

Notable Quotes from Teal Swan



Teal writes: “When I was acting as if I was in an altered mental state because of the drugs that had been administered to me, or because of the extrasensory abilities, it was explained away as schizoaffective [disorder: a combination of schizophrenia and a major mood disorder, such as depression.”
(<http://tealswan.com/biography>)

Teal writes: “I can see the future.... I (depending on my state) have accurate awareness of past lives.”
(<http://tealswan.com/questions/how-do-you-see-the-world>)

Teal writes: “The number one energetic cause of AIDS is in fact perpetual shame”
(<http://tealswan.com/articles/how-to-overcome-shame>)

Teal writes: “As a child born with full access to extrasensory perception, I had caught the attention of a devoutly religious town and with it, a local sociopath who belonged to a cult intent on ridding the world of evil, evil which due to my ‘mysterious’ abilities they mistook in me.” (*The Sculptor In The Sky*. AuthorHouse, 2011. P. v. Print/Kindle.)

Teal says: “So I am a soul fork. What that means is from non-physical energy—so most people in the planet, they’re non-physical energy that is projected forth into a physical human body. I am non-physical energy that is perfect-projected forth into an Arcturian body—an extraterrestrial body. Now that extraterrestrial being has chosen to then project forth as a human body twelve times. This is the twelfth incarnation. And it’s quite, it’s quite funny, ironically, because before I even came down, um, there was an entire panel of beings, Arcturian beings, sixth dimensional beings, who even chose the way I would look in this life.” (<https://youtu.be/bLI8R5Jzpb0>, 9:30–10:17, quoted at <http://celestial-reflections.blogspot.com/2014/02/breaking-teal-spell.html>)

Teal says: “I am only an alien perspective in a human meat suit, right? I’m now three points of perspective. Most people are two. Most people are their higher self and their human perspective, two points of perspective. I’m three, human, extraterrestrial, and nonphysical. (<https://youtu.be/bLI8R5Jzpb0>, 16:10–16:26, quoted at <http://celestial-reflections.blogspot.com/2014/02/breaking-teal-spell.html>)

Teal writes: “I had an intense sensory hallucination. I felt like someone had turned me upside down and my arms were pulled by gravity, all the blood had rushed to my hands, a feeling of total powerlessness. Suddenly I was in a memory of my hands being tied and being draped over the top of a hitching post as a child.” (<http://blog.thespiritualcatalyst.com/into-me-into-you/>)

Teal writes: “I see Auras.... I see thought forms... So, I can see and interact and communicate with ‘Entities’ (what you call ghosts), ‘Guides’, ‘Angels’.... I can hear tectonic plates moving.... when I meet a person, I am able to see their bones, organs, nerves, veins etc.... I am sometimes able to practice remote viewing.” (<http://tealswan.com/questions/how-do-you-see-the-world>)

Teal writes: “[T]his is the kind of pain that convinces you that there is never going to be an end in sight.” (<http://blog.thespiritualcatalyst.com/october-20th-2013/>)

Teal writes: “We don’t expect that we will end up with post partum depression” (referring to herself, at <http://blog.thespiritualcatalyst.com/straight-lines/>)

Teal writes: “I’d stare at the faces of the other philosophy students, wondering if the only people who care about philosophy are like me— depressed, passively suicidal, and trying desperately to find some kind of meaning in life.” (*Shadows Before Dawn: Finding the Light of Self-Love Through Your Darkest Times*. Hay House, 2015. P. 41. Print/Kindle.)

Teal writes: “When I was 17, I began taking SSRI and antidepressants [*sic*, because SSRIs are antidepressants]” (<https://youtu.be/6N-mKO9Dtss>, 3:46–3:52).

Teal writes: “I have this recurring dream, where I am back with my childhood abuser. I’m trying to placate him and pretend I’m on his team so he won’t kill me and I can escape. In my opinion, it is the worst feeling a human can experience. I had that feeling so much as a child. But I have it even more now that I am away from the situation. This situation with [my ex-boyfriend, Jared ‘Fallon’ Dobson] has been so triggering that I have had that feeling all day long. I wasn’t able to do anything yesterday except read and follow along with my own ‘follow the feeling’ process. I spent the entire day in bed. I’ve had no appetite recently. I’ve been fatigued and I’m plagued with anxiety attacks. It’s very frustrating to expect myself to ‘pull it together’. This has been the hardest break up of my entire life. Psychopaths cause anxiety on purpose through withdrawal, manipulation tactics and fighting with you. Then they relieve [*sic*] that same anxiety that they caused, which causes you to biochemically trauma bond with them. The result is that you link your sense of survival to them. And so your body tells you that you literally won’t [*sic*] live if you’re without them. This is where I am right now. My life has been put on pause temporarily.” (<http://blog.thespiritualcatalyst.com/october-20th-2013/>)

Teal writes: “One of the most debilitating physical consequences of my self-hate was my addiction to cutting, and I knew that this would be my next huge hurdle. From the time I was 11 years old, self-harm

had become a full-fledged addiction... [W]hen I turned 18, I was still cutting. Then they promised I would stop cutting by 25. But when I turned 25, I was still cutting. Then they said I would stop cutting when I became a mother. But I became a mother, and I still had the occasional relapse and would resort to cutting.” (*Shadows Before Dawn: Finding the Light of Self-Love Through Your Darkest Times*. Hay House, 2015. Pp. 34-36. Print/Kindle.)

Teal writes: “I received three separate e-mails from women telling me that I need to re assess my priorities because it was obvious to them after listening to the show that my son feels neglected by me and that he needs me but doesn’t know how to tell me that. Needless to say, I spiraled into a guilt abyss.” (<http://blog.thespiritualcatalyst.com/work-and-womanhood/>)

Teal writes: “Earlier in my life, I attempted suicide more than once.” (<http://blog.thespiritualcatalyst.com/the-kiss-of-the-frog/>)

Teal writes: “I had tried to commit suicide three times.” (<http://tealswan.com/questions/what-is-the-story-behind-your-tattoos>)

Teal writes: “I am a master at mental chess. I play mind games with people.” (<http://blog.thespiritualcatalyst.com/disharmony/>)

Teal writes: “I am impulsive” (<http://blog.thespiritualcatalyst.com/october-20th-2013/>)

Teal writes: “My brave, impulsive character, compels me to regroup and ground myself only long enough to find another cliff to hurl myself off of; and this tendency of mine guarantees that I encounter dramatic experiences in my life again and again.” (<http://blog.thespiritualcatalyst.com/wrapped-up-in-worry/>)

Teal writes: “I am sick and tired of hearing people tell other people to be more careful with their life... My favorite part about myself is the fact that even though I get hurt, I will throw myself head first into life and into love again and again... I think the worst thing that could possibly happen to someone after experiencing an unwanted, painful event (that was a result of a choice they made) is that it could make them doubt their feelings and decide to live their life carefully in accordance with mental sensibility.” (<http://blog.thespiritualcatalyst.com/fall-and-fly/>)

Teal says: “I actually, interestingly enough, lost my first client to suicide this last year. And this was a woman who was absolutely miserable. I’m talking every moment of her life was a nightmare. And so we had that very serious sit-down talk where we had to say, alright, we’re either committing or not committing to life because every time I gave her a suggestion she’d stop in two days doing the suggestion. So then we have to ask the question do we really want this to work. And what’s interesting is that when she asked herself that question the answer was, ‘No. I’m done.’ There’s nothing that any healer could ever do for that type of vibration which is totally fine. From source energy there’s nothing wrong with death from that perspective. So, she chose to commit suicide. Interestingly enough it took her about two days before she was reincarnated again. [audience laughs] Yeah. Not only that, two days before she was reincarnated to another family situation that mirrored the one that she had already chosen.” (https://youtu.be/d770X_6BadM, 53:27–54:22)

Teal writes: “I came into this life endowed with objective universal truth, much of which certain subjective, individual truths are in direct opposition of.” (<http://tealswan.com/questions/how-do-you-see-the-world>)

Teal writes: “I will do whatever it takes to continue on with this world vision of mine. When I set out with this plan in mind, I knew that I would be risking death. Anyone who comes up against a large establishment ultimately does risk death. But it is worth it. The goal is simply to stay alive for long enough to effect [*sic*] as much as I possibly can and to pass over the movement to my successors. We are merely in phase one of the plan to institute positive world change. This company I have founded will grow to the point where it

will rival the corporations that currently exist. It will eventually effect change on a governmental level. The establishment of these intentional communities worldwide puts the freedom back in the hands of the people. It means humans will again be self-governing.” (<http://blog.thespiritualcatalyst.com/major-life-change-in-the-making/>)

Teal writes: “I activate others[,] I am inspiring... I am a brilliant writer[,] I am a talented artist... I am successful... I am intelligent and wise and clever... I am eloquent... I am technicolor... I am an accomplished athlete... I have incredible ‘star presence’... I have a captivating personality... I am imbued with a multitude of ‘spiritual type gifts’... I am regal and elegant... I am very talented[,] I am sensual and mystical[,] I am mesmerizing[,] I draw both fame and money to me[,] I ‘shoot for the moon’ and I get there... I am fascinating[,] I am unstoppable[,] I am a visionary[,] I am physically beautiful to look at[.]” (<http://blog.thespiritualcatalyst.com/ego-and-humility/>)

Teal writes: “I could become a brilliant counselor or psychologist. I could outsmart other people’s egos and help them to see things about themselves that they are totally unaware of.” (<http://blog.thespiritualcatalyst.com/disharmony/>)

Teal writes: “What belief is the best belief [I] possess?... That there is no earthy [*sic*] reason why I can’t achieve exactly what I want to achieve, no matter how ‘lofty’ those goals are. I do not understand the meaning of ‘I can’t.’” (<http://blog.thespiritualcatalyst.com/self-inquiry-the-answers/>)

Teal writes: “So do the math here for a second, if no one was being paid out of the profit of Teal Eye, the passive income would do nothing but build up and be turned into another investment and build up and be turned into another investment [*sic*] and so on and so forth until it became one of the wealthiest companies in the world. But not just a company, it would become like its own entity. An unstoppable monolith that would come up against the corrupt multi billion dollar industries and not only compete with them, but replace them. The non-profit arm of Teal Eye, would accept donations and also be funded by Teal Eye’s for profit arm. But the money feeding into that side would fund ideas and things that return no profit but that still benefit our world such as building community centers for inner city youth or cleaning up oil spills or offering scholarship programs.” (<http://blog.thespiritualcatalyst.com/i-changed-my-mind/>)

An interviewer asks Teal: “What’s your goal... on this planet?”

Teal responds: “To find happiness. But it just so happens that for me to find happiness means a great many things—means I want to, first and foremost, create a company—a non-profit company, that—um—implements many world changes...”

Interviewer: “What’s the most important changes?”

Teal: “I want to implement changes in how we raise children. I want to implement changes in—um—government especially, because I would love it if this government just dissolved, and the new one came that was more in alignment... But working with the existing government—right now everything is run by corporations. Our world is not run by governments. Governments are in the pocket of big companies that make money off of people. So, essentially, what I want to do is create a company that competes the same way that they do. So, I want this—this company—I want it to invest in ideas that will make a lot of money like new technologies—for example. And if it benefits people, I wanna invest in the company, and then, like any investment company, earn that passive income. But that money is not gonna go out to people; it’s gonna sit there, and be invested in something else; then that earns income; then that gets invested in something else; then that earns income. Pretty soon, this company does nothing but earn passive income. *Huge amounts.* But because it’s a non-profit, it doesn’t get to be paid to people. It *has* to keep investing. So then it has so much money that that the investments can be used to lobby, or to *buy countries.* And then we can start doing these new societies.” (https://youtu.be/0pwTM_Jcz_c, 1:19:51–1:23:26)

Teal writes: “I care a whole lot what other people think of me. I need them to regard me highly”
(<http://blog.thespiritualcatalyst.com/october-20th-2013/>)

Teal writes: “I want a man who would rather move the statue of liberty to my front yard, than lose me... I want a man to see the beauty and necessity of my vision so clearly that his happiness is served in part by enabling my vision and financially supporting me while I carry it out.”
(<http://blog.thespiritualcatalyst.com/my-love-life/>)

Teal writes: “To let you in on a joke, I find my [DNA] results hysterical because one of the nicknames my parents gave me growing up was ‘Queen Sheba’. It was the name they called me as a result of my tendency to be picky, too proud and unwilling to do menial tasks. And now, I have the genetic test to prove that it is in fact my parent’s fault that I was born with that trait, they contributed the genetic tendency for it... Hahahaha.” (<http://blog.thespiritualcatalyst.com/rewind-or-fast-forward/>)

Teal writes: “What I can’t bring to a friendship[:]:...Tolerance...Self Sacrifice...Regularly expressed gratitude / appreciation...No jealousy...Respect of different views”
(<http://blog.thespiritualcatalyst.com/what-can-you-bring/>)

Teal writes: “Just yesterday in the airport, I passed by Elizabeth Smart’s new book and I had this same reaction. First I feel like the unluckiest person on earth, then that emotion gives rise to rage and then I am consumed with jealousy. I watch them get re absorbed [*sic*] into society’s arms as heroes. No one questions or doubts their experiences. They don’t have to struggle for anything anymore. Their psychology is provided for them. So are book deals and movie deals, so they never have to struggle with the insecurity of money again.” (<http://blog.thespiritualcatalyst.com/crime-and-punishment/>)

Teal writes: “I have a really painful ‘competency complex’ that says that no one is as competent as I am.”
(<http://blog.thespiritualcatalyst.com/self-inquiry-the-answers/>)

Teal describes her own writing as “poignant.” (<http://tealtribe.com/t/todays-poignant-blog-entry-about-hospital-policy-being-out-of-body-and-grief-love-teal/3227>)

Teal writes: “I was a performer. I knew that I wanted to be famous and be on people’s television screens and be on stage. At a cellular level, I knew that I was destined to be a star performer...”

I was overcome by this feeling that on some deeply suppressed level, for the sake of my mother’s core, I am meant to give my family permission to break the highly catholic spell of the ‘moral issue with stardom’. I saw for the first time that my mother did not do this to hurt me; she was trying to prevent me from badness and therefore secure my goodness and ensure that I would be loved. She was also trying to

avoid the pain and shadow within her that came up when she watched my desire to be the center of attention... (<http://blog.thespiritualcatalyst.com/the-selfless-service-cord/>)

Teal says: “Before I even came down [to Earth from outer space], um, there was an entire panel of beings — Arcturian [extraterrestrial] beings — sixth-dimensional beings, who even chose the way I would look in this life. Would you like to know why? So, I came down here with the intention of reaching people on every single continent, and to do that, human beings — human beings — they like to pay attention to what’s attractive, right? But based on where you are geographically, certain things are attractive and certain things are unattractive — so a really beautiful woman down in Africa might come up here to the US and be considered pretty ugly. But there are certain type of traits, physical traits, which make a person attractive on every single continent, and so, even before I came here, it’s not like my looks are so gorgeous to one demographic over another demographic. It’s that there will not be a person, on the planet, regardless of what country you go to, that will not perceive some level of attractiveness. Thus they’ll pay attention....”

Her interviewer responds: “You are the prototype of, let’s say, universal beauty?”

Teal responds: “Yes.” (<https://youtu.be/bLI8R5Jzpb0>, 10:05–13:45)

Teal says: “Well, to not sound completely arrogant, it’s part of the design of why even I chose this physical body, is that it was understood that if people are perceived of as being attractive, more people pay attention, more people listen.” (<https://youtu.be/nW63-x7t6VI>, 2:17–2:32)

Teal writes: “I am highly suggestible in relationships” (<http://blog.thespiritualcatalyst.com/october-20th-2013/>)

Teal writes: “I’m that girl who would go from one man to the next to the next to the next with no time in between (literally not even a full day). I’ve had so many relationships; I don’t even remember them all. In my teens and early twenties, I was notorious for ‘loading the bases’. I would keep [sic] one primary man (safe person) and many waiting in the wings in case [sic] the primary man abandoned me. My need to be around that certain ‘safe person’ who reassures me, and serves as both protector, and caretaker to me is so intense it is often debilitating. They are my sense of certainty, which is the most basic human need. So up until this point, it was literally not an option to be single. To me, relationship = survival. Yet again, this was compounded by the fact that my perpetrator, like so many perpetrators deliberately programmed me against self-care. Programming a person against self-care ensures that they will be dependent on you forever and thus be unable to leave. So, we’re programmed against doing dishes, feeding ourselves, paying across counters, doing laundry etc.

“You see, at a fundamental level because of my childhood, I feel a fundamental lack of safety and an inability to look after myself. This is really the heart of monophobia [fear of being alone]. And it is why when my relationships end, I never stay single and my life falls apart and I suffer from debilitating panic attacks... My relationship with men is parasitic as well. This is the heart of co dependent relationships. Rather than symbiotic, these relationships turn into co-parasitic relationships. Where two dependent people attach to each other and suck each other dry, because neither knows how to survive in and of themselves.... It benefits [my ex-boyfriend, Jared ‘Fallon’ Dobson] to find a dependent type woman

(like I have been) because she is even less likely to leave him.... The healing of this particular issue in my life is the next step in my personal life.” (<http://blog.thespiritualcatalyst.com/the-bigger-picture/>)

Teal writes: “I also realized that the reason I am never satisfied with the intimacy level in my relationships, can never get enough closeness and cannot be alone, is because no man on earth can gestate me, which is ultimately what I am wanting from them deep down.” (<http://blog.thespiritualcatalyst.com/not-ready-to-be-born/>)

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Teal writes: “My relationships with lovers and family members have all fallen apart one by one” (<http://blog.thespiritualcatalyst.com/red-flags/>)

Teal writes: “Again and again, I experience ‘haters’. I especially experience people turning on me... They go from being very close to me and ‘loving’ me to ‘hating’ me with verve and passion.... [L]ike most intense personality types, I tend to polarize people. People don’t meet me and have a moderate reaction to me. They either really love me, or they really hate me and there is not much in between. As a result, I tend to kick up lots of controversy.” (<http://blog.thespiritualcatalyst.com/the-messengers/>)

Teal writes: “This morning I wake, to find I am a fraud.... I am a projector screen for the people who are conscious of me. To become a spiritual teacher, is to have the entire shadow of consciousness projected onto you; both the positive and the negative of what is buried within people that come to know you.” (<http://blog.thespiritualcatalyst.com/true-or-false/>)

Teal writes: “In the Hindu tradition, there is a title of honor that is awarded to those who have attained enlightenment. The title is ‘Paramahansa’. It literally means ‘Supreme Swan’... And so, it is fascinating that the very one who gifted me this name [(ex-?)husband Sarbdeep Swan] that I was always meant to have is also the one who pushed me into my next level of enlightenment.... What I have found this last three months is that the identity that you call by your name in this life is *sticky*; like a cockle burr. It sticks to you so firmly; you can’t tell the difference between it and you. It is a sticky skin, a sticky perspective to live out your life through. The goal is to develop fluidity, a slipperiness of spirit so that you can take off the perspective of the ego (dis-identify- with it) as easily as you can put it on (identify with it).” (<http://blog.thespiritualcatalyst.com/paramahansa/>)

Teal writes: “I also did not care how other people used my body... I did not care who used my body or how they used it.” (<http://blog.thespiritualcatalyst.com/are-you-at-one-with-your-body/>)

Teal writes: “I have super high levels of anxiety” (<http://blog.thespiritualcatalyst.com/october-20th-2013/>)

Teal writes: “I woke up at 5:30 am this morning with anxiety. I have found that the darkness of night closes in on me and tends to exacerbate my imagination. My fears are amplified at night. Suddenly, I lack rationale [*sic*] and my mind gives over to catastrophe thinking. It’s as if I suffer from ‘what if syndrome’ every night.” (<http://blog.thespiritualcatalyst.com/wrapped-up-in-worry/>)

Teal says: “I was one of these people who woke up with such bad anxiety attacks, that after an hour or two of struggling with them in the morning, I’d end up suicidal or self-injuring, but I have actually found a routine that works for me perfectly—but I will tell you, that even to this day, if I don’t do this routine, I still wake up with anxiety attacks.” (https://youtu.be/Py_jRvkP7ho, 12:37–13:02)

Teal writes: “I have always felt like I was born a thousand years too soon. It’s a despairing feeling and an agonizing feeling like I am starving for something that I cannot have. I woke up with that hellish feeling that haunts my life, the despair and agony of emotional starvation; feeling like I am powerless to do anything about it. Feeling powerless to fill myself up.” (<http://blog.thespiritualcatalyst.com/the-kiss-of-the-frog/>)

Teal writes: “There must be some kind of emptiness still resident in my being, because when I run into ‘fans [*sic*], I can feel myself filling up inside with a sense of completion.” (<http://blog.thespiritualcatalyst.com/fans/>)

Teal writes: “Ever since that first pregnancy, I felt this chasm in my heart. It is an emptiness that most women who loose [*sic*] pregnancies to miscarriage or abortion feel.” (<http://blog.thespiritualcatalyst.com/straight-lines/>)

Teal writes: “Our parents are our first love upon coming into this life. And we never really fall out of love with our first love. Even if they hurt us so badly that we hate them, we love them in the cellular makeup of our being. But the hurt can be so great that no one knows what to do to remedy the situation. The pain vacillates violently between anger and powerless hurt. This is the case with me and my parents.” (<http://blog.thespiritualcatalyst.com/my-parents/>)

Teal writes: “And I finally realized that the reason I cannot ever figure out what is going on with my body, is because I’m profoundly disassociated from it. When I tuned back into it today, even for a brief minute, I could feel the imbalances in my body. I could hear my ovaries, as if they were yelling to me ‘no’. I felt that my kidneys have stored anger within them.” (<http://blog.thespiritualcatalyst.com/are-you-at-one-with-your-body/>)

Teal writes: “I have dissociated with my body to prevent feeling past pain and to avoid feeling future pain.” (<http://blog.thespiritualcatalyst.com/are-you-at-one-with-your-body/>)

Teal writes: “I also took to cutting. Cutting is a near inevitable past time [*sic*] for people who dissociate from their body. The depersonalization and anesthetic feeling of dissociative states, leads to an unbearable feeling of ‘surreality’.” (<http://blog.thespiritualcatalyst.com/are-you-at-one-with-your-body/>)

Teal writes: “[M]y sensory integration ‘squeeze’ vest came in the mail yesterday... I’ve decided it will be really good to use in order to help myself come back from my nightly out of body excursions... Enough about that, I have more exciting stuff to talk about that was discussed out of body last night.” (<http://blog.thespiritualcatalyst.com/wow/>)

Teal writes: “[L]ast night in response to the severe anxiety caused by my visit to this psychologist, I decided to leave my body. Yes, it was a form of escape.” (<http://blog.thespiritualcatalyst.com/return-to-source/>)

Teal writes: “Without going into all the gritty details, finding amnesty in another country is simply the only way I can continue this important work I am doing. It is the only way I can continue on unimpeded by the corporations and people that seek to gain by other people remaining powerless ‘parts of the machine’ that is making them money.” (<http://blog.thespiritualcatalyst.com/major-life-change-in-the-making/>)

Teal writes: “[In] my toddler years, I was the child who had such bad separation anxiety that I spent most of my early years behind my mother’s legs, hiding from people.... [T]he reason I am never satisfied with the intimacy level in my relationships, can never get enough closeness and cannot be alone, is because no man on earth can gestate me, which is ultimately what I am wanting from them deep down. This is the root of my separation anxiety and anxiety attacks, which are honestly the most debilitating part of my life overall... I still can’t sleep without my attachment object, a satin blankie that I call ‘danny’.” (<http://blog.thespiritualcatalyst.com/not-ready-to-be-born/>)

Teal writes: “Throughout my life, if I was having a panic attack or was over stimulated in some other way, I would have to lie down and solicit my family or friends to put pressure on my chest. It’s a routine practice in my day-to-day life.” (<http://blog.thespiritualcatalyst.com/how-i-see-the-world/>)

Teal writes: “I had a panic attack while I was driving with Doc to the Amtrak train station in Salt Lake City.” (*Shadows Before Dawn: Finding the Light of Self-Love Through Your Darkest Times*. Hay House, 2015. P. 51. Print/Kindle.)

Teal writes: “My son came up to me while I was cooking in the kitchen today and when I said ‘Winter, how are you lovey?’ he replied by saying ‘Winter is gone. He went to another planet and only Jack is here now’. I felt my body go weak... I associated Winter calling himself by a different name today, with my own childhood. I passed out on the kitchen floor and slipped into a dissociative seizure.”
(<http://blog.thespiritualcatalyst.com/a-flame-that-flickers/>)

Teal writes: “The three times that I have tried to wash my clothes in a washing machine, I get as far as opening the door and I loose [sic] consciousness and fall into what is called a dissociative pseudo seizure.”
(<http://blog.thespiritualcatalyst.com/i-changed-my-mind/>)

Teal writes: “People expect me to always act like the perfectly enlightened being they imagine me to be in their minds. And then, they feel let down or tricked when they see me seizure”
(<http://blog.thespiritualcatalyst.com/my-love-life/>)

Teal writes: “The first day I arrived at Simon’s, a glass shattered (which usually puts me into a seizure).”
(<http://blog.thespiritualcatalyst.com/the-kiss-of-the-frog/>)

Teal says: “This is also the reason why I came down [from planet Arcturus] and experienced what I did as a child. It’s because of the fact that humanity was asking—to connect with—a way—basically, channelers—right?—have been telling them how the universe works—but most people listen to channelers and say, ‘Well, that wouldn’t work for me,’ because they don’t know what it’s like to be in that kind of a situation. So, what I chose to do basically, is pick the kind of life that is the worst kind of life that a human could experience, and get myself out of it—and then teach other people how to do it. I can’t do that unless I experience it.” (<https://youtu.be/bLI8R5Jzpb0>, 11:17–11:51)

Teal writes: “I retreated to my hotel room and laid on the bed, consumed by that all too familiar feeling of being outcast and disparaged. I did my healing the emotional body process and recovered a tiny four-year-old self who was traumatized by this very same experience of mass societal disapproval.”
(<http://blog.thespiritualcatalyst.com/midway-to-the-heart/>)

Teal writes: “I was filled with a feeling of belonging and also the fear of that belonging disappearing on me, like it so often does. I spent the rest of the day in that mixed state. I have been welcomed into [my

(ex-?)husband] Sarbdeep's family without reservation and with open arms and some part of me is afraid of walking into that 'welcomeness' for fear that this most wanted thing, will be stripped away. I have not yet 'inowned' [*sic*] belonging. I have not yet 'inowned' [*sic*] being wanted." (<http://blog.thespiritualcatalyst.com/the-warmth-of-indian-spices/>)

Teal writes: "And what belief is the most painful belief [I] possess?... That I am fated to be disappointed, unhappy and suffer; that no one will love me for the rest of my life and that my authentic struggles make me incapable of being lovable." (<http://blog.thespiritualcatalyst.com/self-inquiry-the-answers/>)

Teal writes: "I feel the absence of love in every corner of my life here in Utah. I feel it when I wake up in my bed alone. It is the wintertime now and so every morning, I wake up to the dark of the pre dawn morning in the cold and I feel forsaken. I feel it when it is breakfast time and I cannot emotionally force myself to make a single serving. I feel the absence of love when I am up against the pressures of running a business and maintaining a public profile and just need someone to hold me, but no one is there. I feel the absence of love when I am going to sleep at night." (<http://blog.thespiritualcatalyst.com/what-is-it-that-love-will-bring-me/>)

Teal writes: "No one notices me. I am a ghost in this time space reality. They are not as dense as me. Like a hologram or like images being projected on a movie screen. They are made more of light than of flesh. And I look ahead of me to see someone in a wheelchair rolling towards me. Like me, he is dense. Like me, the people seem to walk through him unaware of his presence, as if he is not there." (<http://blog.thespiritualcatalyst.com/the-parking-lot-and-the-guide/>)

Teal writes: "When children undergo things they can't cope with, they often invent a personality (or multiple personalities) of someone that can cope with the experience. When I escaped from my childhood abuse, the torture of it all had left me with 12 alter personalities. I had developed what they call dissociative identity disorder. I spent nearly six years with one of the leading psychologists [*sic*, because this psychotherapist—Barbara Snow—is a social worker, not a psychologist] in the country for ritual trauma, integrating those personalities." (<http://blog.thespiritualcatalyst.com/a-flame-that-flickers/>)

Note: Barbara Snow is a social worker in Salt Lake City (not a psychologist, as Teal erroneously states), who was put on probation for two years by her state's licensing board for a number of ethical violations, including: billing insurance for psychotherapy she provided to her relatives (i.e., her sister-in-law, her niece, and her nephew), which constituted inappropriate dual relationships; destroying her sister-in-law's computer with a baseball bat; fabricating clinical notes; convincing her sister-in-law that her sister-in-law's father had sexually abused her; and sharing confidential information—which she learned in sessions with one family member—with other family members.

Also, the Utah Attorney General's office writes: "During clinical sessions with S J [Dr. Snow's sister-in-law], the Respondent [Dr. Snow] imposed fictitious memories of satanic abuse and military testing by repeatedly providing details and specifics in order to get S J to begin to visualize this fictitious abuse and testing. Information was not volunteered or presented by S J. Rather, the Respondent related fictitious

information and provided S J with suggestive facts that led S J to believe these events were true.”
(<http://dopl.utah.gov/orders/index.html?lic=121053-3501>)