

We Outside Podcast Transcript
Episode 7: We, The Storm with guest, Lystra Germaine Sam

[Opening Quote] [00:00:00] **Lystra Germaine Sam:** I can have freedom on my own. I can, I'm free to go where I want. I'm free to do whatever I wanna do within the systems of what we're living in, of course. That's what we're talking about, freedom, right? But I can't have liberation by myself. I'm not liberated unless you're liberated.

You know, I am not liberated unless the people in Palestine are liberated. I'm not liberated unless the Congo, and, you know, we can't have liberation in a, in a silo. It can't be just one.

[Static Intro] [00:00:34] **Ain B.:** Welcome to the [We Outside Podcast](#), where we explore leadership through the lens of spirit restoration and transformation. I'm your host, Ain B., a restoration practitioner and founder of New Seneca Village.



In each We Outside episode, we engage in generative conversations with guests who are redefining what it means to live and work outside of the dominant imagination.

Today's guest is Lystra Sam. She is a profound facilitator and intentional entrepreneur and a renaissance woman. In this episode, we explore ourselves as nature, spirit as belonging and the presence and power of ancestors. We also unpack the concept of more is more and the transformational and rigorous practice required of being and living in abundance.

You can find Lystra's full bio in the show notes and in the end credits for this episode.

Join us as we move beyond the confines of conventional thinking and into other realms of possibility. Now let's dive into today's conversation.

Ain B. Hi Lystra. Welcome to We Outside Podcast. I am delighted to have you and I'm so excited for our conversation.

[00:02:43] **Lystra Germaine Sam:** It's wonderful to be here with you, and thank you for the invite. It's always great to be honestly in any room that you're

We Outside Podcast Transcript
Episode 7: We, The Storm with guest, Lystra Germaine Sam

in, so it's good. My name is Lystra. My pronouns are she and they, my current environment is the territories of the Musqueam, Tsleil-Waututh and Squamish nations on Turtle Island that is more colonially known or commonly known maybe as Vancouver, BC in Canada. I'm in the Pacific Northwest.

I'm joining you today feeling anticipatory and a little excitement and quite grounded. To be honest, if I spoke about really how I was feeling, I would tell you about, my body and what's happening with my body, and I'm having a lot of tingles. Like through my fingertips and under my skin and it's going like right to the top of my head where there's some warmth happening and I'm also feeling a little sense of overwhelmed because I've got lots going on right now.

And I have a feeling that that's because of the transition into the new season that we're in. And also because I'm getting ready for 2026, I am in fact transitioning in my business. There's a big transition going on with my team.

Ain B.: Mm-hmm. Beautiful. Thank you so much for bringing us into not only your location, but a bit of where and who and how you are right now. My name is Ain. She/they. I'm located on ancestral unceded land of the Cousata and Muskogee people in colonially known Alabama.

And I am feeling right now, sort of like a calm day with some storm clouds coming. I love a storm, okay. I love a storm, so it's sort of like, oh, okay, soon we'll be there, but we're not there right now. We're now still in this gorgeous, sunny, shiny day with this cool breeze, but I know something's coming and I'm excited about it.

Lystra Germaine Sam: Why do you love a storm?

Ain B.: I love a storm because the energy in the air, I can feel it, like I can feel my hair rising up. I love thunder, I love lightning. It's just so much power just going off, you know, and it's unpredictable and it's explosive, and I just feel free in a storm. Thank you for the question. Yeah, I do. I love it.

Lystra Germaine Sam: Yeah. I wondered right away I was like, I wonder if a storm aligns with how you operate.

Ain B.: Mm.

Lystra Germaine Sam: Do you operate in stormy ways with like a lot of different elements going on at the same time?

Ain B.: yeah. You know what's funny is that I would say yes. The storm though is in my head and my spirit circling, and so it's like pulling in input from all these different places.

And then, you know, I think about the neurons in our brains firing and making new pathways and all of that. So I feel like when I get going, it is for real storming in there.

Lystra Germaine Sam: It gets stormy

Ain B.: And I'm just like so excited to, I call it, like work in quantum time because then when I sit down to journal or to actually do the work, it's like, Boom.

Lystra Germaine Sam: Yes.

Ain B.: Yeah. How do you work? Do you work in any nature element ways?

Lystra Germaine Sam: I, yeah. This is one, one of the reasons I ask because I also love a storm and for me there's chaos in a storm. But it's a controlled chaos. Like, you know, nature's controlling it, right? Doing what it's doing.

And I feel that internally, I feel like you said, like, it's in my brain, it's in my gut, my instinct, you know, it's like it gets stormy and things are going wherever they're going, but then you know, the calm afterwards, you know that how the air smells and the vibration in the air after and yeah. I think that's my internal, that's my intuition then. Like just grounding itself and saying, okay, we're ready to move now. You know?

Ain B.: Yes. Yes. What a delight to be so intimately connected with such a great force and energy and power.

We Outside Podcast Transcript
Episode 7: We, The Storm with guest, Lystra Germaine Sam

[00:07:28] **Lystra Germaine Sam:** Yeah. Amazing. And you know, it's funny 'cause probably four times in the last three days I've had a conversation where I've had, I've reminded folks that we are nature, you know, so we are connected to it

Ain B.: A hundred percent.

Lystra Germaine Sam: We are it, we are the storm, we are the trees, we are the ocean.

Ain B.: Yes.

Lystra Germaine Sam: It's all a part of who we are. So to either find our way back to that, if we have been disconnected, which many of us have given the world that we live in and all the systems that we live under. And those systems have done every possible strategy to separate us from that and from each other. Right?

Ain B.: Yes.

Lystra Germaine Sam: So I'm like, find your way back. And once you find your way back, that connection is, it's everything. It's everything.

Ain B.: It's everything. It is everything. It is teacher, confidant, friend, lover. It is a push and a prompt. It is an embrace and a shelter. It is everything.

Lystra Germaine Sam: Yeah. It's everything. Yeah. Yeah. And you can, you find, as you just said, so eloquently, you can find everything in it, everything that you need, everything that you desire. I wanna say in the comms or maybe somewhere at the edges. Maybe sometimes even at the center. It's not about what you desire, it's just about like, it will just give you, it will just feed you.

Ain B.: Yes.

Lystra Germaine Sam: It's not, I'm asking, it's a relationship of reciprocity. So it's, I'm here and what have you got for me? Like, you know, how will you send it? How will you bring it? Because I'm willing to receive, you know?

Ain B.: Yes.

We Outside Podcast Transcript
Episode 7: We, The Storm with guest, Lystra Germaine Sam

Lystra Germaine Sam: Yeah,

[00:09:28] **Ain B.:** yeah. I'm here and I'm listening. I was talking to a plant lady, you know, I love the plant ladies, 'cause I'm not one, I mean, I am one, I'm a plant lady. You could see my plants, but not in the sense of, you know, knowing all the properties, et cetera.

But she explained that in particular trees, but also plants are literally, as we are with them, are sensing our chemical deficiencies and then they're producing chemicals that they have to give to us as we be with them.

You know, and that's why it feels so good to be hiking in the forest and to be forest bathing as they call it these days because the trees are, plants are literally showing up and supplementing where we're lacking in our chemicals now.

So you're making oxygen that we can breathe and you're giving me chemical boosts. What?

Lystra Germaine Sam: Yes. Yes.

Ain B.: What?!

Lystra Germaine Sam: Mm-hmm.

Ain B.: Oh, what a gorgeous gift. So yes.

Lystra Germaine Sam: The chemical boosts the regulating of the nervous system as we're in there, in the forest with the plants and the trees, all the mycelium. You know, it's, it's, I'm telling you that this is why I am like, yo, we are nature.

Ain B.: We are it.

Lystra Germaine Sam: We're a part of this. Okay. Yeah.

Ain B.: We are it.

Lystra Germaine Sam: Yeah.

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

[00:10:45] **Ain B.:** And, then also like, just beauty, you know, as I age, I'm really recognizing how much just natural beauty is a balm to my soul. In particular in times like this. But all times are times like this. This is just sort of a compounded time like this. Hello. Okay.

So, that nature and being able to see naturally beautiful things is like, huh? The release, the awe, the appreciation and again, to what you're exactly naming.

Oh, there I go. That gorgeous Red Rock in Arizona. Okay, there I go. That, that luscious palm tree over there, you know?

Lystra Germaine Sam: Yeah.

Ain B.: Look at me.

Lystra Germaine Sam: Yeah, yeah, yeah,

Ain B.: Yeah. So thank you, absolutely. I love that for us. Yes.

Lystra Germaine Sam: I do too.

Ain B.: I feel like we're already here, but Lystra, what does spirit mean to you and how does it move in you?

[00:11:52] **Lystra Germaine Sam:** Whew, that is such a big question for me. You know, spirit. I wonder if I, if I start on the outside and I start to talk about liberation and belonging. For me, that's the journey that Spirit has mostly, I think, well, the one that I'm gonna name that it has mostly taken me on, you know.

And yeah, you're right, we're here. 'cause you know, I've been talking about the grounding and the oneness with, you know, absolutely our entire environment. I may shed some tears as we talk because please, I get filled up with like such spirit when I talk about that connection. And when I embody that, you know, I just get filled up with like wonder and just awe and I just think, holy crap, like, how magical are we?

You know, that we get to be here in this, you know?

We Outside Podcast Transcript
Episode 7: We, The Storm with guest, Lystra Germaine Sam

Ain B.: Yes. yes.

[00:13:16] **Lystra Germaine Sam:** And so, yeah, I mean, I tap in very, very strongly to, or with my ancestors, for that guidance and connectedness. Spirit for me, I think is, it's like a being, a knowing of oneness, but it's also a practice, you know?

I don't think that I can or that I would have the awareness to those ancestors and to that oneness without the regular practices that I do. To keep me grounded and connected to spirit.

Ain B.: Mm-hmm.

Lystra Germaine Sam: You know, I can certainly, I can do it on my own. But what really gives me like, the juice is when I can do that in community. When I can be with one of, you know, the retreats that I might curate or I may be in residency with, you know, with New Seneca Village and be in community with you, Ain you know.

I may be at a community event where we do grounding together and woo, the power of that is absolutely amazing to me. I mean, I don't know what else to say. That power of connection, there's a healing that's involved. You just talked about the forest and how the plants react to us and our deficiencies, if you will, in vitamins and, you know, nutrients and things like this.

We get that from each other as well. And it comes so much quicker when we do it together than when we do it alone, I find, anyway. And, I guess the healing part of that is what I'm talking about. I can see my naturopath or I can talk to my therapist if I'm doing talk therapy and this takes, you know, months and years and so on and so forth.

And I can get into one session in community and do some grounding together and be intertwined and done.

Ain B.: Mm-hmm.

Lystra Germaine Sam: You know, complete.

Ain B.: Yes. Yes.

[00:15:59] **Lystra Germaine Sam:** So, yeah, spirit, I don't, I mean, it's this connectedness. It's this, you know, it's this way of regulating our nervous system. It's this way of becoming and being and seeing ourselves belonging to ourselves and each other.

It's all about connectedness and liberation, you know?

Ain B.: Yeah, yeah. I really hear that on so many levels. The personal connection, the extending out into the community connection and, you know, we're humans, so we're trained to see humans first as first community, but then we're also talking about connection to nature.

So our community expands into the elemental beings and the natural forces that are also here, and then also ancestors, right. Which I love, that we get to be both here and not here. That's how I think of our ancestors. Not here somewhere, but here.

[00:17:00] **Lystra Germaine Sam:** That's right. They run through us. I mean, I, you know, when I introduced myself normally I introduced myself starting from the latest ancestor that I know is a great grandmother, you know, and it's 'cause I'm a part of her and she's a part of me, you know, and science shows that in fact, you know what I mean?

And then there's the part where I don't even know that I'm asking for them to be, you know, like with me, where they show up and they guide me through whatever the thing is that I'm needing guidance through. Whether I knew I needed the guidance or not. They just show up and they say, you know, they tell me what to do.

Like I audibly hear voices. You know, not sure that, you know, a lot of people can't hear that, but I'm saying I audibly, I'm hearing that right.

Ain B.: Beautiful. Yeah. What a gift to be in that intimate of a relationship. What would you say is the stance for that? Right. What is your stance that has made that possible?

[00:18:12] **Lystra Germaine Sam:** You know what, I, wow. There's a little bit of a story here. When I was a kid, and when I say a kid, so I was born in Trinidad and Tobago. And I moved to Canada when I was four and a half, five

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

years old. My whole family moved. My parents, there's six kids and so it's my parents, my mom and my dad, and these six kids.

And before I moved to Canada, I knew like I was connected to my everything, my everybody. Like, I loved being outside in nature and talk about storms. My most vivid memories are when we would have our tropical downpours because I would rip my clothes off and I would run outside and I would just dance around and play around and climb the tree.

Ain B.: Yes.

Lystra Germaine Sam: Like, and I just loved the sound of that rain coming down and like you said, the thunder, the lightning, like it was just all so powerful.

And when I moved to Canada, that was gone. I also, I'm gonna just say my parents didn't, I don't remember my parents telling me that we were moving. So it was a traumatic experience.

Ain B.: Oh, oof.

Lystra Germaine Sam: Yeah, so I got to Canada and I still had some form of connection, but somewhere in the first three years of living here, I got very afraid of it.

And I don't know if it was because of this new environment and the trauma of moving and all of that, but I just started pushing away, like the voices and the appearances that would happen and just was, I was really afraid, you know?

Ain B.: Mm-hmm.

Lystra Germaine Sam: Now the long, long, long trajectory of different stories to intertwine, but I will end up at 2000, I believe. My parents had both just passed away.

My family had just gone through a lot of loss. My sister's baby had passed away. My auntie had passed away. Like, we went through a lot of loss and I was floundering. I've never felt so, I don't even know if the word is vulnerable. It just, I just never felt so out of sorts in my life. You know?

Ain B.: Mm-hmm.

Lystra Germaine Sam: So during an experience where this is now gonna get a little bit strange. So during a concert experience, I was at a Prince concert and he invited I know, I know. Just all of this,

Ain B.: I mean just...

Lystra Germaine Sam: All of this, right. So he invited me up on stage to dance. And I got up on stage and started dancing. And he was chatting with me and asking me my name and stuff and then he started singing.

And, then I was like, oh, but can my friend come join me too? 'cause we had manifested this happening all day long. Okay

Ain B.: I love it.

Lystra Germaine Sam: And, he was like, oh, wait, hold on folks. My dancer's got a question. And he said, what's your question, dancer? And I was like, oh my God, I'm so embarrassed. And I was like, can my friend come too?

And he said, is that the friend? I said, yeah. He said, okay, get up here, friend. So my friend came up on stage and we were, you know, jumping up and down and screaming, and then he started singing. So we were dancing. And as I was dancing, oof, this is gonna, as I was dancing, I had a vision

And I was surrounded by all my people who were not here, not living on this plane. And I recognized some of them and others I did not recognize, and they were swaying with me to the music and they were holding me in their energy, if you will.

And they were telling me, you are always loved, you are always taken care of. You always belong. We've got you.

Ain B.: Beautiful.

Lystra Germaine Sam: And the odd, the really, really, there was one odd thing about it is that my brother who lives in Costa Rica, he was there too. And I never have been able to put that. I'm like, why was Brian there? I don't know. But, that was my, I think I want to call that my reconnection. Or my knowing reconnection, you know? 'cause I don't think they were ever gone anywhere, you know what I mean?

We Outside Podcast Transcript
Episode 7: We, The Storm with guest, Lystra Germaine Sam

Ain B.: Right.

Lystra Germaine Sam: And that was me going, I am willing. And that was my moment where I just was like, you can't deny that this just happened.

Ain B.: Right.

Lystra Germaine Sam: And you have to allow this back into your life.

Ain B.: Mm-hmm.

Lystra Germaine Sam: And so I allowed it back in and with that allowance. Wow. I could tell you some stories.

Ain B.: Yeah. Well, you know, I just want to honor your listening and your ritual and your initiation. Right? Like dance as a ritual. I'm not even gonna go to Prince 'cause then we'll be here all day. Okay. So, but what a gorgeous invitation and opening. Right. And that you were primed at that moment to receive.

Lystra Germaine Sam: Yeah, all the portals were open.

Ain B.: Yeah. Yeah.

Lystra Germaine Sam: It was okay. It was all, all right. I felt safe, clearly, you know?

Ain B.: Yes.

Lystra Germaine Sam: Yeah, so it's just gone on and built from there. Where now, okay. So since then I started sleeping with, like, I've always journaled. It's always been one of my rituals. But I now started sleeping with my journal, like under my pillow because I will wake up in the middle of the night and I am not in, it's not me. It's not just me. You know what I mean?

Ain B.: Uh Huh Yes.

[00:24:52] **Lystra Germaine Sam:** And, I have to like grab a pen and then just start writing whatever the messages are. Because by the time I wake up in the morning, it's gone. Right?

Ain B.: Yes.

Lystra Germaine Sam: So, I do that quite a lot. Quite a lot. And just keep that connection going. You know, my ancestors are responsible for me starting my business.

Ain B.: Hello.

Lystra Germaine Sam: They're responsible for me starting my community initiative, which is [Sisters Leading Sisters](#). They're responsible for my connection to all the communities that we are a part of. My nature community, my sea community, which is nature. My human community, my animal community. You know, all of it, you know?

And I love that you made the connection with dance, because as a kid, like that's what the storms, that's what they were to me. They were music. Like, get out there and dance in the rain, you know.

Ain B.: Yes. Get in it. Be in it.

Lystra Germaine Sam: Yeah. Absolutely. Beautiful. I love that.

Ain B.: So, then also you as portal.

Lystra Germaine Sam: Yes. Oh, yes.

Ain B.: Right.

[00:25:58] **Lystra Germaine Sam:** Big time. Like, again, I am so honored to have the awareness, to be able to find the practices. And to be able to be someone that they can come through and to.

And say and move me how they need to do that. And I, you know, just... is that what some people call God, do you think?

Ain B.: Yeah. You know, I, when I say spirit, I, it's sort of a stand in for the universe, God, higher consciousness, God self, the stars, you know, like, it's all the seat of creation to me.

We Outside Podcast Transcript
Episode 7: We, The Storm with guest, Lystra Germaine Sam

Lystra Germaine Sam: Okay. Yes, yes.

Ain B.: Yeah. So I think so.

Lystra Germaine Sam: Okay. Yeah. 'cause I was gonna use the term source because that's my same, that's my sameness for all of that.

Ain B.: Yes.

Lystra Germaine Sam: Like whether, you know, it's Allah, whether it is, you know, goddess whatever, all of it. And like you say, all of the planets and the stars and, you know, including the miracle of myself and you know yourself and the miracles of the rocks and you know, all of that. Right. That's all sorts.

Ain B.: Yes.

Lystra Germaine Sam: Yeah. Okay, cool.

Ain B.: Yeah, yeah, yeah, yeah. A hundred percent. And I appreciate what you're naming too, with just holding this piece of everything is everything right?

Everything is everything. And that's. I really think that spirit doesn't put a value judgment on anything that it's about energy moving. And my spirit, which I think is distinct from Spirit, has the opinions, right?

My spirit is like, yeah, no, no, that doesn't feel good. Okay. No, no. That's a value that we don't believe or that's a belief that we don't prescribe to. No.

So by what resonates with my soul, with my heart, with what I think we're here to do, with my desire to be a gift, as big as the gift I've been given, you know, back to the world like is where I get sort of the boundaries of it.

But that spirit writ large, and to your point, the Pacific Ocean is a hundred percent responsible for new Seneca Village.

Lystra Germaine Sam: Right. Okay. Alright.

Ain B.: It just is. Yeah. That Pacific Northwest Ocean. Y'all got it. Okay, I mean, out here changing lives just all day, every day.

We Outside Podcast Transcript
Episode 7: We, The Storm with guest, Lystra Germaine Sam

You know, I think what we're pointing to is the individual experience of a collective good. Right?

And so I'd love to hear more about how you think of that collective good. You know, as playground for spirit.

Lystra Germaine Sam: Yeah. Hmm. Wow. Whew. These are such big, beautiful, bold questions. I love this.

Ain B.: And this is how we feel about it right now. Okay.

[00:29:54] **Lystra Germaine Sam:** You know? Yeah. Yeah, you know, there's a couple pieces there. Something that came out of what you were saying about that individual, you know, me in spirit and then what I think about the thing.

And so I was just thinking about ego and I was like, oh, yeah, I wonder how, when I say we anyone and how other folks see it in terms of knowing where ego ends and spirit begins. You know, that leads me more into answering your question is, you know, there's, there's this alignment.

You know, there's the answer again. We get, especially as women, but honestly, everyone gets moved out of their instinctual consciousness. Like we get pushed, pushed out, away. That doesn't mean anything. Read what's in the book, and that is the fact, and listen to that and do that, and this is meaningless.

And I'm like, oh, no.

Ain B.: No, no, no.

Lystra Germaine Sam: Like everyone else, you know, I've been moved away from it, you know?

Ain B.: Yes.

Lystra Germaine Sam: I've been, certainly I have. Now never for long, long periods of time. But, you know, I've been, I've doubted it and gone here. You know, there's a time in my life where this is where I live, you know, neck up.

Ain B.: Yes.

Lystra Germaine Sam: You know?

Ain B.: Yes.

Lystra Germaine Sam: That's usually during university or you know, that sort of thing, right? But the way that there is an alignment in movement for me. It does go back. It does fall in alignment with community, you know, and how I can.

I guess I will, I ask myself questions around where am I getting this wisdom from to make sure that it is coming from a place that is grounded and good and that I would once gone from this skin sack consider legacy, you know?

How am I honoring my ancestors in the moves that I'm making? Yeah. And what really, I mean, these are questions I stay curious with me. You know, say like, what is driving you, you know, and how is it driving you and how are you allowing it to drive you? Is it for the sake of liberation or is it for the sake of freedom to different things? Is it, um, are you moving with integrity here? You know?

And, and being able to, you know, there's something about this, something about the coming together of it all that it's all very simply, it is wrapped up and grounded in love, you know?

Ain B.: Mm-hmm.

Lystra Germaine Sam: And, that is kind of where I get back to when I'm making decisions is like, is this from a place of love? Not, is this from a place of like, all soft, gooeyness,

Ain B.: right.

Lystra Germaine Sam: You know, I'm talking about [Bell Hooks](#) love, right?

Ain B.: Yeah. Okay. Yes.

Lystra Germaine Sam: [All About Love](#), right?

Ain B.: Yes. Yes.

Lystra Germaine Sam: That kind of love. Right, You know? And so if I can answer yes, then I know that that's a go ahead. I can, I know that like, oh, I might have some strong things to say when I'm in community. I may have some, and again, if Spirit moves me, I may have some strong things to say and that community could be family, it could be, you know, community at large.

I may have things to say that are difficult to say and difficult for people to hear, but, and it's all from love, so I'm gonna say it and right. Hopefully you can hear it and receive it, you know?

Ain B.: Yes.

And I hope that somehow answers the question you are asking.

[00:34:28] **Ain B.:** Yeah, yeah, yeah.

Well, you know, what I really hear is what are the practices, but more importantly, what are the questions that are guiding the practices and the iteration of practices? Right. And, I love that because I think one of our least used, but most important capacities is curiosity.

You know, that we're just so sure of, and certain of so many things without, for the most part, reflecting or being curious about any of it.

Lystra Germaine Sam: I, one of the things in life that I am so happy about, no matter how much flack we get, is that I'm a Scorpio.

Ain B.: Say more. Tell us why.

Lystra Germaine Sam: Because reflection, we are nothing without reflection. Nothing. And as a result, I have been curious my entire life. I give that over to, to the stars and, and the moon, the sun signs. You know what I mean?

I give that over to the...I'm like, oh, maybe. Yeah. I guess this is why, 'cause I am a question asker.

Ain B.: Mm-hmm.

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

[00:35:53] **Lystra Germaine Sam:** And, I actually, to be perfectly honest exactly to what you were saying, when I find that I am going, I know, I know, I know, I know. I know. Oh my God, I was just gonna curse. I don't know if it's a cursing

Ain B.: No please its fine

Lystra Germaine Sam: kind of concept here, but Yeah. I'm like, I'm out of it. Like I'm done. Like, you know, you, you get lost, right?

Ain B.: Yes.

Lystra Germaine Sam: You, I think you have to stay curious and not only do you have to stay curious, because that's an invitation to others. But you have to stay curious because how will you reflect without curiosity?

How will you then have an awareness and know where you're at and what's going on if you're not asking questions?

Ain B.: Hello

Lystra Germaine Sam: And that has to become a practice, right? Whether it's writing it down or going for those nature walks, or going for the swim in the ocean, the cold dunk, whatever it is that gets it, you know, flowing for you.

And all of the above, I'm gonna just say hello. Thank you very much. You know?

Ain B.: Yes.

Lystra Germaine Sam: You know? Yeah. I think that, yeah, curiosity is top three of my list, probably of drivers.

Ain B.: Yeah, yeah. Same. And then combined and paired with listening, right? What then is the response to my curiosity, and I'm in a real desire that it's a better question, right?

Like that I start out at the surface of a thing, and that by asking and being curious and listening, I can get deeper and deeper and deeper into to, to what

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

you're naming, back to that intrinsic consciousness, that core essence, you know, of the perfect beings that we come out as, you know. All those little babies, when you look in their face, that's a perfect being.

It just is. There's no other option. How do we, you know, sort through and comb through all of the programming that you're naming to get back to what is our divinity, you know, and our human birthright at the same time.

Lystra Germaine Sam: At the same time.

Ain B.: Will you share your distinction between liberation and freedom?

Lystra Germaine Sam: Yeah. I think it was [Fred Hampton](#) and a couple of different books that I was reading in my twenties. I think that if I was to put it simply, I would say I can have freedom on my own. I can, I'm free to go where I want. I'm free to do whatever I wanna do. Oh, you know, within the systems of what we're living in, of course. We're talking about that kind of, that's what we're talking about, freedom. Right.

I can have freedom on my own. I can, I'm free to go where I want. I'm free to do whatever I wanna do within the systems of what we're living in, of course. That's what we're talking about, freedom, right? But I can't have liberation by myself. I'm not liberated unless you're liberated.

It can't be just one freedom. We can have at least the pretense, if you will, of freedom. We can have the feeling of freedom on our own, you know? And I can't think of a time or a day, I don't know.

I just can't think of a time since I've known or since I've been lucky or privileged enough to put a book. You have books in front of me and be reading about Black liberation and you know, that I'm like, when have I been liberated ever? I, I don't know. You know? But I can think of times where I have felt absolutely free.

[00:39:55] **Lystra Germaine Sam:** You know, I am a diver, so I have been diving in the South Sea and the South Pacific. Sharks all around me and you know, manta rays, like in caves and me being there with them has made me go, I have never felt more free than in this moment.

Right. Like, this feels like freedom. Look at me, I'm breathing underwater, and I, you know. So that feels free. That feels very, very free. Liberated has to do more, I think with your soul. And then again, all of our communities are bound

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

right now by this thing called neo capitalism and by all of our communities. I mean, you know, the nature that is us is all bound up in it.

Ain B.: Yep.

Lystra Germaine Sam: And, I want liberation for all of that. I want liberation for all of us. I want us to be able to be like, act in our divine destiny of what we were put here to do and be. And, be together collectively doing that. And, there's just too many systems in place, just cutting all of that off, you know?

Ain B.: Yes. Thank you so much for sharing that distinction and the example too. Like, I've been so fascinated by free divers. I'm just like, I can't look away. And, so now knowing that you're down there under the water is just like perfection. I'm delighted to know that about you, so thank you for sharing that.

Lystra Germaine Sam: Yeah. Thanks for asking that.

Ain B.: Yeah. You know, we wanted to talk about more is more.

Lystra Germaine Sam: Oh, more is more. More is more abundance. Oh my gosh. An abundant mindset, you know? Okay, let me say this. In February of this year, I started to have like, a breakdown of my team and I went into a, I'm gonna say a panic. But it was an internal panic, 'cause I was going traveling and I traveled to Columbia and spent most of the month there.

And I came home and I was like, all right, pedal to the metal. Get your crap together, you know, you're gonna have to do all this work now. And I started in on literally doing everything myself.

And I was like, your business wasn't built for one person to run. It might've been started that way in the first iteration.

But this is like iteration number 12, year eight. You can't do that, right? So by the end of May, I was worn out and I started, like I really, I felt like there were two choices. I was like, you could go off the cliff or you could like, maybe take a side road and try to do the thing that, you know, that you preach, that your integrity knows is the right thing to do, which is rest. Because you will, you know, in rest we get refurbished.

And our capacity comes back and then we can be creative again and we think more freely. Our executive function works better. Like all of our nervous system is in place and regulated. So all of this, right?

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

So I went off. I just, I started resting and I took the first six day break altogether. And then I came into putting things back together. And I have to go off a little bit here to come back to this.

Ain B.: Yes.

Lystra Germaine Sam: One of the areas that I work in and that I have a strong, strong, strong belief in is... I'm on the faculty of the [Trauma of Money Institute](#) and we talk about abundant mindsets and we talk about flourishing businesses, business models.

And the flourishing business model isn't. So people will say, you know, well, I'm anti-capitalism. I talk about being anti-capitalism, and an anti-capitalist all the time. And then folks will look at me and go, but you live so abundantly. And I'm like, yes that. I didn't say I don't need money or want money. What I said was, I am anti-capitalist, you know?

And so an abundant and flourishing mindset and business and model is one where there's reciprocity and restoration, and there is transformation, and there is, wow. I'm trying to think of all of the different, interconnected, intersections of growth really, right. For flourishing, you know?

And in having that, thinking about that, in practicing that mindset, moving back into where I was now, feeling more rested and getting more rest, et cetera. You know, I start rebuilding, if you will, and so many opportunities are coming to me. I literally could actually start with just an iteration with my business in this moment because as someone who says, you know, I've got this abundant mindset, you have to prepare yourself for the abundance.

When the abundance, you know, with that mindset, like you can want all you want, but when you get more, you need to do more.

Like, I mean, I'm trying to think of a really simple example, and I will, I'll use my business as an example. So my business is a travel company, it's a travel agency actually.

And when I started my business, it was just me, sitting behind a desk taking clients in off the street 'cause I had a storefront at the time. I was part of a storefront, taking clients off the street or calling people up and going, hey, and, you know, booking their travel. By year three of that business, I was now in what we call meetings, incentive conferences and events.

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

So now I'm, you know, I'm doing retreats and I'm you know, curating conferences and incentive meetings and things like this, and that's really where I shine because it's about bringing community together, you know?

I can't do that by myself. I need a team to do that. And to do it with the mindset that is flourishing.

Ain B.: Yes.

Lystra Germaine Sam: I need to have a team to do that. So as the business grew, as more businesses coming in, I need more people. And those more people, now they need training. Who's gonna train them? So here comes the more and here comes the more. Right,

Ain B.: Right.

[00:47:48] **Lystra Germaine Sam:** Okay. Okay. It's like, oh, I'm getting more business. Oh, that means more money. Oh, that means I need more people. And those people need to do the work. So they need to be trained. Who's gonna train them while I'm out, going to get more business? Who's gonna?

And it just rolls and rolls and rolls and one can get caught up in that. I think in a few different ways, I have myself. The treadmill I just got off of in May. That was me getting caught up in it in a way that was not healthy at all, you know?

It was a lot of ego going on. It was a lot of, um, oh, hurry up, hurry up, hurry up, hurry up, hurry up, hurry up.

Ain B.: Yes. Urgency

Lystra Germaine Sam: Urgency. Ooh, baby. What a killer of joy.

Ain B.: Okay. Yes.

Lystra Germaine Sam: Mm-hmm. No, thank you very much. I'm, no, this, this girl right here, she does not like urgency. She doesn't do well with urgency, and one of the things I know about urgency for sure is that urgency will create harm, always.

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

Ain B.: right? Because your intentions go out the window, your values get all.

Lystra Germaine Sam: Talk to me.

Ain B.: Wonky

Lystra Germaine Sam: Talk to me.

Ain B.: Okay.

Lystra Germaine Sam: That what's important, but right now we gotta go kind of, so it's not that important right now.

Let's talk about it later. You know, it's like no, that's the shit that's holding. That's the glue.

Ain B.: That's the whole thing.

Lystra Germaine Sam: Pulling everything together. That's what it is, exactly.

You know? So, no, thank you very much to that. So I think that more, with consistent practice, surely will always lead to more. Which will also lead to something that we do learn in the Trauma of Money. The natural pause. Just pause. Like if you take a breath, you know. You do grounding. We do grounding all the time.

If you take any breath you take, you'll get to the top of that breath. You have to pause before you can release that breath. Right? And, same thing happens at the bottom of the breath. So that's the natural pause.

Well, that happens in our life too, right? We need to just remember to take that natural pause. Checking in. Here we go with the curiosity again, and the reflection, the awareness. Okay. Now I can move ahead and build in the more that needs for the more.

But there always, the thing that's interesting is that I don't think, I think that's something new that I learned. Its expansiveness. Speaking of more, is that, you know more. You know the song More Money, More Problems.

Ain B.: Yes.

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

[00:50:42] **Lystra Germaine Sam:** You know, and it's, it's not true.

But it is, if you're not stopping to pause and reflect. And if you're not - if that reflection doesn't take you back to remembering getting back together with you and who you are and where did you come from. And there we go back all full circle to the ancestral realm and what portals are open for you.

And if you aren't remembering, then yeah. More money, more problems, baby.

Ain B.: Right? Yeah. Exactly. Yeah. And, a hundred percent agree that the more is an invitation and a requirement I think of that becoming, that we talked about earlier, right? So the asking is one thing, and then the receiving is a whole other thing.

And how do we make sure that our channels are clear, that our energy is aligned, that we are walking the path? You know, I think of folks like us, who are creating paths that are not traditional, but we're still walking a path, right?

My feet still need to be on this path because that's where my values lie. That's where my intentions are. That's how I stay a contribution and not a nightmare. You know, as we get into what is really, at the end of the day, just expansion. Beautiful, beautiful expansion.

Lystra Germaine Sam: Yes. I think there's, when you talk about it as leadership and connectedness to becoming. And I wanna say transforming what we're told and what we know or what we're, what we're prescribed, you know?

I know for sure. Which I think I've, you know, just said it in different ways that, you know. I know for sure that my leadership has to be capacious for that, right?

Ain B.: Mm-hmm.

[00:53:04] **Lystra Germaine Sam:** Like it has to be able to hold all the complexities at the same time. In order to bring about that transformation in curiosity and with community, right?

Like with the listening, like, what do you need? What do you think should be added here? Yeah. I really do believe that should be added. You're absolutely right. Let's try that and see, and being open to the transformation, not being a success,

Lystra Germaine Sam: As in not, what I'm really trying to say is not getting it right all the time.

Ain B.: Right? Uh Huh, the perfectionism that traps us into nothingness.

Lystra Germaine Sam: You know, it's gonna, the transformation is the transformation. It's like, oh wow, you did something different. Right. You pioneered right now. You know what I mean?

You tried, you dreamed up something new and transformational. It was transformational because it was new and it was exciting and it was something that hasn't been done, you know? Right. And, it got to get dreamed up and you didn't get all of the pieces right this time.

And now you can try and iterate and get it, you know, do it again. Right.

And talk about recursion, in trauma of money. 'cause recursion is an AI word and tool. I think, it's the same thing. It's this constantly trying and changing and getting it better and better and better, you know? But certainly not, I mean, really for me, the only AI I am really interested in is ancestral intelligence.

Ain B.: Okay. Hello. Hello.

[00:54:43] **Lystra Germaine Sam:** But that being said, you know, I think that as we get caught up in the systems, in the day-to-day world that we're in, yeah. We can get into this mindset of this weird, I don't wanna do this yet because it's not ready yet. So we get stuck, but it's not ready only because you think it has to be perfect, I promise you.

Right, right. I think if you just thought you needed it to just be right enough, you would just go ahead and you would just do it. You would just do it, you know?

And let it take you into the next iteration, the next time around, you know? So, yeah. I think, again, I think that for myself, I'm just, I speak for myself and say I get it wrong every day. Every single day. Lots of times during the day I get it wrong, but I will never not try. I will always keep trying.

Ain B.: The other piece of that is that then you are each time becoming someone new who has tried and failed in X way and Y way and Z way. So then when you get to a two, it's working.

Lystra Germaine Sam: That's it.

[00:55:57] **Ain B.:** Right? Like it's also about are, to keep with the technology terminology. How do we update our own operating system to know that, sure, at the beginning of this I was a person who wasn't, who didn't know how to do this. But now that I've tried to do this, I'm a person who has done it.

I am transformed no matter where I end up with this project or this practice, or this desire or this intention. You know? And that's personal. And that's in community, that's in relationship and it's in here.

Lystra Germaine Sam: That's right. Yeah. You got it. You got it. I mean, and if we can, you know, if we can get there, and I speak about this as an individual. Like me sitting here just like this, and then in community, if we can get there with having given more grace to each other.

Ain B.: Yes. Compassion

Lystra Germaine Sam: And to self.

Ain B.: Love, love. Mm-hmm.

Lystra Germaine Sam: Right.

Ain B.: Yeah. That's the way,

Lystra Germaine Sam: That's all.

Ain B.: That's the way, right? That's it. That's all.

Lystra. I'm so honored and delighted to be in conversation with you, so thank you so much for being with me in it.

Lystra Germaine Sam: Thank you, my whole heart. Thank you.

Ain B.: Yeah. I hope you feel my arms like this. Yeah. Thank you.

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

Ain B.: So I would love to take a breath in a moment and invite you to share with us your sacred shout out, something that is bringing you joy or wonder, awe, or gratitude.

[00:58:28] **Lystra Germaine Sam:** Oh, my sacred shout out right now is, oh, wow. I think it has to be, it's interesting. I'm like, Hmm, really? But yeah, I've mentioned a few times during our chat that I am faculty in a community cohort that's called the Trauma of Money.

The Trauma of Money book is out amongst us now. This woman here, Chantel Chapman, is the author of the book and the CEO of the cohort. And I was in this cohort in 2020 or 2021. And it honestly has changed. So like, talk about transformation, okay?

You know, it has really transformed me. The way that I walk the earth, the way that I treat myself, the way that I talk to myself, the way that I treat and talk to others has transformed as a result. And it's just, it's brought a lot of curiosity, love, and real just heart centeredness into my life.

It's had me remember, reconnect with that love and that love as the center. And yeah, I mean I just, I can't say anything more and beautiful about it other than, you know, pick up the book.

If you can pick up the book. If you can come to the next cohort. As a matter of fact, myself and I don't know if I'm supposed to be saying this out loud. But, myself and another alumni are actually gonna start a trauma of money book club in 2026? Yeah. January of 2026. Watch this space. Yeah, that's coming up. Thank you.

Ain B.: I just want to piggyback on your sacred shout out as part of the Trauma of Money cohort 13, that's happening right now. We have our fifth session in, I don't know, two hours. I concur. I'm like, it is a gorgeous, heart-centered, loving, curious, and intentional space and I am delighted to be part of it.

Lystra Germaine Sam: So glad you're there.

Ain B.: I mean, yeah. It's transformational, which is, you know, where I love to live. So, thank you.

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

Ain B.: So my sacred shout out is inspired by our conversation today. I was gonna do [Lucille Clifton's](#) poem, [won't you celebrate with me?](#) Hello? So that is still in the space, in the energy and we'll include it in the links.

And you know, I just wanna reiterate what we were saying before, that nature is a portal to everything and we have been systematically, intentionally removed from nature. So if you are living a little bit more in your head and wanting to understand more about what we're saying when we say that, I would invite this book called [I Am That](#). It talks with [Sri Nisargadatta Maharaj](#), who is prolific in schooling, mostly Westerners, who can't get around the fact that everything is everything. That we are everything.

And he has a series of, I wanna say, I don't know, 75 lectures in here that are just pristine and really inspirational and push me to remember - in those moments in particular when I'm finding it hard to see myself in others, that's exactly where I am. Hello! That's a whole other podcast.

Ain B.: Now, Lystra, do you have a question for our listeners or a practice that you would invite them into?

[01:03:34] **Lystra Germaine Sam:** I do, I think I do. I also want to, before we run off to that, I wanna say something really interesting.

Ain B.: Yeah.

Lystra Germaine Sam: It's interesting to me that you wanted to pull out Lucille Clifton's, won't you come celebrate with me? Because in my trauma of learning teaching, like the class that I will teach, she is part of it.

Ain B.: Oh, yes.

Lystra Germaine Sam: Yeah.

Ain B.: Yes. Beautiful. So, yeah. So we are bringing Lucille Clifton into this for real.

Lystra Germaine Sam: Absolutely.

Ain B.: We'll put that poem in the show notes. Yeah.

Lystra Germaine Sam: Yes. Thank you. And for a practice.

You know, I have a question that I've been playing with, and it's, I'm going to have to literally read the question because it's big. It's about leadership and love. Very simply put, I'm gonna try to stay simple. How does one, if one started off their business, their leadership from a place of love?

It's what you just said a second ago about trying to see yourself in others when it's difficult. How does one stay in love with that leadership? Using models or frameworks that are not a part of the popular zeitgeist and therefore don't readily have support or come with support, or readily come with community.

How do we not get bogged down in, you know, our own traumas and our own resentments? And when things are hard, they're hard, right? And I really, really wanna stay in grounded loving leadership and in practice. And I do think that's probably the answer, is that it will come in praxis. Like there'll be your theory and then, you know, you'll get into your, you know, what you're gonna do every day, hopefully. And that's how you stay shining, if you will. You know?

Ain B.: Right.

Lystra Germaine Sam: I love coloring lately. And so, it's a form of meditation that I get and that has kept me grounded and knowing where's my next step?

And knowing to listen to my own body and listen to leaders, other leaders in community. But when really and truly, I feel like for myself, my business and my leadership is mostly based in a decolonizing framework, and that's not popular.

Ain B.: Uh huh, right? Right. So how do you stay nourished and grounded in that?

Lystra Germaine Sam: Yeah,

Ain B.: Yeah,

Lystra Germaine Sam: Yeah,

Ain B.: Yeah.

Lystra Germaine Sam: Yeah.

We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

[01:06:56] **Ain B.:** I love this question Lystra, and I'll just say, usually I don't respond to it, but I will say I am now in a time where you were a little earlier where the team has shifted and there's sort of a lot of things happening on the work side.

But also, there's some caregiving responsibilities I have here on the personal side. And it all was sort of coming at once and I was like, I'm feeling a lot of feelings. Not all of them are bad, but I'm feeling a lot of feelings. And I was like, you know, historically I would've chosen to be in the - oh, I'm just in a stressful three months and this is just what it is - and become that identity.

And I said, you know what? Instantly thank God for spirit and journaling. Okay. I cannot say that enough because I was journaling to myself and I was like, what if I'm just actually grateful for everything that happens from now and for the next year. Just...I'm just grateful for it.

So even when I wake up at 5:00 AM and I'm like, why am I awake? I got X, Y, Z to do later. You know what? I'm grateful to be awake. Oh, I did have that idea that I needed to write down about the such and such and such, okay. And, oh, this is, okay, well, this, I'm not gonna do it in a way that leads to the burnout and isolation. I'm committed that, that's not it. So then what do I have to do?

I have to ask for help. I have to reach out to these people in this way. I have to stretch into new and different parts of my leadership to remain grounded in my intention and in, you know, the values of what the village is that I'm a container for. And I will just say, just that one thing of just like, well, I'm grateful.

And it's not toxic positivity. It's a choice. It's a choice. I'm just choosing to be grateful and when I do, then what happens is that thing opens up and there are parts that I can actually, actively be grateful for.

Lystra Germaine Sam: Right. Exactly. Yeah. I love that.

Ain B.: It's magic.

Lystra Germaine Sam: I love that. Thank you. Thank you. So beautiful reminder, because really and truly, it wraps back around the conversation we had, which is like, you know, stay open to transformation. Right, right. Stay curious, be grateful,

Ain B.: Stay curious, be grateful.

Lystra Germaine Sam: Indeed, indeed. Thank you. Thank you,

[01:09:28] **Ain B.:** Lystra. Thank you so much for sharing your wisdom, your joy, your brilliant brain and heart and spirit with us. I'm so delighted to be in conversation with you. I wish I was closer so I could squeeze you, but I'm squeezing you energetically for sure.

Lystra Germaine Sam: Well, I would like to say that for fun, for fun, for joy, and for rest, I am a jungle and forest explorer. As I said earlier, I love to dive. I love waterfalls and cliff jumps. I love coloring for meditation. My favorite people are actually books and my love language is also books.

Ain B.: Yes!

Lystra Germaine Sam: I do love, let's see a good thrift shop because I was born, I don't know how, I was born a fashion queen, but I really was born a fashion queen and I'm still in it, so I love, still love to do a design. Even though, you know, I'm out of the industry now and during the last six years I have become a serious working actor. Ooh. So I am right now in terms of the public, what the public can see. I do commercials and so I'm in several commercials that you see as you stream your favorite shows.

Yes, yes. That's for fun. And I'm busy writing some sort of a production right now actually. That's my fun. Yeah.

Ain B.: Yes. Uh, thank you so much. 'cause that was gonna be my next thing, like, who are you, the person? So I'm so glad that you brought it naturally and

Lystra Germaine Sam: I can't separate me from me.

Ain B.: Exactly. Hello? Impossible.

Lystra Germaine Sam: I mean, I know people, you know, people want all of that, but I'm like, no, I'm just, no.

Ain B.: No, no, no, no. We're integrated people. Thank you.

Lystra Germaine Sam: Yeah, yeah.

Ain B.: Yeah. Thanks. Thank you so much. This was so lovely.

[Guest shares their bio] Lystra Germaine Sam: [01:11:42] I am Lytsra Sam. I am the great granddaughter of Iona. I am the granddaughter of Rebecca and Rachel. I am the daughter of Octavia and Gilbert. I belong with and to the Taino and Arawak nations of Trinidad and Tobago and at this time I remain ignorant to the African nations of my origins. I'm a sister and an auntie and a friend.

I identify as queer. I self-identify as a global citizen of this world 'cause I've lived in many countries around the world and visited over a hundred of them.

My work is multifaceted because it is heart and value centered. I'm the founder and operator and decolonizing strategist of [Qmooniti](#) travel and lifestyle, which is an award-winning and B-corp certified travel agency that specializes in meetings, incentive conferences and events, as well as individual leisure travel.

Our niche is curating events with community capacity as our focus, so that we curate with our focus on Black, Indigenous and People of Color, the 2SLGBTQIA+ community, people with disabilities who are traveling, seen and unseen disabilities and femme travelers, and anyone at the intersection of any of these communities.

We do all of this work from a decolonizing and trauma-informed lens, and I also facilitate workshops. I do keynote and panel speaking engagements to bring more attention to all of these topics, as they relate to travel and plus. I'm on the faculty of the Trauma of Money Institute, where I teach a segment on ancestral acknowledgement and history for Building Belonging.

[Static Outro] Ain B.: The We Outside Podcast is produced and hosted by Ain B., and produced and edited by Aisha Jordan. For access to resources mentioned in the episode, check out the show notes.

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We Outside Podcast Transcript

Episode 7: We, The Storm with guest, Lystra Germaine Sam

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