

A Little Juju Podcast

Episode 4: Love & Sex & Magic & Binding & Condoms

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0:00 So this episode is definitely about sex but I was thinking like ‘yo when I drop this episode, it’ll be the day before thanksgiving,’ so I have to remind you all if you do celebrate this holiday, if it is a day that you fellowship with your people, your family, your friends, don’t forget to put some food aside for your ancestors. You can make them a separate plate, it doesn’t have to be huge. You can make them a small little plate, just one, put it off to the side and set your intention like ‘I’m bringing my ancestors into this space. This is for y’all.’ And you can just dispose of it when you dispose of your own food, you can make some food and put it by an altar that you have or made or whatever. You can put the food by the altar or on the altar. Or, a more inconspicuous way to do -- at any point when you’re eating -- is just put a little bit of the food that you’re eating over to the side. Before you start eating, you have your plate full of food, just put a lil piece of turkey over there, put a lil macaroni & cheese, put a lil greens, and then just don’t eat that. You eat the rest of your food but it’s on your plate so it just looks like you have a little bit that you didn’t eat. And then you -- Before you eat you say the prayer like ‘Okay I’m calling my ancestors into this space, this is for y’all, this is the food I’ve left to the side. Be happy, be merry, I love you.’ So those are ways that you can honor your ancestors while you eat, so do that on Thursday. And of course we don’t see it for the pilgrims and that bullshit. But, a beautiful day to be thankful. A beautiful day to be with your family and friends. And a beautiful day, like everyday, to honor the land and honor Mother Nature. So, okay, just wanted to give y’all a little gem before we get into the show show. Happy eating tomorrow.

1:56 *sings* Let’s talk about sex baby, let’s talk about you and me. Let’s talk about bubbles in the tub, let’s aaaahh ahhh loveee. Y’all remember that joint? That used to be my song back in -- I think it was high school. Talkin’ bout some bubbles in the tub, talkin’ bout sex (laughs). What? But today, you guessed it, we’re talking about sex magic. We are talking about binding, we are talking about dating as a spirit worker and what it means to just meet new people, and how do you come out to them? You know? How do you say, ‘Yo, I talk to spirits. Spirits visit me. You wanna come over and hook up? A ghost might pop out.’ You know? (laughs) All these things we just have to process with each other, I need to process it with y’all. I hope that y’all are open to processing it with me because I am just like ‘What in the world is going on and how am I supposed to do this? And how am I supposed to secure a bae for the winter? It’s cold outside. I am in Chicago.’ Like, this is just not (laughs) okay. So, yeah, we are just gonna talk about all of that and I’m pretty excited for this episode ‘cause there is just so much tea that I feel like might slip out and I might spill. But that’s what the podcast is for, right? So, y’all get into it. Sit back, relax, and get ready for a little juju. All you need is a little juju.

3:35 [podcast intro plays - A Little Juju (single)]

4:32 So, before we get into all of my stuff, I want to shout out and send all of my good juju to everyone who donated to me on Cash App. For folks who donated to me, I actually don’t think anyone used Paypal, but all the folks that donated to me through Cash App, which is deeply appreciated. Super, super, hella juju to Zora Neale Twerksun, one

Juju Bae

of my internet homies and just hilarious ass person, who encouraged me to start a Patreon. And I knew I should have started a Patreon when I first started the podcast, but I was like ‘eh, I’ll just do it later. I don’t really care.’ Patreon is a site for donations and you can just make a regular commitment to podcasts or pay artists for their labor, for their work, that they offer not paid for. And Patreon is just a good way to do that and to make those monthly commitments to people. Zora messaged me and was like, ‘Ummm where is your Patreon?’ (laughs) And I’m like ‘Yeah, I thought about doing it but I just didn’t do it yet.’ She was like ‘No, you need to create a Patreon. The ancestors literally just had me message you and say get the Patreon up now.’ And so, I did it the next day, the Patreon is now up, so that is a possibility now. You all can donate to me! Yayyyy for give and receive! Yay! The universe is about balance, it’s about dynamic exchange, so if you feel it in your heart to donate a little bit to the podcast, I’m just asking for \$3 a month. You can obviously give more, you can give less, but I’m just asking for folks who are enjoying the podcast to donate \$3 a month and that will go towards costs of putting out the podcast, the website fees, and all other spiritual supply stuff that comes up. I record this podcast from my bed usually, and I really -- it’s weird. I have my mic on my side table and I just sit on the side of my bed and lean over and talk into the mic, so I feel like I need a desk -- even just like a bed and breakfast desk that I can put in the bed so I don’t have to awkwardly lean over. It’s really weird. But that’s just little things that come up, like ‘Oh I need that.’ So just donating to the podcast will help me get better supplies so that I can record more comfortably, I can get some headphones, eventually a better mic, recording materials, all the things that come up that you don’t expect to come up when you’re trying to put out a podcast. You just think it’s talking into a mic and it’s free, it’s not free (laughs). Nothing is free! I don’t know what I was thinking. So, anyway, again shoutout to Zora. Shoutout to everyone who donated and check out my Patreon site. I believe it’s patreon.com/jujubae. Yeah, patreon.com/jujubae. And, see what’s poppin’ on the Patreon. My website also, www.itsjujubae.com, has my products on there -- my ‘Make Conjure Black Again’ hats as well as the ‘Hoodoo Matters’ shirts, and there’s a page for A Little Juju Podcast, which just has a podcast description, a link to the episodes themselves, and then it’ll take you to the Patreon or my Paypal, and also my cash app is on there, which is \$itsjujubae. So, yeah, I wanted to start off with that and just say thank you, thank you, thank you, and all the good juju to the folks that are able to support me monetarily, and if you’re not able to support me monetarily, another beautiful way that I really appreciate is just sharing the podcast and telling people that it’s good (laughs) or that you like it, or recommending it. That is another way to help support and sustain me and this work. So, thank you loves, now let’s get into this tea I have.

8:56 [intro snippet plays]

9:00 Ai yi yi! So remember last week -- let me just get comfortable chile -- last week when I told y’all that I text my ex and I did not get a text back? (laughs) And I was cool with that, right, ‘cause I wasn’t doing it for a text back. I was doing it to be like ‘Yo, hi. We’re cool. Sending my love, all this, it’s peace, whatever.’ Chile, I put that episode out, of course I got a text back the next day. The day after I recorded and (deep breath) y’all, my ex is already dating a new person. A whole person. But not just any person, but the person that we used to argue over all the time. The person that I accused them of cheating on me with. This person

that I just did not fuck wit at all. My ex is dating that person (laughs) and it's not funny (laughs). I guess I'm laughing to keep from crying right now. No, I actually do feel a lot better about it. When I first found out, I was distraught, obviously. But, I've had a week to heal and get my life right and together. And yeah, so, I did get a text back. And it's funny because I asked my ancestors before I actually text my ex, I was like "Yo, do y'all actually support me even reaching out and should I?" And they was like "Yeah you should." And so obviously when I got that text back, I'm like "why would y'all tell me to reach out," but it's because I needed to know. I needed that true closure like 'Booboo, I have moved on from you, I have been dating the person that you wanted me to stay away from, so bloop!' (laughs) So, I've just been trying to process what all of that means for me and why it was so hurtful. Well not even just why it was so hurtful, I know why it was so hurtful, because I felt and I still probably feel a little bit betrayed, but there's no reason for me to feel betrayed at all. First of all, we are broken up. Second of all, I'm free from that. I'm happy that I'm single and figuring out stuff for myself. So, it's fine, it just was really hurtful and I also felt stupid. I think that's the biggest thing that I felt hearing that, because I knew in the relationship that there was just something that wasn't right, and particularly around this other person, who they're now dating. And I was just like 'yo, it's just not enough room for all of us. It's just not enough room for you to be friends with this person.' And I said that, and I'm like something isn't right to me. Also, I'm not saying this to say that my partner was cheating on me while we were together with this person, 'cause I actually don't think that. I don't know. I don't think that, genuinely, even though it sounds like that because they are now dating and we just broke up. But, no, I really don't think that -- more or less. But at this point, I did a divination today, I was talking to my ancestors and I'm like I really want -- I love to be cool with my exes. Like, nothing makes me feel more joy than to be cool with my exes. I actually just like to be cool with people. I hate bad blood, I hate bad energy, I hate bad vibes between somebody that I used to love or still love, or had a lot of love for. I hate that. Even if we're not in a relationship anymore, I just wanna be cool! We ain't even gotta be friends but I just wanna know you not over there sending me bad shit and I want you to know that I'm not over here sending you bad shit 'cause if I said I loved you, I love you, I'm not tryna do that. So now, I'm just a lil' shook, y'all. I'm kinda shook, but at the end of the day, I do want niggas to be happy. So if that makes niggas happy, then bet. You know? That's what it is. Hmmmmmmm (sighs). It's definitely hard but that's what needed to happen, that's the information I needed to hear. That's clearly who my ex-partner needed to date and that's just that. And I need to be okay with that 'cause I have no other choice. And so I'm not beating myself up too much because I just, you know I got shit to work through like we all do.

So, I just wanted to update y'all on the texting. Venus Retrograde really does wanna fight but she's really just trying to -- and she did exactly that -- help us heal from the shit that we thought we healed from. Like we really didn't. I said that last episode and so it made me -- like when me and my ex broke up, I was surprisingly upbeat. I was surprisingly good, I wasn't really crying like that, I was like 'Wow, this is new.' 'Cause old me woulda been crying in the bed and ready to die, honestly. And that moment, when I learned that my ex had moved on, I was like 'Oh nowww I'm feeling all the things!' Venus did all the things she was supposed to do, like 'Baby you ain't heal from that. You walking 'round thinking you're

healed, tryna hide it, in whatever little vices you got. You ain't healed. Boom. What'chu gon' do with that?' And I been fucked up y'all, I been fucked up from that. But everyday gets better. I talked to Oshun last night and I feel better. I talked to my ancestors and my muertos, I talked to all my spirits like 'Help me heal y'all, what the fuck.' So, it's good. I'm good. Imma be good and it is what it is. I have blessings that are in store for me. New people. I ain't gotta be pressed over no ex or none of that. I have a bright future. I have a person/people who will love me and do all the things that I need and be what I need and I will be what they need. And that's it. So I'm really just tryna ground myself in that because it is true. And it is coming. So I gotta get myself together, chile. I was telling my friend Camille this and she was like "You need to write a letter to your ex and then burn it." And I was like "DUHHH! I need to do a fire working and cleanse myself of all of that." So, this is a great transition into Heal Yourself!

16:37 [intro snippet plays]

16:40 So Heal Yourself is the part of the show where I share some tips, tricks, and insights -- juju related -- to heal, to address some of our issues, to make us feel better. Ya know? All of that good shit. So today's Heal Yourself is what Camille suggested to me, which I completely forgot. Sometimes I just completely forget the tools that I have, like I forget about burning things. Like, Duh! I need to write a letter and burn it. That is a very easy ritual to cleanse yourself of things you do not want. If you got, so in my case, for example, to help break ties between myself and my ex, I'm just gonna write them a letter around how I feel, around -- yeah, just how I feel. All the things that I wanna let go of from that relationship. The things that hurt me, the things that made me upset, the things that made me cry. Imma literally just spill my heart out on paper and burn it (laughs). I'm gonna burn it. That's such a good release. Even writing, for me, is a magical practice, to be honest. I think writers are magicians because of the ways that they go from taking something that exists in their head, and making it physical, and putting it on paper and manifesting it in so many different ways. So writing is a ritual, a healing ritual in itself. And then when you add fire, which represents death in a lot of traditions, rebirth in many traditions, and just ridding oneself and cleansing also. You put the writing with the fire and then you do it under a waning moon, for example -- a waning moon is the moon where you're releasing, the moon where you're tryna remove obstacles, remove shit from your past that you don't want, remove all of that together, you got the fire, the moon, and the writing?! Chile. So whatever it is that you feel you are just ready to release, you are ready to let go of, things that you feel are holding you back, potentially blocking you from the next phase of your life, get that pen and paper out. I always recommend writing it. If you wanna type, that's fine, but I will always recommend hand, to pen, to paper. Write it all out, spill your heart out, cry. Just release it all and then burn that shit. If you have a fireplace, amazing! This Black witch I know says all witches need to have a fireplace. When you get your own house, you need to have a fireplace. And that's so true 'cause it's just so many great things we can do with fire. But everybody ain't got no fireplace, everybody ain't got they own house (laughs). I ain't got no fireplace, so I'm tryna figure out how I'm gonna do that. Probably you can go outside if you have space and put a lighter and burn it. Make sure you got some water or something close by just in case shit go awry and some Sango energy pop out. You can probably do it in

a pot, not a pot, a cauldron I mean. I do have a cauldron, I can burn it there. Get creative with it and be safe and as the fire is burning up all of the things that you wanna release, just feel it kind of burn away in your spirit too. Feel it burn away in your heart, feel all that pain and negativity that you've been carrying, and hurt, just let it fade away. And it's powerful. It's powerful and shoutout to Camille again, for just bringing that back to my attention and reminding me like 'Oh yeah! I can write about it and light it on fire. Simple!' And honestly, it doesn't have to be under a waning moon, it's always nice to use moon phases just for that extra umph, that extra universal support, to help bring about whatever you're tryna do or whatever your intentions are, to help manifest your intentions. But if you need to do it today and today's a full moon or whatever it is, gon' head and do that (laughs). Your intention is the biggest ingredient, in my opinion, so you can always release. It's never too late to release. So, if you need to do it as soon as possible, or the day you wanna do it is not a waning moon. No problem, but I just wanted to say you can do a waning moon, and that'll be extra universal support. So, let me know how that goes for y'all. And let's get out here and release this toxic shit. Let's release these exes we don't need anymore, let's release these bad friendships, let's release these childhood traumas. Let's release! Let's release! Let's release! We have so many things in our future that are just for us and so often our pain is what holds us back. It really be us! It really be us. So, we have to do all that we can to make sure that we are good and that, like I've said before on past episodes, that we're controlling the things that we can control. Amidst all the things that we can't, there are things that we can, and we can control our healing. We have tools, thank the ancestors, we have tools that they left for us to be able to do this healing work and to reap the gifts that this life has to offer us, because we all have gifts that we are owed. And I want myself and I want all of y'all to get them. And I don't want any lil crusty ex or crusty friend or ain't shit individual, or some bad shit to happen to hold you back from those gifts. You deserve those gifts, you deserve to get them, so let's heal. Put that pen to the paper, let's heal y'all.

23:00 [intro snippet plays]

23:03 (sighs) Y'all why is dating so weird? I am not a dater because I am a chronic relationship-er. Like I stay in somebody's relationship and people always say that's so bad, and I've been the person to say 'Oh this person stay in a relationship. They don't even know they self.' I am thinking more deeply about that before I say that because I don't know if that's necessarily true all the time. I mean, it's natural to want to be in relationship. For some people, they love to be in relationship, they love to be in community, they love to be with other people. I think that there's a balance between people who are running away from something and always need to be in a relationship, to people who just like relationships. And so I don't think that everyone who is in a relationship often has a problem. But that's kind of the sentiment that people put out and I just don't think that's a complete idea. I think that there is something to that idea, but that's not a complete idea. But anyway, that's a little side. I stay in a relationship and for me, I think that a lot of it has been a bit of running from things, internal things, but a lot of it is because I'm just a Cancer (laughs). I'm a triple Cancer y'all and I just like being loved upon. I like having a person, I like -- I don't even necessarily like cuddling for real, 'cause my past lovers be like 'You don't even cuddle me after we have sex, you just turn your back.' And I'm like 'Yeah, I do 'cause

I'm tryna go to sleep (laughs). Ion need to be all up on you.' But no, I just like relationships. I like having a person or persons. I don't know. I probably make myself out to be this super hoe, 'I don't give a F about nobody, I just want sex,' but I really be wanting to just have a person, and be around them, and talk and listen. You know? So, anyway, I'm at this weird place in my life where I'm actually dating. Like for real dating. Before, I would date, but I always had a partner or an ex I was still messing with, so in a way I still had to be accountable to them. And in a way, it was like I was still in a relationship, so it was weird. Even if I went out with a new person, I was gonna leave you and hit up my ex like 'Yo, what you doing? I'm bout to come thru. Oh you tryna go to the movies, oh you tryna..?' You know? So this is the first time I don't have an ex to fall back on when I'm lonely. I don't have an ex to hit up after a bad date or anything. It is just me out here, doing my own thing. And it's weird! It's so strange, I don't know how to do this. I don't know how to date, number one. Number two, I (laughs) have been dating non-men for the past 4 years and now all of a sudden since me and my ex broke up, I have been dating cis-men. Like, I swore I was a lesbian (laughs). I am not a lesbian (laughs). I am surely not a lesbian, like I used to refer to myself as gay all the time. I knew I wasn't true, true a lesbian. I knew I was attracted to different genders, regardless of who people were. If you fine, you fine. But I've always been with mostly -- I've been with more women than I have men. Or, not even just women, but non-binary people. Just non-men -- I have been with more non-men, than I have cis-men, or men period. So, I've just been on my cis-men shit and I'm like what is going on? I just feel like I'm really learning so much more about myself, and what I desire, and what I like, and how being in a relationship with men is so different. And it requires me to do things that I just haven't had to do before, and think about concepts in ways I haven't had to, and communicate in different ways, and having sex different ways. It's just weird! I'm just not a lesbian and so I have realized that (laughs) I'm just not gay after me and my ex broke up. So many changes have happened, so navigating that has been very interesting. Very, very interesting.

28:17 So like.. (sighs). Where do I even wanna start? So first of all, I need to get rid of this whole ass love working I did for me and my ex. I did a whole -- I wouldn't even call it -- I guess it's a binding. I used hair and I put our personal concerns in a jar and I put the love herbs, and honey, and all that. And set intentions and prayed, and lit the candles, and dripped the candle wax. You know? I did all of that and that love working is literally still sitting in my living room looking at me like 'So whatchu gon' do with me?' And I need to get rid of it! I need to go to the crossroads and crush that shit, or light it on fire somewhere (laughs), or throw it in the water. I probably need to do a compilation of all of those things. I need to ask my ancestors exactly what to do with it, but I'm thinking about just kind of crushing it, shattering it at the crossroads. But I got a whole ass love working. My partner and I are still very much binded together because I did a binding work while we were in relationship with each other. When we were going through a lot of stuff, I was like 'Okay, I gotta just do a little juju 'cause I don't know what's going on with us, but we need to add a little bit more sweetness into this relationship.' So, I wouldn't say we binded, but there is definitely sorcery that is still connecting us, and there was sorcery behind our relationship, and also my ex knew this. I was not doing any sorcery behind their back and they didn't know. I think that is wrong, I think that is coercive, I don't think that's cute. Even if it's just a

sweetener, you should just ask your partner to do the sweetener, don't just be doing the sweetener. Oh, for those who don't know, a sweetener is a container "spell" or working. Usually it consists of personal concerns of whoever or whatever you're trying to sweeten. So, for example, personal concerns was my hair and my ex's hair that was in the jar, along with some other -- a sweetener agent, usually people use honey, but you can also use sugar if you need something a little bit quicker. You can use molasses, what have you, and you just put that in a jar and you do the relevant workings over it: the prayers, the whatever you need to do, you work that shit! You work that sweetener so that whatever you're tryna sweeten gets sweet. So you have those sweetening ingredients in this jar with personal concerns of you and another person -- you can sweeten your boss, whatever. And it's a simple container working.

So yeah, I had one for my ex. It's still there, still put together. Oh, I also had our pictures in there, which is another personal concern. Chile and I'm just looking at it everyday like 'Lawd I need to get rid of this sorcery (laughs).' We are done, I need to just rid myself of all of it, including this work. So I need to get rid of that and I think that'll also help with just tryna move on.

31:53 [intro snippet plays]

31:56 So yeah, we've been broken up a couple months now. I got the sweetening jar I need to destroy and I have been dating men (laughs), which has been so wild. First of all, the first -- oh God. Oh God, I'm just right now processing how real is it 'bout to get right now. How deep am I 'bout to go? So let me just say this: I slipped up.. I didn't slip up, I made a decision to sleep with a man and not use a condom, and I put this on Facebook the other day. The biggest push for me to use a condom: it is how sensitive I am, I take on other people's energy and their spirits. First of all, we all do. When having sex -- sex ain't never just sex. People who be like 'It's just sex,' it ain't no just sex. It is a lot of muthafuckin' energy exchange that happens when you have sex with people. Sex is a portal, meaning it is a sweet spot, a place where the spiritual realm and the physical realm open up. Okay? You can manifest a lot of things during sex. We can talk about that a little later, about sex magic. But, back to this, yeah I slept with this guy and didn't use a condom. Eh condoms.. I just have -- you know, I gotta keep it a hunnid. I am not the biggest condom lover. I don't know who is! They feel unnatural to me, they don't feel right, I don't like them. I understand why people use them, I don't discourage condom use. I think I encourage it. Do as I do, not as I say (laughs). So anyway, I slipped up. Whatever, I didn't slip up, I made a conscious decision to do it. And when I tell y'all this man's ancestors be on my back! Telling me the things that he needs to do, the things that he needs to be intentional about, the things that he needs to heal from, and I'm like 'Yo, I did not sign up for y'all to do this. I can tell him these things and I can encourage him to figure out his own way of communicating with y'all, or maybe y'all need to make it a little bit more clearer to him how you're tryna get these messages across. But I am not 'bout to -- listen, we was just fuckin' (laughs). I'm not tryna be his counselor.' And of course I told him whatever, he was open to it, it was all good. But like, yo, I can't be doing that. And so that was really just a wake up call for me to -- I just can't be opening myself up to everybody's energy or

everybody's spirits because it could have been a lot worse. There's so many nasty and negative things on people and when you're just engaging in sex, all of that shit can just hop right on you. And it could drive you up the wall. You could just get whatever negative stuff is around them, you don't want that. Like how when you walk in a room and somebody has a bad attitude, and now you have a bad attitude. That's because that energy exchange, that spirit or whatever has them having a bad attitude hopped right onto you. So that same thing happens like times a million when you are having sex with a person. All their shit is yours and all your shit becomes theirs. So, (sighs). Y'all, don't do as I do. I'm good, I got tested, all is good, all is well. But I was like, yo if nothing else -- if I won't slip up for no reason, it will be because these spiritual boundaries -- I am too damn sensitive and too much of a medium to be holding on and having some other nigga's ancestors coming in and tryna tell me what he needs to do. He needs to start eating breakfast (laughs). I'm not telling him he needs to start eating breakfast, you tell him he needs to start eating breakfast, shit!

36:50 So that's been that. Also, sex is binding in a lot of ways, especially when you're sharing fluids (sighs). So binding is -- y'all there's just so many ways to bind yourself to people. Here's the thing: everyone seems to be overly concerned with how to get their man back, how to stop their man from cheating, how to do XYZ with their man. I get questions about it and nothing makes me more irritated. 'Cause most of the time, it's from women who are trying to get a man to come back who communicated with you that he don't want you back. Or he's cheating on you regularly. Or he just left you. Why are you coming to me tryna get someone who left you back? He don't wanna be with you so I'm not gon' tell you what you can do to get him back. I know what you could do but it's dangerous. I don't wanna have anymore questions about that. Let me do a lil history lesson. Our ancestors, in a lot of ways, used to -- our foremothers, specifically -- in a lot of ways used to use their bodily fluids, regardless of which one -- blood being the most common and the most powerful -- using those fluids and putting them in different foods, beverages, etc. so that the person they were trying to bind to them would consume it and be tied to them. They often did that because, thanks to patriarchy, and especially for our Black foremothers, we didn't have access to get our own money. We didn't have access to take care of a family, we weren't able to take care of a family or ourselves. We had to rely on our husbands and our men to go out, do his job, get paid, come home, and then provide for the family while we stayed home and did whatever. So, we literally, or they literally could not afford to have their man cheating on them, leaving them with the kids, and finding some other woman and leaving their family because then you have no income. You have no way to help your family. And of course our ancestors always made a way, our foremothers always made a way. But what I'm saying is it would be easier if you had your man going out, getting his check, and coming home to give you the money so you could get the food, cook it, and take care of y'all's family, pay the bills. I can't pay the bills if my man is out here with another woman giving her my check, or taking care of her kids, or taking her out to eat, eating her food, giving her money so she could cook for him. You know? So they had to do what they had to do to keep their man around. And that is no shade to our foremothers, it's what had to be done. And I'm not gonna say that patriarchy still doesn't limit Black women in these ways to where we often still have to rely on a man to get shit done -- from a monetary standpoint. But, y'all

not even reaching out to me about that. Y'all reaching out to me talkin' bout some 'my man, he um' -- Someone actually reached out and said that her man was abusing her and cheating on her regularly and she needed a good binding working so that he would stop cheating on her. And I'm like 'baby, he's cheating on you, you don't want that. He's abusive towards you, you definitely don't want that.' People have died, y'all. More specifically, not just died, people have been murdered because of binding workings. Because if you're ingesting or somehow sharing, especially blood with another individual, that is a spiritual bind. And sometimes you don't need to spiritually bind yourself with someone, even if you wanna be with them. Sometimes you ain't supposed to be together. You're supposed to be together for a season and it's supposed to be over. Now you done binded him and y'all together for 3 years now and he wants to get out, but he don't know how to get out 'cause he got all these spirits pulling him back all the time, because you decided to bind him with your asé. That is a waste of asé, number one. And two, eventually people figure out how to get out of it. And it has often resulted in death. It is not a safe practice. It is not, you are worth so much more than binding somebody to you. My thing is, if somebody wanna be with you, they wanna be with you. When they wanna leave, you let them leave. Period, point, blank. In my case, I feel like it was a binding a little bit to have a love working, but it was more so a sweetening of the relationship and not so much like 'I am tying you to me.' But more so, putting our personal concerns in there together, consensually, and doing the work together consensually. Not, 'Oh I don't want my ex to leave, or even like I don't want my ex to be talking to this person who I don't like, so imma bind them.' I could've done that. I was like 'No I ain't doing that.' 'Cause at the end of the day, if somebody wants to leave you, let them leave you. Ain't no reason to bind yourself to nobody. Sweeten them if you want to, sweeten the relationship with consent. Don't bind. It is not worth it.

43:02 So anyway, a lot of that binding can happen even during sex. My godfather was saying this before. Now I have not gotten to this point yet because I like to talk dirty, I like to be like 'this pussy is yours.' I like to do alladat. But when you're somebody like me, specifically me, who has a gift of manifesting through my tongue. I literally have to watch my words when I'm fuckin' because if I keep telling somebody this pussy is theirs over and over again, and remember sex and orgasms specifically are portals, if I'm about to be at the point of orgasm or another person is orgasming, I'm saying 'this pussy is yours,' I'm saying 'you can do whatever to it because it's yours'.. I'm casting spells baby (laughs), I'm doing workings. That is potentially very dangerous, tbh. You know? I mean you're putting all your energy and intent behind those words and you are engaging in a really powerful act. Sex is a ritual. I'm just saying be careful, y'all. I'm just saying, sometimes it makes things a little bit more difficult 'cause we done put all our intentions, we just saying what we wanna say out our mouth and we don't mean it. 'Cause this pussy really ain't nobody's but mine, but in the moment, I just love to talk like that. I love that! But (sighs), nah y'all, be careful. Be careful. Okay? 'Cause uh, you might have some shit you can't get rid of. Well you can but then you have to reach out to somebody like me to help you get rid of it. Don't reach out to me 'cause I can't help you, but somebody else, a powerful worker to help you get rid of it. So, watch your mouth, watch your intentions. I know we wanna have fun, I know we wanna talk dirty, that's cool. I'm still tryna figure out how I can do that but not be casting spells (laughs) while I'm doing it. Just be careful, same with period sex. I think patriarchy did an excellent

job at telling us that periods are dirty, and disgusting, and you don't have sex on your period 'cause that's just dirty. So then, the counternarrative to that, is often: periods are not dirty, I can have sex whenever time of the month I want to, because it's my body and if my partner consents to having a lil blood, it's just a lil blood. I'm with that. And, for a more complete picture, it's not necessarily about periods being dirty and nasty, and not wanting to have sex on your period because of that, but remember blood is a really powerful binding tool. So, having sex on your period, when there could be blood exchanges, when blood could be in the mouth and consumed, depending on what acts you're doing and how freaky you gettin', I would just recommend not having period sex with somebody that you're not tryna be around for awhile. Or someone that you plan will be in your life -- I'm not necessarily saying you gotta be in love with them or your regular partner or your bae, but I would just think more critically around who you want to share those fluids with and not because you're dirty or being dirty, but just more so because of who are you binding yourself to? What are you binding to? And is that something you really are tryna do? You know what I'm tryna say? So it's just things to think about and consider, and if you think it's cool, go ahead and do you boo boo. 'Cause I ain't tryna -- listen, I'll probably tell a nigga this pussy is theirs next time I fuck, so (laughs). But, it is something that I need to consider and be a little more serious about because of my gifts of manifestation. So, if anybody got any advice on that, let me know!

47:47 [intro snippet plays]

47:50 So I went on this date last weekend, was it? And I went on a date with someone who is a priest, a medium, I actually met him at a misa. So there's this part of me that's like 'Oh my god I would love to meet somebody who does the work that I do, and is a spirit worker, and is a medium, and is a spiritualist, and is a priest, and honors the Orishas, and divines, so there's certain things I don't have to explain, or certain things don't sound weird because they get it.' But then there's this other half of: I don't wanna be dealing with no person who's gon' be tryna read me all day. And tryna get all in my head, and making everything all deep, and checking me about how I'm doing my spiritual shit 'cause that's not what they do. You know? I think there's pros and cons for dating somebody who's a spirit worker or not. But I decided to go out with him 'cause he seemed cool and he was also a Cancer, which I was like, I have never actually went out with a Cancer man.. Mm, actually I don't think I've ever been out with another Cancer before. And, I don't think I like it so much. Only because it's -- I think it was a little bit too much for me. We didn't connect in that way. We didn't connect in a romantic way but I definitely think he's a cool person and a great person to know and learn from, 'cause he just has, he's an elder, specifically in the Orisha tradition, 'cause he's a priest. So definitely an opportunity to learn and connect with someone, but I don't think that we connected any deeper than that, which is okay. But yeah, I didn't really like the whole -- I don't know.. Just being a reader and being able to pinpoint too much stuff, 'cause for me it's like: if I don't tell you out of my mouth, even if you can read it, don't try to tell me about me. I don't think that's cute. I really don't, I think that just happened a lot. It can be true, but what's the fun in tryna learn about a person or just creating space for people to be comfortable to tell you what they want, if you're telling them what they want because you have that gift? And that's cool, but it's just like, I think

that there needs to be boundaries set when dating someone who's gifted like that or two gifted people. So that kinda ran me off, well it didn't run me off 'cause we didn't connect anyway. If we connected, it might have been different. But I was like unnh, no. Even though it's really amazing that he knows -- I probably -- I don't know, I just go back and forth like: Am I gonna end up dating someone who is in this life? Am I gonna end up dating someone who's completely not in this life? Which I don't think could be possible. Or what I think will happen is I date someone and I pull them into this life, then they become a part of it, but not someone who already has their own standing and footing. But maybe, I literally don't know. Like I said, there's pros and cons to both. But with him, it was too much.

51:40 And then I met this guy at a bar, at my friend's birthday/engagement party. Shout out to Lex! The bartender, and I didn't think anything serious would happen with him, but you know - just kinda been talking to him. He's also a Cancer, though! And I'm like yo, what is with me meeting Cancer men right now? What is this? I always think the universe is tryna tell me something when I meet people of the same sign or I meet a lot of a particular sign. So since me and my ex broke up, I have been meeting -- I first met an Aries, and then I've just been meeting hella water signs. Like, hellllllla water signs. Like just deeply connecting, loving on, befriending water signs. And I'm just like okay, so I really need to sit in my water shit right now. And like I told y'all, I'm a triple cancer and scorpio. So I'm just straight water. And I think I really need to seep in my stuff and go with the flow, and chill, and feel my emotions, and not run from them. So I've been doing that, so even just meeting this Cancer bartender guy.. First of all, I'm not loving Cancer guys. They're kind of annoying. They don't represent for Cancers how I need them to (laughs). The bartender guy was okay but I ended up getting, I was un-consensually touched at a bar. This guy rubbed my ass and the bartender guy got mad at me. And he knew that it was un-consensual the whole time, but he got mad at me that someone touched me without my consent. So I was like, um skkrrt! Not really messing with that! And then I told him about himself, he was like 'Yeah I understand what you're saying. If you felt like I came at you wrong, I'm sorry.' Like, no baby, I didn't feel like you came at me wrong, you did. So, I really just wanted to fuck, but I don't know. I feel like I can't now 'cause he just messed it up, I'm a womanist dammit!

So, then my friend is tryna have me meet up with this guy sometime this week and he seems cool. I don't know his sign, I really don't know much about him. It's kind of a blind date thing, which is cool 'cause I don't have to judge him too much. I just kind of go and see him, and see what's up, and what happens, and let it be that. But yeah, y'all, it's just a lot. Oh, I forgot to mention the bartender guy asked for my social media and I was just like 'Uhhhhh, no. You'll get it later,' because I really, really, really am afraid of coming out as a spirit worker. Like, I'm afraid of coming out in dates, in my family, in general. I'm just not comfortable with the fact, or even explaining to people what it is that I do or what my gifts are, because I know people are gonna be like 'What?' Or I would just hate to have a conversation where somebody tries it and says I'm a devil worshipper or something, 'cause then it's gon' be on and poppin'. And that's not even my style, but (sings) I'll take ya photo to the grave. You know what I'm saying? So I'm really careful and I've just never had to be this careful because my partner, my ex partner, was there with me when I started this

journey. Like started from the bottom, was with me when I first started building my altar, when I first started saying I see stuff. When I first started hearing stuff, when I first started going to misa, when I first got into Lukumi, when I first joined a conjure house, when I first did all of this shit, they were there. So even though they might not have been as engrossed in it as I was, they knew that part of me. And I think the scariest thing about not being in that relationship, not just that relationship, but just in a relationship with somebody that knew you in that capacity is like someone else has to get to know my spiritual self. And understand why I do what I do, and understand why if my ancestors say I can't go here, I'm not gonna go. And I know explaining that to somebody who doesn't know that or get that, it would be weird. I have a lot of anxiety around that. I was supposed to meet up with a guy today and my ancestors were like, nah you not meeting up with him today. And it's not like you can't meet up with him ever, but today is not a good day for you to do that. And so I had to make up a reason why I couldn't see him anymore, but I should have asked from jump. But no, if my ancestors say I can't meet you today, I can't meet you today. I don't need to tell him like 'Oh so uh.. See, I talk to spirits.' I just haven't decided how open I'm gonna be, I haven't decided even if I should let people I'm dating listen to the podcast. Because I'm so afraid to come out about this. I'm like damn, if I end up dating a cis-man anyway, imma have to come out with the fact that I'm definitely not just attracted to your kind, and I'm definitely gonna wanna continue to be intimate with women and non-men, so how do you feel about that? I'm already poly, you feel me? Now, niggas is gon' think I'm some weird ass, poly, queer witch (laughs), which I fucking am I guess. But, I just am always wondering how people are navigating that who do not practice traditional Abrahamic religions. Even atheists, 'cause I just assume most people these days are Christians. Whether they are practicing Christians or not, they might label themselves as Christian, and so I don't know how to -- God, I just wouldn't want somebody to say some disrespectful shit. You know?

So, I have so much -- I'm just like damn, my ex knew all of me and knew me from the start of this stuff, and knew me with my gifts, and knew that I had visions, and knew I had dreams, and knew if they were in another room and they heard me talking that I probably wasn't talking to them. There was something very beautiful about that that I just -- I know I'll find that again one day. It's not that I'll never get that again, but it's this process of getting to know people and how much you wanna let them into your practices and to your life and then are they gonna judge you and then -- or how far you let it go on before you tell them, and then what if they run away after you tell them? Just, things that I'm thinking about and considering which have been, to be honest, a bit anxiety provoking. Yeah. You know those rules people make up, those white people rules about dating - like don't talk about religion, politics, or I forgot the third thing - I think it's one more you're not supposed to talk about on the first date. We gotta talk about politics on the first date 'cause are you Black Lives Matter or you all lives matter? That's just what it is. We do have to talk about politics on the first date 'cause I'm not wasting my time with somebody who got a MAGA hat in the trunk. You feel me? Not doing that, so definitely gonna touch on politics. Not deep, but I gotta know your general politics -- do you believe in the liberation of Black people (laughs) or nah? Are you a reformist? I want to know that, but generally, I do think that the religious aspect should wait for me -- not telling anybody else what to do -- but for

me, I think, just because of my own anxiety. Pero, I literally am such a religious person. I am deeply religious. I'm a religious person, I'm not just spiritual. I have a religion that I follow, and listen to, and consult with before I make decisions. Y'all I'm sorry, my radiator is so loud and there's nothing I can do about it, but with your donation, I can get some sort of noise silencing background noise thing so I don't have to deal with that. But you know we starting off in the trenches, it is what it is. Anyway, I'm religious as hell so I don't even know how I can have a conversation and not mention my spirits or not mention my ancestors. It's gonna be hard as hell, that's all I talk about. I'm obsessed with them, I love them, they are my best friends. They are gonna be with me on the date (laughs) -- I don't know man. I don't know, but I will have to let y'all know how this little blind date thing goes and (sighs) how I'm just processing this whole breakup. You know? 'Cause I just know I'm not the only person dealing with this and I -- breakups, they really just don't get any easier. I mean it's like they do, but they don't. I've been through so many breakups, I'm like damn, you would think I just don't care anymore and I thought for a minute that I didn't care until I found out that they were dating someone else, then I was like (whines) 'I care and they don't care...' So I've been crying god damn, a lot, a lot, a lot. But it's been nice to get to know people, it's been nice to be able to go out, it's been nice to be free, and it's been nice that my gifts have just been peewwwm. Let me tell you, since I broke up with ex bae, my gifts peewmm out of this world. Y'all, I got possessed. I wasn't getting possessed, I would go to misas, which is a space where people induce possession to read others, read members of the community, read whatever people's spirits can come down, use your body as a conduit and you read. So I would go into misa with my ex, didn't get mounted, we broke up, I'm mounted all the time. I don't need no misa to get mounted, I can get mounted, I fuck around -- if I talk about it too much right now I'll get mounted on this damn podcast (laughs), you feel me? I been seeing spirits, that's never been my gift, I never thought that I would. I see them now, since we broke up. I hear them now, not hear hear, but my clairaudience is poppin' now since we broke up. Dreams are poppin', spiritual shit's just poppin'. I left my whole Ile; I'm transitioning from Lukumi to a more traditional form of Ifa, but not Isese, not full Isese. Anyway, mad stuff has been happening, so the next person I meet is really gonna have to be with the shits. 'Cause ex bae was with the shits, when I was doing that work. Now, the work that I've been doing is manifesting in my life and the gifts are here, so this next person, if they're not in this life already, they're gonna be shooketh! Okay?! (laughs) They gon' be shooketh! So this is just an interesting little journey for me and we'll see. We will see. I'm gonna do this letter writing and just let it flow, let it go, and see what happens. Oh shoot! The episode is almost over 'cause I don't like to go too much over an hour but I have to talk about sex magic!

1:04:29 [intro snippet plays]

1:04:33 Oh my goodness, sex magic! How did I not -- I was literally about to close and I'm like 'I did not talk about sex magic enough.' Okay, sex magic is when you use, again, orgasms being portals to the spirit realm and physical realm, perfect time to manifest the things that you want and bring about life to. Whatever it is that you're trying to have and experience. Okay I had to leave my loud ass room. Hopefully that's a little bit better 'cause that radiator was starting to turn up, I'm like 'girl, what are you doing?' Anyway, sex magic. So yes,

portal, perfect place to manifest when you are having sex. Now sex magic does not have to happen when you're having sex with another person, it can happen when you are having sex with yourself. I actually think it's better when you're having sex with yourself but, I mean I can't really say that 'cause technically I've never done sex magic with another person, necessarily. I usually do it when I'm masturbating. So, essentially it's pretty easy. What you're doing is.. So for example: if you're masturbating. While you're masturbating, before you actually orgasm or get to that place, you're thinking about what it is that you're trying to create, manifest, bring forth, what have you, and it does not have to be related to sex. So, sometimes I do healing work through masturbation. I'm like 'Okay my intention with this sex magic ritual is to release some of the trauma that I hold, or pain that I hold, or bring about healing, etc.' So I set that intention. While you're doing what you gotta do, you're thinking about that pain leaving your body, you're thinking about what it would mean for you to heal, you're really just preparing yourself and your body to receive all of those blessings that you are working towards doing the sex magic, so when that orgasm comes, that is the moment that you manifested. That's the moment that you just feel like you are just breaking free, like 'Ooh I am healed. It feels so good. I have gotten it, I have done the healing work that I've meant to do. I have, with this orgasm, have released the trauma that I was just thinking about wanting to release.' And it doesn't have to be like -- I know it's hard 'cause it's like, 'When I masturbate, I don't wanna think about my trauma.' It's not that you're thinking about the trauma necessarily, look at your porn, look at whatever you need to look at, but in the back of your head, you have that intention of this is why you're doing this work though. Get off how you need to get off, but you are doing this work for your healing, for the betterment of yourself. It's not just an empty sex act. I just want us to use our sex acts more intentionally because it's so powerful. It is so powerful, we don't have to waste these orgasms. Don't waste your orgasms, use it for good, use it for your healing, use it for the betterment, use it to get some money. If you need a certain amount of money, when you cum, you're thinking about all the money that you 'bout to get with that exact amount. Use that portal, don't waste that portal. I usually like to do it by myself but, you could do it with a partner.

1:08:09 That reminds me, I was just talking about this Instagram as well, on my story. First of all, I'm gonna go back a little bit. When you're having sex with a person, spiritual baths are so important because again, like I said, you have that energy getting on you and you don't want that. You don't need somebody's wild ass spirits on you, weird ass spirits, just shit that you don't need. Get a spiritual bath and wash that off. Look up some cleansing herbs, like I said before in the other episode, Hyssop and Rue is always a good go to. Angelica root for folks who identify as women. Get that mess off you. Sex is not just sex, it is a whole energy exchange. Sometimes when you feel all weird after sex, you're like "What did I grab--? What is that?" Yeah, 'cause you just got people's stuff all on you. The next day you feel all drained and tired. Uh uh, get that stuff off of you. You don't wanna just be out here -- if you just out here having sex to have sex, I feel like you wanna benefit from it in all the ways -- Ooh y'all I just saw a spirit (laughs). See this is what I mean, it still freaks me out because this gift is still developing. It's not a gift that I've always had, but I just saw... I see a cat in here, often. I think that might be one of my guides. It's a black animal, I think it's a cat but I can never fully see it. But anyway, I just saw and it freaked me out.

Okay yes, don't be wasting your nuts. Use them for good, use them for your power, use them for intention, use them for manifestation. If you're having sex with other people, wash that mess off. Especially if you're a sex worker and you are engaging with a lot of different bodies, a lot of different people, a lot of different energies, you definitely want to rid yourself of that. Even if you're not a sex worker, you're someone out here who is just getting your cakes clapped, regardless of your gender, take a spiritual bath! Take a spiritual bath. Now for me, something that I've been thinking about is the people that I wanna engage with sexually, I want to I guess in some way do my own sex magic. But if you know the person well enough that you are engaging in sex with, think about the things about that person that you like and how you would want that energy to show up in your life. So for example, if I'm having sex with someone who I think is such a powerful leader and I think that this person is really good at commanding a room and really good at public speaking, which is true, I've fucked someone like that. Those are things that I'm really self-conscious about in myself, which is one of the reasons I was attracted to this person. Their leadership is admirable to me. So, when I'm fucking, I wanna think about getting some of that energy. I don't want the other energy that this person may have, but I do want some of that energy that allows you to be such a good leader, that allows you to be such a strong public speaker, that allows you to be all those. That's something that I wanna embody, so I'm fucking that (laughs). That's the energy that I wanna take. That's the energy that I wanna take with me after we are done. You know what I'm saying? So, in a way I guess that is sex magic. Like, okay I like this about X person, so how can I manifest that energy while I'm fucking this person, in this moment, so I can take that with me.

And now I have moved into the kitchen because the radiator started going on in my living room while I was talking. Is that Spirit telling me to wrap it up? My spirits are so like... they're like my board of directors or something. They tell me 'Oh don't do that,' 'Make sure you say this,' 'Don't say too much about that,' 'Alright wrap it up, you're on a minute twenty sec--' Like okay!! I mean 'You're on an hour, 12 minutes.' So, anyway, I hope that made sense in regards to the sex magic stuff. Listen, I have manifested things I actually didn't wanna manifest in real life, but I manifested it during sex magic, and I probably shouldn't have. You need to think long and hard about the things -- ba dum tss, that's what she said. But you need to think long and hard about what it is that you're tryna manifest, because I have manifested, I wanted to really have sex one time, and I wanted it from this particular guy. I had some sex magic and he hit me up. If it wasn't that day, it was the next day. Whichever day, we ended up fuckin -- this is the one you know, no condom -- and now his spirits be around me (laughs) telling me shit to tell him. But I asked for that, you know? I asked, like 'Y'all I wanna fuck this guy, so make it happen,' and it happened. I actually probably shouldn't have went about it that way and shouldn't have rushed a process that may have happened naturally or may not have happened at all. But I wanted to put my lil Juju behind it and a whole slew of just -- I won't call it drama, but a bit of drama has happened or just extra things that I didn't have to think about before that I had to think about, or have to think about now that we've been fucking, it's like 'Damn is this all my fault?' (laughs) Nothing terrible has happened but it was definitely a warning for me to just be careful about how I'm using my Juju and that's what I wanna tell you all too. Don't just be out here, especially with sex magic, but you're super powerful just manifesting stuff that

you actually don't wanna manifest, or that you maybe could have manifested in a different way, or you just didn't think through exactly what you wanted so you got exactly what you wanted and that wasn't really what you wanted. But you didn't think through how to word it, or you didn't think through your intention. So it's always best to be really specific with your intention and what you are trying to do with that work because it's powerful. So don't just be out here throwing your Juju around, specifically with sex magic. Big Liz from Big Liz Conjure, who's a great rootworker and she's also a mambo now in Hatian Vodou. She was telling me like, 'You always divine before you do sex magic. Always divine because you wanna make sure that it's spiritually supported that you're doing that and that you're not fucking some shit up.' And I was like, 'That's a good point!' Now, I still don't always divine during sex magic, but my sex magic doesn't revolve around other people so much anymore, now it's mostly about my own healing, my own growth, and I don't necessarily need to divine about is it okay if I do work around my growth and my own healing. You know? I mean sometimes I do sex magic to be like 'Okay the next person that I have sex with, I want it to be so bomb! I want it to be this and that. I wanna be more vocal in sex, ask for what I need more. Work through my own sexual trauma more.' Those are things to work through. But, in general, she was just saying 'It's so powerful, I would never do sex magic if I didn't divine on it.' So, I'm saying that to say, be careful how you do this work because you just never know, and I don't want y'all crying to me or crying to somebody else talking 'bout I told you to go out here and do some sex magic. I'm telling you to be careful. I'm telling you -- you might not know how to divine yet, so then if you feel like you need to divine before you do it, maybe you shouldn't do it. Or just keep the sex magic focused on your own growth and your own healing. Don't be tryna manifest no nigga to come back, don't be tryna get no man to stop cheating on you with the sex magic, uh uh. Don't do that. And I know it's so tempting and alluring to use your Juju for anything that you want, but my whole thing is I'm definitely down with changing the course of the Universe, because that's what this work is all about -- this spiritual work, because we have the power to do that. But you have to be very disciplined and know when you let shit rock and when you change it. You know? You don't gotta change the course of the Universe all the time, sometimes the Universe is gon' do what it does. Or sometimes things are being blocked from you because you actually don't need that thing, but you wanna go and do some work around it so you can get it, and you really didn't need it but you gon' get it 'cause your Juju pops.

1:17:30 [intro snippet plays]

1:17:33 ...was afraid to do my magic anymore and to do any type of workings 'cause I was like 'Everything that I ask for, for the most part, comes to fruition but I always don't ask for it right. So maybe this just isn't for me. Maybe I just don't need to be doing this.' And I had to have a couple people snatch me back and be like 'No baby, you do need to be doing this but you need to be a lot more intentional and not be so willy nilly about the shit,' and I was like 'Ohhhhh okay.' So I just wanna offer that to y'all, please don't be like me. I've been through all these things and manifested things I actually didn't want so I could come to you all and tell you, don't do that. Be thoughtful around how you use your work. Be thoughtful around how you do your sex magic, just be thoughtful because it's not a game. You will fuck around and ask for something that you think you want and you didn't want it, and you don't know

how to get rid of it 'cause you asked for it. You done put your strong ass Juju behind it and got your spirits involved. So, I definitely just wanted to close with that. Please be smart. Please be smart, I don't want no emails about this going the wrong way (laughs). Don't be binding, I ain't tell you to bind nobody. Don't be doing that. Don't be doing that. And have a happy, healthy sexual life. Even if you're asexual, you know, you can still have a happy healthy, sexual life. I just want us all to be rid of our sexual traumas and to heal from that and be the best that we can be, first. Then that's when the other people come in and they can help us strengthen that work that we've already done on ourselves when we're in partnerships with each other.

So, I hope that this episode was helpful to those who have questions around binding, or who reach out to me around binding, or whoever.. just ideas around sex magic and dating. Oh! Also, I'm interested in doing maybe like listener letters, so yeah I don't know, we'll try it out. If you have a question, or a thought, or something that you want me to read on the podcast, feel free to go to my website at www.itsjujubae.com and reach out to me there. The letters can be anonymous if you want it to be and I can just read it on the show and answer it. We'll see how y'all like that. I don't know, but it's possible to be a cute little thing to do. So, anyway, again, thank y'all for listening. Sending you all of the love and the power and amazingsness for this week. Again, you can always reach out to me on [@itsjujubae](https://www.instagram.com/itsjujubae) on Instagram, and then on my website. Again, I got the Patreon up now, you donate, you can check out my merch. And thank y'all so much. I love you all, reach out to me about whatever. I'm not doing spiritual work at this time for people, I always have to say that. I'm still committing myself to studying, so that's why I don't really do it for folks besides my friends, who I feel called to, who reach out to me at the last minute when they are in a bind so I can get them out (laughs). But yeah, thank you all so much. I love you, I love you, and I will see you next week! Thanks for tuning in, later.

Show Notes:

This episode, Juju probably spills way too much of her own tea about her love life, accepting the fact that she's not gay, sex magic, binding, period sex, and how condoms can be uncomfortable but at least they help protect you from other people's spirits!

Key Words:

Heal Yourself, writing, fire, release, sweetener, personal concerns, binding, dating, sex magic, orgasms, portal