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January 14th 2014: Wanting Something Too Much! How It Can Hurt Us And How We Can Overcome It!

Wanting something too much means putting some goal, thing or a desire before our needs and being willing to sacrifice those needs to do, get or achieve it. What kinds of things can we want too much? A relationship; a baby; a house; a job, career or financial success; to become a star, to look like a good parent, to be thin, to appear spiritual; really just about anything. Have you ever sacrificed your health or well-being for something? Where did that goal come from, and why was it more important than your needs? Is there anything that you want too much NOW? What are you sacrificing? Are you w

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Featured Guests



Madam Mazurka

If you think the picture of Madam Mazurka looks a lot like Beth with a scarf around her head, you would be right. Madam Mazurka appeared one evening in 1999, when friends were visiting Beth in Oregon, where she lived at the time. Beth donned a scarf and suddenly developed an accent and a personality that made us laugh. Madam Mazurka is psychic, witty, smart, perceptive and pulls no punches! What do we know about her? She claims to be dead a long time, she uses the name Mazurka, which is a Polish dance made famous by Chopin, she's raunchy, direct and doesn't stand on ceremony, and she's got an accent like a Hungarian, which fits her assertion that she's from Transylvania. (Beth's dad's parent

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The Guru

The Guru Remember we told you that Madam Mazurka looks a lot like Beth with a scarf on her head? Well, the Guru also looks a lot like Beth, but this time with a turban. But don't let that resemblance fool you. The Guru is not Beth. He's not earthy, vulnerable or human, like Beth and the rest of us. He's elevated, detached, other-worldly and wise. But just like Madam Mazurka, he's a unique, entertaining and interesting guest with a different twist on things. The Guru has become one of Beth and James' two co-hosts, alternating on different episodes with the famous Madam Mazurka. But he is also worthy of being a guest on his own. Tune in to any episode of Ask the Guru, and you'll have a fun bu

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