

Craig Shoemaker - Episode 825

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SPEAKERS

James Geering, Craig Shoemaker

J James Geering 00:00

Welcome to the Behind the Shield podcast. As always, my name is James Geering. And this week, it is my absolute honor to welcome on the show. stand up comedian, actor, writer, and the man behind the winning with humor program, Craig Shoemaker. Now, in this conversation, we discuss a host of topics from Craig's early life, his journey into comedy, the impact of censorship, not only on comedy, but for the rest of the population, his own powerful mental health story, some of the tools he used to heal his psychological and physiological ailments, the healing power of laughter, and so much more. Now, before we get to this incredible conversation, as I say, every week, please just take a moment, go to whichever app you listen to this on, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast, therefore making it easier for others to find. And this is a free library of well over 800 episodes now. So all I ask in return is that you help share these incredible men and women stories, so I can get them to every single person on planet earth who needs to hear them. So that being said, I introduce to you, Craig Shoemaker enjoy. Well, Craig, I want to start by saying thank you so much for reaching out and coming on the behind the shield podcast today.

C Craig Shoemaker 01:46

I love it. I love what you're doing. It's right up my alley, and I'm ready to roll. I do a lot of podcasts where they have all these pre prepared questions. And it there have an agenda? We got to stick with it. And I can tell that's not we're going to do today. It's a free flow, which is actually what I teach when I coach is called genuine energy flows. Let's flow.

J James Geering 02:08

Beautiful. Yeah, well, I think a good icebreaker before we hit record, we just had a hurricane skin north of us. You were there at the infamous hurricane that hit California. So let's revisit that. Talk to me about your experience with the California hurricane.

C Craig Shoemaker 02:24

The California hurricane is very symbolic for me. Because I've been off the news for years, because the news has only has an agenda to sell. And you can just I tell people all the time, I say you don't need to watch the news. They said well, how do you get your information, I said it's only information they choose for you to see. It's information, it's completely irrelevant to most people, but it's relevant to only the people they want to sell advertising to. So they get you in a condition. And then you can watch the commercials, they're for drug companies. So they get you scared and filled with anxiety, then they have the drug that handles the anxiety that they just handed you. So that's the cycle that we're on, all you have to do is to step back, which a lot of people won't do, I always say, take a sacred pause for yourself. Spirits is a Latin word for breath, just take that breath, and then have your inner source your inner force, you know, the just like Star Wars have that takeover, and it will inform you what to do. And that would be to not watch it because that's their formula. And why fall for that, why be a follower to that. They're getting you into content. They're conditioning you it's really, it's literally called television programming. It's called that they're telling you that right away that we're going to program you. So they did that with this hurricane. And I'm also a person that likes to turn things around, I think called the turn around and I like to look at things in a fun way in a funny way and twist them and turn them in or let learn something from the Grow transform. And in this case, a sure enough, I listened to them because we're watching other shows, but even other shows they would like cut in that storm of the century at four years in California. And Hillary's coming and all this kind of stuff and I was okay. And I bought in for a second. And I my kids were the flashlights. I didn't do panic like that whenever I found all of our flashlights and most didn't work. I found a transistor radio but I'm picturing myself I got something and I don't even know what channel to go to that nobody has radio anymore. Because this is where you're gonna get your information on the emergency. So that's kind of work in other things. I got batteries and they stored water. And I did hot yoga one time, right with with sweat pouring off of me. There was more water from that than there was this hurricane. It was the biggest nothing burger I've ever seen. seen in my life, and real and I made fun of it. So enough I made fun of it. I made videos, I'm here at storm watch California 2023. As I would go outside, it's like, my hair wasn't even wet. So it was, it was just what they do. That's what they do. That's the formula. And I've been on to this formula for years. I just won't watch you right wing, left wing doesn't matter. I love this centered space to be in.


J James Geering 05:27

Now, I've talked about this a lot. That's where all the normal people are. I mean, genuinely, that's where most of us are actually standing, looking left and right and going, what the fuck is going on right now?

i 05:36

Yeah, and you know what I'm finding there are more and more of us. If you kind of like, come out of the closet, so to speak. And sort of like you, you hit like, you're in this direction. You got to watch it though. Because somebody's got your Trumper your lib tard they can't wait to give me one of those labels to your Maga. As I say, Wow, I might be questioning some things here doesn't mean I'm, I'm not all in on anyone. I don't deify anyone? Why would you do that? So if

you are like a supporter of Donald Trump, I don't mind that you are that that's who you vote for. But when you become a supporter of someone you deify, like that's your answers. Those are all of your answers. And you literally give your life to campaigning and wearing hats. And so I don't wear a hat for anybody. I don't follow anyone, or something that just what I wear, you know, I mean, it's me. That's why I'm interested. I'm interested in this thing that we all possess this potential inside of us unleash it doesn't matter that haven't been elected office or whatever it is, or a scientist. It's all there.

 James Geering 06:41

Absolutely. Well, speaking of hurricanes, as a tangent, I interviewed a revered journalist, Larry Doyle. And he just to kind of put it out to kind of what kind of man this gentleman was. He was the first person who interviewed Nelson Mandela when he was released from Robben Island. That's a level of trust. I think that you know, we can understand what kind of man he was. And I asked him about how do we get here this, you know, CNN, Fox divided screens for assholes arguing each other and then calling that news. And he was like, the was very articulate in his description. But basically, the news used to be a kind of side. But you know, not piece was that word project from the other business model. So you had the businesses that made the umbrella company money, and then there was a news. And then there was restructuring. And then they were like, we need the news to make money. And so just to underline what you said, this is even from this level of journalism, you know, this this man's view from decades in this business, he was like, This is what's happened. And yes, they are trying to get you scared, because it's all about the advertising space. And it's so heartbreaking to hear that so many people are led down these journeys of fear and division and anger, just so someone else can make money

 07:59

directly right there. Their master manipulators. And I always compare everything to the Wizard of Oz. they've ever seen the Wizard of Oz. Oh, yes. Many times. Yeah, many times most of us have. That's why it's a great reference. It's it was brilliant. That movie was absolutely brilliant. It was all of our story. Every single aspect was our story. She's looking at the land far away, like we all do have somebody else has what I want. There's my answer. It's somewhere else, you know, pity party for me, because they took my dog and all that kind of stuff. And then you land in some sort of a rehab and they say Go follow these steps. And it's mind body spirit, Scarecrow Tin Man, Lion. It's all of that. And it's about fear. And then they go to the walled city, and it's like, Oh, haha, a couple of Lottie dies, but don't go beyond the walls because we got fear out there for you, which is false evidence appearing real that's what it is. And sure enough, it was false evidence because she melted away by her simply helping her friend, which we should all do. She's naturally genuinely authentically put the water on her friend to put out the fire and melted what a world what a world she melted. And I actually thought to myself, those Winkies were going to kill her. And then when they said, You killed her, I'm going, Oh, my God, they're going to kill Dorothy for what she did. And then they said, All Hail Darth because they were released. And that's what if somebody's even listening. Now they might say, Hey, thanks, Craig. You released me or or Thanks, James. Let's get released from this. And it turned out as a guy behind the curtain, he was a fraud. He was a guy who was absolutely using fire and brimstone and fear tactics to scare you into complacency compared can scare you into getting in line. And it's just unbelievable how we buy it. What I teach when I coach is actually to deprogram

yourself, recondition yourself from these conditions that they gave us. They put us in line and out of alignment. We were born Love Light and levity. Happy people. And bam well the doctor slap you right away. It's not a good stuff. What do they do? They say, Here you go, we'll give you a good grade, we'll give you a pat on the back. Good job. And there you go, you're off. Do not ask questions. You could just go bring us back to broomstick or the Wicked Witch of the West, don't ask questions. And yet it turns out that was all fraud. That guy was a fraud. And, you know, here's your ticking clock to say you have a heart, of course, you have a heart, if you have all these things, you possess all these things. That's what that was all about you, you have had the answers all along. That's the symbolism of it. You've had this glitter, that's why there were shiny ruby slippers, they were filled with glitter, and people try to take away your glitter. They're trying to take that away. That's what they covet that. So they are miserable people, they try to bring you with them and misery loves company, but sodas, Joy loves company, let's have more joy in our lives. This is you know, this is why you and I do what we do. We want to spread that word, and have that be the paradigm that be normal. Not the fighting be normal, not the adversity and that it's just and there's so much phoniness that comes with it trending, what's trending this whole, I have a new term unwelcome as fuck, that's even. They think that because they choose a certain cause that name now get to dictate what your causes and your language and they get to assess you and put a label on you because you use the wrong terminology. If something you didn't know or nothing to do with your intent, or the type of person you are, they will decide I say to them, what if I decide Native Americans have it the worst, you don't say anything about them sent me you're not woke. So that's my new here's my, here's my as the mousepad on woke AF view, it's not to say I'm not want you to say you're empathetic or compassionate to say that instead of I'm woke, that means you're, you're asleep, not asleep. And either you neither is anyone we're all awake, if we choose to be, you know, the pain is inevitable suffering is the choice. And I choose no suffer. And the way to suffer is you get in line with these people you start following become a shell of yourself.

 James Geering 12:21

I couldn't agree more. I'm 49 years old, and you just totally changed the way I view the Wizard of Oz story. I mean, genuinely, you've brought some enlightenment to my understanding of that. So

 12:31

I have more by the way, if you ever want to dig down deep that that every single frame of that has significance. Every single frame of it has some sort of meaning that was peppered into the movie. It's a story. It's our story. It's a beautiful, and that's they actually predicted the beginning of that movie. So this will last for generations. Who does that with a movie say, Oh, this is gonna be the greatest movie ever. Everybody's gonna watch this movie, and the right. We all watch this kids with our families. And that was another thing. family bonding does not exist as much anymore. And they took that away from us too. Ironically, that's kind of symbolically taking the Wizard of Oz from us. Because we're detached and we're looking at scrolling, scrolling, scrolling, and we're not centering, centering, centering. And by the way, I'm guilty of it. I have all these hips. I'm a hypocrite. That's why I like to say I'm stuck between Namaste. Kiss my ass. That's where I live. I live in that space.



J James Geering 13:33

That's the name of your your latest tour as well as that right?

 13:37

Yeah, yeah, it's and a lot of people relate to that, too. They're just admitting it. Yeah, I'm a spiritual cat. I'm really into personal evolution and personal development. And, but I also have my times where I just slip and it's like a monk given the finger. Like, yeah, I've got that. Do we all do that? Human? It's all part of human experience, you know, but I lean much more into we gotta laugh more, just that it's the answer. That's not out there.

J James Geering 14:05

No, no. And we'll get to that. I want to start your timeline in a second. But just one more analogy from The Wizard of Oz that I always uses behind the curtain. And the irony is a lot of people listening, you know, especially fire EMS, law enforcement, we get to see the world in a very unique perspective. Like we get to actually see what works and what doesn't. So you know, you have for example, a lot of this body positive conversations, which I think there's an element of absolute truth in that you shouldn't be ashamed of the way you look, but there needs to be a road back towards health. Otherwise, my ugly mug is the last thing you're going to see when I'm sticking pads on your chest and you know, breathing down your throat. So altro it's you know, I wish I've said this a lot. I wish that there were more voices from first responders. I mean, the Navy SEALs for example, Jocko willing come in such a great representation of his command. In but there is so much value to what we see drug prohibition gangs I mean you know all these things the school violence and yet it's kind of lost in the white noise as as you said woke ism and oh god you've seen those on my Bud Light can or whatever the the latest distraction is, and we're missing so much value so much gold from the first responders perspective and this is what I feel I feel like our community is standing there with the curtain open going, uh, you're not seeing this, but no one's listening it.

 15:30

Now, people it's very rare that they listen, luckily, there's some credibility that goes along with it. Try being a comedian and getting the message across they know, because we're the first to go. By the way, we're the ones that they want to cancel. We're the ones that they come after. You know, because we're the voice of truth. We are the curtain pullers, we're Toto. Toto, and we're doing it and people resent it. You know, that's the way they want this to stay the same. I mean, they're canceling and censoring. And what's fun, I told you I left the left. And I'll never go full right either. I'm just not going to I'm going to stay in it stay in a centered space. And one of the reasons I left the left is the intolerance. It will not even be any openness to other health alternatives. It's trust science. Well, who you can which scientists do you trust, you know anything but did you trust Mengele and Nazi Germany? They trusted them? That was trusting science, you didn't get the idea there. You don't get that you don't deify certain people that just because they have a leadership position? Why don't you just question it? Instead of being angry at me for questioning it? Why don't you question it, and just didn't unpeel this thing, it might be scary to see what it is. I remember when weapons of mass destruction was the big the big narrative, pounded down. Bush had 80% approval rating. I've never seen anything like it.

Because he had a bull horn on top of that, Rubble, let's go get him. I remember thinking we're gonna go get he's gonna go get what kind of, I knew he was up to something. Let's let's make sure that you know who the enemy is now. And anyone that says anything against it is not an American, let's go after those people to they're there. They're not patriotic, they're not American. To me, that's the most American thing you can have. That's democracy is to challenge authority, challenge this guy and go really what's going what's really going on here. And then there's Hans Blix who went over there. He was trying to say to people, but then he gets the label conspiracy theorist, and that's what they do. That's why they label people conspiracy theorists, because they don't want to be found out. Erin Brockovich, they don't want to find she was a conspiracy. Turns out she was right. Daniel Ellsberg with the Pentagon Papers. Turns out Vietnam was full of it. But nobody pays for it. Same with weapons of mass destruction. We never found the Jeffrey Wigan from the cigarette, right? He's the one that just he was the insider, he had the guts to go through it. It's only because some people have the guts to go through it and be tortured by it. Sometimes killed, often killed. Because they're brave enough to say something like, Hey, you look behind this curtain. There's a guy back there. That's not this wizard. He's projecting an image that you're afraid of? And you follow. But he's really just a guy behind the curtain. I'm not a very good wizard. No, I'm not. That's like, it's amazing to me that we don't take the pause the sacred pause for ourselves and figure that out. And I love what you're saying here is you get to see the results of people that don't unpack it don't look at their health. And now we're so careful with language like you can't use the word fat. Well, when I was growing up, used the word fat and you might go Yeah, I am. And I'm gonna go get well and not be fat anymore. That's the answer, right? The answer isn't just oh, just keep embracing this that I don't eat well, and I diabetic and ate the wrong foods. You know, look at the obesity in America. We're number one. We're always Well, number one, we're number Yeah, we're number one and obesity, two and a lot of other things that are going to kill you at an early death. And then there's the medical charges for that. And it is a whole system that's broken down with people profiting from you not being well. So why are we not zeroing in on what makes you well, and one of the things that makes you well was laughter.

 James Geering 19:18

Absolutely. Well, just you made me to embrace it. You made me think about something I never thought before. There are so many people that have come on the show that were that conspiracy theorists. So that person that was swimming upstream, and I'd like to think that this podcast is you know, how dare you talk about health and wellness in the pandemic, for example, you know, it's the virus, you know, take your mask, take your vaccine and shut up. But then you have a lot of these true extremist conspiracy theorists that are saying that Sandy Hook never happened and all these things. And I wonder, are they being put front and center? So you can't figure out the real people who actually aren't conspiracy theorists that have things that are worth noticing?

 20:01

Wow. So it's a conspiracy under the conspiracy. That's That's heavy. I had thought that I would I liked that one. Because you're it's funny should bring up Sandy Hook. I'm like, oh boy. Yeah. And by the way, I will unpack and unpeel and listen to the other even if it sounds is absolutely whacked. I checked out. Here's one that's soft for people, they can understand it be okay with me investigating this the moon landing. Okay, what could be behind that? And then you know,

okay, I see the flag and there's no wind up there. How's that flight, you know, all that kind of stuff. So I watched it. There's no harm in watching it. It's not going to do me any harm. And let's say that was a conspiracy. So great. I'll still say Neil Armstrong is the first one on the moon doesn't matter. It doesn't affect my life at all. But there are things that do. And if they're taking you down a path that could kill you in early death that could really lead to seizures or anything. You better. Check that out. First. They talked about warp speed. I don't want anything happening to me. But that's has to do with warp speed. Then there's logical questions. I asked how many? How many trillions of dollars that we spent on cancer research, and we still don't have a cure. But you're gonna have a cure for COVID That thing that doesn't kill you nearly as much as cancer does? None of so I asked those questions and people are offending it. Just ask the questions,

 James Geering 21:22

because the people who are creating cancer are making billions of dollars because nearly all cancer is environmental. But when are we able to look in the alarms? It is

 21:32

not me James?

 James Geering 21:35

What's my power going out? What's going on?

 21:40

Hello, James, are you there?

 James Geering 21:44

I happen once I was posting a video during early in the pandemic. And again, it was just a my stance has always been this. Whatever you're leaning, if you trust a vaccine, you need a healthy body to have a healthy response to that vaccine to create immunity. If you don't trust the vaccine, you need a healthy body to have a healthy response to the virus roadog in either way. There's one truth that was all I said in this video i i have never seen like it literally the matrix glitch. I was immediately kicked out of Facebook and all this stuff. I'm Oh shit will just happen. And then eventually it kind of self stabilized. I don't know if al had a little, you know, stroke moment for a moment. But it was it was very much like I was about to get shut down for literally having the audacity suggest that underlying health would be something that would be helpful during a pandemic. But yeah, it was it was really, really, it wasn't just like, Oh, my phone ran out of battery. There was some shady about to shut me down shit in that moment. And it took a few minutes. And then I was able to log back in finally, but it was immediately

when I post that and I guess it had time to analyze what I was saying. But it was again, you talked about censorship that was definitely like, Oh, I almost got cancelled myself then for standing in the middle. Silly me.



23:03

That's why I talk about the like the Iraq war where people in retrospect, you can see the charade that went on right. Now we can all see it didn't happen. And yet people can admit they can admit they're fooled. And this is one of the reasons why people freak out. You can't fool me. Hey, listen, I admitted I'm that way too. I know I've gone to magic shows I'm not there's no way that guys, that's magic. There's no way that's, that's real. This guy is his real magic. There's no way he could have fooled me. I'm looking. I'm a smart guy. On that little level that happens to all of us on a big level with what they're selling us, and that you can't even protest. It's like going to a magic show and ruining it for everyone go. It was in his sleeve. Trust me, everybody was looking asleep. He's got a rabbit in there. He's tucked in there. Look, they don't like that you're going to ruin their show. And I'd like to ruin the show when it comes to this because it's our lives at stake. This is just entertainment. This is our these are our lives. It's our at stake. And your health is the most important thing. I just opened up these healing centers of something that no one's ever heard of. But it's sweeping the nation because there's this whole underground swell that you and I are part of. We're part of a new paradigm and there's a shift that's going on, it's happening but we have to be quiet about it. It's happening slowly and slowly and slowly where people are getting it one by one by one. And we're having these we're whispering down the lane and I'm finally a whisper comes back and they'll go up to I didn't want to tell anyone. I had that discovery to like you were telling me a couple of discoveries you've had to them go good. I like that. I probably gave you a couple today as well. That's what happens is if enough of us get together if group becomes larger and larger and larger. And then the other ones, you know, they're gonna keep squealing and they squeal loud. And we date and they cancel us but eventually You can only like stamp out so many bugs. I mean, like there's, they're going to run out and things are being discovered and unpeeled here, that there's, you know, they're not talking about injuries by the vaccine injuries, people will you will not see you saw every day was COVID Death counts every day of the news was a COVID death count, not one time in the news, and I don't watch but I can guarantee you're not gonna see any, this might have happened because of a vaccine injury, just not going to see it. And how sad is that, that we can't get an entire, you know, scope of things, and it's entirely go to other scientists go to other doctors go to other, you know, great thinkers, they don't have to even have the degree, because a lot of times they're in line too, because they're getting bribed. As it all work, as the system worked, that they're that wealthy, there's some bribing going on, politicians are bribed laws are changed. To protect, you gotta be smart about this, just look at laws. So it's not a theory. That's the truth that there are laws that protect Big Pharma now, I'm gonna get stripped down.



James Geering 26:06

Just to add to that something that I've spoken about even removing the vaccines, whereas the ticker for obesity related deaths, because it would basically match what we saw COVID, but it doesn't stop, there is no delta variant of OBC. You just keep dying and dying and dying die. And let's throw some fentanyl deaths in there too. Well, now we've got to another ticker. But they don't want to hear that. But that's, you know, those were a large part of the deaths that were

attributed to COVID. You know, and I would argue, even to the vaccine, like, the vaccine sometimes was probably killing people who are already vulnerable. And it was was COVID gonna get them first, was the vaccine gonna get them first? I mean, you know, once you are more vulnerable, then yeah, I mean, an insult, whatever that looks like, internally, can be the final nail in the coffin. But if we really want full transparency, and let's get those tickers back, let's look at the state of America, that the health of America and how many hundreds of 1000s of people are dying each year from all these related deaths. But they don't want that because that, you know, a dozen back up there. scare mongering of COVID, because you'll be like, Oh, that was actually similar to what we saw 2020 21. But, you know, there's no virus anymore, because the underlying health is still there. And we totally disregarded the opportunity to really make some incredible changes in the health of this country, we had a captive audience. So it was never about health because nothing changed. So that's where I were, you know, I guess so angry. We could have made such a change and it was disregarded.



27:38

Oh, by the way, to top it all off, it increased our mental health. That became a huge issue of people being isolated, locked away not being there for their loved ones when they die, not going be able to go to school and you know, the ridiculous mandates and all this kind of stuff. People got worse. Now, I'm not this is a personal story, but my wife, the most incredible human being I have ever met went down so dark and deep into this hole she's unrecognizable. You know, and you know, kidnapped the kids took them away change the password of bank account stole all the house money. This is a person that was hugely spiritual and beautiful. But she got locked away. And she chose to follow a woman like a cult leader into this toxic femininity, get your sovereign freedom mamas, you know, she's a mother of two and you know, middle aged and menopause and this woman preys upon that. And that's it, people prey upon vulnerabilities. And this vulnerable wife of mine went to the point of complete, it's like, literally Anakin Skywalker. I'm sure you've watched the Star Wars. It's literally the dark side has taken over. And I remember thinking when I watched that movie, which had another impact, just like the Wizard of Oz, when he took that mask off, I thought to myself, Wow, you wasted all of that time, you could have been with your children all week based on you can't deal with your own resentments. And people have no proper way to deal with their anger, or frustrations. And what are they offered in return? Here's something to mask it. We're going to give you something that either a distraction or a drug, we're going to smash this thing, do not talk about it. I can't tell people her friends that she's mentally ill because me saying mentally ill I'm the bad guy. You see the paradigm that we're under the system that we're under? There's no There's no out. There's no solution. I'm going hey, let's find a solution. Mommy's Mommy's going off the rails and the kids are affected by it, you know, turned into a pathological liar. This woman taught her these things, self obsessed all about her doesn't care. It's like where did she go? And she thinks that she got her freedom from the other that the other was phony, her spiritual path that says she's been convinced. So, to me, it's about, again, the programming and the conditioning. We have big that she chose to have hundreds of hours spent listening to this pontificating woman with these theories, leave your husband's that kids are resilient is what she was taught. And eventually, if you're vulnerable, you will accept it. So if it's pounded down, you must take this, this vaccine Oh, then it changes vaccines and all this one that Moderna Johnson Johnson and because nobody knows anything, you don't know anything, and they made it. You don't know anything. You know, more educated than I am on this, but I am a little more educated. I'm open to hearing everything else. That makes us educated not where we go to school. Because you choose an echo chamber, you choose a news station, certain group of people to listen to even doctors to empower doctors, you're empowered. Which ones which ones are right. Your repeal

it back and go which ones are bribed? I'm sure you don't. I remember a guy very, very beginning he's going he wouldn't lie. I'm really not an ally. No Doctor Lies because he's a friend of yours. That's the arrogance. And they prey upon that arrogance. So people with my wife that go, now my ex wife, go, oh, no, no, it's you. It's you. You're abusive. You know, they're gonna believe that they prey upon that hashtags, trends, shaming, mass shaming that went on when it didn't make any sense. I had a guy yelling at me, you know, put a mask on he's and he's got his nose is sticking out of his mask. I said, buddy, that's like putting a condom on your testicles. That's not serving a purpose, you jackass. Are masking alone when you're in a car? What are you doing a COVID coming through the radio through the moonroof. We'd lost all logic and common sense. But I gotta laugh. I just gotta keep laughing. I'm laughing at them. I want to walk around with glitter in my pockets. And every time I find a jackass, idiot, I just Shower him with the glitter. So it's on him for at least a couple of days. This is this is this is a Holy Baptism in the world of moron, you are from the Church of moron, you are a moron. Start thinking and maybe the glitter will wake you up. It's insane. But people have gone. And I'm trying to manage this being surrounded by insanity. We're surrounded by it. And I'm glad you have a podcast that offers some solutions. That'd be willing.

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James Geering 32:31

Absolutely. Well, I think this is what's so hard as well is, again, this, there's a complete, you know, 360 perspective of what everyone's been through. And some people lost family members, you know, and COVID was very, very real. So this is that way, the middle is the truth. But I watched families get torn apart, you know, friendships get torn apart, and obviously, in our relationships, too. And I've talked about this many, many times now. But you know, you want to orchestrate the most destructive environment that will oppose human health, physical mental health, you take away all their healthy outlets, so their parks, beaches, you know, gyms etc. You tell them don't congregate, don't have community, you know, you then you deliver fast food and alcohol, you tell them to stay in the house, and you don't even tell them for how long so you basically strip their autonomy. So that in itself, I mean, you couldn't have orchestrated a better way of breaking down the human body and making them more vulnerable to a disease. But then the ripple effect that I've seen on so many people, you know, obviously our school kids especially imagine graduating and then coming out right the beginning of COVID and then being ridiculed for not getting a job at 18 months later. Well, we just cut their legs out from, you know, yeah, so and it's you know, it's heartbreaking to hear your story, but this is what also needs to be heard. It's not all right. It's not all wrong. It's that middle. What what do we do, right? What do we do wrong? What have been the consequences? What should we evaluate next time we tell everyone to shut down? Does that now offset pro versus con, because the the mental health impact, I'll just give you a perfect example. One of the most heartbreaking things is a lot of children that come from less secure homes. They're the people that report their well being the abuse or their teachers. And we kept those children from the very people that were their saviors for 1218 months. And a lot of my friends in that space are like it was awful. Yes, you know, there was underreporting, but once you know, the floodgates open, we realize just how many people had been trapped with that family from hell, that was already bad. And then you locked him in the house. So that has to be brought into the conversation. We can't just sweep it under the rug,


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and we do sweep and there's a big old elephant in the room and we are Yeah, try to lift that

elephant out of there. It's gonna be a lot of hard work. We got we got a lot of work ahead of us. And we're here with solutions. And I'm assured that I have found a solution. Now I have an organization called laughter heals. I'll tell you one example of how that I know that it works. One of my good friends Michael Goldberg, he wrote Cool Runnings, Little Giants really funny writer, director, he directed my first movie, The love master, and I'll give you another idea on how it works is people come up to the after shows and give me credit for the conception of their child. Because they go home. They're not trying to have a child, but they're allowing for the loose flow that we really are. You're not pressuring and have children now it's long it's because laughter that did that for you and a guy pretending to love masters character I do here very real love you so good. Your neighbor will have a smoke baby. So the woman's laughing and they're having a good time. They're having sex. Intense about it. And these children have arrived. One was conceived in the parking lot of the Brea improv photo, this kid came out. Ah, so gold's, his wife was ovulating while we're filming the movie, and he did the love master and then baby Kayla was born. And then a year and a half, two years after that, he got brain cancer. They said you have three months to live. And that was my that was my big big moment. My haha moment in life where my life had all been about attention seeking and you know, I'm gonna gotta get some laughs and you know, it gets laid and everything else. And that was the moment What does laughs is the best medicine. I mean, how how callously we cast that off, during the pandemic, we were shut down, communities were shut down, we shouldn't be encouraged to breathe out to bring the medicine we should have been first responders. What they call them essential workers, we should have been essential. But they found other they found food to be essential. Gotta keep that going. Can't stop McDonald's can't stop those fast food places putting out that fat and that those toxins that make us the fattest country and I'm sorry, the most obese, to watch my language. Use the F word bite. Why not? If it scares people in the saying I gotta get well then that works. That works. So gold's. They gave three months to live. They said, Get your affairs in order, say goodbye. Now he did not. He remained in a space of I'm going to laugh. I'm going to my dying breath. He showed up for all these programs I developed. He showed up for one of the prescriptions is go to more comedy shows, share your favorite sitcoms, this easy stuff. By the way, you don't have to be the funniest person in the room to say, here's my favorite movie. Here's a quote from it. You end up laughing and smiling into those aren't pillows from playing straight away. It doesn't matter. You can just bring that levity instead of darkness. And you have this this longing to live and this one tells me this you empower these doctors to dictate your life. He wouldn't let it he actually begged the Doctor Don't tell us. They don't tell us he goes but I have to tell you three months. They did it anyway, this doctor, I'll never forget Golden's reaction to that he's I can't believe I told him that. He lived 15 years past the three months 15 years. And with difficult times having brain cancer is really tough. 15 years, because he added a reason to live. You just put that at the top is let's laugh together. That's number one. Is that number one out there in the news. Have a 22nd piece of the Ender's out but that cat net tree stay there for four days. Back to you, Bob. There's a hurricane coming. I mean, it's just that's the way it is. Put a little chuckle in there. It's scripted. And I'm just shocked at how we ended up just in line believing it. Instead of having more fun. Encourage the comedians never canceled comedian never over one word, one phrase one something you didn't understand you misinterpreted or was misinterpreted for you. People were mad at Dave Chappelle that has transgender jokes or whatever. They couldn't even tell you what the joke was. They couldn't even tell you what effect it's having on people that people are going around murdering. I'm doing this because Dave Chappelle told me to that's how stupid we become. He's transphobic you know, put a faux bird is done something they do not know what he said. I can guarantee it because I watched it with that thought. Well, okay, what's he saying that's going to arouse people's fears or their anger? Nothing. He's just admitting his truth. Pulling the curtain, but that's not what they want to hear. So then the they just now they have a whole other meeting. Now it used to be you know what they say? Now, it's

just a small group that identify as they, and because I might have a joke about that. Cancel me if you want to be included, and you know what part of being included is, take a joke. It's part of it ballbusting spend my life ball busting that's what you do and having my balls busted. I bust my own balls. I'm self deprecating, oh shit on myself. I don't care. Anything to get the laughs going. not affecting me. It affects me in a positive way people do more laughing they're affected in a positive way. it uplifts us, it changes your vibration, the more you laugh, you get well. It's right there, but people don't want to see it.

 James Geering 40:46

Well, you're talking to an audience that does that. Because I tell you a firehouse humor is no holds barred. I mean, we always say like if someone is probably why some of the documentaries about us are very kind of surface level because even that the cruise into the station when we were actually letting loose but my my, one of my favorite cruise I've ever had. I'm British, my firefighter partner with South South Africa. My engineer was a Mexican American. And then our captain was this crusty old. I mean, Anglo American, I guess you'd say of Scottish heritage. And it was just relentless, absolutely relentless. But like you said, we were all in. And you know, I think when I hear about censorship, I'm like, How did Southpark get through? And I think the answer was because they make fun of everyone and Isaac Hayes. The story is a perfect example, the moment he was offended by the science Scientology episode, then they created quite an epic episode after that. But this is it. As long as everyone understands that, if you're gonna make fun, then it goes both ways, then you don't get offended anymore. As long as it's coming from a place of love. It's coming from a place of hatred. That's different. But that's not comedy anymore. That's just being a dick.

 41:58

I agree. You know, it's so funny. You should say that. I teach this acronym for laughter It's love, acceptance, uniqueness. Gratitude, truth. Oh, I'm sorry. I was humility is h. T is truth. E is for ego. And R is for reboot, rejoice, and so on. And the first thing I say to them, it's so it's great that you said that is love. At the base of all great sitcoms, there was a great sitcom back years ago called Mary Tyler Moore. And Mary Tyler Moore had this relationship with her boss, Lou Grant. Mr. Grant, you know, KAREMERA Yeah, and he was this crusty guy and but they had love underneath all of it. And you knew that any great sitcom, there's love, no matter what the conflict is. The second thing is the A is the lack of acceptance. That's where conflict comes in inner conflict, outer conflict, it's something you can accept. And there's nothing wrong with that you have a hard time accepting it. We all do a hard time accepting and that's where the arguments come in. But when there's love at the base, so it starts with the L. That's the foundation of everything. And I tell people you're born in love, light and levity. Laughter you're born like that, then they conditioned you to to go against your natural instincts are to have more fun. That's the craziness. So here you are in a high pressure situation, a death defying situation sometimes. What are you supposed to do about it, stay in that space of anger and intensity, or your better flow will happen. If you're laughing, you'll do a better job. You'll be more present and more aware. That's what happens when you laugh. That's the system we should be under. Think about that. More of that lean in on making fun of each other. It's harmless because you love one another. You not only love that you love what you're doing together as one you become one unit. It's even called a police unit or firefighting unit. Because you're having unity, it's a unified, you have to be and that's how you get there. Other people

from the outside, they're the ones doing the judging. It's the small voices that are ruining it for everybody. Because it becomes squeaky wheels and they become threatening. And idiots buy into it like corporations aren't people own corporations, they buy into it, and it gets sucked into it. And Bud Lights a perfect example of you're going to pay for that now. Because it's false. It's phony. You're just doing something for diversity sake, I watch these commercials and my kids laugh at me because I sound like a crusty OG cranky over here. So I'm gonna look at this. These people would never be in the same room in real life. True. They wouldn't be in the same room. Let's bring it let's bring in Asian lesbians. Let's breathe. Oh, here you go. Here's ears. heavy black man with a with a with a you know, a skinny Anglo woman you know let's combine everybody in this the situation It doesn't exist. And what happens is phony never works. It doesn't it works temporarily, but it doesn't work. It won't sustain itself. It just can't. It's a lie. If you're doing you're doing a lie when you're just doing things for diversity sake, do it organically you cast somebody in a role that they're right for and so on. But that's that's Hollywood. They're buying into it. government buys into it, they all buy into it. Now we have our indies like us. We have to be the stronger voice is the indie voice that's inside of all of us.

 James Geering 45:34

What I remember Robert Downey Jr. was on Joe Rogan's podcast, and they were having a conversation about Tropic Thunder. And and Joe was like, you could never do that today. And I actually dressed as that character for Halloween a few years ago, and I remember seeing the faces and everyone's you know, the looks on their face when I walked in, but I'm like, How sad. That is literally making fun of the racism that used to exist in Hollywood. Bruce Lee's a perfect example. David Carradine played Bruce Lee's character because Bruce Lee look to Asia you know, so that existed blackface and all that stuff. That was a parody and the fact that you say you can't do that anymore, so you're actually opposing the very movement that is ridiculing the racism that was in Hollywood for fuck sake, open your eyes like you're missing it to the point now where you're canceling any any advancement in our thinking get away from some of the the

 46:30

humor does humor takes another look at it. Another whole absurd look at it. I was the most absurd character one of the best characters ever. That movie was hilarious. And all thing you can go full retard. That is unbelievably fun.

 James Geering 46:45

And it's true. And it's so from an Academy Award perspective. It is spot on.

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I used to have a bit about that my Act, which was true. I took the truth thing I said, if you're betting on the Oscars, we used to do Oscar pools. I said I guarantee you if somebody has an affliction, they they rise up so fast. You know, you know whether it's Forrest Gump, son of a woman who's blind Ray Charles is blind whatever it is, they have an affliction you have a really

good chance. But if you're doing you know Cooper Gooding and radio that's full return. You're not gonna win. And that's what they were playing that up to. To show people how ridiculous this is. I used to say, Oh, by the way, add English in there in English. If you add you know, we revere you in Hollywood, you know, if it's English. Oh, it's got to be good.

 James Geering 47:34

We're always the bad guys though. No,

 47:38

we hear the leads. I have a British accent of course. I have a new impression. I do. By the way. Liam Neeson from taken I have a very special set of skills Skills I have acquired over a long career skills that helped me deal with people like you. Now if you let my daughter go, I will not look for you. I will not find you. But that's that's my new one. That's a good one. He's very, very popular. But he's from England or from the British Isles. Is he anyway? So my theory was if you made a movie Oh my left foot one two by the way that's full on flick that say he's only got a left foot like all the other ones you're just blind or you have some other sense that's out or whatever it is. That would wait every single year. So this I wrote the joke of the year Titanic came out Oscar nominations everywhere. But Leonardo DiCaprio did not because he played a straight character straight white character right? I said if he was I said you could do this I was I was the same year as what's his name? Angelina Jolie Julie's AXA right now No.

 James Geering 48:55

Oh, sling blade,

 48:57

sling blade. That was the year he became out. Oh my he was the man that used it. I did. He was he was retarded. So anyway, I said my joke was if he was on Titanic, he would have won the Oscar there the big hole in the boat. Waters cold water deep.

 James Geering 49:21

He wouldn't let rose push him off the fucking door, that's for sure.

 49:25

It's a brunette boulder. I'm gonna take and change. Oh. So that was the premise. And then the other one was you could do porn. My left foot could have been porn and it still would have one. Turn my car. That's like, that's the thing is we're making fun and making fun of Hollywood and making fun of the standards that we live by the we just don't look at it. We just accept it. And just mindlessly just become mindless. And just accept what they throw in front of us and toss in


front of a bump. artisan pounders with these messages. And we're not questioning whatsoever. There's no curiosity. I teach that as well be curious. My buddy did a movie, by the way, about the pandemic. Do you know how fast this was torn down?

 James Geering 50:17

I can imagine because I've had people on here that actually had made documentaries prior to this about for example, masks and things and just disappeared,

 50:27

disappeared. And sometimes they disappear. He had to he had moved into another state. And this is a guy that was with me full left. Bernie, bro. So people can't say conspiracy theory. This is a guy that did this for his children as he unpack things that he was people gave it to me, they gave him all this information. He unpacked it wasn't a theory, it's people with speaking the words and patterns and signatures and contracts. This is all just put before you. So it's not a theory. They took it down within seconds. I'll give you I'll give you the private link if you want. Yeah, please. It's the most brilliant, but scary of what's really happening here. And it's not a theory, you can't and here's how smart he is. He debunks the debunkers you know, the debunkers are on the take Snopes on the take. It's it really is scary how deep it goes. And bots and everything else that they're hired. I mean, they have the money to shut you down. So they took to his off, by the way that doesn't instantly tell you that they're guilty of exactly. misinformation. There's misinformation every day. It's not fact checking on every piece of news that comes out could be misinformation, nobody's fact checking it, because it's network news, they have all the money. There's there was a piece done on Monsanto, which is another company that's pretty, pretty deep pockets to have, you know, propaganda put out and to take over other farms and have, you know, the seeds and patents on the seeds and things like that. If these Fox News, contributors did a piece on them. They were fired. They were shut down and fired.

 James Geering 52:17

They I mean, this is it. I mean, I've seen it from a lot of people that I know that are just trying to you know, put out good information, maybe leaning towards one way and again now now I see their Instagram posts like hey, I've been banned to message for a year or I've been shut down or whatever. And I know that these are, you know, somewhat middle the road, maybe leaning one way but definitely not extreme in any way shape or form and a good people good human beings. But going back to the the, the performance side for a second. I remember seeing there was one year in the Academy Awards, where it was obviously just, you know, African American time, and I think Sidney Poitier won the Lifetime Achievement Award, which is probably he should have won a lot but a lot sooner than that. But the real one that stuck with me was Denzel Washington won it. I think it was training day. That's right now Denso had done Cry Freedom. Malcolm X, the hurricane, some phenomenal,

 53:13

phenomenal unbelievable performance

phenomenal, unbelievable performance

J James Geering 53:17

and didn't win shit. So this is the problem is that, you know, again, the pendulum swings one way or the other. Yes. Why the hell and I don't know what they were up against in those years. But if you're telling me that Denzel is best work was training day. I disagree. That's just me. I'm sorry. But I disagree. Some of his work.

i 53:37

Disagree. He even though I read like they he knows the truth, when the truth is being unveiled about Hollywood I live here by the way, I've been in the business for a long time. But I detached myself. When they gave a standing ovation to Will Smith after he literally there was a assault, illegal assault. 10 minutes later, they gave him a standing ovation, not just a clap, like hey, way to go. You want a standing ovation to revere this guy who assaulted a comedian. And when I said that we went way backwards because of comedians, free thinkers, truth tellers. He wasn't even saying anything. And we even took people took his side is always bagging on alopecia. First of all, he wasn't he was actually calling our badass by saying you can be gi Jane. That's a cool compliment. You're a badass, but everybody twisted it. They get into that narrative, the echo chamber echo chamber. It's only echoing there's no look to the outside of that chamber. And I could not believe it. And by the way, it opened up floodgates for idiots and audiences for comedians. Oh, I can yell up I can go. I can get up and slap him. I tell him I'll slap you back. You better not come near my stage. I mean, I'm from Philadelphia. That doesn't fly. But it does fly for certain people, especially when they get that drunk courage. And they definitely have way too much urge the keyboard cowards, they're really bad news. Why are they encouraging us? Like if you're if I said something today that you liked, if an audience likes one thing that I said, right? But if they disagreed or had a problem with one of the things I said, which do you think they're going to write to me? Or to you? Or to social media? Which one do you think the negative one? Which are we programmed to do? We're programmed to respond like that, like, how dare you? Without any nuance without any curiosity? And what did you really mean by that? What was your intention? Now, I'm just going to respond the way I was programmed to respond. What I'm really saying to people is, it's, I would hope it's a value is to say, Hey, I believe in you, I believe in you, who you really truly are. At your core essence, your core being, I believe, in that I believe in your health, your wellness, your mental health, your spiritual health, your emotional health, your physical health, I believe in you. They don't want to hear it. I've been diagnosed. I've got two diagnoses that were supposedly incurable. I don't have them anymore. Started with mindset. I don't have Crohn's disease. He told me is incurable. I was taking sulfur pills and surgeries, all this cause. Now I just stopped and went, it just told me it's incurable. How can you possibly say that? It means there's no evolution in science that could find a cure for this? Now, I'm not going to accept that. And how come you're not looking at the east? You know, Eastern philosophies and medicines? How come acupuncture isn't covered by your insurance? But pills are?

J James Geering 56:41

How come Crohn's disease doesn't exist in cultures? Where the holistic?

 56:45

Thank you. Thank you, right? I always say that. By the way, if you want to know the answer to something, go cheat off your neighbor who's like really got it together, even if it's gun control, go look at another country where it works where there's less murders, or if there's a health issue or health care, go look at a country that handles it in a really good way. Go copy. We don't have to be that arrogant to go our way is the right way. Of course, it's not the right way.

 James Geering 57:09

I say the same thing all the time, like Norway's prisons, Portugal's drug policy. I mean, the UK is health system and fully funded, I think is phenomenal. Like I will someone into an ER in England, they're not asking for a social security number. They're like, what's wrong with, you know, seven. So, but this is the issue that a lot of people don't see, because it's all we've known, but it's just arrogance, like have the humility to say, Oslo, you're not having young men murdering each other on your street corners. What are you doing different to us? How can we learn from it? Is it apples to apples? Maybe it's slightly off, but ultimately, we're still human beings. But it's that humility piece. And if we're so arrogant, that we beat our chest saying we're number one on the planet. And as you pointed to, we are in certain areas, school shootings, obesity, you know, overdoses. And I'm not being doom and gloom, but we got to pull out the problem is enough pride. We're all very proud of being from this country. And it is a beautiful country full of amazing people. But if you truly love your country, you advocate for change. You try to make it better.

 58:10

And challenge yeah, I mean, Teddy Roosevelt said it as well. You got to challenge authority. Eisenhower, who was a general said, look out for the military industrial complex. Look, watch out. If that happens, we're going to be in trouble. I mean, it doesn't matter where it comes from where the messenger is, it could be a comedian, by the way. It could be a comedian, why would it not be a comedian when it's ironic by the ways they're really really hyping up the the president of Ukraine and he was a comedian, by the way. Yeah, well, look

 James Geering 58:39

at Joe, I mean, you know, obviously, people have different perspectives. And I've always liked him way before he grew to this size now, but I mean, Joe Rogan has, you know, trumped a lot of these media outlets and as far as his reach so that's a comedian

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by the hole. They tried to take him down. Oh, yeah. A horse de wormer and all that little narrative that went out there all they tried their best, they were actually artists. I was shocked like, like it was a Neil Young or when, like some of these older like, I couldn't believe that they would be against free speech. You're about

 James Geering 59:16

well, these people also had no problem with the first responders that held the line for a year without vaccines and masks and PPE. And now all of a sudden, they're calling them for their termination because they're, you know, gonna murder everyone's grandma because now all of a sudden, they don't want this vaccine. And you know, I'm all about choosing, you know, if you choose to, but I mean, to fire to terminate a first responder who you had no issues being out there with no protection, because now all of a sudden you think this vaccine is, you know, is the the elixir of life then and now we know fast forward, you realize that it's not the sciences, they're showing, it's not having anywhere near the efficacy and you're still calling these, you know, to lose these people's jobs to take their jobs for Mmm, those people should be fired. The ones trying to come after these selfless servants that were in the hospitals and on the streets when everyone else is hiding in their home.

 1:00:09

It's a really good point. It's yeah, and by the way, laughter improves the efficacy of anything that you're doing any drug, any injections, anything laughter does improve. That's been proven time and time again, it releases healing endorphins and oxygenate your body. All the things you need. Laughter gives you but it's the last thing on the on the line. You know, it's amazing to me how people just ignore it. They just ignored it. Laughter is the best medicine. I might even say it but they don't believe it. So then go get your pharmacy go to many comedy clubs. That's why I tell people to go see me. I'm performing around look at my website. But I've been here in Naples. You'll see someone else was I was just in Naples now I'm in I'm actually down the street, I could walk to my next job at the canyon club in Agoura Hills. And even when I'm giving tickets away to friends. It's the last thing on their plate. The last thing on their agenda. They have always more important things to do that they're programmed to do. I should read some of the text messages. I could read them live on what they're doing in place of going and laughing for and I make people laugh really hard for 90 minutes straight where they're hurting the end they go you needed to stop, you know, My face hurts. I have Bell's Palsy. I love love Bell's Palsy. But why would you turn that down? Even and I even offer free tickets? Why would you want to say well, I have to go to dinner with my friends. I have dinner plans, plans with my friends. Well, why not? Go to laugh after dinner? Why not add that to your plans? Or we have to do a certain barbecue. Why not go after the barbecue? Whatever it is? Why not adjust to put laughter in your life as much as you possibly can. But as you look at people's planners, very rarely are they gone. I gotta go see a comedy movie. I gotta watch a sitcom. I gotta go to a comedy show. Very rarely do people have it on their calendars? Put on your calendar. I'm saying that the kids laugh to 300 times a day and we don't laugh 20 Why not catch the kids put it on your goals. You know they have a Fitbit. Have a laugh bit two out count your laugh 70 times you laugh you and I laughed a bunch of times today. Comedians, by the way, live very long lives. They don't get to drugs and all that kind of stuff. Very long lives. If you look at George Burns, he was performing in his hundreds Bob Hope Jack Benny, Milton Berle, Phyllis Diller red buttons, all these people live to make people laugh, they were surrounded by that energetic flow, that frequency that happens. Wow. I mean, that's powerful. But we don't look at it as powerful with this unlimited potential.

 James Geering 1:02:53

One of the highlights of my entire life was when I was in university in London, and I was there was an element of loneliness. Definitely. So I would go to the Comedy Store in London on my own, like, all over and over and over again. And there was one night and I wish I could remember the MCS, second name, but it was Mickey something. And he was actually one of our like, children's TV hosts when I was little. I didn't realize he was a stand up comedian. And then Bill Nye, Bill Burr, Bill Bryson, the musical comedian. There was him there was a couple others. And they each did their set. And then they came together. And I think they did. It was like a 30 or 45 minute on call where they were just bouncing off each other and you talk about like I was so like, I just did an MMA fight the night before. From just laughing my ass off. And that's what I would go and do. Like I was aware of my loneliness. I grew up in a farm with a bunch of, you know, siblings, and now I'm stuck in some tiny bedsit in London and just, you know, surrounded by millions of people and deeply lonely and I would go to the Comedy Store and it was it kept me going. It really did and I would laugh my fucking ass off, you know for an hour and a half and then come out and that would reset me for a week or two and then that was literally my medication.



1:04:08

I love that you said reset. The other word you used before is humility. I told you the laughter acronym that's the ages humility. I have people list their rumble stumbles fumbles, crumbles and tumbles. That's funny. That's funny. Failures funny. I expose my failures all the time. People relate to it much more than you do arrogance. I don't understand why people fall arrogance. By the way, he knows another one who comes from your country. Like really really dig there's two of them actually Russell Brand and Ricky Gervais. Yeah, Ricky talking about pulling curtain,



James Geering 1:04:43

Ricky Gervais. And when you talk about offending people like he's he's a black belt in that shit.



1:04:48

Yes, he's a master. And Russell Brand is a master of uncovering and exposing and questioning and curiosity and I love both of them and I will Follow them Jordan Peterson is another one I really dig. It's it's, I wish there are more women that were doing this. You know, they're asking for diversity entitled to diversity entitled to rights. But let's see a fight for them in a very smart and logical way like these other people where you're uncovering the true source. The True Source aren't these individuals that say something, it's not in a safe space. That's not your that's not the source of the problem. The source of the problem is the source. where the money is where they own the propaganda. That's where the source is. That's who's keeping you down. So why not be a leader in that area and not go for it? It's so easy. Aziz Ansari went on a bad date. So she added him to the me tube tag. Oh, let's all let's all pile on Aziz Ansari, a comedian, but at a bad date, didn't rape her. I believe her. So then that became the net. I believe her. Me too. And everybody's into me, too. Let's all join that group. In the meantime, it's a distraction for all the real insidious stuff that's that's going on. It's at the heart of everything. Let's go get the comedian and cancel him for something that he said. It's scary. But it doesn't have to be. It has to be we have to have more podcasts like this where it's solution oriented. We're really

digging down deep and uncovering things you might not want to see. You don't want to see it. Nobody wants to admit it. Have you ever heard anybody come up to you and go, I rethought the Iraq War? And I think we should probably try some people for that. How many people are killed and really weren't those weapons? And there were no Iraqis in 911. Anyway, is it ever anybody comes up to you? Is there any news program because we're gonna unpack this for you. And there's a lot of lot of shady stuff going on now went away because people don't want to. They don't just don't want to believe it. Vietnam. There was a guy that actually came out and admitted it. He did a documentary he's documented nobody watched McNamara was the defense secretary. At the time. It was a false war, there was no Gulf of Tonkin. They made it up and became propaganda people believed it and if you didn't, you were, you know, you were you weren't a patriot, you're a trader. If you didn't follow along with their what they were trying to tell you all became, then they really doubled down on it, you know, Bush Cheney really doubled down on that propaganda on, you're a trader, and now and a freedom, freedom, and then they had, and then all the, then the government got involved in our airplanes. Now we have long security lines, run by the government, to get us in line and make sure that we comply. Everything's about compliance and not freedom. That's the irony, compliance over freedom. Freedom would be, yeah, I'm free to walk here. I'm free to go there. I'm free to say this. Oh, can't. There's language barriers, language rules that don't make any sense? Like, oh, I'm trying to raise my kids, right. You know, that's a bad word. I'm going, why is that a bad word? Because we've been conditioned, it's a bad word. If I said to you, James, if I said, we're such a piffner. And that's my F word. He meant nothing to you. You weren't insulted by that. You're puzzled. What did you just call me? It's about my intent. But if I use the F word that scares people, Oh, my God. Take them off the air. You can't even say it on network news, or network anything. Can't say it has to have a rating system. Who does the rating system? Nobody ever analyzes that. Who rates these things, though? Is it ever met one ever seen one has that ever been exposed? Now? Well, part of the group is it's their underground. And they're dictating what happens over the ground. It's amazing to me how we don't even question it. And they'll be mad at me for questioning it. Like I question like, semi on a personal level, my ex wife I question. She said something really crappy. Like, you know, she organized a birthday party for my son without telling me and I'm like, and here's how the power of Man has so far gone away. Where I can't even protests. What a awful thing that is that I'm the abuser because I tell her how wrong that is. This is a position men are in right now. We've been de balled and saying that even me saying that misogynist, sexist or whatever it is. No, I'm a human being has feelings. Also my feelings are this was not a good message to send to our son. That it's mothers are in charge you never hear A single word about I'm a single dad now. Not a lot of campaigning for Let's help the single dad. I'm cooking breakfast the same as she does. But I'm also out earning all the money for both houses. You think anybody's gonna get line ago let's campaign for Craig, let's slow that. Let's go give him a round of applause. Now it's single mothers. I was raised by a single mother and you just say that to all your single she sacrificed? Oh, I know I'm not sacrificing at all. No, I'm 24 hours working now. So add in dishes add in homework, add in all that stuff. So now I'm a single dad running businesses. There ain't nobody falling in line with that and going let's go help this guy out now. That's the way that's the way we're we're built now is guys have all the burden. We now have the burden of what women used to have the burden of now there's this whole I'm gonna change diapers. I don't want to change any typers be honest. I don't know. You have kids? Yeah,

J

James Geering 1:11:02

I've mine. 60. Now my youngest, but yeah,



1:11:05

I did you did you change their diapers? Yeah.



James Geering 1:11:07

I mean, I was a single dad from pretty much when he was when he was about what was he? Two? I think so. Yeah. I mean, I went through it. And I and I remember posting at some point in you know, months after, because at that time, it she's so much better now. At that time, my ex was off partying and everything and was you know that her family would come in to me crying oh, what's going on? Totally different. Now. She's, she's in a totally different place. But at that moment, I remember going and the lawyer going well, you know, good news, you know, you can get 5050 And I'm like, the fuck, you know, and, and I remember posting Sam Cooke sang. It's a man's world. Well, he obviously wasn't a single parent in Florida. Because it was that it was the inequality now did I want to take him from his mother? No. But at that moment in time, you know, I was there when she was going through whatever she was going through. And, you know, it was it really was apparent to me, it was like, celebrate that you get 5050 because of that whole thing. And there's a lot of, you know, great dads out there. And I agree completely. I've raised my son. I'm remarried now. But my wife's been in medical school the last two years, for example, 300 miles away. So you know, I've still pretty much stayed as a single dad, even though I'm remarried. And, you know, it's it's an amazing position. But you're right. There's not that any we're waiting for anyone that applauded for us. But it's kind of completely dismissed. Your your single mother or I'm a mom is like an entire, you know, job title for a woman.



1:12:41

Yeah. What



James Geering 1:12:43

exists the same way?



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You don't have? What I'm saying is we don't need the pity party. We don't need applause. We need a support system. Yeah, we don't have any support system.



James Geering 1:12:50

Exactly. And so you're not doing it on your own. And, you know,



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because it's actually to feminize to be a guy that's, you know, that vulnerable or anything like that. So we're stuck. We're stuck in this place of no man's land, where we do not have the support, we don't have the empathy for what we're going through. I mean, I This makes no sense I earn 99.9% of the money that comes into the family, and it is a family, it's still a fair amount every divorced 99.9% of the money. And that's divided in half. Tell me how that makes any sense. So she can remain. She put down and she makes \$500 a month. I said, a teenager doesn't make that. I made that cutting lawns when I was a kid. And you can't with this skill set. You can't do anything else. Why should she? Why should she? She has the kids 50% of the time, suddenly she needs child support. Well, I need child support. But it's all going to come from me and my hard work. Now me saying that again. There's the rub. If I say it, that I'm the victim that I'm nobody's feeling sorry for the big white guy. Because it's a patriarchal society. And I get it, by the way, and I've been very supportive of that of Yes. When you bet go back centuries, it's been mostly white men in charge and dominating and controlling. But we have to do the pendulum that you spoke of earlier. We have to adjust to the times that are now we can't go full on they get half. No questions asked. Of course, you have to ask questions. Why is she not working? Why is she not earning more than five? Why? Why should she not be challenged, but I have to go die early because I work too hard. Now the kids don't have a father because I died too early because I have too much stress because I have to do all of it. Why? And especially if you're in a high pressure job, especially if you run a company where people can sue you easily now employees can sue you. So what what, you know, what do we have? What do we have left? It doesn't make any sense. But I want to get into solution. But these conversations will lead to solutions. support from other people. Hey, I'm in there to, let's talk. Let's talk about this. Let's have a dialogue. Let's have a let's unpeel some of this onion, and get down to the nice core of everything. And have a good time. Have some damn laughs makes no sense why we don't laugh more.

J

James Geering 1:15:23

Well, that's a perfect segue because I wanted to put two things in before we can actually go to your beginning of Thailand. We've been talking for almost an hour and a half. And we haven't even touched on your journey yet. But this is the beautiful thing about his organic conversations. When the Will Smith incident happened. I looked in that man's I didn't look them in through the screen I saw in that man's eyes. What I've seen looking back at me in a mirror, when I've been through some of my darkest points. So from Chris Rock standpoint, completely wrong, that man did not deserve to be slapped for making the joke. But what an amazing opportunity to finally talk about mental health, especially in that culture, you know, where maybe it's talked about even less. And what happened, it became a bunch of fucking memes. Everyone laughed at, like I said, laughed out of meanness that laughed out of love. And then it was disregarded. And I thought, you know, to me, that's a man basically. And quite like, that's a dude, I'm going to make sure that he doesn't go in his gun locker and, and stuff. Yeah, absolutely. Now, sadly, Chris Rock was, you know, the, the symptom of that. I mean, he got to take the brunt of that crisis the same way as you know, the drunk dude in the bar, and you bump into him and he lays you out, not because he knows you and hates you, but because you just happen to bump into him the wrong time. So, you know, well, because

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I'll give you another answer for that. Because he's not healed. He's not working on his healing. And that's the position he's in. Yeah. And this is his only response as a trauma responses and

handled his trauma from his childhood. That's why people lash out. That's why they hit they've only been conditioned that that's what you do or you kill. This is what we are told from a for a very, very long time. And we're it's actually lauded and applauded. Look at MMA, How popular is right now. That is a heavy fighting. That's nasty. We're sitting there going. Oh, my God. fascinated by it. You don't you don't see people encouraging Hey, look at them hug. Look at these two guys hug. Look at how they're healing and how they're evolving. I'm sorry, I interrupted you.

J

James Geering 1:17:34

No, no, that was it. But that actually brings me to one more area and then we'll go to your timeline. I just shared a beautiful video the other day someone has sent to me. And I'm not a big sports fan of ironically, MMA is about anything I watched and then England when it's the World Cup or UEFA every couple of years. But it was an I don't even remember the gentleman's name but a Philadelphia baseball player that was having the worst season apparently very, very good prior to that kept striking out Trey Turner, so they're booing him and booing him. And that's

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1:18:06

a great story. By the way. I love that that happened in my hometown, because we're known as throwing snowballs at Santa Claus. And that, by the way, stuck with people. It's the 40 years get over it. Or they booed Michael Irvin, when he was they thought he was paralyzed, or whatever. I mean, yeah, they can be nasty, but that that's all of Philadelphia. That was Philadelphia evolved, which I was very proud of it. Yep. It by the way, had a great effect on the positivity had a great effect on him.

J

James Geering 1:18:31

Exactly. So so they the Philly Captain calls for the fans to not berate him, but to applaud every time he comes on the pitch, and he starts playing well. And I'm like, what a beautiful analogy. We break people down. There's a keyboard warriors, there's this nastiness, this news, and you know, analysis, even the frickin ESPN and those have four dudes screaming at each other. And instead you just elevate, you support, you lift people up, you encourage. And that was a beautiful example of literally a single baseball player who probably was going through some shit between his ears, hence his performance. And that support pulled him out of it. And he ended up playing the rest of the season phenomenally if I'm understanding the story, right.

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1:19:15

Well, it hasn't been the rest of the it's still in the season right now. And they traded for him this year. And he was amazing with the Dodgers. All Los Angeles is upset that they let him go. But something happened psychologically, which happens to all of us. The yips happen and are people that are that couldn't throw a ball to first base all of a sudden that they would they're armed with something happens mentally, and that ends up physically as physical manifestations. happens to so many of us but you just can't talk about it. There is listen, we've

evolved enough though there was a time that you literally couldn't say if you're a man, you couldn't say you went to therapy. There was a guy leaves in the 70s and you can look this up I believe it was Thomas Eagleton was supposed to be the vice presidential candidate. And it turns out that he saw a psychiatrist. Now I could be wrong, but I'm pretty close on this. And they took him off the ticket. That tells you the level of denial that we're in on these things and how we get shamed for taking care of ourselves. And no wonder so many shootings, killing suicides. These are people that can't express themselves. They're not dealing with traumas that are so obviously taken over their lives in the present. And this is why do lean on the laughter as being, at least, at least at the very least a temporary antidote to the poisons that are within us the toxins, that toxicity that's taken over takes over our entire mind, body and spirit, they takes it over. And it's amazing to me to watch people just fall down that dark abyss and don't want to come out. They don't have a willingness to come out because there are tools that are out there. Lots of tools. Oh, it's too expensive. Oh, see, your self worth? Worthless. I mean, your your, your healing your your life is worthless, that you're gonna see you're gonna put a number to that. Are you gonna wait till it's to been diagnosed with something that was caused by pushing this stuff down? You're gonna wait till then I just open up the healing centers, by the way, completely out there, like, not FDA approved and I'm gonna good. If it was FDA approved, that means they were bribed to approve it. That's a fact. So these there's energy enhancement systems are opening up all over the country. I just bought a few of them franchises. And literally defrags your body. It literally restores your cells to the way they were supposed to be. Isn't that incredible? I know tumors shrinking cancer going. Why are we not hearing about we all know the down why we're not hearing about it. And they're going to say that's phony. That's a fraud. You know, it's not the trust science. I tell the people who say trust science stuff became like a meme right? Nazi Germany not that long ago, I trusted a guy named Josef Mengele literally put all of their trust in the sky. When it's in history, it's unveiled. It turns out, they trusted a guy that was a horrific human being. And what did he do? He took that power. And he used it for the worst purposes possible. And that's from people that just got they were mindless. And they said, let's follow this guy. Let's follow. Let's follow that guy, because he's a scientist. He's a doctor. And that's what we do. Instead of going, Hey, let's follow Russell Brand. He's got some pretty smart stuff to say. And he's making me laugh about Ricky Gervais. He's pulling the plug, pulling the curtain on these Hollywood people and making fun of them. He'll never be asked back to Oh, no.

J James Geering 1:23:33

Oh, well. Speaking of Dr. Josef Mengele, I actually had Dr. Edith Eger on the show. She is an outfit survivor, who ended up becoming a psychologist and amazing, amazing woman. She's in her 90s Now, but she was forced to dance for him for Mengele. So she saw this fucker face to face. And she saw the cruelty that was coming out of you know, his office. So this woman, literally dance for this monster. And you know, and again, this is still such a recent history, and this is what blows me away when I was, I think it was 35 ish. I had a realization like, holy shit. I've only been alive as long as World War Two was before I was born. That's how short of a lifespan ago it was. And yet, it's, you know, ancient history. And so in people's minds, and you know, especially when you're talking about teaching history and lessons learned, and we're removing that from schools, they're there for a reason, like these horrors are there from all those poor people that were killed the only way we honor them as we try and stop that from happening again. And what I see and I talk about this a lot is the common denominator, whether it's Nazi Germany, whether it's some slavery, whether it's all these different things. It wasn't a whole country of people banding together saying, Yeah, let's do this thing. It's a tyrannical few. Spreading propaganda, through fear through whatever it is And duping a lot of

people into going that way. And what if there's one lesson that we can learn is to finally go back look through history? Look at present day and go? What's What's the red flags, early red flags of this? And if you see it, not just this one, the one before and arguably several before that, you know, so what's the what's the modern



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day Reichstag was you know he set his own place on fire you know, what's the modern day there was a shot heard around the world with the in World War One and you know the Spanish leader but you know, when 911 What what is being concocted? The storage door Gulf of Tonkin, what's being called got concurred. And why would why do you believe it's not happening now? What suddenly? I don't think so. Here's, here's what I never understood how people their logic goes. So it's been proven. And that took a lot to prove about the opioid epidemic. It never happened before because there are laws, but now the drug companies now that you can't sue and so on, it's all been changed how that happened. Just slipped by, oh, let's let's just accept that. Okay. \$500,000, that's five 500,000 deaths happen from opioid addiction and overdose, and so forth. These are the same people, the drug companies that are now making the vaccines. I like to say, just think about this. Are they in a boardroom God, at we've had enough for the chick Canary, we've had enough of killing people. Now, we're only wait, I've seen Jesus, and we're only going to be about healing people now. Okay, folks, ready, break, go get us a good vaccine that's going to help the world All right. Same people. Same people where you watch an ad on television, it's nine side effects that make it worse than what you had to begin with. Same people that have those ads that were never shown to us. Before 1987, you'd never saw an ad for anything resembling that. It did take down cigarette ads. Events, they finally figured out that they would have they would have doctors who would smoke cigarettes and say these are good for you, same people. So suddenly, in this case, now, there couldn't be any corruption whatsoever. Use your common sense, we've lost our common sense. Well, here's



James Geering 1:27:28

an observation that I just kind of started ruminating on the last few months. And it was actually Sadhguru, who was on Joe Show, and it was a passing comment in that conversation. But we follow it, we're fully aware there's a mental health crisis. And it's very evident in a homicide and a school shooting and an overdose and all the things that, you know, people listening, a lot of people now we see on a weekly basis, but it's not a socio economic bracket. So that also exists in very, very wealthy people. And I've always said this, you have to be mentally ill to sleep at night, knowing that for example, Oxycontin is stealing 10s and hundreds of 1000s of lives. That's a sociopath. So this is the other conversation and the same with with politics and you know, locking away an entire country. And then this sees a UK, for example, whilst you have a Christmas party, you tell the British people you got to stay in, so only a fucking sociopath could operate like that and go to bed and sleep at night. So what we've got to do as well as look at that lens and go, what's the mental health of these people? And when I think when you look at that way, you reframe it a little bit, not so much from the conniving, you know, vampire esque horror movie character, but more like, you've got to be fucking sick in their head to still make cigarettes, knowing that it kills hundreds as being responsible for the you know, the planet for probably billions of this by this point. And we're still making them. And I'm not saying prohibition because prohibition is not the answer. But such an aggressive campaign that basically everyone's like, Well, I'm not doing that the same way as I'm not going to stick a coat

hanger in my PB Hall. It's not going to, it's not going to end well. You want to you want to end like that, you know, but this is the issue. I think we have to start looking at these heads of these corporations, the same way as everyone else who's struggling, but their manifestation, their their addiction, is greed, even if it means, you know, many, many, many, many deaths. And the same with the industrial military complex. If you're sending people to war that actually was avoidable. And you see all these coffins coming back with Americans and yeah, that's that's, that's a level of mental health that we're not we're not talking about



1:29:45

a level and by the way, you only see who they choose you to see to be criminals, like you'll see. Like, if it's if they're black, that's going on the news, because here we're going to choose your Enemy where or if they're if they're from, you know, Middle Eastern country, there's your enemy, you must say Islamic fundamentalist terrorists, they tend to debate you must say that. So it gets programmed into us so that those people look like that these. They're the enemy. I've never once it takes, it takes so much for like a Bernie Madoff to finally be found out to finally somebody like that is on the front page, then you're seeing them on the news. But you don't see white collar crimes. Those criminals, they're criminals, they're maniacal, they affect many people, not a burglary, you'll see the burglary at a store. And then that becomes look at those, look at those black, you know, whatever it is, you know, Hispanics and look at how they just didn't walked into that store. Now these people walk into your lives, these corporate marauders, they walk in your life and they destroy 1000s of lives, I don't see anything about it, they should be treated like a criminal. That's who should be on the front page of the news, this person saw to it, that they took money from farmers to make sure that they could keep their toxic farms, you know, going and these are the foods that you eat, that are going to kill you. That's not ever unpacked. We have to go see what's easy. What's easy, or I get that that's my enemy. That's my enemy. Oh, they're coming for me, I gotta get a gun. I gotta protect myself. Get a gun to protect yourself from these people that are poisoning the food, they poison your water supply at ease. And then they then they make it about the money that supposedly they have all these jobs. Oh, so then now we're compromising our health for jobs? Why don't have a job that's good for you. Why not have a job that's actually about health? Why not have more mental health professionals? Why not more training for mental health professionals? So we don't raise sociopaths and narcissists and borderline personality people? Why don't we deal with that? Like I said before, if I even talked about anything to do with mental illness come in my way the manifestations of it. I'm the one who's cast about and I'm the one who gets accused to being the abuser and or why why would she do that? It's because of whatever you did. I remember I got divorced, and they said, What do you do? Like, what do you do? Because we've been trained, oh, it's about the men. Men are creeps. men are pigs. Men are marauders, men are rapists. That's we've been taught, of course, that's what we're going to believe that. And I'm a big white guy. Really going to believe it here. So you get the label affixed to you and you can't do anything about it. She had me arrested. And I had COVID at the time to I'm on a slab. And the guy kept repeating to me the cop I said, look, look, I'm the one who was like, because you can't be a victim. If you're a guy, big guy like me, as I got scratches and stuff like that. I didn't do anything there. If I wanted to I would, I'd be able to kill somebody. I'm so strong. I didn't do anything to her. But because she knows how to play society. I'm the one that with an arrest record. Now I can't have it erased by the way. I can lose jobs from it because they said oh no, you can't erase it. Because anybody can walk in and accuse you of anything. And it goes on the record. That's the society we're built with are built with a victim society, not a society that wants to get well so that these things don't happen. Put wellness at the top of your lists. I teach Laughter But laughter at the top of your list and watch what what seeps into

you. The whole other way of living, you're not in fear. Now you're not looking for the enemy. The enemies inside of all of us when you give in to this, that's the only enemy the enemies are all an illusion. They're always constantly floating to the wherever they choose it to be at that moment. Oh, here's Mexicans. They're coming for us. Oh, here's the here's the Taliban is coming for us to Vietnamese are coming for us. All of that stuff. The one thing I will say about one country that I did observe, I thought it was really interesting. And this is my perspective, I would adopt this. I went to Japan to Hiroshima. My actually, my ex wife is from Hiroshima. She was raised there. And she took me to a place where the carnage was just unbelievable with what we did with that bomb. It's we have no idea until you go look that carnage, the destruction of an entire city with all the inhabitants but just it doesn't hit us because you're not seeing somebody that's melting in this on the spot you're not seeing the torture that they went through for this and you're associating with Well, what else could we do because they were so they were so bad to us no leaders were not the people the citizens. So they got blamed and they got they're affected for the rest and generations from the damage and and they said it was called Peace Park and I said May this ever never happen again. That's the message we need to have not bush with a bullhorn go, let's go get him. I'll never forget him saying that you're gonna get the enemy is constantly changing, but it's only changing from an illusion. It's not real. It's what they make real. And they, they prop it up in front of you with propaganda. And they say, here's what you need to fear today. And here's your solution for it. It's either, let's go shoot them kill them. Let's take a drug to deal with it. Whatever it is, we have the solution for it. And here's an insurance company that covers it all. Look at the ads. As I tell people when they say you can't not watch the news, I go, Yes, I can. You'll find out what's going on. If you really need to know, I knew a hurricane was coming here to California, which they kept that one up to, you know what it did to my house, a pillow in the backyard was tilted. And tilted over. That was that's that was the damage. I might have seen a twig that wasn't there yesterday. Like it was a storm of the century. The only good news that I always look at the positive thing is I did find all my batteries and flashlights. And I know where all the water is now. So I did that with the kids. I said, Let's we better get the flashlight ended up where they were in the house.

 James Geering 1:36:14

Yeah. Which has prepared you for a earthquake, which is more likely to happen than damage.

 1:36:20

That's exactly right, this hurricane but anyway. But anyway, so I don't have that much time. I know we have. We've been at it for almost two hours here. Geez, that went, that's easy to talk to you on how you would ever have an ex wife or I would were so easy to talk to?

 James Geering 1:36:41

Well, let's get it I mean, I was gonna, you know, start earlier, early life and go for it. But let's we won't even do that. So talk to me about winning with humor, just kind of give me an overview of the road. You know, it seems like a common denominator when it comes to comedy. I think a lot of us are same in the first responder professions. There's, you know, there's sometimes a filling of the void with self deprecation with jokes. And from the people that have like Jamie

Alyssa will be on the show. You know, as you mentioned, a lot of the comedy community do suffer from mental health challenges, addiction, that kind of thing want to say a lot, it's prominent. So walk me through your timeline. And then let's go out the other side and talk about solutions talk about winning with humor.



1:37:26

Well, I I, right out of the gate, my dad left when I was born. I'm like something I said, where he's gone. It's like, people don't understand what upset me about my ex wife, leaving like that. You don't understand the generational trauma that this causes. It's a generational thing you are putting in memes into children that cannot deal with and cope with these. This disarray and this chaos and this mayhem, that that's what you're giving them. If you can't work harder, and be willing to shift and change within your partnership, work hard on the things to bring you back to what brought you back together and brought you together in the first place which brought these beautiful human beings. So that started my life was and then it became like one difficulty after the next in my search for a father it might search for a father figure and my search to make my mom happy. I would do all these things. I used to try to fix my mom up with guys. I wrote letters to famous people. One was a guy named Paul and he was Uncle Arthur and B which I wrote him a letter you should meet my mom. Because if we read an article, he was single, we didn't know why he was single, we thought he was happy how he's not gonna write me back. That's a send me your mother's photo. He would not be doing that with the Ascot and everything. But I wanted her happy so much. So that was one of the cores of comedy as well. I made people laugh. I was really tiny and beaten and we moved a lot and being poor. economic status is such a source of shame that people don't talk about as well. And then when you have people like the Kardashians that are saying you need this to be happy. Just think about a poor child that has no shot of having that and how they feel about themselves their self esteem. My self esteem was as low as it could possibly be living with relatives moving house to house and apartment apartment and I thought they weren't evict meant move out of there the same word here's the eviction drug mommy. So just think that's this little kid and this is what's being stored in me that store to me no safety, no security. And there was one time I had security I had a really good feeling about myself and this is like days after being caught in the bathroom sewing my pants as I only have one pair of pants and a thimble and a this rich kid came in and made fun of me told the whole class I got back on his own his own pants and and being beaten and all that kind of stuff at different schools and adjusting I was at this new school and I got laughs This one day I was actually sharing pain I was sharing about my mom beat me first for breaking this glass. And I'm beat me like a pin yada. And I was as I was getting the last alarm and this is working, so I increased that. I embellished this oh yeah, Candy flying out of my mouth and every orifice candy coming up in yada and she then she wound up and I was like, wow, this is really working. Really laughing. They're noticing me. I'm one with them now. My status was not economic anymore. My status was based on I was making them feel good. That's what laughter was doing. It uplifted everyone in that room that everybody that vibrations up the frequencies of everything is happening. There's no fear. There's nothing going on. When you're laughing. You can't be depressed. You can't be angry can be frustrated while you're laughing. It does. They can't exist in the same space. I'm going wow, this is unbelievable feeling. But this is typical for society. The next day, the teacher said he will not be doing this again. He's a big mouth. She called me a big mouth and she took blue yarn, and tied my hands behind my back and put me in a supply closet for the entire day. hogtied in a supply closet for the entire day. Don't you get off this box. And of course I would define I'd look at her thighs coming through the vent. Jump back on. I was only allowed to eat. i My hands were unbound for just eating for lunch. You'll think about what you did. And I have to tell you, I did think about

what I did. And I saw nothing wrong with it. I saw nothing that would prevent me from doing it again. You can do all you want to me but a voice insight and a ethereal divine voice spoke to me and said You keep going. Because no one except this potency inside of me would ever tell me to be a comedian. No one is encouraging people to do comedy. I do. Released your funniest self and watch what happens. Watch how many people you affect. Watch how many people you are magnetically drawn to and they draw they're drawn to you and vice versa. Watch the energy that shifts once you start adding laughter to the entire equation. Watch what happens just observe it and see what happens. And I watched this whole place. They had a new respect for me that there was there were I was one with the crowd. I was one with everybody. And that voice and no you never stopped. There's no parent knows no teacher, there's no guidance counselor says keep going. Be a comedian. Nobody. If the opposite was happening. She tied my hands behind my back. Fourth grade. I'm 10 years old. And I have to tell you that decision that my higher sores, big G whatever you want to call it made that decision that day was the greatest thing that ever happened in my life. And I still went on a really tough times I was kidnapped by a serial pedophile for five days when I was 13. I was beaten even on sports teams. I was in the huddle and this quarterback would just punch me in the face. I was the center and he like almost knocked me out and it was like a coyote wilding, they would abuse me in that locker room and I had my underwear torn to a point where it's just shreds. I was embarrassed, I couldn't tell my mother I had no more underwear, because they just tore it apart. My ass was bleeding because of the wedgies they would give me in it. It would just like try to stop me and toilets and trash cans and lockers. This was the kind of abuse that again, there's nothing you can do about it when you're a child. There's no one to protect you. There's no father around my mother's always working. So all of these things developed in me that saw that the this is all obviously retrospect at the time, you don't really define it. You're a kid, I'm a kid, I'm just trying to evolve and trying to fit in trying to be happy. And I would find like groups and gangs that I would form like gangs. Everything was about ripping on each other and making each other laugh. Our gangs were all formed because we're misfits. Everyone in our gang had a difficult childhood. But and I'm friends with them today. It's like my best friend is from 11 years old. And all we did was make each other laugh and we still do. I just hung out with them in Philadelphia, best best friend. And it was all happened because he actually didn't like me at first. Because I transferred another school and there I wasn't there I was and I was like taking his stage time. No, I was I was worse than he was and we pick on the teachers and so forth. And it all became worth it. One day I was speaking at a church and it was this leader of the church. I wasn't speaking for him as for somebody else was on a Saturday morning with his a Christian men's group and I'm not a very religious guy, but I'm really into the big G that everything's about that for me. I've been trained to believe that and it's helped me immensely. drug and alcohol addiction. I mean, I've had it all I was I used to be a thief I was As a criminal at all those things, but this other part of me kept running the show. And I let this run the show this divine ethereal light that wish to reveal itself. It always kept running the show. If I let it go, I was willing to let it otherwise was like ego and I'm gonna pound my way through and I became toughen. I was small, really small. Now I'm really big so I can get them all back and this anger that was inside of me, but only this big G only this energy, this genuine energy flow is the only thing that ever lifted me out of it wasn't a person. It was never somebody that did something for me. No. And if they did it was because I invited them in with my energy. So this guy got up and spoke this minister, this pastor, and he was like, really into meeting me as I said, Wow, he has like more than most fans. It's this daughter says, Is it really him that he goes he gets really amped as after I spoke in the morning, he was speaking an hour later, and I used to stay around for my speech. And I did. And he talked about 28 years ago, you studied to be a pastor. And he was engaged to a woman who was pregnant with his child. He had a best friend was his mentor in Christianity. And this guy, really cool guy with a wife and three kids. It was his best friend and mentor. And he takes the fiancée to his parents house and it's what you said, abort

that child. So you must abort that child that's child of sin. Because I can't do that it's probably against my religion as well, then you're not our son anymore. You are disowned. Never use that ever use our name again. He walks out of the house and then she takes her ring and puts it on the dashboard. She goes, I can't marry you. This is not your child. It's your it's his best friend's child already has three kids and he's married. He's teaching them Christianity and he's having an affair with his fiancée. He's completely distraught. Parents fiancée Christianity all this out. He's done with life. He's gonna commit suicide. He knows exactly where he's gonna do he's gonna drive off this cliff to the left on this place this road that narrow road used to go down he's gonna go down this cliff. He said a miracle occurred he didn't obviously didn't. And his life became beautiful. He ended up meeting his wife to this day. They have children together is an amazing life. But this because of this miracle.



1:47:25

Later that night was at this Kenny Loggins concert. Kenny is an old friend of mine a few years but he's literally doing a song called peace of mind and its outdoor place Hollywood Bowl is so beautiful and feeling very ethereal and present, mindful. And right during that song, I get a text from this guy. This pastor I just met that day. Because the reason I drove off that cliff, someone had just handed me your CD CD of a comedian named Craig Shoemaker. I never heard of this guy before. And I laughed, I cried. He said that laughter saved my life. You saved my life, and I am with you forever. You are my friend forever. I will do anything for you. And he's my best friend. One of my best friends to this day, year later, is sermons I challenge him when we go on walks and he'll bring it to the brings it to the pulpit. Because he's willing to listen to another perspective. I said, I'm not a fool. I certainly believe in Christ consciousness. And I believe in this, you know, and all the all that good stuff. You know, the good stuff, I really do believe in that. The Holy Spirit is that exists in all of us. I just don't believe in some things that are little hypocritical, you know. So I challenge those things. And now we're really close friends. And that was that was another one of my times in my life, including the life taught my friend Michael Goldberg who didn't like it didn't all that I teach, and I do this guy, the levitation. I do chuckle chatter and all these things I developed on the side of the comedy career. 15 years he lived past the prognosis of having brain cancer. They say you're going to die in three months. And I visited him on he ended up in hospice. Oh, what a terrible place. This was it was so all these years, younger guy with all older people. By the way, if you ever if you ever are aren't getting laid, you will get laid in an old person's home because these people have no fear. They just walk up to you blow you the mirror. Because they have nothing to lose. They don't come over here. I have no teeth. I'm perfect for you. I'll go visit them. And then we film this for a movie. I said, Oh, he's gonna go now. He's definitely but all through the years, people kept thinking he's gonna go and he would revive himself and we end up at a comedy show and laugh and we're all laughing together. We laughed at him too. He was in a coma. Staring. We put this on film, too for a documentary and he just didn't. He was gone. I'm waving my hand in front of you even though I'm here. He did. He's in this deep deep coma with mouths open. I said what could I do for you gold's? I leaned into I said, Look, I don't know what else to do here. I'm puzzled. You want me to jerky off? Sick? How about to give you a handy? And he came out of a coma anyway he died a couple of days later. I was so proud, though, that I was so happy. I knew that would make them laugh. You know, I didn't do it. By the way. I didn't complete it. Or even start it



James Geering 1:50:32

for a second.



1:50:34

I'm glad I clarified, but I'm still a virgin in that area. Not that I wouldn't have if he had said yes, no, just kidding. Anyway, all of this journey has been about there's pain. And then there's suffering. I choose not to suffer. I just choose to take a different road and I developed a program that's about recovery. It's a program about no matter what ails you, no matter what condition you're under, it is a condition. And it's something that's been even health has been programmed into. Solutions are programmed into us. Now. It's got to be this. It's got to be this. It's a pill is the pill for it. But we're ignoring the great pill and that is our own purpose, our own mindfulness, our own healing that takes place within ourselves, which starts with the reset. That's the Ahran laughter I take people through the acronym I told you I is love, acceptance and so on. The R is rejoice, reboot, restore. You have a chance to do that every single moment of every single day. You can do that every single moment. Take that breath spirituals is a Latin word for breath. Take that breath and watch the contrary action that happens allows you to be inside of yourself. Listen to yourself. Listen to that ethereal voice that spoke to me in fourth grade. That voice saved a man's life and he's not the only one by the way. So that's what I teach. I teach about laughter heals. I have an organization called laughter heels I teach it now winning with humor is like I can literally guide people how to be funnier. It could be anything for you know, I tell them I said bring your favorite sitcom. Next, everyone brings a sitcom you have to be the funny one. You have to tell jokes. You just say what your funny sitcom is and everybody smiles because they watched it or they want to know about it or you do a quote from a movie funny movie or whatever it is. You just bring that you're now lifting everyone's spirits and watch what happens. Watch the health the mental health and physical health the spiritual if the emotion of watch what happens when you do more and more and more of that. Imagine the world like that. So I'm starting with my little core group taught the two different courses to keep up leveling up leveling to bring more people more in make left mobs where we spread this through the universe. People think it's Pollyanna and a bunch of wishing Of course they do because that's how you're programmed to receive something like that is that different? But why is it different? Because the profitability there's not profitability and laughter It's free pharmacy you have access to it anytime. It just did that. And I just didn't a cure for cancer wanted to have a cure alright trillions of dollars Cancer Research cancer give the cancer stand up for cancer all these causes bullshit. I won't give a dime to that. Now I'll give a dime to alternative healing my ex wife just texted



James Geering 1:53:42

me that was a pregnant pause for a second so your your face completely shaved from talking about



1:53:50

amazing. Isn't it amazing? What somebody's dark energy can do. I saw it I don't even know what she wrote. I don't even know what she wrote. But she's turned into such a dark force. It's Anakin Skywalker and my hope is that we don't have to wait till her last breath look you are my son's look at the one or to be able to do I wanted to get it now you know I mean, but I have no

control no control over it. You just literally pray literally just come from my part in it might be accountable. I wrote her a 22 page amends letter and boy we only accountable Mia culpa only me. I didn't do I did this because no excuses none of that. And it shifted us entirely completely. For a while. That lasted a while we gave that kids that the kids that gift to now I have plenty of reasons to be angry. People steal money from me and why they call it something is reasons to be angry but there's also two reasons our children two reasons to not be angry two two reasons to not teach To them, how to not be accountable, not look inside of myself for the answers, not blame her and assign blame. And that's the thing with mental wellness is that's the rub you have is like I'm not blaming, but I am saying that if she has mental illness, which is very apparent, and the manifestations of it are hurting people, then we want to say something. But I have heard one thing, James, that really bothers me. I reached out to people. I don't want to get in the middle. It's a common phrase. I don't want to be involved. It's up to you. For those say it's you. I've had that happen to go to a therapist and Oh, it's you. What are you doing? I keep going, Hey, I'm working on myself. Don't worry. Can we look at her a little bit? Because that's what people like narcissists are they focus? They have they pull the focus they push the focus over to you become the enemy because you're bringing it up. Nobody wants things brought up. We want to just coast along with I don't want to see that. I don't want to see that. That's what an oz they were in a walled city. Ha ha ha a couple of Naughty Dog that's how we passed the day away in America land Avaaz snip snip snip chip trip trip and a couple that was all about, hey, just just don't look outside. We'll keep you. We'll give you a barber shop and a horse of a different color. We'll give you all that we'll make sure that you're on the outside. You look good. You get shined up. There you go. There you go, Tin Man, we're gonna shine you up. Oh, God, allottee. To us. That's what it's about. It's like, let's not look outside of there because that is wickedness. That is fear that is going to take you down. Just accept your little life here. At that we give you and that's how we live in America. Just accept this the American Dream, which is no dream. There's no dream at the end. There's no dream. It's just existing. There's nobody's evolving, nobody's getting better. Nobody's has new skills that they can have. By the way, that was a skill that was not easy that God spoke to me and said, you write this letter to her and it really did work. It was in Hawaii. I said it will be a letter for you. I was with the kids. I was supposed to be just with them by myself. As my time she had already spent her time with them. She happened to be in Hawaii visiting your sister I said we'll be at the front desk. And if it's goodbye, you will be at the pool. We'll share time together. And if it's not you just walk away. She says to text me I'm halfway through the first page I'm cry 22 pages letter later, we spent the entire trip in Maui together. Dinners laughter charades with our sister on the beach. All this happened because we all have to be self responsible and accountable because we do draw these things in. I'm not a victim to her. I drew this in for a reason. There's a purpose. So my purpose is I've got to stay the course though and be a good person and not go to her and text her back on your your piece of shit. Of course I want to I deserve to never I will tell anybody this Never have I ever written one of these pontificating letters of being right. Never once and I'm gonna advise people have I pressed Enter and it comes back. Thank you, Craig. I never thought of it that way. Thank you for sharing about my life. Ever. That's a formula. I'm here to tell you. It doesn't work. What does work is the shift that happens I'll have over for Game Night is a person that literally cost me a lot of money. A lot of angst, a lot of like, wow, you broke our family apart this family. We have brought these kids into the world with reason and purpose. And you just blew the whole thing up because you're not willing to look at yourself. Yeah, there's that still exists. But what am I going to do about that? I could do my best to say here, here's some solutions, but she's not going to just be willing to do that. So she comes over for game night. And we laugh at her over dinner the other night. Why would we want sushi dinner together? It's a person who has should be my enemy. I'd like to teach people skills on people no one being your enemy. Your only enemies inside of yourself when you give into these resentments and given to this read don't work on yourself on how to properly

manage these frustrations in his anger and his rage that we many people have in this world. Especially after COVID There is a rage that's built up that's only going to be cancerous. It's only going to spread less we deal with it properly. My solution to that is guided levitation. You won't want me to do one right now.

 James Geering 1:59:37

Let's do it. Absolutely.

 1:59:39

There we go. You have to laugh along with me. I'm going to do a really short version right. So you just fake it it doesn't matter you're already smile. You're reflecting back to my smile my laughter right? It's fake it your body doesn't know the difference doesn't know if you're on a Stairmaster or climbing a hill. It just knows and it doesn't know the difference in fake laughter real and by the way, fake laughter always turns into or whatever. And then you say out loud, something is bothering you. She had a birthday party for my son, and didn't tell me. She invited these people, like I'm a pet. And here's the best part, it's gonna cost me the money off the paper. There you go. So now at the end of that I take a breath in, I teach this sky to levitation, I take a breath, just like meditation center myself, and I understand the meaninglessness of it all. I'm putting so much meaning into something, it means nothing. I did this with my other ex wife with the other kids. And I looked back at some of these letters that I sent some of this, some of the responses to, you know, it was pretty heavy stuff. But like, I was angry with her, because she said, Look, I've been working on the road, and I'm back about having dinner for two hours now. Doesn't make any logical sense. And it makes me mad and incensed instead. And so now back and forth, back and forth. What do you think the kids are observing? So they're now those two older kids, they're thinking, here's a dad, that isn't an acceptance, this guy's like, you know, coming back at our mom and all that that's how they look at, it doesn't matter if I'm justified or right. That's all kids observe, they just observe the energy. And if you bring that energy, it shifts everything, either negatively, or positively, bring the light, bring the laughter and watch what happens.

 James Geering 2:01:32

I love it. What I talk about quite a lot is there's reasons and there's excuses. And when it comes to, for example, a mental health conversation, you had trauma, X, Y, and Zed in these periods of your life, those are reasons that you can't ignore them. They are part of your, they're imprinted on you. It's when you use it as an excuse to not heal an excuse for your behavior. And it was the same with my, my divorce at first. Her family were all like what's going on, they're all in tears leaning on me. It wasn't six months later, they were like, You need to let it go. She's been, you know, she, she felt alone. She was lonely in it. And everything had shifted. And I was like, talk about low. And I was in another country, single father working my ass off as a firefighter. And, you know, I mean, the lowest of the lows. But as I matured emotionally through this, because this was my first marriage, my first you know, and it was infidelity that I discovered. So there was a you know, it was a pretty black and white thing initially. But it became very apparent exactly what you're saying, I have one responsibility to teach this child, what it means to be a good man, what it means to be a loving partner, what it means to be

present as a dad, and this toxicity that was going back and forth, is not doing that. And I think this is the problem. Some of these children grew up with the parents, you know, hating each other and being abusive, and like, okay, that's how relationships supposed to be. And then the cycle continues. But having gratitude for the time with this woman and this miracle of a baby that we made together, and then genuinely, like, the whole time after I got over the initial pain, wanting her to find her own healing journey wanting her to do better and he's you know, he's always heard me say, How's your mom doing? Did she you know, she get that job? Is she happy? Not because I want to spend time with because I don't, but I've only ever wished good things for her. Because when she's happier, he's happier. And there's less tension between them. So I think the I can totally align with a lot of things that you said because nothing good comes from from toxicity from bottled up pent up rage and pain and animosity, you know, that was then in and I've always said relationships are like food. You know, some are honey, these childhood sweethearts that die holding their hands. And some are a tuna fish sandwich, you know, and it is what it is. You didn't go into it going well this is going to be a fucking disaster. You went into it head over heels in love with that man or that woman. And then life happens. So not having regret, but just saying okay, this is what it is. Right now. It fucking sucks. But what can I do to make sure that when my son or daughter are around me that they see someone who's trying to forgive he's trying to move on who's wishing positive thoughts for you know, his mother that I've watched now when I look back retroactively because he's 16 Now, I'm like, okay, yeah, that that definitely was the right thing to do. And it's, you know, it's like walking away from a fight. You know, you want to turn around and go back and grab him and punch him square in the face, but the bigger man walks away and it's the right thing to do, but it's fucking hard to walk away. So I think the there's a lot of power, but like you said, attaching positive energy to your trauma and that's why I love what you do. I think there's so much just common sense behind it. So it just makes sense. You hang on to that. It was so much pain and anger well why not attribute you know the healing element why not you know identify that it's the the poison within the vessel that is you know like the the road rage incident you realize the other person didn't even realize it cut you off and you're acting like a fucking lunatic in your own car realizing Okay, well, that happened as external but how I react to the situation is completely in my control



2:05:24

absolutely how your reaction I always try to justify reactions. I try to by my actions by my the reaction as your children are the great observers, they don't care who started it. They're not keeping score. They just see how you are they see your energy. And it doesn't matter like I can I can say to the cows come home she did this she did that she did this and I have a right to my anger. I have a right to this. They don't care. They don't care. They they're never gonna, by the way used another word from my from my acronym use gratitude is Be grateful for everything that you do have. And watch how that shifts because if you're not in gratitude, you're in entitlement and you're in. I deserve this and you owe me this. You owe me an apology. Ever hear that before you owe me an apology? It's owed. How's it owed? How's it bestowed? Is it how do you do do are you born with a they have to apologize to you? Or what can you do to manifest some sort of healing? manifest something good? manifest something that's really like purposeful and mindful. What can you do to do that? And by the way, I don't I'm not perfect at this. You know, I'm a I'm a guy that I'll slip off and it's always has to do with every slip has to do with that I lost my practice. My you know, I'm not doing my my laughter lunges. I'm not doing not doing my, my serenity squats or whatever it is. For my emotional well being. Anyway. Brilliant. Well, I gotta I gotta get back to work.

 James Geering 2:07:02

Yep, that did this. Do one thing quickly for people listening? Where can they find winning? Excuse me winning with humor. And then where can they find you on the social media site to?

 2:07:11

Well, Craig Shoemaker is my name and it's spelled Shoemaker, not Schumacher. It drives me nuts. They put a lot like him off the boat from Bavaria. Or you know, it's so it's Craig Shoemaker. You make shoes you think about it makes us you don't mock shoes. Unless they're crocs you can mock those. You know what the holes are for? Your self esteem can slip out. I can find the official Craig Shoemaker on Instagram. Facebook, fanpage. Twitter. I'm the love Master. I'm easy to find Wikipedia, all that kind of stuff. But you know, drop me a note. Tell me you heard me on here. Tell me if you have curiosity about anything. I said you'd want to join the course I do one on ones winning with humor, Craig shoemaker.com. You can find me ask me the questions. Let's get engaged. Let's engage one another in something positive, where it's solution oriented. Having fun, adding more of that joy to your life Love Light and levity. That's where we got to get back to that our core selves. That's who we are. Let's go do that together and do that with with good purpose in Unity. Enough of this division we've not been to it's just this work. It's a paradigm that doesn't work. It's a system that does not work and never will. Not even scalable. Laughter is full scalable. If you laugh 100 times a day, make it 200 times a day then make it 300 times a day when that'd be amazing. If you just kept count of how many times you laughed. Like today, I'm on you know, I've just hanging out with you about what how many we are? Well at least it probably is 50. So nice way to begin your day?

 James Geering 2:08:50

Absolutely. Well, I just want to say thank you so much. It's been an incredible conversation. We're going all around the place, you know, and obviously, you know, finally getting to your actual timeline and the solution you know, the products that you've put out there between this and your podcast. So I want to thank you so much for being so generous with your time and coming on the podcast today.

 2:09:10

While you're welcome and I forgot to tell you I cured myself of Crohn's disease and sciatica and some other things as well depression, alcoholism, I'd say you're never completely cured of these things. Drug addiction, no more, no more. And you can do that too. If you're having problems with drugs, alcohol, I assure you I will give you that hope if you contact me, I'll tell you the methods that I have that I get there. And a lot of it has to do with centering myself in the light the levity and the love that's what it's based in your that's our genuine energy. That's who we truly are to be who you truly are. That's the message I want to get across to people join the course but we have a blast by the way. This course is just so much fun. I love I found my purpose. It's even better than a comedy club or a theater, but pack standing ovation. By see people should Thinking and transforming that is the glory for me

