



SAPPHIRE SANDALO

How to Have a Supernatural Experience

1
00:00:23,140 --> 00:00:19,750
hey everyone my name is sapphire sandal

2
00:00:25,720 --> 00:00:23,150
oh I am so excited to be here thank you

3
00:00:28,930 --> 00:00:25,730
again Ryan and Jason for having me be a

4
00:00:32,470 --> 00:00:28,940
part of this virtual Expo this is really

5
00:00:35,320 --> 00:00:32,480
cool and yeah I'm really excited to see

6
00:00:37,710 --> 00:00:35,330
everyone else's talks and to interact

7
00:00:40,690 --> 00:00:37,720
with all of you so welcome to my talk

8
00:00:44,740 --> 00:00:40,700
entitled how to have a supernatural

9
00:00:47,140 --> 00:00:44,750
experience so I would like to ask all of

10
00:00:51,220 --> 00:00:47,150
you in the chat first how many of you

11
00:00:53,560 --> 00:00:51,230
here have had an experience that you

12
00:01:03,490 --> 00:00:53,570
would consider paranormal or

13
00:01:06,660 --> 00:01:03,500

supernatural in nature cool

14

00:01:10,180 --> 00:01:06,670

this is pre-recorded so I have no idea

15

00:01:14,080 --> 00:01:10,190

writing in the chat or not and now I

16

00:01:17,080 --> 00:01:14,090

want to ask how many of you in here have

17

00:01:24,010 --> 00:01:17,090

never had an experience like that but

18

00:01:26,560 --> 00:01:24,020

I've always wanted one mmm this is me

19

00:01:30,070 --> 00:01:26,570

pretending to read chat cool awesome

20

00:01:32,500 --> 00:01:30,080

well hopefully people have responded to

21

00:01:34,210 --> 00:01:32,510

or hopefully most of you have responded

22

00:01:37,210 --> 00:01:34,220

to that second question because that's

23

00:01:39,610 --> 00:01:37,220

what this talk is gonna be about so I am

24

00:01:42,310 --> 00:01:39,620

a storyteller I tell stories for a

25

00:01:46,120 --> 00:01:42,320

living via podcasts and YouTube videos

26
00:01:49,960 --> 00:01:46,130
and you know they're mostly paranormal

27
00:01:52,830 --> 00:01:49,970
or supernatural in nature and because I

28
00:01:56,470 --> 00:01:52,840
share so many other people's stories

29
00:01:58,810 --> 00:01:56,480
people always ask me water well you must

30
00:02:02,680 --> 00:01:58,820
have some crazy personal stories to

31
00:02:06,130 --> 00:02:02,690
write and for the longest time my answer

32
00:02:09,460 --> 00:02:06,140
to that has always been no mainly

33
00:02:13,119 --> 00:02:09,470
because you know I've heard everything

34
00:02:14,650 --> 00:02:13,129
and to me I've never had anything on

35
00:02:18,040 --> 00:02:14,660
that level you know I've never seen an

36
00:02:20,470 --> 00:02:18,050
apparition I've never felt you know any

37
00:02:22,809 --> 00:02:20,480
I've never felt or seen anything and so

38
00:02:26,199 --> 00:02:22,819

I was always under you know the

39

00:02:27,429 --> 00:02:26,209

impression that I just was not the type

40

00:02:28,770 --> 00:02:27,439

of person to have these types of

41

00:02:33,840 --> 00:02:28,780

experiences

42

00:02:36,960 --> 00:02:33,850

but the more that I learn about what is

43

00:02:40,230 --> 00:02:36,970

paranormal and what is supernatural and

44

00:02:42,150 --> 00:02:40,240

what the spirit realm really is I came

45

00:02:45,690 --> 00:02:42,160

to the realization that I actually have

46

00:02:47,130 --> 00:02:45,700

had a couple experiences you know

47

00:02:50,010 --> 00:02:47,140

they're nothing like these stories that

48

00:02:53,310 --> 00:02:50,020

I share on my shows but I have had them

49

00:02:56,760 --> 00:02:53,320

and once I changed my perception of what

50

00:02:58,350 --> 00:02:56,770

is supernatural then I started to see it

51

00:03:02,310 --> 00:02:58,360

in my everyday life

52

00:03:05,250 --> 00:03:02,320

and my life has changed also like sounds

53

00:03:07,199 --> 00:03:05,260

super dramatic or anything you know so I

54

00:03:09,960 --> 00:03:07,209

I want to tell you that you don't need

55

00:03:12,510 --> 00:03:09,970

to seek out haunted places to experience

56

00:03:16,710 --> 00:03:12,520

something extraordinary because it's

57

00:03:18,780 --> 00:03:16,720

already happening within all of us so in

58

00:03:21,540 --> 00:03:18,790

this talk I'm going to explain what I

59

00:03:24,449 --> 00:03:21,550

mean by that and show you how I've been

60

00:03:27,350 --> 00:03:24,459

able to experience the supernatural and

61

00:03:30,560 --> 00:03:27,360

also offer you tips on how you can do

62

00:03:33,330 --> 00:03:30,570

and if you've already had supernatural

63

00:03:35,340 --> 00:03:33,340

experiences well congratulations it's

64

00:03:38,280 --> 00:03:35,350

great for you but maybe this talk can

65

00:03:40,259 --> 00:03:38,290

help you have even more so before we

66

00:03:42,539 --> 00:03:40,269

move on any further obviously probably

67

00:03:44,850 --> 00:03:42,549

should talk about what a supernatural

68

00:03:47,910 --> 00:03:44,860

experience is what does that mean right

69

00:03:51,360 --> 00:03:47,920

it is an event that cannot be explained

70

00:03:54,360 --> 00:03:51,370

by nature or science and is assumed to

71

00:03:56,820 --> 00:03:54,370

come from beyond or to originate from

72

00:03:59,220 --> 00:03:56,830

otherworldly forces I pulled that off

73

00:04:01,170 --> 00:03:59,230

somewhere on the internet so simply put

74

00:04:04,830 --> 00:04:01,180

it just means it is something that

75

00:04:08,550 --> 00:04:04,840

cannot be explained no matter how hard

76

00:04:11,550 --> 00:04:08,560

we try or like definitively explained we

77

00:04:14,940 --> 00:04:11,560

live in a time of smartphones and Google

78

00:04:16,770 --> 00:04:14,950

and a lot of what we used to think as

79

00:04:19,560 --> 00:04:16,780

paranormal and supernatural has been

80

00:04:22,050 --> 00:04:19,570

debunked through science but there are

81

00:04:23,700 --> 00:04:22,060

still so many things that we do not know

82

00:04:26,700 --> 00:04:23,710

for sure you know it's crazy when we

83

00:04:30,810 --> 00:04:26,710

think about everything that we do know

84

00:04:33,300 --> 00:04:30,820

compared to what people knew only a

85

00:04:35,850 --> 00:04:33,310

hundred or so years ago you know it

86

00:04:38,370 --> 00:04:35,860

we're learning so much every century and

87

00:04:41,640 --> 00:04:38,380

so you know what we think to be true

88

00:04:42,360 --> 00:04:41,650

today our world is not going to be the

89

00:04:45,960 --> 00:04:42,370

same

90

00:04:48,689 --> 00:04:45,970

in a hundred years and so speaking of

91

00:04:50,730 --> 00:04:48,699

the future predicting the future

92

00:04:54,390 --> 00:04:50,740

accurately would be considered a

93

00:04:57,090 --> 00:04:54,400

supernatural event right and do any of

94

00:05:00,659 --> 00:04:57,100

you in the chat believe that people can

95

00:05:02,780 --> 00:05:00,669

predict the future you just say like yes

96

00:05:07,200 --> 00:05:02,790

or no in the chat I'm curious

97

00:05:10,530 --> 00:05:07,210

again no idea what you're typing but so

98

00:05:13,650 --> 00:05:10,540

I don't claim to be a psychic or a

99

00:05:16,980 --> 00:05:13,660

medium in any way but there have been a

100

00:05:21,030 --> 00:05:16,990

few occasions where I have accurately

101

00:05:23,879 --> 00:05:21,040

predicted the future in 2012 I was

102

00:05:26,580 --> 00:05:23,889

working at finem which is this fashion

103

00:05:29,820 --> 00:05:26,590

school in downtown LA and I was a

104

00:05:32,190 --> 00:05:29,830

graphic designer and video editor and I

105

00:05:35,370 --> 00:05:32,200

didn't hate the job but it wasn't what I

106

00:05:37,290 --> 00:05:35,380

really wanted to do so that was to work

107

00:05:40,050 --> 00:05:37,300

in the animation industry that's what I

108

00:05:42,480 --> 00:05:40,060

went to school for so I sort of felt

109

00:05:45,180 --> 00:05:42,490

like I had given up on the idea of ever

110

00:05:46,110 --> 00:05:45,190

working in an actual studio and I

111

00:05:49,020 --> 00:05:46,120

figured it was something that would

112

00:05:50,850 --> 00:05:49,030

happen years later not for someone who'd

113

00:05:53,340 --> 00:05:50,860

only been out of film school for a

114

00:05:54,930 --> 00:05:53,350

couple of years and that was sort of

115

00:05:57,240 --> 00:05:54,940

like my mindset I was just like okay

116

00:05:59,400 --> 00:05:57,250

it's not gonna happen and then my friend

117

00:06:01,770 --> 00:05:59,410

who knew that I wanted to work in

118

00:06:03,839 --> 00:06:01,780

animation he connected me with this guy

119

00:06:05,700 --> 00:06:03,849

that he knew who was also trying to get

120

00:06:09,060 --> 00:06:05,710

into that industry and I remember at

121

00:06:10,950 --> 00:06:09,070

first I really resisted this meeting I'm

122

00:06:12,659 --> 00:06:10,960

a super introvert so like I don't want

123

00:06:16,260 --> 00:06:12,669

to meet new people unless I really have

124

00:06:19,020 --> 00:06:16,270

to and so but my friend he just kept

125

00:06:20,400 --> 00:06:19,030

pushing me to meet with this guy I was

126

00:06:23,700 --> 00:06:20,410

like what are we gonna talk about like

127

00:06:26,670 --> 00:06:23,710

how we both are not in our dream career

128

00:06:30,320 --> 00:06:26,680

but I caved and I ended up meeting with

129

00:06:33,450 --> 00:06:30,330

him and we ended up talking for like

130

00:06:36,150 --> 00:06:33,460

five or more hours like we even had to

131

00:06:37,980 --> 00:06:36,160

relocate from the bar that we were at to

132

00:06:40,560 --> 00:06:37,990

go to a 24-hour diner like that's how

133

00:06:42,300 --> 00:06:40,570

long we were talking and in our

134

00:06:46,230 --> 00:06:42,310

conversation he told me about these

135

00:06:47,790 --> 00:06:46,240

young artists who were our age and they

136

00:06:50,219 --> 00:06:47,800

were working as visual development

137

00:06:53,670 --> 00:06:50,229

artist and storyboard artists at Disney

138

00:06:55,559 --> 00:06:53,680

and I remember thinking wow so it is

139

00:06:58,409 --> 00:06:55,569

possible for some

140

00:07:02,790 --> 00:06:58,419

my age to have a dream job and I just a

141

00:07:05,189 --> 00:07:02,800

member my mindset just totally changed

142

00:07:08,010 --> 00:07:05,199

in that moment he had also told me about

143

00:07:10,769 --> 00:07:08,020

these drawing workshops and so I signed

144

00:07:12,929 --> 00:07:10,779

up for them and at the time I was also

145

00:07:14,459 --> 00:07:12,939

learning about vision boards honestly

146

00:07:16,559 --> 00:07:14,469

every time I've made a vision board like

147

00:07:18,239 --> 00:07:16,569

my my life has changed feel free to

148

00:07:20,609 --> 00:07:18,249

email me after this and we can talk

149

00:07:24,089 --> 00:07:20,619

about vision boards after I finished my

150

00:07:26,699 --> 00:07:24,099

board and I looked at my calendar and I

151
00:07:29,309 --> 00:07:26,709
was like okay I need to make a deadline

152
00:07:32,670 --> 00:07:29,319
for myself and I was just looking at the

153
00:07:38,010 --> 00:07:32,680
dates and I remember I zeroed in on this

154
00:07:41,219 --> 00:07:38,020
one day April 22nd 2013 and it was only

155
00:07:43,679 --> 00:07:41,229
a couple months away at the time and I

156
00:07:46,260 --> 00:07:43,689
remember thinking that's pretty bold of

157
00:07:50,309 --> 00:07:46,270
me to think that it'll happen this soon

158
00:07:52,679 --> 00:07:50,319
like within a couple of months but I was

159
00:07:55,799 --> 00:07:52,689
like no no no this is the day that I'm

160
00:07:58,529 --> 00:07:55,809
gonna finally have my dream job so I

161
00:08:01,589 --> 00:07:58,539
circled it and I wrote you're gonna have

162
00:08:05,519 --> 00:08:01,599
a new job I hit bad and so a couple

163
00:08:07,799 --> 00:08:05,529

months passed by and then I was hired on

164

00:08:11,040 --> 00:08:07,809

my very first TV series it was a new

165

00:08:17,249 --> 00:08:11,050

Adult Swim show and my start date was

166

00:08:18,420 --> 00:08:17,259

April 22nd 2013 so I know some of you

167

00:08:20,489 --> 00:08:18,430

are probably thinking okay that's not

168

00:08:22,079 --> 00:08:20,499

predicting the future you just happen to

169

00:08:25,019 --> 00:08:22,089

pick the right date it was just a

170

00:08:27,389 --> 00:08:25,029

coincidence right but a lot of things

171

00:08:30,239 --> 00:08:27,399

had to happen in order for me to pick

172

00:08:32,309 --> 00:08:30,249

that date and for that exact date to be

173

00:08:35,100 --> 00:08:32,319

the right one right like my friends

174

00:08:37,290 --> 00:08:35,110

connected me with a guy us meeting up me

175

00:08:39,629 --> 00:08:37,300

having this inspiration me picking that

176

00:08:41,969 --> 00:08:39,639

date and also the studio picking that

177

00:08:45,980 --> 00:08:41,979

day to be the start date

178

00:08:50,879 --> 00:08:45,990

you know was it just a random date maybe

179

00:08:52,379 --> 00:08:50,889

but what is random like what is what

180

00:08:54,750 --> 00:08:52,389

does that mean when something's random

181

00:08:57,569 --> 00:08:54,760

right when people think of random you

182

00:08:59,519 --> 00:08:57,579

usually think that it is lacking and

183

00:09:01,530 --> 00:08:59,529

meaning like it has there is no

184

00:09:03,210 --> 00:09:01,540

significance but there's this quote from

185

00:09:05,160 --> 00:09:03,220

there's this quote that I really like

186

00:09:07,759 --> 00:09:05,170

from this philosopher named Baruch

187

00:09:11,400 --> 00:09:07,769

Spinoza no idea if I said that right

188

00:09:14,310 --> 00:09:11,410

they said nothing in nature is random a

189

00:09:18,720 --> 00:09:14,320

thing appears random only through the

190

00:09:20,280 --> 00:09:18,730

incompleteness of our knowledge I really

191

00:09:22,139 --> 00:09:20,290

like that because it's sort of looking

192

00:09:25,860 --> 00:09:22,149

at random in a totally different way

193

00:09:28,439 --> 00:09:25,870

it's not lacking and meaning we just

194

00:09:31,199 --> 00:09:28,449

don't know what the meaning is yet so

195

00:09:32,699 --> 00:09:31,209

when I think back on that date you know

196

00:09:34,829 --> 00:09:32,709

and I try to think like okay why did I

197

00:09:37,560 --> 00:09:34,839

pick that like what was going on in my

198

00:09:41,850 --> 00:09:37,570

mind at the time to make me pick that

199

00:09:46,199 --> 00:09:41,860

exact date and for me the answer is my

200

00:09:48,629 --> 00:09:46,209

intuition my intuition is what led me to

201
00:09:53,220 --> 00:09:48,639
pick that date so I want to ask the chat

202
00:09:54,930 --> 00:09:53,230
what is intuition to you you just see

203
00:10:04,030 --> 00:09:54,940
like a couple of words I like phrases or

204
00:10:14,420 --> 00:10:10,790
so our intuition is really just our see

205
00:10:16,580 --> 00:10:14,430
this is how mysterious intuition is

206
00:10:19,370 --> 00:10:16,590
because I'm even right now having a hard

207
00:10:21,829 --> 00:10:19,380
time explaining it but the way that we

208
00:10:23,570 --> 00:10:21,839
refer to it changes it varies from

209
00:10:26,120 --> 00:10:23,580
culture to culture and religion -

210
00:10:29,450 --> 00:10:26,130
religion right some people you know may

211
00:10:32,930 --> 00:10:29,460
call it a gut feeling or a hunch some

212
00:10:35,230 --> 00:10:32,940
people call it God or the universe it's

213
00:10:37,400 --> 00:10:35,240

when a thought comes into your head or

214

00:10:40,490 --> 00:10:37,410

when you have a bad feeling about

215

00:10:43,579 --> 00:10:40,500

someone if you feel compelled to do or

216

00:10:46,930 --> 00:10:43,589

not do something we use our intuition

217

00:10:51,500 --> 00:10:46,940

every single day and we don't even fully

218

00:10:52,040 --> 00:10:51,510

understand what it is and where it comes

219

00:10:56,420 --> 00:10:52,050

from

220

00:10:59,210 --> 00:10:56,430

intuition is in itself a supernatural

221

00:11:01,910 --> 00:10:59,220

phenomena because we do not fully

222

00:11:04,340 --> 00:11:01,920

understand it and so I just want to take

223

00:11:07,700 --> 00:11:04,350

a moment to let that sink in because I

224

00:11:11,750 --> 00:11:07,710

believe that is so beautiful that we all

225

00:11:14,450 --> 00:11:11,760

have this built-in GPS within us it

226

00:11:17,000 --> 00:11:14,460

keeps us safe it guides us in the right

227

00:11:18,800 --> 00:11:17,010

direction so for the rest of this talk

228

00:11:23,350 --> 00:11:18,810

I'd like to share with you what my

229

00:11:26,540 --> 00:11:23,360

definition of my intuition is and to me

230

00:11:29,240 --> 00:11:26,550

intuition is the spirits of our

231

00:11:31,520 --> 00:11:29,250

ancestors and this is a concept that I

232

00:11:34,100 --> 00:11:31,530

learned from Lyn Pacific R who is a

233

00:11:36,230 --> 00:11:34,110

Filipino shaman and she's amazing and I

234

00:11:37,880 --> 00:11:36,240

just wanted to shout her out if you want

235

00:11:40,880 --> 00:11:37,890

visit her website I'm gonna put it right

236

00:11:44,030 --> 00:11:40,890

here basically indigenous Filipinos

237

00:11:46,790 --> 00:11:44,040

believed that the spirit realm is all

238

00:11:50,600 --> 00:11:46,800

around us so the spirit realm is where

239

00:11:52,400 --> 00:11:50,610

our deceased relatives reside and the

240

00:11:54,829 --> 00:11:52,410

way that they communicate with us is

241

00:11:57,320 --> 00:11:54,839

through our intuition and our inner

242

00:11:59,720 --> 00:11:57,330

voice so all of their knowledge and

243

00:12:02,690 --> 00:11:59,730

wisdom is literally floating around us

244

00:12:03,949 --> 00:12:02,700

at all times so when you get those

245

00:12:07,760 --> 00:12:03,959

thoughts or feelings

246

00:12:10,280 --> 00:12:07,770

that's your ancestors speaking to you at

247

00:12:12,590 --> 00:12:10,290

least that's like how is it and these

248

00:12:14,269 --> 00:12:12,600

signs can be very subtle so if you're

249

00:12:16,970 --> 00:12:14,279

not paying attention then you

250

00:12:19,369 --> 00:12:16,980

miss them so you know if you look back

251
00:12:22,970 --> 00:12:19,379
at the story I just told my friend

252
00:12:25,489 --> 00:12:22,980
texted me around the time where I was

253
00:12:27,139 --> 00:12:25,499
sort of settling in my career I was

254
00:12:29,869 --> 00:12:27,149
thinking okay maybe I should give up I'm

255
00:12:32,389 --> 00:12:29,879
in animation for now because it doesn't

256
00:12:34,639 --> 00:12:32,399
seem like it's gonna happen and you know

257
00:12:36,590 --> 00:12:34,649
I really had no interest in meeting that

258
00:12:40,040 --> 00:12:36,600
guy but my friend was just really

259
00:12:42,199 --> 00:12:40,050
insistent and so when I look back on

260
00:12:44,900 --> 00:12:42,209
that I wonder and now with my new

261
00:12:49,759 --> 00:12:44,910
understanding of what my intuition is I

262
00:12:52,699 --> 00:12:49,769
wonder you know did my ancestors have a

263
00:12:55,670 --> 00:12:52,709

role in orchestrating all of that to

264

00:12:58,100 --> 00:12:55,680

happen so I have another story where I

265

00:13:02,509 --> 00:12:58,110

sort of predicted the future again but

266

00:13:05,809 --> 00:13:02,519

in a different way and to me this is a

267

00:13:08,720 --> 00:13:05,819

much more clear intervention of the

268

00:13:13,850 --> 00:13:08,730

spirits of my ancestors so it all makes

269

00:13:18,769 --> 00:13:13,860

sense after my story so in 2011 I was

270

00:13:20,629 --> 00:13:18,779

hired at a startup and my friend who got

271

00:13:23,929 --> 00:13:20,639

me the job was introducing me to

272

00:13:26,329 --> 00:13:23,939

everyone in the office and we stopped at

273

00:13:28,879 --> 00:13:26,339

this desk where a man was sitting with

274

00:13:30,379 --> 00:13:28,889

his back turned and my friend said this

275

00:13:35,290 --> 00:13:30,389

is Elliott you're going to be working

276

00:13:39,350 --> 00:13:35,300

with him and when Elliott turned around

277

00:13:43,610 --> 00:13:39,360

this thought came to my head clear as

278

00:13:47,350 --> 00:13:43,620

day this man is going to be very

279

00:13:51,530 --> 00:13:47,360

important in your life and I remember

280

00:13:53,809 --> 00:13:51,540

just standing there kind of like why did

281

00:13:55,400 --> 00:13:53,819

that thought just come to my head you

282

00:13:59,030 --> 00:13:55,410

know like I literally just met this

283

00:14:03,730 --> 00:13:59,040

person and so seven years after that

284

00:14:08,810 --> 00:14:03,740

moment I married Elliott

285

00:14:10,850 --> 00:14:08,820

yeah so at the time that that happened

286

00:14:13,730 --> 00:14:10,860

you know I didn't think oh wow my

287

00:14:16,010 --> 00:14:13,740

ancestors are talking to me no I just I

288

00:14:19,519 --> 00:14:16,020

just felt like I was having this really

289

00:14:21,889 --> 00:14:19,529

random clear thought and it was so weird

290

00:14:24,139 --> 00:14:21,899

that I remembered it all these years and

291

00:14:25,639 --> 00:14:24,149

at the time I just didn't know what to

292

00:14:27,680 --> 00:14:25,649

call it

293

00:14:31,370 --> 00:14:27,690

and again there's that word random right

294

00:14:33,980 --> 00:14:31,380

at the time it felt very random but now

295

00:14:36,889 --> 00:14:33,990

looking back there is a meaning to it

296

00:14:39,560 --> 00:14:36,899

the meaning was oh you're gonna marry

297

00:14:41,420 --> 00:14:39,570

this guy when I look at the relationship

298

00:14:44,030 --> 00:14:41,430

I've had with my husband over the years

299

00:14:47,000 --> 00:14:44,040

it was very up and down throughout like

300

00:14:48,710 --> 00:14:47,010

most are but I always thought back to

301

00:14:49,730 --> 00:14:48,720

that moment when I met him

302

00:14:52,690 --> 00:14:49,740

you know it's sort of like this

303

00:14:56,090 --> 00:14:52,700

confirmation that hang in there

304

00:14:58,070 --> 00:14:56,100

everything is gonna work out so I want

305

00:15:00,440 --> 00:14:58,080

to take a second to have you think about

306

00:15:02,570 --> 00:15:00,450

your own lives you know have you had

307

00:15:04,940 --> 00:15:02,580

similar instances like this where

308

00:15:08,060 --> 00:15:04,950

something really random happened and

309

00:15:13,069 --> 00:15:08,070

then you didn't understand what it meant

310

00:15:15,560 --> 00:15:13,079

until later or maybe is something random

311

00:15:17,930 --> 00:15:15,570

excuse me my voice cracked maybe

312

00:15:20,060 --> 00:15:17,940

something random happened to you

313

00:15:22,780 --> 00:15:20,070

recently and you haven't learned the

314

00:15:26,240 --> 00:15:22,790

meaning of it yet

315

00:15:29,600 --> 00:15:26,250

so I want to tell one more story it's a

316

00:15:30,620 --> 00:15:29,610

little bit longer so buckle in buckle in

317

00:15:34,910 --> 00:15:30,630

buckle up

318

00:15:38,329 --> 00:15:34,920

whatever um so this is a story about how

319

00:15:42,560 --> 00:15:38,339

I believe I have been communicating with

320

00:15:44,030 --> 00:15:42,570

my ancestors over the past year so a

321

00:15:48,650 --> 00:15:44,040

little bit of background on me

322

00:15:51,079 --> 00:15:48,660

I grew up never really caring about old

323

00:15:53,540 --> 00:15:51,089

people I just always felt really

324

00:15:56,720 --> 00:15:53,550

uncomfortable around them because I just

325

00:15:59,960 --> 00:15:56,730

never knew what to say I you know I was

326

00:16:01,579 --> 00:15:59,970

little and I like I have nothing in

327

00:16:04,100 --> 00:16:01,589

common with these old people like that's

328

00:16:05,960 --> 00:16:04,110

just how I thought as a kid I never had

329

00:16:08,810 --> 00:16:05,970

any interest in knowing about our family

330

00:16:10,850 --> 00:16:08,820

history never had any interest in

331

00:16:13,819 --> 00:16:10,860

learning about Filipino history or like

332

00:16:15,990 --> 00:16:13,829

history in general like history just was

333

00:16:18,790 --> 00:16:16,000

the most boring topic to me I had no

334

00:16:21,430 --> 00:16:18,800

interest for it but what I was

335

00:16:25,710 --> 00:16:21,440

interested in was paranormal stories and

336

00:16:31,420 --> 00:16:25,720

ghost stories and my grandpa had so many

337

00:16:34,630 --> 00:16:31,430

he has encountered witches and fairies

338

00:16:38,440 --> 00:16:34,640

and Giants and classic ghosts there like

339

00:16:41,820 --> 00:16:38,450

anything you name you name it he's seen

340

00:16:44,500 --> 00:16:41,830

it and so when I was about like 9 or 10

341

00:16:47,590 --> 00:16:44,510

my grandma and my grandpa were over for

342

00:16:50,140 --> 00:16:47,600

dinner and I the topic of those stories

343

00:16:52,660 --> 00:16:50,150

came up and so I got my tape recorder

344

00:16:54,820 --> 00:16:52,670

and then I recorded my grandpa telling

345

00:17:08,770 --> 00:16:54,830

some of his stories because I'm gonna

346

00:17:11,829 --> 00:17:08,780

play a little clip for you now so these

347

00:17:13,780 --> 00:17:11,839

stories were what inspired me to create

348

00:17:16,240 --> 00:17:13,790

a web series a couple years ago called

349

00:17:19,810 --> 00:17:16,250

something scary where I told ghost

350

00:17:22,600 --> 00:17:19,820

stories from around the world and I was

351
00:17:26,400 --> 00:17:22,610
doing it for a company I wasn't doing it

352
00:17:30,700 --> 00:17:26,410
independently and after a couple years I

353
00:17:33,700 --> 00:17:30,710
was just feeling super burned out to the

354
00:17:35,950 --> 00:17:33,710
point where I wasn't even sure if I like

355
00:17:37,960 --> 00:17:35,960
to go stories anymore and that was a

356
00:17:41,200 --> 00:17:37,970
terrible feeling you know to go from

357
00:17:44,770 --> 00:17:41,210
being obsessed with something to not

358
00:17:47,590 --> 00:17:44,780
wanting anything to do with it so on the

359
00:17:50,620 --> 00:17:47,600
side I was like okay I need something to

360
00:17:53,500 --> 00:17:50,630
reignite that spark that creative spark

361
00:17:56,410 --> 00:17:53,510
in me right so I was working on this

362
00:18:00,310 --> 00:17:56,420
pitch for a TV show idea on the side and

363
00:18:02,940 --> 00:18:00,320

I was researching Filipino ghosts

364

00:18:05,830 --> 00:18:02,950

because I knew that I wanted to showcase

365

00:18:06,970 --> 00:18:05,840

the folklore and the urban legends of

366

00:18:08,710 --> 00:18:06,980

the Philippines because it's just

367

00:18:12,550 --> 00:18:08,720

something that we haven't really seen in

368

00:18:14,770 --> 00:18:12,560

entertainment and in this research you

369

00:18:17,940 --> 00:18:14,780

know what started off is just knowing

370

00:18:21,100 --> 00:18:17,950

about the ghosts and the monsters I

371

00:18:25,290 --> 00:18:21,110

ended up going down this path of

372

00:18:27,970 --> 00:18:25,300

learning about Filipino history and I

373

00:18:29,330 --> 00:18:27,980

started making these connections that I

374

00:18:35,030 --> 00:18:29,340

never had

375

00:18:37,370 --> 00:18:35,040

for I realized that my desire to learn

376

00:18:41,480 --> 00:18:37,380

about the paranormal and the spiritual

377

00:18:42,200 --> 00:18:41,490

world is literally in my blood so what I

378

00:18:45,080 --> 00:18:42,210

mean by that

379

00:18:46,790 --> 00:18:45,090

indigenous Filipinos were animistic so

380

00:18:49,220 --> 00:18:46,800

that means that they believed everything

381

00:18:53,480 --> 00:18:49,230

has a spirit and that there are spirit

382

00:18:55,730 --> 00:18:53,490

realms spirit realms are parallel to our

383

00:18:59,330 --> 00:18:55,740

physical realm but they are invisible to

384

00:19:03,320 --> 00:18:59,340

most people and these stories and these

385

00:19:05,180 --> 00:19:03,330

beliefs are built into our DNA so my

386

00:19:06,020 --> 00:19:05,190

ancestor is like way way way way way way way

387

00:19:08,540 --> 00:19:06,030

back

388

00:19:11,060 --> 00:19:08,550

you know they had such a deep connection

389

00:19:15,020 --> 00:19:11,070

with the spirit world indigenous

390

00:19:16,850 --> 00:19:15,030

Filipinos practiced magic and interacted

391

00:19:19,100 --> 00:19:16,860

with the spirit world all the time and

392

00:19:20,360 --> 00:19:19,110

they had rituals and it was the first

393

00:19:26,050 --> 00:19:20,370

time that I really made that connection

394

00:19:30,230 --> 00:19:26,060

of my love for this type of stuff is

395

00:19:35,540 --> 00:19:30,240

because of centuries and centuries of my

396

00:19:36,860 --> 00:19:35,550

ancestors actually living it so after

397

00:19:38,870 --> 00:19:36,870

learning about the horrors of

398

00:19:41,330 --> 00:19:38,880

colonization that the Philippines

399

00:19:44,000 --> 00:19:41,340

endured for like five hundred years

400

00:19:45,380 --> 00:19:44,010

it no longer felt right for me to

401
00:19:47,420 --> 00:19:45,390
continue working for this company that

402
00:19:50,750 --> 00:19:47,430
owned something scary and all of my

403
00:19:53,810 --> 00:19:50,760
ideas and my work so I was compelled to

404
00:19:58,640 --> 00:19:53,820
quit my job didn't really have much of a

405
00:20:01,130 --> 00:19:58,650
plan but I had this feeling that nagging

406
00:20:04,220 --> 00:20:01,140
feeling that I needed to leave this job

407
00:20:06,410 --> 00:20:04,230
so I became an independent creator and I

408
00:20:07,970 --> 00:20:06,420
created a podcast called stories with

409
00:20:11,360 --> 00:20:07,980
Sapphire so that's what I work on now

410
00:20:14,630 --> 00:20:11,370
and I you know I wanted to incorporate a

411
00:20:16,550 --> 00:20:14,640
lot of Filipinos stories and history so

412
00:20:17,870 --> 00:20:16,560
I would always text my mom you know

413
00:20:21,080 --> 00:20:17,880

asking her how to pronounce certain

414

00:20:23,270 --> 00:20:21,090

words and once I launched the show she

415

00:20:25,700 --> 00:20:23,280

listened to the episodes every single

416

00:20:27,740 --> 00:20:25,710

week and she's like my biggest fan she

417

00:20:29,900 --> 00:20:27,750

like shares the episodes with all of our

418

00:20:31,670 --> 00:20:29,910

family members and I'm sure people are

419

00:20:33,290 --> 00:20:31,680

so annoyed by it now but like she she

420

00:20:37,100 --> 00:20:33,300

loves these stories too and I'm pretty

421

00:20:39,650 --> 00:20:37,110

sure I inherited that from her and she

422

00:20:42,139 --> 00:20:39,660

also introduced me to a lot of stories

423

00:20:45,079 --> 00:20:42,149

in my family history that

424

00:20:48,199 --> 00:20:45,089

no she had asked me if I knew the story

425

00:20:51,349 --> 00:20:48,209

of how my great Grandpa's bones were

426
00:20:55,489 --> 00:20:51,359
recovered in World War two and I was

427
00:20:57,619 --> 00:20:55,499
like what you know like I had always

428
00:21:00,469 --> 00:20:57,629
known that my great-grandfather was

429
00:21:05,449 --> 00:21:00,479
killed in World War two but I had no

430
00:21:07,639 --> 00:21:05,459
knowledge of the surrounding details of

431
00:21:10,969 --> 00:21:07,649
that and I had never had an interest in

432
00:21:12,499 --> 00:21:10,979
knowing before but now I you know I I

433
00:21:15,289 --> 00:21:12,509
was like yeah tell me about this story

434
00:21:22,339 --> 00:21:15,299
so um I have to tell you the story

435
00:21:24,259 --> 00:21:22,349
because it's so cool and then I became

436
00:21:26,659 --> 00:21:24,269
obsessed with learning more about my

437
00:21:28,999 --> 00:21:26,669
great-grandparents and then my mom told

438
00:21:32,959 --> 00:21:29,009

me that she had my great-grandmother's

439

00:21:34,819 --> 00:21:32,969

journal you know like years ago one of

440

00:21:37,249 --> 00:21:34,829

her cousins had like typed it up and

441

00:21:39,169 --> 00:21:37,259

gave given it to all of the cousins and

442

00:21:40,789 --> 00:21:39,179

I never had an interest in reading it

443

00:21:43,099 --> 00:21:40,799

and I was like oh my god send me that

444

00:21:45,559 --> 00:21:43,109

journal please and so she literally has

445

00:21:48,169 --> 00:21:45,569

been emailing me page by page this

446

00:21:50,689 --> 00:21:48,179

journal so that I could read it okay so

447

00:21:53,619 --> 00:21:50,699

how does any of this mean that I was

448

00:21:56,599 --> 00:21:53,629

communicating with my deceased ancestors

449

00:21:59,629 --> 00:21:56,609

my journey from being an apathetic

450

00:22:04,039 --> 00:21:59,639

Filipino American to the person I am

451
00:22:07,309 --> 00:22:04,049
today was a long but organic one and I

452
00:22:10,579 --> 00:22:07,319
believe that it was orchestrated by my

453
00:22:12,619 --> 00:22:10,589
ancestors through my intuition so what

454
00:22:15,769 --> 00:22:12,629
makes me so sure that this was my

455
00:22:18,499 --> 00:22:15,779
ancestors speaking to me well a couple

456
00:22:22,069 --> 00:22:18,509
months ago I could have never imagined

457
00:22:24,889 --> 00:22:22,079
being as close to my mom as I am now we

458
00:22:27,709 --> 00:22:24,899
just did not have a communicative

459
00:22:31,159 --> 00:22:27,719
relationship you know it was just very

460
00:22:33,019 --> 00:22:31,169
tense and now we text all the time as

461
00:22:35,029 --> 00:22:33,029
she shares my podcast with her family

462
00:22:38,869 --> 00:22:35,039
she's always trying to find people for

463
00:22:41,599 --> 00:22:38,879

my show you know we bond over the

464

00:22:48,159 --> 00:22:41,609

supernatural now and I would have never

465

00:22:52,789 --> 00:22:48,169

ever pictured this bringing us together

466

00:22:54,529 --> 00:22:52,799

and even a year ago I had zero interest

467

00:22:55,940 --> 00:22:54,539

in learning about the history of the

468

00:22:58,399 --> 00:22:55,950

Philippines or what my great

469

00:23:00,169 --> 00:22:58,409

my parents lives were like and I

470

00:23:03,220 --> 00:23:00,179

honestly feel like a totally different

471

00:23:06,110 --> 00:23:03,230

person now and in Filipino culture

472

00:23:08,600 --> 00:23:06,120

family is everything and as a

473

00:23:11,060 --> 00:23:08,610

second-generation Filipino American my

474

00:23:13,610 --> 00:23:11,070

relationship with my family has always

475

00:23:15,560 --> 00:23:13,620

had some cultural and generational

476

00:23:17,120 --> 00:23:15,570

tension you know that's part of the

477

00:23:19,879 --> 00:23:17,130

reason why I me and my mom never really

478

00:23:21,830 --> 00:23:19,889

got along but I believe that the spirits

479

00:23:23,690 --> 00:23:21,840

of my ancestors were taking note of that

480

00:23:25,820 --> 00:23:23,700

they saw that I just kept getting

481

00:23:28,450 --> 00:23:25,830

further and further away from my family

482

00:23:31,310 --> 00:23:28,460

history and my ancestry and so the

483

00:23:34,039 --> 00:23:31,320

orchestrated this long thing to guide me

484

00:23:38,149 --> 00:23:34,049

to find the passion to learn about their

485

00:23:39,159 --> 00:23:38,159

stories and bring us all together so the

486

00:23:42,169 --> 00:23:39,169

way that I see it

487

00:23:44,029 --> 00:23:42,179

spirits are all around us and they

488

00:23:47,419 --> 00:23:44,039

communicate with us through our

489

00:23:50,240 --> 00:23:47,429

intuition which we all have so when you

490

00:23:54,110 --> 00:23:50,250

pay attention to your intuition you are

491

00:23:56,539 --> 00:23:54,120

communicating with a dead you don't need

492

00:23:59,000 --> 00:23:56,549

a Ouija board or spirit box or anything

493

00:24:01,310 --> 00:23:59,010

you were doing it all the time I know

494

00:24:04,430 --> 00:24:01,320

that might seem like a super stretch to

495

00:24:06,399 --> 00:24:04,440

some of you but that's okay if that if

496

00:24:10,190 --> 00:24:06,409

that doesn't vibe with you that's fine

497

00:24:12,200 --> 00:24:10,200

but I so if I if listening to our

498

00:24:15,350 --> 00:24:12,210

intuition is how we communicate with the

499

00:24:17,389 --> 00:24:15,360

dead then I want to close this talk by

500

00:24:20,600 --> 00:24:17,399

giving some advice on how you can

501
00:24:24,139 --> 00:24:20,610
enhance your intuition and make it speak

502
00:24:27,230 --> 00:24:24,149
to you a little bit louder so this is

503
00:24:29,090 --> 00:24:27,240
your homework so these are lessons and

504
00:24:30,710 --> 00:24:29,100
tips that I have learned from all of the

505
00:24:32,330 --> 00:24:30,720
people I've spoken to over the years

506
00:24:34,460 --> 00:24:32,340
from all of the stories I've gathered

507
00:24:36,440 --> 00:24:34,470
just little bits of advice from very

508
00:24:39,320 --> 00:24:36,450
knowledgeable people so the first thing

509
00:24:41,840 --> 00:24:39,330
I want to say is take a week to view

510
00:24:44,750 --> 00:24:41,850
your intuition as the spirit of your

511
00:24:46,750 --> 00:24:44,760
ancestors so what that means is you know

512
00:24:48,620 --> 00:24:46,760
if the thought pops into your head

513
00:24:51,289 --> 00:24:48,630

contemplate for a second on why you

514

00:24:54,070 --> 00:24:51,299

thought that and you know think if maybe

515

00:24:58,100 --> 00:24:54,080

somebody might be trying to contact you

516

00:25:00,110 --> 00:24:58,110

also just notice seemingly small psychic

517

00:25:02,779 --> 00:25:00,120

moments no matter how insignificant they

518

00:25:05,060 --> 00:25:02,789

may feel or seem you know it's something

519

00:25:06,830 --> 00:25:05,070

as simple as knowing the phone is about

520

00:25:08,390 --> 00:25:06,840

to ring you know those little moments

521

00:25:10,670 --> 00:25:08,400

happen to us all of the time and so

522

00:25:12,610 --> 00:25:10,680

really pay attention to those and don't

523

00:25:15,049 --> 00:25:12,620

just write them off as insignificant

524

00:25:17,210 --> 00:25:15,059

anymore and so if you're going to be

525

00:25:19,940 --> 00:25:17,220

viewing your intuition as these spirits

526
00:25:22,549 --> 00:25:19,950
of your ancestors then you should know

527
00:25:24,590 --> 00:25:22,559
who your ancestors are right so research

528
00:25:26,900 --> 00:25:24,600
her ancestry learn about your family

529
00:25:28,760 --> 00:25:26,910
history you know ask your parents ask

530
00:25:29,330 --> 00:25:28,770
your grandparents if they're still

531
00:25:32,480 --> 00:25:29,340
around

532
00:25:34,340 --> 00:25:32,490
you might find the origin of why you're

533
00:25:36,650 --> 00:25:34,350
interested in the paranormal like how I

534
00:25:39,350 --> 00:25:36,660
did you might learn that you have this

535
00:25:42,020 --> 00:25:39,360
magical heritage that you didn't know

536
00:25:46,220 --> 00:25:42,030
about and it will enlighten you in so

537
00:25:47,750 --> 00:25:46,230
many ways also meditate you know we're

538
00:25:49,100 --> 00:25:47,760

all in quarantine and this is the

539

00:25:51,890 --> 00:25:49,110

perfect time to do this type of

540

00:25:54,340 --> 00:25:51,900

reflective work set aside just half an

541

00:25:56,120 --> 00:25:54,350

hour every day to calm your mind it is

542

00:25:59,030 --> 00:25:56,130

scientifically proven that regular

543

00:26:01,220 --> 00:25:59,040

meditation can alter your brain in a lot

544

00:26:03,560 --> 00:26:01,230

of positive ways and it makes you more

545

00:26:06,140 --> 00:26:03,570

and pathetic and that's another step

546

00:26:08,410 --> 00:26:06,150

toward becoming more intuitive because

547

00:26:11,990 --> 00:26:08,420

being empathetic is the ability to

548

00:26:14,720 --> 00:26:12,000

Intuit how others feel the next thing is

549

00:26:16,460 --> 00:26:14,730

don't only use TV shows and movies to

550

00:26:17,299 --> 00:26:16,470

frame your knowledge of what is

551
00:26:20,930 --> 00:26:17,309
supernatural

552
00:26:23,090 --> 00:26:20,940
our ancestors long long long ago had a

553
00:26:26,540 --> 00:26:23,100
far deeper connection with the spirit

554
00:26:29,000 --> 00:26:26,550
realm on a daily basis and we live in an

555
00:26:30,830 --> 00:26:29,010
increasingly rational world where we're

556
00:26:33,350 --> 00:26:30,840
not taught to listen to our intuitive

557
00:26:35,630 --> 00:26:33,360
mind as much because we don't have

558
00:26:38,390 --> 00:26:35,640
proper education of the spirit realm

559
00:26:41,299 --> 00:26:38,400
society's knowledge of spirits is formed

560
00:26:43,910 --> 00:26:41,309
by entertainment you know movies and TV

561
00:26:46,010 --> 00:26:43,920
shows tend to rely on the sensational

562
00:26:48,230 --> 00:26:46,020
stuff just because it makes for better

563
00:26:50,570 --> 00:26:48,240

entertainment but it leaves out the

564

00:26:52,570 --> 00:26:50,580

subtle things and the subtle things are

565

00:26:55,280 --> 00:26:52,580

the stuff that I talked about here today

566

00:26:58,370 --> 00:26:55,290

today we're often asked do you believe

567

00:27:00,560 --> 00:26:58,380

in ghosts but to me it's not a matter of

568

00:27:02,690 --> 00:27:00,570

whether you believe in them or not the

569

00:27:05,240 --> 00:27:02,700

question is do you understand what a

570

00:27:07,310 --> 00:27:05,250

ghost is that if it tried to communicate

571

00:27:10,250 --> 00:27:07,320

with you would you even know

572

00:27:12,620 --> 00:27:10,260

I believe the ghosts of my ancestors

573

00:27:15,020 --> 00:27:12,630

visited me on the day I met my husband

574

00:27:17,540 --> 00:27:15,030

we communicate with ghosts all the time

575

00:27:18,850 --> 00:27:17,550

but it doesn't look like what you see on

576

00:27:21,460 --> 00:27:18,860

TV

577

00:27:23,530 --> 00:27:21,470

and finally reframe the way you think

578

00:27:25,120 --> 00:27:23,540

about the world there's a reason why a

579

00:27:27,010 --> 00:27:25,130

lot of us are losing our minds and

580

00:27:29,650 --> 00:27:27,020

lockdown because we can't see people

581

00:27:31,510 --> 00:27:29,660

physically and that's because when you

582

00:27:35,200 --> 00:27:31,520

spend physical time with friends and

583

00:27:37,390 --> 00:27:35,210

family that is a healing practice that

584

00:27:39,610 --> 00:27:37,400

is a healing ritual we aren't receiving

585

00:27:42,910 --> 00:27:39,620

that same healing at the same level as

586

00:27:44,770 --> 00:27:42,920

we used to over a zoom call so next time

587

00:27:47,560 --> 00:27:44,780

you're able to physically see people

588

00:27:50,230 --> 00:27:47,570

picture it as a healing ritual pay

589

00:27:54,130 --> 00:27:50,240

attention to how your mind and body

590

00:27:57,280 --> 00:27:54,140

feels before and after your energy is

591

00:27:59,650 --> 00:27:57,290

changed and that is literally what magic

592

00:28:02,320 --> 00:27:59,660

is another thing I'd love for you to

593

00:28:05,140 --> 00:28:02,330

think about is if you look at your hand

594

00:28:07,900 --> 00:28:05,150

you know when you zoom and you zoom far

595

00:28:10,000 --> 00:28:07,910

far far far far into your hand down to

596

00:28:13,020 --> 00:28:10,010

the atomic level you know the distance

597

00:28:16,870 --> 00:28:13,030

between two atoms in your hand is

598

00:28:19,780 --> 00:28:16,880

astronomical now if you zoom back out to

599

00:28:23,470 --> 00:28:19,790

our world you look at our distance to

600

00:28:26,080 --> 00:28:23,480

the Sun and the moon and the two

601
00:28:28,630 --> 00:28:26,090
trillion galaxies and our observable

602
00:28:32,230 --> 00:28:28,640
universe we don't often think of

603
00:28:36,159 --> 00:28:32,240
ourselves as microscopic but what if we

604
00:28:38,140 --> 00:28:36,169
our planet is an atom all the planets

605
00:28:42,909 --> 00:28:38,150
are atoms all the galaxies are just

606
00:28:46,240 --> 00:28:42,919
atoms making a giant hand that we cannot

607
00:28:50,950 --> 00:28:46,250
see and we are all connected in a way

608
00:28:52,419 --> 00:28:50,960
that we can't even begin to fathom when

609
00:28:54,940 --> 00:28:52,429
you start to view the world from a

610
00:28:58,030 --> 00:28:54,950
curious and magical point of view the

611
00:29:01,120 --> 00:28:58,040
world becomes more magical it opens you

612
00:29:03,580 --> 00:29:01,130
up to even more experiences like I used

613
00:29:05,770 --> 00:29:03,590

to be so frustrated that I'd never seen

614

00:29:08,409 --> 00:29:05,780

an apparition and I used to do all of

615

00:29:10,780 --> 00:29:08,419

these third eye-opening meditations to

616

00:29:15,130 --> 00:29:10,790

try and open up that sense like I was

617

00:29:17,830 --> 00:29:15,140

trying so hard and once I stopped trying

618

00:29:20,049 --> 00:29:17,840

and once I understood that the

619

00:29:22,670 --> 00:29:20,059

supernatural was far more complex than

620

00:29:25,090 --> 00:29:22,680

just seeing an apparition

621

00:29:28,160 --> 00:29:25,100

that's when I began to have actual

622

00:29:31,520 --> 00:29:28,170

supernatural experiences I want you to

623

00:29:35,810 --> 00:29:31,530

remember that we are supernatural beings

624

00:29:38,840 --> 00:29:35,820

filled with unexplainable things so

625

00:29:40,880 --> 00:29:38,850

thanks for joining me my podcast stories

626

00:29:42,620 --> 00:29:40,890

with sapphire is basically a version of

627

00:29:44,780 --> 00:29:42,630

this talk where I'm learning about

628

00:29:46,880 --> 00:29:44,790

spirituality and sharing what I've

629

00:29:49,070 --> 00:29:46,890

learned I interview knowledgeable people

630

00:29:51,320 --> 00:29:49,080

as well as people who have experienced

631

00:29:54,050 --> 00:29:51,330

unexplainable things you can subscribe

632

00:29:56,390 --> 00:29:54,060

on YouTube Apple podcasts Spotify or

633

00:29:58,730 --> 00:29:56,400

wherever you listen to podcasts you can

634

00:30:02,390 --> 00:29:58,740

find all the info you need at stories

635

00:30:03,980 --> 00:30:02,400

with sapphire comm thank you again so