

Tiffany Denny: [00:03](#) Hi, welcome to the Lne love Fits All Online Conference benefitting Embody Love Movement, I am Dr. Tiffany Denny. I'm the executive director of embody love movement. And today I got to speak with Pura Fe, who is a wonderful artist. She's a musician. She is a dancer, she's a mother, she is an activist. She's a member at the Tuscarora Indian nation. And today I was able to speak to her about a lot. We talked about her journey with music and what a fan I am of her music. And we spoke about patriarchy and the reemergence of feminine power. We spoke about the ways in which being able to connect with our body impacts the ways that we're able to connect with other people with our purpose. I hope that you enjoy this conversation,

Pura Fe Sings: : [01:04](#) True freedom involves the understanding of our true human spirit within. It dispels the lie of inadequacy and helplessness who are we? Powerful beyond measure. Who are we? Power of the creator....

Tiffany Denny: [01:28](#) Pura Fe, welcome! Thank you so much for joining me today.

Pura Fe: [01:33](#) Thank you.

Tiffany Denny: [01:34](#) I am so glad you're here. I'm so excited to talk to you. I wanted to start off I guess with just a question... I sort of found an interview with you from like two years ago and and then of course that led me, I was really connected, I felt really connected to the interview. And so then I went and started listening to your music and now I've been listening to your music a lot because I felt it. That's all I can say. It's like I felt it on this really deep level. And I heard in your interview you said that you come from a line of like eight generations of singers on your mom's side. And I just felt like, Whoa, that is powerful right there. And so it made me wonder, is music something that you were sort of just brought up with or is it something that you just have to do? Like you just feel that it's part of you?

Pura Fe: [02:46](#) Both. Yeah, it's my lineage and it's my language. Yeah, it's my first...

Tiffany Denny: [02:53](#) Oh, say more about that.

Pura Fe: [02:56](#) I mean, you grow up in a family full of singers, you know, and it's probably the first sounds that came out of my mouth, which is what my mother said. She said that she would hear me waking up and I'd be in the crib and she'd hear me going, ah, ah, ah, ahhh, ah ah ahhh [going up and down in tone]. So she would

hear that she said it was very funny. But so I was around my aunties a lot growing up and I would always hear them singing together and my mom. So that was a very profound thing for me. And then as well as choirs, choir singing, my mom also and her sister sang with the Motley, the John Motley choir. And that is a beautiful thing to be, to like be at a rehearsal inside a church, laying down on a pew and you have all these black vocalists and they're all just singing these most beautiful hymns with this harmony. And then I also went on tour with mom where she sang for the Duke Ellington orchestra.

- Tiffany Denny: [04:27](#) Wow!
- Pura Fe: [04:29](#) Yeah. So I was a little girl and she would go to rehearsals.
- Pura Fe: [04:33](#) I remember one rehearsal we went to is in Harlem, up in Baptist Keenan church in the basement. Mom dragged me in and it was during a homecoming. I'm not Christian, but anyway, so we went through the basement of this church and there were all these groups, gospel groups together. It was so hot and the fans... Paper fans on the sticks were going, and mom was walking me through the basement and the sounds and the singing. And mom had to drag me out of there because I felt like I was in heaven. You know, to hear all those voices in the harmonies was just, so for me, group and choral singing, it just creates a sacred space and a vortex. And it just creates something that everyone's a part of and it's to gather and it's harmony and it's so many things. It's so many levels of things all at the same time. And a child walking through the middle of that was just like: [makes a whooshing noise]. So to me, music, especially vocals, there's something very amazing, you know, when you see this, those footages I've seen lately, recently of like the sounds of planets.
- Tiffany Denny: [06:14](#) Oh yes!!
- Pura Fe: [06:15](#) Yeah. It really gives me that same feeling. It's just like so much is resonating. And yeah, it's like the light and sound, all of it, you know? Yeah.
- Tiffany Denny: [06:33](#) Like that elemental energy, isn't it? It makes me just think of like physics and the universe and it's how sound embodies that or something.
- Pura Fe: [06:45](#) Yeah. It can move a mountain if we knew what we were really doing. I believe that. Yeah.

- Tiffany Denny: [06:54](#) Yeaah. Oh. Well. And so that makes me think about, you know, I know you're over time, right? Like we all transform over time and listening to your music, you can hear it shift really a lot over time. And so I wonder, is that just a reflection of, you know, is it a reflection of change in just taste and the time and the interest or are there parallels with like a transformation within you?
- Pura Fe: [07:34](#) Yes, it's all of that. And it's also, I'm aging! I'm, I'm, I've entered, I'm going to be 60 in a couple of more weeks, so I am now eldering you know, I have a completely more, more of heavier grounded maybe, I don't know, I don't know what words to use, but I definitely have done all types of music for different reasons. And now I'm just sort of I guess I'm just planting some other type of seeds or roots or whatever and growing in many ways. I don't know. I don't know what I'm talking about. I just, it's just, it's, I'm getting older and, and I'm creating more different things. I'm doing a lot of solo work and I use a loop, a looper, which gives me the chance to stack many vocals and then, and then sing on top of that.
- Pura Fe: [08:49](#) And, and I'm also, I'm working with more lyrics and really getting into 'em these days. I'm angry in a good way. I really realized just how much at war we are with patriarchy.
- Tiffany Denny: [09:13](#) Mmmm.
- Pura Fe: [09:13](#) And so to me that has everything to do with how our body is viewed, especially coming from an indigenous world where we have an epidemic of missing and murdered women. A Huge epidemic. So, and how our bodies are viewed. What we go through. And you know, at one time when we were a complete matriarchal system, you know, and when the European came over, that was the first thing they wiped away was our connections with our families. We were the family, we were the land. So, and we were the governing system. So that's the first thing they took apart as well as all our two spirit or transgender and gay people and all our medicine societies, all of those things that made us powerful.
- Pura Fe: [10:17](#) Those things were cut off. So our bodies became different, you know, so like talking about what, what you're talking about and how we did, you know, we were very shunned. We were very, so we've, we've, we've made ourselves into things that we are not naturally and, and I believe that it was that way all over the world. And you know, and the more I look at writings and texts and tablets and everything, you find that women were this, it, we were regarded so completely different and we were, it, you know. The universe is a woman. Your womb is a universe. So for

me, when you're talking about body and how we see ourselves and it's, right now I see emergence, you know, and I also see where men have to begin to support this emergence.

- Pura Fe: [11:36](#) It's not a separate thing. They're a part of it. There our children. So yeah, that's where I'm at. And a lot of my music is expressing this right now. So even the strong sacred scene talks about the woman and her twin sons, and that's in just about every culture, you know. That is in every culture. So in terms of that connection that's very primal. What do they call her, Sophia? And Gaia. There's all these names, you know, and in my culture it's sky woman, Ataensic, they call her. So it's so many. She's all over the world. She gave birth to life, she gave birth to everything, you know, she's the whole universe. And somewhere in there things got switched around [laughs] because, you know, money, slavery, war, famine, all of us, patriarchy. And I think that's enough. I think I've said pretty much what I was trying to say.
- Tiffany Denny: [13:00](#) Yeah, I think, you know, that's so interesting what you say about how there was like a shutdown that happened on a societal and sort of a cultural level, but also on this physical level. And then talking about an emergence. I guess it's really interesting to me. And I know, so you, you originally, you grew up in New York, is that right?
- Pura Fe: [13:34](#) Ahm. Yes.
- Tiffany Denny: [13:36](#) But now you live in Saskatchewan, I've read. And so do you feel a difference in how you're supported in that emergence in two locations?
- Pura Fe: [13:58](#) Sure. I've lived in lots of places. I lived also in North Carolina for a long time, which is where my grandparents were from on my mom's side. And I lived in a community of 60,000 Indians. And then I moved. I've lived in several places and everywhere you go, you're needed in a different way. And this time where I'm living, which is in the Boreal Forest, is very isolated, lots of trees, lots of bears, lots of... And there's things that are needed there because of how the missionaries really did a number on all the indigenous communities there and the residential schools and you know, kids went through hell. And so you have generations of people that have been colonized and some of them still have their language, but a lot of their ways are gone.
- Pura Fe: [15:02](#) They're very brainwashed with – excuse me anyone who's out there listening! But just the whole, the whole Catholicism and the nuns and the priests in all the rape and molestation that

went on within these schools. You have people that are very, they're just, it's unbelievable. And I don't know how to always blend in. And I see some of them bringing in traditionalists to come in and bring ceremonies in. And I find that even they are very patriarchal and it's not the way our ceremonies were. So I'm trying to, I don't know how I'm so not in that head frame. So I'm in this beautiful place where the people have, they're having a hard time with connecting to what they've been disconnected from, which is a way of life in terms of... It's like, we believed in our trees, we believed in our water, and we believe in everything that we see in creation. Yet they are more guided by what's written in a book that you know, nothing to do with their way of life for thousands and thousands and thousands of years that sustained them. So this is what's not sustaining them. So this is the environment I'm in now and I have a hard time understanding how my personal being has a place in it. It's very hard, you know. So I am raising three little girls that are not mine. They're my husband's grandnieces. And so I instilled in...

- Tiffany Denny: [17:17](#) [inaudible] drew you to that area?
- Pura Fe: [17:19](#) Huh?
- Tiffany Denny: [17:20](#) They're what drew you to that area? That's like how you arrived?
- Pura Fe: [17:25](#) Yeah, he brought me in and we get along so well and we have such a, we're great. We're great together. And these children would have been either taken into foster care and, which is a very bad situation in Saskatchewan amongst native people as these children get very abused. So we said we need to take them. So we have our own little, [laughs]...our own little world, and in that world. And yeah, it's hard for me. I'm not used to not being without tradition, culture, ceremony. All that for me is, is very important. And it's not so accepted amongst all of the people in the community. So it's kind of, you know... I'm like, wow, look at all these beautiful trees and water and, and there's people selling it out to corporations when they should be fighting. It's like 65% of the boreal forest is gone.
- Tiffany Denny: [18:45](#) Wow.
- Pura Fe: [18:46](#) Yes! And it's the lung system. Yeah, exactly. See, so you're living amongst the caretakers which are being blinded by this other stuff, you know, and it's like "no, snap out of it, snap out of it!", you know. We need you to wake up and protect what's been yours forever, you know. So it's like, you see what I mean?

Tiffany Denny: [19:15](#) Yesss.

Pura Fe: [19:16](#) Yeah!

Tiffany Denny: [19:17](#) Oh, that's heart wrenching.

Pura Fe: [19:20](#) Yes! It is. It is heart wrenching. So, I have to, what can I do? The only thing I can do is like for me, my activism is my music. So that's the best way I can, I can get through.

Tiffany Denny: [19:43](#) Do you feel like your activist heart really came out when you moved into this space where there wasn't a lot of action already happening, where there's such a need or were you already doing a lot of activism before that?

Pura Fe: [20:04](#) Well, I've, I've always been very vocal on how I feel and then, like my age made me tone down. You know, I wasn't quite as throwing darts all over the place like I used to. Yeah. [laughs] So, but now I'd say that it was right recently, I just, I lost it because I was spoken to in a certain way and by several and by men and I was just like, "Who do you think you are? Let me tell YOU something, you know!". [laughter] But then I was at what they call a treaty gathering and there are territories... They have treaty ten, treaty eight, treaty six, you know, so we're in treaty ten territory, which is right there where we live, where they had the gathering and four men in a row got up and spoke and they said, "Where are our women?"

Pura Fe: [21:10](#) You know, and including my husband that got up his spoke. So he told this story that I told him. It was about the Cherokee government years ago, went to visit the American government and they went with their delegation. They came in. They sat down at this big round table and the chief looked around and he said to the person, "Where's your women?" And the president was like, "what do you mean, where's our women?" He says, well, how can you make a balanced decision without the other half of your people? What is your intention, war? So [both laugh]. It's that a great story. So he told this story at the, at the treaty gathering and everybody went, Oh, they always have a VA moment, you know? And so they wrote it, they got it. So they're now going to start bringing the women in to help make decisions and, and work with the chief.

Pura Fe: [22:06](#) Because traditionally a chief is not a decision maker. He's the spokespeople person on behalf of the nation what they want. And the women heads and matriarchs are the ones who choose these chiefs. They're also the ones that can take him down. And

so, and they make sure that the people get what they want, you know? So she's the one that makes decision and she's the one that says "yay or nay" if they go to war. So my husband told them, he says, it will be really nice to see if we all went in together as a whole family. And he says, then we will really be strong. We'll make smart decisions. Everyone agreed. So, yeah. Can you imagine? Just a story can make you eyes open up. You know?

- Tiffany Denny: [22:58](#) It is amazing though, but it's... I also feel like there's a little bit of that, you know, there's a story that you've never heard before that's something real that happened. Like, to me, when I hear things like that, I'm just like, "Oh my gosh, I can't believe I didn't know that. I can't believe that that's not something that has been passed down and taught". And what if it would have been, you know? It's really moving to hear stories, and stories are powerful. Just like music is powerful in the same way, you know, both. And I think too, like there's that element of education and then there's the element of inspiration. And so how can there be education and inspiration that come together to create action or movement in some way? It just feels like that's not happened in that moment. Right? Like some sort of education plus some energetic inspiration that came together, and that makes me feel hopeful. Right? That anything can happen.
- Pura Fe: [24:18](#) Right.
- Tiffany Denny: [24:20](#) And I think, well it's also, it makes me think about what you said in the beginning. When we first started this interview, you were talking about being a child and being a child in the midst of this really powerful energy of sound and connection and music and all of that. And and then I've heard you speak too about how you feel like getting the children, young people, involved and activated to this work as really key. And it makes me curious about the music that you're putting out now. Who's your audience? Is it everyone? Is it future generations? Is it... I'm wondering.
- Pura Fe: [25:14](#) I told my mom, I said, I think I'm really lucky because when I go to my concerts usually are of all ages and races and I'm like, I told her, I said, I must be doing something right because that's what I would want. You know, that to me is the ultimate. So if it's all types of people, I think then you're, you're really reaching something that's real, you know? Um yeah.
- Tiffany Denny: [25:51](#) Yeah. I think I can see how that would be true, just listening to the music that you make, right? I think that's really powerful,

being able to reach kind of a wide berth of people and create that, that connection between them. Like people with all different experiences yet all coming into the same space and being together. I love that.

Pura Fe: [26:21](#)

Yes, me too.

Tiffany Denny: [26:22](#)

I imagine the energy is powerful at your concerts.

Pura Fe: [26:27](#)

I guess. I dont know. It's fun. I have a good time. I just go for it. I just go for it. I close my eyes and just go. And I told that story at the last concert. Oh, people really liked it. And I sang a song called 'Woman's Sacred and Sacred Seed' and I put them together and they really liked it. And then I told the story and then I tell them, so my message is the men need to be supportive of the women, you know, they need to help her, help this come about. Cause we really are at war with that element, that entity of patriarchy all over the world. It's what's holding everything back. So, yeah. You know, it's like... Yeah.

Tiffany Denny: [27:29](#)

Have you experienced that within the music industry as well?

Pura Fe: [27:40](#)

Say that again.

Tiffany Denny: [27:40](#)

Have you experienced that within the music industry as well? Like you've been in music a long time...

Pura Fe: [27:43](#)

Oh, when I first was courted by a record label, it was actually Tommy Matola. [chuckles] So I was brought into his office because I must've been about 20 and he said, "Oh, we can do a record right away. We can do it tomorrow!" And I had a boyfriend on one side who I had a band with, he says, "Don't go there, they're crazy". And then these other guys that I was working with doing these, they're the ones that brought me in. They wanted me to do this album and they wrote this crazy song that they wanted me to do about being a girl from the Rez, and now I hit the big time. I was just like [laughter] I was like, "Ah no." So it's like that whole, the industry, every industry, right, is that whole patriarchal man's money, you know, all that. It's just so I've ran into it several times since then of them wanting to sculpt and mold you and put you in crazy clothes and it's prostitution for me. So, yeah. And I've run into many times. And, it wasn't until really when a French label picked me up

Pura Fe: [29:13](#)

And indie labels. Yeah. And so they're interested in you, they like you in some ways because you're kind of freaky and different, [laughs], you know, and they love blues in France and

they love indigenous, they love African, they love everything like that. And, and they also had a great... They love the fact that they were able to give me a career and America couldn't because they've got that love hate thing going on with them, like lovers. Right. So, I experienced a little bit of that over there, especially when I had a German producer. Boy, we knocked heads. But I've always, I don't make a big deal of it. I just do what I want. You know, you do what you want, you create your road and you make it happen and there's always something to greet you to make it continue.

Pura Fe:

[30:15](#)

And, you know, and I really believe in if you're doing something for the right reasons, then you just, it'll you know, it's meant to happen. It'll happen and, and you make it happen, you know, you make it happen. You know? So I've been fortunate with that and I've always been fortunate with being able to work with like the best musicians. I mean laid back and virtuoso at the same time, like, like not crazy egomaniac kind of guys and women. I've always worked with great musicians and singers and it's been great. You know, that path for me has been good. So I think it's important that if you're given that gift, then it's important to make the gift mean something and to do something and to make it make people feel better. Educate people on something that you want them to know. You know, so it's...music is an amazing tool. It's an amazing thing.

Tiffany Denny:

[31:23](#)

It is SUCH an amazing tool. So, so powerful. So connecting on a lot of levels. And you know, I was thinking about as you were talking about going through all these different experiences you know, your different ages, you're in different countries and all over the place. And one question that we're asking everyone we interview because the answers have been interesting is, we want to know about your relationship with your body over time. How has it shifted? How has it grown or not, or like what has that relationship been like over time?

Pura Fe:

[32:17](#)

Well, I'm a product of unbelievable child abuse and my body and rape I've had, I mean, I should be a basket case, but I persevered and music helped me. My relationship with my body, it's been a long haul of trying to be in it. And um, and be comfortable in my body. And for me, the music was an escape. But it became many things, you know, through the years. And my body is, It's a very [laughing] it's been through a lot, you know, from the time I was three till I was about 17. So I injured a lot, and I would say my,... but I never, I never allowed myself to feel like, like... I had to cover, I had to hide, but for protection or sometimes shame, but I never thought of myself as being lower than.

Pura Fe: [33:52](#) So, and then, and then I think one of the most largest transformations was becoming pregnant with my first child. And that was like clipping everything. I clipped everything off, all the people I knew, everybody. I was like, "Bye!" [laughs] I was like, I got something really special here and y'all can take a hike. So there was me and my babies and I had two, and that to me was like the best time in the world. And it was very nurturing for me as well as my kids and the breastfeeding breaks in the park. And, you know, it's, so for me that was an amazing thing for me and my body. And then came, you know, just learning how to take care of myself. And, you know, I also grew up in dance, you know, American ballet theater. I was part of that company and I danced for many years. So I had, I have a nice foundation I think, but it's beginning to deteriorate now [laughing]. So I'm, I'm getting older and I realized that I need to get up and start moving again. And I've always been very physical and canoeing and racing and running, and you know, I like the feeling of having, being able to move and feeling the creation, you know, and almost as much as music. So I don't know what else to tell you about my body except that I'm getting older. I've gained some weight. I stopped smoking.

Pura Fe: [35:52](#) Um, I think mostly I have always wanted to be able to be present, like some people I see. They're very present in their bodies. And to me that's such an amazing, it's so amazing. It's so I like, I want to be like that, but I, I, I couldn't because of all the things that happened. So it took a long time. And so it's, I'm still kind of awkward. I have my moments. I'm there and then there's sometimes where I'm just a little off, you know, and that's where the music came in where that helped me. And yeah. So...

Tiffany Denny: [36:36](#) So you felt like the music helped you to actually be in your body, not out of your body?

Pura Fe: [36:45](#) It was, I was totally out of my body. Totally. I would go like totally like, I mean travel. I mean, I have some wild experiences about that. And I think also that those experiences pushed me to, you know, outer body type of experiences and yeah, just, I mean, I, I would zoom in anywhere really, like the music also.... It's almost a levitational type of feeling, especially when you're singing with others. Because then together you're, you're really building something that's very strong.

Pura Fe: [37:50](#) Yeah, I've had all kinds of kinds of [laughs]... yeah. So I don't know how to talk about, I'm not sure exactly what is how I can describe what's changing now except that I'm getting older and

not necessarily wiser but just been around a little longer.
[laughter]

Tiffany Denny: [38:23](#) Yeah. I wonder too, with with being out of your body versus more in your body, having had both of those experiences, is there a difference in the way that you're able to be present for others, the way that you're able to be present in your purpose and in your passion as well?

Pura Fe: [38:52](#) Yes. Yeah, I can, I can be. That is the, that is the, that is the struggle for me to ground myself and, and learn how to be able to communicate and be very present and, and have a good exchange, you know, being able to, to exchange, to hear what you're saying. I often just like I space out a lot. [laughs] Yeah.

Tiffany Denny: [39:33](#) I think a lot of people can relate to that, right? [Pura Fe laughing] That not being present in conversation, which is interesting because you are a professional at using your voice. So it's so it's cause, right, there's like something that's different in just being sort of present for, you know, your conversations with other people versus being present with a crowd or with the music that you're producing.

Pura Fe: [40:03](#) To learn how to use your power. You know, to me it's that, you know, like what you have to learn how to engage, learn how to hold the people and talk to people and just relay your messages, you know? And I'd say also I'm trying to learn how to take in and receive or tell me or even read people's body language and because when you're in a room full of many people, there's a lot of energy and it'll come to you and each person perceives or feels whatever they're picking up, you know, so it's important to be able to know how to take that in and, and put it back out, you know, just that whole exchange. And that's what's important when making music. That's also important in speeches, right? That's important when you're communicating with a whole audience. So yeah, or one-on-one, of course it's extremely important. So for me, I have to... That's what's helping me also too accept my body. Does that make sense?

Tiffany Denny: [41:48](#) Because like your body is the vessel through which you're able to take that in and then put it back out.

Pura Fe: [41:55](#) Right. And so if I don't feel comfortable in my body, I can't, I can't, I can't do this, you know, I can't do the exchange very well, you know? So I have to really feel comfortable. I have to even rest comfortable. I have to wear what is, you know, gonna

make me feel, OK in whatever it is that I present, you know?
And if something is a little off, I'm off. So, [laughs].

- Tiffany Denny: [42:36](#) Yeah!
- Pura Fe: [42:36](#) Yeah, you know, so it all works together. It all works together.
- Tiffany Denny: [42:45](#) Absolutely.
- Pura Fe: [42:46](#) Yeah.
- Tiffany Denny: [42:47](#) And I heard you say once too, that you, when you write songs, they don't come out, they don't come in words. They don't come with words. When you write songs.
- Pura Fe: [42:56](#) Sometimes they don't. Yeah!
- Tiffany Denny: [42:59](#) That's super interesting because it makes me think, Oh, okay. They don't come out in, they don't come out in any sort of like particular language or anything like that. And so I wonder too, you know, is there like an embodiment there of whatever is sourcing the songs that are coming out?
- Pura Fe: [43:24](#) It all depends on what is making me sing. You know? You know what I mean? Whatever's making me hum or sing or if I'm actually trying to hum and singing, come up with something or if it's just something that just comes, you know, naturally. You know, I was like, this dog here, she's just cute. His name is Cable, my girlfriend's dog and he likes to be sung to. He loves it, you know, so it's like just looking at his face, all of a sudden a song comes out, you know,
- Tiffany Denny: [44:01](#) Oh gosh.
- Pura Fe: [44:03](#) You know... [both laughing] Dog song, you know?
- Pura Fe: [44:08](#) It'll be your next hit, right there.
- Pura Fe: [44:13](#) Yes. It just depends on what it is that's making you sing. Yeah.
- Tiffany Denny: [44:22](#) And it could be anything, I guess.
- Pura Fe: [44:24](#) Yeah, it can be absolutely anything. I know sometimes I'm even like laying in bed. Sometimes songs come to me in my sleep.
- Tiffany Denny: [44:34](#) Hmm.

Pura Fe: [44:35](#) And I'm like singing the whole song and I wake up and I'm like, God, I wish I could remember that. You know?

Tiffany Denny: [44:40](#) [laughs] They don't stick around after you wake up, huh?

Pura Fe: [44:44](#) No! Maybe pieces of it, you know, when you have to have something to record what you've done. It's a drag. I've had some of the best songs that I think that I've made in a dream, so. Yeah.

Tiffany Denny: [45:02](#) Wow.

Pura Fe: [45:04](#) Yeah.

Tiffany Denny: [45:05](#) Maybe they'll come out again in the future sometime.

Pura Fe: [45:08](#) Yeah, maybe.

Tiffany Denny: [45:11](#) Oh, that's so beautiful. I'm curious as to what you've got going on now. I know you're, you're doing festivals and things right now. Do you have things in the works? Are you touring and enjoying and staying busy?

Pura Fe: [45:32](#) I'm doing, I'm, I'm doing stuff with movies. Yeah. and some scoring, some writing.

Pura Fe: [45:50](#) Several things. There's too many things actually on my plate is really beginning to jog me crazy cause I have to snip off some stuff since I moved up to Canada because I have a nice audience or colleagues, I have a lot of colleagues in Canada and they're, they're pulling me and we want you to do this project and what could come in there. And now I'm in a writers room if for this TV series, I'm like, what? You know, Oh you're, this is your kind of thing. You can do this. You're really good at this. I'm like, I've never done this shit with my wife. So. Wow. Oh God. Interesting though. I'm not at Liberty yet to talk about it, but I, but it's like, so stuff like that, I'm, I'm like, and, and I've done it about music for like four different theater stuff. And three of them are dance theaters and one was in a big in Calgary. They're a big national Calgary theater, whatever. I did a song for that. So I, you know, some, I'm doing things that are more than just my own personal music. OK. Productions and film and stage.

pura Fe: [47:21](#) It's a couple of other things as well. But,

Pura Fe: [47:24](#) So that's, that's, that's what I'm doing.

Tiffany: [47:27](#) Maybe now you're just needed those audiences

Pura Fe: [47:30](#) As well.

Pura Fe: [47:32](#) Maybe. I mean, that's a shift for me and that's good because I'm in, in a way it's I'm not, it's not so hard on my body to have to travel and do touring and have to be dressed up on stage and Oh my God, it's just you get tired, you know,

Tiffany: [47:54](#) I believe it.

Pura Fe: [47:56](#) Yes. You get tired and then you have to do a performance with a lot of energy. Right. So it's, yeah, it can be a little bit of a disconnect there.

Pura Fe: [48:07](#) Any you have kids at home that you're racing? So,

Pura Fe: [48:11](#) Yeah, they're too, well, we have three all the time and in two extras, not extras, but the two grandchildren that come on the weekends and sometimes even more than that. So sometimes we have five kids like full time. So two of them are four two are six and one is eight.

Tiffany: [48:37](#) Well, that'll keep you plugged in to be the youth in the area.

Pura Fe: [48:43](#) Yeah.

Tiffany: [48:45](#) I'm really glad that you're there

Tiffany: [48:48](#) To to lend your,

Tiffany: [48:51](#) Your voice and your wisdom, which I think that you have a lot of.

Pura Fe: [48:55](#) Thank you.

Tiffany: [48:58](#) I'm so, so grateful to have gotten to talk to you and to have the pleasure of experiencing your music.

Pura Fe: [49:06](#) Thank you. Thank you very much.