

*I/V Sheryl Stern Transcript Det. Ross Diskin C23

On 12/24/09 I interviewed Sheryl Stern. The following is a transcript of that interview:

Sheryl: This is Sheryl

Det. Diskin: Hi Sheryl, this is Ross Diskin, we've been playing some phone tag

Sheryl: (Inaudible) Yes we have. How are you doing?

Det. Diskin: I'm doing good, how about you?

Sheryl: I'm awesome, thank you for asking.

Det. Diskin: Good. Yea, uhm, the, your name has come up several times. People keep telling us, have you talked to Sheryl? Sheryl's gonna have good information for you. And we've just never had a chance to, to get with you yet. Uhm, you seem to be pretty busy. Uhm but

Sheryl: Yea, I am, I, you know, I, I, run my, my own thing now so it means I have to stay on top of my game, so yea, so I stay pretty busy and I keep my calendar pretty full. Cause I'm really building right now, rebuilding uh, what I had before I started working for James.

Det. Diskin: Oh

Sheryl: So how can I help you?

Det. Diskin: Well uhm you know I don't know specifically what information that you have but, but uhm you know there's a lot of things that I want to talk about. First of all, when did you work for James Ray?

Sheryl: Uh just recently. Uhm I uh, I started uh under contract as a coach uhm the end of 2005. And that was remotely, I worked remotely for them, I (Inaudible) the office. And then uhm two years ago I uh went to the office and started working as an employee. They kinda just gave me the job and I said okay cause I had been talking about the need for a coaching program to really help the participants get more out of the, the journey.

Det. Diskin: Okay

Sheryl: And so uhm that was my job, was building that coaching program and uhm and insuring that participants got the support they needed.

Det. Diskin: Okay, so that was in 2007 when you actually went, went to work for him directly?

Sheryl: Yea, yea

Det. Diskin: Okay. And when did you quit or

Sheryl: I quit in July of this year

Det. Diskin: Okay

Sheryl: I kinda just walked out one day, I was done.

Det. Diskin: Why was that?

Sheryl: Well uhm I can't get in to the details because uh if you subpoena me I'll be happy to give you all the details because we have a confidentiality (Inaudible)

Det. Diskin: I have a, I have a subpoena sitting right here for you

Sheryl: Perfect, Perfect! Alright!

Det. Diskin: The reason that is, you know, people were concerned about uhm you know the anti-disclosure statements and stuff that they signed

Sheryl: Yea

Det. Diskin: and they were afraid that they would get sued and so

Sheryl: Right

Det. Diskin: what we did, we, we issued, or the county attorney issued subpoena's uh, in case you know people didn't want to talk to us without the subpoena.

Sheryl: Okay, perfect. Uhm

Det. Diskin: Can I uh, scan that and email it to you and then call you back?

Sheryl: Yes! Uh send it to uhm s-a-s

Det. Diskin: I'm sorry, what was that?

[REDACTED]

Det. Diskin: [REDACTED]

Sheryl: [REDACTED]

Det. Diskin: [REDACTED]

Sheryl: You know what? Actually let's not send it to that email. That's a pretty public email. Uhm, there's some of my emails that I just won't do you know more official things with. Uhm, [REDACTED]

Det. Diskin: Okay

Sheryl: [REDACTED] That's a good email to send that to.

Det. Diskin: So [REDACTED]

Sheryl: the. t-h-e

Det. Diskin: Oh the, okay

Sheryl: No [REDACTED]

Det. Diskin: Gotcha. And at what?

Sheryl: at yahoo.com. Are you gonna email it now?

Det. Diskin: Yea, I gotta scan it in, that's the only way that I have to do it

Sheryl: Okay, perfect.

Det. Diskin: Uhm, and you uh, let me uh, do you want me to send you the hard copy?

Sheryl: Uhm I don't need the hard copy if you can send me a scanned image of it.

Det. Diskin: Okay

Sheryl: Yea, I'm, I'm one of those people that's like conscious people; I'd rather not have paper if I don't have to have it.

Det. Diskin: Okay, alright. I will uh, there's gonna be two pages. Uh

Sheryl: Okay

Det. Diskin: And the first one explains uhm, kinda the grand jury process and what it states is that you know we can testify uhm on your behalf through hearsay at grand jury

Sheryl: Okay

Det. Diskin: The other page is the actual subpoena. Uhm, let me uh, I'll, I'll, it might take you know 5 or 10 minutes and then

Sheryl: Okay

Det. Diskin: I'll call you back

Sheryl: That's perfect

Det. Diskin: Alright thanks

Sheryl: I'll be here. My pleasure

Det. Diskin: Alright, bye

Sheryl: Okay, bye bye.

Sheryl: Hello, this is Sheryl

Det. Diskin: Hi Sheryl, this is Ross again.

Sheryl: Hi

Det. Diskin: I just wanted to see if you got that subpoena

Sheryl: Oh, let me check, uhm, are you doing anything for Christmas, Ross?

Det. Diskin: I'm just going over to my parent's house

Sheryl: Yea

Det. Diskin: Uhm, I don't have big plans

Sheryl: Yea, (Inaudible) get ready for church

Det. Diskin: What's that?

Sheryl: We're, we're all gonna go to church at 2:00

Det. Diskin: Yea we have a service tonight at church

Sheryl: That's always fun

Det. Diskin: Yea

Sheryl: Here it is, yea, here, uhm; oh they're jpeg images?

Det. Diskin: Yea because there should be a way to do it as a pdf but we couldn't figure that out

Sheryl: Okay, perfect. Alright. Oh you guys are gonna issue a warrant for my arrest, okay. I was married to an attorney, (Inaudible) I was in court helping him at times, so (laughs)

Det. Diskin: Yea mine, all the subpoenas we get say that too, that, that, if we don't show up

Sheryl: Yea, so alright, uhm, do you want to talk now then?

Det. Diskin: Yes if you have some time

Sheryl: I do have a few minutes, yea, I do have a few minutes.

Det. Diskin: Okay, uhm, yea, now I can't remember where we were at in the conversation

Sheryl: Uh I think we were just uh, you said that several people mentioned my name

Det. Diskin: Yes

Sheryl: As you were talking to them and I, I mentioned that I worked for James Ray International. Uhm so I asked how can I help you?

Det. Diskin: What specifically did you do for James Ray?

Sheryl: Uhm, I, I, as a contractor I was a coach, so I would coach participants, uhm by phone. And uh that would be on how to use the material, how to structure things so that they got results, uhm and if it was in various areas that some people had issues with their business, some had issues with their life, you know. Just different things, so I would coach.

Det. Diskin: Okay.

Sheryl: And then uhm when I was an employee, do you need to take notes, am I going a little too fast?

Det. Diskin: I'm writing right now, I'll keep up

Sheryl: Okay, alright. Uhm when I worked as an employee uh my main uh focus was to build the coaching program as part of an initiative to really provide exceptional support to the participants. See long before I worked for James I was also a participant and I recognized the need for more support. I mean I'm, I'm kinda, I'm very independent; I'm also very disciplined. I can set a plan for myself and get in there and follow it and you know stay on top of things and stay organized and so on. But not everybody is that way

so when I first went through the programs I studied, I applied it, I asked questions when I needed to ask them and I, and I, when no one could answer my questions I didn't stop, I went and found the answers. I've also studied in many other areas so I've educated myself and have practiced it and have mastered it and so not everyone can do that. Some people need the guidance, some people need that hand holding and so that's what I found. It was needed even more because now the journey had expanded to include all these masses of people. When I went through it was smaller groups.

Det. Diskin: Okay

Sheryl: Now there were many, many people there, hundreds and sometimes even a thousand at the Harmonic Wealth weekend, and so you know it was much needed to support them.

Det. Diskin: Okay and

Sheryl: My job was to put those structures in for that

Det. Diskin: And as part of that did you attend the events?

Sheryl: Oh, always, yea I was always at, at the larger events, not the introductory events.

Det. Diskin: Okay, so the paid events?

Sheryl: The main events, all of them, uhm, you know and when; James would specifically request it because he knew that if he couldn't handle a situation, that I would.

Det. Diskin: Okay. And how did you first learn about James Ray?

Sheryl: Uh through business. I was involved in uhm in a wellness business and uhm was doing you know coaching people through to their wellness, mostly a lot of weight loss and you know some chronic health issues. And uhm one of our business partners, we, we got together as a group to kind of figure out what's the best way to do things and reduce our cost and things like that and so one of the people in our group uhm had heard of James' book, The Signs of Success way back in, this was back in 2001.

Det. Diskin: Okay

Sheryl: And uhm, and so that's how I heard and we, we, he came on one of our conference calls, one of our business conference calls and that's when I first enrolled in one of his programs.

Det. Diskin: Okay and do you remember when that was?

Sheryl: 2001

Det. Diskin: Okay.

Sheryl: Yea

Det. Diskin: Okay so you've been attending events since 2001

Sheryl: Yea. I've been around

Det. Diskin: That's probably why they've been telling me to talk to you, you probably know more about James Ray

Sheryl: Yea, yea, Liz Neuman and I, I, Liz started attending his events about, a few months after I did and we met maybe uhm a year after she started and I started and we became friends. So Liz and I were really good friends so

Det. Diskin: Yea

Sheryl: for all those years

Det. Diskin: Okay, and as, when you were attending these events, did you ever notice any kind of problems or things that you would see as kind of a warning sign uhm, you know people being injured, anything like that?

Sheryl: You know, every once in awhile someone slips. Uhm I remember at one event of James, (Inaudible) everybody sits and this lady sits on the edge of her chair and she falls. You know she was, she didn't uhm, she didn't position herself right or something. She sits on the edge of her chair, she falls, fell on the floor and she broke her arm.

Det. Diskin: Okay

Sheryl: Uhm you know it was just a freak thing and she was just; and we just

Det. Diskin: I think the phone's breaking up.

Sheryl: Hello?

Det. Diskin: Yea, I think

Sheryl: Okay

Det. Diskin: Something happened

Sheryl: Okay, sorry about that, yea it's on a cell. I only use this cell but for some reason for sometimes it just goes out. Uhm

Det. Diskin: So, so did this lady, it wasn't anybody's fault basically? She, she sat on her chair wrong and fell and broke her arm?

Sheryl: Yea, yea and

Det. Diskin: When was that?

Sheryl: Uhm, when was that? Uh, 2007, 2007 and that was actually at Spiritual Warrior

Det. Diskin: Okay

Sheryl: It was just really freaky so we took her to the hospital. Someone had to take her to the hospital and she got it uhm, uh, what do you call it, uh whatever they do for broken arms. They put the cast on, you know?

Det. Diskin: Okay

Sheryl: So she came back with a cast on and we, we, we don't normally have people do (Inaudible) but we just had, we got a recorder for her so she didn't have to write cause it was her writing arm

Det. Diskin: Okay

Sheryl: (Inaudible) recorder so she could record and, and just kind of took care of her that way

Det. Diskin: Okay and uhm how did the, the staff and James Ray respond to that once they realized that she was injured?

Sheryl: You know I handled that because uhm typical, if I'm there I'm jumping right in. (Inaudible) and I've been trained to handle trauma as well as I've been trained to (Inaudible)

Sheryl: Hello?

Det. Diskin: Hello. I didn't, I don't know if that's your phone or mine cause mine's, I'm on a landline but it hangs up on me sometimes.

Sheryl: Oh, okay, I'm gonna plug mine in just in case that's what it is

Det. Diskin: Okay

Sheryl: sometimes if it's uhm, if it needs some juice you know

Det. Diskin: Okay

Sheryl: it uhm

Det. Diskin: So, so you handled that when, when this girl fell. Do you remember what her name is?

Sheryl: You know I don't even remember her name

Det. Diskin: Okay

Sheryl: I remember, she looked like uh (Inaudible) she was a stout woman, uhm but I really don't remember her name

Det. Diskin: Okay. And uhm to you, did James Ray say anything or did he direct you to take her to the hospital?

Sheryl: Uhm you know James doesn't usually get involved with that

Det. Diskin: Okay

Sheryl: But he usually has, the staff's there to handle things like that

Det. Diskin: Okay

Sheryl: Uhm that's why he's supposed to have a good support staff. Now, uhm, a lot of times for instance uhm Megan's the Director of Operations and she's always there at the events as well.

Det. Diskin: Okay

Sheryl: Uhm Megan, it's a little bit (Inaudible) in my opinion. I have differences of opinion with her. She's young

Det. Diskin: Mmm Hmm

Sheryl: and uh, doesn't always make the best decisions. She wants to do what's right for James and you know she's always watching out to make sure there are no lawsuits and all that stuff and so my approach to things is sometimes at odds with her and you know I'm a pretty strong personality. I'll say, I don't care what you think, I'm gonna do what's right for the people. So uhm, so whether Megan liked it or not I would just stand up and get things done and direct someone to be taken to the hospital. Uhm, there's been, I mean James counts on us to take care of those things.

Det. Diskin: Okay

Sheryl: He really did, yea.

Det. Diskin: Okay so you

Sheryl: He, he could not even be competent in that area, it's just not his thing, you know.

Det. Diskin: Okay, that makes sense, and the Spiritual Warrior program, which years did you attend?

Sheryl: Uhm I attended the very first Spiritual Warrior which was in 2003.

Det. Diskin: Okay and then have you attended all of them?

Sheryl: Uhm no I didn't attend all of them. I, that was as a participant, uhm that was my first one as a participant and my last one as a participant.

Det. Diskin: Okay

Sheryl: In 2007 when I started working for James, uhm at the office, I went to that Spiritual Warrior. I also went in 2008.

Det. Diskin: Okay. Alright, let's talk about 2007 first. Now the one girl, she had fallen and, and broke her arm. Were there any other issues that you noticed in 2007?

Sheryl: No, no, that was a good event. It went pretty smoothly.

Det. Diskin: Okay, during the, the sweat lodge, or right after the sweat lodge, did you notice anybody in any kind of medical distress or unconscious or, or throwing up or anything?

Sheryl: Uh no throwing up, uhm the, the sweat lodge is intense. One of the things we warn people to do ahead of time is to drink lots and lots and lots of water.

Det. Diskin: Okay

Sheryl: Uhm in 2007 it was actually pretty good I thought. Uhm one of the things that's great about 2007 at Angel Valley they had uhm a guy who was Native American, his name was Gary, and he really made sure thing went well for the sweat lodge.

Det. Diskin: Okay

Sheryl: You know he would have the Shamin come and bless it and the whole works. So it was pretty well done.

Det. Diskin: Okay and were you inside or outside the sweat lodge?

Sheryl: I was inside

Det. Diskin: Okay

Sheryl: And I, one of the things I did in 2007, was that 2007? Yea, one of the young ladies in 2007; for instance, I, this is me in the sweat lodge; somebody is screaming you know. I am like do you need to go out? James likes to have silence in there but I'm talking, you know, do you need to go out and she's like no I don't want to go out. I'm like if you don't, if you're not, if you can't be quiet you have to go out. If you can't handle it you have to go out and so she's like no I don't want to go out and I was like okay, if I hear one more, one more scream out of you, you're going out cause I'm gonna take you out. So anyway that's how I was, I was just, if somebody was not doing well in there, I take them out.

Det. Diskin: Okay

Sheryl: I would help them crawl out of there because that was, that's not safe and I want everybody safe.

Det. Diskin: Did James every try and stop you from taking anybody out?

Sheryl: I wouldn't let James stop me even if he tried

Det. Diskin: Okay but did he try?

Sheryl: No, I never had a situation where he tried.

Det. Diskin: Okay

Sheryl: Now last, uhm in 2008, uhm you know there were, we'll get to that, I'll tell you about 2008. But I know when I wanted, was there working with people then Megan, you know, was like well you know we're gonna go up and I'm like no I'm staying down here to make sure every single person is okay first.

Det. Diskin: This was in 2007?

Sheryl: This is 2008

Det. Diskin: Oh, 2008, okay

Sheryl: 2007 was good, people were good, uhm most people made it through the sweat lodge, no issues. You know you usually have a few people who are really, really uhm; they lie down in the back of the sweat lodge or whatever and they're really kinda a little bit out of it at the end. Uhm because they stayed in the whole time, but I never had anybody that couldn't get out of there. They all were, you know, they were all fine.

Det. Diskin: Okay

Sheryl: They were all conscious and everything

Det. Diskin: Okay and that, that was in 2007 and then

Sheryl: Yea

Det. Diskin: 2008, tell me about that

Sheryl: Okay, in 2008 uhm I was in the sweat lodge and I'm usually the last person to go in uhm and then I take my spot. James usually has me sitting in a certain area and uhm around the 4th round he poured the water on the rocks and I thought oh my God this is too much. It was way too intense in there, too hot and I'd been in the sweat lodges before so for me I could gauge that

Det. Diskin: Okay

Sheryl: and I felt the heat hit me and I, I had to really get my head on the, on the floor. I really had to because I was gonna pass out and I couldn't afford to pass out uhm when my job was to support the participants, you know. I have to be the rock so uhm so I realized that and I decided that that would be, that I would have to go out. So I uhm, when the round was finished, I went, I was on my way out, I pulled everybody, there were people that needed to go out. I had them go ahead of me and there were a couple guys I had to pull out of there. I pulled four people out of there

Det. Diskin: Okay

Sheryl: And

Det. Diskin: Is that because they couldn't get out on their own?

Sheryl: They were so weak

Det. Diskin: Okay

Sheryl: So I, I helped them out of there

Det. Diskin: and what round was that?

Sheryl: (Inaudible) pardon me?

Det. Diskin: What round was that?

Sheryl: That was the fourth round

Det. Diskin: Okay

Sheryl: And one person was a little bit in convulsion, convulsions and see with my training, my trauma training and so on I was able to help him and do some work on him and he was fine, he got back you know just fine. Uhm but at that point uhm they were putting more rocks in and I was oh my God this is too hot, they're putting more rocks in. But they kept it open for quite some time and I noticed that people were coming and going and getting their water and then going back in and James allows that. Which normally people don't come and go in and out of the sweat lodge so much. But I knew that that was a good thing because it was really hot. You know the Sedona sun, it was, it was like 90 degrees that day and then on top of that we have the sweat lodge so it was extremely hot.

Det. Diskin: Okay

Sheryl: Uhm so we had, you know, the water and other things for people to hydrate. Uhm I decided I was not gonna go back in, that I was going to stay out and be available for people as they came out

Det. Diskin: Okay

Sheryl: And James sent for me to come back in and I refused to go back in. Uhm

Det. Diskin: So did he ask you specifically to come back in or did he tell somebody to ask you?

Sheryl: Sent, sent one of the dream team members so say to me come back in. And she came and she said James wants you back in and I said no

Det. Diskin: Okay

Sheryl: I'm not going back in, I'm gonna help outside here

Det. Diskin: Do you remember who that was that came out there?

Sheryl: Uhm, I think her name was Sandra Giovanni? Chandra, Chandra, C-h-a-n-d-r-a

Det. Diskin: Okay

Sheryl: She's a dream team member. Uhm and the, the dream team by the way are volunteers, are participants who volunteer to come and help

Det. Diskin: Okay

Sheryl: Uhm so Chandra was in there. And I trusted her cause she was pretty good with the sweat lodge and then uhm so I just said you know just watch, I'll be out here because I felt that my need was out there. There were a few people out there who had you know

come out and they were conscious but they were lying on the mats you know just weary. So I felt I wanted to be out there in case of anything.

Det. Diskin: Okay

Sheryl: Uhm, uh one young man, uh you know, he was getting upset. He felt the sweat lodge was hot and his girlfriend was in and he kept screaming for his girlfriend to come out. And uhm and so you know we were trying to just work with him so he was a little bit hysterical. And uhm and he wanted to pull the tarp off, off the sweat lodge, and he was outside by the way. And so I uhm I kinda talked to him, you know, just kind of trying to reach him and say John, you know, it's okay. She'll be fine, she's conscious, she's just okay and I have someone watching for her. And what I did that nobody knows I did except the few people that I told is that I kicked up at the end, you know I went to the back of the sweat lodge and I was lifting the tarp to let air in (Inaudible)

Det. Diskin: Okay

Sheryl: So I was kicking that up and letting air in. So that I felt it was important to do that because it was a little bit hot.

Det. Diskin: Okay and did James Ray know that you were doing that?

Sheryl: Nobody knew, nobody on the James Ray staff knew I did that

Det. Diskin: Okay and was this when the flap was open?

Sheryl: No, the flap, the flap is open only on one side of the sweat lodge

Det. Diskin: Okay

Sheryl: Uhm I went around and you know, what it is, we use uhm natural wood like the, the vines of trees, it was built with the vines of trees

Det. Diskin: Okay. The reason I ask that

Sheryl: And so

Det. Diskin: is, is this was, this was done, the sweat lodge was during the day in 2008, correct? I mean it was daylight?

Sheryl: Yes, yea

Det. Diskin: And so it would be dark inside the sweat lodge, right?

Sheryl: Yea it's dark, uhm, but not so dark that you can't; it's dark once you put the mat, the flap down for the uhm, oh for the, the entrance to the sweat lodge down

Det. Diskin: Okay, when you, when you were lifting up the, the tarp, would that have allowed light in to where people would have known that

Sheryl: A little bit, I was kicking it up on, at the bottom of it, uhm bottom of the lodge, you know so I wasn't lifting like the roof or anything. I was lifting it up at the, around the edges at the bottom

Det. Diskin: Okay

Sheryl: Where even those sitting at the back might not have noticed cause they had their backs to that

Det. Diskin: Okay, so it probably wouldn't have allowed enough light in to where they would have noticed that somebody was doing that?

Sheryl: Right, exactly.

Det. Diskin: Okay

Sheryl: And I had to be careful about that too because you know for James he makes it sacred when we're in the sweat lodge. Uhm at least that's been my experience is that you know he's chanting, uh, he's, he's, the thing is that it's supposed to be a very sacred experience and, and you do as much as you need to do. So in that, that, that 2008 sweat lodge, the people came out. A lot of people came out, in fact half of the sweat lodge came out

Det. Diskin: Okay

Sheryl: and then at the end he said okay everybody come in the for the last round and, and most people wanted to go back, right back in for the last round and so, so it was kind of a, it was fun that way but I, I felt too that people's safety was, I felt that it was important that I watch for their safety cause it was way hot.

Det. Diskin: Okay and let's go back to that fourth round when you were taking people out. Did James Ray uhm say anything to the people that were leaving in the fourth round?

Sheryl: Uhm usually when people are leaving we say "Hi Yi El" which means "I Own", or "I Owner You" kind of thing

Det. Diskin: Okay

Sheryl: That's all we usually ever say. Uhm no one stopped me and no one stopped them

Det. Diskin: Okay, so James didn't say hey you need to stay or, or uhm you know try and stick it out or did he encourage people to stay who were trying to leave?

Sheryl: Uhm not, I don't remember that you know cause he was pretty good about it. I, in fact, back at the sweat lodge I think that James got a little bit out of it. Uh you know he sometimes got into chanting. See James is sitting at the, he's the first to go in and then he goes all the way to the other side of the entrance.

Det. Diskin: Okay

Sheryl: And then next to him is Megan usually. And Megan's like the voice of conscience for him. When it gets, she's suppose to let him know if it's too intense, or if it's, you know and she tells him how many rocks and things like that.

Det. Diskin: Oh so Megan tells James how many rocks to bring in?

Sheryl: Oh yea, oh yea. Megan tells him how many. She kinda, she's kinda the voice of conscience for him there.

Det. Diskin: Okay

Sheryl: And uhm and so and she loves it hot. She can stand the sweat lodge more than anyone I know. Uhm and so, so if James, if he even nods his head, you know, she taps him on the shoulder. Hey man, (Inaudible) wake up, whispers in his ear, you gotta, you gotta stay, stay, you gotta stay alert

Det. Diskin: Okay

Sheryl: Uhm so at the end of that sweat lodge though he was not feeling well. You, I, I, I knew that because uhm they sent a cart for him and uhm Megan, that's when Megan came to me and said hey, you know, uh we're taking the cart up and I, I, I was standing there and I looked around and you know people had come out and they were a little bit uhm exhausted and dehydrated and I wanted to make sure everybody was okay. I had Angel Valley bringing, bringing uhm the liquids for them and, and so I looked at her and I said no, I said I have to be here and make sure everybody is okay first.

Det. Diskin: Okay and this was at the end of

Sheryl: Yea, this was at the end of the sweat lodge

Det. Diskin: Okay, and was there anybody unconscious?

Sheryl: No, no, nobody was unconscious, they were just really, really weak

Det. Diskin: Okay. Was there anybody that wasn't really coherent or didn't know what was going on or where they were at, kind of thing?

Sheryl: No the only episode was the one I mentioned with John. You know he just was so hysterical because uhm, because his girlfriend was in there and he was scared that you know something would happen with her.

Det. Diskin: Okay

Sheryl: Uhm, yea, but and then, then one I, the person I pulled out that was in convulsions and we had to work with him to, to bring him back to uhm to stabilize him.

Det. Diskin: Okay.

Sheryl: So that was the first sweat lodge where I thought gosh, this is too hot, you know? I just felt that it was too hot and, where, where that was, they went way too far. That's why

Det. Diskin: Did you say, did you say anything to Megan or James afterwards that

Sheryl: Well I, I told Megan it was way too hot and uhm when, when I, when I, especially with the young man who with the convulsions; when I see that it upsets me. And I was a little bit upset and throughout the rest of the event which is, after the sweat lodge we usually have uhm just uh dinner and then a few hours of, of class. Uhm James usually does a special poem with them and so on and that's the end of the event.

Det. Diskin: Okay

Sheryl: Uhm, so I, I, I was a little upset and because of that I didn't want dinner. I, I just wanted to just kind of chill out so I was

Det. Diskin: So you

Sheryl: in the room for a lot of the end of that event.

Det. Diskin: Okay, so just so I understand, you were upset because uhm John was having some significant issues

Sheryl: Not just, John but also there's a young man I pulled out during the fourth, when I got out, I pulled someone out who had convulsions, uh, and I just felt that the whole thing, it was a little bit too hot in there.

Det. Diskin: Okay

Sheryl: Yea and that uhm they needed to do something about that. Too many rocks going in there. That was the first time I'd ever had concerns that it was, may be too hot.

Det. Diskin: Okay, was James aware that this man was having convulsions?

Sheryl: No

Det. Diskin: Was he (Inaudible) afterwards?

Sheryl: I, that I don't know

Det. Diskin: Okay. Did uh Megan know?

Sheryl: You know, uh yea Megan knew. Uhm Megan gets everything. James gets what Megan chooses to tell him

Det. Diskin: Okay

Sheryl: And I've had conversations with James about that. He really appreciates that he doesn't have to know the details and my opinion on that is that if you're running a company, you want to know some of those details that could come and bite you in the butt because you know this is where I differed with, with, with that opinion is that some of those things that Megan shielded him from, she shouldn't be shielding him from. She should let him know because those are some of the things (Inaudible) prevented this from happening.

Det. Diskin: Okay so you think Megan didn't tell him a lot of the details that he should have known?

Sheryl: I know that. I know that. I mean there are things that happened in the office where James should know and he never knew. And then I'd confront Megan. I'd say why didn't you tell James and, and she said well, well we didn't want him to know cause he, he gets upset and he does this. James will come down hard.

Det. Diskin: Okay

Sheryl: Yea, yea he will. I mean he, you'll find, she doesn't want her head to you know get fired, or whatever. I don't know why she doesn't tell him but yea, I, I just felt there were things. If I were the business owner there are things I need to know, especially when it comes to my clients.

Det. Diskin: Okay. Well that makes sense. Uhm so when James came out of the sweat lodge in 2008 uhm were there people that were in medical distress still? I mean some of the people that you had to carry out, were they, were they still present where James would have seen them?

Sheryl: Uhm they were, they probably would have been there but they were sitting up and alert by then.

Det. Diskin: Okay

Sheryl: The only people that may have needed some help were those who were still in the lodge and, you know, James was coming out, then uhm they were coming out at the end.

Det. Diskin: Okay

Sheryl: But he uhm, he doesn't usually stick around for that. He's usually gone, uhm, what happens is he comes out and he's usually so worn out from doing the whole deal that he, you know, he goes off to his room to get ready for the next thing. It's the JRIT members' jobs to really take care of all the participants and make sure they're okay.

Det. Diskin: Okay

Sheryl: And so the event coordinator who was Carly at the time, Carly Shankman, was the event coordinator at Spiritual Warrior 2008. She and I were there and we, Carly also has CPR training and the both of us took care of the participants. Uhm Megan went off with uhm, with James and uhm, and so you know we had everything pretty much well taken care of and the Angel Valley staff also helped and it was fine.

Det. Diskin: Okay

Sheryl: So these people came out a little bit dehydrated, we got them liquids right away. You know, this is, people want to test their limit with some of this. And, and sometimes they stay too long. I'm like come on, you've got to know what your limit is and you've got to come out. When I do a sweat lodge, I go and train myself. I train myself in the sauna. How long can I stay? And I have somebody who, whose there as backup to, to pull me out if I go beyond my limit.

Det. Diskin: Okay

Sheryl: But you must know your limits, you know?

Det. Diskin: And have you done sweat lodges that weren't a part of James Ray?

Sheryl: No I haven't

Det. Diskin: Okay

Sheryl: I have not.

Det. Diskin: Yea the reason I ask, apparently from what we're learning from people who do sweat lodges, it's, a normal sweat lodge is, is nothing like a James Ray sweat lodge as far as the purpose of it. Uhm it's not an endurance test, you're not trying to stay in there as long as you can, uhm that has nothing to do with it. And so that's why it's, it appears different the way that James Ray does his sweat lodges. Now did he ever tell you where he learned how to do a sweat lodge?

Sheryl: Uh no, uhm I assumed, James has studied with Shamans and uhm he had a Native American teacher. Uhm and so that's why, someone who had studied up, most often the Native American shaman would come and set it up and James usually walked through the sweat lodge unless Megan says well you don't need to go walk through. Uhm but the times when I participated as well as the times when I was there, uhm it was set up the way; cause I've googled you know sweat lodges and

Det. Diskin: Right

Sheryl: before I went to the event in 2001 I researched them, I'm just that way, I just wanted to be prepared

Det. Diskin: Right

Sheryl: That's where I got the idea that then, knowing that it was hot in there, (Inaudible) got the idea to really train myself in the sauna before I even went to the event. Is to make sure I could stand the intensity of the heat. Uhm but uh no, I, I don't know if he got formal training on sweat lodges specifically but I know he had experiences, many experiences with sweat lodges ahead of time His, his sweat lodges are, the 2008 one was the hottest I've ever seen it.

Det. Diskin: Okay

Sheryl: 2007 I felt was in line with the one I did back in 2003

Det. Diskin: Okay

Sheryl: 2008 was just, that was the first year when I felt like oh my God this is not, not what I wanna, this is not where I need to be. It was just too intense and uh it was difficult to breathe when the water hit the rocks. It was too much.

Det. Diskin: And in 2003 the Vision Quest and fast, was that before or after the sweat lodge?

Sheryl: That was actually after the sweat lodge

Det. Diskin: Okay

Sheryl: In 2003

Det. Diskin: And then from my understanding, 2007 and 2008 the, the Vision Quest was before the sweat lodge, correct?

Sheryl: Yes it was, yea, and in 2003 the Vision Quest was way longer than, than it is now.

Det. Diskin: It was longer than the 36 hours?

Sheryl: Yea

Det. Diskin: Okay

Sheryl: Uhm, yea. That was, that was intense.

Det. Diskin: Now in 2003, uhm, did you guys have water on the Vision Quest?

Sheryl: We had the option to. He gave us the option to decide whether we wanted to take water or not and he also said you could take it and if you chose not to drink it, that's fine too. What I did was I took water, and we all were given water bottles. I took my water with me and, but I never drank it. Uhm but I, I, it was nice to just have it there in case you needed it and so he gave us that option.

Det. Diskin: Okay. And did that change in 2007?

Sheryl: 2007 uhm could they take water? No, you couldn't take water I don't think

Det. Diskin: Okay and

Sheryl: I remember that there was a lady, I don't remember if this was 2007 or 8, there was a lady who had kidney issues she said. And her, was (Inaudible) medication, you know she had medical issues and so I pulled her aside and I said listen, you need to take everything you need for your medical condition. And if you need to take water with you, please do so and so she did.

Det. Diskin: Okay, did James know about that?

Sheryl: No. No, my job's to take care of the participants, I'm gonna do my job, I'm not gonna be telling James I did that.

Det. Diskin: What do you think would happen if you told James that, that you allowed her to take water?

Sheryl: You know I don't know. I've never really felt a need to tell James, I'm supposed to do my job. I do my job, that's how I felt about it. I didn't see a need to tell James or ask him or any of that. He's expecting me to do my job and I do my job.

Det. Diskin: Okay

Sheryl: And I think too that if someone is having a medical condition or you know there's exceptions to every rule

Det. Diskin: Right

Sheryl: James loves to, he loves to play with them a little bit and scare them a little bit, you know. Oh that, that, that roach you're afraid of is gonna be there you know and then hold her next to a few. He just scares them a little bit and, and he did that worse with us back in the day. You know way back in 2003, it's about facing some of your fears but it's also about really reflecting on, and you have some tools that he provides before you go out, for you to really work with in overcoming some of the things that have been challenges for you. Uhm, you know we're constantly there checking in. The participants don't know we do that but we're checking in. Uhm James is there; he's asking how are they doing, he's asking you know did anybody come back, are they doing well? I remember participants would come back from their Vision Quest and he would work with them, he would talk to them. And I would work with them and talk to them. And there were a couple times when we brought them back to their Vision Quest and there were times where we had them stay in the room at Angel Valley and finish their Vision Quest there.

Det. Diskin: Okay, did

Sheryl: Is just depended on the situation

Det. Diskin: So 2007 did you guys physically go out and check on people?

Sheryl: We, yea, we'd peek.

Det. Diskin: Okay they may not have known that you guys were there, is that correct?

Sheryl: They didn't know, no. We don't let them know, we let them think that they're in some remote area way far away

Det. Diskin: Okay. And did you have any concerns at all with uhm people fasting and not, not consuming water during the Vision Quest knowing that there was going to be a sweat lodge?

Sheryl: Uhm no because there was plenty of time to hydrate. Uhm they, their, first of all from the, get to Spiritual Warrior from the, a week before they're starting to have the, the salts. The salts has minerals that holds water in the body so their having, we're telling them hydrate the entire time they're there. Hydrate, did you hydrate? We're constantly checking, make sure you hydrate. He's constantly telling them all through the event, make sure you hydrate. And uhm the morning when they get back from the Vision Quest, they get back like real early, like 5:00 in the morning is when we usually send for them. And then the first thing is breakfast and their told to hydrate before they have breakfast. Cause that's the message, or at least for when I did it, that's the message we gave the dream team. I usually was the one that you know worked with the dream team to, to give them those messages. And they went out with their messages to all the participants; hydrate, have breakfast and be in the room uhm and keep hydrating throughout the day. And the first thing in the morning that their in the room, the first thing is make sure you hydrate throughout the day, we have an event coming up this

afternoon and you, you need to be hydrated. So he's telling them all through and then after lunch he's like eat light. We have them eat light and not have snacks after lunch because again, you want to hydrate before the sweat lodge.

Det. Diskin: Do you think that's enough time to hydrate?

Sheryl: I think so, uhm, you know 2007 it was never a problem. Uhm the problem becomes if you didn't. That's when it's a problem, if you did not do it

Det. Diskin: Okay

Sheryl: You know if you did not drink enough water and stuff and we'd give them 32 ounce bottles and we expect them to do at least 2 or 3 of those before the sweat lodge.

Det. Diskin: Okay. Alright. And uhm let me think here. In, let's see this wouldn't have mattered in 2003 but in 2007, were you, was the staff or the participants told about prior problems in the sweat lodge?

Sheryl: Uh prior problems

Det. Diskin: As far as people having to be transported to the hospital

Sheryl: I didn't, I didn't know there were other problems in the sweat lodge. Uhm James usually tells them what the uhm, what the set up is for the sweat lodge, how to proceed, what we're gonna do when we're in there, uhm, let them know that if they need to leave they, they can. Things like that before we go in. Uhm but you know, again, 2008 was the only time I thought gosh you know this is, this is way beyond what it needs to be, it's too hot.

Det. Diskin: Okay

Sheryl: Where I thought maybe they could have cut back on the rocks, it was way too much. And it felt that, I felt strongly that Megan should have, should have said to James, no more.

Det. Diskin: Okay. You're, that's interesting to me. You're the first person that we've talked to that, that kinda told us that Megan was, you know, the one deciding how many rocks to bring in.

Sheryl: You know a lot of people don't know the protocol at JRI. Uhm many of the employees didn't. Uhm because I was, I was around so long and uhm I was pretty well trusted, you know I'd been to James' house and been to parties you know so uhm I kinda knew that. I, I, and I watched, uhm, and you know I have had conversations about things so, so a lot of people haven't been exposed, gotten close to James that way and they don't know the, the, the way things are done on a management level in the office. And James doesn't run the office, Megan runs the office. And uhm you know whatever Megan tells

him is what he has to go with. You know in, in, in 2007 James would get the PL's, the profit and loss statements in great detail so if there was anything he could see it there. But that stopped after, you know like I think around you know 2008 that stopped and all he got was a summary. So if there were any impropriators he never saw it again. There were times when I uhm made decisions, like I made a decision with a contractor we had that no we're not work with this person anymore and James was wondering, you know Megan and Josh knew why. And James was wondering why, why that wasn't the case anymore and they never told him. And then once he knew why, why it was, then he wanted to get involved and make sure the company was protected and that that didn't happen again with a contractor.

Det. Diskin: What was that issue?

Sheryl: There was a young lady and you know what? Because she was also a participant I wanted to keep it not as public because she was a participant and I don't want to do anything to damage anything with her but she was unethical. Uhm she violated the contract with JRI and I, I, I came down like at first I talked to her a couple times and she didn't listen and finally I had to say no, we can't have you working with us anymore.

Det. Diskin: So what, what happened, I mean what was she doing?

Sheryl: Uhm she was uh the contract asked that she not solicit our, our uhm clients for her own purposes

Det. Diskin: Okay

Sheryl: She was doing that

Det. Diskin: Okay

Sheryl: And uhm, and the company that she was working for is the one she should have been soliciting clients for

Det. Diskin: Okay

Sheryl: So we had a, a partnership with the company to provide certain services to our clients. Well she was short, she was side stepping that and getting the clients for her own personal business

Det. Diskin: Okay

Sheryl: So she was misrepresenting both companies. And, and so uhm James became concerned because first she's, she's a student of his and so you know he said well why isn't she there anymore? Why isn't she doing it? And I of course opened my mouth and told him the truth and uhm discovered that he had not been informed and so you know I,

that's when I first recognized that Megan and Josh really didn't tell him everything that he needed to know uhm about what went on in the office.

Det. Diskin: Okay. Alright, let me, not to switch gears but uhm let me ask you this. If, if you, as a staff member had known that in prior James Ray sweat lodges at Angel Valley that, that uhm people had suffered heat stroke and had been transported to the hospital, would that have changed your approach to, to helping people at all? Uhm

Sheryl: Oh definitely, definitely. I would have had more professionals or people who can handle that stuff there. I would have definitely looked at whether the sweat lodge, whether we need to cut back on the number of rocks there, for sure, yes.

Det. Diskin: Okay. Do you know why James Ray would want to keep that a secret, that there was prior problems?

Sheryl: I don't know that he would necessarily want to keep that a secret. The participants know, they can't keep that a secret. What we, what we, we say is you know, uhm, for people to have their experiences at the events, it's important that some things be a surprise.

Det. Diskin: Right

Sheryl: For instance, I knew there was gonna be a sweat lodge when I was going to Spiritual Warrior. Why? Because I was told there was gonna be a sweat lodge, to bring this and this. Uhm and so I went and practiced in the sauna, you know? So everybody knows there's a sweat lodge at Spiritual Warrior ahead of time but how it's done, uhm, what your experience might be, you might, you don't know, that's the element of surprise for you. And that means as you, the metaphor represents life. As you go out in life and you start a project or you start doing something, you don't know what's going to happen as you try it.

Det. Diskin: Right

Sheryl: You know any number of things can happen but how do you handle it?

Det. Diskin: Mmm Hmm

Sheryl: How do you handle the stresses of life?

Det. Diskin: That makes total sense. Uhm, what I'm wondering, you know, in, in 2005 James Ray uhm, he was confronted by uhm several of the followers and uhm also some of the staff we believe; you know that hey you know this guy is probably gonna die, they didn't know that he would survive, which he did survive, he'll never be the same. But, but you know they felt that he was going to die when they were confronting James Ray and said you know we need to make sure that this never happens again. Uhm I would think that that would be something James Ray would want his staff to know about for

future sweat lodges, to keep a closer eye on people and make sure their doing okay and apparently you

Sheryl: I had no idea there was such an incident

Det. Diskin: Okay

Sheryl: Oh my goodness

Det. Diskin: Do you think you should have known?

Sheryl: Of course, I'd want to know so that I could secure other people. I had no idea there was such an incident at all

Det. Diskin: Okay. So you, do you think that would have, had you known that do you think you would have been a little bit more persuasive of, of trying to get people out of the sweat lodge if they were having any kind of difficulty?

Sheryl: Oh certainly I mean I, I think I was as persuasive as I could be in getting them out of there if they were having difficulty but umh, the other thing that concerns me is not so much that uh is James, it's more umh you know again, he doesn't run the office

Det. Diskin: Okay

Sheryl: And he's expecting the staff to know what to do and to have the knowledge to cover some of these things. So if we're not told by Megan and Josh that these, this happened and therefore we want to do this, this and this, then it's not taken care of.

Det. Diskin: Okay

Sheryl: And so that's where I would put the responsibilities on them letting us know cause James doesn't interact with the staff in the office except maybe at company meetings. The day to day is with Megan and Josh in the office and their supposed to tell us these things so that we know so that we can do our job.

Det. Diskin: Okay

Sheryl: In fact, in fact umh oh my goodness, they, these two hide a lot of things, even from the employees. That's, I told you I was gonna tell you why I walked out

Det. Diskin: When you say these two are you talking about Josh and Megan or James and Megan?

Sheryl: Yea, yea they do, Megan and Josh. They hide a lot of things. And that umh, is someone there? Okay. And so umh that's where I, I just took issue with that. We were at an event, the last event I attended before I walked out. I walked out a few days after, a

couple days after because I was just so, I, I was done. Uhm, we went to an event and, this was an event where we would take participants on a bus to do an activity in the city of San Diego. And on the bus, first of all, Melinda, our uh event coordinator had put me on, in a limousine to go down and I said what are you doing? I said I need to be on the bus with the participants in case something happens and so she, she went ahead and changed that and put me on the bus. And uhm, and so on my bus I secured the participants and we went down to Balboa Park. Uhm James and Megan and uhm Greg and a few dream team members were on one bus and apparent, when we got back to the, the hotel for the event that evening, someone was missing. And the participants were, let me know that. It was someone from James' bus, from the bus where James and Megan was. And I didn't know you know who it was or what she looked like or anything. So uhm I, I talked to Melinda. I'm like some, their asking me about a participant that's missing, what's happened? You know I'm trying to find out what happened. The rest of the team members, I don't know where they are, I can't find anyone, but we still have to run the event, you know? So Melinda and I continued to work with the participants and the dream team to continue and apparently the rest of the team were looking for this young lady and uhm doing whatever needed to be done to find her. Uhm so at the end of the night there was a little huddle with the team and then I went over and they said well I wasn't needed there. Uh so I said okay and I went off and uh the next day I kept getting more questions about the missing participant so again I asked and uhm, uh, at one point James called me up to the stage, he was, during the time when he wasn't delivering uhm, delivering a, whatever you call that...

Det. Diskin: I know what you mean

Sheryl: wasn't lecturing, so uhm, so he said I understand you're feeling left out. I said I didn't tell anyone I'm feeling left out. And uhm anyway he proceeded, I said you know what, what concerns me is that there was a participant missing and other participants are asking about her because they care and I don't know what to say and it makes me feel bad and look bad because uhm I don't feel I can do my job when I'm not being informed of what's going on. And so he says to me, she's been found and she's not coming back. That was not the good answer I wanted to hear. Uhm I walked out of the room and I was outside, I had been helping participants most of the morning outside and I went out and I pulled myself together and I continued to do that. But I was not in a, after that I was very upset because I felt that I wasn't given a good answer. I felt that I uh that it was, it was uhm, it did not demonstrate a caring, enough of a caring, not just for that participant but for everybody else who cared about her.

Det. Diskin: Now when he

Sheryl: So

Det. Diskin: said she's been found, what did that mean to you?

Sheryl: Uhm to me, what I, what I sensed was that okay so she was found, but why wasn't she coming back? It wasn't so much that she, why she wasn't coming back that bothered me.

Det. Diskin: Okay

Sheryl: That part of it, she's found, she's not coming back. That part of it bothered me. And when someone's not coming back there are any number of reasons. First they're disappointed with us or it means they've been injured or uhm something else worse. You know, so, so to me that feeling in my gut was just there saying gosh, something isn't right about this.

Det. Diskin: Mmm Hmm. Do you think James, did you get the impression James was trying to tell you that, that she's been found and that she wasn't coming back on her own choice, that it was her choice not to come back? Or did

Sheryl: You know, I asked James, I said, when he told me that I didn't ask anything else but before, I said uhm you know I'm concerned because I need to know what to tell our participants who are concerned about this missing, this lady. And I have no answer to give them and he said she's been found and she's not coming back. And I said what does that mean? He said she's been found and she's not coming back. So that's all the answer he wanted to give

Det. Diskin: Okay

Sheryl: and so that's why I got upset and, and I just; that's it. I was like that's it. You know there are so many things that stacked in that period of bad decisions in the office. Uhm decisions that did not serve the employees, decisions that did not serve the participants. Uhm this incident with this young lady. It all stacked to a point plus I was working at the events with participants that were disappointed with James or disappointed with something that James Ray International had done and it just seemed that my efforts to change some of those things wasn't going anywhere because I felt like James was the, was not gonna listen to me anymore and Megan and Josh was not delivering to him, or speaking to him about some of these things.

Det. Diskin: Okay. When did you find out that, that the reason the participant wasn't coming back was because she was dead?

Sheryl: In November of this year.

Det. Diskin: Okay, so

Sheryl: In November uhm someone

Det. Diskin: (Inaudible) when the media reported it?

Sheryl: No uhm someone on Facebook, uhm, in fact the very participant, there was a man and his wife I was working with outside who were upset and did not want to come back to the event. And I felt it was important to give them some value so I was coaching with them and uhm he sent me a message. He connected with me on Facebook, sent me a message. He said Sheryl, you know, I'm so glad you're well, blah, blah, blah and that you weren't at Spiritual Warrior and uhm he uhm he said but did you know that this young lady had died at this event. And I said, I said which young lady, you know, (laughs) how come I didn't know this? Uhm, so I was like surprised and he proceeded to tell me that she had committed suicide and that's, that one was hard. I hadn't, I didn't even know. I had no clue.

Det. Diskin: Do you think that was kept from you on purpose?

Sheryl: It felt that way. It really felt that way. Uhm I, I don't know why. I don't know, you know, it was only two days after that that I left. I was in the office. I, I went in to see Josh. I had all these concerns about you know not really, the way they were dragging their feet on really getting the things in, in place that would support people, that would ensure they had the best experience and that they were safe and uhm get what they want out of the event.

Det. Diskin: What kinds of things, what kinds of things did you recommend to Josh to make sure that the participants were safe?

Sheryl: Uhm, there; first of all I wanted one coach per event, I wanted every single participant to be able to connect with a coach.

Det. Diskin: Okay

Sheryl: I wanted all the participants to, I wanted more dream team, more experienced dream team and the events. There's a whole list of initiatives that I wanted for participants to insure that they always had somebody to go to no matter where they, cause you know I went to an event before that one where there's a woman who kept saying she was going to commit suicide. Uhm and I stayed out, I was having lunch and someone came and told me that and I went out and sat with her and talked with her and I said now why would you say that? Cause you know she's like such a great person and everything and she said my daughter's not here with me. Okay. So what's up with your daughter? Uhm, she said I want her here with me. I, I, I, I, I have to have my daughter with me at all times and so I said what would make it better for you? And she said for my daughter to be here. I'm like oh my God what do I do, you know? So then even, we talked and we talked and eventually I said well what, what would you like to take home for your daughter? She said you know what it would be nice to take home one of the workbooks for her. I said well I don't, there were several items that she asked for and I just got her a workbook, got her the items and gave them to her. I said now you have one set for you and one set for your daughter. Uhm and I said how you feeling now? She said she was just happy then. She was smiling and said yea this will make it right. And then, and only

then I allowed her to go back in the room. Now, I got in trouble for that. I got in trouble because I wasn't in the room when we started. Normally I'm supposed to be in the room when we start. I also got in trouble, you know, because at that event, on top of that, uhm I was outside for quite a bit working with participants. That's my job and Josh was getting on my case about it so I said you know what? I'm doing my best for the participants, I'm doing my best for James Ray International and if that's, if I'm not gonna be allowed to do what I think is right, then I can't work here. And I, so uhm, we had words about it and I uh, I stood up and I said I'm done and I handed over all the things, the things that belong to the company. The credit cards, the keys, the laptops, everything and uhm, and I left, immediately.

Det. Diskin: Did they try and stop you or try and convince you not to quit?

Sheryl: No, no, uhm I know Megan sent documents by email and I never looked at the emails.

Det. Diskin: Okay. Did James ever contact you?

Sheryl: No. And that surprised me. Uhm that really surprised me considering our history over the years. But, but I also knew that James was in a space where uhm not, I didn't think of it as a powerful state. He basically had just kinda handed things over to Megan and Josh in a sense and uhm he was functioning more as an employee than the boss.

Det. Diskin: Okay. And Megan was obviously his second in command. Is that correct?

Sheryl: Yes

Det. Diskin: Who was his third in command?

Sheryl: I'd say Josh.

Det. Diskin: Okay. What was Greg's role?

Sheryl: Uh, Greg, Greg really uhm, (Inaudible) Greg is. Greg was uhm the uh, what's that called? The facility, I started what was known as a Facilitation Program. That's where we'd have facilitators who would come and teach James' material. I was the only one that only taught James' material before.

Det. Diskin: Okay

Sheryl: And so uhm in training some of the coaches, I trained some of them and (Inaudible) some of them because facilitators. Greg was in charge, you know, then I could offload that cause I had too much to do. So Greg is who came in and took over the facilitator program and started working that. Uhm after I left I don't know what his role became but uhm but yea and, and Greg is Mr. uh, he pretty much uh went a lot to Megan

on things. He would go, he reported to Josh but he would go above Josh's head to Megan quite a bit. So other than his role as a, uhm, coordinator of the facilitator program, I'm not sure, I don't know what his role's been since I left.

Det. Diskin: Okay. And when the, the person was missing and you were asking you know where's this missing participant, did you talk to Greg at all about that?

Sheryl: No, I never talked to Greg about anything. I didn't consider him an authority on anything.

Det. Diskin: Okay. Did you, let me ask you this first. Did, have you seen the CNN interview that Melinda Martin did?

Sheryl: No, I, you know, I stay away from the news media. Uhm, I, if you ask me when was the last time I watched the news, I could not tell you.

Det. Diskin: Okay

Sheryl: It could be years. Uhm

Det. Diskin: The reason I ask that is because we need to, there's been so much out in the media that we need to make sure that, that you know what the witnesses are telling us are their own words and not something that they saw on the news.

Sheryl: Oh, okay, yea. I, you can pretty much know that I've been shielded from all of that.

Det. Diskin: Okay

Sheryl: I don't have any, any uhm, I don't know, who was it? Someone told me she was on the news, someone at this place where I have the contract said that they said that they saw Melinda on it. And I was surprised because what about the, what about the uhm confidentiality agreement, you know?

Det. Diskin: Yea, well you know that's, that's more for trade secrets and stuff like that, not necessarily talking about you know a, a potential homicide. Uhm

Sheryl: Okay

Det. Diskin: So we, you know, that, uh, I, I can understand why people have a concern and want a subpoena before they talk to us but I doubt that that would ever matter.

Sheryl: You know, who was it, Det. Wendy?

Det. Diskin: Yes

Sheryl: Wendy? Okay when I spoke to Wendy uhm I wanted to be sure so I had one of my friends, whose an attorney, take a look. And there was one section, there's only one section that he said was really enforceable. And that was the section where you pay like \$100,000 if you say anything, kind of thing.

Det. Diskin: Right

Sheryl: So, uhm, I was concerned about that

Det. Diskin: This is a homicide investigation and, and, and uh you know we're seeking an interview you know with you and other participants for that and, and you know imagine how that would make James Ray look if he made an issue of you cooperating with a homicide investigation, uhm.

Sheryl: Okay, and that's true, yea

Det. Diskin: But you're covered anyway, uhm, you know, uh with that, that subpoena

Sheryl: Right, right

Det. Diskin: if you know what I mean

Sheryl: Exactly, exactly. That's what he told me is that if I'm subpoena'd I'm covered.

Det. Diskin: So, uhm, did you, did you know that uhm, now obviously since you learned that Colleen Conway, that she committed suicide, that she was the one, the missing participant, is that (Inaudible)

Sheryl: Right, that's what I learned from this guy who sent me the, the, a message on Facebook, yea.

Det. Diskin: Okay, did you know that Greg had witnessed that? Had you heard that?

Sheryl: No, oh my God, no! I didn't know that.

Det. Diskin: Okay. Uhm and you know I, I don't know much about that just yet. He had uhm, he had done, he talked about that on that day he uhm got on his Twitter account. He said he had just witnessed someone jump three stories to her death. Uh

Sheryl: Oh my God and he didn't try to stop her.

Det. Diskin: Well I don't think anybody could have done anything, I mean

Sheryl: Well you know, you know it's, here's, here's my opinion on that. People come to the event for our help and a lot of them are in, in a bad space. Uhm we're there to coach them, to help them through some of these things so when they're in that space when uh

you know oh my gosh, they're on the bus. For instance when I'm on my bus with these people, I walk down the aisle and I'm looking at them. How are you doing, how are you doing? You know I'm checking their responses, I'm looking in their eyes, I'm checking out how they are. Are they scared? Are they having challenges with this thing that they're gonna be doing? Cause James has already filled them in on some of it. You know, from in the room.

Det. Diskin: Mmm Hmm

Sheryl: So you know how are they doing? In 2007 there was one lady, was it 2007? I think it was 2007. That particular event I uhm, dream team (Inaudible) been at many of them as a, helping out. And uhm one year one young lady, she was so scared about it because she was diabetic. And she was afraid that she wasn't gonna be able to have food in time and she didn't know it was only gonna be the two hour exercise but she was afraid she wasn't gonna have food. And all these things came up for her and she went into a diabetic convulsion. Now I've been trained again to handle that and on my bus I immediately knew what to do. And I had the things in my backpack to help her out. And her husband was there and the two of us, we worked with her and she was, by the time we got to the place, I said now if you want to stay here on the bus and do an exercise from here that's fine. You don't have to go. She said no I want to go. Thank you so much for your help. So to me when you're on the bus you're watching for these little things and you want to be able to talk to someone. Now he might not have been able to prevent her, but you know I, I just feel like something could have been done.

Det. Diskin: Okay. Alright. And when there, when there was a problem, if a participant got hurt or you know was having issues, whatever, the staff members; were they trained to respond in a certain way to that?

Sheryl: Frankly, no. I was trained, uhm, because I trained myself. I, I've been through psychotherapy training, I've been through trauma training, all these things so, and I did that on my own. And that's why I do the work today as a coach is in various areas and uh, so I have a vast background in training in these things. No the staff was a bunch of people who Megan and Josh could control. There were two people in the office that could stand up to them and that was myself and, and a person named Hope uhm, Hope Miller. We were the two that were, were the people that could say no to Megan and Josh and this is not right.

Det. Diskin: Okay. Some of the former staff members have told us that, that they were told, you know, if somebody got injured or had a problem, to not make a lot of hype about that and, and to get them away from other participants. Is that accurate from what you remember?

Sheryl: Uhm, it, it, Megan and Josh. See, Det. Diskin, if somebody tells you something, you have to check in with your gut. I always do. I always check in with my gut. Is this true or not? Does this feel right? So when Megan and Josh told me anything, I'm in the office with them questioning all of it.

Det. Diskin: Okay

Sheryl: Uhm, it is true that people in the office just take what their told. And what I understand, what I've been told now, and this is second hand, what I've been told is that when the Sedona incident happened, uhm in the office, they did not tell them that someone had, the people had died. Or that people had been hurt. Instead they told them that a bunch of people got sick. Megan sent a message. A bunch of people got sick, don't talk to anyone.

Det. Diskin: Okay

Sheryl: And so yes, she has a tendency to belittle the staff in the eyes of the employees. The employees don't know. Me, I'm gonna tell them. I'm gonna, listen, something happened, here's what happened and we're handling it. I want them to know what happened and I want them to know we're doing the best we can to handle it. Cause to me, yea they're employees, they don't need to get involved in it but they're gonna hear. And they're gonna be concerned. And when, my thing is take that all away from the beginning and be honest and say listen, something happened, we're handling it, and uhm and we'd like your support with that, here's what you can do kind of thing. So that's how I handle it.

Det. Diskin: Okay. Alright.

Sheryl: If they would had told me that young lady had, had committed suicide you know there's several things I would have wanted done. At the, for heaven's sake, all those participants there that worked with her throughout the event that, that, her roommate at the hotel. All those people who have wanted to show some respect.

Det. Diskin: Mmm Hmm

Sheryl: And, and

Det. Diskin: Do you know why James wouldn't, I mean why he would not want people to know that she had committed suicide?

Sheryl: James takes his advice from Megan or from his attorney so I don't know which of those he took his advice from that day

Det. Diskin: Okay

Sheryl: But uhm, you know he must have taken his advice from someone

Det. Diskin: Okay, and let's talk about some of the other events. Specifically in Kona, did you attend those events? The Modern Magic

Sheryl: Oh yea, all of them

Det. Diskin: Do you know of anybody receiving injury during that?

Sheryl: Uhm yea, Modern Magic, in fact I got injured at Modern Magic. Uhm, but again you have the option to not do the, the exercise, you know? You do have that option and if you get injured you go to the hospital, we were always happy to take you there. Uhm there was one uh Modern Magic 2007, 2008. Uhm I went to the very first Modern Magic and I went every year after that.

Det. Diskin: Okay

Sheryl: Uhm and in 2007 Modern Magic was where I got hurt. Uhm I, I did an activity, it was about breaking a brick.

Det. Diskin: Okay

Sheryl: And uhm I, you know everything is energy. There's a principle that everything's (Inaudible) and I've done a lot of weird stuff over the years so I felt pretty confident. There are times when you're not as on your game or in the zone so to speak as other times. And this particular time I wasn't in the zone. And, and I went for it when I shouldn't have and I knew that and so I accepted responsibility for that and I, I took care of my hand. My hand got hurt, I took care of it.

Det. Diskin: Was it broken?

Sheryl: Knowing that, no I didn't, I fractured it, yes. I fractured it but uhm

Det. Diskin: Okay

Sheryl: but it wasn't uhm you know, to me it was more of the thing that I learned was listen, when you know you are not ready to step up and do something, you don't do it.

Det. Diskin: Okay

Sheryl: It's about me listening to my gut so I learned that lesson the hard way.

Det. Diskin: So if somebody, I mean were people encouraged to do it if they were reluctant?

Sheryl: Yea, you know if you, if you don't want to, James is encouraging everybody to do it. Now's your chance, whose next, whose next, whose next he'll say, whose next? And, and so when you step up there you're you know, we're just quiet and you take your time and you're given the time to get going. When you're ready you know and so I stepped up and I, I just went for it but my hand went down on the edge of the brick. I didn't do it properly.

Det. Diskin: Okay

Sheryl: And so yea, it was more of a, a technique. My technique was off and so my, the edge of my wrist went down on the edge of the brick really hard and that's, I mean James jumped up right away and picked me up and was taking care of my hand and, and he was scared.

Det. Diskin: Did James tell you to go to the hospital?

Sheryl: He said get that checked if you need to. He told me that. He said get that checked if you need to.

Det. Diskin: Okay how many other people broke bones?

Sheryl: That, that particular year, I was the only one that got hurt that time.

Det. Diskin: Okay

Sheryl: Uhm

Det. Diskin: What about the next year

Sheryl: The following year in 2008 was when uhm we did that exercise, particular exercise and we did, uhm a board exercise, two of them. And the people who did the board exercise, I mean most of those people were fine. Nobody from the board had any kind of issues but the people who chose; you had the choice. You could either pick the board or pick the brick.

Det. Diskin: Okay

Sheryl: And several people picked the brick. Now me, having gone through what I did before, I would have picked the board. I can go through a board anytime but the brick was tough for me. And I actually watched many people go through the brick and I was just amazed and by that time I decided I'm never gonna put my hand on another brick again. But uh, but I watched many people go through just fine and James did a demonstration with uhm Lou Caci whose been around quite a long time too. Lou's been around longer than I have. He's the one that got burned in Spiritual Warrior

Det. Diskin: Right

Sheryl: this year, yea he's a great friend of mine. And so Lou, Lou went up and demonstrated how to do it and went through the brick. And I'd seen Lou do it before but Lou broke his hand and he said, he told me, he said Sheryl you know what? I, I just went too hard. He said I went too hard for it and, and you know, cause it, it's not, you don't need to use a lot of force and if you go, you want to go with power and not force. I don't know if you've read the differences but it's about the energy and pushing

through energy. Uhm it's not about forcing and when you use force that's when you get that push back on your bones and you're, and you end up getting broken bones. So anyway a few, several people broke their bones. I don't know how many. Uhm, but several did.

Det. Diskin: Okay. And was James aware of this?

Sheryl: Uh not, not right away because uhm we took, we were outside, I was out there gathering them up and lining them up so that we could get cars to take them to the hospital (laughs). It was amazing, I was just shocked at how many uhm, I knew of 10 and then um Carly who was then the event coordinator then too also was helping and uhm I don't know what the final count was but yea, several people went to the hospital. And so over the next few weeks it was about well how are you doing? You know, I was calling and checking in with them. How are you doing? How's your hand? Uhm things like that. So uhm, so yea

Det. Diskin: Okay. And what

Sheryl: It happened

Det. Diskin: Did you see that as a problem at all, that this many people had broken bones?

Sheryl: Yes and so we decided we're never gonna do bricks again.

Det. Diskin: Okay

Sheryl: We'll only do board

Det. Diskin: When you said we decided, was it

Sheryl: Uhm well you know I was concerned and expressed that concern and Megan said that she would recommend that we never do bricks again.

Det. Diskin: Okay and do you know if she did that?

Sheryl: I don't know if she actually talked to James about it, no

Det. Diskin: Okay. Okay, so you did tell Megan, you did tell Megan that, that you know, that this is not good and she

Sheryl: Right

Det. Diskin: said that she would recommend to James that, that you never do the bricks again?

Sheryl: Yes, yea

Det. Diskin: Okay. Okay.

Sheryl: Yea so in 2009 we didn't do bricks, we just, we did a totally different exercise and nobody was hurt at all for Modern Magic.

Det. Diskin: Okay so in 2009 you didn't have bricks?

Sheryl: No we just did a totally different exercise and everybody went through the exercise and there were no injuries at all.

Det. Diskin: And what was that exercise?

Sheryl: It was a snake exercise.

Det. Diskin: Oh that was the snake one? Okay

Sheryl: (Laughs) The snake exercise, yea

Det. Diskin: Yea, I would not be doing that one. I'll, I'll break the brick but I will (Inaudible)

Sheryl: See everybody's got their thing. I mean for some people the snakes. For me, I could do the snake any day. That's real easy, for me no brick.

Det. Diskin: what kind of snakes were they?

Sheryl: They were actually uh, what do you call those, not cobra's. James got on stage with a cobra but uh the uhm, there were, I don't remember what they called them. There was a snake, there were a couple people who, who were experts in the area that were standing at each station. Uhm, and guiding the participants but I don't remember what, I can't remember the name of the kind of snakes it was. But it was, it wasn't just one you know in the, in the pit. There were several.

Det. Diskin: Was it uh king snakes?

Sheryl: Uh no. Uhm no, not king snakes? I don't remember what kind. And these were, by the way these were supposed to be celebrity snakes and he didn't tell anyone til afterwards. They were apparently used in a movie.

Det. Diskin: Oh

Sheryl: Uhm so he didn't tell them til afterwards so they were trained to be able to uhm operate a certain way around humans but you know it's, it's, if you're scared of

Det. Diskin: Are these snakes that would bite you? I mean

Sheryl: Uhm, you were told that but these snakes were trained to listen to the people that were there. The, the people stationed at each station, the experts.

Det. Diskin: Okay

Sheryl: and so uhm, and so they guided you on where to put your hand to get your key. Each person had to get a key out of the pit.

Det. Diskin: Okay, so was it dangerous do you think?

Sheryl: You know for me that's not dangerous, I love snakes. Uhm for someone whose scared of snakes, they might be scared. I mean it's really about getting over your fear because the fear is holding you back somewhere in your life

Det. Diskin: Okay

Sheryl: That's really what it's about

Det. Diskin: Okay

Sheryl: And of course again you know you have the choice not to do it. You don't have to do it

Det. Diskin: Okay.

Sheryl: There's always that, that choice

Det. Diskin: Going back to the brick breaking thing you said that, that you didn't have to do it. That there was, there was a choice. Uhm

Sheryl: Yea, I didn't have to do it.

Det. Diskin: What would happen if you as an employee said, you know what James, I don't want to do this? What would happen?

Sheryl: Uhm in 2007 I did that. I wasn't yet an employee but uh if I had said no, uhm I would have had, I would have had a good reason for saying no. I would have known why I said no. A few people didn't do it.

Det. Diskin: What (Inaudible)

Sheryl: When we had our discussion about it, uhm, we went around. James had each of us say what was on our mind and what our reasoning was and what we learned and so on. And one person said you know I learned to listen to my inner voice which said don't do it.

Det. Diskin: Okay

Sheryl: So that's why she didn't do it. And that's, that's just as powerful as going up and doing it.

Det. Diskin: The reason I ask, and you know we, we've talked to several people that, uhm, and some of them were, were employees that, that chose not to do the, the brick or the board and James was upset with them and he told them that they were not playing full on. Do you think that's accurate?

Sheryl: Yea, he will say you must play full on now. You must play full on. But you play full on up until the moment. And what that means is if you get up there and your gut says you do not do this now, you don't do it.

Det. Diskin: Okay, is that something that you just know or was that explained to the group?

Sheryl: that's usually how it's explained to the group. You play full on right up on til the moment. Now James' brutal in his teasing. Afterwards, especially if you're an employee, he'll tease you. He'll tease you about it. You know and uhm if someone, if he might have been teasing and they took it seriously then it's possible. But uhm I have, I have refused to do things and I never got any flack from him about it.

Det. Diskin: Okay

Sheryl: Because I was gonna throw it right back to him but yea, usually that's the thing. Please full on right up on til the moment and so I did not get up and do the brick. I had the opportunity to do the snakes. I didn't bother to do the snakes. And where I got flack from that was from the very employees. James never said anything about me not doing the snakes, he didn't care. Uhm but the employees who did it were giving me a hard time because I didn't do it.

Det. Diskin: Okay

Sheryl: And I said I didn't feel a need to do it so I didn't.

Det. Diskin: Alright

Sheryl: And that's supposed to be the way all our events are is that you're not gonna be forced to do anything but we ask you to play full on in terms of stepping up right up on til the moment and then if your gut says don't do it, then don't do it. But you know at least you made those steps up until the moment.

Det. Diskin: Okay and uhm, I'm gonna ask for just your opinion. Just, which you know isn't, isn't gonna really matter but you know everybody involved with this case and, and

Megan and Josh and James and Greg and everybody. What do you think went wrong based on what you know about everybody as far as the sweat lodge in 2009?

Sheryl: I think, the JRI team got negligent. And I think they didn't take care of the participants. I think that there was some incompetence there as well as some negligence.

Det. Diskin: On who specifically?

Sheryl: The team's part. Uhm and who's in charge? Megan's in charge of the team that way. When I said the team, I mean, James is there to teach and yea in the sweat lodge he does his thing. James is about doing the show but in terms of taking care of the participants and making sure things are set up properly and that they have everything they need for their safety and watching for all things; that's the team's job. That's our job, when you're hired and you're at an event, your supposed to be watching. And everybody has a role. Now I don't know what the roles were for this event. When I left I had been in the middle of planning it and I had a totally different dream team selected. I think maybe one person from the dream team I selected was there and that's Lisa Rondan. Everybody else I did had no, no, I didn't even know they were gonna put people like that on the team. I'm very selective of who would go to Spiritual Warrior because it's such an intense event.

Det. Diskin: Okay

Sheryl: You want the most advanced graduates there.

Det. Diskin: Okay. Why would you select Lisa Rondan?

Sheryl: Because she's one of the coaches that I trained personally and I knew I could count on her.

Det. Diskin: Okay. And would you select her for any other reason? Did she have any other specific abilities or talents?

Sheryl: She's also a nurse, yea, she's also a nurse. So if anybody had

Det. Diskin: Okay. And how do you know that?

Sheryl: Yea, if anybody had any issues, you know, she would be able to help to handle traumatic situations.

Det. Diskin: Okay. How did you know that she's a nurse?

Sheryl: Because I coached Lisa over the years and uhm and I also you know mentored her so I knew her pretty well.

Det. Diskin: Okay, and did, is she currently a nurse?

Sheryl: I don't know if she still has, if she's still practicing. I don't think so, I think she's mostly doing her uh, her coaching now. I trained her, I, she, you know she was part of the coaching program. And I was, she was one of the first, she was the first coach actually that I hired for JRI.

Det. Diskin: Okay. Did the rest of the staff, did they know that, that Lisa was a nurse or used to be a nurse?

Sheryl: I don't know, I don't think so unless she told them.

Det. Diskin: Okay. And that, some of these questions might sound strange, why we're, but you know we, we interviewed hundreds of people and we've, we've uh you know gone through statements issued by James Ray's attorney's. Uhm and so we're kinda back checking some of the stuff that they're telling us.

Sheryl: Okay

Det. Diskin: Uhm so that's why we ask questions that you probably think are kinda strange or not important. Uh

Sheryl: Okay

Det. Diskin: Uhm, let me see what else. So when you say that you think the team was negligent in 2009, do you think James Ray specifically was negligent in 2009?

Sheryl: You know based on the past and what I know James' involvement is with setup, uhm, how he conducts the seminars and the events and his role. Basically, James gets together with Megan and tells her what he needs done. And the event coordinator will carry out a lot of, Megan will give instructions to the event coordinator, she does the day to day stuff. Uhm my job was support of the participants. Knowing the events it pretty much was you know just up to me to figure out what to do there and I pretty much would do it because I, I knew the event so well. Uh, but when James wanted something done a certain way, Megan is the one that delivered that message. None of us really talked to James directly. When you got to the event, he talked to Megan. Are things set up? Megan would say yes or no. You know, so he's not involved in any of the set up and the support of participants. He's involved in the room, in the event, in working with the participants in the room in the event. So after a sweat lodge, what happens there, I have never experienced James given me instructions after a sweat lodge. He's usually too out of it, he's gone. He has to go get ready, get himself in a good space for the next, for the rest of the event.

Det. Diskin: Okay

Sheryl: So he, we, we always get him out of there. You know, go on James, go take care of yourself, get showered, get ready cause you've got to be, be out for the next part of the event and I usually find myself showering way after, you know, the rest of the

participants, after everybody's eating and everything. I'll be the last one to eat or whatever it is because (Inaudible) of our job is to make sure everybody is okay.

Det. Diskin: Okay. Alright, uhm, let me think what else. Is there anything that you can think of that, that you know that you think that we should know?

Sheryl: Oh boy, uhm, no, I think the main thing that, that people seem to overlook is that James doesn't run the events and he doesn't run JRI. That Megan does and she's the one that gives all the instructions and things to everybody.

Det. Diskin: Okay

Sheryl: And while he, he will tell her what he needs, uhm, that's, that's the main thing. Uhm now if James (Inaudible) and say listen people have been hurt, do this, do this, do this, I'm sure uhm you know people would. What I've heard from uh, I understand one of the dream team members was upset because after, after uhm, while they were at the sweat lodge incident, while they were helping people, someone took all their notes from their bags. Uhm, it is my understanding that the JRI team went around and took all their, her, the notes that they (Inaudible) instructions that they'd been given from their backpacks and other things

Det. Diskin: Wait a minute, this was during the sweat lodge?

Sheryl: This was after the sweat lodge

Det. Diskin: in 2009

Sheryl: Yes

Det. Diskin: So after

Sheryl: That's what I was told

Det. Diskin: the sweat lodge you've heard that, that James Ray's staff went around and took the notes from the dream team members?

Sheryl: Yes, in fact the dream team member was very upset about it because all of her notes from the event were taken and

Det. Diskin: Who, who was that?

Sheryl: Uhm, uh Jennifer Haley was upset about it and I was told that she was upset. So I don't know if she's the only one but my, that's my understanding. Now whether that's hearsay or not, you know one of the people told me that and so I just uhm, I thought that was interesting.

Det. Diskin: Okay.

Sheryl: Uhm and Lou, Lou Caci was a little bit upset too because you know, did you talk to Lou? You may want to talk to him

Det. Diskin: We talked to him

Sheryl: Oh you have?

Det. Diskin: Yes

Sheryl: Okay. Uhm so he was a little upset and I worked with him, he was very, very angry and Lou you know goes way back with James.

Det. Diskin: Mmm Hmm

Sheryl: Uhm he's been around for many, many years. He was with me at that first Spiritual Warrior so I was concerned about him and the space that he was in afterwards so I did some work with him. But uhm, but uh yea, the uhm, he, he definitely did not have a good experience there and he did tell me that, that you know he felt like he was pressured to stay. That's how he felt. There was pressure to stay and here's my opinion on that. She remember I told you that last year in 2008 at the sweat lodge a lot of people came and then almost half the people left the sweat lodge?

Det. Diskin: Uh huh

Sheryl: My guess is that because of that constant flow in and out of the sweat lodge that they might have gotten concerned that too many were going in and out and this year decided to clamp down on that a little bit.

Det. Diskin: Okay

Sheryl: So that's my guess because it was a huge flux of people in and out last year

Det. Diskin: Okay, and there were problems last year as well, correct?

Sheryl: Yea because it was, it was too hot

Det. Diskin: Okay. Alright. And how did you first hear about the, the deaths or that there was an incident at Angel Valley?

Sheryl: Oh my gosh, you know, here I was just working away and I got this text message from someone. Uhm, one of the, she's definitely on the journey. Uhm but she sent me a text oh Sheryl I'm so glad you're safe, that you didn't, that you're no longer with James Ray and you didn't go to Spiritual Warrior. And I thought that was weird and so I said,

texted back and I said, what do you mean? And uhm she said well didn't you hear and so that's when I called her and she told me what happened. This was Friday afternoon.

Det. Diskin: Okay

Sheryl: I had no clue.

Det. Diskin: What was your first reaction when, when you

Sheryl: I was surprised and shocked. Surprised and shocked. I was like what? And then especially when she told me that Liz was in the hospital, I was oh my God. Cause Liz, Liz is a seasoned veteran. She, she's been to many, Liz has been to more sweat lodges than I have, both with and without James. And she's been in more of James' sweat lodges than I have. Liz was there in 2005, she was there with me in 2003, she was in 2007, you know so to me for Liz to have had a problem in the sweat lodge says that something went hugely wrong. And so of course I was concerned cause Liz and I were very close, uhm, we had talked before she had gone. Back in August we had talked about the fact that she was going, she was making a decision on going to Spiritual Warrior. She didn't know if she wanted to go as a uhm, to help cause they'd called her to help. And uhm, and so that's when I, I just started calling some, I knew quite a few people there. Denise Meravar was a friend of mine. I wanted to know that he was okay. Bill Leversee, I called him, he was driving back, on his way back and uhm, I just started checking in with everyone to make sure they were okay.

Det. Diskin: Okay. Alright. Uhm have you talked to, since, since uhm Spiritual Warrior 2009, have you talked to uhm anyone from James Ray International or uhm the lawyers for James Ray International?

Sheryl: No. Uhm I spoke to Hope Miller who was a former employee. She was laid off in August so she doesn't count as an employee anymore. But I, I stay in touch with Hope. Uh and that's about it.

Det. Diskin: Okay. Alright. Uhm, I can't think of anything

Sheryl: When I left, Det. Diskin, when I left James Ray International, I was done.

Det. Diskin: Okay

Sheryl: Totally done, I had no intention of ever contacting them or going into another event, I was that disgusted.

Det. Diskin: Okay and that was with Megan specifically?

Sheryl: That was, that was because I, I just saw so many things that were just not handled right. And I didn't feel that there was an openness to changing those things

Det. Diskin: Okay. And that's fairly consistent with what other people have told us. Uhm, did you, was there, can you tell me the nature of the relationship between James Ray and Megan?

Sheryl: Uhm you know Megan was a, a student. Uhm and uhm Megan's married to Josh actually.

Det. Diskin: Mmm Hmm

Sheryl: I don't know if you guessed that already or if you know that

Det. Diskin: Yea

Sheryl: Uhm but uh Megan came out to, when Josh first, Josh and Megan were at uhm one of the events at 2004. Uhm and I was a volunteer at that event. And uhm Josh talked to James about his doing the internet, his website and Josh is pretty smart that way, technically. And so James wanted to hire Josh. He hired Josh later that year. Actually it's 2003? 2004, yea, that's correct. So in late 2004 of course Megan and Josh were engaged at the time and Josh wanted Megan to come out with him as well and so James hired Megan to be his engagement coordinator which is his person that goes on the road with him to coordinate those events that feed all the bigger events. And uhm my understanding is that uh at some point uhm she convinced him that opening it, opening it up to from the way he did it before, which we all liked. Before the journey was step by step, you went first to Harmonic Wealth, then you went to Quantam Leap. And it allowed for you to slowly (Inaudible) yourself to each thing. So as you, as you got rid of things at one level, then you could go to the next level. And you had to take a test, it was intense. So you got to the know the material very well and you really worked on it. So Megan had convinced him to open it up and let anybody come in at any time to any event. He agreed to do that and that's when his Director of Operations quit who was Tere Gingerella.

Det. Diskin: Okay

Sheryl: Because she disagreed with that, she felt that the way we did our journey, it was important that people really got the lower levels before they went to the higher levels so she quit. Uhm, and so Megan took over as Director of Operations. Megan felt that a lot more money would come in that way and you know that's been the mode for her, is she puts money ahead of the participants. And I was surprised to find that out. I didn't, it was in becoming an employee that I discovered that and uhm and so my job was to counter a lot of that. I made it my job, impossible job.

Det. Diskin: So Megan was, Megan was more interested in making money than she was helping the participants? Is that it?

Sheryl: Oh definitely.

Det. Diskin: Okay

Sheryl: Definitely. Oh definitely. You know I, James has a wonderful heart. Uh he does, he really does, but he's misguided. He, I mean he, he really loves the fact that he has somebody who can run his business. He loves it. That's been a goal that he's had for many, many years and so when Megan stepped up and suddenly now he's making more money and so on, obviously it's, he's pleased. He's, he likes that cause now he doesn't have to be in the business, he can do what he loves to do which is to help the participants and, and do the events and so on.

Det. Diskin: Okay. And did Megan work off of a commission or how did she get paid, do you know?

Sheryl: I don't know. I don't know what her pay structure is.

Det. Diskin: Okay. I was just concerned, why, you know, how it would benefit her to you know bring in more money if, I mean, it would make her a more valuable employee obviously but I didn't know if she was, you know, worked off some type of commission, uhm, you know

Sheryl: Yea, I don't know, I know that her bonus you know, depending on the profitability of the company, to get a higher bonus. But uhm, but other than that I don't know how, what else her compensation would look like. I saw the compensation plan at one point but it was back in 2007. It could have been modified.

Det. Diskin: Okay

Sheryl: That was when I wasn't making waves. A few times with Megan in her office and I got cut out of all that.

Det. Diskin: Now why did, why did, I just don't understand from, from how you've described Megan and how other people describe Megan, I don't know why she would be the choice to run this business for James Ray.

Sheryl: Uh, that's a good question and again, you have to look at the fact that over the years James has had people run his business who did not do a very good job and here Megan, suddenly he was making money. You know and it wasn't necessarily that Megan was doing a good job so much as it was just the timing. He got The Secret and, and The Secret opened a lot of doors. And when The Secret wasn't there anymore then the company had to look at other things. Now you really had to be serving the client and they couldn't keep up with that.

Det. Diskin: Okay. How was the business when you left? Cause it wasn't that long ago when, when you

Sheryl: No, the business was not doing good when I left. It was not doing good. They had a lot of, they had lawsuits going. They were not, you know the last, the three months before I left they did well. They actually picked up. But they hired a sales consultant uh to come in, in when was that? Uhm I think it was March, right before March, February. In February of course I was part of the team in that, in those meetings. Uhm and we were, you know he came in, he trained, and exactly what he was training on was what I was telling them to do all the time. Is you've got to focus on the participants and their needs and get, you know, helping them have those breakthroughs in their, in their experiences at the event. Make sure they got the best they could possibly get out of the event. And so that's what he focused on training them to do and I'll tell you, that's where I really learned that Megan watched the money. She said you know I really honestly have to admit that I really didn't care about making sure the participant got the best out of this. I wanted to make sure we, the company made money. And so for her it was a huge shift not to shift to serving the participants and serving their needs as opposed to getting their money. And so this is what the sales consultant was helping them to re-focus on, was serving the participants. So he trained several of them on how to coach people and so uhm I, I really brought in another coach JRI and both the coaches I brought in were contractors, I didn't bring them in as employees. I just felt it wasn't right to bring them in as employees at that, you know the environment there was not conducive to the confidentiality and the secretness of working with people in a coaching environment. They need an office space where it's a pretty open environment at James Ray International.

Det. Diskin: Okay. Alright uh I think we've covered pretty much everything. Uhm if I come up with some more questions that I forgot to ask, would it be okay if I give you a call?

Sheryl: Yes, please do

Det. Diskin: Okay great.

Sheryl: Alright

Det. Diskin: And if you have any questions for me or if you think of something that you think is important to the investigation, please feel free to give me a call.

Sheryl: Okay, and I will

Det. Diskin: Do you know any other people or employees that you think would be important to interview?

Sheryl: Uhm, have you talked to Michelle Gilae?

Det. Diskin: I tried

Sheryl: Okay, so she won't talk

Det. Diskin: Well, I don't want to say that. She, I got a, I, I had a, actually I was gonna talk to her when we were in California and we had it scheduled and then I got a call from an attorney that, that uhm did not want us to talk to her yet.

Sheryl: Okay. Michelle pretty much kinda of all the time she kept going it's gonna get better, it's gonna get better, it's gonna get better. Now she and I used to be close but when I went to JRI I decided that it - I'm cutting ties with her as well because she was too much into. She couldn't see; see when I, I never get sucked into stuff because I step back and I take a look at it. And I kept telling her you've got to step back and look at the big picture. She was very, very unhappy there. How do I know? I was the person she came to talk to about it.

Det. Diskin: What was she upset about?

Sheryl: Very stressed. Uhm her time on the road, her, Josh put pressure on her. Uhm she would carry out Josh's and Megan's orders because that's what's the job. She wouldn't question it, if fact, that's what stressed her out, was that she didn't agree with a lot of the things but she did them anyway. To me, I have a conscious. And there's a higher power in the universe. Okay I have a job too but if you're telling me to do something that doesn't feel right, I'm not gonna do it. Sorry,

Det. Diskin: What were some of the things that Michelle didn't agree with that she was told to do anyway?

Sheryl: Okay participants for instance. The way we, not just par, Michelle handles all the promotions of the, of the, some of the events. And there were promoters that weren't paid for months.

Det. Diskin: Okay

Sheryl: And she was told to call them and tell them certain things and you know she didn't feel right about that. She felt they should be paid.

Det. Diskin: Why weren't they paid?

Sheryl: I don't know

Det. Diskin: Okay

Sheryl: You know I never dug in deep into that, I felt Michelle should handle it, it's her department. She really should handle it, and handle it well. Uhm this was something that Liz Neuman was upset about, that she wasn't paid.

Det. Diskin: Liz was supposed to be paid and she didn't get paid?

Sheryl: Right, she did promoting for them and she wasn't paid.

Det. Diskin: Okay. And was Liz upset about that?

Sheryl: Yes

Det. Diskin: Okay

Sheryl: Yea, that was, that was highly unusual and that just started happening this year.

Det. Diskin: Okay

Sheryl: So uh yea the sales were not where they needed to be but in the last three months that I was there I know the sales, they had met their goals for the events. Now whether they met their overall company goals is a different matter. I don't think they did.

Det. Diskin: Do you think the company was making money?

Sheryl: They were making money. I don't think they were making the money they needed to make. There were some, I mentioned that there were some decisions made uhm that were bad. Last year Josh made the decision, was it last year? Uhm, yea, 2008, he made the decision to, to uhm, to do a infomercial with James and they were gonna sell their (Inaudible) through tv, sell some things through tv. And I went and watched them make this infomercial and it was very, very expensive and uhm it bombed. It was a million dollar mistake.

Det. Diskin: A million dollars, wow

Sheryl: And then on top of that Josh also hired the company to do a website and I, I have a background, I have was 15 years in the computer industry so, Hope and I both so we have that background of structuring such things and, and uhm all the processes that go with really starting from an RSP in, in uhm the computer industry and taking it through to an end, a finished product. And I kept going, I'm like did you get this, or did you get that? He, he was totally incompetent, totally negligent, \$600,000 mistake.

Det. Diskin: Wow

Sheryl: Yes, huge mistakes

Det. Diskin: Why would it cost that much for, for that, I mean?

Sheryl: Well, computer, computer development usually cost a lot but because nothing was delivered and nothing was documented and he didn't take the time to write specifications for the work that he was contracting for, you know he didn't get anything that he wanted.

Det. Diskin: What's, how did Megan take that? I mean she's his wife but also his boss, correct?

Sheryl: Yea but uhm she'll, she'll sell him out and she'll also uhm, you know she's not gonna take the heat either for herself but uh I don't know, I don't know how she took it. I know the company lost money, uh, and uh, and you could see that Josh was pretty stressed. He was stressed about that but uhm you know Greg

Det. Diskin: It sounds like he lost the company, you know, a million and \$600,000 in a short amount of time

Sheryl: Yes, within a few months, yes

Det. Diskin: Hmmm

Sheryl: Yea and Hope was involved in trying to help to you know to rectify that situation in terms of helping us get something out of it. A website or something. Uhm and uh I don't know how far she got. They got like this new guy, it was such a waste. So those are two huge, really bad mistakes that they made and yet it didn't stop there. There were other decisions, I mean decisions about how participants should be treated or about how certain things should be handled. The way they write come of the contracts and, and it's just really, to me, not, not that the work of people who really care about other people. So I did a lot of battling, a lot of battling to, to get things slowly you know you can only do one battle at a time and then you win a victory and then you get to the next battle, you win a victory. So slowly I, I try to win these little victories for, for the business and for the participants

Det. Diskin: Okay. Alright, uhm

Sheryl: So Michelle Delay, I think, got a little bit caught up in just doing their bidding, thinking that things were gonna get better and it really didn't. And she totally supported them in their decisions, even when she didn't agree.

Det. Diskin: Mmm

Sheryl: So you know it would be good to talk to her. Uhm but uh if she's hired an attorney then she obviously thinks she needs one.

Det. Diskin: Yea I don't know why she would be, I mean she's not a suspect in the case and

Sheryl: Right

Det. Diskin: and essentially you know, I'm sure the grand jury's gonna want to hear from everybody involved and so you know the, the folks that don't want to talk to us you

know, I'm sure that their gonna, their gonna have to come testify before the grand jury
uhm

Sheryl: And you do know that Megan sent, she, she will, she's scares them, you know they pretty much get documents signed that if you talk this is gonna happen to you or you're not gonna get paid. I, you know there's certain things they do. It's scare tactics. I remember going into Josh with the confidentiality agreement (Inaudible) I said you do realize it's not gonna hold up in court and he said no but it will scare a few people. Yea, so you know their covering themselves and that's, that's their, the way they work and if Michelle doesn't want to talk to you it's because she's scared.

Det. Diskin: Yea, I didn't get that impression when I talked to her. I mean she seemed

Sheryl: Okay good

Det. Diskin: I mean she seemed (Inaudible) to talk to us but then some, you know I, I don't know what happened

Sheryl: I wonder if she talked to Greg. She really is into Greg. Greg, Greg will do anything for Megan so I don't know, I don't know what the, that, what's going on there

Det. Diskin: Okay. Alright.

Sheryl: I assure you, if I figure it out, you'll hear. I've had some psychotherapy training so I'm always trying to figure out people. What's going on now, let me figure this out.

Det. Diskin: And the address that was on the subpoena, is that your current address?

Sheryl: Uh, the Steinbeck? Yea, that's (Inaudible)

Det. Diskin: Okay, what, what space is it?

Sheryl: Pardon me?

Det. Diskin: And what space number is it?

Sheryl: It's number G

Det. Diskin: Number G

Sheryl: I'm never there though.

Det. Diskin: Okay, we went there

Sheryl: Yea, I'm, I'm hardly ever there. You guys won't find me there

Det. Diskin: Okay

Sheryl: I uhm, I'm on the road all the time. I'm not even there now, I have to stay down here to uhm, to work on some stuff down here

Det. Diskin: Okay

Sheryl: I'm doing some marketing down here, some, you know putting out cards and flyers and things

Det. Diskin: Alright. Well I uh, I appreciate your help and

Sheryl: Oh my pleasure

Det. Diskin: And hopefully this, this case works out. Our job, you know, we don't take sides. We just put together the facts and other people can decide, you know, whether, whether or not anybody's criminally liable for this.

Sheryl: Alright

Det. Diskin: Uhm, but yea, if you remember anything that you think is important, please give me a call

Sheryl: I certainly will

Det. Diskin: Alright thanks, I appreciate it

Sheryl: My pleasure, take care, Merry Christmas

Det. Diskin: You too, Merry Christmas to you

Sheryl: Thank you

Det. Diskin: Alright, bye

Sheryl: Bye bye

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