

Here are some letters of response that have come from people who have confirmed what Cameron shared.

A response to Teal's interview on fox news

-Ben Buchannon This woman is a new age scam and a complete fraud. She is a mentally ill pathological liar, and is trying to start her own new age alien cult down in Utah with her own "followers." Here is an interview with one of her previous housemates who fled from Teal's circle. Teal suffers from borderline personality disorder and narcissistic personality disorder. She made this story of abuse up to feed her insatiable need for attention and to help her sell her book and jump start her career as a "spiritual teacher." She claims to be an alien from Arcturus and a "Eucharist." She is a megalomaniac who wants to "buy countries." She stole all these stories of Satanic Ritual Abuse from the real abuse victims during group therapy after being treated by a therapist with an agenda by the name of Barbara Snow. Barbara Snow was caught by police implanting false memories in her patients and took a voluntary suspension. Barbara has been on the trail of mormon satanists in Utah for a while and has been penalized for her obsession. This is a shame, because I believe there are real abuse victims of satanic rituals, but Teal isn't one of them. She is ruining any chance for real abuse victims by lying the way she is doing. I hope you guys follow up with this and set the record straight about this nutter. Maybe you could interview her former housemate.... Cameron Clark. I found her testimony to be more credible than Teal's.

A Letter from a former Tealer ---

I have to admit that when I saw the material that Jessica Schab and Cameron Clark posted online, I felt defensive of Teal in a knee-jerk fashion, since I was a longtime fan of hers. But as I read and listened to what these two had to say, it slowly dawned on me that there had to be at least a kernel of truth to it all--a truth I really wasn't ready to accept at the time. So that didn't stop me from being a blind follower of Teal. What it took for me to finally wake up was my own experience at, and after, her wedding.

In her blog posts in early 2016, Teal noted that the resentment and disapproval in her fiance's family over their relationship mean that there would be relatively few people from the groom's side attending the wedding. This was of great concern to her--and, I now realize, a warning sign about her massive insecurities and raging narcissism. Instead of just accepting this fact and planning for a smaller number of wedding guests, Teal--ever thrilled to publicize her victim status--appealed to her fan base and asked us to write letters of application to attend her wedding so that she could pad out the guest list and surround herself with sycophants to make herself look and feel better. She would choose about 22 guests from among these

letters.

As a longtime star-struck Teal follower, I spent hours writing her a letter. And I was among those chosen to attend. Little did I know that I would be nothing more than a body, an extra on a movie set in the unnecessarily grand drama that Teal has made of her life.

I spent a great deal of effort on a meaningful wedding present. I spent hundreds of dollars to make the trip to Utah (keep in mind, I have zero income at this time in my life, but I wanted to support Teal so I made the financial sacrifice). I contributed my good energy to the wedding ceremony. Throughout the wedding reception I imagined what the moment would be like when I finally got to meet Teal, to have her look in my eyes, maybe exchange a few words. My heart jumped when I saw her approach my table, and I thought, "Maybe this will be the moment!" Then I saw her go around the table, hugging and speaking to...only those people she already knew. I thought to myself, "Oh well, this is her special day and it's probably overwhelming for her! No problem!" I had recalled other weddings where there was an official reception line in which the bride and groom have a short interaction with every single wedding guest, and I figured that would happen later.

It didn't happen. But at one point during the night I saw Teal right in front of me, and, I approached her in a friendly manner. I immediately noticed how she tried to avoid making eye contact with me, giving a quick upturn of the lips in a dismissive half-smile, you know how people do when they don't want to talk to you. I went ahead and introduced myself, noting that I was one of the people who had written a letter. She said in a tiny, quick, dismissive voice, "Yes I remember." I reached out to hug her and did the same, not out of affection but duty. Sensing her disdain for me, I felt shamed, and stammered my congratulations. In about six seconds the encounter was over. No "Thank you for coming, [my name]!" or the basic decency of a few kind words to make me feel welcome after I had expended so much effort to help celebrate her. She could not have made it any more crystal clear that I meant nothing to her, except as another body to make her wedding look bigger than it was.

I tried not to feel crushed, but I was. And her coldness didn't end there. It is standard wedding etiquette to hand-write a thank-you note to people who have given wedding gifts. Every time that I have given a wedding gift I have received a hand-written thank-you note, that started out, "Dear [my name]," and that kindly mentioned specifics about the gift. What I received instead from Teal was an email. An email that started with, "Hey there." No, "Dear [my name]." What a slap in the face. As my mother used to say, "'Hey' is for horses." You don't address a person with "hey" in a thank-you note. Anyone with a shred of humanity instinctively addresses another human being by their name. As renowned speaker Dale Carnegie famously said, "Remember that a person's name is to that person the sweetest and most important sound in any language." Someone like Teal who has made her life's study the human psyche knows that full well, better than most. And that's why I suspect that she refused to use my name in her "thank you" note: She wanted me to

know my place, that I was not worthy of that courtesy, that I was not a full human being to her, that I was merely someone who was there to serve her.

And the note strangely mentioned nothing about the specifics of the gift. This leads me to believe one of two things: 1) The email was a lazy, impersonal thank-you to every wedding guest so she didn't have to take the time (as every other newly married couple does!) to send personal emails or notes, or 2) The email was uniquely sent to me, but she deliberately tried to make me feel less-than by not including my name or specifics about the gift. This is bizarre behavior for a new bride--but now, I realize, absolutely consistent with Teal's raging narcissism, core of unkindness, and deliberate effort to dehumanize the people around her. All you have to do is look at Graciela's embarrassing servitude toward Teal to sense that something's not quite right--and that Teal is thrilled to be the haughty queen in that bizarre relationship. We are valuable only to the extent that we do things for her, or make her look good. Our efforts are never worthy of her genuine, heartfelt thanks.

It strikes me that Teal is practicing a sort of vampirism, siphoning off the energy of kind people with low self-esteem who are too blind to see what she's doing. You would think that my interaction with her would leave me feeling angry and hurt. I admit that's how I felt in the weeks after the wedding. But it has actually left me feeling liberated and empowered. I can now see Teal for who she really is, and myself for believing I am less-than, and I'm just sorry it took this very personal experience to see this reality. I was also able to see more clearly how her teachings have come from other self-help authors, who she, not surprisingly, rarely credits when she has taken material from them, I no longer admire her as a person. The last straw was her recent blog post on Portland. Only a raging narcissist would perceive people's kindness toward her as a personal affront.

And so my final message to Teal is this: Put on your big-girl pants and stop being a cold-hearted bitch. Learn to show some basic human kindness. The world isn't out to get you, and it never was. If people are repelled by you when you walk in a room, it's because of your air of superiority and coldness. Stop pretending like everyone is at fault but you. How you can't see this is beyond me. Look at the photos you post of yourself online. It's disgusting, the bitchy attitude you give off. If people keep turning on you, as you lament in your public pity-parties, it's because we've finally woken up to the meanness that is at your core, after being blinded by your dazzling display of victimhood mixed with an "I'm so much better than you" attitude. Your parents and the lackeys around you deserve medals for the bullshit they put up with from you. What will be better than a medal is when they finally wake up, see you for who you really are, and get the hell out of there. Sarbdeep did it. Other people who lived with you did it. And now I know why.

Don't you find it a little odd that you've gone through some of the most amazing healings with some of the world's most talented healers--yet again and again you post new stories about your repeated victimization? If you were smart you'd wake up and realize that you just need to drop this story about victimization and change

your outlook on life and other people. People are not going to put up with your bullshit anymore. It's time to just let it go.

I'm happy to say that I have unsubscribed from all your social media. Grow up. Consider this a slap in the face that the people around you are too scared to give you themselves.

It might be ironic that the greatest teaching you ever taught me was this last one, and one you didn't realize you were teaching me: that you whom I idolized has a bushel-basket of problems that your not even aware of, which is a sign that your teachings really can't be of that much help if she can't even help yourself. I am sharing this in hopes to help prevent others from going through the same experience i went through with her. I want people to know its not negative or bitterness to share your personal story about what teal is really like.

----- A Letter From a Former Tealer-----

I deeply feel the need thank you so much for your video exposing Teal Swan, I was one of the many under her spell until Monday when I found your interview With Cameron which has offered me a well needed smack in the face.

I was browsing through youtube trying to find a video of Teal to watch and I saw your video thinking "here we go another one trying to discredit Teal" so I clicked on it seeing what slander you had to say but to my shock it really made me question my own spirituality and how foolish I was to hang on to that woman's every word, and the worst thing I would here other people talking in such adoration for there teachers and I would think they were idiots for being so devoted someone who claimed to be godlike.

Nearly two years ago I first watched Teals video's, as like many I thought wow I love her message she is so enlightened, the more I watched the more I was hooked.

I was never a hard core Tealer and I used to hate how many of the "Tealers" would attack anyone who dare to question Teals life and teachings, I did join the facebook group but I never really interacted much as I was never into the whole idea of love and light crap, I just couldn't find any common ground with those people but like those people in Teal tribe I was naïve to her.

But here I will share how she actually harmed me, like many people I turned to spirituality to find answers to life and how to improve our damaged self, I believed she was like my savior with all the answers I was looking for. I remember earlier this year I was at a very low point I was lonely and stuck in a job that made me feel complete powerlessness like most big company jobs do, I was so down one night I broke out in tears because I hated my life so much, no friends who understood me, a

mother who is great but she has some narcissistic tendencies, thinking I was too fat for any guy to ever want to come near me and to top it off I just had a shift at work where my boss was a complete bitch to me. After a huge crying fit I decided to watch Teal's video on suicide as those were the thoughts that crossed my mind, her video in a way glamorized death and how much of a beautiful experience it would be if I just fucking killed myself, so I sat there thinking about a box of painkillers I keep in my bedside drawer thinking how easy it is to end all and be in a place of pure happiness, she made suicide seem like a good idea for people who are not in the life they want to be living, what was scary was those thoughts of suicide was a way of feeling relief, it's like calm after a storm, you're still left with a mess but the air is clear. I never took those pills purely because I feel suicide is selfish and I would never want to bring that misery on anyone, but for many months after I still had those thoughts and that temptation because Teal made it sound like suicide is OK, truth is it's not OK, suicide is not a quick escape from your problems.

The thing is I am not a depressed person, for the most I am laid back and easy going. My childhood was not bad, I pretty much had almost anything I want, material wise I was spoiled but unlike most children I can never recall once being told I was loved, affection was never shown to me, to this day I find it weird hugging people and I don't know how to be intimate at all, which is pretty crazy as now I am a 29 year old who has never been in a loving relationship, dating guys would be an emotional roller coaster with me, I would develop a weird attachment to them thinking this is my chance to finally feel love but yet I never opened up to them, I was pretty stone cold towards men at times. So after watching Teal's video on the Oedipus complex I blamed my Dad for the reason I attract men that won't commit to me and the reason I never shown emotion to guys, I thought I attracted men that caused me to feel the way I do because my Daddy never shown me what love is, and when I say I blamed him I mean I fucking resented him for my childhood.

Which also leads me to Teal's new set of teachings regarding the wounded child, because of her I actually thought my parents traumatized me as a child, Yes my parents believed in heavy punishment, my Mum was the one who dealt out the physical punishment to me, so yeah imagine the conflict that developed with me after listening to Teal. Do not get me wrong, I do see how my childhood upbringing had caused certain traits and fears in me which I hate about myself, I know they are not blameless for the battles I am fighting but after reading a Louise Hay book I came to a space to feel OK, my childhood was not great but my parents only could do the best with what they know, my Dad is Jamaican and if you are aware of Jamaican parenting you know it can be considered abuse, which is what his childhood was. I practiced what Louise Hay had to offer and really thinking about my parents' childhood I completely understood them and why they did what they did and thought about all the good they have done for me as well. So getting back to Teal, as you know she now talks about how our childhood was a traumatic event for all of us, so this caused me to think of every shitty thing my parents did, they messed me up and caused me to be the poor little tortured soul that I am. I would spend pointless time following her healing the emotional body process were one time I would

imagine my inner child physically attack my Dad and I would cheer her on like its a healthy thing to do, and guess what I still felt the same after doing this, I just believed Teal as she said how one event can cause many fractures in our consciousness and we need to do more emotional/inner child work to heal from those events.

Teal and other New age teachers has caused me to lead an isolated life, I was thinking I am to spirituality evolved and I need to be with people like me. Also I do not need to go out and meet men as my soul mate would magically walk into my life by doing Teal's self acceptance process, I cannot just blame Teal for this but the whole New age movement causes stupid ideas to people. If I was ill or had some sort of problem I believed I don't need to visit a doctor, I can heal my own body. I still believe our mind can play a role in our bodies health as I have connected so of my problems to certain thoughts and beliefs I hold but it scares to think how bad I would of let myself get before I would see a doctor, luckily nothing life threatening has ever happened to me. I used to be a social person, go out drinking and meet a whole bunch of people, yes I know drinking is not the best way to socialize but I was having a good time then. Since this spiritual path I have not dated once and now live a life of agoraphobia, I am only ever comfortable at work or home, anywhere else I feel my low self esteem would attract someone to say or do something to me, I now think my thoughts would cause someone to break in my house. Also where I live a cats are going missing, I battle with thoughts that my cats would be harmed if they are not happy or me thinking of anyone hurting them is me projecting my fear onto them and I could be making them unsafe. This is just examples of what this spirituality stuff do to people, just thank goodness being laid back was my nature or otherwise I would have been locked up for fearing the reptilians are out to get us while trying to be close to SOURCE by taking an overdose lol, I joke about this now but in reality this is a serious issue as my story is only a very mild case of what Teal and other teachers are doing to people.

For me I know I will be fine, I know I have years of damage to undo which is not going to happen overnight, when these beliefs have been such huge part of your life its hard to let go. I even still want to believe Teal is genuine as its so hard to feel someone could deceive you like that, luckily I never met her, I didn't have anyone to travel to a workshop with me which now I can see is a blessing because if she could hook me in through a screen what damage could she do in person. I am now left feeling so betrayed and lost and really questioning myself as a person, and me wishing Teal was real is just me trying to hold on to an identity I made for myself.

I did not intend to write a long email like this but after I started I thought I will continue just to show you how your video has potentially saved me as who knows what would unfold if I stayed blind to it all, there is still more things Teal has deceived me with but I feel I have written to much already.

Please continue doing what your doing because you have really opened my mind to what I was becoming and what I have being doing to myself, I share my story as I

want you to see you have done something positive even if I maybe be the only one who became aware of teal's true nature because of your video. I have seen the Teal tribe in action so I know you must of felt the wrath after that video but for me your aim was successful.

All I can say now is a thousand thank you's.

by Anon

Hey Jessica,

I just saw your interview with a former Teal Swan insider and I must say-it all makes sense. I discovered Teal last October and I have been watching her videos, interviews, Shadow House and reading her blogs steadily. I even went to the Boston workshop and hung out at the Boston house with other Tealers.

I was attracted to her and her Teal Tribe group because I grew up in a strange household and was depressed from bad experiences. I also noticed how she messed around with the minds of people closest to her-like Blake and Sarbdeep. I also noticed that she like to fool around with people's minds and say wacky things just to see if they would believe it. It made me giggle a few times because I could see that she was being a bitch-it was kind of entertaining! But all the other Tealers never seemed to see it. And if anyone mentioned anything about that snarky side of her, they would get all emotional and go crazy.

While at the Boston workshop, I had no interest to raise my hand and go onstage. I was worried that I would ask a logical question or say something to annoy her. After when everyone was goo goo ga ga about going up to her, I walked out. I knew she wasn't all love and light and felt like she would just be faking the smile and the hug during the photograph- I just knew. I enjoy her videos precisely because she uses concepts that deal with trans-personal psychology. All the other stuff involving aliens, soul braids, going out of body are very interesting, but I wish she would just write a fabulous series of science fiction novels and come out to everyone as having a wonderful imagination.

But, I know she won't do that because she wants to be worshiped and obeyed. I can't believe I spent an entire year being completely addicted to Teal Tribe even when I knew deep down that she's fucking crazy.

I spent a year on Teal Tribe everyday and watching her videos. There were many times where I could see that Teal was messed up. Especially after she married Sarbdeep and they began the Tea Time with Teal podcast. She treated him like shit on camera. I even watched livestream events and watched her mess with Blake's mind. In one situation, he was distressed because he was having problems with the camera. I was on edge the way she talked to him-it was so manipulative. She was obviously messing with this guy who seems like his whole life revolves around

pleasing her.

But I still enjoyed posting and commenting on Tea Tribe because I could share my problems with others and get feedback, attention. Many times there would be a post where someone questions Teal and I have been alarmed by the overzealous backlash of the Tribe. They definitely seemed like a cult who was willing to get pretty nasty in order to defend her.

I actually spent 100 dollars (plus airplane tickets and motel room) to finally see Teal in person on Boston this past August. Nothing special happened during the show. But, I wasn't judgmental at the time because Teal always plays to my sympathies by complaining of anxiety and stomach aches and fear that people want to see something extraordinary from her and she won't be able to deliver. Now, mind you-in every single interview she has the person introduce her in the same way: "Teal was born in the early 80's in the first wave of Indigo children. She was born extrasensory and can see energetically...blah blah.

So she basically makes all these magical claims about herself on a mandatory basis, charges people 100 dollars to see her, then gets everyone's sympathy by saying she's anxious and afraid she won't deliver.

My impression of Teal she does have charisma, but, at the show, I avoided raising my hand to possibly go up on stage. I had a feeling I might ask the wrong question that might annoy her or I felt like she wouldn't really like me (everybody thinks she is unconditionally loving, but I think she's just a performer). After many people had their picture taken with their arms around her. I avoided that and left immediately. For some reason, I didn't even want her to touch me-this I really don't know why. But I felt like I didn't want her to have to fake affection with me, she is just a performer.

Greetings Jessica,

I read your post on Teal this weekend and all I can say is THANK YOU THANK YOU THANK YOU THANK YOU!!! I live in Utah and we have been tracking Teal for about 2 years and have been speculating everything Cameron verified in your interview - it was so great to finally have the information to back our instincts! The woman is so narcissistic she even lives on a street called Teal Drive in Park City! Teal is cold, uninviting, talks herself in circles, her grammar is horrible, her art is atrocious, everything about her is unappealing to me. The depth of emptiness must be great for people to find solace in her message.

Hi, I first want to thank you for publishing the youtube video on exposing Teal (Bosworth/Scott) Swan. Please can you also pass on my thanks to Cameron next

time you speak with her. If it wasn't for the two of you I would most likely still be oblivious to what is going as I've followed Teal for the last year and a half or more.

After watching your video's I did my own searching and came across a few of LaVaughn's blog pages exposing Teal. One of them is <http://celestial-reflections.blogspot.com.au/2014/02/breaking-teal-spell.html>. I was surprised when I google searched the phone number mentioned in the blog and found the Jason Freedman (fake news reporter) phone number is still listed on the bottom of the page at http://tealswan.com/downloads/Teal_Bio.pdf as Blake Dyer's phone number too. I'm shocked by the implications and what now seems like such a large, intricate deception.

I've found some pretty interesting blunders in a couple of Teal's videos and in the facts she provides in her Bio story. These blunders I've found to be either scientifically proven false or shown to be completely inaccurate or implausible such as from having a lack of understanding on the subject or making up 'facts'. Now that I've changed my focus to say "Hey if Teal really has all these supernatural powers of knowledge then she shouldn't be making mistakes in the 'facts' she presents" it's surprising now the blunders I see when I look for them. If you're interested in any of these just let me know.

The last few days have been difficult come to terms with on many levels. It's also somewhat embarrassing when I now look at it now. Aliens and all the rest of it. I thought I was fairly intelligent and having a scientific background I thought I questioned things more than I did.