

Coming out of the Woo Closet

Hello everyone! How are you this beautiful awesome day?

My name is Cheryl Pastor and this is the first in a series of podcasts about DeMystifying the Woo. In this series I am going to show you the way to understand and even implement the principles of the Woo into your life.

I had to chuckle when I looked up in an Urban dictionary the meaning of “Woo”. It states and I quote, “the way a person is when they uncritically believe unsubstantiated or unfounded ideas”. No wonder it has such a bad reputation of being evil! Let’s start out by defining what I mean by “woo”. “Woo” is all of that spiritual stuff that people are afraid of. It’s the things that you were told when you were a kid (and possibly even today) that is devil worshipping or voodoo and it always had a bad connotation to “regular” people. It’s things like psychics, intuitives, oracle and tarot cards, Spirit Guides, mediums, Holistic healing...I could go on and on. And I will. Each time we meet, I will discuss a different aspect of the woo, explain its meaning and how it can be and actually is integrated into everyone’s life in some way. It’s not scary or something to be feared. It’s all around us and some has actually been scientifically substantiated

Let me tell you a little about myself and how I got here. I had a normal childhood, sort of. I say sort of because I always felt a little “different” than everyone else. A little of a loner even though I was part of the “in” crowd. I always felt something was just not right. Not complete. That I was missing something. I dabbled in being a vegetarian in my early teens; the Ouija board (no fear, I didn’t bring in any demons); I studied many religions including Protestant, Catholic, Wiccan and actually declared I was an agnostic at one point. Nothing fit...something was missing. I talked to Angels and Spirit Guides. Yes, I even talked to dead people. (it’s nothing like you see in the movies or TV).

I was afraid to tell those around me how I felt for fear of criticism, judgment and ridicule. So I kept it in and hid in the “Woo closet”. Finally on January 1, 2014, I came out of the closet publicly in a blog on my new website, <http://cherylpastor.com>. It was so scary! See, I live in a very small conservative town. There are churches on every corner and no New Age stores (at least not publically.) The closest thing to New Age is the Yoga classes. I don’t wear long flowing dresses with colorful shawls and flowers in my hair (at least not since the 70s). I look “normal” and have a “normal” job. No one knew what was happening inside of me.

So you may be thinking “Why in the world would you do that?” “Didn’t you get harassed, ridiculed, judged?” “I could never do that!”

I did it because it felt right. It made me finally feel more complete, more whole. I was declaring a part of myself, my truth, which led me to peace and happiness. I had the support team in place albeit it was made up of people I had never met face to face but they were there to support in a safe place. It’s like when you are little. You are afraid to take your first step. But you know mom or dad will be there to catch you. You know they will hug you when you need a hug but push you all the same. So you take that step, and another and another feeling more secure. Then it’s time to learn how to ride a bike without training wheels...back to that scared feeling, insecure, etc., but you do it knowing you will be caught and supported along the way.

I was pleasantly surprised at the others who “came out of the closet” to me after I had done it. People who had important reputations in the community, from all walks of life, that I would have NEVER guessed to be interested in the spiritual, but were afraid to speak about it for the same reasons I didn’t. It was amazing!

I don’t get on a soapbox and announce on a megaphone in the middle of the square that “I believe in the Woo!” but I will discuss it if feels in line with my true self to say something. I’m not going to “jam it down their throats” any more than I want them to push their opinions on me. But I will discuss it with them, answer their questions honestly, and do it in love. I’m not going to get everyone to agree with me and I don’t expect it. I just want to relieve their fear of it...the fear of the unknown.

For my full story on coming out, check out my blog post called, “Coming Out of the Woo Closet” on my website cherylpastor.com. Comment where you are in the Woo and if there are any areas that you have questions or fears about. While you are there, sign up for my newsletter. In the newsletter you will receive more information regarding all aspects of the spiritual, links to these podcasts, and special offers to work with me.

Until next time...I send you much love and light.