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February 11th 2014: **With or Without a Mate, How to Increase the Love in Our Lives!**

We know we need love, but what is it? Is it admiration, affection and/or caring? Is it always the same emotion? How much love do we have in our lives, romantic or otherwise? How loving are WE? Beth, James and the crew at InsideOut are going to honor Valentine's Day by delving into these age-old questions! And we're going to ask you to look into yourself. Who do you love? What does that mean? Is it feeling comfortable with someone? Is it a product of your getting your emotional or material needs met? Is it something you give to others regardless of the return? Should it be? Love is a deep and v

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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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