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00:00:00,000 --> 00:00:05,840

This episode is sponsored by a company I've used for well over a decade and that is 511.

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00:00:05,840 --> 00:00:11,120

I wore their uniforms back in Anaheim, California and have used their products ever since.

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00:00:11,120 --> 00:00:17,440

From their incredibly strong yet light footwear to their cut uniforms for both male and female

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00:00:17,440 --> 00:00:23,520

responders, I found them hands down the best workwear in all the departments that I've worked for.

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00:00:23,520 --> 00:00:28,480

Outside of the fire service, I use their luggage for everything and I travel a lot and they are

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00:00:28,480 --> 00:00:35,280

also now sponsoring the 7X team as we embark around the world on the Human Performance Project.

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00:00:35,280 --> 00:00:40,720

We have Murph coming up in May and again I bought their plate carrier. I ended up buying real

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00:00:40,720 --> 00:00:45,760

ballistic plates rather than the fake weight plates and that has been my ride or die through

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00:00:45,760 --> 00:00:50,640

Murph the last few years as well. But one area I want to talk about that I haven't in previous

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sponsorship spots is their brick and mortar element. They were predominantly an online

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00:00:55,760 --> 00:01:00,960

company up till more recently but now they are approaching 100 stores all over the US.

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00:01:01,520 --> 00:01:07,040

My local store is here in Gainesville Florida and I've been multiple times and the discounts you see

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00:01:07,040 --> 00:01:14,640

online are applied also in the stores. So as I mentioned 511 is offering you 15% off every

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00:01:14,640 --> 00:01:20,640

purchase that you make but I do want to say more often than not they have an even deeper discount

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00:01:20,640 --> 00:01:31,760

especially around holiday times. But if you use the code SHIELD15 you will get 15% off your order

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00:01:31,760 --> 00:01:37,840

or in the stores every time you make a purchase. And if you want to hear more about 511, who they

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00:01:37,840 --> 00:01:44,000

stand for and who works with them, listen to episode 580 of Behind the Shield podcast with

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00:01:44,000 --> 00:01:51,760

511 regional director Will Ayres. This episode is sponsored by Bubbs Naturals, yet another company

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that I track down to bring on as a sponsor because I myself love their products. They are offering

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00:01:57,920 --> 00:02:02,800

you the audience of the Behind the Shield podcast a 20% discount but before we get to that I do want

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00:02:02,800 --> 00:02:08,880

to highlight a few of the products that I use myself. Firstly collagen. I am about to turn 50

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00:02:08,880 --> 00:02:15,040

and so my hair, my skin, my nails, not really a big concern when I was younger, definitely a lot more

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00:02:15,040 --> 00:02:21,360

of a concern now. However where I've really seen the impact is joint health and gut health and I've

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00:02:21,360 --> 00:02:26,880

been blown away that when I'm consistent using collagen, Bubbs collagen in this case, I see a

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00:02:26,880 --> 00:02:33,280

massive improvement in both. Another area I drink coffee, love coffee and in the morning I use the

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00:02:33,280 --> 00:02:39,440

halo creamer. Now originally I used the MCT oil powder but now they have the halo creamer which

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00:02:39,440 --> 00:02:44,880

has also got grass-fed butter in it, a lot more creamy if you're not trying to go for the vegan

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00:02:44,880 --> 00:02:50,240

option that they have as well. Now it's important to mention as well the altruistic element of Bubbs

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00:02:50,240 --> 00:02:56,240

Naturals. The origin story involves Glenn Bubb Doherty, one of the two Navy SEALs killed in

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00:02:56,240 --> 00:03:03,840

Benghazi and a good friend of the founders Sean and TJ. So 10% of every single sale goes towards

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00:03:03,840 --> 00:03:09,680

the Glenn Doherty Foundation. Now as I mentioned before they are offering you the audience 20%

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00:03:09,680 --> 00:03:17,200

off your purchase if you use the code SHIELD, that's S-H-I-E-L-D at bubbsnaturals.com.

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00:03:18,000 --> 00:03:22,720

And finally if you want to hear more about their products and Glenn's powerful story,

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00:03:22,720 --> 00:03:31,520

listen to episode 558 with co-founder Sean Lake. Welcome to the Behind the Shield podcast as always

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00:03:31,520 --> 00:03:35,360

my name is James Gearing and this week it is my absolute honor to welcome on the show

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00:03:36,000 --> 00:03:43,280

Hollywood special effects artist and CEO of Metasphere Industries, Brian Hillard. Now in

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00:03:43,280 --> 00:03:49,680

this conversation we discuss a host of topics with such an interesting perspective. From Brian's early

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00:03:49,680 --> 00:03:56,720

life, his journey into the world of special effects and movie makeup, the impact of AI on Hollywood,

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00:03:57,280 --> 00:04:03,440

veteran and first responder mental health, his work with Daniel Sundahl and most importantly how

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00:04:03,440 --> 00:04:09,120

he's bringing the world of special effects into therapies to help first responders and military

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00:04:09,120 --> 00:04:15,920

members overcome PTSD. Now before he gets this incredible and unique conversation as I say every

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00:04:15,920 --> 00:04:22,000

week please just take a moment, go to whichever app you listen to this on, subscribe to the show,

43

00:04:22,000 --> 00:04:28,960

leave feedback and leave a rating. Every single five star rating truly does elevate this podcast

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00:04:28,960 --> 00:04:36,960

therefore making it easier for others to find and this is a free library of almost 900 episodes now.

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00:04:36,960 --> 00:04:43,360

So all I ask in return is that you help share these incredible men and women stories so I can

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00:04:43,360 --> 00:04:49,920

get them to every single person on planet earth who needs to hear them. So with that being said

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00:04:49,920 --> 00:05:16,640

I introduce to you Brian Hillard. Enjoy. Well Brian I want to start by saying welcome to the

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00:05:16,640 --> 00:05:20,720

Behind the Shield podcast. This conversation has been a long time coming. You and I connected

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00:05:20,720 --> 00:05:26,320

initially through O2X but have had multiple conversations since so I want to welcome you

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00:05:26,320 --> 00:05:31,440

onto the Behind the Shield podcast today. Thank you very much. I appreciate it. This as you said

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long time coming and how crazy of a journey right like during when was that six years ago,

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00:05:38,400 --> 00:05:43,200

seven years ago and even something like that yeah pre-COVID right everything's pre-COVID these days.

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00:05:43,200 --> 00:05:50,240

Mm-hmm yeah I guess it's a new way before COVID. It's a new BC isn't it? It is absolutely 100%

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00:05:50,240 --> 00:05:53,600

before COVID. All right well where on planet earth are we finding you today?

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00:05:55,600 --> 00:06:04,160

I am in beautiful Holland Michigan. We're right outside of Grand Rapids so yeah I moved out here

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00:06:05,440 --> 00:06:09,920

three plus years ago and I'm sure we'll get into all that but originally from Virginia,

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00:06:09,920 --> 00:06:15,520

Richmond kind of Henrico County area is kind of where I was born and raised and then

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00:06:16,480 --> 00:06:20,480

parents were divorced so I spent a lot of time in the city but I also spent a lot of time

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00:06:20,960 --> 00:06:27,440

in the woods with my dad and I think that's where a lot of what we're going to talk about today came

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00:06:27,440 --> 00:06:34,800

from interestingly enough just spending time out in nature and rewilding you know has been a thing

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00:06:34,800 --> 00:06:42,800

for a couple of years now so I really think that's where I started to kind of cut my teeth on

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00:06:44,000 --> 00:06:50,800

who we are, why we are, how we're connected to all of this stuff and it's been a really cool journey

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so I'm interested to kind of see where this goes today. Absolutely well let's go to Virginia first

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so yeah tell me about your upbringing what did your parents do back then and how many siblings

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00:07:00,960 --> 00:07:09,680

did you have? My dad was a contractor general contractor for many many years he was a construction

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00:07:09,680 --> 00:07:16,960

dude his former military he was a marine his dad was a marine and I kind of broke the mold

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00:07:16,960 --> 00:07:23,920

because I never went into service but we'll get to the how I feel I and my team serve these days but

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00:07:23,920 --> 00:07:30,560

mom was she worked at Blue Cross Blue Shield for she umpteen years I can't even remember how long

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00:07:30,560 --> 00:07:39,760

she was there she retired from there and again divorced family right spent time with half my time

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00:07:39,760 --> 00:07:46,880

with mom half my time with dad my dad through a previous marriage had three other children

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00:07:46,880 --> 00:07:53,360

so in my younger life you know I had two brothers and a half sister that we spent time with

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00:07:54,240 --> 00:08:00,400

and then you know when I probably got into middle school high school a lot of us started losing touch

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00:08:01,440 --> 00:08:09,040

and then my mom had remarried they had a child so I have a another half sibling named Terry who's

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00:08:09,040 --> 00:08:14,960

still in Virginia has a family of her own so you know it's interesting right like the

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00:08:14,960 --> 00:08:20,080

years of your upbringing and growing into that adulthood how things just start getting scattershot

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00:08:20,080 --> 00:08:25,120

a little bit you know so yeah originally from Virginia and spent a lot of time

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00:08:25,920 --> 00:08:32,240

as I said doing city life and doing woods life which was a really cool kind of duality for me

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00:08:33,040 --> 00:08:39,600

so with the two generation marines that you had prior to you now you have this pretty interesting

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00:08:39,600 --> 00:08:44,960

mental health lens did you identify any issues of either of their service when you were younger

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00:08:45,920 --> 00:08:52,560

yeah my my granddad didn't talk about it a lot and I think he was of that generation like he was of

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00:08:52,560 --> 00:08:59,760

the world war two generation dad was the Vietnam generation he would get into those places where

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00:08:59,760 --> 00:09:05,920

he would talk about it but it was very disjointed like you could tell he wanted to bring something

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00:09:05,920 --> 00:09:11,040

up and kind of get it out but there was also times when both of them like I could see it like it

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00:09:11,040 --> 00:09:17,840

would wash over them and they would just be quiet and you could tell something was going on in there

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00:09:17,840 --> 00:09:25,200

and whether it was pondering old experiences or remembering friends that they had lost or whatever

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00:09:25,200 --> 00:09:32,720

I never really had really deep conversations with them about it but it was always there it was always

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00:09:32,720 --> 00:09:38,880

something that was and they were proud of it my dad I mean super duper proud marine I mean

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00:09:38,880 --> 00:09:48,960

absolutely interesting story too when he passed he passed seven years ago but my stepmom sent me a

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00:09:48,960 --> 00:09:56,080

bunch of his stuff so he had this really cool oak cut out marine plaque and it had the insignia on

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00:09:56,080 --> 00:10:03,040

it I mean it's probably yay big she sent me the original class photo from him and all of his

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00:10:03,040 --> 00:10:07,120

marine team which was pretty awesome and I've got some of that stuff kind of scattered around my

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00:10:07,120 --> 00:10:14,560

office but I took the plaque and I sat with it one day and we'll talk about a lot of this coming up

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00:10:14,560 --> 00:10:23,120

but I tend to meditate and breathe daily and I was in meditation and I heard my dad say

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00:10:23,120 --> 00:10:30,000

you need to give this to Brian and Brian Marin is one of my very good friends in life he's my

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00:10:30,000 --> 00:10:37,040

chief strategy officer at Metasploit former marine sniper and has gone through a lot of life in the

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00:10:37,040 --> 00:10:44,480

marines but you know hearing that from my dad you know and former marine to former marine I got it

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00:10:44,480 --> 00:10:48,400

so I packed it up and sent it out to Brian I'm like hey something's on the way you're really

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00:10:48,400 --> 00:10:53,920

gonna enjoy it I think when you get it and he got it and now it sits behind him in his office

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00:10:53,920 --> 00:10:59,840

so there's this this really cool energy of that military imprint for me although I've never

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00:11:00,640 --> 00:11:06,560

served at all it's always there and it's all I had I talked to a lot of people we used to work with

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00:11:07,040 --> 00:11:13,360

Navy SEAL team guys and their families and still do but I used to tell everybody like this was the

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00:11:13,360 --> 00:11:20,320

lifetime that I kind of recycled and didn't serve all the rest of them I feel like I did

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00:11:21,120 --> 00:11:26,240

so whatever the belief systems are out there that are listening to this you know energy is a thing

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00:11:26,240 --> 00:11:31,520

and where all these quantum beings just kind of experience and what we're experiencing so I

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00:11:31,520 --> 00:11:36,640

tend to believe that I've been there done that but that I was here for a different purpose this time

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00:11:36,640 --> 00:11:42,560

absolutely I think that's something that people struggle with when they transition out of uniform

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00:11:43,200 --> 00:11:48,880

is understanding that you can serve in a number of ways and it doesn't have to be holding a rifle
or

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00:11:48,880 --> 00:11:54,640

you know running into a burning building you can do that and I did it and it was amazing but
right

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00:11:54,640 --> 00:11:59,600

now we're having a conversation over a computer which is going to be heard by hopefully
thousands

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00:11:59,600 --> 00:12:04,800

of people that will in turn help lots and lots of people so I think that's something that's

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00:12:04,800 --> 00:12:10,560

going to help lots and lots of people so I think that's it you know there's a hero element almost

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00:12:10,560 --> 00:12:15,840

almost an ego element not in a negative way but there's an ego attachment to you know the

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00:12:15,840 --> 00:12:21,200

professions are admired but the other silent professionals are the ones that are behind the

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00:12:21,200 --> 00:12:25,840

scenes trying to help in a different way yeah and I think you bring up a really good point too

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00:12:25,840 --> 00:12:31,680

because yes it does come from ego but you know believe what you believe on the psychology side

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00:12:31,680 --> 00:12:39,600

of all of it but ego channeled and targeted is good and it creates that hero persona like it we

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00:12:39,600 --> 00:12:45,040

want to go serve like our ego pulls us there right like it's this is what you're doing in this life

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00:12:45,040 --> 00:12:49,520

and I feel really attached to that too and I'm glad you brought up the whole hero thing too because

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00:12:50,160 --> 00:12:55,760

what we're doing currently which we'll get to a lot of it is based on hero's journey and heroin's

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00:12:55,760 --> 00:13:00,800

journey like what we do and what our path and purpose are with this life because I think

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00:13:00,800 --> 00:13:08,480

these days and times and it's all over the news as humans we've lost touch with the adventure

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00:13:08,480 --> 00:13:14,000

and our purpose and what all that means to us internally and we think a lot with our brains

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00:13:14,000 --> 00:13:20,080

right now which I know that sounds weird but I've been taught through my mentors over the years and

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00:13:20,080 --> 00:13:26,480

really tapped into it that heart thinking and spirit thinking is something way different than

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00:13:26,480 --> 00:13:32,880

having everything kind of spooling up in here and getting a little jumbled so I tend to really follow

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00:13:33,520 --> 00:13:40,400

what this thing says and what spirit says mine things that are connected to me so it's been

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00:13:40,400 --> 00:13:47,840

an interesting kind of way to peel back the onion for sure. Well when you look back because

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00:13:47,840 --> 00:13:51,760

I want to get to this I want to get to your kind of career journey and everything too but obviously

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00:13:51,760 --> 00:13:55,760

we are going to have you know I think a pretty interesting conversation about mental health and

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00:13:55,760 --> 00:13:59,920

the tools that you're bringing to this conversation people are going to be like blown away by the

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00:13:59,920 --> 00:14:05,760

concept but when you look back you had a divorce you know you had some other areas understanding

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00:14:05,760 --> 00:14:11,600

that our formative years are a big part of our overall mental health story were there elements

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00:14:11,600 --> 00:14:18,160

that you identify as contributing factors in your early life? Oh my god what a great question.

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00:14:18,160 --> 00:14:25,120

Through this conversation I commit to you and everybody listening just my own vulnerability

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00:14:25,120 --> 00:14:29,760

because I think we've lost touch with that a little bit right especially as men but you know

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00:14:30,320 --> 00:14:35,120

the female side of us is starting to you know kind of lose touch too just with what's going on but I

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00:14:35,120 --> 00:14:41,200

think being vulnerable and telling truth is absolute power and it's a superpower so yes 100

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00:14:41,200 --> 00:14:48,400

percent. You know I grew up there was some sexual abuse in the family there was divorce there was

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00:14:48,400 --> 00:14:55,680

drinking on both sides so you know mom found alcohol dad found alcohol my dad was a smoker

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00:14:56,320 --> 00:15:03,440

for many years and you know as we've been doing the research on the metaphor side of things

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00:15:03,440 --> 00:15:09,680

and you and I have had this conversation too the the genetics and the epigenetics of up-front

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00:15:09,680 --> 00:15:16,800

and the epigenetics of upbringing too brings such a giant piece to who we are like I didn't even know

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00:15:17,360 --> 00:15:22,560

five years ago what I'm beginning to learn now having spent some time with these amazing people

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00:15:22,560 --> 00:15:27,280

that I've been able to spend some time with over these past few years that genetic code comes from

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00:15:27,760 --> 00:15:32,960

generate like five generations back like things that might have happened to a grandmother or a

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00:15:32,960 --> 00:15:39,120

grandfather way back when we don't even know that it's happening to us and we're triggered by these

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00:15:39,120 --> 00:15:43,360

different things because of what they've gone through in their own life and how that kind of

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00:15:43,360 --> 00:15:49,680

imprinted into our DNA so that's been something for me professionally that we've been peeling

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00:15:49,680 --> 00:15:56,000

back to because it's exactly to your point the upbringing the rearing nature versus nurture like

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00:15:56,000 --> 00:16:02,320

all of that stuff definitely absolutely put me on the path that I'm on because I remember

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00:16:02,320 --> 00:16:10,800

James just you know hearing mom and dad fight the divorce happens and then you know my mom got

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00:16:10,800 --> 00:16:19,600

remarried alcoholic across the board he was an alcoholic he was angry alcoholic and we would get

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00:16:19,600 --> 00:16:26,800

into you know all of that and there was physical stuff going on there and I found solace within

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00:16:26,800 --> 00:16:34,000

myself and really started to kind of seek out for whatever purposes it was I started looking at

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00:16:34,000 --> 00:16:40,160

things differently and I started reading Dennis weightly and Norman Vincent Peale and all of these

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00:16:40,720 --> 00:16:45,280

authors back then that were putting out books like power of positive thinking and winning the

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00:16:45,280 --> 00:16:52,160

innovation game and all that stuff and I luckily had a wrestling coach in high school Tim Donahue

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00:16:52,160 --> 00:16:59,120

was his name and that dude introduced me to so many different things having to do with like

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00:16:59,760 --> 00:17:05,920

sports psychology and what psychology is really and how we can use it to perform and then like

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00:17:05,920 --> 00:17:11,680

I said at the beginning we you know lived in the woods at my dad's and I would go out into the

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00:17:11,680 --> 00:17:16,640

woods and sit against a tree and just start asking questions like not even knowing what I was doing I

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00:17:16,640 --> 00:17:22,400

was just asking the universe like what does this all mean and what am I going to do with all of

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00:17:22,400 --> 00:17:29,040

this stuff and it really just started to generate this question answer kind of learning cycle with

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00:17:29,040 --> 00:17:37,280

me and I remember so many occasions James in the woods with animals and the connectivity there

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00:17:37,280 --> 00:17:42,480

I'm writing a book and I've got this one specific story about this buck that my dad and I would hunt

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00:17:42,480 --> 00:17:47,600

and it was it was the legend story right like this deer is like 20 points and it's huge and

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00:17:47,600 --> 00:17:53,360

it's never been taken blah blah blah and he and I were out hunting one morning and

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00:17:54,800 --> 00:18:00,400

that damn thing showed up and I was like and you know having a little 410 rifle with me like I was

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00:18:00,400 --> 00:18:06,720

like I can't shoot this thing it's too beautiful you know and we had this interaction between the

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00:18:06,720 --> 00:18:13,680

deer and I and I take that forward and I think about it all day every day like it's something

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00:18:13,680 --> 00:18:20,720

so powerful being connected to something bigger than we are so then you know you look at childhood

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00:18:20,720 --> 00:18:25,520

and you look at rearing and all that stuff and absolutely it brought me to where I am right now

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00:18:25,520 --> 00:18:33,760

and kind of the cathartic nature of doing everything I've done you know like I've been

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00:18:33,760 --> 00:18:41,120

doing everything I've done you know like the creativeness of makeup effects so cathartic and

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00:18:41,120 --> 00:18:46,720

the idea of psychology and bringing tools to people that might have gone through some of the

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00:18:46,720 --> 00:18:53,680

same stuff I went through as a young person you know so so powerful and then knowing that you know

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00:18:53,680 --> 00:18:59,440

I might have this warrior lineage back there you know again believe what you believe but

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00:18:59,440 --> 00:19:04,800

knowing and kind of coming to the conclusion that this now is having learned all these things from

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00:19:04,800 --> 00:19:09,680

childhood and brought it through to high school years and college years and professional life and

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00:19:09,680 --> 00:19:16,160

all that stuff everything's a prologue man like everything's a prologue to that journey and we can

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00:19:16,160 --> 00:19:23,600

reboot ourselves daily if we choose to you know and and I could have dug a hole and jumped down and

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00:19:23,600 --> 00:19:28,560

covered myself over but for some reason something within me was like nope we're doing this like

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00:19:28,560 --> 00:19:34,320

let's do this and do good like do better for you but also do better for you so then you can go out

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00:19:34,320 --> 00:19:40,320

and share that with other people because your service like that's what you're gonna do so that

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00:19:40,320 --> 00:19:45,360

became really powerful for me. Well you talked about epigenetics I think we talked about this

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00:19:45,360 --> 00:19:50,720

in the car a few weeks ago but I actually just had a conversation with my dad and he was like

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00:19:50,720 --> 00:19:55,440

yeah you know there was there was certain things I think I don't know if he's talking about

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00:19:55,440 --> 00:19:59,680

obesity and diabetes in this particular thing he's totally mad about gut biome you can get him

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00:19:59,680 --> 00:20:04,640

talking for hours about that subject but he was showing again the epigenetics element of that

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00:20:05,280 --> 00:20:11,600

and the study again was probably done by more modern medicine so what I don't think was also

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00:20:11,600 --> 00:20:17,280

discussed was about reversing and this is what I heard I had a guest Alex Jaber on and she she had

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00:20:17,280 --> 00:20:23,440

a really interesting perspective of three generations of trauma through epigenetics if you are

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00:20:24,000 --> 00:20:30,240

a woman you know a young woman or and you you basically your grandmother could have been exposed

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00:20:30,240 --> 00:20:34,800

to trauma to have an immediate direct effect because if she was pregnant with your mother

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00:20:35,600 --> 00:20:41,360

well by that point your mother already has all the eggs in her cells as well so yes if she's

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00:20:41,360 --> 00:20:47,200

exposed to trauma that's two generations down for a pregnant woman that's two generations down for a

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00:20:47,200 --> 00:20:52,480

woman so your grandchild will actually have an you know a direct effect what gives me hope though

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00:20:52,480 --> 00:20:58,480

is if you study epigenetics the opposite is also true and we know you can reverse disease with diet

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00:20:58,480 --> 00:21:03,680

you can reverse you know addiction and some of these other things and therefore now you're not

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00:21:03,680 --> 00:21:08,800

just stopping the domino you're kind of pushing it back the other way right so I think that hope

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00:21:08,800 --> 00:21:14,800

element you know we took we hear of uh of genetics say oh I've got alcoholism in my family okay yeah

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00:21:14,800 --> 00:21:20,640

and it's that's nature and nurture but the good news is you are not doomed to be an alcoholic

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00:21:20,640 --> 00:21:26,320

you get to choose what happens from here on in well you know it's interesting that you bring that

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00:21:26,320 --> 00:21:32,480

up to and I 100 percent agree and that's why you know this human fusion equation thing came about

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00:21:32,480 --> 00:21:38,160

and I'll tell you more about that but I absolutely think to your point that we can recode the system

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00:21:38,720 --> 00:21:43,920

like it's it's electrical impulses right thoughts and all those things that we experience it's all

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00:21:43,920 --> 00:21:48,000

you know you think of the matrix and it's all electrical impulses that we're experiencing if

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00:21:48,000 --> 00:21:55,120

you can recode those things deliberately with intention and choose to act in a different way

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00:21:56,080 --> 00:22:01,280

absolutely I think you and I had this conversation Daniel Sundial and I absolutely had this

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00:22:01,280 --> 00:22:08,080

conversation that it frustrates us that in the mental health professions right now and even in

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00:22:08,080 --> 00:22:14,480

some of those spaces that are trying to be of service and help um AA for instance you are

212

00:22:14,480 --> 00:22:22,800

lifetime labeled as an alcoholic it's a it's it's it's a curse like if you're looking at yourself

213

00:22:22,800 --> 00:22:30,160

as an alcoholic and your help system has labeled you that where's the out like where is the where's

214

00:22:30,160 --> 00:22:37,040

the getting better where is the I don't identify with this label anymore because I've done the work

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00:22:37,040 --> 00:22:43,600

to move through it and not be you know my great granddad who was an alcoholic or my dad who was

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00:22:43,600 --> 00:22:50,320

an alcoholic I mean you know I say this with all humility but I'm the poster child like my dad

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00:22:51,040 --> 00:22:57,120

he drank like a fish my mom drank like a fish I had a spout in college where I was a mess

218

00:22:57,520 --> 00:23:05,600

and again for whatever reason the universe spirit was like dude change this and it's it happened and

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00:23:05,600 --> 00:23:11,360

things got put in front of me to allow that to happen whether it was I met a mentor or something

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00:23:11,360 --> 00:23:16,640

catastrophic happened and I had to change because you know if you don't you're going down the other

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00:23:16,640 --> 00:23:23,520

path so you know there's absolutely a way to recode the whole process and I think that's the

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00:23:24,800 --> 00:23:31,440

kind of secret sauce in the superpower nature of what we talk about currently is that to your point

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00:23:31,440 --> 00:23:36,240

a lot of people don't think that way a lot of people think that they're destined to do this

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00:23:36,240 --> 00:23:42,480

because they come from this or that they had this experience as a you know military professional

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00:23:42,480 --> 00:23:49,360

and now they're destined for this because of you know I'm getting you know administered all these

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00:23:49,360 --> 00:23:54,080

pharmaceuticals and I feel like a zombie and all those different things where I think doing the

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00:23:54,080 --> 00:24:01,760

work and doing it deliberately and with an intention to be better for yourself but also to be better for

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00:24:01,760 --> 00:24:08,000

the greater good and the community around you it's so powerful it's such a powerful thing and so I

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00:24:08,000 --> 00:24:12,800

absolutely agree I think we can do better and change it for sure I had a guest on a couple of

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00:24:12,800 --> 00:24:19,200

times Brian McKenzie who's big in the kind of breathwork world and a great conversation but

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00:24:19,200 --> 00:24:24,720

I remember him saying that he was in AA and AA seems to be incredibly successful for a lot of

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00:24:24,720 --> 00:24:31,600

people a lot of people but he got to a point where just like you said he wanted to shed the label he

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00:24:31,600 --> 00:24:37,360

was like I am good it's not like you know it wasn't fooling himself he was like I have this

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00:24:37,360 --> 00:24:43,120

new life I shed that skin completely and I just don't want to keep identifying as a recovering

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00:24:43,120 --> 00:24:47,680

alcoholic and I think you know yes and yes depending on what works for you but I think

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00:24:47,680 --> 00:24:52,480

yes depending on what works for you but knowing that's also an option if you truly you know can

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00:24:52,480 --> 00:24:59,200

look in the mirror and say it doesn't have me anymore like I have got past that then you know

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00:24:59,200 --> 00:25:03,200

of course there's the whole what they call it sponsor element you know if you're still staying

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00:25:03,200 --> 00:25:06,560

in you want to help other people but I think I think Brian had been clean for like 10 years

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00:25:06,560 --> 00:25:12,320

or something so at what point do you also say you know what I think I'm ready to just you know turn

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00:25:12,320 --> 00:25:18,320

the page and I think that's a healthy decision as well well and you know it's it's sad because

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00:25:19,040 --> 00:25:23,200

even us having this conversation there'd be people out there that'll hear this and be like wait a

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00:25:23,200 --> 00:25:27,760

minute you know and they'll they'll think the opposite way and to your point yes absolutely

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00:25:27,760 --> 00:25:35,040

there's there's that element of it where that system it makes sense and it's helped a ton of

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00:25:35,040 --> 00:25:41,840

people but I also think the openness of you know allow people to step away from it and to your

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00:25:41,840 --> 00:25:49,920

point you know step into the next chapter because that's a big part of what we've seen in my current

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00:25:49,920 --> 00:25:58,320

role is that there's so many different labels and the way that people carry those it becomes such a

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00:25:59,280 --> 00:26:06,000

shadow side of them and it's difficult for them to shed and they carry it all day and it affects

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00:26:06,000 --> 00:26:12,560

performance across the board like it affects their personal life their professional life

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00:26:13,120 --> 00:26:19,200

that you know if they have some type of pre-existing could be diabetic or could maybe

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00:26:19,200 --> 00:26:26,400

move into alcoholism or could do this it exacerbates everything you know so I am a

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00:26:26,400 --> 00:26:32,480

firm believer in shedding the labels just because you know we've taken post-traumatic stress

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00:26:32,480 --> 00:26:37,760

disorder and we don't even think about the word disorder anymore because of the connotation of it

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00:26:37,760 --> 00:26:44,960

like it's so evasive and you know we've talked to again many many special operations people

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00:26:44,960 --> 00:26:52,160

and their families and to call someone like that disordered I mean even in your fire profession

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00:26:52,160 --> 00:26:56,800

right if you're disordered and you can't be there for your team and you're broken and all that stuff

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00:26:56,800 --> 00:27:03,120

then what good are you right so we took that word and we're like it's done like we have to call it

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00:27:03,120 --> 00:27:09,920

something different because it has to imprint the idea of hope and that there is a way through and

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00:27:09,920 --> 00:27:14,800

that you can thrive through this and find that way to thrive through it so we've really started to

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00:27:14,800 --> 00:27:21,280

talk way differently and our semantics are different and the way that we kind of put words

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00:27:21,280 --> 00:27:28,800

together we've really tried to think about a lot because and again thinking not so much up here but

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00:27:28,800 --> 00:27:34,080

but does it feel right to drop the disorder from post-traumatic stress thousand percent because of

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00:27:34,080 --> 00:27:40,880

just the way that that word is seen and the label of it right so we've we do things quite a bit

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00:27:40,880 --> 00:27:48,160

differently around here which I which I wrap my arms around every day for sure. I about seven

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00:27:48,160 --> 00:27:52,160

years ago now I think it's right around the same time as the podcast started I started a page on

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00:27:52,160 --> 00:27:58,320

Facebook called the Dark Side Project and it was super early and it was just anyone that wanted to

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00:27:58,320 --> 00:28:03,280

just do like you said that courageous vulnerability I had one of my friends Mattie Furenza like in

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00:28:03,280 --> 00:28:09,440

tears in bed recording his first one I had other people that were you know we're doing okay and

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00:28:09,440 --> 00:28:13,840

they were explaining why they were doing okay it was it was great but I remember the very first one

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00:28:13,840 --> 00:28:20,000

was me I was in the gym at my last department and I said I have PTSD now that sounds so weird

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00:28:20,000 --> 00:28:27,760

because like you said semantics it's you know there wasn't even like a an extreme element to

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00:28:27,760 --> 00:28:33,040

the mental health impact now I was tired and I've been through so I had been exposed to a lot of

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00:28:33,040 --> 00:28:40,320

post-traumatic stress but was actually doing a lot better than a lot of people so again you have the

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00:28:40,320 --> 00:28:46,160

spectrum and I think yeah the the disorder term and I get it clinically that's I mean still stemming

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00:28:46,160 --> 00:28:51,200

from a car backfires and you you know drop to the floor and scurry under a table that's you know the

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00:28:51,200 --> 00:28:56,640

disorder they truly were talking about but I love I love the moral injury some of these things that

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00:28:56,640 --> 00:29:01,680

have emerged now where shame and guilt and some of these emotions that we feel that we shouldn't

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00:29:01,680 --> 00:29:06,160

because we're ordinary people being asked to do extraordinary things and a lot of times these are

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00:29:06,160 --> 00:29:12,400

natural reactions to these stressors that much more nuanced conversation I think is beautiful

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00:29:13,200 --> 00:29:20,240

absolutely 100% agree so we're going to talk about movie making in a second when you were a young

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00:29:20,240 --> 00:29:28,080

man talk to me about art was it was it central in your life at that point oh man yeah I I was

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00:29:28,080 --> 00:29:34,160

always an artist I was always drawing and painting and you know copying my Spider-Man comics or

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00:29:34,160 --> 00:29:42,880

whatever and at a young age if again for whatever reason just fell into loving horror films and sci

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00:29:42,880 --> 00:29:48,240

fi and I remember the first time I saw Twilight Zone it was just blown away because of the

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00:29:48,960 --> 00:29:54,720

idea of the storytelling but how fantastic it was and all that stuff and you know both parents

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00:29:55,360 --> 00:30:02,320

god love them they they were like okay so you know it was back in the day I aged myself a bit I'm

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00:30:02,320 --> 00:30:09,840

I'm 53 so when I was growing up it was you go to the video store you get your rentals right like

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00:30:09,840 --> 00:30:14,880

you go to Friday night and you get your stack and they all have to be back by you know next Wednesday

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00:30:14,880 --> 00:30:21,360

or whatever but we would go out and rent these horror movies and you know it just for that me

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00:30:21,360 --> 00:30:27,520

it was cathartic it was it was watching these fantastic sometimes gross things play out on

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00:30:27,520 --> 00:30:34,400

screen and it was like I know I'm carrying some stuff but watching this in this kind of venue

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00:30:35,280 --> 00:30:41,200

and having the ability to kind of tap into this as a experience and you know for me again learning

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00:30:41,200 --> 00:30:49,520

experience because for some reason it made sense to me so you know when I was young

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00:30:50,320 --> 00:30:55,200

I started asking a lot of questions as to how they were doing that stuff and special makeup effects

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00:30:55,200 --> 00:31:02,080

you know just came up and I fell in love with it from the time I was probably my last year

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00:31:02,080 --> 00:31:06,560

of middle school I guess just really started looking at it started getting fangoria magazines

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00:31:06,560 --> 00:31:12,400

just it meshed myself in it and then I watched Friday the 13th and it blew my mind because

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00:31:13,040 --> 00:31:16,720

how do you take an arrow and shove it through a dude's neck and have it look real

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00:31:17,600 --> 00:31:24,400

so I started doing all that research and found this amazing gentleman named Tom Savini who had

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00:31:24,400 --> 00:31:30,800

done Friday the 13th dawn of the dead like all these amazing kind of 80s you know slasher horror

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00:31:30,800 --> 00:31:39,840

films and there was a video that came out fangoria put it out many years ago called screen greats

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00:31:40,480 --> 00:31:47,440

and it was um like a story about Tom Savini like where he came from what his background was how

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00:31:47,440 --> 00:31:53,920

we started doing effects and I was dude enamored like every day I'd watch it and rewind it and

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00:31:53,920 --> 00:31:58,400

watch it and rewind it just trying to kind of figure out like what he was doing I would take

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00:31:58,400 --> 00:32:05,520

stuff from my mom like makeups and whatever and try to paint like scars and stuff it was crazy

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00:32:05,520 --> 00:32:10,880

back then trying to kind of sort out what all that was was your mom happy about that oh man yeah she

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00:32:10,880 --> 00:32:16,640

wasn't unhappy because I was not you know out in the world acting crazy like I sometimes tended to

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00:32:16,640 --> 00:32:22,400

do she knew I was in my room just kind of you know doing all the stuff she's like oh he's in there

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00:32:22,400 --> 00:32:28,560

you know painting using my lipstick again oh yeah using lipstick again what about Tom's backstory

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00:32:28,560 --> 00:32:33,280

just a jump in for a second what did you when you think back now were there any elements of

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00:32:33,280 --> 00:32:39,840

his early life that contributed to such a unique he was he was a marine um he was a combat photographer

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00:32:40,720 --> 00:32:48,720

um and he was in you know he was in uh Vietnam probably around the same time my dad was um

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00:32:48,720 --> 00:32:57,840

and he just really found the realness of combat photography and kind of he going through that

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00:32:57,840 --> 00:33:03,760

process he almost inoculated himself from gross right like you see it you shoot it you move on

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00:33:03,760 --> 00:33:10,400

but it's still you've seen it and it's real and it kind of builds your you know capacity a little

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00:33:10,400 --> 00:33:16,400

bit um so he would always say that you know as a combat photographer everything that he wanted to

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00:33:16,400 --> 00:33:23,040

create as a makeup effects person he needed it to look damn real like it needs to be photo real

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00:33:23,040 --> 00:33:28,320

hyper real and everything that he did that's what he did like he created something that looked

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00:33:29,040 --> 00:33:34,240

like you could walk out and it would be something that you would see real world but it was full on

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00:33:34,240 --> 00:33:42,000

designed sculpted molded painted blood put on it to make it look real so I think through his

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00:33:42,000 --> 00:33:49,520

you know kind of military side and then me finding that he grew up in you know Pennsylvania and

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00:33:49,520 --> 00:33:56,240

outside of Pittsburgh kind of had you know similar upbringings with siblings and that type of stuff

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00:33:56,240 --> 00:34:02,480

and then he found you know through his military service when he got back he had to start doing

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00:34:02,480 --> 00:34:07,280

stuff so he you know started working at a theater and found that that was fun and he started doing

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00:34:07,280 --> 00:34:11,200

the effects for the theater and then he just taught himself how to do everything and he was

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00:34:11,200 --> 00:34:16,800

always an artist he always drew and stuff but he figured it out um so I think his

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00:34:17,600 --> 00:34:23,520

his innovative spirit and just who he was really affected me and then when I found out that he had

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00:34:23,520 --> 00:34:30,080

done all these movies you know of course it was even bigger for me and then I tell this story all

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00:34:30,080 --> 00:34:39,840

the time but my um my fiance at the time this was back in uh man 1999 I guess 98 99 probably 99

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00:34:39,840 --> 00:34:46,240

probably 99 we were in a Barnes and Noble um and walking around and I picked up this fangoria

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00:34:46,240 --> 00:34:52,080

magazine because I was still you know imprinted into that whole world um I mean I'm just flipping

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00:34:52,080 --> 00:34:55,520

through the magazine and she comes up and she's like hey isn't that guy you tell me about all the

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00:34:55,520 --> 00:35:01,200

time so I flipped a magazine over and there was you know Tom Savini makeup effect school at Douglas

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00:35:01,200 --> 00:35:08,160

education center and I was like what so he started a school um he had partnered with this trade school

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00:35:08,160 --> 00:35:14,160

in Menessin Pennsylvania and they had gone to work and started this special makeup effects program

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00:35:14,960 --> 00:35:22,880

um first class had gone through so I called and within two weeks James was there visiting

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00:35:23,600 --> 00:35:29,360

and fell in love with the place because I was working at a um I graduated college and was

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00:35:29,360 --> 00:35:35,360

working at a staffing firm just wasting away knowing I was wasting away like what's the next

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00:35:35,360 --> 00:35:41,200

step here but having to make money after college you know blah blah blah so we went and visited the

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00:35:41,200 --> 00:35:49,520

college or the school and it was interesting because my path then was multi-fold right

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00:35:51,200 --> 00:35:57,680

thinking about going into the SEAL teams so I had spoken with a gentleman uh Don Mann

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00:35:58,640 --> 00:36:05,200

who was a retired team six guy he owned a group back then called Odyssey Adventure Racing and

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00:36:05,200 --> 00:36:13,280

I had been racing with Don doing his adventure races for a few years um so Don basically was

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00:36:13,280 --> 00:36:17,440

trying to recruit me to come into the SEAL teams through some adventure things that they had going

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00:36:17,440 --> 00:36:22,320

on at Odyssey so I had that on my plate I was thinking about Johnson and Wales like going to

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00:36:22,320 --> 00:36:29,120

culinary school and then I was about uh two years out of college and my dad and I were talking about

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00:36:29,120 --> 00:36:35,120

me maybe going back and getting my masters for sports psychology and then I had Tom Savini school

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00:36:35,120 --> 00:36:40,480

so I have four things that I was like what am I gonna do so I had all these things on my desk

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00:36:41,360 --> 00:36:47,600

and I did what any you know good thinking person might do I grabbed a quarter and started flipping

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00:36:47,600 --> 00:36:55,360

coins so I actually left it to fate I flipped coins and wound up that Savini school became the

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00:36:55,360 --> 00:37:02,160

last flip of the coin and that was what I chose to do for like professional career so I went to

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00:37:02,880 --> 00:37:12,560

Savini school in 2001 I think it was and did a 16-month intensive program there um got married

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00:37:12,560 --> 00:37:18,640

about a month after packed up a U-Haul dragged the car behind and you know stayed in LA for

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00:37:18,640 --> 00:37:25,200

almost 20 years after so it was just you know hero's journey right answering the call yep

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00:37:25,200 --> 00:37:32,000

that's what we're gonna do and just seeing where it went and it was one of the best decisions of my

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00:37:32,000 --> 00:37:38,320

life but then it's interesting too because all of those other three things they've always played a

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00:37:38,320 --> 00:37:45,760

vital role in just what I've done and what I've done with my organizations and my companies it's

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00:37:45,760 --> 00:37:50,800

always been there the team stuff has always been there the military stuff has always been there

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00:37:51,360 --> 00:37:58,880

I love cooking I feel like that's a very creative cathartic outlet for me too um and then you know

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00:37:58,880 --> 00:38:05,440

with the Savini school makeup effect stuff obviously that was a big part of my life

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00:38:06,080 --> 00:38:10,880

and then the sports psych stuff like the performance stuff how do we take this and you

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00:38:10,880 --> 00:38:17,520

know make this brain heart connection and be able to perform under these high tempo you know kind of

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00:38:17,520 --> 00:38:22,400

crazy situations that sometimes we find ourselves in and you know you and I've had that conversation

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00:38:22,400 --> 00:38:28,160

like as a firefighter and our military professionals and law enforcement like you never know

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00:38:28,720 --> 00:38:34,320

what that situation is going to be and if you're trained for it um probably going to be better off

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00:38:34,320 --> 00:38:40,800

and you know the outcome might not be exactly what you want but at least you've set your goals

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00:38:40,800 --> 00:38:47,680

your system up for you know maybe what's to come so I think everything kind of culminated into where

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00:38:47,680 --> 00:38:54,880

we are today. How hard was it to break into that industry you had the school under your belt was it

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00:38:55,520 --> 00:39:02,640

respected enough qualification that you were kind of welcomed or did you have the challenges that

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00:39:02,640 --> 00:39:08,560

other people in the acting world have when they moved to LA? It was a little bit of this both

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00:39:08,560 --> 00:39:16,320

right I um I'm like a pit bull and I tell everybody like I'll talk to a tree and try to get a

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00:39:16,320 --> 00:39:21,920

conversation out of it because I just I feel so connected to this experience and what it is and

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00:39:21,920 --> 00:39:28,880

people and places and things so I but even before I went to Savini school I started you know messaging

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00:39:28,880 --> 00:39:33,120

people however that was back then I guess it was through email I don't even think there was text

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00:39:33,120 --> 00:39:39,600

back then but you know I would reach out to people and ask questions and I remember even before I

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00:39:39,600 --> 00:39:46,800

went to Savini's uh I reached out to Greg Nicotero at KMB through email and I think I might have called

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00:39:46,800 --> 00:39:53,040

him a couple times but Greg's the executive producer now walking dead extremely successful

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00:39:53,920 --> 00:40:00,400

makeup effect shop owner extremely successful director producer um but I reached out to Greg

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00:40:00,400 --> 00:40:04,480

all those years ago and he and I had a conversation and I remember him saying

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00:40:05,040 --> 00:40:08,880

the biggest thing for you to do is to do your training then get out here like you're not going

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00:40:08,880 --> 00:40:14,960

to be able to do this where you are like you you got to make the move so again it was always

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00:40:14,960 --> 00:40:20,160

imprinted with that hero's journey piece right like you have to say yes and then choose the

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00:40:20,160 --> 00:40:24,720

adventure to move across the country and start something that you really have no idea what's

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00:40:24,720 --> 00:40:32,000

going to happen um at the end of the day so you know being a pit bull and talking to people and

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00:40:32,000 --> 00:40:39,440

being um very motivated to make it in the industry I feel like I set myself up for

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00:40:40,320 --> 00:40:44,240

better success because I was asking a lot of questions and met a lot of people

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00:40:44,880 --> 00:40:50,000

and I mean you know your network is gold right like the people that you know are going to tell

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00:40:50,000 --> 00:40:56,240

the people that they know and it just starts kind of cycling right so when I got out there I had

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00:40:56,240 --> 00:41:03,120

called the shops they knew who I was I had my portfolio and I landed and a week later I was in

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00:41:03,120 --> 00:41:09,200

the shops you know presenting to them my portfolio talking to them about my history and all that kind

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00:41:09,200 --> 00:41:13,440

of stuff and I think the the other thing that helped too was that I was a little bit older

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00:41:13,440 --> 00:41:19,680

um when I started uh because a lot of the people that kind of get into makeup effects it's it's

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00:41:19,680 --> 00:41:23,680

you know straight out of high school or early college and they just go out there and try to

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00:41:24,160 --> 00:41:30,960

to do it but I I had a mission and I felt like you know I had set myself up to make it but it was

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00:41:30,960 --> 00:41:37,280

difficult like the learning the industry you know as you said with the actors and and what they go

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00:41:37,280 --> 00:41:42,640

through with you know all of the auditions and stuff like that and you know waiting tables

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00:41:42,640 --> 00:41:48,800

waiting to get that big break makeup effects a little bit different because there are a few

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00:41:48,800 --> 00:41:54,480

shops in the industry um larger shops and smaller shops but you always wanted to work at the larger

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00:41:54,480 --> 00:42:00,960

shop because you know pay was better bigger films whatever um and I was fortunate like I was fortunate

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00:42:00,960 --> 00:42:08,720

to meet a lot of those people early and then my network just saw to it that I stay busy um and

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00:42:08,720 --> 00:42:13,920

you know it you trial by fire like you get out there and you think you know what you know and

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00:42:13,920 --> 00:42:19,760

then you start learning that oh you know what I learned back then like it gave me a really good

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00:42:19,760 --> 00:42:26,880

foundation but wow like the learning curve is very steep again so it was being open to that like

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00:42:26,880 --> 00:42:32,800

being open to learning about you know new materials new stuff meeting new people and just

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00:42:32,800 --> 00:42:38,320

having conversations with people um and being open to those conversations I think led to me

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00:42:38,800 --> 00:42:48,160

being pretty successful um so what about stories from your career that were memorable because I

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00:42:48,160 --> 00:42:51,040

wouldn't say that what were the biggest films because they might have been really boring and

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00:42:51,040 --> 00:42:56,640

shit to work on so what are some of the the biggest stories of your time in in the special effects

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00:42:56,640 --> 00:43:04,000

world man I it's interesting James because when I sit here and think about it even now

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00:43:04,960 --> 00:43:09,840

you know you close your eyes for a second you're like man the ones that affected me were

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00:43:11,040 --> 00:43:18,560

connected to what I feel like my history was it kind of brought me forward to those experiences

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00:43:18,560 --> 00:43:24,960

but also what we're doing now so we we worked on Lone Survivor um the Marcus Luttrell story

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00:43:24,960 --> 00:43:32,320

and I had an opportunity to kind of lead the life cast on Mark Wahlberg and a few of the other actors

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00:43:32,320 --> 00:43:38,000

that were in the movie and then you know we made all of the scars and all of the stuff that happens

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00:43:38,000 --> 00:43:46,720

to them throughout that whole film and knowing that Marcus Luttrell story knowing my connection

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00:43:46,720 --> 00:43:54,080

to Chris Kyle and starting the non-profit that I started years ago that film affected me big time

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00:43:54,080 --> 00:43:59,440

working on it in that way not just because of what we were bringing to it but because of the

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00:44:00,080 --> 00:44:05,760

kind of energy spirit attachment that I had to it previous because I had read that book and kind of

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00:44:05,760 --> 00:44:12,240

started uh Crusades 22 years before and then when I found out that we got Lone Survivor I was like

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00:44:12,240 --> 00:44:18,400

oh man like this this is going to be special and then one of the shop owners walked up to me and

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00:44:18,400 --> 00:44:24,640

he's like hey I want you to lead up all the life casting sessions on the actors and it just stuff

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00:44:24,640 --> 00:44:29,840

like that doesn't happen you know unless it's it's in the zeitgeist right like something's going on

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00:44:29,840 --> 00:44:36,800

to lead you there but you got to say yes to this stuff right so that Banner Brothers um we worked

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00:44:36,800 --> 00:44:40,800

on the Pacific we didn't work on Banner Brothers that was a little bit before my time but the

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00:44:40,800 --> 00:44:46,720

Pacific which was based on the Pacific campaign of our Marines in World War II so that was

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00:44:46,720 --> 00:44:52,880

um a pretty awesome thing to work on um there's so many and then you know big thing that people

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00:44:52,880 --> 00:45:00,080

will know now is that you know I had an opportunity to step in to play in a role in The Walking Dead

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00:45:00,080 --> 00:45:07,360

which was this the bloated well walker from season two and that story is crazy too because

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00:45:07,360 --> 00:45:13,280

Greg and I had gotten to know each other really well at that time and one of our other um

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00:45:13,280 --> 00:45:18,800

sculptors was supposed to do the role because he was the you know the body type that they wanted

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00:45:18,800 --> 00:45:22,960

they were going to make him into this big fat dude and it was going to work out um to where he

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00:45:22,960 --> 00:45:28,720

could wear the suit and whatever but he got he has crones and he had a flare up of his crones

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00:45:29,280 --> 00:45:35,200

so Greg was like well shit you know Hiller's in really good shape um we'll ask him to do it so he

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00:45:35,200 --> 00:45:39,200

came up to me in the mold shop one day and he's like hey I got a question come over here so he

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00:45:39,200 --> 00:45:43,520

you know took me over into the corner I'm like oh man what's going on he's like how would you like

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00:45:43,520 --> 00:45:49,680

to play one of the zombies in The Walking Dead for this upcoming up season I was like yeah I mean

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00:45:49,680 --> 00:45:55,200

what do I got to do so they had already life casted Jeremy kind of full body and he's like

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00:45:55,200 --> 00:46:00,800

Jeremy you know is about your size so we're just gonna sculpt it on those forms but we want you to

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00:46:00,800 --> 00:46:09,280

go out to you know the hot hot hot atmosphere of Petrie City Georgia and play the well walker and

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00:46:09,280 --> 00:46:17,760

I was like okay so it was it was the most exciting most stressful time of my life and it's just one

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00:46:17,760 --> 00:46:24,240

of those things that you look back on and people recognize it and they you know are excited by it

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00:46:24,240 --> 00:46:30,640

and I look at it as what an amazing adventure that it was but it also kind of it was a very

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00:46:30,640 --> 00:46:36,160

it was the next step to the next thing right I mean I've got stuff you know all over my walls

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00:46:36,160 --> 00:46:40,480

some of that stuff though you know just the memories of it all but yeah I think that you

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00:46:40,480 --> 00:46:48,160

know makeup effects led me to a lot of really cool things but it also has led me to kind of rethink

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00:46:48,160 --> 00:46:54,000

what we do as a as an organization to help people that might be going through a bunch of stuff

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00:46:54,000 --> 00:47:00,480

in life so you know it's funny it's almost come full circle because I kind of forgot about it

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00:47:00,480 --> 00:47:06,160

years ago when we started Metasphere and then it just it came back around about a year ago and

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00:47:06,720 --> 00:47:12,560

it's been a very interesting connect point right within the journey of this whole thing.

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00:47:13,680 --> 00:47:18,800

Amazing I'm glad I asked that question when you said Walking Dead immediately I'm sure you've

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00:47:18,800 --> 00:47:23,760

seen it there was a video that was going around a while ago and it was the auditions for Zodiac

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00:47:23,760 --> 00:47:28,880

or Zombies for Walking Dead one of the funniest things I've ever seen not mocking anyone there

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00:47:28,880 --> 00:47:33,120

they are doing a good job playing zombies but without the makeup one of the funniest things

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00:47:33,120 --> 00:47:38,880

I've ever seen. Well it's funny that because we were out there we were shooting the whole

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00:47:38,880 --> 00:47:44,480

Wellwalker scene and there was a bar that we would go to at night after we had all wrapped and the

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00:47:44,480 --> 00:47:52,240

town knew that we were there and Greg would do auditions at the bar so people would come in

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00:47:52,240 --> 00:47:56,800

and we would be sitting around having dinner they'd be having drinks and you know people would

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00:47:56,800 --> 00:48:01,360

walk in like doing their best zombie and they walk up to Greg and they're what do you think

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00:48:01,360 --> 00:48:05,520

was that cool and he's like I don't know I gotta see it again so it was almost like you know

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00:48:05,520 --> 00:48:10,400

walking the runway like people would clear out in the bar and people would kind of do their best

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00:48:10,400 --> 00:48:15,360

zombie walk and make the sounds and all that stuff and that's where we found a lot of the extras

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00:48:15,360 --> 00:48:22,160

you know Greg's like hey call production and get yourself set up and I mean you've seen the show

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00:48:22,160 --> 00:48:27,920

like all the extras that were needed a lot of them came through you know that bar that you know on

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00:48:27,920 --> 00:48:32,880

many many nights and Greg was like yep here's the number call them and get yourself involved

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00:48:33,440 --> 00:48:39,360

so yeah it's super cool just super cool. So I got another interesting perspective for you when I was

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00:48:39,360 --> 00:48:44,960

in my teens same exact thing you know arm full of videos and back then it was like oh do I do

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00:48:44,960 --> 00:48:50,400

VHS do I do beat em axe we had quite the selection back then and beat em axe was my dad was like this

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00:48:50,400 --> 00:48:55,440

is gonna be the future and then it failed oh yeah two years later but anyway but I got into

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00:48:56,080 --> 00:49:00,480

the horror movies and really like I mean I love the zombie movies film but also the the violent

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00:49:00,480 --> 00:49:07,440

slasher films and I remember literally one day just having this epiphany going and then I was

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00:49:07,440 --> 00:49:15,840

probably I'm guessing 18 19 by this point going what the fuck am I doing how am I being entertained

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00:49:16,400 --> 00:49:20,640

by people being tortured and mutilated and I always have this conversation because I switched

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00:49:20,640 --> 00:49:25,280

the complete other way and then then you put a uniform on you see horrible shit for real

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00:49:26,080 --> 00:49:30,720

and I've I it's very rare that I meet someone who was in military or first responder who really

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00:49:30,720 --> 00:49:36,640

likes slasher movies now ghost movies and I love the Japanese you know the the grudge and all those

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00:49:36,640 --> 00:49:43,200

are phenomenal but the you know oh let me you know let me just go and decompress for a bit while

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00:49:43,200 --> 00:49:50,000

watching a cabin full of teenagers you know raped and murdered that's not or sewn ass to mouth and

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00:49:50,000 --> 00:49:56,000

then yeah whatever it is right yeah good human centipede oh my god so what is your perception

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00:49:56,000 --> 00:50:02,560

of that because when you take a step back you're like how the hell did we get to the point where

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00:50:02,560 --> 00:50:08,080

after a hard day at work you want to unwind watching that stuff psychologically it's different

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00:50:08,080 --> 00:50:14,240

than fairy tales and monsters and witches and ghoulies you know that's rape torture murder

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00:50:14,240 --> 00:50:23,600

so what's your perspective of that yeah I years ago I was all about you know anything slasher

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00:50:23,600 --> 00:50:28,400

you know anything and again I think it's just the cathartic nature of it because we all carry

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00:50:28,400 --> 00:50:35,360

that shadow side of us and I think that to satiate that with something that's you know

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00:50:35,920 --> 00:50:41,760

innocent enough like watching the slasher film you know feed that thing a little bit so it doesn't

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00:50:41,760 --> 00:50:48,880

come out in all these other ways right like let's not beat our spouse let's not you know get in the

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00:50:48,880 --> 00:50:55,200

drugs let's not go do that because you know I know a lot of us have had those thoughts in our brain

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00:50:55,200 --> 00:51:00,960

where we're like I could go you know I'm angry enough right now where I could do some damage

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00:51:01,440 --> 00:51:08,640

so I think cathartically watching that stuff and again believe what you believe on the psychology

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00:51:08,640 --> 00:51:17,520

spectrum but for me it became that like I'm giving this shadow piece of me something that they need

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00:51:17,520 --> 00:51:24,320

right now so I don't act it out you know as a human because I saw like I saw my stepdad who would

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00:51:24,320 --> 00:51:30,240

drink and that monster would come out and you know it's it's fisticuffs it's it's all of that

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00:51:30,240 --> 00:51:36,560

physical you know battery kind of activity that was going on and I didn't want to go there like I

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00:51:36,560 --> 00:51:43,440

just I have not not been a violent person again in this lifetime I tend to be more compassionate

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00:51:43,440 --> 00:51:49,840

and I'll you know hug anybody and everybody so I'm kind of that guy which is another interesting

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00:51:49,840 --> 00:51:57,920

kind of dichotomy too because I do enjoy my horror films but you know years ago too I started to kind

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00:51:57,920 --> 00:52:06,160

of pivot from the slasher you know all that stuff to more of kind of the more psychological based

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00:52:06,160 --> 00:52:14,960

stuff like the Hannibal Lecter stuff and like the more kind of visceral stuff like you got to think

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00:52:14,960 --> 00:52:19,840

about it like what really is going on and come more the specter spooky gooey stuff you were talking

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00:52:19,840 --> 00:52:28,320

about but I do think that again as we begin to kind of see where the wraparound of all of my

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00:52:28,320 --> 00:52:35,360

experience has been I came from where I came from as a young person I spent a lot of time in the

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00:52:35,360 --> 00:52:42,080

woods I spent a lot of time fighting with a stepdad I spent a lot of time trying to sort out like

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00:52:42,080 --> 00:52:52,320

what life is about found makeup effects after makeup effects getting out to LA had this amazing

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00:52:53,360 --> 00:53:01,200

connected profound experience where I started a non-profit called Crusades 22 because I found

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00:53:01,200 --> 00:53:07,120

out that Chris Kyle had gotten killed and and James I again things happening for a reason

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00:53:07,120 --> 00:53:14,640

for a reason I had closed American Sniper on a Sunday afternoon texted my girlfriend at the time

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00:53:14,640 --> 00:53:19,360

who owned a flower shop down in Santa Monica said hey I'm gonna come down and see you in the morning

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00:53:19,360 --> 00:53:26,480

but I also want to sit down and see if I can find Chris and his contact information because I'd like

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00:53:26,480 --> 00:53:31,280

to have him be a part of this television show that I was creating at the time and the show was called

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00:53:31,280 --> 00:53:38,960

Endurance Warriors and it was predicated on the fact that we as humans hang all of these boundaries

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00:53:38,960 --> 00:53:45,760

and borders on ourselves and this show was about how we as humans can do so much more than we ever

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00:53:45,760 --> 00:53:51,360

thought we could mentally emotionally intellectually physically all the things so I felt Chris might be

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00:53:51,360 --> 00:53:56,480

a really good kind of co-host or a mentor or somebody so I want to reach out and just see

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00:53:56,480 --> 00:54:02,880

what his availability was so long story short got there that morning flipped open my laptop typed in

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00:54:03,440 --> 00:54:09,760

you know Chris Kyle found out that he had Craft International which was a training group that he

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00:54:09,760 --> 00:54:16,240

had put together for law enforcement and military for like pretty high-end tempo tactical stuff

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00:54:16,880 --> 00:54:23,920

clicked the button for the web page and his death notice came up he had just been killed that day

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00:54:23,920 --> 00:54:30,640

prior as I closed the book on American sniper fell apart like I had known I do my entire life I get

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00:54:30,640 --> 00:54:36,960

the chills thinking about it I'm wearing a shirt today it's crazy that I made a phone call to Don

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00:54:36,960 --> 00:54:43,440

Mann Don Mann picked up the phone who I had known for years he's like I know why you're calling me

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00:54:43,440 --> 00:54:48,160

what do you want to do and I was like I don't know what to do like I've been out here in LA doing

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00:54:48,160 --> 00:54:53,760

makeup effects I have got an adventure racing background I love the community because we race

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00:54:53,760 --> 00:55:00,000

with a lot of special ops men and women because you know getting out and wanting to do something

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00:55:00,000 --> 00:55:03,760

physically challenging they would get into adventure races so I met the community fell in

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00:55:03,760 --> 00:55:10,800

love with them so Don said I suggest we start a non-profit so we did and at the times it was

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00:55:10,800 --> 00:55:16,720

called Kyle's Crusades we transitioned it about a year later to Crusades 22 and we just started

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00:55:16,720 --> 00:55:23,680

doing the work working with special operators and their families so I was doing that along with

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00:55:23,680 --> 00:55:29,600

makeup effects and everything just started doing this I mean it's just started dovetailing into

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00:55:29,600 --> 00:55:35,440

itself right because as I was doing makeup effects and kind of going through that process of

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00:55:36,160 --> 00:55:42,240

enjoying horror and making horror and doing effects and all that stuff I would go home at night

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00:55:42,240 --> 00:55:49,520

and I would do sessions with somebody who had been in combat and you know lost a friend or more

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00:55:49,520 --> 00:55:55,360

and was now having trouble in their marriage because they couldn't reconnect back into that

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00:55:55,360 --> 00:56:03,280

having had the experiences that they had right so it was really interesting to kind of travel

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00:56:03,280 --> 00:56:12,400

both of those lanes and then when we got into the whole COVID thing about two years prior

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00:56:13,120 --> 00:56:19,040

as as Crusades 22 we started getting all of these questions asked to us about you know how do we

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00:56:19,040 --> 00:56:26,320

know that what you guys are doing is effective because we were doing yoga we were doing

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00:56:26,320 --> 00:56:32,160

resiliency training with people we were just doing kind of talk therapy with people and just

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00:56:32,160 --> 00:56:40,880

really trying to kind of tap them back into what their purpose was post service from military so

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00:56:40,880 --> 00:56:45,440

really doing a lot of deep dive into exactly the stuff that you and I have been talking about today

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00:56:45,440 --> 00:56:50,880

is what was your background and how were you kind of what was your nature nurture what was your

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00:56:50,880 --> 00:56:56,480

upbringing what was all that stuff and then asking these very pointed compassionate questions to help

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00:56:56,480 --> 00:57:02,400

that person start to kind of recalibrate what was going on up here but also you know kind of

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00:57:02,400 --> 00:57:08,400

to re-tap back into your heart space and all that stuff and we didn't have any quantifiable

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00:57:08,400 --> 00:57:16,800

qualifiable information we were just doing the work so again long story short COVID happened and

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00:57:16,800 --> 00:57:23,920

we having had these questions asked to us when COVID hit you know all of our donations just

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00:57:23,920 --> 00:57:27,840

you know tanked and we had to really think about what we were going to do as an organization

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00:57:28,880 --> 00:57:32,160

to kind of pivot or if we were just going to fold it up and do something different

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00:57:32,720 --> 00:57:38,880

so I got with my whole team and we we decided to create a for-profit organization which became

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00:57:38,880 --> 00:57:46,160

Metasphere and what we did with that was brought in another group that we now work with called

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00:57:46,160 --> 00:57:53,040

Between MD and they have a data package that we've loaded into our database and we've

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00:57:53,040 --> 00:58:00,400

loaded into the back end of everything we do and that data package is anything and everything that

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00:58:00,400 --> 00:58:07,920

we could bring in for biometric information health care information we're loading up a genetics and

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00:58:07,920 --> 00:58:14,240

genetics into it there's qualifiers and questionnaires in there is just kind of a starting

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00:58:14,240 --> 00:58:20,560

point to start working with people so we started grabbing data and started seeing kind of what the

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00:58:20,560 --> 00:58:29,440

process was with how do we capture this data and then feed it back into these actionable long-term

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00:58:29,440 --> 00:58:35,440

feedback loops for these individuals to show them that the things that we're doing and the things

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00:58:35,440 --> 00:58:40,400

that we're engaging in is actually making a difference and and then being able to track

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00:58:40,400 --> 00:58:47,520

that stuff right so that became how Metasphere kind of started getting its legs under it but

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00:58:47,520 --> 00:58:54,320

but it's always been you know these intermittent connections if not you know long-term connections

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00:58:54,320 --> 00:58:59,840

to all the other things makeup effects and creativity and all that other stuff that kind

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00:58:59,840 --> 00:59:07,360

of led us where we are today it's been awesome to see it build. So you were telling me about

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00:59:08,160 --> 00:59:13,840

this incredible fusion between the makeup effects world that you came from and the mental health

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00:59:13,840 --> 00:59:19,280

world. I know Daniel Sandal who's on the show years ago now probably he's probably one of my

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00:59:19,280 --> 00:59:25,520

first guests for the first year. I mean he anyone who who is in the fire service you're either

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00:59:25,520 --> 00:59:30,480

looking at Paul Combs art who's the cartoonist or you're looking at Dan's pictures and you know

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00:59:30,480 --> 00:59:34,880

that there's always going to be that one of at the back of the ambulance you know and the paramedic

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00:59:34,880 --> 00:59:39,600

looking broken-hearted and then there's the ghost of the person they try to save you know just so

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00:59:39,600 --> 00:59:44,720

so powerful but then also there's the demons there's the people that plague some of our men

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00:59:44,720 --> 00:59:53,360

and women in uniform. So walk me through how you began to take your skill set and apply it as a tool

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00:59:54,080 --> 01:00:01,040

into not overcoming but but trying to go through that trauma and forge post-traumatic growth.

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01:00:01,040 --> 01:00:10,320

Yeah yeah so I think it starts with how we begin how we began to build Metasphere and what all the

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01:00:11,280 --> 01:00:19,120

ethos was behind it because we knew that we had to start telling a narrative not only for us but we

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01:00:19,120 --> 01:00:25,360

had to help other people tell their own narrative because sometimes we get hung up in the story that

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01:00:25,360 --> 01:00:29,600

we tell ourselves and it could be a false narrative right like we're telling ourselves

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01:00:29,600 --> 01:00:35,040

these things about ourselves that we've been imprinted with through you know our parents

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01:00:35,040 --> 01:00:42,400

or our upbringing or society or whatever and the story became really powerful for us for

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01:00:42,400 --> 01:00:49,600

individuals and also cohorts of people because when you look at military background when you

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01:00:49,600 --> 01:00:55,680

look at fire when you look at law enforcement each cohort has a different thing but they're also very

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01:00:55,680 --> 01:01:02,560

similar so hero's journey became one of the main pillars that we were looking at for this kind of

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01:01:02,560 --> 01:01:09,200

metamorphosis activity that we were going to create warrior culture became another component

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01:01:09,200 --> 01:01:15,840

of the foundation and then like universal connectedness like how we are all connected as

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01:01:16,400 --> 01:01:21,440

humans but also what our connection is to the larger universe and energy and all that stuff.

583

01:01:21,440 --> 01:01:29,920

So with those three things we kind of broke all that down and these five devices that we believe in

584

01:01:31,760 --> 01:01:40,960

one is do hard stuff and be kind when you do it so in life you know as as buddhism says

585

01:01:41,360 --> 01:01:47,280

it's a struggle it's a process it's chaos and there's also paths out of that chaos so how do

586

01:01:47,280 --> 01:01:52,480

we learn that stuff but you got to do the hard things in order to learn lessons right and when

587

01:01:52,480 --> 01:01:58,320

you're doing that hard stuff be a good human be compassionate to people love people be kind to

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01:01:58,320 --> 01:02:04,640

people so that was number one the second one was how do we optimize our sleep efficiency and our

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01:02:04,640 --> 01:02:09,280

rest and recovery because a lot of us are running around like a chicken with their heads cut off and

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01:02:09,280 --> 01:02:15,360

especially with like you guys in fire service and on shift work you know what a huge thing you got

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01:02:15,360 --> 01:02:22,240

to work on to try to figure out where my recovery where my sleep is the other one was physicality

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01:02:22,240 --> 01:02:29,280

and physicality being how you move your body but also the physicality of emotions and the physicality

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01:02:29,280 --> 01:02:37,600

of intellectualizing things and spiritualism and intellectual kind of thought about uh emotional

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01:02:37,600 --> 01:02:43,600

regulation and all those things because all of that comes from physical space right like if you're

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01:02:43,600 --> 01:02:49,520

going to try to regulate your emotions physically get on a meditation mat and breathe and do some

596

01:02:49,520 --> 01:02:56,240

meditation so that became part of looking at us as a whole human the other thing that we started

597

01:02:56,240 --> 01:03:02,080

looking at too was what people are eating and what they're putting in their faces hydration wise so

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01:03:02,080 --> 01:03:07,520

one of the o2x lessons that i learned you know many years ago uh what you're eating and what

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01:03:07,520 --> 01:03:14,480

you're drinking and then how we're imprinted into our tribe and our community right like what's that

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01:03:14,480 --> 01:03:20,880

mean for us like who are we surrounding ourselves with um that are support systems for us but we

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01:03:20,880 --> 01:03:27,360

also reciprocate that into all of it and then the other thing that we started really looking at was

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01:03:27,360 --> 01:03:34,720

what's the what's the ugly what's the stuff that we're not talking about that is locked in there

603

01:03:34,720 --> 01:03:41,040

the shadow the inner demon and how do we exercise that how do we get that out of someone

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01:03:41,680 --> 01:03:46,080

via all of these different you know practical things that we're going to be doing with them

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01:03:46,880 --> 01:03:55,440

so we started to really kind of bring in the idea of how do we bring makeup effects into this

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01:03:56,080 --> 01:04:02,400

and and create something with an individual that engages them in the

607

01:04:02,400 --> 01:04:10,160

uh opening kind of design process and the creation of having the opportunity to see

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01:04:10,720 --> 01:04:17,440

their shadow and their inner demon like what how do you do that so there's a process that we came

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01:04:17,440 --> 01:04:22,320

up with and it takes i mean and and you know another thing that we think about too that i

610

01:04:22,320 --> 01:04:30,000

think we bring to the table that's a little bit different is challenging people to know that the

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01:04:30,000 --> 01:04:36,560

process is the process and practice is needed and that in order for you to get from point a to point

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01:04:36,560 --> 01:04:42,880

b it might take you four weeks it might take you six weeks it's not going to be you take the magic

613

01:04:42,880 --> 01:04:50,880

pill and everything changes it's work right so we've come up with a system where we engage people in

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01:04:51,440 --> 01:04:58,400

their intakes we go through this process of hero's journey heroine's journey we tap them into

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01:04:58,400 --> 01:05:04,720

them into their own side of warrior culture from wherever they come from we talk to them about

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01:05:04,720 --> 01:05:10,880

universal connectedness and path and purpose and all those things we imprint into them some of the

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01:05:10,880 --> 01:05:17,360

lessons that we teach on some of those five key things and then we start to talk about now that

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01:05:17,360 --> 01:05:23,920

we've gotten you to this point what's the next phase what's the next paragraph that you would

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01:05:23,920 --> 01:05:30,160

write for the next chapter of your life right so really beginning to kind of engage in the journey

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01:05:30,160 --> 01:05:36,800

again and then at the end of all of that beginning to ask them what is the what's that thing or those

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01:05:36,800 --> 01:05:43,280

things that you are carrying with you that you would consider shadow that you would consider

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01:05:43,920 --> 01:05:48,800

something that's this inner demon that is holding you back from being able to kind of obtain

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01:05:48,800 --> 01:05:53,840

all of the things that you you know feel like are impossible because you just you're tethered to this

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01:05:53,840 --> 01:06:00,720

stuff so we sit down with them when we start to create what it looks like for them on them

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01:06:02,160 --> 01:06:10,240

through a makeup effect so for instance walking someone through a design process where

626

01:06:11,040 --> 01:06:18,000

they're in a meditation they're being led through this guided journey and the prompts are how does

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01:06:18,000 --> 01:06:25,040

how does this shadow how does this inner demon manifest onto your body onto your face what does

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01:06:25,040 --> 01:06:30,400

it do to change your musculature what does it do to make you look differently as a human

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01:06:31,600 --> 01:06:36,800

are you a demon are you this are you that you start asking these questions and with them you

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01:06:36,800 --> 01:06:44,320

start to design what that look is and the idea is is that we take the person and we then transform

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01:06:44,320 --> 01:06:51,680

them through makeup effects into that shadow or that demon so we go through a whole design process

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01:06:51,680 --> 01:06:57,360

i and my team go through the sculpting the mold making process generating the prosthetics

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01:06:58,080 --> 01:07:04,560

and then we show up at the person's place very very ceremonial there's a fire pit burning

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01:07:05,440 --> 01:07:10,560

someplace very near we go through kind of the process of what this means and why we're doing

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01:07:10,560 --> 01:07:15,680

this having had you know six weeks or eight weeks of lead up to this so they know what they're

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01:07:15,680 --> 01:07:20,880

getting into like they know what's coming mirror comes in and we have them look at themselves in

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01:07:20,880 --> 01:07:28,640

the mirror we go through some q a with them then uh dear friend of mine mike platt uh who is a

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01:07:29,200 --> 01:07:36,960

neuroscientist at worton uh he's come up with a device it's called cogware and it's a qualitative

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01:07:36,960 --> 01:07:42,560

eeg device tracker so we put that on them and we start seeing kind of what's going on with their

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01:07:42,560 --> 01:07:49,120

brain waves and their brain patterns so we do that when they're in the mirror mirror goes away device

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01:07:49,120 --> 01:07:57,280

comes off makeup effects go on um and then once the makeup effects are on mirror comes back in

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01:07:58,160 --> 01:08:02,400

cogware goes back on and we start to see that there are significant changes in

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01:08:02,400 --> 01:08:09,360

that person and their personality because now they're presenting as the demon or the inner demon

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01:08:09,360 --> 01:08:18,000

or the shadow or whatever it is there's another interaction that we have and then we begin to your

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01:08:18,000 --> 01:08:23,440

point at the beginning of this conversation we start shedding the skin so as a makeup effects

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01:08:23,440 --> 01:08:29,840

artist you take the makeup off of the person so as we do that these giant pieces of skin are coming

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01:08:29,840 --> 01:08:36,240

off and we're throwing them into the fire so we're shedding the skin of this demon shedding the skin

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01:08:36,240 --> 01:08:43,360

of that you know inner shadow and we're burning it away so ceremoniously using fire to cleanse

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01:08:44,400 --> 01:08:50,320

and then we get them all cleaned up and we then we begin kind of the process of now that you've

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01:08:50,320 --> 01:08:55,920

gone through this very cathartic you know stepped into this supreme ordeal walk through that

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01:08:55,920 --> 01:09:02,880

threshold you got through that shadow piece you you challenged and persevered over the inner demon

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01:09:03,600 --> 01:09:08,800

now we can begin to kind of point you in the direction of what's the inner heroine now what's

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01:09:08,800 --> 01:09:14,880

the inner hero what's the next part of the journey where are we going right like and it and it opens

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01:09:14,880 --> 01:09:24,240

it up to this giant thing where it's almost that i always atone it to remember the construct in the

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01:09:24,240 --> 01:09:29,360

matrix that big white room and they can call in whatever they want to call in that's basically

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01:09:29,360 --> 01:09:35,280

what we're creating throughout this entire process is that now anything and everything can be created

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01:09:35,280 --> 01:09:40,880

in your own personal unique construct now that you've shed some of that stuff that was holding

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01:09:40,880 --> 01:09:48,320

you back and then we start doing the work for that purpose so it's it's been a profound experience

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01:09:48,320 --> 01:09:54,480

for a bunch of people that we've done it with um we're in the design phases with some people we've

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01:09:54,480 --> 01:10:00,880

done the entire process with people we're in the opening stages with some people um and it's it's

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01:10:00,880 --> 01:10:07,600

seeing kind of what the variances of each person's experience are as they start going through

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01:10:07,600 --> 01:10:13,440

this specific part of the process it's it's been powerful it's been super super powerful for people

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01:10:13,440 --> 01:10:20,480

and talk to me about the the fusion you have with Daniel Sandow then so Dan and I of course I

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01:10:21,040 --> 01:10:27,120

reached out to Dan a few years back and started to utilize some of his images on some of our

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01:10:27,840 --> 01:10:32,880

packets and stuff because I felt that the imagery and the artwork that he brought the creativeness

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01:10:32,880 --> 01:10:39,840

right of taking post-traumatic stress and you know that inner demon and that shadow and presented it

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01:10:39,840 --> 01:10:45,840

in these amazing pieces of artwork it affected me deeply I knew that it affected a bunch of people

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01:10:45,840 --> 01:10:50,720

that I knew deeply so I reached out and asked him how we could you know start to collaborate

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01:10:50,720 --> 01:10:56,800

so he and I have known each other for many years and then just a few months ago I reached out and

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01:10:56,800 --> 01:11:04,000

I'm like hey um I saw one of his the demon um standing over I think it was an EMS worker but

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01:11:04,000 --> 01:11:06,960

it was the demon and I was like man this would be a really cool

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01:11:06,960 --> 01:11:11,680

makeup effect to do on someone so I reached out to Dan and we started having this conversation

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01:11:12,080 --> 01:11:20,080

so we're going to probably start doing um based upon some of his artwork uh makeup effects that

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01:11:20,080 --> 01:11:26,320

will be physical representations of the artwork that he's created and then through his training

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01:11:26,320 --> 01:11:32,880

now that he's doing because he's going out and getting his um I think he's getting his certificate

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01:11:32,880 --> 01:11:38,320

in um psychology I can't remember exactly what it is but he's going to be a therapist for

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01:11:38,880 --> 01:11:43,040

you know folks that have gone through all kind of different types of trauma so we're going to start

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01:11:43,040 --> 01:11:48,320

working together to take this piece of what we do at Metasphere and kind of imprint it into what

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01:11:48,320 --> 01:11:53,680

he's going to be doing you know kind of in his future as well um so it's been a really cool way

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01:11:53,680 --> 01:11:58,960

to start to integrate and collaborate with him because it just comes from

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01:11:58,960 --> 01:12:06,960

this very creative very open space of art and uh you know it's very indicative of

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01:12:07,760 --> 01:12:13,840

um and pretty similar to um you know Nyko and how they're doing kind of the paper mache masks

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01:12:13,840 --> 01:12:21,200

yes so it's it's very very much that concept but I was talking to Eric Potter at two you and I

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01:12:21,200 --> 01:12:25,440

talked about Eric quite a bit um Eric's become a really good friend of mine and he's been a

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01:12:25,440 --> 01:12:30,480

really good friend of mine too and he was talking about knowing the lady that started that whole

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01:12:31,440 --> 01:12:38,000

premise of doing these masks and the masks that we wear and having that be kind of an art based

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01:12:38,800 --> 01:12:44,800

therapeutic thing that we can do um with our special operators and athletes that they can

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01:12:45,600 --> 01:12:51,040

get out that stuff and build this mask that represents their feelings and their emotions

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01:12:51,040 --> 01:12:56,880

and the pain and the triggers and the traumas and all that stuff so as Eric and I have been

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01:12:56,880 --> 01:13:02,960

kind of peeling this back too for this face-to-face idea uh he's going to be coming on and helping us

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01:13:02,960 --> 01:13:08,960

kind of work through a lot of the kind of back-end stuff um that might be happening with people as

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01:13:08,960 --> 01:13:13,280

they go through this because you know we're one group but we also know we don't have all the

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01:13:13,280 --> 01:13:18,320

answers and can't provide all the support but we do have people around us that are going to be

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01:13:18,320 --> 01:13:22,880

able to help us with the support but we do have people around us that can and they're really good

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01:13:22,880 --> 01:13:31,840

at what they do um so side note on Eric too uh Eric and I met a few years back at an event in LA

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01:13:32,560 --> 01:13:39,920

and I won't get into the minutiae of the story but um found out that Eric did Chris Kyle's debrief

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01:13:39,920 --> 01:13:46,800

when he came back from having to do some pretty horrid stuff uh over in you know combat and

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01:13:46,800 --> 01:13:53,360

I found out Eric found out I had a non-profit that was connected to Chris and I had built it

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01:13:53,360 --> 01:13:58,320

because I had heard of Chris's passing found out that Eric had worked with Chris in this amazing

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01:13:58,320 --> 01:14:04,000

capacity with the SEAL teams and then we just you know immediately had this bond and we've been

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01:14:04,000 --> 01:14:09,120

doing some work and kind of collaborating on stuff ever since so again it's just universal

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01:14:09,120 --> 01:14:14,400

connected this right like who knew that I was going to walk into this restaurant uh in this one

703

01:14:14,400 --> 01:14:19,360

room where there was three people sitting and Eric and I were going to be able to have this dialogue

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01:14:19,360 --> 01:14:26,240

it just it doesn't happen unless it's supposed to happen right and I am a absolute firm believer in

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01:14:26,800 --> 01:14:31,760

things happening for a reason and and again you and I coming into you know knowing each other

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01:14:31,760 --> 01:14:37,600

through O2X and now having this conversation uh it's it's very very powerful for me and I don't

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01:14:38,240 --> 01:14:42,800

you know take it lightly that the conversation that we're having hopefully will you know affect

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01:14:42,800 --> 01:14:48,000

some other people out there and we can start helping bigger greater good right that's the

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01:14:48,000 --> 01:14:53,040

whole point absolutely yeah Eric the conversation with Eric was incredible you know the psychologist

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01:14:53,040 --> 01:14:58,480

for a lot of the SEALs and he also did uh Marcus Luttrell's debrief after as well so you know and

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01:14:58,480 --> 01:15:03,760

we didn't even go into that because again not only is it the SEALs it's also you know one man's

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01:15:03,760 --> 01:15:09,360

personal you know struggles so it's none of none of our business anyway but what we did talk about

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01:15:09,360 --> 01:15:16,320

was absolutely phenomenal so yeah amazing now just before we kind of transition some closing questions

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01:15:16,320 --> 01:15:20,800

you know you've got this incredible concept um you know the shadow self obviously is real you look at

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01:15:20,800 --> 01:15:26,240

any any you know kind of spiritual philosophy at all that's always present you know whether it's

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01:15:26,240 --> 01:15:32,320

the devil or the shadow side or whatever they want to label it um talk to me about some of the

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01:15:32,320 --> 01:15:37,600

success stories that you've had what what I think is so important about the mental health conversation

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01:15:37,600 --> 01:15:42,720

firstly is infusing hope I think the post-traumatic growth conversation is what we all need to be

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01:15:42,720 --> 01:15:47,200

having now that you are a more resilient person on the other side of this struggle

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01:15:47,920 --> 01:15:53,040

the other side is the toolbox I think you know I had I had someone I never named names but I had

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01:15:53,040 --> 01:15:59,520

a person on the show who swore blindly that their method worked on everyone they said everyone and

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01:15:59,520 --> 01:16:03,440

I disagree I'm sorry but I think that's bullshit there's no nutrition that works for everyone

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01:16:03,440 --> 01:16:07,280

there's no exercise plan that works for everyone you know and it's the same thing that's happening

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01:16:07,280 --> 01:16:13,840

with mental health but if it's one of the tools in a large toolbox that is phenomenal you know it

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01:16:13,840 --> 01:16:19,280

could be EMDR it could be equine therapy it could be psychedelics and now I'd never heard of this

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01:16:19,280 --> 01:16:25,680

until you came to you know it came to me when you had this most recent conversation yeah so talk to

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01:16:25,680 --> 01:16:29,440

me about some of the experiences that you've witnessed or some of the stories that you heard

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01:16:29,440 --> 01:16:35,040

going through this particular modality yeah and I'm glad you brought that up too because

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01:16:35,040 --> 01:16:43,280

as a organization our entire you know one pillar of the ethos is is that it's targeted for individuals

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01:16:43,840 --> 01:16:49,440

right like it's not a one-stop-shop we don't know all the answers if we don't know an answer to

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01:16:49,440 --> 01:16:54,160

something we're going to find it out we're going to put that in front of a person right but I think

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01:16:54,160 --> 01:17:01,040

what we did do was peel it back enough to know that some of the pillars some of the philosophy

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01:17:01,040 --> 01:17:08,400

some of the psychology some of the creativeness absolute vulnerability absolute hope absolute

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01:17:08,400 --> 01:17:15,760

trust like all those things became our anchor points for what we were doing and then once this

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01:17:15,760 --> 01:17:24,000

makeup effect idea started to happen it brought in all of that but it was also very individualized

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01:17:24,000 --> 01:17:31,360

per each of the people that we were doing it with right you know and and I've talked to some

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01:17:31,360 --> 01:17:38,880

people about it and they shrugged it off because it that's too heavy like that for me like you know

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01:17:38,880 --> 01:17:44,480

got to take a knee on that because that's way too far in the deep end but for the people that have

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01:17:45,440 --> 01:17:51,280

had interaction with shadow side and inner demon through makeup effects

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01:17:51,280 --> 01:17:58,640

I can't even put it to words like there's tears there's hugs there's compassion there's thanks

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01:17:58,640 --> 01:18:07,280

there's gratitude there's knowing that part of that thing that they were carrying be it shadow

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01:18:07,280 --> 01:18:15,760

or trauma or triggering or that combat experience that they had where you know I'm going to say it

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01:18:15,760 --> 01:18:23,440

like they wore a friend because of an ied and you know getting through all of that crap that you

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01:18:23,440 --> 01:18:29,200

carry because of the moral injury or the vision that you see every night before you go to bed or

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01:18:29,200 --> 01:18:38,400

whatever it was unlocking that box and allowing that stuff to come out interact with it right and

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01:18:38,400 --> 01:18:45,040

integrate the things that make sense and integrate the lessons sell them out and then you can get

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01:18:45,040 --> 01:18:50,400

to celebrate the fact that you've gone through this and this made you who you are right now today

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01:18:50,960 --> 01:18:58,080

and then being okay with the fact that you can also jettison and let go of the stuff that doesn't

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01:18:58,080 --> 01:19:04,640

serve you and your bigger purpose anymore that for a lot of the folks that we work with has been kind

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01:19:04,640 --> 01:19:12,000

of the the profound shifting of the paradigm for them because they felt like they had to carry

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01:19:12,000 --> 01:19:19,920

what it was like I feel morally injured and I feel like I'm here and this person isn't because of

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01:19:20,560 --> 01:19:26,400

you know enter all of the reasons why but now having gone through the process of

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01:19:27,600 --> 01:19:36,640

processing through all of the stuff the emotions the triggers the traumas the the mental aspect

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01:19:36,640 --> 01:19:42,160

of how you talk to yourself about all these things shifting the narratives breaking down the

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01:19:42,160 --> 01:19:50,160

paradigms recoding the system a little bit and then having gone through this very creative very

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01:19:52,240 --> 01:19:57,520

what's the word I'm looking for I mean it profound keeps coming up but I think that it's more

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01:19:57,680 --> 01:20:04,800

it's bigger than that it's it's the makeup effect gives you the opportunity to see something that

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01:20:04,800 --> 01:20:10,320

something that you know is inside of you but you just never could put your finger on what it was

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01:20:11,120 --> 01:20:18,000

and then now that you've had this conversation of this thing presents this to me and you see it

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01:20:18,000 --> 01:20:24,720

in the mirror dude people have been in makeup and they're bawling crying because they now can put a

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01:20:24,720 --> 01:20:30,880

label in a in an image to it but they also know as we kind of go back into the conversation a little

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01:20:30,880 --> 01:20:37,840

bit this is not your label this is not who you are right this is a piece this is an aspect of it

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01:20:38,400 --> 01:20:43,680

and this is something that we're now going to take and ask what's the lesson what's the integration

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01:20:44,240 --> 01:20:48,560

like much like you would do if you're doing plant medicine much like you would if you're going to

765

01:20:48,560 --> 01:20:52,880

any psychologist or psychologist that's worth their you know paying that they're writing notes

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01:20:52,880 --> 01:21:01,360

with you have to integrate a lesson then it's okay telling people James that it's okay to let go of

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01:21:01,360 --> 01:21:09,600

some of this stuff those words hit people like a ton of bricks because they've never ever gone

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01:21:09,600 --> 01:21:15,760

through the process of getting to this and then getting to the point where you put your arms around

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01:21:15,760 --> 01:21:22,000

him you're like it's okay like let go all of that other stuff we've already done the integration

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01:21:22,000 --> 01:21:27,440

here you've done the work you know you you've lived that part now we're on to the next phase

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01:21:27,440 --> 01:21:36,480

right and oh and and allowing them through hero's journey uh kind of framework blast that portal open

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01:21:36,480 --> 01:21:42,800

blast that threshold open here we are now here's the hero here's the heroine we're we're facing

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01:21:42,800 --> 01:21:52,080

forward right um so that for me has been so impactful as you know a group that's kind of

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01:21:52,080 --> 01:21:59,120

come into doing this because we know that this is something that is different enough

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01:22:00,720 --> 01:22:05,120

kind of breaks down the paradigm a little bit but it's also one of those things too where

776

01:22:06,560 --> 01:22:12,000

people talk about thinking out of the box a lot like we exploded the box there is no box

777

01:22:12,000 --> 01:22:18,800

right like something like this you can't put it in that and try to you know make it do what you want

778

01:22:18,800 --> 01:22:25,360

it to do like it has a will and a life of its own um and you gotta you gotta be okay with it you gotta

779

01:22:25,360 --> 01:22:31,920

be okay with it creating itself and giving it breath and life so it's it's been a really good

780

01:22:31,920 --> 01:22:37,120

process for the people that we've done it with but it's also been a really good process for us

781

01:22:37,120 --> 01:22:43,760

you know like this has been a really cathartic thing to kind of figure out who we are like what

782

01:22:43,760 --> 01:22:50,240

are we doing what's the main thing that we can bring to you know the mental health space and

783

01:22:50,240 --> 01:22:55,680

helping people move through trauma and trigger and all that stuff and do it in a way where we know

784

01:22:56,320 --> 01:23:02,640

we're bringing something that we feel is for the purposes of what we do effective and efficient

785

01:23:02,640 --> 01:23:10,800

and does it in a way where we know that we also have connection to that person that you know
I

786

01:23:10,800 --> 01:23:16,000

get text messages daily you know and it's it's gratitude and it's thanks and it's hey just want

787

01:23:16,000 --> 01:23:20,960

to see how you're doing and you know it creates the team and the tribe and they know that they
have

788

01:23:20,960 --> 01:23:25,760

a group of people that aren't just the groups it's like oh hey go do this and then they go away

789

01:23:26,320 --> 01:23:30,960

you know like we we want to win bed and then that's kind of the idea of this whole thing

790

01:23:30,960 --> 01:23:35,920

is that the embedding nature of what we do you have to do it like that's the way that you're

791

01:23:35,920 --> 01:23:42,480

going to start creating change and breaking down the current systems and kind of relaunching

792

01:23:42,480 --> 01:23:47,600

and recoding everything that we're doing right so it's it's been good it's been a really really

793

01:23:47,600 --> 01:23:53,840

good process it sounds amazing and it's again so so out of the box I mean it really is but that's

794

01:23:53,840 --> 01:23:58,080

what we need you know there's this a lot of the issues that you see in the fire services because

795

01:23:58,080 --> 01:24:03,280

we've always done it the same way you know so we need the box breakers of the world absolutely

796

01:24:03,280 --> 01:24:08,960

absolutely one little tangent before we go to closing questions yeah it's been interesting

797

01:24:08,960 --> 01:24:15,840

from the actor's perspective the impact of ai and cgi on their you know their space now a lot of them

798

01:24:15,840 --> 01:24:21,920

are doing green screen acting now I just had Captain Dale Dion recently in the masters of the air

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01:24:21,920 --> 01:24:26,160

and you know the set apparently was like this this all these real b

800

01:24:26,160 --> 01:24:32,320

I think it was b52s with screens all the way around so they were actually immersed in you know

801

01:24:32,320 --> 01:24:35,920

screens like they were seeing things but a lot of these guys got to give them credit where they're

802

01:24:35,920 --> 01:24:41,040

acting in front of a giant screen that's just green pretending to be you know running from

803

01:24:41,040 --> 01:24:45,840

whatever but also you hear about the intellectual property now you know oh they can literally

804

01:24:45,840 --> 01:24:51,680

do one take with me and then they'll get that version of me to do other things and you know that

805

01:24:51,680 --> 01:24:58,000

creatively obviously you know that there's an ethical issue there too yeah what about your world

806

01:24:58,000 --> 01:25:03,600

as cgi has got better and better and better has it threatened the makeup artist or is there still

807

01:25:03,600 --> 01:25:12,000

a kind of fusion of the two skills together it's always for me anyway and other people may think

808

01:25:12,000 --> 01:25:19,520

differently but we started having this conversation James years ago like we saw that during the

809

01:25:19,520 --> 01:25:26,080

years ago like we saw that Jurassic Park was coming we saw that you know there were cg dinosaurs

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01:25:26,640 --> 01:25:34,000

but you know at stands they also made a giant full-size Tyrannosaurus Rex they made full

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01:25:34,000 --> 01:25:39,760

walk-around velociraptors right like it was always the physical imprint because the actors would

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01:25:39,760 --> 01:25:45,920

always say I don't want to act with a tennis ball like I need something in front of me that I can

813

01:25:45,920 --> 01:25:52,800

interact with and have this you know ongoing thing with as we film this so it's always been there as

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01:25:52,800 --> 01:25:57,920

like you know we're gonna makeup effects is gonna go away because of cgi and all that stuff and it

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01:25:57,920 --> 01:26:04,400

just it never has and I don't think it ever will because there's actors out there I'll use Gary

816

01:26:04,400 --> 01:26:10,960

Olma as an example one of my really good friends in life Brian Sipe he was he's been in the makeup

817

01:26:10,960 --> 01:26:18,720

effects industry for years but he was lead on Mandalorian for a long time he's led all kinds of

818

01:26:18,720 --> 01:26:26,880

makeup effect shows Guardians of the Galaxy he used to be one of the main folks for Jennifer

819

01:26:26,880 --> 01:26:33,360

Lawrence he was her personal for a long time for the Mystique makeup like just awesome dude but he

820

01:26:33,360 --> 01:26:39,280

worked with Gary on Hannibal and I remember Hannibal like you know everything was pulled and

821

01:26:39,280 --> 01:26:45,520

the whole Mason Verger character that Gary Oldman played Gary's like I want you to muck me up like

822

01:26:45,520 --> 01:26:51,120

I need something in my mouth to make me talk weird so they went through this whole process of

823

01:26:51,920 --> 01:26:58,160

how do you transform this person into this other person and have it be something that that person

824

01:26:58,160 --> 01:27:04,480

can look at in the mirror and see themselves as something different right so as as they came up

825

01:27:04,480 --> 01:27:10,880

with that whole makeup again as we kind of pivot this back into current that's always been something

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01:27:10,880 --> 01:27:17,840

for me is how can we utilize makeup effects to present something as a different personality of

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01:27:17,840 --> 01:27:23,440

a person and it's almost shamanistic in its imprint right because we're actually changing

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01:27:23,440 --> 01:27:29,840

the personality and the energy of a person through this art form right like we're changing the energy

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01:27:29,840 --> 01:27:37,200

and the spirit of who that person is so it's never been for us kind of a thing we've always been

830

01:27:39,680 --> 01:27:46,240

kind of inviting to the whole idea of CG because it's it can be if it's done well if you see Lord

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01:27:46,240 --> 01:27:52,000

of the Rings holy crap like they took makeup effects and CG and they put it together and it's

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01:27:52,800 --> 01:27:59,040

seamless right because you got your orcs but you also got your you know eagles that are flying

833

01:27:59,040 --> 01:28:05,200

that are oversized and you know what a great great great kind of measurement of all of those

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01:28:05,200 --> 01:28:11,600

things together but i don't think we'll ever really see kind of you know us as makeup effects

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01:28:11,600 --> 01:28:18,160

artists going you know away of the warrior because i mean it's it's it's it's too powerful

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01:28:18,160 --> 01:28:25,440

it's too powerful of a venue absolutely now what about moulage when it comes to training whether

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01:28:25,440 --> 01:28:33,600

it's military training or first responder but also if you're using makeup in this capacity we've just

838

01:28:33,600 --> 01:28:40,240

discussed to you know manifest a shadow self and then and then try and peel that shadow self away

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01:28:41,120 --> 01:28:48,320

is there any potential at all of introducing a version of exposure to trauma to young first

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01:28:48,320 --> 01:28:53,600

responders through moulage so they're not seeing the horrors they're not hearing the actual screams

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01:28:53,600 --> 01:28:59,840

of the loved ones that really haunt us but maybe giving that realism not only for the injury

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01:28:59,840 --> 01:29:05,920

treatment for example but also micro doses of trauma to build up that potential resilience

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01:29:06,640 --> 01:29:12,720

we've done that there was we've did that um it's been a few years back we were working with a group

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01:29:12,720 --> 01:29:18,240

and and we created a little side company called battle scars and it was basically that like you

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01:29:18,240 --> 01:29:26,080

know having um it was law enforcement at the time because if you were to walk into a shooting um

846

01:29:26,960 --> 01:29:31,840

kind of active shooter thing and had to administer first aid and you were the first on scene

847

01:29:31,840 --> 01:29:37,120

you know we would you know things are bleeding you know we would have you know things and if you did

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01:29:37,120 --> 01:29:42,800

the compress right or the tourniquet right we turn the blood off and you you know save the person or

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01:29:42,800 --> 01:29:48,560

whatever so we've done that and we're actually working with a group now currently um starting

850

01:29:48,560 --> 01:29:56,560

online some stuff but it's a group called um they're called lives they're in uk um and they

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01:29:56,560 --> 01:30:06,160

are doing some amazing work in uh that field where they're training rural ems folks to to come upon a

852

01:30:06,160 --> 01:30:13,280

you know traumatic car accident or whatever and they're uh bringing us on to bring them exactly

853

01:30:13,280 --> 01:30:19,840

what you just talked about so utilizing someone who in real life might be an amputee but as an

854

01:30:19,840 --> 01:30:25,680

actor they could come in and we could do a makeup effect on their arm and their arm could be you

855

01:30:25,680 --> 01:30:30,960

know severed in the car accident and the person has to go over and you know take care of and

856

01:30:30,960 --> 01:30:37,680

respond to the injury um they have a room in the building that they're creating now where it's you

857

01:30:37,680 --> 01:30:44,800

can create cold rain anything and it's it's vehicle driven too so you can drive a vehicle onto site

858

01:30:44,800 --> 01:30:49,440

and have it be it's incredible what they're doing you should check them out they're called lives

859

01:30:50,320 --> 01:30:56,240

amazing stuff amazing stuff and we're also going to imprint some of the biometric information into

860

01:30:56,240 --> 01:31:01,360

that as well because as you know you know stress response starts happening as you're going through

861

01:31:01,360 --> 01:31:07,120

some of these trainings how pivotal to be able to see what you're doing have the instructor be

862

01:31:07,120 --> 01:31:13,120

able to look and see kind of what's going on with you real time hit the pause button take that

863

01:31:13,120 --> 01:31:17,280

breath you're good like you're going you know we're going to ramp this up so get ready for it or

864

01:31:17,280 --> 01:31:22,880

whatever the you know cadence is that they're going for and being able to show them biometrically

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01:31:22,880 --> 01:31:28,320

where they were within that training scenario it's it's awesome so they're going to start imprinting

866

01:31:28,320 --> 01:31:33,120

some of that stuff too amazing well thank you for that i'll look into them definitely yeah

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01:31:33,120 --> 01:31:37,920

absolutely all right first of the closing questions is there a book or are there books

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01:31:37,920 --> 01:31:42,560

that you love to recommend it can be related to our discussion today or completely unrelated

869

01:31:43,920 --> 01:31:50,400

oh man that's funny i have a book list in the back of the deck that i created for this human

870

01:31:50,400 --> 01:31:57,760

fusion equation it's like three slides long what am i reading now currently that i am really really

871

01:31:57,760 --> 01:32:05,360

into i'm looking at my bookshelf right now the creative act by rick rubin is amazing

872

01:32:08,640 --> 01:32:11,440

uh we have been talking a lot about

873

01:32:11,440 --> 01:32:20,480

longevity these past couple of years on on our teams and what that means so lifespan has been a

874

01:32:21,280 --> 01:32:29,920

really big book for us by david sinclair um what else did i pick up very recently that i finished

875

01:32:29,920 --> 01:32:37,680

up i just put it out there the baghvet gita was one of my gateways when it comes to kind of

876

01:32:37,680 --> 01:32:48,400

doing what we're doing um as a organization and then i read a lot of uh books on shamanism there's

877

01:32:48,400 --> 01:32:55,360

one called shambahala um let me grab it real quick because there's no way i'd be able to

878

01:32:56,240 --> 01:33:04,240

spell it for you but it's this one the way of the sacred warrior shambhala okay

879

01:33:04,240 --> 01:33:15,680

it's amazing it's amazing um and then i am a giant jonathan mayberry fan he writes um

880

01:33:16,960 --> 01:33:22,240

he's all right it still writes comics but he he writes a series uh based on this character

881

01:33:22,240 --> 01:33:28,560

named joe ledger and the first book i ever read of of jonathan's was called patient zero

882

01:33:28,560 --> 01:33:36,800

and obviously it's a zombie book but the book is about um this guy joe ledger and his experiences

883

01:33:36,800 --> 01:33:45,680

with this new kind of black ops organization called the dms um and it's it's so profound for

884

01:33:45,680 --> 01:33:51,840

me and a lot of those books that i read through jonathan mayberry have become very lesson filled

885

01:33:51,840 --> 01:34:00,160

for me that sounds weird but um i've i've got a lot of takeaways that i've gotten from jonathan

886

01:34:00,160 --> 01:34:06,160

mayberry and he's actually in the book that i'm writing now um which has been a very very interesting

887

01:34:06,880 --> 01:34:11,840

path for me to walk to so yeah i think those are probably the main ones right now i got there's

888

01:34:12,560 --> 01:34:18,000

again there's again on the back of one of my decks it's just it's loaded with books but those are

889

01:34:18,000 --> 01:34:22,800

the ones off the top of my head what's your favorite kind of zombie we have a spectrum from

890

01:34:22,800 --> 01:34:29,840

sean of the dead all the way through to world war z there shouldn't be fast zombies i'm gonna go on

891

01:34:29,840 --> 01:34:37,280

record and say that um i am a i'm a purist when it comes to that stuff i'm a remiro zombie guy

892

01:34:38,000 --> 01:34:43,280

through and through so i like the i like the shambling kind of walking dead type of zombie

893

01:34:43,280 --> 01:34:50,240

um and you know i'll go on record and say that you know greg and his team at kmb they continue to

894

01:34:50,240 --> 01:35:00,240

create you know the best version of what i feel is that modern day zombie so yeah the shamblers i

895

01:35:00,240 --> 01:35:06,800

think is my version how ironic was it that we use the term patient zero in covid and there was a

896

01:35:06,800 --> 01:35:13,520

lot of zombieism going on during that time too i know yeah but irony doesn't fall far from real

897

01:35:13,520 --> 01:35:17,840

right like that's very very interesting it's funny i was out in a conversation with some friends the

898

01:35:17,840 --> 01:35:23,600

other day asking them about what their kind of cathartic thing was during covid and i got a

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01:35:23,600 --> 01:35:30,480

variance of different answers but my answer was um i would sit in the room where i was in at the

900

01:35:30,480 --> 01:35:38,800

time living and i would watch disaster movies and it was mostly you know like old school mega man

901

01:35:39,840 --> 01:35:45,840

you know some of the some of the asian um disaster films that were out there trained to busan i

902

01:35:45,840 --> 01:35:52,240

watched but it's just you know cathartically knowing that something's going on out there like

903

01:35:52,960 --> 01:35:59,120

you know feed the shadow like okay something's happening so let's feed you so then we can get

904

01:35:59,120 --> 01:36:05,440

the work tomorrow and and be you know somewhat functional because we've we've gone through that

905

01:36:05,440 --> 01:36:10,560

process of you know cathartically getting out what we needed to so we can keep functioning you know

906

01:36:11,120 --> 01:36:16,400

yeah so what a weird time in our history that was i think there was a lot of shadow feeling feeding

907

01:36:16,400 --> 01:36:22,160

by people that were supposed to be leading you know and and i've talked about this the autonomy

908

01:36:22,160 --> 01:36:28,720

that should have been promoted the the ability to improve your resilience against a disease by

909

01:36:28,720 --> 01:36:34,880

eating well by exercising by going outside by still communing with your loved ones because

910

01:36:34,880 --> 01:36:40,880

it's going to get you whether you like it or not was completely you know it was the reverse it was

911

01:36:40,880 --> 01:36:46,080

stay at home stay scared we'll tell you what to do but you can deliver fast food and alcohol while

912

01:36:46,080 --> 01:36:51,200

you watch tiger king and it just couldn't have been a worse you know message for people so yeah

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01:36:51,200 --> 01:36:56,560

i think it was all shadow self and no growth well it's interesting as you bring that up too

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01:36:56,560 --> 01:37:02,080

because stay home stay scared we even during that whole time when we were kind of conceptualizing

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01:37:02,080 --> 01:37:07,920

what we were going to be doing you know further afield for metasphere it became how do we take

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01:37:07,920 --> 01:37:16,240

this fear-based stuff that we're being fed and and shift it on its head like what do we like yes

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01:37:16,240 --> 01:37:21,200

it's scary yes you know there's something out there that can take you out and new york's full

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01:37:21,200 --> 01:37:28,880

of dead bodies and all that stuff what can you do with this knowledge to help you step each foot in

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01:37:28,880 --> 01:37:33,440

front of the other and not only be resilient through the whole thing but figure out a way

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01:37:33,440 --> 01:37:38,640

to thrive through it like what can you do as a person to thrive through this situation so

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01:37:38,640 --> 01:37:45,840

learning from the fear learning from some of that stuff because you know you you got to do what you

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01:37:45,840 --> 01:37:50,880

got to do if there are pre-existing conditions and all that stuff but also i absolutely agree

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01:37:50,880 --> 01:37:55,760

what can you do to force multiply your experience even though you got you know the news people

924

01:37:55,760 --> 01:38:02,720

telling you the you know you're you're dead in two weeks no matter what the fear-mongering was

925

01:38:02,720 --> 01:38:08,640

crazy and i think that's you know part and parcel to kind of where we find ourselves now as a society

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01:38:09,200 --> 01:38:15,440

you know like we never have fully truly moved away from that you know and i think that's why

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01:38:15,440 --> 01:38:21,840

you know today we still hear of the mental health crisis and why that's such a huge thing and it is

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01:38:21,840 --> 01:38:28,160

it's worse you know i think because of it i already do yeah 100 but then you know to our

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01:38:28,160 --> 01:38:34,000

conversation and the conversations you've had with multitudes of other people what can we do

930

01:38:34,000 --> 01:38:40,800

to be better what can we do to multiply effectiveness and optimize experience and all that stuff

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01:38:40,800 --> 01:38:46,720

hell with all the other stuff what can you do as an individual to help yourself which is then going

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01:38:46,720 --> 01:38:53,520

to in turn energetically imprint people around you you know and i think we've lost sight of that tribal

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01:38:54,240 --> 01:39:00,480

connectivity and kind of doing for us so we can do for others it's it's such a foreign concept of

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01:39:00,480 --> 01:39:08,400

people now it's crazy i always point out that we had a completely captive audience so there was no

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01:39:08,400 --> 01:39:14,800

better time to really address the physical health pandemic that we have i mean you know australia

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01:39:14,800 --> 01:39:20,160

england especially the u.s are getting fatter and sicker the mental health crisis the opioid

937

01:39:20,160 --> 01:39:24,560

epidemic what a beautiful moment to say all right well you've got your attention we're going to

938

01:39:24,560 --> 01:39:30,640

start addressing some of the issues and i talk about this no one took the soda machines out of

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01:39:30,640 --> 01:39:35,680

schools no one put real food back into school kitchens no one put money behind the p.e programs

940

01:39:35,680 --> 01:39:42,640

the sports programs the arts you know what modes of expression no one bolstered local farmers to

941

01:39:42,640 --> 01:39:47,520

to grow you know clean food again so we didn't have a bottleneck like we saw in like none of that

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01:39:47,520 --> 01:39:53,680

happened so there's your answer the people that you put all your faith in the people that we employ

943

01:39:53,680 --> 01:40:00,160

to supposedly lead failed fucking miserably so it is up to you i hate that phrase no one's coming to

944

01:40:00,160 --> 01:40:04,400

save you because people are people that wear uniforms like i used to wear are going to come

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01:40:04,400 --> 01:40:11,280

and save you but you need to be part of the solution as well yes that autonomy that i wish

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01:40:11,280 --> 01:40:17,600

people had that i put extra episodes during the the pandemic about it's up to each one of us to

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01:40:17,600 --> 01:40:23,680

learn more about how to eat better how to exercise mindfulness sleep you know community find a way to

948

01:40:23,680 --> 01:40:28,720

mentor you know work on your own home and then walk outside your front door if we all do that

949

01:40:28,720 --> 01:40:34,880

we can then force the needle but waiting for those fucking idiots that we have in dc and i'm talking

950

01:40:34,880 --> 01:40:39,600

about both sides because it's spanned both governments absolutely you're just you're going

951

01:40:39,600 --> 01:40:44,480

to be waiting forever so it's like having the zombie apocalypse and it passes and then you forget

952

01:40:44,480 --> 01:40:50,320

all about what it's like to fight zombies yes yes well and i love that you bring that up too because

953

01:40:51,040 --> 01:40:56,480

you know at the end of the day i've written a piece in my book and it's called you're in this alone

954

01:40:56,480 --> 01:41:04,960

and and it's absolutely true because as a single autonomous human being it is up to you to make

955

01:41:04,960 --> 01:41:11,200

your choices to choose to do whatever it is that you're going to do to act or not to walk through

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01:41:11,200 --> 01:41:17,120

the thresholds or not to make yourself better or not to eat good food or not to move yourself

957

01:41:17,120 --> 01:41:23,440

physically or not right like it's up to you alone to make those decisions are people out there that

958

01:41:23,440 --> 01:41:30,160

will support you and cheer for you and be your you know biggest cheerleader when you get the win and

959

01:41:30,160 --> 01:41:35,280

all that stuff 100 but they're not going to be the ones that are making those decisions

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01:41:35,280 --> 01:41:41,440

for you to step into the breach and do some hard stuff and get that win right so i think to your

961

01:41:41,440 --> 01:41:50,000

point being who we are and kind of living this human existence it is so up to us individually

962

01:41:50,000 --> 01:41:57,200

individually to make those decisions and a lot of those decisions suck and they're hard and you know

963

01:41:57,200 --> 01:42:03,440

it's difficult to get up at five o'clock in the morning and walk down to the gym and get your

964

01:42:03,440 --> 01:42:09,040

workout in and then eat a good breakfast and make sure you're hydrating well like it can it can be

965

01:42:09,040 --> 01:42:16,080

difficult but guess what this is life and life can be difficult but it can also be profoundly

966

01:42:16,080 --> 01:42:23,280

awesome and joyful and the we how you get there the choices that you make the decisions that you make

967

01:42:23,840 --> 01:42:29,200

i think that's where the sauce is is that some of those things that get us to those most beautiful

968

01:42:29,520 --> 01:42:35,600

most divine joyful times in life we've done the hard stuff to get there done the work right we

969

01:42:35,600 --> 01:42:43,760

practiced living life in a way where we operationalize ourselves and i think that's so so needed

970

01:42:43,760 --> 01:42:51,200

especially to your point right now because you know yes first responders military are doing it

971

01:42:51,200 --> 01:42:57,360

the law enforcement's doing it somebody will come help and try to save but you got to want to save

972

01:42:57,360 --> 01:43:03,040

yourself start with right so that's got to be part of your mission so tell me about the book what's

973

01:43:03,040 --> 01:43:12,160

it going to be about and what's the title if you have one man um the title working right now is a

974

01:43:12,160 --> 01:43:22,320

cathartic a cataclysmic life the tau of human fusion because i feel like we as humans

975

01:43:24,080 --> 01:43:31,440

we're a fusion reactor and as we act it predicates the next spark and the next fire and the next

976

01:43:31,440 --> 01:43:41,440

explosion right so having something for us to catalyze and burn energy and create those fusion

977

01:43:41,440 --> 01:43:48,480

reactions daily i think is important and i think that comes from making kind of cataclysmic

978

01:43:48,480 --> 01:43:55,360

decisions right like deciding to leave a job because that job is not healthy for you because

979

01:43:55,360 --> 01:44:02,800

it's filled with a culture that does nothing but bring you down and bring down the culture itself

980

01:44:03,760 --> 01:44:10,000

cataclysmically the decision is i gotta leave right like there's something better for me out there

981

01:44:10,000 --> 01:44:15,680

so making that decision but also putting things within your fusion reaction to make sure that

982

01:44:16,320 --> 01:44:21,200

you leave the job but you're also doing things to make sure that you're optimizing your experience

983

01:44:21,200 --> 01:44:28,400

as you do so it's a lot of that and it's it's very memoir based so i talk a lot about what we

984

01:44:28,400 --> 01:44:33,520

were talking about earlier with you know kind of upbringing and nature versus nurture and some of

985

01:44:33,520 --> 01:44:40,320

those experiences with the deer and being outside and all that stuff and then i wrap it each of

986

01:44:40,320 --> 01:44:48,400

those memoir stories in a lesson so what i want it to be is you know not just me ranting about

987

01:44:48,400 --> 01:44:55,200

you know we got to do better but giving actionable you know steps to do that and and be somebody that

988

01:44:55,200 --> 01:45:01,200

can look at themselves in the mirror and go it's gonna be difficult but i can do it and and oh

989

01:45:01,200 --> 01:45:06,880

brian's done some things in his past and gave some examples i can take an example of that and kind

990

01:45:06,880 --> 01:45:13,120

of move myself forward and it's funny i started this book six years ago and put it back like it's

991

01:45:13,120 --> 01:45:19,840

been on a hard drive and then as i was talking to eric potterat and talking to daniel and you and i

992

01:45:19,840 --> 01:45:24,080

had our conversations and all that stuff and just doing what we've been doing on the medis for your

993

01:45:24,080 --> 01:45:29,360

side i picked it up one day and i was like i'm gonna finish this damn thing and it's gonna be

994

01:45:29,360 --> 01:45:36,560

something that's going to be for me first off but i'm also gonna intend to write it in a way where

995

01:45:37,120 --> 01:45:42,880

it's my voice and it's my humor and it's my inflection and all that stuff but i also want it

996

01:45:42,880 --> 01:45:50,720

to be something where people can read it and look at it and see similarities with themselves and then

997

01:45:50,720 --> 01:45:55,680

see that there's actionable steps that they can take in order to kind of move themselves in a

998

01:45:55,680 --> 01:46:01,360

in a different direction um it's permeated with medisphere stuff a lot of hero journey stuff's in

999

01:46:01,360 --> 01:46:07,360

there so uh it's it's gonna be a juggernaut i might have to break it into two or three versions

1000

01:46:07,360 --> 01:46:12,800

of volumes because it's i was talking to sarah my better half the other night and she's like oh my

1001

01:46:12,800 --> 01:46:23,200

god this thing is long but and i and i i feel like part of that practice and part of that idea of it

1002

01:46:23,200 --> 01:46:29,680

takes a minute to do anything that's that's worth it in life right you know a long book and reading

1003

01:46:29,680 --> 01:46:34,560

through a book and doing the exercise that you're engaging you're you're grabbing a hold of something

1004

01:46:34,560 --> 01:46:42,640

that is maybe difficult because it's of its length um but you do it and i think you come out the other

1005

01:46:42,640 --> 01:46:48,800

side you know better for it so yeah that's what it's all about beautiful i'm looking forward to

1006

01:46:48,800 --> 01:46:57,200

seeing that come out so what about what about um movies and documentaries obviously you've you know

1007

01:46:57,200 --> 01:47:05,040

been a part of so many productions what is some of your favorite of those man documentaries i love

1008

01:47:05,040 --> 01:47:13,920

the social dilemma because i see that every day um with people that we work with like they're so

1009

01:47:13,920 --> 01:47:20,800

plugged into the device and they're they're addicted like you you can't walk out of a room without it

1010

01:47:20,800 --> 01:47:25,280

either in your back pocket people go to the bathroom with theirself it's like what is happening

1011

01:47:25,280 --> 01:47:30,240

like what are you doing in there um you know getting your likes on facebook or whatever i

1012

01:47:30,880 --> 01:47:37,040

i got off of social media years ago like i just have linkedin now and it's been such a good thing

1013

01:47:37,040 --> 01:47:44,880

so social dilemma was good um what have i watched recently documentary wise that i really love i i'm

1014

01:47:44,880 --> 01:47:52,320

a out myself i love project runway man i'm a giant project runway fan and when you say out yourself

1015

01:47:52,320 --> 01:48:00,800

is this an exclusive or you're just talking about just talking about the the idea of you know this

1016

01:48:00,800 --> 01:48:05,920

this guy who does what i do and one of my favorite things to do in life is sit on the couch at night

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01:48:05,920 --> 01:48:12,160

with my significant other and watch project one way it's just it's the it's the characters of it

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01:48:12,160 --> 01:48:20,720

it's the creativeness of it so i love it um i'm a big big mike flanagan fan um mike flanagan is a

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01:48:20,720 --> 01:48:27,920

uh horror director uh he's done a lot of stephen king adaptations um but he's got a show all of

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01:48:27,920 --> 01:48:36,000

his shows are on netflix but but one called midnight mass just affected me in such a way

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01:48:36,000 --> 01:48:41,920

uh there's a certain scene that happens within that show and series that i have a

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01:48:41,920 --> 01:48:48,640

a transcript of it in the book because it was so profound it was a question asked to somebody

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01:48:48,640 --> 01:48:54,880

within the show about what do you think happens to you after you die and the lady that gives the

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01:48:54,880 --> 01:49:05,920

answer like it's exactly what i would think in my heart spirit kind of brain process but to see it

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01:49:06,480 --> 01:49:13,280

emoted on a tv show it blew my mind and i it again uh emotional i was sitting on the couch

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01:49:13,280 --> 01:49:16,880

and sarah and i started crying because they're like holy shit this is exactly what we believe

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01:49:17,680 --> 01:49:24,240

so and the Flanagan stuff pretty heady anyway like he always teaches a moral kind of spirit

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01:49:24,240 --> 01:49:30,560

lesson with his stuff i believe so that's been really cool um i still love walking dead you know

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01:49:30,560 --> 01:49:36,640

i know i kind of toot the horn but i still am a fan of kind of what they're doing with that and

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01:49:36,640 --> 01:49:41,200

kind of seeing what they're doing with all the little branch off extensions with everybody kind

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01:49:41,200 --> 01:49:46,320

of going and doing their other stuff um so many different documentaries i wish i could

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01:49:46,320 --> 01:49:54,560

think of you know the ones that have affected me in a pretty powerful way over the past few years

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01:49:54,560 --> 01:50:00,800

there was one that was about a um it's about a volcano in Australia where they were taking people

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01:50:00,800 --> 01:50:06,960

to um visit the volcano and it was active remember that i think it was it was in New Zealand i think

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01:50:06,960 --> 01:50:14,320

it was yes yes i saw on the plane for some reason yeah horrifying that was that was very very

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01:50:14,320 --> 01:50:20,560

very very interesting um and then i you know what's the one about the octopus the teeth my

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01:50:20,560 --> 01:50:30,160

oh yeah my yeah my octopus teacher wow amazing amazing yeah i'm a i'm a big documentary person

1038

01:50:31,040 --> 01:50:38,800

um and i've kind of pivoted into um not so much horror these days but i i love watching like really

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01:50:38,800 --> 01:50:47,920

old school sci-fi now um watch a lot of old stanley kubrick stuff like 2001 love um a lot of old

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01:50:47,920 --> 01:50:54,320

you know just kind of twilight zone stuff i keep watching over and over again and i hate and i'm

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01:50:54,320 --> 01:51:00,400

going to use the word i don't use hate often but i hate that hollywood has gone to having to redo

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01:51:00,400 --> 01:51:08,080

and reboot everything it's like oh my god like what where's the original ideas you know yeah i

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01:51:08,080 --> 01:51:15,440

mean when we made our two films out in michigan absolute original ideas you know yes inspired

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01:51:15,440 --> 01:51:21,120

from some things i mean covid was a giant inspiration when we made the first movie

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01:51:21,120 --> 01:51:28,320

because of just what it was but you know try to be original with the thought process and not redo

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01:51:28,320 --> 01:51:34,880

stuff so yeah when you see classic movies like poltergeist and waxworks and all this our um

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01:51:34,880 --> 01:51:41,120

um night at the wax museum or whatever being redone you're like what is happening like you

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01:51:41,120 --> 01:51:47,040

know have a have an original thought yeah absolutely yeah my my book i'm writing now is a fiction and

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01:51:47,040 --> 01:51:50,960

that's my goal like i want it to be a you know captivating book but i want it to be on the

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01:51:50,960 --> 01:51:57,840

screen because that's how you get to the most people and when you see what absolute shit gets

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01:51:57,840 --> 01:52:04,240

made these days you go you know what why the fuck not me as well i got a chance yeah i mean you have

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01:52:04,240 --> 01:52:09,040

that imposter syndrome and like ah but then when you really deconstruct it yeah like you could make

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01:52:09,040 --> 01:52:14,560

a life story of almost everyone's being on the show and it would be a captivating film you know

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01:52:14,560 --> 01:52:18,960

one and yeah i just watched when it was really sad because it was a great cast but i got i watched one

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01:52:19,600 --> 01:52:25,680

um god i forget uh i got to say michael keaton played like an old navy seal in it it was on netflix

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01:52:25,680 --> 01:52:33,920

and this kid this guy had lost his wife and child i forget now because it was that bad and then became

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01:52:33,920 --> 01:52:39,040

like a you know trained for vengeance and then the cia would like watching him like hey you're a

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01:52:39,040 --> 01:52:44,640

really good fighter you can come join the cia oh i don't know i'm watching this like which fucking

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01:52:45,360 --> 01:52:50,320

you know post vehicle accident eight-year-old wrote this like really you went into a boardroom

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01:52:50,320 --> 01:52:56,480

with this and they were like here's 20 million dollars go make it and i know that the cast was

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01:52:56,480 --> 01:53:00,160

phenomenal so they must have been pitched a slightly different version of how it ended up

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01:53:01,200 --> 01:53:06,640

but this is just it i'm not criticizing there's so many great films out there but there are so many

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01:53:06,640 --> 01:53:13,200

like you said rehashes or just the same cheesy story oh i'm a i'm a rugged detective and i drink

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01:53:13,200 --> 01:53:18,240

when i wake up and you know like for fuck's sake so this is what's enthralling anyone out there with

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01:53:18,240 --> 01:53:22,880

anyone out there with a with a story burning in your heart i'm i've come hell or high water i'm

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01:53:22,880 --> 01:53:29,760

gonna get this made into a show but well why not you i'll help you anyway i can so what have you

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01:53:29,760 --> 01:53:34,960

seen and i'll give you one of mine but what have you seen recently that's been kind of that

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01:53:35,600 --> 01:53:41,360

thing for you where light bulb kicked on i'd say one of the best pieces of television i've seen

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01:53:41,360 --> 01:53:50,400

a long time with michael keaton was um dope sick on hulu absolutely incredible and it wasn't just

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01:53:50,400 --> 01:53:56,000

the fact that it was a powerful true story every single character in that film it wasn't a

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01:53:56,000 --> 01:54:01,280

caricature but it was raw enough to make it believable and you everything from you know

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01:54:01,280 --> 01:54:05,920

there was one um girl who becomes an addict and her parents are devout christian and there's that

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01:54:05,920 --> 01:54:11,680

spiritual struggle it was i mean absolutely phenomenal so to me that's what if you're going to ask

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01:54:11,680 --> 01:54:18,080

a person to sit down for in this case it was like a you know what was that six eight hours of

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01:54:18,080 --> 01:54:24,880

television yeah i i mean i watched it again for the second time and i've tried to get beth macy on who

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01:54:24,880 --> 01:54:29,520

wrote the book and it's just about timing because writers are always writing um you know i mean it

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01:54:29,520 --> 01:54:36,320

was it was absolutely incredible so to me it shows like that it's still you know that was a true story

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01:54:36,320 --> 01:54:42,480

but the way the way it was presented it wasn't like a documentary they used drama they used

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01:54:42,480 --> 01:54:50,720

you know quote unquote fiction in some areas to draw you in and viscerally see how the corruption

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01:54:50,720 --> 01:54:57,360

and greed and arguably mental health in corporations creating these fucking sociopaths at the top of

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01:54:57,360 --> 01:55:06,320

these these businesses literally caused a national opioid epidemic so that to me is is a gold standard

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01:55:06,320 --> 01:55:12,240

of what television should be yeah i i saw there's a lot of good television out there and it's sad

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01:55:12,240 --> 01:55:17,760

because i think that the they're really good stories it's not sad it's different because a

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01:55:17,760 --> 01:55:21,760

lot of the good stories are going to the small screen you know like there's there's a lot of

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01:55:21,760 --> 01:55:28,640

really good storytelling but i did go see uh up and heimer uh when it was out and you know that's

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01:55:28,640 --> 01:55:36,240

where this thing came from because i got home um kind of just really because i knew the story but

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01:55:36,240 --> 01:55:43,200

didn't know the real story um of kind of what all went on and then what up and heimer's reaction

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01:55:43,200 --> 01:55:48,880

was to the whole thing because he really felt badly about the fact that they had created this

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01:55:48,880 --> 01:55:54,640

thing was then going to kill you know millions of people and he felt like they had done the

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01:55:54,640 --> 01:56:01,680

wrong thing and he started to kind of voice that you know very openly um but i got home that night

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01:56:01,680 --> 01:56:06,880

and really started to think about it and then went to bed and james i woke up the next morning it was

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01:56:06,880 --> 01:56:14,480

like it was like out of a movie and i had this dream where i saw all of these factors of this

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01:56:14,480 --> 01:56:22,000

thing kind of floating around and i was hearing like static of a radio and i saw a hand come in

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01:56:22,000 --> 01:56:28,960

and kind of tune the radio to like it was like this weird kind of 40s instrumental station i

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01:56:28,960 --> 01:56:34,560

was like okay and then all these factors started dropping into place and it was kind of the whole

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01:56:34,560 --> 01:56:41,680

human fusion equation about how we can take these different factors of who we are as people and all

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01:56:41,680 --> 01:56:47,040

the facets and aspects of who we are physically mentally emotionally spiritually all that stuff

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01:56:47,040 --> 01:56:52,880

and if we can pull one factor out of the equation and start to work on it put it back in then we can

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01:56:52,880 --> 01:57:02,160

catalyze our own fusion right like we can do better in any aspect of life and i woke up wrote

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01:57:02,160 --> 01:57:08,160

it down like the first draft of it and then this thing became what it became and it's a big factor

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01:57:08,160 --> 01:57:14,640

now in kind of what we're doing with the face-to-face stuff too so it's it's interesting that that

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01:57:14,640 --> 01:57:24,080

creativity and the arts and film and television seeing them as for what they are is one thing

1103

01:57:24,080 --> 01:57:30,160

but allowing them to kind of permeate who we are like just getting to our soul and kind of let it

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01:57:30,160 --> 01:57:35,440

do what it does like for you the dope sick thing obviously it has struck a chord and you're like

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01:57:35,440 --> 01:57:40,800

got to do something different about this for me and the uppenheimer thing it was like oh it sparked

1106

01:57:40,800 --> 01:57:46,880

this creative thing for something that was programmable to go out and help people right so

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01:57:46,880 --> 01:57:54,720

it i think the openness of what that venue kind of offers us is huge because it it's definitely

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01:57:55,920 --> 01:57:59,760

the people that make it it's their own interpretation of what they're trying to kind

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01:57:59,760 --> 01:58:05,760

of represent and then it's up to us of course individually to kind of interpret that for us

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01:58:05,760 --> 01:58:11,840

but it's so special like it's such a really cool energy cycle that starts to happen you know so

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01:58:11,840 --> 01:58:17,120

that's awesome absolutely well the next of the closing questions is there a person that you

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01:58:17,120 --> 01:58:22,400

recommend to come on this podcast as a guest to speak to the first responders military and

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01:58:22,400 --> 01:58:31,120

associate professionals of the world i think a lot of the people that i would mention you probably

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01:58:31,120 --> 01:58:38,480

have had on daniel for sure eric potterat for sure have you had andy walsh on i don't think so no

1115

01:58:39,280 --> 01:58:43,360

yeah i don't think so i know i know i haven't i just don't think i've even heard of him before

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01:58:43,360 --> 01:58:52,080

andy walsh is a is a is a really good friend um he uh was creator of a group out in los angeles

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01:58:52,080 --> 01:58:57,760

called the liminal collective and um i'll send you some of their information but andy used to be the

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01:58:58,400 --> 01:59:03,680

lead performance psychologist at team red bull um and he's the guy that helped alex bomb garden

1119

01:59:03,680 --> 01:59:08,880

jump out of the weather balloon up in space and come back into the atmosphere like you know andy

1120

01:59:08,880 --> 01:59:16,800

helped him do all that stuff um just a d salt of the earth sweetest most compassionate dude

1121

01:59:16,800 --> 01:59:22,560

that and he's he's worked with special ops he's worked with all of the service professionals so i

1122

01:59:22,560 --> 01:59:30,240

think you would be an amazing person to have on um man who else i'm trying to think it's funny you

1123

01:59:30,240 --> 01:59:34,800

get on these you know these these calls and do these things and like everybody that you

1124

01:59:34,800 --> 01:59:40,160

have been talking about for years they just go out of your brain well i always tell people

1125

01:59:40,160 --> 01:59:44,160

yeah after after the fact if someone springs to mind then by all means send them you know

1126

01:59:44,160 --> 01:59:49,040

send this yeah yeah i'll absolutely text you for sure because there's a there's a few out there

1127

01:59:49,040 --> 01:59:54,480

that i can think of absolutely beautiful all right well then the last question before everyone

1128

01:59:54,480 --> 01:59:58,320

knows where to find you and all the things that we've discussed about today we'll discuss today

1129

01:59:58,320 --> 02:00:08,240

we'll discuss today what you do to decompress man i i do that every day i take big breaths all day

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02:00:08,240 --> 02:00:17,120

long um decompression for me is working out like i love my crossfit um it gives me an outlet

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02:00:18,080 --> 02:00:24,800

um and i try to do it wisely these days like i don't you know feel like i've got to

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02:00:24,800 --> 02:00:31,840

you know pick up all the heavy things all day i know my limits but i also know my boundaries

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02:00:31,840 --> 02:00:39,200

and how i want to push through them and that for me is a very decompressing type of thing um

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02:00:40,800 --> 02:00:49,840

meditation i meditate daily and i tap into my spiritual practice daily um not religious i was

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02:00:49,840 --> 02:00:57,200

born baptist and raised baptist but i'm more uh i hate to say it this way but it is more spiritual

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02:00:57,200 --> 02:01:06,320

and i tap into fully my native american heritage and my Cherokee background um and bring in a lot

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02:01:06,320 --> 02:01:11,760

of that um decompression for me too is being outside and being in the wild i mean it has been

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02:01:11,760 --> 02:01:18,960

ever since i was you know knee-high to a grasshopper as my mom would say um i just i take my shoes off

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02:01:18,960 --> 02:01:27,840

and um walk out into the grass and like bruce willis did in um you know die hard i make fists

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02:01:27,840 --> 02:01:34,240

with my toes and reground myself into mother earth you know and i look up and know that

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02:01:34,960 --> 02:01:41,040

you know above us is something very powerful and profound and i always tend to tap into that as

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02:01:41,040 --> 02:01:49,840

much as i can daily um and i write like i think my my my writing is is a really cool for me

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02:01:49,840 --> 02:01:58,880

decompression because it it pulls things and i i have a uh tbi myself it's a it's a chemically

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02:01:58,880 --> 02:02:03,840

induced uh traumatic brain injury through some of the chemicals that we used in the shops

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02:02:05,200 --> 02:02:09,920

and when i was younger you know wrote about this in the book but there were multiple concussions

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02:02:09,920 --> 02:02:14,640

uh multiple bike crashes and football and falling off of top bunks and getting hit in the head with

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02:02:14,640 --> 02:02:19,680

a baseball bat and all this other stuff and those they are they're always there right like they

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02:02:19,680 --> 02:02:27,680

they never really fully heal and then when i got into the makeup effects world um the hard metals

1149

02:02:27,680 --> 02:02:33,200

that we were using in the shops tended to open those fissures back up so i was actually presenting

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02:02:33,680 --> 02:02:38,720

some of the same symptoms as we were seeing with some of the operators that we were dealing with

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02:02:38,720 --> 02:02:46,000

that we're dealing with tbi and cte and concussion and all that stuff so i had to get busy practicing

1152

02:02:46,800 --> 02:02:53,840

you know how to better myself and kind of mitigate that stuff which i did so meditation and breathwork

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02:02:53,840 --> 02:03:02,000

has become a very vital thing for me daily um as has physical activity and then when i'm you know

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02:03:02,000 --> 02:03:07,360

love to cook and finding out good things to put in my body like that's always a nice decompression

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02:03:07,360 --> 02:03:12,880

piece too because you know we can always go out there and source a bunch of crap to eat but finding

1156

02:03:12,880 --> 02:03:21,040

the good stuff that's always fun so absolutely brilliant well for people listening then where

1157

02:03:21,040 --> 02:03:26,720

are the best places to find metaspere industries and then what about yourself you mentioned linked

1158

02:03:26,720 --> 02:03:32,720

in yeah metasphereindustries.com is the website there's a informational deck on there that you

1159

02:03:32,720 --> 02:03:37,680

can read and kind of see a little bit about what we're doing it's definitely the wave tops of what

1160

02:03:37,680 --> 02:03:45,280

we do and a lot of what we bring to the table purposeful it's it's the wave tops because when

1161

02:03:45,280 --> 02:03:51,600

we have conversations like this and start to really talk about what we do the light bulbs start going

1162

02:03:51,600 --> 02:03:58,880

on so what you'll read on the website is very high end on the kind of this is what we do and in order

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02:03:58,880 --> 02:04:06,080

to hear more reach out um linkedin's a really good place as well and then i have my number on all of

1164

02:04:06,080 --> 02:04:15,040

that like my mobile number is on the website it's on linkedin and i invite people text me call me

1165

02:04:15,040 --> 02:04:19,520

you know reach out and if there's anything that you've heard within this conversation that you

1166

02:04:19,520 --> 02:04:24,800

want to know more about i'd be absolutely happy to have a conversation and just see where it goes

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02:04:24,800 --> 02:04:30,960

so 100% brilliant well brian i want to say thank you so much it's been i knew it was going to be an

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02:04:30,960 --> 02:04:36,480

amazing conversation and it was i mean we've gone everywhere from childhood trauma to special effects

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02:04:36,480 --> 02:04:41,680

in hollywood and everything in between but i want to thank you again for your courageous vulnerability

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02:04:41,680 --> 02:04:46,320

it is so important and secondly just for being so generous with your time and coming on the behind

1171

02:04:46,320 --> 02:04:50,560

the shield podcast today thank you it's been a pleasure thank you very much we'll do it again

1172

02:04:50,560 --> 02:04:56,960

sometime