

*I/V Waters, Barbara II 2008 SW and 2009 DT C27

On October 21, 2009 I conducted a telephonic Interview with Barbara Waters. The following is a transcription of the interview and complete details can be found on the audio file which was placed into evidence.

Hello

Hello is this Barbara

Yes,

Hi Barbara Waters this is Detective Poling with the Sheriff's Office, Yavapai County, how are you doing today?

Good,

Good, Good, Am I catching you at a bad time?

No,

Ok I don't know if you remember me, I was the one that gave you the bad news over the sweat lodge

Yep I remember.

I know and I apologize for that again. Do you have what I wanted to do is to ask you a few questions that we have. We are trying to finish and wrap this up.

And

And Like I said I just want to know if I could ask you a couple of things, a few things if you have time.

Uh hum,

Ok, it was so confusing I did not know what to ask you or what was going on and now we have a pretty good idea of what transpired and everything that has gone on. Little things we need to know.

You have been a participant before and in the ceremonies I believe haven't you?

I was a participant last year.

Yes, in 2008?

Yes,

Ok, I understand that there was or you might have been hospitalized during that event?

Well I was not. Not at all

You weren't treated at all?

I wouldn't the only care that I got was, what was needed was outside of the tent. I did not, there were no paramedics, there were no traditional medical, I had the dream team care for me, they gave me liquids, I was a little bit more tired than other people but that was it. There was no medical given to me beyond the dream team outside the sweat lodge.

OK, now as far as the sweat lodge, are you still a supporter of James Ray?

What do you mean by "supporter?"

I don't mean a supporter, how can I say this right?

I am going to answer any questions you have honestly if that is what you are asking.

I did not mean it like that and I didn't mean you should not be a supporter of James, I'm not even thinking like that, there is good that people have learned from James and that is not in question, but the questions I have are basic questions such as:

When you signed up for the program "The Spiritual Warrior" last year, Were you told or given any information about the sweat? If you have any medical conditions, things like that. Were you warned that this was or given any warnings?

I pretty much knew when I arrived what was going on, I mean the word gets out, through the different participants. It's not supposed to but the word pretty much gets out. And I pretty much knew all the activity that were going on. And the things that James said this year or somebody said that, should I go in if I have or I take high or low blood pressure medication. He said, "That is something you have to decide for yourself, how best to take care of your body." That was during the when he was describing what was going on with the sweat lodge before we went in.

How did you come about learning about James Ray?

I've seen the movie "The Secret."

There was a movie, cool. I know the book but not the movie.

Respondent: The book was written from the movie. The movie came first.

How many James Ray events have you attended or seminars?

I have attended a number of them. I attended all the Core Training of Power. I've attended the Harmonic Wealth, I've attended Spiritual Warrior, I've gone to Egypt with him and Peru with him and I have Dream Teamed a number of events with him.

You have been to Peru too?

Yes, I went to Peru with (Inaudible 07:39).

Ok and were you part of the dream team then.

The Peru trip did not have a dream team it was just for the people who attended with him.

Have you ever been in a sauna or a sweat lodge before? Was this different than any other time?

The part of the chanting that James did or whatever. He had his own style of whatever, most of them had traditional chanting or whatever was going on. His were his version of that. The sweat lodge that I went in before was very similar. It wasn't quite as large because (inaudible 08:28) we were at wasn't that large but other than that it was pretty similar.

Did you hear anyone talk or make assurances that personal conducting or building the sweat lodge were specifically trained or if they were experts in building that lodge?

I had no information on that. I'm not even sure you would have to ask the people that built that, I don't know. I am not aware who specifically built it.

In 2008 prior to going into the lodge did you feel that it was safe? And why did you feel it was safe.

I felt it was safe because I knew a number of other people who had gone through that particular seminar before and not had experienced any issues. One of them being Liz Newman, (inaudible 09:32) probably at that time she had been in that sweat lodge 5 times before.

This was Liz's fifth time

I believe so, yes.

The one you went to the James Ray sweat last year, was the positions the same inside there? When you went in 2008, where did you sit in that sweat lodge? Were you at the flap or where were you if the flap is at 12:00

I was at 6:00. I was right across from the flap and I was on the, closest to the stones into the fire pit, stones or whatever you want to call it.

Do you remember how many sessions you were inside?

I believe seven (7).

Is that all of them?

Uh hum.

Seven sessions, how long would that last? I'm trying to figure out if they cut them down from this year or last year, do you know what I mean? This year I think it was 2 hours I believe, I'm not sure.

Somebody told me last year might have been three (3) hours. It was somewhere between 2-3 hours. It was similar length to this year, possibly more.

When you went into that sweat lodge, how much liquid were you told to consume or had you consumed.

They told us all week to hydrate ourselves. They gave us sea salt to take every morning, and to sprinkle it on our food and the sea salt and that is something that everybody gets a package of and we were told to take that It helps you get your minerals as well as to retain the fluid in your body and all week long we are told you are in the desert, hydrate, hydrate, hydrate especially in the morning before the sweat lodge we were absolutely told hydrate, hydrate, hydrate all morning long we were told to hydrate.

And that was in 2008,

Yes.

Did they do the same thing in 2009 or was it different.

It was pretty much the same, yes.

During the vision quest, did you go on that in 2008?

Yes I did.

Did you know what to expect from that?

I had generally known what to expect, I had been involved with people that have done vision quests prior to that so I pretty much knew what to expect.

Did you know what to expect from the sweat lodge?

I had been in a sweat lodge before so I had a general idea of what to expect.

Was there any safety precautions or safety procedures discussed if there was a problem inside the sweat lodge, before going in?

We had dream team members in there that were there to help us out I guess if we had anything that if we felt hot, they said to lay down because it is cooler by the dirt, we were told how to exit and enter the sweat lodge. And the people outside were there to help us.

Did they tell you what to do in case someone was in distress?

Last year (2008), no was it different, no.

Did anyone tell you what to expect inside the sweat lodge and how to respond to any reaction you might have?

James went over as he did this year he does a cut up of the sweat lodge Where he talks to the people for probably about a half hour and then takes any questions and answers for anybody that has any questions. Same thing happened this year.

You stayed in the sweat lodge for 2-3 hours,

Something like that Yeah, I mean you don't have a watch on, it's hard to gauge, but somebody told me this year that last year they thought we were in there for about 3 hours.

I understand that you had, they the Dream team attended to you outside. How did you feel during that time?

I think they were taking good care of me. I was a little wobbly and they took me back to my cabin and made sure I was taking lots of fluids. I was a little tired the next day. I felt OK, and I went home and three days later I got on a plane to Egypt. I did not have any issues like this year. I was probably the one they had to take care of the most last year.

You had the most, out of the bunch; you had the most sever reaction of anybody then? Is that what you mean?

I think I was fine yeah. All it took for me to recover was fluids, a lot of fluids.

Some people have out of body experiences. Did you go through that?

I did not. I did not. I'm not as energy sensitive as some people.

Did anyone speak during the ceremony?

Did anyone what?

Speak, like talk. You said there was chanting. Did anyone speak during it?

James leads the (inaudible 16:00, Hemoly) between the rounds and he talks. Some people talk and some people don't. But usually under your breath talk to your neighbor or something.

When you say chanting, what are they saying? I don't know what it is, I never heard of it.

Chanting?

Yes, what is a chant?

James says some chants, songs almost that he has some songs that he teaches, some of them are Hawaiian, some are some various traditions that he had studied with. It's ohm is a chant. He has a couple of songs where the woman will sing one verse, the men will sing another and they kind of sing together some of the various traditions. I think he has got some Jewish ones, Hawaiian ones, so he does those kinds of chants.

During yours, did anyone leave the lodge when you were in it other than through the front flap? Were you allowed to exit the rear or the sides?

Traditionally you are not supposed to. I don't know if anybody did the year I was in the sweat lodge but traditionally you're not supposed to. That is part of the sweat lodge tradition. You enter through the door at the south and you go clockwise around to where you are sitting. You exit the same way. It's part of the native tradition.

At the end does everyone exit the way they came in, in reverse order?

Yes pretty much. It's you know as orderly an exit as on the outside I could not see how they were exiting. They typically go in an orderly manner. The inner circle might go out first and the outer ring goes out. You go in order, everybody moves clockwise around so it's also the native tradition.

At this one you were a dream team member or a staff assistant. You were outside and I understood that. Did you hear anyone having problems inside?

No I did not. I mean on the outside you could hear when everybody was chanting so the words were a little louder together.

So you could not hear anyone inside in distress.

I did not hear anyone in distress, no.

When you were in there did you fill out any medical forms or were you asked about your health issues?

No.

What, if any, symptoms did you have while inside the sweat lodge or afterwards. Did you have any symptoms?

I was a little dehydrated so I was not up to full strength so I drank a lot of fluids. During the sweat lodge I did not have any major symptoms but I was a little bit weaker and drank a lot of fluids, a ton of fluids. The first day I drank fluids and the second day I went back on solid foods. It just felt better that way the solid foods did not sit well the first day out but I just poured myself in with soups and electrolytes and Gatorade and I actually walked around Sedona that day. I was with a group of women and I was not just sitting on the site. I got up and walked around and went to the cathedral rock and the cafe and a couple of stores down town. I was out and about.

Do you remember hearing anything or observing anything about a flashlight?

A Flashlight? When I was in there?

I'm sorry when you, in 2009. During 2009, Did you remember anyone yelling at someone about a flash light or turning off a flash light?

No. I don't recall that.

Was there anyone inside when you left? You were not in there you were on the outside, I'm sorry.

I was on the outside.

Did you hear anyone say they were having a heart attack or thought they were going to die?

I could not hear what was being said on the inside; unless it was the loud chanting.

Did you hear anyone say something to the effect like "It is a good day to die?"

I did not hear anything like that. NO.

Does James Ray ever make the comment that or a similar comment that you will feel like you are dying, but you're not.

The symbology of the sweat lodge is to kind of go into the womb and come out reborn so there is some symbology around that. Did he make or work those specific words but it's kind of like your going into the womb and you come out. It is part of a lot of different traditions or rebirth; death and rebirth. When we were in Peru we walked through a stone. We walked through the symbology that it was a stone tunnel, the symbology is

that you entered that and walked through to a new life. It's symbolic its not that's part of the symbology of it. I did not hear him say that.

When you were outside and things were going on. How did James Ray react or respond to the people who were in distress.

James came out and at first, I was working with some people, he was standing by looking concerned.

Did he render aid?

I'm not sure that he, no he did not. The people that were working on the people were there so You can only help so many people working on them.

Do you remember how many people were lying on the ground?

When people first come out, we don't let them walk because they can be wobbly by themselves so we bring them out and put them on the ground and cool them off. Part of the process because we don't want them standing up if they are wobbly and falling down. We don't let them do that. We walk them over to the tarp and put them down on the tarp and they get hosed down to cool off. So at the end you got a lot of people coming out of the sweat lodge because anyone that is still in there comes out all at once and there are a lot of people out there. We had 50 people in the sweat lodge, 50 plus people, and a good portion came out at the same time so they were in there until the end they were wobbly so there was a lot of people on the ground. They all exited at the same time. It is kind of like when an event ends and the doors open there's a mob of people come out. So we had a group of people coming out all at once.

They were being tended to I understand that. Was there a nurse that was helping someone out?

I believe there was a nurse from either on site from Angel Valley and there was also a dream team member that was a nurse.

Do you remember who they were?

I can't remember the name of the dream team I think the Angel Valley person might be Sue Ellen, but I'm not sure. She was on site. The dream team member was not hired as a nurse but she was there. Her role would be of Dream Team but she assisted.

I think the nurse was attending to Kirby Brown, were you in the area when that happened?

I was helping out with James, James Shore.

What was your role in helping James? Were you doing CPR or

I was doing compressions. Somebody else was doing the breathing and I was doing the compressions.

Were you aware that he helped someone out of the lodge prior to going back in?

No, I was not aware of that. When people are coming out and you take the person you are working with and you bring them over and give them juice you're focused on that person, the rest of the dream team help the other people. One person is not going to see everything that happened.

You were working on James, was he already out of the sweat lodge while you were working on him?

Yes, I was...no I don't. I went into the sweat lodge to collect the prayer pouches or whatever and to put them on the fire. There was one other person that was in the sweat lodge I helped (inaudible 28:09) so I kind of stopped with the prayer pouches to help him get out and then as they took him out, actually the back way, I saw Kirby and James there they were already out so I was not part of the people who helped get them out.

So, when you went into the lodge to do that with the herb bags Kirby and James were already out.

Tobacco pouches

Then Kirby and him were already out?

Yes they were. I was helping people from the content with the sweat lodge and it was pretty much cleared when I went in except for the one other individual that I helped him out who clearing out trying to take out the tobacco pouches and came out and Kirby and James were on the side.

Do you remember who you helped out? The last one out?

Sean Ronan.

You helped Sean out and you see that Kirby and James are on the ground and you go to their aid is that correct?

I helped Sean out. I got him out the back way. Somebody else was out there assisting him so I continued to collect the tobacco pouches I was having some trouble because they were all kind of tangled up. I ended up going out the front and I walked around to the side I believe and saw that Kirby and James were being attended to.

You mentioned going out the back. Did you go in the back or in the front?

I went in through the front.

Did you notice that the back flap was open or the back was opened?

Yes it was.

You did not go out that flap, that area?

I don't think so, I think I went out the front and walked around to the side once I assisted Sean to get out the back and then I went out the front.

So you went in and helped Sean out the back door and went to the front door. That is what I did not understand.

I don't think it wasn't a back door they just opened up the back.

So when you went around and saw James in distress, someone was tending to him obviously giving him air or something.

Somebody was already giving him CPR. One person was breathing in and there was a participant who was a physician who was doing compressions.

Then you took over the roll of compressions?

Yes, she said she was getting tired so I took over the roll of compressions.

How was the area? When this was going on what was the I don't want to say the demeanor of people, I mean, what was going on? This had to be, in my opinion a freaky situation with people that are not responsive what was it. Was people freaking out, were they calm, where they. Was this like a triage where shit happening.

I got to say once I started doing compressions I was very focused on that, my focus narrowed right down and I was not really paying attention to what was going on around me. I was paying attention to what I was doing. So I every once in a while I would look up and see there was a group working on Kirby and that was pretty much it. I looked up at one time and saw James standing there but I was focused on what I was doing. So what was We were on the back side of the tent, where the back side out so most of the people were on the front side. I wasn't paying attention to what was going on out there I was paying attention to what I was doing.

What do you think happened in there? Just your opinion, it's not medical, it just what you think happened?

I don't know because from my perspective the structure was the same structure last year I don't believe they took it down and rebuilt it because of the amount of time and effort it looked like it took to build it what all the clearances or you know how they put that up. From my perspective we had it was a cooler time of year, we had less people in there; it looked like the same structure so...

Same height?

The wooden structure was the same. I believe it was the exact same, not like well they built it to the same height it was the same pieces of wood. I don't believe it was taken down between last year and this year. I believe it was the exact same structure. I can't tell you what happened because I was in there last year and I was the one who had needed or had the most reaction to it. I was up and walking around Sedona the next day. I had a lot of liquid I was drinking I was up and walking around Sedona the next day. We had more people in there so from my perspective it does not make a whole lot of sense. The only thing that was different was the people that were in the sweat lodge; their personalities, their mindset, whatever. Beyond that I can't tell you what the differences is.

How about, 2008 and 2009 most of the people were fasting, I know the journey required 36 hours of fasting, and I forget what session that was the journey portion where there were out in the circle in the wilderness.

The vision quest

Yes, the vision quest, how much, you know when you were in it how long did you have to fast for.

You know, you are sitting there and you're not really doing anything except for journaling and writing. You're out there in the vision quest, basically sitting in one spot to be with your mind. So , we were told all week long, hydrate, hydrate, hydrate, hydrate, hydrate, hydrate you will thank me for doing it hydrate, hydrate, hydrate. That was what James was saying (inaudible 35:10).

Did you have water with you?

No I didn't but I hydrated all the way up until that point and I took my salt and I hydrated and I went out on the vision quest and I wasn't even thirsty. No honestly, I wasn't even thirsty. The sites that were chosen were chosen very specifically so that people are not coming into the sunlight. A little bit of sunlight for a couple of hours but they are not going to get major, twelve hours of sunlight. We physically eliminated a sight because it looked like it was going to get too much sun. It looked like it would get 2-3 hours of direct sun and several more hours of tilted sun and we decided that this was not appropriate. So people were under trees, they were in shade, so they were not in the burning sun all day long. It was very consciously done.

Was it raining?

Actually it did rain (chuckling) so they wanted to they got a little hydrated. It did rain in the morning.

On the quest while the people are fasting, you were on the dream team; did you go on the vision quest?

NO. The dream team does not participate in the activities.

Is it safe to say you were not fasting then?

No, I was not.

How about James Ray? Was he fasting or was he eating regular meals?

I don't know, he did have breakfast with us and then he went off site to do some business (inaudible 37:02). I don't know what he did.

Was he he could do whatever he wanted he went off site so In 2008, was he with you on the vision quest or not.

No, that's not part of how the event goes.

Does James eat with you?

Did he eat with us? In 2008

Did he eat the same foods you guys ate?

Yes, he did. Everybody comes with their own (inaudible 37:44, condiments?) or whatever they eat or take in the line. James is very conscious of that as well as recommending. That is one the things he absolutely recommends in his seminars is that you have to supplement yourself.

James is rigid in his eating, he eats. He has a definite diet he eats and it's not the same food that they give at these it's a vegetarian type of food that they have at the lodge and he does not eat that stuff.

He did there.

He eats meats and things like that from what I'm understanding and it's very rigid. These are people he works with, that's what I'm trying to figure out. Did you see him eating anything?

He ate the same food that we ate throughout the week. He did not always eat with us but they would collect the plates. His assistant would collect the plates from the food that was available for everyone and bring it to him. He doesn't often I don't know what he was eating/ had in his room but I saw his assistant come in pretty much every meal and get something pre-made. My assumption is he was eating the same food that everybody else ate.

Did you actually see him eating the food? That is what I want to know. Does he sit down at the table with you and you guys, during the dream team and vision quest, does he sit down actually eating with you?

Not every meal but some of them and last year he actually didn't eat with the group more than he did this year. Yet he was going through and eating all the same food last year that was provided. This year I saw him eat, he came out and ate breakfast with us a couple of times and his assistant would go and collect, she would create a plate of food for him from the food that was available and take it to his room for him to eat. So, did I actually saw him eat the plate, no but I know what his assistant was doing. That is part of her job. She does it all the time at different events; you know she gets his food for him. He has got a lot of stuff he is involved with. My assumption is he ate the exact same foods that we did.

Has James made mention about law enforcement asking you guys questions?

James does not specifically comment on that other than he has, I had heard several JRI people say tell the truth, be honest, and um had said that they have given full disclosure.

They have given full disclosure?

That's what they said to certain people that they have talked to. So the intent is that James is not asking anybody to say anything that isn't true if that is what you are asking. He has not given any direction.

I was refereeing to the message, the conference call. Did you participate in the conference call?

Yes I did.

I did not know. I just knew he wanted you guys surrounded by fellow people of the peers the group and I guess there was a councilor involved.

Was there a councilor involved?

There was someone to, not licensed but she apparently has been in certain situations before and she offered to help out with anyone and they indicated that if anybody wanted to speak with her, they did indicate that she was not licensed or certified that she had been in these situations before and that she was willing to talk to anyone that wanted to. And if people wanted to, they would make arrangements to make that happen.

The comment about "like minded" individuals was really translating that to "work with your support system". It's like a family coming together when if there is a death in the family the family comes around and supports everybody. And that is basically that was the intent of that comment. Stick with the people that you know some of the things that we do at these events other people don't understand why. They don't understand the

intent and the group that was there understands the intent so it's somebody that you can talk to and they don't look at you funny. So, Oh my god you're a cult. It's not a cult. It's a discipline and a teaching but you know if you talk to a physicist they have their own language.

Of course, and everyone has their own belief systems. I would not even begin to judge that. I'm just trying to gather the facts. What was eaten what was not eaten and things like that.

My main concern is what precautions, what things were out there, in case something happened. When an emergency happens whose there? Who is scheduled to be there? Is there a nurse on his staff? You have a ton of people that exit at one time that need some type of assistance whether it is getting them to a place to lay down so they can be hosed off or someone that might be in medical distress, which in this case there were 3 or 4 up to 20 that really needed medical attention. So that is what I'm trying to figure out and what was said in place. Not whether whose belief system were there, if these people were crazy or doing this, I don't go for that. They are people they have their belief systems and they do what they want to do, that is fine. That is why we live in this world. You know what I mean, we have freedom of choice it's great. I'm just trying to get the facts together, I'm not blaming anybody.

You asked about the comment on the teleconference that is why I was responding to.

I know, I have no problem with this, like I said just trying to find out what happened. Its still

I mean the thing is that it hadn't happened before and so you know it was not anticipated. I don't know if it was anticipated or not but they have gone through a number of these sweat lodges before without issue.

So duringDid you go to the mystical, I forget what, not mystical magic it's modern magic.

Practical Mysticism, modern magic, yes I did.

Did you break it?

Are you talking about 2008 in Kona?

I don't know. I mean did you break the board or whatever you were trying to break?

Yes,

You did not break your hand?

No.

You're good.

There were like four to five hundred people there and there were some injuries, but if you took a look at the four or five hundred people that went through that, the number of injuries was small in comparison to the total.

So how do you feel about the sweat lodges today after seeing what happened and being a part of that? What is your feeling?

I am not against sweat lodges, I'm not sure what happened with that one as to why that one had the results that it did. I think I wouldn't be conscious about my own personal state but I'm not against sweat lodges and if given the right opportunity and the right situation I would participate in one again.

One more question, in the first round when there was a woman who left the first round and came out. As your role as the dream team and being out there in the first round nothing is going on, Did you or anyone you know right there encourage someone to go back inside, it wasn't over yet, that you need to go in there.

I was there was one woman who was having a claustrophobic reaction. She had basically a claustrophobic reaction to all the activities and I did say "are you sure you don't want to go back in and work on that" was said, but then somebody told me, "Do not encourage them." So she did not go back in and there was no encouragement after that, but I did say that unknowingly. That was the only person, I was corrected by someone outside that said that's not what we are supposed to be doing that we allow them to have their own experience and so there was no encouragement after that. I did tell one person that. She was not having physical issues she was having a claustrophobic reaction which she had throughout all of the events. She had a claustrophobic reaction lying on her back, breathing.

Who was it that told you not to discourage?

Not to encourage. Margarete. I was told not to encourage anyone to go back in that they had their own experience and let them do what they want. I will say as the rounds increased there were some people that were encouraged "not" to go back in because we thought that they should sit out and cool down a little bit more.

Do you remember who those people were?

I believe Lou Cachie was encouraged not to go back in, because he had burned his hand.

Any questions you have for me? I have talked to you for a long time here.

Are you going to send me a transcript of this so that I can recall what was said?

I have and wrote it down and it will be part of the record. But I possibly can. I can't do it yet because I have to put it into a report but after that it will be public record so it's not a problem.

It would be good to make a copy and mail it to me, I would appreciate that.

Ok, I will do that as soon as it might be a few days I have a ton of people to talk to so I am very much behind, it's been a week or so and we are still working it hard. I will and I appreciate you talking to me about it.

How long you think before this is resolved.

Wow, hopefully soon. There are a lot of factors going on right now. A lot of things that have taken place that need to be addressed fast. Things just have to progress. I don't know if they are going to go to a grand jury or what they are going to do. I don't have a clue. This is not my case, I am just a fact gather but I can imagine them moving as fast as possible because there is a lot of publicity.

That is all I can think of. I don't have that, things take a while. There is no charge brought up so it could take a while, and that depends on whether they are going to pursue charges or not. I don't know. That is up to somebody else. Unfortunately I don't make that I'm glad I don't make that decision.

I'm sure you are.

I don't want that on mine. I just gather the facts that's all I'm doing.

What do you think happened? Do you have any clues. I was there and I don't have any clue.

I'm not a doctor but I would I know those things are hot, I know there are a lot of people, I don't know the carbon dioxide level, I don't know. Those are things I don't know. I can assume, think or guess but that is all I would be doing is guessing. It was either hotter in that area, they were all in the same area and something

And that was the area I sat in last year too. I was pretty much in the same area that everyone else was in and I recovered fine.

Toxicology has not come back yet and tests have not been done on other things yet so there is a lot of things out there that are still undetermined. It's really hard to speculate at this point still.

As soon as they do I'm sure you'll hear I'm sure the news will be out before we even get it.

Ok

I appreciate you talking Barbara and if you have any questions, I called your other phone too and left my number so if you need anything give me a call.

Ok

You take care.

All right.

Talk to you later. Bye.

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