, I don't give them the opportunity to keep going. It's like, it's gone. It's gone. Poop done. Done. Then I'm looking at this and I'm like, oh, my God, here we go again. I'm going to put your name on the board. You did not do your homework. I'm not helping you next time. Yeah, exactly. Like I'm putting up like you passed a bad check. You're not allowed in here. You can come back in. You're on the red list. I'll welcome any more. God, not until you change your list. Seriously. You'd think once you get an entity removed from you, and someone like you, like a professional is telling you, you should do this to make sure another one doesn't come in. You'd think that you'd be like, yeah, I'm going to do that and I'm going to do more. I was going to say you'd research even more. I'm on a journey to make sure that doesn't come back. Yeah, some people are not ready. They think that gives them something. That's what gives me creativity or that's what makes me write good songs. That's what makes me whatever.

It's like, that's not true. It's like the tortured artist special. Yeah.

Exactly. And they're making you think that they're, that you need them right to do that stuff.

Right. It's total BS. And like, I can explain that forever, but it doesn't necessarily matter.

If you're not ready to let it go, you're not ready. And the funny, well, I don't know if funny is the right word, but like, you know, all, let's say I have an actor in here and you know, okay, we go through all of these processes to take this out and you have all the homework and he's like, got it. I'm going to do all this. I'm going to do all this. And you don't hear from them again.

So you're like, oh, okay, cool, cool, cool. They're doing it. Then you go see their latest movie and you're watching it and you see the entity and you're like, dude. Oh my God.

That's crazy. So you can even see things attached to people in TV shows and movies.

Yep. And photos. Wow. Is that really distracting for you? Is it hard to enjoy like media?

Yeah, it's so distracting. It's the one, that's the one thing I can't get over.

Yeah. Like I'm like, I'm trying to stay in the moment with the story and all this. And then I just keep seeing this thing. And like, if it's a horror movie, I can kind of play it into the background. Because there nobody's acknowledging him. That's fine. Yeah. Interesting. But even like

some kind of like Hallmark movie or something. Oh my God. And to think about seeing that in a Hallmark movie. Wow. The stark contrast there. Wow. Totally happens because it's entertainment. Not so wholesome a person. You're watching this girl fall in love with a guy who ends up being Santa Claus's son. Of course. And you're like, I can see. Oh my God. That's so wild. But then there's more, right? Like there are, there's, what are, I love these names too. These last two names are so ominous to me. Realm walkers. Yeah. The worst of the worst. That sounds bad. Realm walkers are the worst of the worst. They can attach to people and spaces.

Oh. They're what people I would like, from my point of view, consider the devil. Oh, wow.

So they're the movie style entity. Okay. They can carry spaces and I think they're much more dangerous in spaces than they are in people. I think the, well, any entity that carries spaces is much more dangerous because they're more malevolent, more intelligent and can do more because they get more spaces. Right. With Realm walkers, they're, they can do anything an entity below them can do plus. And they can attract people, can influence people from miles and miles and miles away and in masses. Wow. Yeah, they're pretty spectacular. And they can affect people in the space dozens of ways. So they can, they obviously feed off of high foot traffic. It's always five foot traffic areas. So things that a lot of people go through because the ultimate goal is to feed from people. So in a space, you know, and I talk about in the book like the Cecil Hotel, which is downtown here in St. Louis, very notoriously bad place. One of the places that I really want to get in an exercise and like I've had a lot of resistance from everyone. It's changed hands so many times and I've had a lot of resistance from every single one because of that influence. They like to lean into it a bit. Yes, exactly. So, I mean, notorious murders have gone on there. Murderers have stayed there. The history is very vast and wild. You know, there's a, there's rumor that the Black Dahlia was attached to that place. You know, every time someone wants to compare it to like, they just want to say, well, it's, you know, it's always been kind of a bad area. It's always had a lot of, you know, whatever clientele. I'm like, okay, but compare that to all of the hotels legit right around it.

Right. Yeah. Yeah. They too have had things. It's not like there's no crime there. But the crime does not match by far the Cecil Hotel. No, no way. At all. Especially that, you know,

the Elisa Lam story of her being found in the water tower. Yeah. And like to this day, they've done, I don't even know how many documentaries on this trying to find a way that that could have actually happened where she closed a water tower onto herself. Yeah, right. And they still are like, well, we don't know, but that's, you know, we're downplaying that they're supernatural situations here. Of course. But there are supernatural situations there. 100%. There is a room walker in that space. And, but that's what it does. So like, it'll, like all the police will come and they'll investigate and they'll be like, suicide. Yeah. Because that's, it's like, it's suicide. Yeah, exactly. You know, so that particular entity, there's not like a thousand of them or anything on the planet. They're, they're pretty rare, but there's more than one. So it's not something I consider the devil, but it's certainly real bad. In the last one, I think, is the collectors, which to me sounds like the scariest, but you say realm walkers. It's not. It's the one down from the realm walker. So collectors, collectors are the most interesting though, I think. And I deal with a lot of collectors in the work that I do, because I do spaces quite frequently. So collectors only hold space. They don't bother with people. So that's not their thing. They're like, because realm walkers can also possess people. And that's the movie style, right? That's like, everything looks terrible. Everyone's dying. It's, it's horrifying. But the difference between movies and real life on those things is that realm walkers will only do that for future world changers. They don't have time for just that girl on that farm. They don't care about that at all. That's interesting. That is really interesting. They only want the big time because think about it. It's the most benevolent and the most intelligent. Why are you going to waste your time? Yeah, it's true. It's like, no, but collectors only do spaces and they do spaces of mass trauma. So a place where mass trauma has happened, a collector can come in and form. And what it does is it, it keeps deceased people in the space. So deceased people are never stuck. That's kind of a lie. It's not really a real thing. Okay. But they can stick themselves, if that makes sense. So, you know, like, if they're like, I'm afraid to go on or I did something bad that was part of this mass trauma. So I think I deserve to be here. Or they just don't know what, you know, they just don't have help or don't know. They just stick around. Yeah. So collectors, what they do is they like to pick a high traffic space. Again, lots of people moving through. They keep the deceased people and they'll have to use the deceased people essentially to scare the living people into giving the energy. Oh, wow. Okay. This show is sponsored by BetterHelp. Do you ever feel like your brain is getting in its own way? Like, you know what you should do, what's good for you, but you just can't do it? Sometimes I get into such a rut where I like fall off of my routine, fall off of my daytime rituals, and then I just feel a little bit lost in it. But therapy has always helped me figure out how to get back into things because therapy helps you figure out what's holding you back so you can work for yourself instead of against yourself. Personally, I think everybody can benefit from a little bit of therapy. It just helps to have somebody to talk to about your issues. If you're thinking of starting therapy, give BetterHelp a try. It's entirely online, designed to be convenient, flexible, and suited to your schedule. And all you've got to do is fill out a brief questionnaire to get matched with a licensed therapist, and you can switch therapist anytime for no additional charge. I really love that they do that because, you know, maybe you're not going to drive with the person that you get assigned right off the bat, but there's a therapist out there for everybody, trust me. Make your brain your friend with BetterHelp. Visit betterhelp.com slash morbid today to get 10% off your first month. That's BetterHelp, H-E-L-P dot com slash morbid.

It is still October, but the holidays are coming up fast. Before your life goes into overdrive with the holidays, protect your home with SimplySafe Home Security. You can get a brand new system

today for 40% off. I am obsessed with my home security system, which I obviously got from SimplySafe. It was so windy the other night, and I kept hearing creepy noises in the backyard and convincing myself that somebody was out there. But just as easily, I unconvinced myself because I just tapped my little app on my phone, and I can see that, girly, those are just leaves in the backyard, not an intruder. Experts love SimplySafe. It was named the best home security system of 2023 by US News and World Report. SimplySafe is comprehensive protection for the whole home, with advanced sensors that detect break-ins, fires, floods, and more, plus HD cameras for both inside and out. It's powered by 24-7 professional monitoring for less than a dollar a day, half the cost of traditional home security. With new 24-7 live guard protection and the smart alarm wireless indoor camera, monitoring agents can see and speak to intruders helping stop crime in real time. A powerful technology exclusively from SimplySafe. Satisfaction is backed by SimplySafe's money-back guarantee. Try SimplySafe for 60 days risk-free. If you don't love it, return your system for a full refund. For a limited time, save 40% on any new system with a fast protect plan. Visit [SimplySafe.com slash Morbid](https://SimplySafe.com/slash/Morbid). That's [SimplySafe.com slash Morbid](https://SimplySafe.com/slash/Morbid). There's no safe like SimplySafe.

Right, so like super haunted places where they've had mass trauma, you can guarantee there's a collector behind that, just kind of pulling out the stops and going like, okay, now you, now you, he's like their terrible manager. Yeah, seriously. Just delegating out.

Nothing at all. So what you have to do when dealing with a collector is you have to release the deceased people first because you want to take the battery away first because it puffs them up a bit. Right, that makes sense. All the deceased people out of the equation and that is just conversations with deceased people because then, you know, they're just like us, but then, you know, you just want to have conversations with them and let them know, like, you don't have to be here anymore. This is not for you. And whatever their fears are, kind of address them and help them. Little talk therapy. Yeah, little talk therapy with deceased people. Yeah, yeah. So like, it's, I don't know, it's important to do that. I think it's nice to do that anyway, because who wants to be in your own, your own hell, right? So we get them out and then by the time you get them all out, the collector really doesn't have a lot to stand on at that point. So he's kind of easy to remove, but it feels big when there's like a lot of people in the space. Certainly when people go through those spaces, they, that's the kind of space where you feel kind of underwater when you enter. Oh, okay. About that sensation. I don't know if I have, but I've heard people say that. Yeah. Yeah. It's like your senses become very like, it really is just like your underwater. Wow. And it's very heavy feeling.

Yeah. Okay. The Lizzie Borden house was like that. Actually, yeah. Now that I think of it, when we went there. Oh, I'm sure. Yeah, there was a couple of rooms in there and immediately, I think it was the stepmother's room upstairs. Yeah, we, we both were like, oh, I don't want to go in there. Like it just had a weird and I'd never felt that before. I was like, oh no, I don't want to go in there. And the whole time we were in there, it felt more and more threatening. Like you need, you should get out of here. Yeah. You shouldn't be in here. You know, I've never been inside that house, but I do have feelings. Like I wonder what really happened there. Yeah. Okay. It's a real heavy. There's parts of it that you're like, okay,

like this, you feel a little wonky in there, but like, you're like, whatever. But there's, as you go up, it's like, ooh, yeah, the upstairs harbors a lot more. And, and so does the basement. Yeah. Weirdly. Basement has some, some weird energy down there. Yeah. Well, and I guess that's a high traffic area technically, right? Cause people go. Yep. Absolutely. People like travel from all over just to spend the night. So it makes sense. Yeah. So I sort of buy into the hole someone was hiding in the attic. Yeah. The attic is. So we were supposed to stay in the attic and I was like, I will not sleep up there. I will not stand up there longer than for the tour and then we're going downstairs. Yeah. She would not. Like our room was in the attic and we were like, no, and we just ended up sitting up in the sitting room. Actually where Andrew died. Yep. In the exact spot. Just sitting up. But somehow that felt less threatening. Yeah. Weirdly enough. Yeah. You might have been feeling a collector that it might be where he was hanging out. Yes, I wonder. Cause like, okay, I did, I did an exorcism on the Reinhardt mansion, which is the American Horror Story mansion. Oh, wow. And this was for a TV show for our celebrity exorcism. I was just excited to go do the mansion. So I said, yes. So we, when they told me it was a house, I was like, that doesn't usually have like an entity. You might have like ghosts, but I don't know. Yeah. Because they didn't tell me what the house, you know, what house it was. So when we went, I was like, okay, I will like actually feel this out and see if there is, but I didn't realize it is still a very high traffic area. And so there was an entity in that space, but it was in the basement. And it wasn't like it. So normally when an entity holds a space, it can go through the whole space. It doesn't have any kind of parameters, but it'll have a place where like, it likes to hang out. And that's probably like an eurotic. Yeah. Like here they were, this entity was actually forced down because at one point it was a church and there were nuns that stayed there and they'd figured out that there was something in the space. So they had kept it down. And when they died, they stayed. Wow. It's like a whole thing. We went, they're a whole thing. So that like the nuns were on certain levels of the house. And then this was forced to one level of the house. And by the time we got there to, then I was to take it out, it was like much weaker than it would have been had it not been for all these nuns fighting for That's amazing. But one thing that it did do, which I thought was so interesting. And this, I guess is a, well, I don't know. It's not there anymore. But it, back in the day, when it was there, you know, when it became the American Horror Story house, people used to go up to the gate and take pictures with that because it just like it's a very open fence. And you can see the whole house. So it would take little bits from people who took pictures, like it would feed tiny bits off of people because it was stuck from people who could come take pictures. So people would take pictures and then later complain, like they had just a small headache or just to got tired or just not, it wasn't a lot. It was just that's so creepy. I don't know if anybody's done that now. It was like, wait a second. I know somebody listening is like, oh my God, that was me. Yeah, I did that. I fed him. Oh my gosh, that's crazy. Oh my God. That's wild. So are there specific signs to look out for that some specific entity is attached to you? You know, most people don't have like high end entities. It's not like normal. You know what they don't have like the crazy shit. Right. People honestly don't know they have attachment at all. And that's kind of a specialty of mine too. Like I love when people are just like, well, I feel blocked in my life or, you know, I haven't worked in a while or I can't find this

relationship or my favorite one actually is I've been having a lot of trouble conceiving. I've helped so many people concede and I feel really proud of that because well, and it's such a big deal. Like some people are fine not having children all their lives. Like that's me. I'm fine with it. But some people like that's all they want. That's the only thing they want. And that's me. If you have trouble, that's the worst feeling because you're like, why? Why is this happening to me when like it's so easy for somebody else? So I've had a lot of clients come in who had tried everything, spent so much money, had so much hardship or just like, I can't, and you know, like I live here in Los Angeles and people have money and so they'll go to the ends of the earth, spend whatever it takes. And when it's not working, it's so frustrating because it's like, you're trying so hard. Yeah. I don't know what else to do. So word of mouth has sent a lot of people here for that. And so it's so interesting because so many times they'll be like, well, they're telling me my ovaries are this or like, this is happening. And so, you know, every time or they can't find anything, you know, like it's one or the other, like it's this dire situation where this will never happen for me. Or like they can't find any reason why this isn't happening. So when they come in here, I go through my emotions, you know, they're so when we do the working here, there are moments where I have to put my hands on people. I always warn them like, I'm going to put my hands on you because if I see these blocks or these spaces in the body, like I want to pull it out. I don't want it in the body anymore. So like oftentimes when people come in and I've even had clients come in who don't want to tell me anything, right? Very skeptical clients that somebody just had a good experience. And so they said, you should go and they come in and they're like, I don't want to talk about anything. So I'm like, okay, fine, let's just get this done. So one of those clients was a client who could not conceive. And but I didn't know this, right? Because they didn't tell me anything until I just started working. So I kept putting my hand in the same place because over like the left ovary area, there was all this darkness. And I was like, I had not leaving that in the body. Like I didn't know what the plan was here, but I just don't like leaving that any of that in the body. Well, I just kept going there every round that I was doing this, like that was where it was so concentrated. And at the end of it, this client sat up and was like crying. And I was like, why did you keep touching me here? And I was like, I said the same thing, like I just saw a lot of darkness and I don't like that in the body. And so that's what I took out. They were like, I have been trying to have a baby for two years. I don't know what is going on. Doctors have told me that it's not possible. They told me my ovaries are basically dead. Like that particular one is the worst. And like, I don't know what to do. And everything that came in from spirit, because finally we were able to talk, right, was like issues and trauma with their mom. It had so many issues and trauma with their mom that the body was stopping that from happening on like a energetic level because that hadn't been released. So I was like, listen, there is 100% a baby coming in. Like there is a baby there. They're just waiting for the opportunity. So let's work on that here. And we took all this stuff out. We did all this, whatever. And I get a call, I don't know, a few months later, and it was like close to the holidays. And they were like, can I come in? Can I come back? And I was like, you know, I guess, oh yeah, come back. Back. And I was like, what happened? Like what's going on? And they were like, well, I'm pregnant.

Oh my God. Oh, I just got chill. I just got like warm. And they were like, you know, I just want another one just to keep things going. Just to make sure it's all safe and healthy. And I would say that's probably happened. I don't even know. Maybe a hundred times over the last few decades. That's incredible. That makes so much sense though. Listen, it's not the only thing, right? Of course. It's not the only thing that causes or aids in those kind of like infertility or mental illness or any of those things. But it's part of the equation. And we just don't acknowledge that enough in our culture. Like we don't acknowledge that, oh my God, all this stuff that we're holding in the body can be harmful to us. It's not attachment, even if it's just old shit. Like because we're taught to stuff down trauma so much because this society is like, get past it, get over it, you know, move on. There's more to do. Like that happened a year ago. And it's, what does that mean? That doesn't mean anything because getting over it means you're not getting through it. And if you're not getting through it, how are you healing it? You're not. You're just keeping it. It's just stuck somewhere inside of you. I tell you that literally all the time. She does. Well, it causes so much like anxiety and depression and all of that too when we do that because it takes so much of us away. Like it causes such unworthiness and like inner child damage and so much shit. So it comes out different ways. Like I'll have clients who come in and like, I don't know. Like I love my, my like ladies, my ladies who come in just like, yeah, because you know, they come in and they're like, you know, I do everything for everyone. And I feel like really good about it. But I just don't know. Like I'm so sad. And I'm like, you're not sad. You're fucking angry. Yeah. Because you're doing nothing for yourself. Right. But you've been socialized to not be angry. That's not an acceptable emotion for people who are socialized girls, right? So it's like, you're not allowed to be angry. God forbid a woman be angry. And so they're like, well, I don't know why I'm crying all the time. I'm like, because you want to scream because you want like goddess energy to come in and like tell everybody to fuck off. That's why. It's so relatable. It's very relatable.

Do you have people to be angry?

Feel it if you feel it. It's true. I mean, that's what it's like, because that's what I tell my kids. Like I have three girls and I'm always telling them, I'm like, if you feel angry, be angry, man. Like you are perfectly allowed to be angry in this house. Like you don't have to tell me you're not like, so I feel like it's, I feel like there's a new generation of parenting that's hopefully going to be like, because I know a lot of people, all my friends who have kids are doing the same kind of thing where it's like, just let your kid feel how they feel. People think that, and they're also taught that like, from the same spiritual gurus, like, oh, that's a low frequency emotion. No. Actually, it's a high frequency emotion when used correctly. We're not saying like, go be abusive to people. That's never, but just feel it. Yeah. Being allowed to feel it. And I always tell people too, like, when they think there's entity around, like, whenever they think they feel like they're, when you feel sensitive and you're just like, oh, there's something here. I don't like it. I don't like it. You can tell it to fuck off. I love that. You go, well, fuck you, fuck off. And I'm like, use the words, use those words. And the reason why is because that steps you into your power that raises your vibration. That's how you get it gone. Yeah, that makes sense. That makes perfect sense. That's how I got him gone from my kids room. That's how you did it. I was like, you're being rude as fuck here, and I don't appreciate it. You have to stand your ground. Yeah. We are much more powerful than we think we are. It's true. It makes perfect sense.

Do you have any specific tips for people to avoid having an entity attach itself other than telling it to fuck off? So again, like in movies, and not that this doesn't happen ever, but it's more common the other way. Like in movies, it's always like this nice little religious child who needs to be corrupted by a demon. It's so excited about corrupting this sweet child. That's not usually how it works. So the best way to not get an attachment normally in normal cases is just not to be an asshole. That's so easy.

You know, because it sounds so cheesy, right? But it's like being kind to yourself with your inner dialogue, being kind to people out in the world, helping a stranger if you see someone needs help and is struggling with something, buying someone a coffee if you can, giving up your seat on a bus, very simple things to protect yourself. Because every time you create kindness, it's the opposite of what that entity is looking for. So once again, it's like little things to not only raise your vibration, but starts to raise the dynamic around you and trickles it out with people. We're like in a society right now that is incredibly selfish, you know, overall. It's not everybody, thank God, but we see the effects of entity every day. Let me tell you, right? Oh, yeah, big time. So being selfish is the easiest way to get entity and attachment because you're so insular and unconscious about everybody else's experience. The more we open ourselves up to other people's experience, and the more we allow that in, and we're like, oh, actually, wow, this person's also having a bad day today. Like, I can relate to that. I'm not going to get something worse to deal with with my attitude or my whatever. That helps you not get attachment. That's it. That makes sense. Yeah. And it's easy. Just don't be a dick. Just don't be a dick. You think it's easy.

It's not for some people. And if you're having a bad day, I guess, you know. Well, and you're saying like one of the important parts of that is being kind to yourself. That's the hard part. Which I think is one of the hardest things. I think it's much easier not to be a dick to people around you. Other people. But I am very guilty of being a complete asshole to myself all the time. And Ash is my self-care guru. She's always telling me self-care is important. And I've been trying to listen to her. Because you do so much for everybody else. And I'm like, hello, who's number one? And I can be really critical of myself. I get imposter syndrome a lot. I'm constantly being like, yeah, no, you don't deserve that. Why are you getting that? And so I'm constantly having to come in and I can feel it how negative it is when I do that to myself. So I'm especially lately, I feel like you've been like, I'm gonna give it to Ash. Ash has been helping me to be like, no, no, like be kind to yourself. It feels better. And I feel like I'm a better person when I'm kinder to myself. Of course. It's weird. I told Elena, and maybe you can explain this to me. I woke up in the middle. This is so strange. And I've never really had an experience like this. But I woke up in the middle of the night a week ago, maybe. And I just said to myself, Elena needs to do Reiki on her stomach. And I should tell her that. And then I was like, I was barely conscious. It was just like, I woke up, had that thought, fell right back to sleep. And so I told her the next day. And I said specifically on her stomach. And that was the only thing that like came through, I guess. But I don't know where that came from. I mean, again, high empaths and you're so linked. Yeah, that's true. Like some wild dream or some wild situation going on. And you must have felt that. Yeah, it was just crazy. Because she told me as soon as we got to work the next morning, she was like, last night, I woke up in the middle of the night and you need to do this. And I was like, wow. Yeah. And I should do it. And it was like specifically your stomach.

I woke up and this happened and you got to go do it. And I'd be like, this thing is not right away. As soon as she said it, I was like, I should do that. And you said you've been, and I didn't even know, but you said like you've had some stomach stuff going on lately. Yeah, because it's been, we've been so stressed out in the last few weeks. So I was a tribute. And I'm sure it was mostly because of that. That I've just been like, like my, I never have stomach issues. Like I am a very, like my stomach's like steel. Like I'm like my dad, I can like wake up in the middle of the night and eat buffalo chicken and it's fine. I wish. But the last couple have just been like, oh, like I'm just like feeling off. And I think it mostly is because of stress. But I was like, oh, maybe I should do that to help me out. Yeah. And you're going through, you're going through a thing. So sometimes that makes you just more susceptible to everything. So you probably got that and was like, oh, nope, we got to get that before I get it. Nope. It's true. I love that. Look at us just being connected and shit. I love it. That's so cool. So now that we know a little bit more about all the entities themselves, what does a typical day for you? I mean, because this is your whole last job. What is a typical day for you look like dealing with all of these different things? Well, you know, if it's a space, I get called to do the space. I go and unless I know whatever's there is there, I kind of go take a look at the space and then, you know, diagnose, I guess, if you will, what needs to be done and what I need to bring and how I need to do it. I don't like taking other people. So I'm always kind of a lone wolf in the situation. I don't like being responsible for other people's safety because in spaces since an entity can hold a space, they can take that whole place down if they want. I mean, I've been in spaces where they've taken sinks off walls and done all kinds of so they don't usually attack you with themselves. I've only had that happen once, but they'll pull stuff to attack you, you know. So if you've got a lot of people around, that's harder to control. Yeah. Yeah. Higher probability of getting an injury. That's a lot of mass sickness to like mass mass, whatever, or injury. Yeah, just everything. So I like to go in by myself, which is not the most fun. Yeah, no, you're brave. Like you don't have a backup. Yeah. So you're just like, okay. Occasionally, I'll go into if the space is really bad, like with one medium, so I don't have to do that work while like if it's a collector, I can let the medium sort of handle those while I work on just the entity. So in a space, depending on how big it is, that could last 13, 14 hours. Wow. And stop once you start, not on a person or space. Wow. Oh, okay. And why is that? Well, because it starts to agitate the entity, but we'll start fighting back. And so I have had that happen. So like I said, when it's a space in particular, an entity can control people on mass. So I once I clean a lot of sets, I'm asked to do consulting on a lot of horror films. That's TV shows, because they're like, we're recreating this horrible, terrible thing in the space or like in another space, that's wildly just as bad. And so we want to make sure that we don't, you know, have trouble. Yeah. So I was doing one of those spaces, actually, this time twice, a space like that. And I'll go on to set, I'll bring my little tool kit on my, you know, all my resins and all my BS and like, you know, start setting it up. And inevitably, well, at least in these two times, I keep thinking it's going to happen again, though, I just keep thinking it's going to happen again. I'll have somebody come up to me and say, Oh, well, who are you? And I'll be like, Well, this is what I'm here for. This is what I'm supposed to be doing. And they'll be like, Oh, no, no, we're not doing that today. We can't do that. Like it's a fire hazard, or it's a, you know, I wasn't told about this, or you're not on the list, or you know, whatever. And I don't argue with that anymore. I just go, Okay, and I pack my little stuff and I leave.

And then all hell will break loose that day. Like, people will get injured, cameras won't work, they won't pick up audio or they'll be picking up audio from someplace they shouldn't, or they'll see something they shouldn't be seeing or just something will happen. And I will get a call hours later that's like, Why aren't you here? And I'm like, Oh, somebody sent me home. And they, yeah, but everybody knew you were coming every single person. They're like, we had a whole meeting about this. Like, they shouldn't have sent you home. So they're like, come back. So I will go back. And that same producer will come up to me. And just like looking at the floor saying, I knew you were coming. I don't know why I said that. I don't know why I told you to go. Oh, that's fucking creepy. You can see the shock in the face. Like they're practically tears. Like, I don't know what the book. Yeah, I think I may have been possessed. Oh, that's so scary. Holy shit. That's happened. Yeah. Wow. That is like, I can't even. Oh, that did. Seriously. That's intense. Whoo. So you've been doing this for a while and you've kind of already touched upon a couple. Are there any particularly or can you point to one particularly memorable or challenging experience that you've had in your whole journey? Yeah. Yeah. So I keep a journal of like my scariest extra systems. Because I don't want to forget this shit. Like, case I see this again. Right. And I, okay. So one time, and this is so bizarre. It wasn't even that long ago. It was like a couple years back. Never happened before. Never happened since. So it was like its own one off situation. I was contacted to exercise a space. And this was like a, not a hotel, but like a very big in. And I have to sign NDAs when I sign, when I do spaces quite often just because their spaces, their places, people go. Yeah. They don't want like a bad reputation. Like they just don't want. I'm very proud to say I don't sign a lot of NDAs even with very famous people. They trust me, but spaces are like a whole different story. Yeah. Makes sense. Well, you know, I was called into the space. They were like, there's a lot of shenanigans going into the space. Like we've had a lot of workers in the space that like keep crossing themselves and won't go back and falling off ladders and they're seeing shit. And, you know, it was a site of a mass fire at one point like way down. It was really old place. And they'd rebuilt it and rebuilt it like kind of in, you know, different ways and they'd built it before. And now there was somebody coming in who wanted to restore it to its old glory. And, you know, so they were going to open like the next week. And they were like, we need this out, whatever this is needs to go because all my money is tied up in this. So me being cocky at this point, I was like, no problem. Yeah, fine. I can get one of them. You know, little did I know. So I went into this space and there were a lot of deceased people in the space, like a ton of deceased people in the space. And you all once touched upon, I think it was like an Ohio episode because Ohio is the craziest, most haunted place. And I don't know why Ohio. You got a lock going on. Ohio does. Ohio is crazy. It is crazy. But you had touched upon how somebody had said a story about like they could see only part of the ghost because the place had been built. And so that, you know, was that the Paul Feig episode? Yes. Yes, it was. Yep. Yes. Good call. He's the coolest person on earth also. The best. I love him so much. I've never met him, but it is a dream. He's a kind, kind human. Truly. So, yeah. So in this space, it was kind of like that. So you'd see deceased people, but because they built back a differently, you know, like you'd see like part of the deceased person because the other part was like on a different floor now, or like you just lay coming down from the ceiling. Right. That used to be the floor. Right. Exactly. Yeah. Which is always like weird. It's weird even to me now when I see that because

I'm like, is that an imprint? Because usually it's an imprint. So that just means like they're just reenacting something that they did. So that's why they, they don't move. Yeah. So normally, that's very harmless. Just like you just see it and it's like they don't even, it's just like an energy trap, you know? Hey, weirdos. We want to thank you for keeping it weird with us, traveling back

in time with us and journeying through the strange and very unusual with us. I have a question. What is it? You love getting early? I love getting early. Well, good. Because Prime members can listen to new episodes of Morbid one week early and all episodes are ad free on Amazon Music. And it doesn't even stop there. You can listen to all the Morbid podcast network shows, including Colt Leader, That's Spooky, Alone at Lunch, and that was pretty scary early and ad free on Amazon Music. You know why you get all that early? Why? Because Prime members get access to the largest catalog of ad free top podcasts, included with Prime. So download the Amazon Music app and sign in with your Prime account to listen to Morbid early and ad free today. Do it. No, seriously, do it. Do it.

So in this space, I got lulled into a safe.

Like, oh, it's not so bad.

Yeah, I was like, oh, it's imprints. Okay. Like, this is fine. And then wherever this entity is, I'll just get this guy out. That is not what happened. So I can't get into all the specifics of it. But let's just say that these ghosts in particular were not at all imprints, and they were actually malevolent. They've been turned completely malevolent. They were not themselves at all. Like whoever they've been, they were not that anymore. The entity that held the space is the only entity that has ever actually harmed me by touching me.

I have a scar on my hand. Like, I don't know if you can see it, but there's like a line here.

It gripped me. And it was like a burning sensation down my hand. And it was like so jarring that I don't even quite remember exactly how I reacted to it. I know I took a step, like I stepped away and pulled my hand back. But it left this like kind of bloody opening. And I, again, to this day, I've never dealt with that again. It's not normal. It's not their normal behavior. So I continued working. I thought about leaving like so many times, but I do feel kind of an obligation to do the work too. So I was like, well, shit, you know, there's going to be like a hundred people here, you know, next week, I can't just leave it. Like one of my goals could get worse. Yeah. And so it was controlling all of these deceased people. But again, not like any collector I'd ever seen, like these people were like full possessed. It was crazy. It's like they were like deceased, possessed people. So they also were trying to harm you and also trying to be in the way. And like normally when you release them, they're like, Oh, thanks. You know, this time they were like, you know, like we're not going. So I had to leave that portion of it to do its own thing and just work with the entity. And it was hard. It was hard to get this entity out. It was long story short, this entity was attached to something that was in the space, which is very specific to this place thing. So I can't say what it was, but it is very old and it was used for something it shouldn't have been. And so there you go. And so this thing came in and it took me so long and it was so draining to do the work to get it out. And it finally was out. And so I left there like fucked up. But like, oh, I did it. At least I did it, right? Yeah. So everything's fine, fine, fine. And no incidences happened again. And I'm like, Oh, okay. So that was that. I don't know what it was. I'm not quite sure exactly, but it's done. I didn't love that, but all right.

But it turns out that it was not done. It's technically out of the space, but I have seen it around me quite a few times. So I'm at this point like, okay, I did a good job, I guess, take it out, but like it didn't, it didn't destroy it. And now I'm like, is it worse that it's out? Oh, that's scary. Oh, that's terrifying. Wow. Like at least then it was in the space, you know what I mean?

Right. And that's not attached to the object anymore. The object's still in the space.

Yeah. Wow. Yeah. And now it has like a personal problem with you. So that's absolutely terrifying. It sure does. It sure does. Wow.

So to make that very clear on numerous occasions when I'm like just driving and there it is, or like just,

you know. Oh, that's so scary. So do you have a process afterwards when you finished this kind of work to, I don't know, cleanse yourself somehow? Yeah. So I have protected tattoos that normally work. Oh, cool. Oh, that's awesome. That's really cool. Yeah. And they're, they face in words, so you don't, you're not for other people, they're for me. And that has helped a lot since I've gotten those. But also, you know, mineral hot springs really helped for me. Like, it sounds weird, but like detoxing. No, it makes sense. I've seen that a lot lately. It's like trendy on TikTok. Upper goes. I don't know. Just in general, I've seen people doing like mineral baths and they're like shocked by the shit that comes out of them. Yeah. No, it's really, it's really helpful. And I have one that I like that's like three hours away from here. It's not too far. So that's really helpful. The next day after I work, especially if it's a very difficult space or challenging person, I don't really move much. Like I have to recover because it takes so much out of you. Yeah. It's do this, that I'm just like, there is no way I'm responsible for anything.

And depending on like a space like that, that, that takes a lot, a lot of recovery time. More time than anything, just allowing that negative to leave, if you will, from your own body, because there's a certain amount that you take in when you take it out of someone else.

That makes sense. Yeah. Absolutely. Wow. Yeah. This is fascinating. This really is. This is so fun. And I have to ask, because you mentioned how you can like see these entity attachments on like film or in a, in a photo, all that. Do you see entity attachments over zoom right now? Because this room in particular, this is our recording area. We've had to move it around a lot in like shift energy a little bit. Because it was a point we had this very differently set up. My hair is moving over there. See, there's a doll of ash over in the corner and it has like string hair and every now and then the hair will just move around. It just started as you said that. But we also get like our weird, our like, our machines will make weird noises. Like we have a road caster and it has a soundboard and the laugh or the applause track will play sometimes at like very specific times, but it will also cut off and there's no way to cut off possibly make that happen. So there's been some weird things that we've been like, what's going on in here? I don't see entity in there per se. And if anything were dangerous, I would have told you like right on the job. But you do have a lot of deceased people around you. Oh, I love that. So that's interesting because Mikey, our assistant has cleansed the space so many times and he invites our ancestors in here. He always invites like. Oh, well, that's why. So, of course, they're like, you're so proud. We're just going to hang out. That's so cool. They're just hanging out. I think we've actually asked before because one day was like a weird day. It kept happening. Like things just kept happening. It would not stop. I think we used like a little, what is it called? Pendulum. Pendulum to ask like, are you like a bad thing in here? Like, are you, are you, I think we were

like, are you like a family member in here? And he said, yeah. So we were like, okay, we'll go with that. Especially if it's putting on applause like a month. Yeah, it's just like, good job. But that's the thing. We were like, it's gotta be. It seems to be leading us in like good ways. It definitely does. We'll be trying to figure something out and we'll be like debating it and it will applause at one of the choices. And we're always like, oh, we're listening to the roadcaster. It happened right before we went on with you, actually. It did. And it hasn't happened in like a month. Yeah. We, and we were saying it the other day, like, oh, I don't know if they left or like, what happened? And then it just happened right before we sat down for this. And we were like, oh, well, sure. That is so funny. Yeah. Yeah. So it's like telling you like, I'm here. Here I am. That's really cool. I love that. That's good. You know, they also like to make themselves known, especially when you're having like a bit of a time, you know, that makes sense. We're always having a bit of a time. Yeah. I think they're just like, hey, they're here to hang here. That's probably why I don't see entity there is because you're, you're how always having a time. So you're just like, I'm so used to having a time. I'm just, I don't have time. Yeah. It's just like, we try to sail through it. Yeah. We're always cleansing the space or Mikey always is. Yeah. Thank you for Mikey. You can find us with your space. Do you know? Do you do Palo Santo? Yeah. Palo Santo usually. And that's what I use at my house because I know Sage has like specific rules and I never want to fuck it up. I just don't think it's as strong as Palo Santo. Really? I think Palo Santo is a lot stronger. And then if you really want to go there, you burn a copal and then frankincense right after. Okay. I have a ton of frankincense. So I'll bring some over to the pod lab. Yeah, we're always trying to keep it chill. Like I'd like to share that a lot. That takes entity out to the space if it's mild. Oh, and sorry, what was the first thing you said? Opal, C-O-P-A-L. C-O-P-A-L. I love that. I didn't get to my cart. I know. Whatever you pronounce it, whatever, whatever your joy. You're going to go to the local witchy store that we have around us. I'll get some. I love that place. So good. You can put it on the little disks. What's up? Or just the little disks, you know, the these guys. Oh, no, we don't have those. We need to get those. So if you have like an ashtray or whatever, these are so good and you burn the loose resins. Also resin, it's like an amber resin. So you just throw it on the disk. Oh, I like that. Sweet. Okay. So smoke detectors have to check them first. I've been there done that. We'll open some windows. I've done that before and my fiance, Drew, is like, really, did you have to do that right now? Yeah. Every once in a while, John will come up here to ask a question and he's like, what is happening? He's like, it's real smoky in here. What is this smell? Like I'm cleansing. I'm cleansing. We're just cleansing. We're busy right now. Okay. Don't ask questions. We're busy cleansing, John. So going off of that, do you have any advice for anybody who might feel like they have a similar gift to you? Yeah, you know, just try not to block things out. You know, people think they're safer when they shut things down. The reality is that's not true. So for example, I post on my Instagram frequently about or and also on TikTok now, my 30 day connection to spirit, because people are always like, I don't know if I have an entity. I don't know if I need to raise my vibration or I want to just talk to my spirit guides or my deceased loved ones, which is your natural birthright gift, by the way. Everyone comes in with it. So I'm like, okay, here's how you do it, where you're going to sit down for 30 days for five minutes a day, and you're going to ask spirit

to enter your body. And it's just a couple of steps, right? And I'll always get somebody putting in the comments like, this is devil shit. When you ask spirit to enter your body, this is like bad. You don't ask here because you'll invite something bad into the body. The response is always that's not true. And the reason why it's not true is because you're talking about the difference between high beings, you know, angels, ascended masters, however you phrase it, right? High frequency beings versus low frequency beings. Low frequency beings do not need your consent. That honestly, that makes sense. Yeah, they're just going to come there if they want to go there. They're not going to wait for you to invite them. They're free will. The fact is, if you're, the more unconscious you are, the better off they are, right? But high beings, they care about your free will. That's why you have to ask them for help. That makes so much sense until you ask they want to, but they respect you and they want you to walk your path, however you want to walk your path. So you have to ask them, come in, please, come in.

So that's the difference. So I always say, if you think, you know, even if you don't think you have a gift, you do. That's the thing. Even if you don't, you were born with the ability to speak to your spirit guides and to cease loved ones. It is your birth, right? You may not remember how to do that. You may not think you do, but if you do this, that will open up for you again. That's so cool. So I encourage everybody to do it. And also, like, if you're feeling stuck, if you feel low vibrational, if you're not sure, if you have attachment, like, it's so easy, it's free to you. Yeah. And it takes us five minutes a day. It's awesome. You know, something I do and something they taught me to do.

Right. I'm gonna do that now. I know. I really love that. I'm gonna do that now. That's really cool. And, you know, I'm sure, like, you were, you were just mentioning, like, people would be like, that's devil shit. I imagine that you get some pushback and some criticism from people who are not open to it, who are skeptics. And what do you do to kind of either ignore it or what do you do to kind of not let it affect your vibrations, like, not bum you out or make you angry? Yeah, like, I get both sides. So I'll get, like, very religious people who tell me that this is also devil's work, you know, because it's like, I'm not a man. I have boobs. I don't know.

Denominational kind of situation. Well, yeah, right. I work, I would say even multi-denominational is probably more, because everybody's welcome here. I love that. Hell yeah. Yeah.

But, like, I even get, you know, how DMs are, you know, who slides into the DMs, like, you look how you look. So they are for this handy. I can say whatever I want.

For the opposite, where you have people who are like, this is bullshit, whatever.

Don't believe this. This person's just, like, doing whatever. I don't know.

Yeah. So for me, it's, it's like, I'm not trying to convert you. I'm not.

If you believe it, fine. If you don't, fine. Yeah. That's okay. Like, it doesn't affect my work.

Yeah, like, it's doing the work. Yeah, yeah.

So you don't have to believe me. In fact, you know, don't.

Um, who, who are open to it, the people who are like, you know, maybe there is something more in the world than I experience or think I experience. I think those people are the people who benefit the most because I don't know. It's kind of sad for people who are so closed off that they're just like, there's nothing but this life and that's it and everything that you see.

And that's all. It's like, that's awesome. Like, that sucks.

Yeah. Like, why wouldn't you want to be open to beings who want to help you and, and guide you through life and want you to know that you're supported and not alone? Right. It is a very nice feeling. I love the feeling personally. Yeah. Yeah. Because you, you know, that's the truth, though. Yeah. It is the truth. Like, they're there if you want them to be. Yeah.

It's like, I get that it's, it creates a whole lot of cognitive dissonance, right? If you've been taught like the world is one way and then someone's like, here's a different way of looking at the world. And some people, you know, looking out here in the world or like, I can't possibly question my beliefs. That would be terrible. Yeah. But I think if you, if you are a person who's open to like going, well, I don't know, maybe. Yeah. That's all it takes down a road of something really beautiful. It's true. That's all it really takes is just going, maybe possibly. Like, I don't, I don't know. Like, I think it's hard to say that you, you know everything. Like, that's the thing. Like, right? So weird. At least you just can't possibly open to like, I don't know everything. So there's a very real possibility that there's something beyond my world scope that I don't know about. And I don't know why that's difficult. But I also don't know why apologizing or taking responsibility for nonsense is difficult. It's not very difficult. You got it. Very true. You got it. You got it. The girls, they get it, get it.

It's so true.

I think your question is next. Oh, sorry. It is. I was just blanking. So our last question for you, actually, or I think. Second to last. Yeah. Second to last is, what do you hope that readers are going to take away from your book, *Sister of Darkness* and your experiences as a modern exorcist? Oh my gosh. I guess I hope the thing that they take back with them the most is that, yes, okay, we all exist in the world with all of these things, right? That's just how it is. Right. But at the same time, you are so much more powerful than you think that you are. I love that. And we have the ability to keep ourselves safe. We have the ability to live our dreams. We have the ability to manifest things like all of this is in the same realm, you know? So, yeah, you have all of these low things and that sucks and that can be a trouble. Yeah, right. We'll have all of these great things. You have high beings. You have the ability to create what you want and visualize it for the world and you are strong enough to do that one person at a time. You know, we don't have to do it all together at once to make a difference in the world. One person make a difference every day. I love that. That's a great thing to take away from that. It's like very inspiring. Yeah, absolutely. And I know I took a lot away from it, so I know I know anybody who reads it will take just that away from it, I would say, 100%. I appreciate that. Absolutely. And honestly, because it was such a great book and this has been such an amazing conversation, you're a fascinating and badass human. Magical human. Do you have any upcoming projects coming up? Anything related to you, your work as an exorcist, your work as an author, anything? Yeah, so one of the things that we're working on right now is taking that journal of mine, my scariest, most challenging stories, and bringing them to feature. So I'm really excited about that and trying to do, trying to share with the world, I guess, because I feel like, I don't know, whenever we see exorcism on screen, it's really similar. It's like almost always the same kind of story. And the reality is, even just talking today, there are so many other kinds. A myriad of things. So many. And I think, I can't speak for everyone, but as a horror lover, and a horror writer, every time I watch them, I'm super psyched for something different. And it's so rarely something different. And as an exorcist, I'm like,

this is different. You know, now we're actually doing that. We're literally doing that as we speak right now. Yeah, I'm super excited about that. Like, our own series of cool shit to show you. That's totally cool. I'm excited for that. Awesome. Thank you. Yeah. And then I've been working kind of, not again, not in secret, but it's not really been announced. We've been working on the Sister of Darkness scripted TV series for the last few years. I'm partnered with, well, like the coolest, smartest person, whoever was. I'm Emma Adlin. Oh my God. Lots of things, but most recently, better things. And we've been working on a horror comedy for FX for the last few years. And we've been writing and writing and writing away, like trying to get like the most perfect vibe. The line between actually so scary and horrible, and we're going to show you how horrible and scary that is, but also really funny and safe feeling. Oh, I love when there's a dark comedy element. That's always really cool. Yeah. Yeah. But like, you know, we're really trying to throw it at you. Like here's a scary that's actually looks and feels right. And also dealing with like all the issues, because I grew up in trauma with my mother and my mother was crazy abusive. And I'm sorry. Well, it's okay. She's long past now. And she still comes to me. And we've worked it out since she's done. That's my biggest fear. We have, we've worked it out since she's died. It took her a minute. Like we've had such funny conversations, though, to like at first, when she first died, she was trying to come in so fast. And then I was like, no, you're not ready. I am not ready for this. I had and we're actually writing about this. This is like an episode of the show we've talked about where I would, I was like, we're not talking directly. I'm getting a medium to come in and you have to talk to her. Hell yeah. We need a middleman. We are doing this my way. We needed a therapist. Yeah. So that's what we did. And so until she was like calmed down enough to have a normal conversation with me, we didn't do it. So we went, I went to the media and we had a conversation. I was like, she's not ready. It'll be another six months. Oh my god. Wow. That's great, though, that you got to do it on your terms because when you do go through like an abusive relationship with somebody, it's not on your terms. Yeah. So it's nice that you got to turn that around. Well, and also I found out a lot about things that had happened to her when she was a child after she died, you know, that she didn't tell me and not that that makes a huge if you're an asshole, you're an asshole. You're being an asshole. At least then I was like, oh, okay, I can get it more. You can empathize. Yeah, exactly. So I had more empathy for her and eventually she was like, she was that person who took no responsibility in life for absolutely anything. So like in death, I was like, until you can, we're not having conversation. We're not having the same relationship happen over here taking notes. Eventually she did. She did. She was like, oh, yeah, shit. Okay. Yeah, good. You deserve that. You know, it's funny working with Pamela because doing better things, she was the person who put her own life basically on, you know, on display. And so now I'm doing that with her and you couldn't do it with a better person because she definitely knows how to do it improperly. For sure. But she's so lucky because you'll be having a conversation and, you know, just going into something like, oh, this terrible, horrible, traumatic thing that happened to me as a child and she'd sit, she sits there and then she'll look at you and she'll be like, that's funny. I can make that funny. I can work with that. She's always right too. That's the thing. At least you're like, what the fuck? You're like, it wasn't on. No, no, no. Hear me out and you're like, oh, my God, it is. It is funny. Yeah. You're like, you know what? I feel like working through trauma and humor go hand in hand. 100%. Exactly. Yeah, exactly. And it's nice working with someone who is navigated that so well and makes you feel really safe. Like she'd be super, I don't know,

I don't know what she'd say to it, but I think she'd be super honored that I was like, she makes me feel safe. She does. She makes me feel safe through that because it is hard. This is hard stuff to talk about, not just about the work. Like I didn't know, like one of the reasons why I didn't tell people and haven't been that active or, you know, out there as much as I guess I'm starting to now is because this is a hard thing to be out there with. Absolutely. Yeah. It's not for everybody. I'm not for everybody. Yeah. So I was really hesitant about, you know, doing stuff out there. But it seems like it's time and it's nice to have, you know, people who navigate that with you. Absolutely. Yeah, of course. Totally. I think you feel safe about your decision to do it. Yeah, exactly. Exactly. That's awesome. I'm so excited for everything that you have coming up. Well, thank you so much. I appreciate that. I'm excited to share something new with the world, you know. The world needs it. I was going to say the world is going to be excited to receive it. Truly. So let's go. Yeah. And thank you so much for taking the time to talk to us. This has been so fascinating. Truly. Such a cool conversation. We can't thank you enough. I'm so glad. Like, I really, really wanted to do this as I told you, like, I love you guys. So I was so psyched. I was like, yeah, I can't believe it. I love this mutual. Oh my God, I was just going to say that. Well, I'm happy to hear that. I want us to be friends forever. We will. Yes, you're welcome back anytime. Yeah. Well, thank you so much for having me. Thank you so much. And where can people follow you on social media if you want to plug any of that? Oh, yeah. Well, if you want to see these TikTok videos. Yes. And you need to. It's just R.H. Stavis. You know, it's like Davis with an ST. It's also Instagram R.H. Stavis. I try to keep it the same and easy for people. And we'll link them all in the show notes so it's easy to find. But yes, definitely. But again, Rachel, thank you so much. This has been awesome. And guys, go follow Rachel. I was going to say, everybody listening, go follow Rachel, follow the TikToks, and we hope you keep listening. And we hope you keep it weird.

Hey, Prime members, you can listen to Morbid early and ad free on Amazon Music, download the Amazon Music app today, or you can listen ad free with Wondery Plus and Apple podcasts.

Before you go, tell us about yourself by completing a short survey at [Wondery.com slash survey](https://wondery.com/survey). One in three kids in California are facing challenges that could turn into toxic stress, which can lead to lasting health issues, and they're counting on us to get them through it. Learn how to help your child overcome toxic stress at [first5California.com](https://first5california.com).