

# Ken Corigliano - Episode 773

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## SPEAKERS

Ken Corigliano, James Geering

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James Geering 00:00

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being said, I introduce to you, Ken Corigliano enjoy. Well, Ken, I want to start by saying thank you to Brendan Quisenberry for connecting us and I want to welcome you on to the behind the shield podcast today.

 Ken Corigliano 03:46

Great it is it is an absolute honor. And I love the message and I'm just a vehicle to help folks get to where they want to go. And my life story can be of any assistance, then my life's been worth it. So I've really appreciate the opportunity here.

 James Geering 04:02

Beautiful. Well, you have, I mean, to say you have an interesting life story, I think is a bit of an understatement. So I would love to start at the very beginning. So tell me where you were born. And then tell me a little bit about your family dynamic what your parents did, and how many siblings?

 04:18

Sure, yeah, that's that's one I don't get often. But I was born in New York with most of the rest of the Italians in the very early 80s. And we moved down to Florida shortly after I was born because there was some mafia stuff that was going on up there. And my dad said, I'm not raising a child in this environment. So we moved to Florida, and he and my mom they got when they got together. She brought in two boys older brother's much more much older than I am and then he brought in an older daughter so I had two brothers and a sister or for most of my upbringing in it was in Florida, which was not a bad gig as a kid.

 James Geering 05:06

So whereabouts in Florida we.

 05:09

So we're just south of Tampa in the Bradenton Sarasota area.

 James Geering 05:14

Okay, so it's about an hour and a half from where I'm sitting right now.

 05:17

That's right. Yes.

**J** James Geering 05:18

So what about professional? What did your parents do?

**i** 05:21

Sir, my dad was a, he was a tow truck tow truck driver up in New York. And when he moved to Florida, he became a builder. And he specialized in first time homebuyers and even ran Habitat for Humanity was actually the president at one point. And so my mom was, she ran kind of some of the business for him on like, his model homes. And we lived always lived in a model home. So everything had to be like, immaculate, like all the time. So she ran that aspect of it. And then they got divorced when I was about 1516 time period. And that set into motion. My, my very interesting part of the life story, I think so. And then my sister passed away when I was about 17. Oh, what was this was a major life event. So

**J** James Geering 06:18

yeah, what was it that took her life?

**i** 06:21

So someone took her life, actually, so they, they tried to slip her the date rape drug, and gave her too much, because obviously someone who does that some moron and gave her too much. And so she died that night, thankfully, in her sleep.

**i** 06:40

So that's how that went.

**J** James Geering 06:42

Oh, I'm so sorry. Did you ever catch the person that did that?

**i** 06:45

No, it was, you know, it was at the bar and just some random, you know, do so? No, but I'm sure karma caught up that person. So yeah. But actually, that's a very, was super important in my life, because I was like, you know, 17 and at that, you know, people who are 17 thinks, you know, they're invincible, and, you know, they probably have five or six years of real good memories, you know, and so they don't understand the finite pneus of life. And so I discovered that very fast of like, holy crap, I'm, I'm mortal, people are mortal. And so I began to clean myself up, because the two years from my my parents divorcing to that period. I was like,

homeless and just going through random places in Hungary. And, you know, that was a very traumatic part of my life. But when she passed, like, something just clicked, and I was like, I gotta clean I gotta clean this up like, is do you do swearing on this show?

 James Geering 07:53

I encourage swearing. This is a process where I identify.

 08:01

Yeah, so I just, I was just like, I gotta, I gotta get my life together. Like, I can't I can't live like this, you know.

 James Geering 08:07

So going back a little bit. You talked about your dad being a tow truck driver. I think one of the less acknowledged areas when it comes to trauma and things that you've seen are the tow truck drivers, especially when they work on the freeways. So we responders, first responders, you know, we're cutting these poor people out, but usually there's a tow truck driver, they're with us. Sometimes they tow the body back to somewhere where they can do a police investigation or simply somewhere where we can actually extricate what's left of them. So did he ever talk about the dark side of the job when he was doing that?

 08:41

Yeah, so it's actually really interesting that you say that because just recently, I say about a month and a half ago, I started asking those questions where I guess like, I didn't know that about that profession. But yeah, man. I mean, he has some crazy stories, especially like trying to tow people's cars who do not want to be towed in this is like in Brooklyn, and Bronx in the 80s. Like, man is not a nice area. So yeah, you get fights and all kinds of stuff and bodies. And yeah, man in what's crazy is when he was in his teens, he worked on the World Trade Center. Yeah, teens, early 20s. He worked on the World Trade Center. And so like when that fell, and I was in the Air Force that was you know, a lot of those stories came out to where, you know, he was sitting on, I don't know, if you've seen the iconic picture the dudes like eating lunch on the floating pylon, but that was him, you know. And then his dad did that in the Empire State Building, which was cool, too. So yeah, a lot of those stories have been have been coming out now that he's a little bit older, and he probably doesn't care. You know.

 James Geering 09:56

It's amazing. I mean, whether you're in a profession that we'll see trauma or whether you're not longer I've done this podcasts and more realize how many people have trauma, especially in their earlier life. And we look at so many of the issues that we have, you know, you have the gang violence, you have the homelessness and the prostitution, but then you have the corporate greed and all these things. And if you reverse engineer, this mental health challenges

in pretty much all of those is more evident and a homeless addict. But if you think about someone who runs a cigarette company, that they're able to sleep at night, knowing that their product is killing people while they're getting wealthy, that's not a sound mind, you know, a good person wouldn't be able to sleep at night. So whether it's the politicians and the lawyers and the corporate owners, or whether it's the, you know, the gangbangers and the prostitutes, we have a mental health crisis in this country. And it's amazing, the more stories I hear, the more people that, you know, unpack their childhood. And yes, it might be an extreme event, like sexual abuse, or it might be something, you know, seemingly lesser, but were equally as traumatic to that individual.



11:08

Yeah, it is actually a really good segue to like, what I why I wrote this book that I wrote, but basically, your nervous system predates anything else by millions of years. So it has an incredible head start. So it has functions in there that are built in that are like, if this thing happens, it does this right. And you cannot, you cannot affect those things. And so I think what has happened in society is we've lost the knowledge that we come here equipped with everything, we need to not only just survive, but to thrive as a person and as a social group. And so your nervous system has to exercise the fight flight and freeze mechanism, every period during the circadian rhythm, which is every 24 hours, whatever minutes, right. So basically, every 24 hours, your body has to exercise the stress response, whether it is like, Oh, my God, like phone, you throw the phone, or this jerk just cut me off what an aihole. That's simply just a function of you not exercising your fight flight and freeze mechanism on purpose. And this is why people wake up, and they work out because they're exercising that reflex in a controlled environment. And then they're able to be, you know, a little bit smoother during the course of the day. Now, people get a little nuts where they actually work out and cause more stress, and then they're more pissed off, right during the course of the day. And so those corporate people, I mean, you know, there's mental health thing in the corporate folks, is for me, we have just gone away from going internal for healing and going internal for guidance, that we're just like, hey, let me just pop this pill thing's gonna do this magic, not knowing that, like, 99% of the stuff that you put in your body is just telling your body to do some things, like you're not even doing anything in your body, your body's doing it. And so that's what I think about that. We just were, as a society, we've just fallen off the entire, like, organic mechanism, our body, you know, we we've come here with everything we need. You know, I don't know if that makes sense to what you're saying. No, it



James Geering 13:24

does completely. And I want to get to the book. Absolutely. Going back. So obviously, the the kind of divorce was a very traumatic element in your life. Talk to me about life prior to that first. So what what were you playing as far as sports back then? And what were you dreaming of becoming?



13:41

Yeah, so I had like two older, you know, what, three older siblings and then my mom's crazy man like she she brings in everybody. We had exchange students. We had homeless kids. I mean, we had kids from the streets, and they who is this? I don't know, they're here to eat,

then they're needful. Okay. All right. So, you know, at any given point, cousins, I mean, even given point would have 10 people in the home. And it was just, it was awesome. You know, it was just like, it talks about exclusion. You know, 40 years ago, you know, nobody nobody really doing that. You know, my mom was like a just like a saint man. But anyway, and so like, for that it was all about like, we're doing stuff, right? We weren't buying things or anything. We were just doing stuff we'd go we'd go camping and in and everybody was welcoming in, you know, even when they divorced, and we were poor. You know, my mom didn't want to take anything. So we lived like in the ghetto and like, I had a lot of I was a minority in my high school, but we still brought kids you know, like, everybody was welcome at our house. We have, you know, Mexican immigrants, African Americans, you know, Central Americans, people from Brazil and like to hell. So that's how my upbringing was it was happy man. It was A good home and I had older siblings who really didn't care much about me, like, you know, I was so young that they had their own thing. And so they left the house before I was even in like middle school, you know, like, so they were just kind of way ahead of me. So I was kind of like an only child almost.

J

James Geering 15:18

Now, when you talk about the way that you were brought up, that reminds me of the farm that I grew up in. So my dad was a horseback veterinarian. And so he as far as his work, he, you know, would work with literally extended royal family and racehorses all the way through to he do pro bono work for local travelers, gypsies, you know, and people that were just not able to pay. And the same thing, I mean, these these amazing personalities have walked through the door. And you could tell after an upbringing like that, there was two kinds of people regardless of skin color, religion, sexual orientation, nice people and assholes, that that was it doesn't matter if they're wealthy or poor, or you know, whatever. So that was a real kind of a beautiful way to teach your child about the world. And what what did you take away from your upbringing as you progress through adult life?

i

16:07

Yeah, so I think there's a couple of different things, which is the first for my mom is like, it's an experiential life. Right? You need to experience as much as you can. Because, you know, she taught me like, if you go to any place on the planet for like, two weeks, you get a bachelor's degree, you go there for a month, you get a master's degree in that, you know, you don't have to spend four years. And so experience in nature, like nature provides everything you need, you know, you don't need anything else. And so I have this profound respect for nature. And I always have and it's creatures, you know, and my little kids, I got little kids, and we just go, hey, you know, look at this flower, we smell everything that can be smell, we touch we we go to the bark of the trees, and we put our hands on and we say thank you, tree, we love you. And, you know, so I bring that to my kids. And then, you know, when they split up, my mom went on the road, she drove a truck to earn money for us. And so she was gone, man. And you know, I had nowhere to go. I was anyway. And so that experience really made me relate to anybody. Like if someone comes to me, and they're stressed out it No, you say like, there's nice people and eight holes. Really, those eight holes are just nice people who are stressed man, like there's something that I've just gotten to them, and they've strayed. And so when I became an officer in the Air Force. I was a commander at one point of the flight of Airmen, and I just I told the commander, I said, Hey, man, just give me the worst, give me all the flunkies and the PT failures, and the people who are waiting to get kicked out, I'll take them. And I say, I'm gonna

make them I'm gonna be the best flight we were. We had the best tests, the best fitness, everything because I could relate to them. I knew that they were going through because I was like, Hey, man, I'm just homeless. I had a 10 times worse than you and look at me now. So I brought that, you know, I brought that with me from from all those experiences. That I think is super powerful.

 James Geering 18:15

So walk me through that you're you're with your parents, they divorced. And my parents went through divorce about the same age I was maybe a year or two older than you were. And it was a weird feeling. Because to me, once you get to your mid teens, you're like, Well, my parents are going to be together forever. Because they made it this far. And it's absolutely bullshit, of course, but that was my perception. So my world was gonna rocked and then you realize that some of the marriages that lie and you know, everything just kind of explodes in your face. So walk me through how that led you to homelessness. And then let's talk about that jarring realization of mortality from losing your sister and and how that put you back on the path?

 18:54

Yeah, so, um, you know, when they divorced, my mom was amazing, man. First, she didn't say anything. Right about what happened. And so it's totally my dad's fault. Right? And I know you, everyone probably knows what happened. And so she made me stay with him. And every time I left his house, she'd say, did you give him a hug and a kiss? Or like no man, like him? So it's no go inside. We're not going anywhere to go in there, give him a hug and a kiss. Because she knew that that's my dad and I needed to have a functional relationship with Him. And so even today, man like you know, mad at somebody or just frustrated you there is life is just you know, life really is infinite and you just can't burn those bridges and so you really got to transcend a moment. And that's what I learned at that point. And then when she left she just got a you know, Random House somewhere and and I got kicked out of school within months. Have them separating, you know, like 15 Man you go, I was a late bloomer. I was going through puberty, you know, all this crap have all these hormones and then the house is disrupted. I got the, my older siblings are all they leave, everyone's gone. And then it's just what the, you know, like holy shit. So actually got kicked out of school for throwing a kid out of a classroom window and almost burning the place down. And I mean, it was just insane. So I went to the high school where my mom was, and then I didn't last long there either. But she started going on the road. And I got kicked out of that high school. And I had to go live with my cousin. And I didn't I didn't really stay there often. So I was in the streets and like, I just I remember one time, like being on the side of the road and like being really fucking hungry, man. And just like you don't know, I guarantee you most people don't know what hunger is man. Like that shit. I felt that in survival school, you will eat anything. I don't care you vegan, you know, you'll eat. You'll rip that. You'll rip the head off of that animal. You suck those eyeballs. I guarantee you like, doesn't matter, man. I remember feeling that and just like, oh, man, this, man. I never want this ever again. And you know, and I think it was like a couple months. Yeah, it was a couple months later, my sister that's when my sister died and we're all there at the funeral. Everyone's you know, reunited all this stuff. And I just remember feeling her whole body man's like, Fuck, man, what his test is just like, oh, you know, like as like convulsing and and then just something just was like, What am I doing, man? Like, what am I doing myself? I just got kicked out of school get again and shit. And so my mom, when when Michelle died is in, you know, I got kicked out

again. And she's like, okay, she comes back from the road and we move to Fort Myers out because I get kicked out of the county man like the whole county kicked my ass out. We can't go any schools. I flooded the whole school for a man. Oh my God, it was it was ridiculous. So so we go to Fort Myers and they're like, Okay, man, look, check it out. We don't do any of this shit. Okay. It was like kind of a ritzy, kind of, I just happen to be in the same neighborhood. And my mom gets married his dude, you know, he's make good money and everything. And they have nine classes that I can take in a day. And I'm like, You know what? I had a 1.8 GPA in that school took me taking you I have a GPA like 3.5 here. And I was like, No, I've lost that is the only place I go. So like, I gotta, I gotta like, make up man. And so I just take nine classes give me all the classes and I took like work classes and shit when was working at Office Depot until 1130 At night, and I get up and I'm at school at 6am The next day, taking typing class, that's how old I am learning how to type Microsoft, publisher and shit. You know, like, in and I get 4.0 Man, that quarter. And then the next quarter, I get a 4.0. And I'm like shit. I'm gonna graduate early. That's my goal. And I've literally was able to go from two years behind to graduating early, six months early, which is kick ass. And I mean, just my whole universe change, man. Oh, two months before my sister died, my recruiter, the recruiter shows up in the class that I get kicked out of. And he is beautiful, man. I mean, he is like tall, like, big, muscular dude. And he's gorgeous. And I'm like, Oh my God. And I start like trashing him. Right? You know, because that's what you do. And people are better than you when you're right. You tear him down when you lose your your tear people down. If you tear people down your loser mentality people okay? And so he just shut me down, man. He's like, Well, what's your what's your like playing there hotshot. And I was on play football. So Oh, yeah. skinny white guy who play football. That's funny. And everyone just starts cracking up in the class. And I'm like, Whoa, this my class bitches like nobody laughs at me. You know? And then when when Michelle that I went, I went and saw him like, a couple of weeks later, and I was like, Hey, man. You know, all hands up. I gotta, I gotta do some. And he's like, Well, we want you but we don't need you. Only people like you. I want you in my Air Force. And he was like, fuck, I thought you guys are dying for people. And he was like, I don't need you, man. I mean, I'll take you but I don't need you. And and he taught me everything man. He was like my dad. I mean, he's still my best friend to this day. I just talked to him yesterday. I mean, it's 3020 to 25 years ago. So all that James just kind of convert. I know that was a lot. I'm sorry, but that was a lot of shit. That just kind of converged together.

 James Geering 24:57

But that's why I love these early life coaching Shouldn't you know there's so much gold in, you know, before we put the uniform on this the big part that we miss, whether it's just an interesting part of our life story, or whether it's trying to figure out, for example, mental health struggles, if we're not talking about all the shit that happened to you for the first 1820 years, and we're like, no, Ken, it was that thing. You know, when you are in the Middle East, it has to be that like, it's fucking not working. We're missing. You know, you lost your sister, you were homeless, your parents divorced. I mean, these are all huge parts of someone's story.

 25:31

Yeah, it's emotional.







25:34

But, you know, the next point, though, while we're on this is there's this there's a story that's like, Hey, I'm a drunk because my dad was. And then I don't touch alcohol, because my dad was a drunk, right? And so there can be trauma that occurs in your life, but the way you view it and categorize, it can either destroy you, or make you incredible. And so for me, like, right now, like, the way I do my show, is I ask people, like, What Would you die for? Before you let happen? And it's phrased that way, because it doesn't make sense and opens up the subconscious, you do what's called a pattern interrupt, right? And you're able to get into subconscious and stuff. And so after explain to them, like what is the scenario that you will before it occur, like, you will die before you let it occur, right. And usually, they give some vague response or whatever, and then have to hold it down. But for me, is, if anyone I care about or I know about, in, like, I develop empathy in love for, they will always have a place to stay in my house, and they will always be fed. Like I have this crazy thing where there's shitloads of food in my house, because I don't know, I might meet somebody who needs food, right? Because I remember that I remember sitting on the side of the road and seeing someone eat McDonald's and like, Fuck, man, just give me a couple of pieces of French fabby. Okay, you know, this person has fallen all over the face. And I'm like, I will take any of those things dropping off your face right now. And for me, like, it drives me James like, I will never fail in my job, I will never fail. And my kids, Will. They have more money in their account than I do. Like, it just all goes in there because there's no way that they will ever be homeless are hungry, you know? And so all those experiences, like drive me, man, like I just wake up and I'm just just no way I'm gonna fail today. Because if I fail today, I might someone might be hungry, like, I might not afford food in my house, or I might not have air conditioning in my house, and it should be hot and people can't sleep. Right. So that's an important note, I think I'm sorry to interject. But like it drives me man, you know, like unstoppable. You won't fucking out wheel me if I tap into that you just won't I'm sorry. Just won't



James Geering 27:58


without apologize for an injection because I love him. So this is why these are long form conversations. I want to walk you through into the military. But just before we do, I lost one of my friends on my brother but one of my friends from school when I was 18. In England, we graduated 16. So I'd been out for a year and a half or whatever it was. random phone calls to a mutual friend. He said, Are you calling about Dave and like, What do you mean about Dave? Find out he passes away go to his funeral. And when the coffin went by, that was when I had the Oh shit. I'm gonna die one day mom and it terrified me. And it took me a long time. I remember talking to a friend I went skiing with and he starts talking about Stephen Hawking's work, and it's like, yeah, there's no actual God, the universe and when I'm like, Oh, God, well, that just made it even worse. Like, I'm just gonna be nothing anymore. And so I took me a long time and now navigate my own beliefs and spirituality and all that kind of thing, but it terrified me. Did you have any semblance of that after your your sister's death?





28:58


Oh, yeah, man, like, like, probably wasn't clear. But man, when I touched that coal body it was just like, my neurons just my entire brain just rewired where it's like I can't I can't up like that. Like it but the crazy part is somebody did that to her. She was Miss she was beautiful and just just an incredible person. Somebody did that to her. Where I'm doing this to myself, you know,

and I'm and I'm causing pain on other people. What a fucking What a loser. You know, like, Are you kidding me? My my recruiter called me a parasite. You know? Like you're a parasite on society. What have you done for anybody? What do you want to come into the service? It's called service can you know?


 29:52  
Hello?


 29:53  
I was like, this dudes Right? Like I'm a parasite in Yeah, man like it Man, that's a hard pill to swallow too, you know? Like, it is like, okay, either I can just like devolve into shit. But then I end up like my sister out of my own volition. And my parents got to sit there and look at me and go, What a waste. Like, oh my god. I mean, hell no, like, that was just stupid. Like, I was like, No, everything. I'm going to direct all this destructive energy into construction, and we're going to kick some ass, you know?

 James Geering 30:32  
So, did 911 happen? Right before you enlisted? Or was it after? That was after I had been in two years. So walk me through your journey into the military and and obviously, we'll we'll get to that point.

 30:47  
Yeah, so even though I was going I was in Fort Myers. I was driving every week up to Bradenton was about an hour and a half to go to my recruiter, and he was teaching me everything, man. He's like, look, yeah, get your dumb ass in shape. Okay, you gotta learn some crap. I cheated my ass off on the ASVAB I don't care who you are to kick me. I got 20 years in the service. Okay, okay. I, we cheated. I mean, we had like six of us. I mean, our school was so ghetto, dude, nobody cared. Like six of us were taking the test. And anyway, and so like, I was dumb. And he was like, You got to get on dumb, you got to get in shape. You got to learn how to succeed and basic training. So he taught me all these tricks, how to format clothes all in advance. And it was like, a year and a half man, I was in the delayed enlistment program, learning just how to not be stupid and succeed. And so when I got in, I was set up for success, you know, and I was driven to man, like, like, I'm like, This is not I am not going to fail. I'm gonna go in there. And I'm just, it's just like, I'm a machine. And so my my recruiter said, Look, this is this is reality. You gotta choose the absolute dirtiest worst job in the entire Air Force. Because that's all you're good for. And there's going to be a reason for this and years from now. You're gonna thank me. And so I was like, Okay, so when I was there, I was like, what's the dirtiest, grossest? You know, most unthankful job ever. And they're like, Yeah, mechanic. And I was like, okay, shit. My dad works on cars and stuff. So let's do it. So they I was an aircraft mechanic when I came in. And it was awesome, dude. The crazy part is I had a really good boss, man. Like, he was awesome. And he was like, can look check it out. Nobody reads books, nobody reads the the regulations in the laws. Nobody does. Nobody cares about even

the people who are in charge of that stuff that the book is about. They don't read the regulations, okay. And so he made me read like all the Air Force, regulations, instructions, and all the tech data about the plane. And then this is a bad this is before computers, people. And so like, there was a huge library that would even rotate four corners of each side inside and everything. And there's books this big and I read all of them. Some of them multiple times, I knew more about that plane. And so I learned the importance of being prepared and everything. I had a big backpack at all kinds of shit, light bulbs, screws, zip ties, everything. May I tell you what, if I was on the job, people were like, No, Ken has he's whatever it is, he has. So my first stint in the Air Force was like, be prepared. And like, be the guy that if shit goes down, be the dude. Right? And that will set up into our next next conversation wherever you want to go. Yeah, though, let's,

 James Geering 33:30  
let's carry on.

 33:32  
Alright, so 911 happen. And it just so happens, the airplane that I was a crew chief on was an infiltration and exfiltration aircraft designed to go behind denied enemy lines in insert special operations forces to gain territory. Okay, so it's MC 130 II. And so where did the bad guys live? Afghanistan? Do we own anything? No, all of the countries around Afghanistan, not our friend. And so we, we flew out to a country called Uzbekistan. And we stayed out and it was like a six to eight hour flight. And we'd pack dudes in the back and we'd fly these dudes all the way into Afghanistan land in a dirt field, and like offload dudes, and they would try to take airfields and like, man, it was crazy. And on to missions. I remember before 911 happened, I was over in this electronic countermeasures shop and I was like, Hey, can you can you guys like just train me on shit that would could go wrong. And like, you know how I would fix it. They're like, Hey, we got this cool thing that shoots down missiles, you know. And this, a common thing is if it's used a lot like it, you know, the bellows will start leaking. And this is how you do it. I'm like, Okay, so like, fast forward, like a year and a half later, you know, September 11 happens. I'm in I'm in Uzbekistan in the In this thing happens like all this coolant starts flowing everywhere and I'm like, oh shit, I don't know how to fix it. It's all over me. So I was, I was actually sleeping underneath it. And I'm like, Oh, I don't know how to fix this. So I'm like, pass it took all my clothes off, I'm shoving it inside of inside of bellows, people are like, Oh, this is all like, petroleum and shit. And so like, when the mission was all done, you know, there are people were clapping when we landed and everything because we had to land under fire and get these guys out. And they instantly came off the airplane got into a firefight, which was awesome to watch, you know. And then like, a couple of weeks later, my dad's birthday, we're flying, we're flying in there. And then the liquid oxygen starts to like, deplete like big time, and we land. And there was a firefight off the nose, and I get out of airplane and go in there stick my hand in this giant, like snowball of liquid oxygen is like negative 800 degrees. It's insane. So I'm like going in there. And I take a good guess just based on my knowledge of the system on what could you know, be loose and I get my hands in there tightening, I fix it, man, we fly back in the flight is so long that they call the so the Special Operations Command commander and they're like, hey, this do two times like save the mission. And they're like, well, let's, let's commission him. And they're like, he doesn't have a degree. They're like, Okay, well send him to school, find a

program. And by the time I landed, they had already done all of the paperwork, got it signed by the four star commander, and approved me to go become an officer with a four year scholarship to a University of my choice anywhere in the world. It's pretty cool.

 James Geering 36:41

That's amazing. So so I know, there's an interesting story about finding that school too. So walk me through that. And then we'll get to the ROTC physical testing.

 36:50

Yeah, sure, man. So back in the day, people, okay, we didn't have cell phones and stuff. All right. Matter of fact, we didn't have like satellites or internet phones or anything. So our primitive internet, which was mainly like porn and dating sites, you know, I, I was Googling like college, Florida. And I got a bunch of these numbers in what we had to do back in the day is we had to call the bass operator in the bass operator was an actual human, if you can imagine. And they go bass operator, hello, like, hey, I need an outside line. And I'm trying to call with a calling card and be like, Okay, what's the calling card number, okay, when they're under five at 536, level, whatever. And so Okay, well, when they when they pick up, you got to put your card number in, remember, back in the day, the card number, it's like 20, friggin digits. So the phone I'm I'm on is a satellite phone. And it has an eight second delay, because it goes up and comes down and all this crap. It's not instant, like today, we have zoom. And so what happened though, the connection was so crappy that the pressing buttons in one of the buttons wouldn't like go through. So it was common practice for us to have to try like for a half an hour to get the number through and then dial the number and then do it all and everything in so many times. You know, the number one it goes through, but then people answered Hello. And then hang up after two seconds, like fuck, there's a eight second delay. So we all got in the habit of like, as soon as we push the last digit of the calling card number of the phone number that the calling card will call, we go, Hey, this is what I'm about. Can you please hold on it as eight second delay? And so I was like, Hey, this is this is airman Ken Quigley at home in Afghanistan. And I got to Officer scholarship and I needed school to go to please oh, hang up. Like, in the summer 2020 Oh my god. 2002. And so schools in the summer had to be team on there. And so, you know, do to be like, Oh, Afghanistan. Okay, hold on. Let me try to you international students, like Oh, and so it was it was impossible. And then by the time I got to my GPA, oh, it's your high school GPA, sir. Like 2.3 Yeah, I think so. So finally, I got the school St. Leo. I doubt I get num the numbers didn't go through. So I'm just like, pushing random digits just to see if I can get some guys dorm or something and transfer me. So I accidentally dial the president. The president picks up as I help. And I was like, Hey, I was there very quickly. He's like, this is are you military hero guy you're trying to get school? Okay, hold on. So he transfers me to his assistant like, hey, sign this guy up. Or it's flat. It would be like that, like you don't you don't want my GPA or transcript to like, man, don't worry about any of that crap. We're a private school. We do whatever we want. Other great dude. It was like two days before they were gonna turn off my my ROTC commission if I didn't get a school, because I ran through like 10 schools dude, none of them wanted me

 39:51

where they ended up.

 James Geering 39:53

So what was that experience like you you went from doing rather poorly in school initially to fail? Finishing six months ahead to memorizing manuals. Now you're actually in a structured ROTC program. So walk me through that. And then and then tell me about your initial physical fitness.

 40:14

Yes. So, when I was an airman, I was just like lifting weights and crap. And I started running just like a little bit. You know, when I was in Uzbekistan. All we had with treadmills, a couple of weights. And so when I got accepted to ROTC, yeah, I left like a war that people didn't even know happen. I'm like at St. Louis, and they're like, whoa, what are you talking about? I'm like, Are you kidding me right now? You

 40:37

don't know we're at war, you idiot.

 40:38

So it was it was like going it was very traumatic, actually. Because these college people are clueless. Not only do I I'm older than them by three or four years. But I'm a war just got back from war. And then like, going into where the ROTC program where I had cadets who were in charge of me, by the way, and I was like, What the hell are you talking to you like that? And they're like, a jet on a cadet first class, you will listen to what I say. And I'm like, kiss my ass. And they were like, You got to take that metal off, you're not allowed to wear and I'm like, bullshit. Like, I got this. No. So it was like, there was a lot of roughness at first. And then we had the fitness test, which we got, we got like 60 days to train for it. Meanwhile, they're paying the tuition at my school, which is a private school is very expensive. And so I go out there and I can't even run a half a mile. And I'm like, Oh, shit, like, this is not good. I in the test back then was two miles in you can't stop. You just can't stop. It's I have to miles I'm walking. And they're like, ah, huh. And so they discharged me from being active in the program to being on like, parole or whatever. And then they sue my ass for like 100 G's for the tuition back. And I'm like, I just got a medal of heroism of air metal, like a combat commission. And you assholes are like suing me and kicking me out of the program, are you? And that's how I realized, James, that was another lesson of like, people don't give us the bureaucracy. They don't care about you, and they don't care about what you did. They only care about where you're going and what you're doing. And that was a big lesson for me also, like, be prepared. And so I was like, You know what, I can either go down the hole of being a victim again, right? Or I can get motivated, energized, and kick some ass. And I left that my name is still on the wall. I'm that bitch as the PT. Record Holder 20 years later.

 James Geering 42:50

 James Geering 42:50

So walk me through that. As you can see, you can't run a half a mile. You've got a sounds like the bar was set pretty low. It's just not stopped for two miles. Real? Real, you know, select see excellent excellence there. But how did you go from, you know, not even meeting the standards to leaving such a high standard that it's still unbeaten today?

 43:11

Yeah. So I think it has a lot to do with mentality. And so I believe now that if you have a set mentality, and you're like, This is going to happen. God and the universe just start orienting stuff to give you the building blocks. And so at that moment, where I'm like, Nah, man, like, you can't take this away. What an embarrassment to go from like zero to zero. Like, no, no. So I go to St. Leo, which by the way, is like an hour drive. Every day, I had to drive to stupid ROTC and our sorry, I didn't mean to be disrespectful. But at that point, I thought I was stupid. And so I go, I'm like, Okay, can I like not drive here every day? And like, yeah, if you do an NCAA sport, you can not come here one day, and I was like, okay, so I gotta say, Leo, like, what sport can I just walk onto? And they're like, running, all you need is a pair of shoes. Like, okay, so I show up for cross country. And the coach happens to be two time Olympic developmental Coach of the Year, Kyle sage, who just happened to take a job here, because his mom lives live nearby and she was sick, and he was there going to take care of her for a while. And so he's like, Well, if I'm going to be here, I might as well just get a job, you know, pay the bills. And so he just gets a job as a cross country coach. And I'm like, holy cow, it's my first practice outing run a half a mile and he's like yeah, I don't know if this relationships gonna work out. But he had all the knowledge and skills to make us bad asses. And so I'm like, yeah, he's a well what do you want to do? What did you just want to run around and save a day? And I was like, No, man, like, I want to, I want to see what I can do. I want to see what this this vehicle could do better. Hey. So yeah, I mean, that was word coincidence that was meant.

 James Geering 45:05

So you've started half a mile, though, walk me through the physical slash mental journey that you took to reach the pinnacle in that sport.

 45:14

Yeah. So I took what I learned from my boss, Bill Russo, which said, he said, Look, get into the Tech Data, and just know, know the specifications. And so what I did was, I was like, Well, what are the best runners in the world do and I was reading, and at that time, like YouTube, like, kinda like, videos were coming out, you know, on the internet and shit. And I was like, watching them and going, Okay, well, let me do that. And I bought cameras, you know, and I put them on next treadmill, and I would run and then I would look at me look at them. And I was just like, I was doing tech data on a plane, just like, Okay, this needs to look like this. And, and then I would tell the coach say, Hey, man, you know, right, if you can ride the bike right next to me, like, forget these other guys who are running sub six minute pace, you know, like, focus on me, man, like right here in town and coach me, and he would just feet up, shut up, lean forward, okay, breathe out in your belly, breathe all this stuff. And so I just demanded it. Like, I needed this instant feedback. And then I created it, like, in myself, and I had him build training

programs. And I was like, No, man, like, let's see if you can break me. Let's do it. You know, like, let's do it all. And it was crazy, man. Like, the training was nuts, man, we were running like 10 miles and shit. Like, I was like, it was crazy. is like, what I would do is go, I'd go okay, I'm gonna stay with these guys until I just die. And so these dudes would just go fucking they would be gone, man, and they're warming up. And I'm like, and I running with him, okay, I pass out and I look at the ground and go, Okay, right here. I'm gonna get past this point tomorrow. When we come out here tomorrow. i All I care about is getting past this point. And I just did that for my whole life. When we started doing triathlon a couple years later, getting the pool and go, I'm gonna go, and I just make a note. Okay, I died at 300 yards tomorrow, I'm gonna do 325. Like, that's just my goal. That's all I care about. And that's, that's how I got better was just, I just tried to do a little bit more each time.

 James Geering 47:20

So what did you run the two mile in the end?

 47:24

Oh, well, they changed it to a minute and a half. But yeah, sub eight minutes hold me. Beautiful. And my two minute push ups was a 125. And my setups are like 130

 James Geering 47:35

Yeah, that's, that's definitely meeting the expectations.

 47:39

I was like, man, if I'm gonna do this, I might as well just destroy it. You know?

 James Geering 47:45

So you touched on triathlon, you find yourself in that world. Talk to me about again, the journey into that, and then the traffic accident that changed your life?

 47:55

Yeah, so at St. Leo. I was actually I was crushing it, man. Like, I was like, you know, the universe gave me this Commission gave me this scholarship. Kids are out there drinking this shit. Like, I didn't do any of that man. Like, I studied my ass off. I work hard. I did the cross country. And I didn't mess around. And I study as hard as I could. I got almost almost all A's, and which is crazy, man. But, so I was very, like, I just felt honored. And I didn't want to waste any moment at all. And so I was nominated to become a gubernatorial fellow as an undergrad. I was I was one of the only undergrads ever to have. I've been applied for it. And it was the first year of it was Governor Jeb Bush. And my president was like, No, Jeb is a friend of Jeb. He's like

no, Jeff, you got picked this dude. Like he's, he's got a great story be good for you, blah, blah, blah. And so I got a fellowship up in EFA at FSU, and I was working for the governor. And at that point, we could take any class at FSU that we wanted or Florida a&m, because the governor is gonna pay for it. I'm like, Okay, I'll take triathlon class, like, whatever, you know, I can't get on the FSU running team. That was a different level. Okay. So so that's my intro to triathlon. And then Kyle, you know, always had us kind of like swim run in the water and stuff. And then we did some cycling for cross training. But this is when I got serious in our first practice, like, I couldn't even swim across the pool. And I remember this coach, man, like, he pissed me off. I went, and I was hanging on the side like this. And he's like, can you guys give up, man, he just gave up and I was 25 at this point, right? And he's like, can you give me your net? And I get it, I get out of the pool, and I have muscles. I have, you know, nice belly and you know, muscular and I'm like, I get these. I see these people get pulled like these people who have muscles and kick them is like, what does this look at him like works this way stronger than them and he's like, do they have 10 years 10,000 hours, you'll never be as good as them. And I look at looked at him and I was like, I'm gonna fuck I'm gonna kill like, I'm gonna kill you and all of your team. And like I got in that pool every single day and I did the same thing video. And I picked Alexander Popoff, who kind of looked like me. And I was like, I kind of looked like him. My arms kind of move like him. So I just emulated him every single day. As started kicking ass in the pool, and I kicked everybody's ass in the first triathlon we did a couple months, only a couple months later, Red Hills triathlon. I kicked the entire FSU swim teams as out of the water, including him the coach. So I was like, You're rocking and rolling? I don't know if I answered your question. He did. Well, he served his purpose, right? The Universe brought me someone who speaks my language of like, you can't do this can if he was like, Oh, you just try a little bit harder. I probably wouldn't have done anything. But he, he just lit a fire in me, you know, by this terminology.

 James Geering 50:59

So you're training now in triathlon? And then there's, there's an accident. So talk to me about that and walk me through the recovery.

 51:06

Yeah, so I commission. I come out of college for years, okay. And I remember being in school in like, 2006, I was just about to graduate. And I told my class, I was like, Hey, I'm going to the Olympics. And everyone's laughing because they're like, can you just learn how to swim? And you suck. Like, you suck Canada's New York. And I'm like, No, I'm going, I don't care about you. And so I'm in the Air Force now. And I'm training. I'm like, I'm single. I'm making money, like, this is great. And so I'm like, Hey, I'm not doing anything else with my life. So I just start training hard. And I'm like, hard, big time. Like, I'm riding like, 50 6070 miles, I'm running 1020 miles and all this stuff. And I really get into swimming, because I'm like, Man, this sucks. Like, if I'm going to be good at something, I might as well be good at something that people hate, so I can really crush it. And I got to be insanely good swimmer, to where I was like beating the swim teams that I was swimming with at Catholic University of America. I was coaching there. And anyway, and so I get good enough to where I'm actually at the Olympics as a liaison, and I'm in line after the triathlon. And it's a big ass line. And there's a lot of Chinese people in China, man. I mean, there's a lot of people in Beijing, and a lot of folks show up to these shows up to these events. And there's a huge line, I just happen to be like number two, and this dude who clearly



is like a white dude, kind of tall, dude. I'm like, Hey, man, you look like you're like American or something. He's like, Yeah, I'm American. And I'm like, Hey, you want to butt in line? And he's like, Oh, I would love that. So he brought it in. I'm like, Hey, so who are you whatever. He is president of USA tracklog. I'm like, hey, you know, let me show you my times. Would you write me a letter of recommendation to the world class athlete program to say that you would give me a slot on the Olympic trials? And he's like, Yeah, sure.



53:07

Oh, my God. It was amazing, though. Yeah, he wrote me a letter. And



53:13

that the year I'm supposed to try out, I get deployment orders, because obviously, I'm still in the Air Force. And I go down to Florida, the cup a week or two before the deployment. And I tried to do St. Anthony's triathlon in the day, that second day, I'm there man I get I get mowed down by a car in his bad, like, I get dragged across the windshield, the whole entire roof caves in the windshield breaks apart across my back. It took six years to get all the glass and metal out of my butt in my back. The antenna goes through my arm. And like it's crazy, man, I hit my head, and then I fall and she stops and I fly off into the gravel, I hit the gravel, my head hits it, and I'm done, man. Like I'm in heaven. Like, I see the pearly gates to see my whole life, you know, flashing before my eyes, all this stuff and my bodies as fuck. And I remember flying through the air and seeing pieces of my bike. And I'm like, Man, I'm gonna have to buy a new bike before next weekend. It's took 10 minutes to fly through the air. They're like mentally it's so crazy how that works. But I mean, like my whole I was I was hosed in I'm sitting in the hospital for hours. And it's like 10 o'clock at night now in this this lady comes in the state trooper and she is like, sort but she's in charge big hat and everything. She's like, Hey, are you can cricket liana. her. She's like, I went to the morgue define you, man. I thought you were dead. There was no way so and survived that because they towed the car away. And she's like, are you messed up? And I was like, Oh, they said I didn't break any bones. Like, like, that's crazy. And so that's how I knew like how bad it was, but the doctor was like, Hey, man. And no more, you're not going to be trained. I was like, Hey, can I do the race next weekend? It's,



55:04

it's like, oh, he's like He, I don't think



55:09

you're gonna be able to walk again, buddy, like you are really trashed. And I was like, Who the hell you talking to man? And all I saw was that coach from FSU. And I was like, Man, you don't tell me what to do. I'm walking the hell out of here tonight. And he's like, that's not physically possible. And I took two steps. I walked off of the walker, and I got into the car. And that's how I knew like, not it's gonna be okay. So I was not I was trashed. And I still had to deploy, by the

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James Geering 55:37

way. So yeah, so a few months later, you're in Iraq. Is that right this time? Few days later? Who days? Right. Okay. So walk me through that. You know, you've had obviously clearly a massive TBI. So apart from the the bruising and everything else that comes along with it. Now you're around, I'm assuming, you know, concussive waves from explosions. And, you know, from the rifles, etc. So what was that deployment, like compared to, you know, the one that you had prior? Yeah, so this is



56:11

awful. And so, I was, I was embedded with a special operations task force that included a team of seals, rangers and other Snake Eater dudes. And so we were in charge, but we are in charge of doing is finding extremely high value targets. These are, these are people who claim to be Iraqi political appointees and such, but we're really bad guys. And so through, you know, our forensic abilities, you know, in the military and intelligence community, we were able to discover these people in the we would back these fucking people up who was very politically sensitive. And so that was a very difficult mission in of itself for anybody. And then I'm there, and I don't even know who I am, like, I can't remember shit. Like, I was writing things on my arm. And, like, I mean, it was awful. In my, my memory was probably like, a couple hours long, you know. And so every day, it was just like, this new thing. In the army guys. Vast majority of them not, not really helpful. I mean, very disrespectful, did not care about what I had gone through, and frankly, felt kind of slighted that the Air Force sent them this this turd, right. And so I got, you know, I thought I was gonna get shot. I mean, it was crazy. Like, it was very, very traumatic, from an emotional standpoint, in addition to ship blowing up outside, you know, in like, getting underneath my bed and wondering if I'm gonna get, you know, my arms gonna blow off. And so it was, I couldn't imagine a worse situation other than being a prisoner of war after a traumatic brain injury, because the brain is healing at that point, you know. And I think what saved me was, I was getting into brain training, the six months before that accident, I started going, Okay, I need to start training my brain. And I learned about neuroplasticity, and all this crazy stuff about the brain. So I actually got to watch myself kind of go through it. And that, that helped me stay a little bit more aware. And, you know, like, less of, like, totally useless. And so I was able to get by. But it was, it was ugly, man. They actually arrested me there. Because it was just some drama with the one of the Navy kids there that he accused him of sexual harassment and all this stuff. And I stood up for him and Amanda was off. It was absolutely, I haven't told this story publicly before but I mean, it was it was a very tragic situation that I was dealt. And it was not helpful. And I had a brain injury. So it was it was bad.

J

James Geering 59:08

So I want to walk through, you know, from there for but just while we do because it's probably a good time to ask this question. Any way that I preface this question, by the way, that news is tripping over my tongue Hold on, let me right now. Fox 857. Okay, so when I just asked a question, I asked anyone who was deployed into a combat zone the reason behind this question is the civilians of the world especially in in the US, we get a very polarized view of war, especially early on as a propaganda etc. And so as either the very one would argue right wing killer more that God's sought them out, there's the left wing, they're all baby killers. And then you have the men and women or children basically, that we send over to fight for our country, who actually you know, are seeing what they actually see So two part question. The first part,

whether it was Afghanistan initially, whether it was Iraq later, was there a point regardless of the politics behind why you were deployed there, that you witnessed atrocities that you realize there were some horrific people that did need to be removed?



1:00:17

Oh, oh, yeah, man. So, like, my upbringing is interesting. You're asking all these questions. Like, I just knew, inherently people were good. I mean, my mom was a saint, we brought in all these people, you know, we fed them all the stuff. But when we took the Taliban and al Qaeda prisoner was the first time that I was like, these people are evil, like, this is evil. And I've never experienced and I'm getting goosebumps as I say this, because, like, we would have the plane full of these guys. And we, you know, we all I will tell you, America is noble, I don't give a shit what you say. We really, really, really try our best. When we fail. We're just, we're just stupid. We just were just stupid sometimes. But we do really try to do our best in we would give these guys hey, look, man, you know, you just got to quit al Qaeda and Taliban, and then we'll let you go. And I remember this one time, man, where the dude was, like, if you let me go, I'm gonna go to America. I'm gonna find your family. I'm going to kill all of your family. And I'm gonna hang them on the power lines, shit. And I was like, what do you do with that? And it was crazy, man. And I was just like, just well, if I can just be dead, like, you can't do anything about that. I don't know if you can rehab that. Like, that's crazy to me to respond like that. And so yes, man, I felt I felt that evilness. And in Iraq, you know, I didn't feel the same. Like I just there was there was bad guys there. But a lot of them was like, This is my home. And like, I'm defending my home. I don't know who the hell y'all are. And so there was a lot of that, of just like, people just trying to survive, you know, and we wrecked that country. I mean, we I mean, we blew up a lot of shit. And so. And there's a lot of culture differences between Al Qaeda, Taliban, you know, those ethnic groups in the Iraqi kind of culture. And so there's a lot of cultural misunderstandings, but yes, man, I mean, yeah, it was a sobering experience to know, and I carry that today, like, there are people out there that will do my family harm. And I take every single precaution to protect what I have built from those evildoers or, or maybe just misguided people. Right. And I don't care man, like, I know, I have people who are super liberal, in like, my family and shit. And I'm not, you know, you don't see why not all people are welcome. I don't care what sign you have on your little front yard. But I don't see people in your home. Okay. You don't see you're opening your home to all these people. Okay. There are people that will do you harm, because they just don't know. They just don't know better. And so like, you know, for me, I protect what I have built, but I'm very inclusive to other people. But I know that there's some evildoers out there, man.



James Geering 1:03:27

Yeah, well, I think it's important that we hear that and one thing that I hear over and over again, is how the the people within the American military really did a lot of them really did try and do the right thing be ethical follow, you know, the the codes and that kind of thing. That's why I asked the other side, the question was, we don't really hear that either kindness and compassion amidst a war zone. So we paint the media, not me, paints an entire nation as evildoers when we're at war. So right now, all Russians are evil, according to pretty much every media outlet, whereas the reality is, like every other war, you've got a bunch of shitbags in a

country that are not only fighting us, but they're oppressing their own people. So talk to me about kind of stories of kindness and compassion that came out whether it was men and women in uniform or whether it was the people that you were there to protect. Yeah, man.



1:04:23

I mean, I don't have a lot of that with my particular experiences. But I know that my plane in Afghanistan carried lots of care stuff, medicine, I mean, even like exercise equipment, you know, like, just all kinds of stuff that we were just sending in. Because people just needed it. And it's a challenge, man, like, you show up to a village that doesn't know what electricity is. I mean, like, what do you do? I mean, we're running water, clean water, and you hand them a water bottle. They didn't know what that is. You know, how do you have you in the touching the plastic and never felt plastic? I mean, like, holy crap, dude. And so like, you have good intention, but then the application of it, you didn't really think that through because you just don't know. And so, you know, that's a challenge that I saw that, you know, and then in Iraq, man, like, just trying to teach them to protect their own country, when they're like, No, you guys are gonna leave, like, I gotta keep this other door open, like, you know, like, these guys over here, I know, you're fighting them, and I'm supposed to fight them too. But when you guys leave, I still gotta live here. You know, so. So I saw a lot of, like, we rotate in and out. And we're just like, yeah, we know that you've got to live here, man, like, look, we're just in, I saw a lot of like, I'm just here to do my job. Like, I'm deployed here, I'm stuck here for six months, this is what I'm supposed to do. And so I think they're, you know, a lot of maybe less traction that we occurred in that country was because of like, we're just like, what do we, you know, we're just here, we just trying to survive too. So everyone's just trying to survive. And I saw a lot of, you know, building infrastructure, bringing electricity, clean water and stuff. And that's pretty cool. But the problem is, that's not the Department of Defense's job, you know, like, we're not, that's not our skill set, or skill set is we quote, you know, people and break things, right. And so here, we are trying to deliver fresh water to places like, there's only a few people that know how to do that. And so there's a lot of challenges with that man, but I definitely saw both sides of humanity, especially when people got hurt, you know, and like, the there would be there's a special sound, that when they needed blood, they would make the sound. And then everyone, you know, they'd say, what kind of blood type they would need. And then if you had that man, you would just run over to the, you know, over to that tent and get it. Yeah, I'm a positive scope, you know. So that's pretty cool.



James Geering 1:07:02

So just staying on the subject before we move back to your TBI journey, you kind of touched on something about, you know, administrations, etc, the red tape. It's interesting hearing men and women in uniform. Now, you know, we're not in Iraq, we're not in Afghanistan, any, you know, known area at least. But when I talk about the health care system in this country, and I contrast it to national health that I grew up with in England, even though it's not a perfect system, and I would argue that my people are getting less healthy, and they're ironically trying to privatize it. And I think that's the reason, when you have a healthcare system that is based on tax, the goal is to make people as healthy as possible, so you don't use that big pot of money that everyone's bought into. So now you can take care of the young, the old, the infirm, etc. Moving to America, when you have a profit based healthcare system, there's no money and dead people and there's no money and healthy people. And lo and behold, sodas, fast food,

inactivity, etc, etc, is cut encouraged, you know, and we have a pill for every ill here. When you contrast that to the military, for me being a civilian and having just a white belt perspective on this whole thing. I can't help but think that it's the same kind of pool to get back into another war, when there are many, many companies that make billions of dollars every time our men and women are sent to fight. So with that, you know, kind of perspective, what are your thoughts on the the industrial military complex, and the checks and balances to make sure that we don't send our children to fight unless it's absolutely necessary?



1:08:54

Sure. And of course, that, you know, I'm not an official spokes man, I gotta be careful on a lot of things. But I am a citizen, I am entitled to my own opinion. But so for me, and this is my experience is that is that healthcare is very hard problem. And I learned this actually, when I was a fellow with Jeb Bush, because the bill that that state pays to do health care is the biggest Bill they've ever had. It's the biggest bill they have. And that's why Florida didn't shut down for COVID Because way more people would have died because of lack of tax money would not be going to eldercare there for everyone who wants to poopoo that state. They kept a lot of people alive by keeping the state open. But so it's a very, it's a protracted problem. Now this is my experience is when you have government's government running things. You run into the problem of the employees are not incentivized to go further. Beyond because no matter what, if Ken doesn't show up for work tomorrow, I'm so getting paid. I can be like, Oh, I feel so sick and not show up, I could be playing video games, I'm still getting a paycheck. Now, the clerk who's at my grocery store, if they go and play video games, they don't get paid. And so, when you have a medical person, you know, in a for profit entity, they are incentivized, depending on their where they're at, to do more and to be more into provide customer service into follow up and all that stuff. They're incentivized not saying they do, but government service unit incentivized. So for the lowans, a majority from more people than I care to have experienced. The if they can create a less demand signal for whatever it is they are responsible for their life is better. Now, why would I incentivize if I'm in the military medical system, to have people coming into my office, it causes more pain for me, I would rather not have any customers. And so what you have is a de motivated health care system that is absolutely in Ken's opinion, totally broke, and is focused on just getting people. It's just, it's, I call it the appointment machine. It's just like, oh, we have these appointments, this just printer. I get I timed it one day, I got 90 seconds with my health care provider the other day, 90 seconds, can you imagine and they're supposed to accurately diagnose something that I've lived with for years, like I know better than you, buddy. And they're like, none of us know, right here. Here's this thing is bullshit. So it's broke. Now the problem with the for profit system is that now it's a subscription program. And so now, you know, they in the rest of the world has caught on to the subscription scam, where it's like, then the only way that I can monetize people is to make them spend more, or make them spend more often. And so if I can just keep them coming back by going, Oh, you can only do one diagnosis at a time, which is bullshit, by the way, oh, just make more appointments, then I get the charge and appointment fee, I get the charge how much time I allocated for you, and then I'm making all this money. And then I'm really solving your problem, keep coming back to me next week, or whatever. And so both systems are totally messed up. And you will never be able to execute a government healthcare system in America, because we have an entire for profit machine that is fueling the health care system that is like prescription is really a subscription people. That is exactly what it is. And you're getting screwed by all these pills that really don't really do shit. It's your body doing it anyway. So this is the most heated thing in my entire life because I spent 10 years in this shitty system trying to fix my brain injury when no one gave a shit. And you know, what's worse, too is they don't talk to each

other. I'm in the government. Why would I care about reading the notes of the podiatrist? When I am a neurosurgeon there, it can't be possibly related to different systems. Do you realize my whole body is intact? Like the thing that happens over here is related to the thing that happens down there, which is related to what's going on in here. But do you have a doctor who does it all? No, you don't. And our general practitioners in the military are oh my god, they have 2000 patients. They don't know who the hell I am half the time. I was just here last week. Oh, well, we talked about you didn't read the notes before you came to see me. Now. I got 90 seconds with you. Oh, that's great. Well, good. Waste my time. And so sorry, I hope Oh, and then the whole defense system. I mean, I mean, that's like, what is that the number three entire industry in the entire country is defense support industry. And so, hell yeah, we're incentivized to have the next battle. And here's the next thing. Here's here's the thing that people need to understand is Afghanistan happened in 2002 people it is 2023. The military pension system is a 20 year program. And so there are people who are retiring right now who only know war. That's not reality. People I've had two years of what the military was, actually 2005 is when when the Rumsfeld and everybody private started privatizing everything and broke the military just broke it is no new everything close to what it used to be when I came in. And, I mean, we're just it's just this machine of contracts and contracts and contracts. And so yeah, man, we're not doing something like that to figure out you better find someone to poke to poke point at so that we can buy the next thing. And that's just that's crazy to me, man.

J

James Geering 1:15:00

Yeah, well, I appreciate your perspective as you want to when we get to AI, I want to ask you about something someone told me about the future of medicine and how we can actually make better time of the physician by using that to do diagnosis before they walk through the door. But I think that this is, this is an important conversation, because it's, I always refer to that clip from the newsroom, the show where there is in a university and it's a group of politicians, I think, I forget exactly cuz I didn't watch the show itself, just that clip over and over again. But anyway, they basically asked, Why is America Why do you think that America is the greatest country in the world and couple of this, you know, mouthpieces are because of this, this and this, and then I think it's Jeff Daniels, his character goes, we're not and everyone gasps and then he, you know, reads off education, healthcare, etc. And he said, we used to be, we can be again, but and this is it is that we have to have these conversations not bitching. But pulling them out into the into the spotlight and saying, Look, this is broken, we need to fix this. I mean, drug prohibition, epic fucking failure, in a right on the heels of alcohol prohibition, which is an epic failure. So there's all these things that have created so much death and destruction. And yet, I mean, look at now, we have all these shootings going on in our country. And people are bitching about transgenders on Bud Light pans, this is the level of distraction and division that we've got that you would rather talk about the model on a shitty beer than the fact that our children are dying in our schools.

o

1:16:31

Yeah, our schools are just like, the, the levels of competency in them are just utterly absurd. You know, I've actually respect what you guys are doing over there. You can't graduate elementary school kids into unless they can code, you know, like, coding, you know, anyway, yeah, our our education system, again, is plagued by like government employees, right, who are not incentivized. And my, my wife is an elementary school teacher. So like, I am very for

me, kids, like, I will die for kids, man, you know, like, they are the future and we need to take care of them in. I mean, we don't, we're not doing that we can turn out a vaccine in like a year, okay? And build battleships. All right, in all this cool technology that I know about. And we're giving, like, my wife has to spend, I'm not kidding, it is a double digit percentage of her paycheck on stuff in the classroom. Because the school board is just they don't know what they're doing over there. They don't know what they're doing, like, hey, let's give a kindergarten kid a laptop, instead of like about you give them some books or some other stuff, you know, like to help them out and maybe, you know, maybe some other type of expenditures, you know, my wife has to go and buy all the shit. And this is all the teachers in America, you know, either they just like, um, that instead of I make \$48,000 a year, but you kidding me, I'm not gonna spend 5000 bucks on school supplies that the damn school should be paying for. And so that's another problem, you know, that we have to deal with is churning out kids that have standards that are like this low. And the problem is James, this is the problem is we have the standards that are here, right? And then there are families like I believe that we are where it's like, no son, we don't meet standards, we push ourselves into the brink of brink of failure. So when you fail, you know you can control or not control. The most important thing in your life is to know what you can control in what you can't control, inability concerned about the things that you can control. And if you don't fail, you don't know that. And we're not incentivizing our these kids to fail. It's like Oh, my God, no. Let's just make sure we just push them to the next grade. So they don't feel bad about themselves. No, man, hell no. And what happens is the kids who are who are just like, right here, they don't get any opportunities, because they just they don't know, they don't know the world. They haven't failed. They're not they haven't built that confidence from failure. And then you have my kids who are going to be up here because I have instilled pain and suffering on them of failure and pushing them and making them study and making do extra stuff. And then that's the income gap brother is, is these kids in the families that are just meeting the standard thinking that's Well, that's all society expects of me. Meanwhile, they can't even pay their bills, especially with the the inflation that's happening. That's a problem. And we need to we need to step it up.

**J** James Geering 1:19:35

I had a guy, Pasi Sahlberg, who's from Finland and he was originally a teacher in Finland and became an advocate for the Finnish school system. And then now he lives in Australia and he travels the world talking about it. But when you look at the charts of the best educational system on the planet Finland's usually number one, and when you listen to what they do, it's just common sense. They don't have standardized testing. They look at the child holistically. They invest in the areas that are poorer, that maybe have less parental support, etc. Rather than penalize them for having poor FSA scores or whatever it is. So it's just common sense, but they're not training them to be worker bees. They're actually nurturing the child and empowering them to be creative to be you know, and their their academic scores are off the charts compared to us. We have this kind of, you know, train them for the factories mentality from Victorian times. And look what it's done.

**o** 1:20:33

That's right, Henry Ford. Man. I tell people by the story like that guy was devious man, pray the assembly line gave people a day off so they go drive their cars and have to buy a car and I mean, our entire society is this is this assembly line. You know, it's just an assembly of sit

down. Shut up. Don't talk. Don't Hey, you daydreaming get your eyes on it. Oh, man.



1:20:54

Are you kidding me? You know, Jeff Bezos does most of the Daisy, chain daydreams. That's how you come up with good ideas is how you plan. You know,



1:21:03

what's the quote, you give me six hours to cut down a tree. I'm gonna spend five hours sharpening the blade. We don't teach that in class. No, man, show your work. I think that's the dumbest thing on the planet. Show your work in our teaching long division. Are you kidding me? teach coding, teach and teach how to do it in 100th of the time, and that take five minutes to show your work, who cares? All all we care about is getting it done. And doing it in an expeditious way so you can get on do something else. Yeah, man. I mean, like that's in teaching to the test. And that's all these people are doing, man. They're just like, oh, shit, I gotta teach tests. Because you know, I'm gonna get graded against how many of these kids pass so I'm just learning on Jimmy just look at look at question. Look at answer b check that check it to be out. You know, it's like, Are you kidding me right now? That's not That's why I love sports. Man. Look, check it out. You don't you don't beat that dude. Get your ass kicked. You know where you're at? Hey, I get it. I come on the start line James that come on the start line. I look over here. Look over here. I have a pretty good guess of where I'm gonna be. You know, because you're gonna get your ass you didn't put in the work. You know where you're at school. It's like no idea. Like everyone's everyone's first place. And so it doesn't you know, not only do people in kids not know how to calibrate and know where they're at, but they don't know how to get to where the top is. You know, they don't know. They don't know that the juice of the squeeze of suffering. You know what I mean? If that makes sense?



James Geering 1:22:32

No, it does. I've I've actually very very proud of both of my boys one did not enjoy high school at all, but he's become an apprentice mechanic and is thriving in that that profession, which is a trade school, which is what I was in firefighter paramedic, but then my youngest little boy, he ironically went to call it hope. I think we're supposed to be PE like two or three weeks and he's like that I'm doing JROTC. I was like, Oh, okay. He's like, Yeah, I did pee. And we didn't do anything. He said, we just watch painter videos and PowerPoint presentations. So I was like, sweet. So he's couple years into that now. And he's you know, I think that Expo, I think in that program, and then he's joined the cross and track team, just 15 he runs like a five minute mile at the moment. He's got two years of school left. And this is like McGann like he grew up watching his dad work and exercise, but it wasn't me going, Oh, I'm gonna live vicariously through my child. It's amazing how when you walk the walk, the you know, not all of them. But some of them will go, I think I'm gonna go and find my own suffering. And I pick him up, you know, after running in 100 degree Florida weather with 1,000% humidity. And, you know, then he's doing ice baths and telling me how small his balls are now. And I'm like, That's awesome. Beautiful. You know, so I think this is it. But so kudos to the people in the schools that actually create these other programs, kudos to these teachers, that despite the shitty system, they



gotta work and still find a way of teaching, because there are some phenomenal teachers out there, but the system, just like the way we elect these fucking awful human beings for president at the moment, is completely broken. Yeah, man.



1:24:14

I think and that's, that's the tragedy of this is people will send their kids to school, and I had this long conversation, my wife and like a 10 mile run one day. And I'm like, hey, you know, like, people send their kids to school because it's required, and then not gonna do anything more. Because if, if the state requires you to do something, your brain automatically assumes that hey, this is all I need. Like, if I'm required to do this, you're gonna give me everything I need to succeed. And unfortunately, this is not how it is. And we're very short sighted especially as Americans we kind of live in a moment and for you can't you can't succeed as an athlete to live in the moment you never you never push hard to be like, oh shit, this sucks. I'm not doing this. I don't I don't understand that. If I suffered today, a year from now, I'm gonna do really well. We don't teach that we don't, that's not part of school curriculum. It's just like, hey, today's today, and you got to do this test. And you know, that's it. And we're my kids, it's like, No man, like, check it out, you're gonna get in this ice bath, and it's gonna, you're gonna feel good after this. And it's going to, it's going to be worth the time, and my kid will go in like 40 degree water, 30 Something degree water at five years old, he's in there for five minutes, you know, and we try to instill like, Hey, you put in the pain you put in the time right now, and there'll be benefit down the line. And that's why that's why I really encourage sports for people, because they have to understand that the pain today will equal something, like way down the line. You know what I mean? Yeah, they don't. Yeah, man. And that's, you got to teach that for your kids, man. And if you're just a person, and you're sitting in the school, and you're not educated in that, and you don't watch these podcasts, you know, and I tell you, honestly, like, you know, I'm starting to befriend some of these more famous folks, you know, like, they don't speak the way that people need can understand. I mean, I watch Huberman and I'm like, Jesus, man, you need a PhD to hear to like, fully understand everything. He's saying, like my mom barely graduated high school, she, how is she going to benefit from all this stuff out there? You got to talk regular, you got to talk regular people. Otherwise, you're just increasing that, that knowledge gap and the income gap for people?



James Geering 1:26:31

Yeah, I agree completely. I think that's, that's why I love these conversations, you know, I am not educated enough to, you know, blind people with my vocabulary and scientific knowledge, you know, I just barely scraped through but I think that's a superpower, you know, enough to have an articulate conversation, you know, enough and hopefully a humble enough to ask real experts about their work. But you ask it in a way that, you know, people can understand we don't need to, to know the deep science behind it, talk to me, you know, like, like, I'm eight. And it's amazing if you can, if you can explain, as I say if you can explain to a child, your concepts, and you truly have a grasp of what you're talking about.



1:27:13

Yeah, that's right. And that's, that is a superpower, man. Because it's lazy, in my opinion, to speak at a high level and use big words and all that other nonsense if you could take someone

who hasn't graduated high school. And you can teach him the skills of mental visualization, focus and self care and stress principles.



1:27:33

I mean, that's, that's a superpower right



1:27:35

there. And you're actually healing society that way, because people walking around like you, when we introduced the the episode here, man, like people are stressed, man, I mean, we have all this sophisticated technology and crap. Doesn't matter. We are we are so stressed right now. Because we think all this technology and all these pills and all this nonsense is the solution was like, No, you need to shut up, you need to get in your head, you need to meditate. You need to visualize and you just breathe, and everything will get better.



James Geering 1:28:07

Absolutely, absolutely. And that was the key for so many of my lowest points was simply that. Now I want to get back on your healing journey. So you have this TB TPE TBI scuze me, your inner rock walks him walk me through that kind of healing journey. And at what point you discovered synesthesia forgot that word, right?



1:28:30

Yeah. So for many years, the point was only six months, I didn't feel my body. I couldn't feel it. And which was actually really helpful for training. But I still trained in Baghdad, I tried to run, I swim in as little pool that we had, that was like 10 feet long, I just tied myself to the corner, and I just swim in place. Even I even stole a mirror from Saddam's mansion. I stole a mirror put at the bottom of the pool, so I can see myself swim. So so I'm still training there. And so that was healing for me is to move my body because what I didn't realize was that, um, I had, I still had a lot of dysfunction and tightness, like I was like this. And I was grinding, like my teeth, and I was just really tight. And when I was running, or swimming or biking, I everything just felt better. And so I just kept my body moving a lot. And that was, I guess, part of the healing process. But it took me years to start to figure out what was going on. When I came back. I couldn't sleep. I think I went about six years with sleeping 40 minutes at a time did asleep tests and I was waking up every 3040 minutes and my arms were going numb. Like I had a restriction of blood flow and my hair was falling out and like I couldn't man it was just me it was so bad. In the health care system was just terrible. Like I just go in and be like, hey, you know, I just Can you guys turn the lights on? I was very sensitive away with a brain injury. And they're like, well, I won't give you glasses prescription like No, can you just solve the problem is shit, I didn't have this shit last year, like two years ago, like, what do you guys doing solve the police's solve the problem, and everyone just wanted to like, just kind of like solve the symptom. And what happened was I got so desperate I started getting very emotional, I lost my ability to read. And I couldn't I couldn't read things in as an officer in the military, that is disastrous. And I kept getting in trouble because these regulations and everything and filing

things and I would just do everything wrong. And I just remember where I was like, like, I have to do something. And and so I was, I was flying out to Vegas to go to the Consumer Electronics Show. And I would go to the international area to see all the brain stuff like or sleep stuff, and I was buying everything I could do I was doing as I trying everything in the middle of the convention. The big section of the convention is 100,000 people's crazy drones flying around 500 TVs, crazy, man, there's people sleeping in the middle of the convention. I'm like, What the hell is this and these these special chairs are walk over. And this dude who is Clint Eastwood and that Clint Eastwood, but Chuck Norris is double sitting next to me, I'm like, Oh, shit. And he's like, Hey, what's



1:31:33

going on? I'm like, what,



1:31:34

what are these people sleeping? He's like, this is new calm. It's a neuro acoustic technology turns off your stress response. And I'm like, Shit, I need me some of this man. And I told him my story. He's like, Oh, I know the CEO. So he brings me over. He's like, Hey, Jim, come here. Hey, this is one of our heroes got traumatic brain injury in gyms, like, okay, and there's a line of 300 people trying to get a nap in the middle of all this chaos, he brings right to the front, and six or seven years, seven or eight years, maybe yeah, seven or eight years, I hadn't had a damn dream, because I just didn't go long enough into REM to get sleep or to get to dream. And so I dreamt. And I was like, oh my god, this is incredible. And so it's a neuro acoustic technology. Jim actually just talked to him today best friend. And it's it brought my stress response down without medication. And that's when my body started to start healing. And I started feeling my body and that's when all the pain started to come. Where I was feeling the pain in my s, my sem from clenching. I could, I could feel myself grinding and I felt my arms. And that's when shit started to like, kind of unravel. And that's when training got a little bit harder to because I was feeling issues. And then I started to address them go into physical therapy and all this stuff. And then other things would occur in that. Even though that that saved my life mentally, like my memory started healing for the first time and like I was centered, and I wasn't screaming and yelling and getting pissed at people, which is a very common side effect of brain injury and pts. So that began like the a lot of the healing protocol. And then I could like remember in in understand things better and apply them. And I remember just hated that. I hated the bed. And my poor wife. She put up with me about I was like, I'm not getting this fucking bed, man. And I bought like a \$5,000 bed think he was gonna like help me like, Oh, this is great bed and I did everything that I did everything, everything that's in there online, whatever. I did it all. And you can't do it. If you're stressed, man, you got to de stress. So I hope they answer this question. I'm sorry.



James Geering 1:33:49

Yeah, no, no, absolutely. So from that point, then with the new calm, did you start getting better and better quality sleep because you're talking to an audience that has that I'll sleep when I'm dead mentality. But we don't realize the acute and chronic side effects of sleep deprivation is why we die in droves.



1:34:09

Okay, so let me drop a nugget. And you can bookmark this section right here, which is if you have a couple modes of existence, okay, that your nervous system, which we said is millions of years more advanced in your brain, okay? Your nervous system began in your skin, then it created the heart and they created the brain, at your gut, heart, brain, whatever. So if you know the hierarchy of order in your nervous system, you can understand how it communicates to you. Now your body only has so many nutrients and so much blood and so much electrical activity that it can use at a time. Okay. And so if you are, if you are stressed, you're not really stressed your body is in a threatened heightened state of awareness and it requires a lot of energy and attention. And if you think about you can't do one, you can't do two things at once you just, you just can't do it, even though you think you can just kind of switch really fast. So your body can, your existence can only focus on one thing, if you're stressed, your body is ready to survive. And so it shuts down all these other processes. And if you carry that into sleep, to where you're lying down, but you're thinking of like, I'm gonna get blown up, or like this thing is going on in my life. And you view it as a life threatening situation, because you're a service member, or you're a first responder and you view everything as life threatening, because it's just the mode that you're in, your body's not going to heal. And it's going to accumulate lots and lots of debt, which is physical debt, and electrical debt, where it's not going to heal the electrical pathways that your body takes to send signals, not gonna heal those things. And they will start to decay, and even take other routes instead. And so if you are going to trying to sleep and you're in a threatened mode, which is we call fight flight and freeze, which people might be familiar with, it won't work. So you have to first address what is the stress. And once you do that, your body will feel safe enough. Now remember, if you're sleeping, you're totally defenseless. If you're out in the middle of the fucking jungle, and you try to go sleep, you're not going to sleep, you're going to wake up every 40 to 45 minutes to protect yourself, your body's gonna go okay, I'm gonna go on to REM sleep. But I'm going to repair a little bit electrically, I'm going to wake my MC bigeye up, make sure there's no spiders on him, or bugs or bacteria. Nobody cares about the bear example. That's a stupid example ever. It's bugs and shit that kill you. And your skin. If you think about it, you can feel a pin on your skin, a pin, it takes a lot of blood sugar and electrical activity to ensure that if a bug lands on you, you can feel it, that's a lot of energy. There's this phrase called the basal metabolic rate, which is basically if you just did nothing all day, how many calories would you burn, it's almost entirely of keeping your skin innervated. So you can feel your environment, making sure you can smell danger, or food here, danger, it's keeping all that stuff prime and you go to sleep, all that shit turns off. So it's gonna, it's gonna keep waking you up waking you up waking you up, if you're stressed, and you're gonna get terrible sleep. And then after a while you can live like that for a while. But after a while you will decay, you will, your entire body will get destroyed. And here's the thing at the time, where you start to persistently live stressed, your body views you as a threat to society or your nervous systems view you as a threat to the rest of society. So it starts turn you into an asshole. So people will not be around you. Because you're susceptible to infection, right? You're in a fight flight or freeze. So your nervous systems going, okay, something's chasing me, I've got to tell all these people to get away from me because something is around me or whatever, something's happening with me. And you will start to be an total asshole to everybody else, because you're going to push them away your nervous systems pushing them away, it's the same thing of when you're sick. And your your bones start to ache, add to your nervous system doing that on purpose. So you lie down so your body can shut down and it can address the the the invasion, you know, the bacteria or the virus or the fungus or whatever it is. Your nervous system has all these cool little tricks, but we

just don't know what the hell is going on. So that was the first thing was address the stress. And then a byproduct is your sleep will get better. But you have to address the that mechanism that you're being protected. That's protecting your body. That makes sense?

J

James Geering 1:38:51

No, it does completely. And it's so beautiful when I hear different perspectives, perspectives from the same message, which is we need to deregulate our nervous system and we need to sleep and we're in the fire service especially we have yet to as a profession. Understand that we need to rethink the way that we do our work. We work our responders into the ground 56 hours on a minimum 80 plus hours when there are short staffed, it's absolute fucking insanity. So the more of these layers that I can bring these more of these different perspectives and, and great minds, the more hopefully we'll get that critical mass of people will finally understand look, this is the nucleus of the problem. Yeah, absolutely. So, you have this, you know, this kind of journey that you've had with a TBI. You're seeking help medically. You're not feeling your body. Now your body's screaming at you. When did you start to realize that your senses were doing something they'd never done before?

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1:39:51

Oh, yeah, I mean, it was shortly after AK where I I was like, holy shit what is going on? I'm so what was happening is as when I came back and I in my brain started to kind of de cycle down from the stressors, I was noticing that like, it was first taste like someone will say banana, and I would taste it, and then I started seeing it. And then if it made a sound out here it and it just started kind of, like manifesting. And so what, what people need to know is your senses, your nervous system does not mess around with your senses. It if something gets affected or degraded, your your nervous systems were will take different wires, different pathways through your brain or your body. And that's why some people like when they're stressed, though, like, you know, like, this is just the pathways that your nervous system is choosing to execute and send the signal. So when my brain got all messed up the connections between the the electrical, are they floating, and so when it gets jarred up, sometimes they're not completely aligned, and that signal will go through. And so my nervous system was like, Well, okay, we have to use senses. So we're going to do something. And so just the way that I got hit with the area that was in good was my visual cortex, my visual processing area of my brain. So sort of wiring a lot of stuff through my my senses, the pathways of my senses were being mixed up, because those were the pathways that were available. And so when, when, you know, I hear something, it tries to make sense of it, and it just shoots all of the senses at once, just because it wants me to know what is going on, or what someone's talking about, or whatever is in front of me. And so what was really cool, was I was watching that, but it's really distracting. Because like people Tom wouldn't be talking to me. And I'd be like, wait, what would you say? I have no idea what the hell I just said, is there any nouns if people know nouns are the person, place or thing, so anything that you can see or hear or touch whatever is a noun, and so anytime someone said a noun, I was like. So, very, very distracting in couple that with not being able to read, and then every time I'd read, I'd see the dam, see everything and touch it and feel it. And I mean, it was just an utter disaster. So what I started doing is going into numbers in data, because you don't see those things. They're all fake. By the way, math is totally made up people. So I was going into like data, and I want to have to deal with people, I would look at data and I'd be doing things and I was really good and visual, make creating visualizations from

data. And that's when in my career started, like, getting very interesting 2013 I was rocking and rolling on stuff. And I just happened before my accident B was on the Google Earth developmental team. So I helped develop Google Earth. And so when my brain started doing all this crazy stuff, I was like, Oh, I can do some cool shit on Earth. And so I was visualizing things. When ISIL took Mizzou, I created this unbelievable Google Earth thing that had like 7000 feeds. And it was incredible. And that was like one of my big my first big like usage of my skill, my skill set.

 James Geering 1:43:23

So I know you talked about the keynote speech on quantum science. So you again, going back didn't seem to excel younger when it came to math. Talk to me about that shift. Now you're now that the world of numbers is becoming a place that you can focus this unique gift. Where does that take you in the mathematical world? Or the physics world?

 1:43:48

Yeah, so what was happening is that I was diving, diving into numbers I was, they were using my senses. And so I could taste numbers. And taste is very interesting, because your smell is your first line of defense. And that's that goes straight to your memories. So only since it goes straight to your mouth has direct access to your memories. That's how I smell you smell somebody like oh, you get an instant visual. Your taste is the next step. And it's very, very sensitive, and texture, all that stuff can determine if something's going to kill you. And so my tastes was just on off the charts. So I would see numbers and I would taste the relationships between them. And then sometimes I would feel it the relationship and then I would see it and so like there's like, you know, you have the Fibonacci sequence, and so veg and numbers and all these things that probably nobody knows about, but there's some really elegant math stuff that's in the universe. I started seeing the relationships between these things. And then I was visualizing them in my head and at a point there was a point where I could look at numbers and see the relationships between them. And how like one thing affected the other B Because I could taste the, you know, you you can, you can taste you can right now, if I ask people to taste a honeycomb, Honeycomb, or honey crisp apple and then taste a gala apple, they will be able to taste that in their heads and then go, Okay, what how much of them are similar, you'd be like, that's probably like a 30% taste of those apples are similar. And so I could taste the similarities between numbers, and then it started to extrapolate between cause and effect on anything. So I was getting into like the brain, how the brain was caused, you know, things would affect the nervous system. And then, and then like Training and Fitness, and like, my brain was just sort of kinda like showing very four dimensional advanced relationships between cause and effect on stuff. And in my particular career fields, various very helpful because I could find information that was seemingly unrelated, but just go, no, no, no, I taste something very similar with these two things, there's something here and then dive down into or even task assets to go in and go, Hey, I think there's something else on here, you need to just kind of like go down a little bit more, because something just doesn't taste right. And so I was like, you know, remember my story on like, getting the best athletes in the world and looking at them. I was like, well, what's the hardest math on the planet is went to Google. And it was like quantum. And I was like, Oh, what's that? And so that I like took to a duck in water, man, holy cow probability. So the big thing with quantum math is like all probability, which is all possibility of things occurring. And so my brain was just like, Oh, my God, I can see the atoms, I can see

how they vibrate and resonate, and quantum math and probabilities. And I was just like, holy shit. And then, and then what's really cool is, I can scale out years. So I'm like, Okay, if we do this for long enough, it will bring us here. It's just like, if I can, if I can run on the track at this pace, and then increase it by 10%. I could run a five, I can run a five minute mile in seven months, right? I mean, your son's doing that right? Run a five minute mile. He knows how he got there. And he just scales it to oh, what would it take to four minute mile? Right? So my brain was doing that with like, quantum math and, and other things. And I was like, Dude, if we studied quantum computing, and we were able to scale to this many qubits, shit, man, I think we could like design, this kind of material that would do this kind of thing. And, like the math, the math would come out, like, I would check it with people. And they'd be like, Yeah, that's actually like, that would be very interesting. And people ask me, you know, what are the possibilities of quantum computing, quantum encryption, all that other shit and my brain, like, I can do that. And I'm just like, Dude, you need. And this is what got me on the President's AI Council is, when I see AI, and I see what's happening with it, I can scale it and go, Okay, if we spend, maybe like this much money in this much time, we can get this output, and then it would do this for society for society. And that brings us back to your introduction to this part, which is what you know, what can AI and quantum do to society? Man, I'm all over that man. Like I can, I can just see I can taste. It's incredible. Like, very vivid for me.

J

James Geering 1:48:25

So I want to, I want to unpack that in a second. Just one tangent, I had Emily Kaplan on the show. And she works with Greg Glassman now. But she has a thing called the oh my goodness, it just fell out my head what it's called now, but basically, they're questioning some of the principles behind some of the scientific studies that people quote, so, you know, iron clad esque when I mean, we saw it, obviously, the last couple of years, oh, this is definitely going 100% gonna work and 50% going to work. And this virus will kill you and all this stuff. And so there is as some absolutes, of course, or some perceived absolutes when it comes to science, but I think there's an abuse of what science actually does. And basically, to kind of paraphrase what she was saying is a lot of science is probability. And when you actually break it down, it's not as conclusive as most people think it is. So with you having this incredible background in maths, you'd be the perfect person to kind of just take that concept and run with it.

i

1:49:29

Absolutely. It's one of my most favorite topics, because, you know, I was in college before all this stuff. I was a political science major, and my master's degrees in political science, international relations. And so like, I have a pretty good understanding of the human element. I actually specialized in like personality management, leadership, personality. And so, like, I know that when you deal with these topics, that there is this human element that is like, oh, yeah, we AI could be doing all this but it's not politically going to happen. and just not gonna happen, right? Just like the health care system, we could, we could solve a lot of these problems, right? We need a holistic doctor, right? And we need like an hour with you, like every six months, but politically, you're never gonna get that, right. I mean, there's just so many influences on it, and I can see the influences, you know, I can, I can see the people in Congress, I can I can see the money flowing back and forth. And it's like, okay, what is what will it take to, to push against that tidal wave? You know, it take this much, right, and I can see that in my head. And so, yeah, when you talk about, like, the probability, you know, of maths in science,

and it's just like, science is just shit repeated over and over again, that they just start to accept, you know, and it's like, how many years ago were doctors on TV smoking cigarettes, like, you can kiss my ass, I don't. First off, anyone can get a doctorate. And I have actually gone through the entire Harvard Medical School Program, by the way, and there ain't shit in there. That is helpful unless you're prescribing medication, my friends, and that is Harvard. And I did the entire curriculum. And there is not one single thing about nutrition or stress response regulation modulation in the entire friggin curriculum. Okay, it is like, em DSM or NDSM medical health shit, I'm awful. But the medical standard that basically says you can prescribe prescribe this for this type of diagnosis mean, that's it, people. Okay, that's where you're dealing with. So, you know?

 James Geering 1:51:30

What a valuable perspective, like I said, and it's interesting, because this is the resounding element. And again, just for teachers, there are some incredible physicians, but if your baseline for them is 99%, pharmacology and 1%, you might spend a day seeing about some exercise, nutrition and sleep, what messages are sending? How is that preparing someone to truly critically think and get to the nucleus of a problem. So most of our physicians are set up for failure from the moment they leave school.

 1:52:00

That's right. And so like, you know, I don't want to bash what's going on, but I just want people to know what you're dealing with. And so like, don't, for me, I think it's a lost cause going to a doctor think they're going to heal you right? For me, I go to a doctor because I want their cool shit. Right? And so like, Hey, man, I need an fMRI. Well, what do you need fMRI for? And then I have learned to speak their language because I've read the medical manual. And it's like, Well, I think I have this. And I tell you what, like, there's almost no proof you need to provide anyone for anything, because all almost all symptoms are what's called psychosomatic, which is the brain just makes it up. Because if you go rewind a little bit, okay, go back to where I said that your nervous system is super sophisticated, it sends you messages in almost every symptom that doctors have to diagnose is your body just creating it, it's making it up. And so if you understand that, you can not only like use that to your advantage, but you can listen to those messages. So for me, when I go to the doctor, I'm like, I'm looking at this thing. And I'm like, Okay, I know that that's a pool. Right? I pulled that ligament, I just need to know where it's at. So I can build my healing protocol and my workout plan. That's all I need you for, but I'll go in there, I think I broke my foot, and something's really messed up. And I Oh, we got to do an x ray. I know that no one's gonna give me an MRI unless they do an x ray. Okay, so I'll do the stupid X ray. And they're like, No, nothing's broken. I'm like, No, I was really painful. I can barely walk on it. Well, we should definitely get an MRI can Oh, yeah, that's what I said six weeks ago when I came in here. So I get the MRI and then the, you know, I get the image, I look at it, and I go, okay, and then I send it to my, my physical trainer, who I make sure knows how to read these images. And I go, this is the problem. It's you, okay, these are the workouts we got to do. And that's how I use the medical community. That's it. And so for me, I make it work for me, but I'm not going in there. With the illusion that they are, not only have the time, energy, equipment, desire to fit to fix me. I just go in knowing that I can use them for XYZ, you know,



J

James Geering 1:54:10

so I want to get to the AI but just before we do, because a topic they almost missed. And you know, we've been talking for almost two hours now. But like I said, you have such an amazing story. You also were able to create excellence not only academically and using your mind in that sense, but also in the physical realm. So talk to me how this post TBI mind body connection allowed you to function at a higher level physically and just kind of touched on some of the the accomplishments that you've had in the physical side?

i

1:54:44

Sure. So I think it's very important to just do 60 seconds on my near death experience. So when I got hit, I my my entire body just started convulsing. i It was it was gone. I was done. It was very hard hit and I I just came out of my body. And I went up. And I was like, okay, man, you know, this is it, I'm fucked, right? This is how I'm going out. And thank God I hurt. I'm out in, in this just massive force just hit me in the chest and like, right here in the chakra right here and just say you are not done and just kind of push me down. But as I'm doing, I see all these videos in my life of all the people that I interacted with, that I gave them advice, or I just said something that made their day that just changed their entire life trajectory from this way to this way, and I got to watch their entire life change even into the future. And I have confirmed this by still calling these people and going, Hey, I saw this 20 years ago, or 10 years ago. And I yeah, I did that. Okay, good. Well, that that was legit. And so today, I know that when I go out, like I'm gonna watch that again. And so at any moment in time, I'm like, I gotta rack up some videos, you know, like, I'm gonna do something nice and do something nice for somebody, and just forget about it. And I didn't know no expectation of return. So that's a driving factor. And so when we talk about like your question, we're gonna go back to your question, because I got off on a tangent. What was your question?

J

James Geering 1:56:24

We're talking about after that, after, you know, near death experience, you're being you're kind of tying into it. So the video so how did that allow you to then train at such a high level that you Oh, and then and then talk to me about some of the accomplishments that you actually racked up?

i

1:56:42

Yeah, sure, man. So like, after that, I was like, first I knew I was mortal. Again, it was just like, as another reminder, that like, Yo man, at any moment in time, you're gone. And then I was just, I got like, a second chance. You know, like, I was like, Oh, my God. And I felt like that honor again, of like, I just, you know, that commission slot and I'm gonna go to school, I'm not gonna mess this up. I'm not gonna drink, you know, all this crap. I was like, I'm not messing his life up. Like I just like, I'm back, you know, and I'm like, No, man, like, I'm going to crush it. I'm going to try to crush it as much as possible. And it was a bitch fight in a brain injury and the body pains and everything, but I just kept, I just kept going that next year, a year on the date, I qualified for World Championships and got fourth place American in the world military triumph triathlon championships was badass. And so that was the next year. And then Oh, yeah. And

then I just started like, just going like, Okay, I'm not, I'm not gonna stop. Like, I'm just gonna keep going. Because not only is my body feel good when I'm running around, but like, I'm gonna like kick some ass. And so since then, did a Spartan World Championships sprint, a one that was on ultimate beasts master a one episode 10 And I was on episode one, episode nine and then got to Episode 10. I just filmed American Ninja Warrior a couple days weeks ago, whatever date it is. I'm the longest serving military traveling world history right now. And can I plan on repeating that again? Next year? Roca five minute mile. Pretty good. I was named to the NCAA 40th anniversary team, as the top athlete and last 40 years of NCAA history. What else? Is this what you're going for stuff like this? Yeah, no,

 James Geering 1:58:38

exactly. I think it just illustrates, like I said, you have this, you already have this critical thinking and this you know, physical excellence pre injury, but now was amplified by this TBI. So even though there's obviously negative effects of it, you know, you've had this incredible change in in thinking, but you've also had that same application on the physical side as well.

 1:59:02

Yeah, and adding two kids to man, which was a huge, you know, mental change when I'm no longer this guy running around, doing whatever I want. I'm responsible for human beings, you know, like, so that was a big, yeah, it was totally life changing, especially because I wanted kids for 20 years when I met my wife, you know, as I filtered through, I don't know, 50 women say, Hey, if you're on the fence, get the get out here. Like I need kid I want kids like I'm ready to rock and roll. And so that was a big, that was a big deal. Bringing the little ones into the world, you know, and in stepping up as a man, you know, especially handling finances and stuff like that. So it was a big deal. And then, you know, I wanted to really, I wanted to really do the same for my brain that I did for my body. So now that I was able to like actually, like, use my brain better. I got my distress down. I started learning about supplements a lot, a lot better brain training and everything. And like, I was like, I have to just do the hardest shit ever. So I did the quantum stuff into the AI. I don't know anything about any of this stuff. I just started learning and then just trying to say, Okay, I know what my brain is good at, I know what I'm good at. Let me just stay right there. And just just scale. And then what I was doing was this is the best part, man, is that military, like, I get a paycheck. And so usually, when people go on LinkedIn, and they try to friend people, they want something from them. And for me, like, I'm like, No, man, I learned something when I went to heaven. Like, you get rewarded when you do things for other people in so what I started doing is going on LinkedIn and finding people that had cool things, and go, Hey, man, I think that if you link up with this other guy, or this other girl, like you guys could do something cool. Or I go in and I just message him like, Hey, man, is there anything I could do for you, like you got this looks like a really good product, it looks like you're really good company, Hey, I just, you know, I just want to help out, Hey, I see you have an event, can I come volunteer and I go and like volunteer or whatever. And it was just like, they were like, we've never had anybody just come out and just want to help us usually want to sell some shit. And so I was like, Hey, I don't need any money. And I don't even care about it. Like, I'm gonna go out and I befriended so many people. And then in the government, I just invited myself to these big meetings, like I would find out about these big meetings. And I'd be like, Oh, hey, this is, you know, blah, blah, blah, I'm looking for the dial in number and the address, you know, of this meeting that you guys are having. And they just given to me that

they're like, a government person, I guess they belong. So I would be, I'd be like, sitting in meetings with like generals, like executive people and Congress people. And they're like, so what are you doing here? And I just be like, well, you know, I think that application of artificial intelligence or whatever subject it was, could be a serious game changer for our military. And I'm here as a warfighter. Because I did have warfighting experience and multiple deployments. And I believe we had this shit in Iraq or whatever, you know, we probably save a lot of lives. And you'd be like, Yeah, I think this guy is right is great is great. And they go, Hey, we have this other meeting, can you come here? And then like, my LinkedIn is unbelievable. Like, I have people that are very, very important. Like, you can't touch these people, just because I get like, recommendations from their friends say, Hey, this guy, Canada's awesome. Like, he came out to our event. And he wore his uniform, and it was cool. And he was shaking hands. And, you know, you know, he dealt with the kids and like, he helped clean up, he was in his uniform, he's clean up pizza boxes. Like, people, that's how I was able to make a significant difference as a person in other people's lives. And that's how I got on your very prestigious show as well. Because like, you know, just doing stuff people, man, you know, being a good person. And that's, I think, is my superpower.

 James Geering 2:02:58


Yeah, my guests are supposed to be Wesley Snipes. I was really confused.

 2:03:03

Well tell him I want Demolition Man to dammit.

 James Geering 2:03:06

He's got to pay his taxes for us. All right, well, one more area before we got to some closing questions. And obviously talk about the book and the website. We talked a while ago. Now I want to talk about AI. But before we even get to that part of the internet, and you know, the the intelligence that is going to be exploding over the next few years, we were talking about the division of this country. And you know, my big thing when it comes to politics, for example, is I touched on earlier, I think that our system is broken, we keep choosing horrible people. And that is part of the problem. They're very, very divisive in these two party systems that we have. But you had an interesting perspective as far as out of our country's borders and the influence of that through social media, especially so if you wouldn't mind educating us on that perspective.

 2:03:56

Like kind of comparing, are you kind of like, you know,

 James Geering 2:04:01

other nations? Yeah, you kind of basically was saying that. And we all got kind of aware of this at the very, very low level through usually news networks and whatever, but that another

at the very, very low level through usually news networks and whoever, but that another nation, because to me divide and conquer. What I'm seeing right now is our nation is 70% obese and overweight. We have people divided a pigeon holed and there's a lot of good people that ignore all that shit and a good people and love people of all colors, Creed's orientations and it just get on with their life. But there is this propaganda machine that is not only promoting and making it okay to be on all these pills and be overweight and be an addict and all these other things. But then you have the clickbait and all that division. So you are hinting on. Of course there are people within our borders that have things to gain when when the people are divided. Like for example asking where the fact that we keep getting these assholes every four years is, but that aside, that there are other nations that have a vested interest in America being second divided.



2:05:09

Yeah, so there's a bunch of things at play here. And number one is for people to understand that you can be mad at a lot of stuff. Right? In, if you take, if you take one thing from watching this all the way through, and I think anyone who's spent two hours of their life with this are an hour and 45 minutes on 1.5 speed, you should take that your perspective is your choice, and you bring the party. And so if shit sucks around you, it's because you suck, and you just don't know better. And so if you constantly bring the party, life's gonna be good. But there's only so much where that goes in, you have to understand that American society is not capitalistic, it is pluralistic in that term means you are supposed to get out what you put in. And so there's a lot of disadvantage with that. And there's a lot of advantage with that. And if you are struggling in you're mad at the way that the society is designed, is you just don't know the rules. And the rules is that this is pluralism. And the problem with that is we have a hybrid of we have government mandated stuff that kind of takes away your ability to put in as much as you want. But we incentivize folks to not put in a lot, because there are people who need social services, and they need a handout, they need it, some people do, not all of them, okay. So what you have to realize is, when you have a pluralistic society, if people don't put in anything, they're just not gonna get out anything. But if they're not educated, to how to put in so they can get back out, then the system is broke. So people are being pushed into the system without the knowledge, education, connection, and motivation to put in as much as they can, then the system breaks. So that's the first lesson is to know that you have to learn the rules, and just work the rules as hard as you can to get out what you want to put into it. Okay, so that's the first thing. The second thing is that, you know, it's up to you, man, you got to choose, and you have to choose your motivation. And so if you're not taught that you need an extreme amount of motivation to take advantage of this system, you're just gonna wither away, and you're gonna be, you're gonna get angry, and you're gonna get mad at the system, because you just don't understand it. And you might think is unfair. But there's other people who have done just fine, and have been in worse situations than you probably in worse situations than me and really done well, because they just said, you know, what, I'm stuck in the system, I'm going to learn the system and make it work for me. And so but they have a different motivating factor. Like I said earlier, no one will starve or be cold or without a bed, who I care about, and I care about everybody. And so for me, if I don't wake up tomorrow, absolutely energized, I risk that. And even that's not really logical, it doesn't matter. I don't care, I use that. And I'm on like, I was in the pool today, getting my kick man. And I sat in there, like, No, I have to do this workout. Because of this motivating factor, like my kids, you know, may not have a warm bed, that's not my motivating factor that have a different one that don't prefer to talk about. But it's like look like I am not going to leave this planet without a kick ass legacy for my kids, because it's important to have and I'm going to win next year if it takes every single day emptying the

tank for my kids to have a kick ass dad legacy. I'm going to do it and so you need to choose that motivating factor that just lights up your stomach man. And that's the that's the second most important thing know, the first is you got to put in you're gonna get out what you put in a second is you need some kind of fire that lights that ass every single day. That just will not go out man.

 James Geering 2:09:20

So that's within us. Talk to me about the the powers from other countries. Oh, yeah, that that's okay. I don't know because that was a beautiful, I love that because part of this conversation is ownership and the other part of the conversation is the environment. So as right we can choose to not be divided we can choose to, you know, it takes a village to actually create that village. But then there are powers that be that are actually trying to keep us separate.

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Okay, so yeah, so there are other there are other countries and non non countries that they're just not set up that way. And so what happens is we have a lot of people in here that just pour in all kinds of effort. We're the greatest civilization in the history of civilization, man, we have everything, every single app that people use came from America. I mean, like our medicine is, you know, our technology, all that stuff is just, it just sets the benchmarks, man, we have some of the greatest universities, we just have a lot of stuff. And other countries have very upset about that. And they view they think that we fix the system when we built the system. So yeah, it's fixed by us, right? And so that someone had to do it. And after World War Two, we were the only person standing. And so what people don't understand is the the ensuing years after World War Two created this planet, man, like, if you don't know, political sciences, we have have a hard time understanding this. But we created all the international laws and regulations and standards that the whole damn world follows in the whole world agreed to let America do this. And there's this thing called the Bretton Woods agreement. And what America did was they said, Look, all you guys need to rebuild your countries, because you're all y'all destroyed, we will protect the planet, we are going to protect all the international trade because international trade equals wealth. And we will build and maintain the world military and protect everything for everybody else. And so now, it's 2023. And, you know, that's really not super relevant anymore. So you have China, Russia, you have all these people who are actively undermining America, because they are trying to subvert that system so that they can now be the ones in charge. And poor, poor thing. Russia is mandated, you know, they won World War Two, but they kind of lost I mean, they lost, they lost like 50 million people's insane man in their whole entire country got gutted. And so they're really upset about that. And China got a really bad steak to man. I mean, God, what the Japanese did to the Chinese were some cases worse than what the Germans did. And so you have these people who, who have these paths that they're trying to write like me, you know, I had this past of homelessness and all this stuff. And I just was like, Hell, no, I'm gonna be the best. And so they have, they're trying to do that, too. And so the way that they can do that is divide and conquer, right? I mean, they make up a lot of this drama that you see on social media, it's made up, it's actually just created by some Russians, who are sitting in some shed in the middle of nowhere, creating the social bullshit things that you see. And you're like, Oh, my God, America screwed up. No, ma'am. People making this crap up in the Chinese are doing it to the exfiltrating all of our secrets and our hard work that people are putting in and, like, that's the way that they're equalizing. And so people need to be careful

about the stuff that you see. And really the fall of I think the fall of division, or the creation of division is countries when when news became commercialized 24/7. And so Oh, my God, do they have to do something with 24 hours in the day, man, I can't believe I wake up 4am I see. I go to the gym, I see some crap on the TV 4pm It's the same damn thing. Like, they just been recycling this crap all day. And it's all just garbage man. Like, it's so much trash. And I'm just like, You do realize, like, you're programming human beings. This is school, you go to school for six hours, seven hours out of the day, and your brain is being molded. I mean, you watch news for 20 minutes, man, I mean, that is programming at a high level, because it's an emotional charge. And they're selling ads people, like they're sucking your attention. So they can sell an ad for some company that's trying to make you buy something in which they can, then I'm telling you, this is an actual thing. They sell ads by the emotional charge of the event that the ad is interrupting. So if it is a murder, they will charge higher rates to that ad for that company to run at that time, because you're emotionally charged, and you're more apt to absorb that ad and then subconsciously act on it later. This is science people. Okay. Does that I hope that like addresses what you're asking.

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James Geering 2:14:16

No, it does. It does is funny because now almost 800 conversations like there's all these these, you know, as I say the Venn diagram is crossing over. And there's, there's truth in the middle. I had a very, very well, you know, respected and revered journalist from you know, yesterday year, Larry Doyle. And he was, for example, to give the level of trust that he had he was the first person interviewed Nelson Mandela when he got out Robben Island, that kind of job. And so I asked him and it was the same thing because again, when you come from another country, and my country has the BBC, which I've always respected and to this day, is it perfect? No, but I think it's very, you know, very this is what happened the end we don't need to interview Use people that are on the street an hour later asking them what they think about it or divide the screen into four assholes and get them to argue for and call that news is this is the actual news. But Larry was saying that's exactly what you touched on, which is the news used to be funded by other things. So they could focus on being the news. And the moment there was a change in the corporation. And they asked the news to start generating income. That's when you got this new, sensationalist. You know, clickbait divisive news that we see today. And when you take a step back, and exactly what you just said, that they can put a higher tab in the middle of a school shooting. That's right, that should nauseate everyone to the point where they don't watch CNN or Fox or any of these ones anymore.

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Yeah, and you know, it too, is like, one of the realizations I had in my life was just everything's fake. I just walk around. And this might not be true, but it works for me to protect myself is everything I see on TV on Instagram, oh, God, Instagram, YouTube, whatever. It's just fake. And I, I have personal experiences and professional experiences that have proven that it's almost the opposite of whatever you're seeing some person doing, or telling you to do, or telling you that they do. They're actually doing the opposite. Like, I mean, especially when it comes to like drug use, and you know, like their workouts, you're not doing that workout every week. Matter of fact, you're not doing that workout every month, or even every quarter, you're just posting that shit online. And like people will do this, like for workouts and stuff like and fasting and nutrition. They will, they will do like a week, they'll go through weeks and weeks of content.

And they and then they strategically release them over the course of a certain amount of time, making you think that oh, they did this on Monday, they did this on Tuesday did this on Wednesday, or whatever, no bullshit that took them a year to do. Like, it's just creating this false reality in your in the crazy part is there is there is this phenomenon that people will use in psychology and in negotiations, that know that it is impossible for you to not compare yourself to someone that you're watching or listening to, you will do it, you cannot just like I say, don't see a pink elephant, you automatically see a pink elephant. When you see someone like doing 100 Push ups, you have to go, Oh, I'll never be able to do that. They, they manipulate you this way. By showing you some guy with an eight pack who's taking the supplement and you're like shit, I'll have a pack. And then but you may not be consciously aware of it you like, need to take pills for a pack, need to take pills to work out. And then you're at the grocery store. And you see like, you know, like this? What's the what's the collagen support, you know, your body doesn't use that cannot ingest it cannot use it in the decimal format. But \$70 for a bottle collagen supplement. It's like, let me take this, maybe I'll get ALPAC, and they're just manipulating your entire subconscious. And I did. I went like three years and learning Neuro Linguistic Programming, watching Darren brown doing pattern interrupts on people. And so I have a very intimate understanding of how people can influence your subconscious and your decisions weeks and months later by something that you do now. And I mean, even like the colors that they use in the words, and they will misspell things on purpose because your brain stops and goes, Oh, that's misspelled. And that's the way they insert that product into your subconscious. So when you're at the store, or you're online, or whatever you're like, oh, for some reason. I like this. So you just try it. You know, this was to ask crazy man.

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James Geering 2:18:49

So just pulling some of the positives from science. Someone I can't know who it was. And I wish I could remember, I think it was Lee, where Lee Sammartino if I'm not mistaken. But they were talking about AI and how incredible that talent technology is going to be. And I've actually started using it to do transcripts for the show and, and I've got chat GPT which I'm still trying to figure out how that works in my world, but I'm being patient. But he said For example, imagine if this is this is starting to happen now whether it's traditional medicine, whether it's a mental health screening, you could actually do an interview with an AI and then that information goes to a physician. So when you walk through the door and say, Okay, it looks like Ken that this is going on and obviously that you'd be a bad example because you know, you've got so many different things, James it looks like irritable bowel and small penis syndrome. So then then you don't have to do that. You know that use nine and a half of the 10 minutes doing your primary secondary, and then you've got 30 seconds to go fuck it. I'll just give you some pills and Now you can actually walk through and almost immediately go, Okay, let's break it down. You know, you're you're hypertensive, and you know your cholesterol is off. Let's start, what are you eating? How are you moving, and you could actually now use that time in a more holistic fashion. So to me, that's one of the most exciting things about AI. Yes, it's awesome to get asked it to turn to make a picture of 10 squirrels, you know, in Ninja suits, that also has application. But talk to me about about the world of AI, most of us have seen the very tip of the iceberg, what is the world that you're seeing with your incredible mind and vision?

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2:20:38

Okay, so first. Medicine, I think it's going to be a long time. So, but I think there's going to be a couple of silos of excellence, but I will tell people, I'll go on record, you're not gonna see, you're

not going to see your general practitioner, you're not going to be going in front of no AI script or anything like that. Because first off, they spent 15 or 20 years in medical school, not learning a damn thing about technology. And there's no way they're going to risk lawsuits, or complications in their medical practice by instilling some technology that they don't thoroughly understand. Because if you think of medical professionals are absolutely crucial on their knowledge of what they're saying and doing. Now, they're very curious people. But the problem is, they are totally owned by their insurance. And they just I, I'm just going to tell you, logically, you and me, it makes sense. If I was an entrepreneur, shit, let's do it. Let's do this medical, you know, diagnosis, you know, AI, but if you go and chat TBT and try to do anything medical, you're gonna get Disclaimer, disclaimer, disclaimer, this game is gonna be totally useless. And it is absolutely almost absolutely useless after going and trick it. And I have a video on how to use chat GPT correctly. So if you guys want to go on my air force can channel you can do it's got like 10,000 20,000 hits, I don't know. But it's a pretty good lesson on how to talk to it. So you have to trick it in order to even get even anywhere close, because any company that's producing AI that's doing any type of medical stuff, oh, my God, that anyway. So for what I see is, I see creation is going to be very, very disrupted. And so the creative aspect, not so much the logical aspect. So the if you think about the timeline of invention, someone has to think of it in an order to think of something new or novel, it's a component of a multiple different things. Your ability to be creative, is directly resultant by how many different experiences you've had. So if you're only doing like one or two things, you're not going to be a super duper creative person, if you've been all over the place, read all kinds of books, you're going to be ultra creative, because you're combining all these elements. And that's what AI is going to do for you. If you think a chat GPT for example, which is all the rage, you go on there. And basically you have access to a person that has 170,000 PhDs, like that's a great friend, you go in there and be like, you know, what's this thing about and that thing about and then you have a separate conversation about another thing. And you can learn almost masters level stuff in the course of like an hour or two. So if you're a musician, and you want to come up with like, let's say, a track that will teach people how to do say, trigonometry, and you want to make a song, that's 12 minutes long, and you want to teach someone a chapter on trigonometry chat, GBT will do that for you. And that's game changing shit. Because music is the power of music and your memories, absolutely unbelievable. And so like, that's what I that's where I see AI is going to be an unbelievable in your ability to fuse more Thai disciplines into one and create something super duper novel. Because only a human can do that don't care about AI and how awesome it is, is not even remotely close to the human brain and human experience. So that's, that's like the biggest thing and you're gonna see that and you're already seeing that now like business ideas and all that stuff. And so I throw in like, you know, I write papers or whatever, I'll throw it in there and go, Hey, just reward this 10 different ways. And it'll go on the reward. And I'm like, Hey, that that sentence right there, man, I didn't think about that. And I'll take that sentence and put it in my document or whatever. And so that's that is incredible in AI for doing things a little bit more intently. So designing products that are better packaged, designing products that don't have planned obsolescence, because that's another thing that you're getting scammed on, but like creating things that are just way more intuitive house designs as the architecture being a lot more like environmentally sensitive or uses less Energy and how do we design air conditioning systems that are a little bit better and design is going to be huge in environmental impact is going to be a big deal people leveraging AI. No, you're, I don't want to have you fall asleep. We're out here so long. No, no, that was when it was exciting. It is super exciting.



And I'm just trying to figure out, you know, because I'm writing a second book at the moment, it's affection. And I don't even want to go there. I want to use my old fashioned brain with my slow ass processes. But and you're wiggling your finger at me. So educate me?



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Yes. So what you're doing is you're kind of like I'm sticking with long division, show my work. There's absolutely nothing wrong with using chat GPT, or large language models or any other type of AI for your creative endeavors. Because simply you just don't have the time. If you want to write a story about like Nordic, you know, experiences with golf, I mean, that's because you've been there and done that, right? You have that domain, what what large language models were allow you to do is it's totally flatten that learning curve, so that it doesn't take you 10 or 15 years to gain experience to write a book that take you 10 to 15 hours. So you absolutely should go in there and go, Hey, what are some, you know, what's your book about?



James Geering 2:26:20

It's going to be about multi generational trauma. And the modern day protagonists will be a firefighter.



2:26:26

Okay, perfect. So multi generational trauma, the most, the quintessential example of that is Rwanda. And so in Rwanda, they had a genocide about 25 or 30 years ago, 20, after look it up. But there's now the women who were part of the genocide that were pregnant during the genocide had kids, okay, and so their DNA as they're walking around, and you can do this in chapter cvte is going in. And as I'm dropping these nuggets for you go in, in, in learn about how genetics is passed is actually passed from the grandmother to the grandchild, not the mother, you do know that right? Yeah, okay, good. Yeah, at least you know, so your grandmother is actually a mother people. But anyway, so it skips a generation. And so the children of the children that came from these pregnant women who are part of the genocide, the best ones for this study was the women who had, who were had sisters of the same clan, who left Rwanda, and were not subjected to the genocide. And then there was a pregnant woman in that same tribe who was there, who then had a kid, they have trauma was passed to the kid, and now they're having kids. And now scientists are studying the genetic alterations between the six of them. So you have the three, grandma, the mother, and the child of the of the woman who was not part of the genocide, and then the three who were part of the genocide, and they're combining the DNA code, and they're going Holy shit, this trauma was actually asked two generations down, and just seeing which, which areas were different. And so using the large language model would have ingested all of that. And so you can go in there and go, this is very interesting, you know, how does the you know how is the Child you know, the trauma affected, and you can go in there, and you can take what took people 30 years to understand, you could do that in 30 minutes, which is incredible. And then you can go and why don't understand this, this thing and go in and go even deeper, because just this content matter in there, and you can like write something that is so unbelievably amazing that the world has never even seen of it, because you can go down all these rabbit holes of like, I mean, I can, I can go down a shitload of rabbit holes with you to tell you how to talk to judge chat GPT and find out more information,

but you should 100% Use it to its maximum event, but you have to know how to talk to it. After after know how to how to make it. Do what you want it to do. So it doesn't give you all these, you know, generic responses and in stupid little disclaimers that are annoying. Do you understand? Does that make sense?

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James Geering 2:29:13

No, it does. Absolutely. And I'm not only going to watch your YouTube video, I will put it on the show notes on James geering.com For this episode as well, so people can go find it there. Well, we've been chatting for two and a half hours. I want to go to some closing questions. The first thing I want to ask the state of being is your new book just really released this year. So talk to me about you've got it. You've got some other books prior. So talk to me about this book, why you wrote it and then where people can find all your books.

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2:29:39

Yeah, sure. So the only one in that's like, honestly published is the state of being it's on Amazon, you can find it. It's a it's published on demand. So you go in there and you get to like three days or four days or whatever. The state of being is basically it explains how your nervous system communicates to you and so like that example that people don't even really know, your body gets the aches when you get the flu. It's because you're contagious, and it wants you in bed away from other people. Okay? The coughing, all that other stuff is ways to notify society that you're contagious and everything, you don't have to do any of that stuff. So it teaches you on how to listen to your nervous system and go, Oh, okay, I know why this is happening. So that you can heal yourself. And it really is coming from a state of stress into a state of being and contentment in internal awareness. So the entire book is designed to train you on how to speak the language of your nervous system, because not only does the nervous system talk to you, but you communicate to it. So if you're eating a lot of like sugars and stuff, it's thinking that you need bursts of energy in that maybe you're you're, you know, you're hunting versus gathering, right? If you're eating a lot of fat you're gathering and you know, it's going to operate differently. So I teach you on how to choose not only, like your diet, and mental visual aid visualization is a big one, so that you can communicate to your nervous system on how, if you want to go from A to B, the biggest thing to take out of there is I think a lot of pain and suffering is people not living what they're here to do in so people will get stressed out because they're fighting against their purpose in life. And so I've really liked a lot of asking people, like, you know, if you could do anything, what would it be? And as usually always something different than what they're doing. And I'm like, why don't you just do that, like, you're, that's your calling man, like you were put on this planet to do that awesome thing. And every day that goes by the you don't do it, your nervous system is gonna fight you, because you're not doing what it was designed to do. So the state of being has a large section on how to discover what's good for you. And there's little little tricks to because when you think about something that is not in alignment with your nervous system, your nervous system restricts you. So if you think of people like being able to touch their toes, that's like my signature move, is you think of something and you touch your toe, touch, try to touch your toes, there'll be a stopping point. And then if you think of something else, and you go to touch your toes, and you go further, then you know that's in alignment with your nervous system. So if you're like, hey, I have a decision I need to make, I need to, you know, live in this, this state and do this thing or live in this state, all you have to do is ask yourself that, think about it, and

then do a certain move that taxes your nervous system, then you can know the answer. It's pretty interesting stuff. But you can learn what your calling is that way and you can be in a better state of being that way.

 James Geering 2:32:39

Brilliant. And you said that was on Amazon. That's

 2:32:42

right. So I mean, Amazon, you just put in my last name, and you'll find it or just put in state of being I'm hoping I'm high enough up there too. I will be the the hit if you do state of being

 James Geering 2:32:53

brilliant. Now talk to me about the podcast and where people can find that.

 2:32:57

Yeah, sure. So I'm the host of the warrior gamer podcast, which is a gaming podcasts. We focus on mental health through the avenue of gaming and eSports, which is a really good pathway a lot of people choose. And so we just helped them choose a balance because like anything, there's a there's a point where there's too much. And there's a point where there's too little when I got my injury, I demanded my insurance company buy me an Xbox Kinect, so that I could move my body and use my brain at the same time. And it was a huge influence and getting my body reconnected with my mind. And so I'm very passionate about what gaming can do, not only with disadvantaged communities, but the industry is going to be badass soon. And I will tell you it's going to take over and already really has its its I think it's the biggest industry in the world right now. Even bigger than movies, and music. And so there will be a convergence of the metaverse and visual in virtual reality and gaming. And it's going to be pretty awesome. And that's where I've put my play put myself.

 James Geering 2:34:00

Brilliant. Now, as I mentioned earlier, Brandon was one that connected us, I just want to talk about transcend foundations for a moment. So how did you find yourself there?

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Yeah, sure. So, um, I went to a Veterans Day event in DC. And it was awesome. And they were a sponsor of the event. And the event is sponsored by of a charity that is taking World War Two vets in Korean war vets in telling their stories in keeping them alive forever. And so they record their stories is incredible. They've won so many awards, American Veteran Center. And so they were there and they're amazing. And I told them, You know that I just over the past many many

years, kept getting injured. And they were like, Hey, man, have you run your blood panel? As a no, my doctors never asked that. And they're like in They're like your doctors, I can do this stuff. So they ran my blood panel for free, and found that I was operating on like, 1/10 of the hormones that I should be not only as an athlete, but as a human. And they're like, Dude, there's our You bet. I remember the doctor calling me like, because he didn't know anything. He was like, Are you bedridden? I was like, no, ma'am training right now, what's wrong with you? And he's like, really, the, you know, you're not gonna heal at all. And so what's interesting is a common side effect of brain injury is hormonal dysfunction. And so the body will is won't produce those hormones for years, because under stress, your body just depletes the adrenal core, you know, adrenal gland, and you just host your whole body's host. And so they put me on a protocol. And it was like incredible. And it was like new calm times to now I got, I had my brain back. Now I have my body back. And now I have, I'm proud to announce with transcend and new calm, like, I have no TBI symptoms, it's pretty amazing shit. And I owe my life to them. And they added me to the board of directors, and I am honored to serve and we're gonna heal a lot of people and the foundation brings in vets that have complicated pts. And we give them the treatments for free, which is, which is a very high calling.

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James Geering 2:36:24

Absolutely. I was telling Brandon, what I, what I love about them, having seen them walk the walk with so many nonprofits, I mean, they were put by the sponsors of 7x, when I went round with some special operations guys around the world recently, which was incredible. What I am seeing is a predatorial element to the testosterone market where we've gone from one extreme, which was Dr. saying, You're fine, you're in this, this, you know, parameters, and the parameters were that lows, the eight year old dude in the study, not the 20 year old operators, right. But now we've gone the other way, well, basically, they'll bend over backwards to prove that you need their shit. And now you're paying 1000s and 1000s. And a lot of these people, probably nutrition exercise, sleep can get their hormones back to where they need to be. But then you have that group, whether it's you know, transcends other supplements or whether it's the TRT that they are an American firefighter, and they're not going to really get any sleep anytime soon until we change the system, or they have TBI or you know, these other elements where it is absolutely then when you've eliminated the other or you've addressed the other holistic elements, where TRT and other treatments are applicable. And what I want to do, I'm hoping to partner with them is to say, alright, this is a company that I trust, if you're gonna go that route, these are the people that you need to go through. So I'm hoping that down the road, you know, I can have more of their people on as guests and ultimately bring them to this audience.

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2:37:56

Yeah, 100% Phil Heath and I seven time Mr. Olympia, we became pretty good friends. He's on the board too. And we've been talking about this man, there's predatory everything everywhere. You just got to protect yourself. Remember, everyone's just trying to fleece you man. And so what I've done with my life is surround myself with good people who just want to do good things and rack up videos and the end of life, right. And so I'm at the point where all the people around me now are that they want to rack up great videos at the end of their life. And so transcend is full of them. And what people have to understand is the thing. At a certain point, you can't heal yourself, man, like there, you're just past a point where you cannot

overcome the challenges that you have that you need people, a support group, always you always need a support group. But sometimes to get you to get you back a little bit off of the edge, you need a little bit of help. And that's what a new home helped for me. And that's what transcend help for me, too, is I was so far past the point of recovery, self recovery, that my it just wasn't there. And so what people what I want people to understand is, is probably not your fault, like I mean, like you need help. You need to get someone and some people to intervene, you need to get a support group. And you may need some type of protocols. You may need the neuro acoustics from new calm. Like, this is an everyday thing for me now, man. Like it's I mean, for me, it's like you gotta you gotta eat, you got to poop. You got to drink. That might not be the only thing you have to have, like, I have to de stress. I have to meditate. I have to do mental visualization, like, and so it's just part of my life now, man. I mean, for me, like I have to hold my kids otherwise I don't feel right at the end of the day. And so it's just like not eating. And so like people need they need to understand it's okay to go out and seek assistance, but make sure just like getting advice needs to be the right People in these are the right people. If you go, if you connect with me, I'm gonna get you the right people, and they're gonna care. And you know, they're not out for the dollar.

J

James Geering 2:40:07

Absolutely. Well, I'll just throw one of the closing questions, and then we'll go to where everyone can find you and the websites, is there a person or other people that you would recommend to come on this podcast as a guest to speak to the first responders, military and associated professionals of the world.

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2:40:28

Um, you know, like, I shoot big man, so I would go for the director of the VA and then go big, go big or go home. And really, because people like poopoo, that organization a lot. And if you found out how complicated it is run that thing, and to do the right thing, and that there are people in there trying to do the right thing. And if you get his or her perspective on whoever you can get up the chain. I think it'll help people understand. You know, just like we talked about medical system, and you know, what you're up against, just know what you're up against, you know, if you're part of the VA man, like, you got to understand what you're dealing with. And I think that would be a really, I think that'd be a great guest. The truth.

J

James Geering 2:41:10

Absolutely. All right. Well, then we've talked about the book, talk about the podcast, the website, where can people find you online? And then where can people find you on social media? Yeah, sure.

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2:41:21

So if you know I'm in the Air Force, and my name is Ken, like Ken and Barbie, if you just Google Air Force, Ken, you'll find me. You can also go to Ken corigliano.com. That's where I keep my bio. I got to update that. But yeah, you Google me. And by the way, I answer every single

message that's ever sent to me. I don't care how popular I will get. I will answer every single one and if you need help, or you just want to shoot the breeze I'll be there man. I know where I came from. And I'm always gonna be there. I'm just like, I'm just like you man. Just like one of us.

 James Geering 2:41:57

Absolutely. And what about social media? You want any of them?

 2:42:00

Yeah, Air Force can everything's Air Force can

 James Geering 2:42:04

Fantastic. Well, can we have been chatting for over two and a half hours? It has been an amazing conversation. Like I said, I feel like I've scratched the surface of your your story but there's so much depth and so many interesting tangents that you found yourself within your life. But I just want to be Yeah, just say thank you for being so generous with your time today and coming on the behind the shield podcast.

 2:42:25

Yeah, man, I'm gonna go up give my kids hugs and kisses while they sleep. And that'll be my reward for tonight. And I appreciate everything man like this is a big deal. I want to be a host one day. I want to replace Joe Rogan one day as a host. And you're you're just you're just polishing me up man and and I appreciate the opportunity.