

1

00:00:00,000 --> 00:00:03,820

This episode is brought to you by Thorne and I have some incredible news for any of you

2

00:00:03,820 --> 00:00:07,960

that are in the military, first responder or medical professions.

3

00:00:07,960 --> 00:00:15,860

In an effort to give back, Thorne is now offering you an ongoing 35% off each and every one

4

00:00:15,860 --> 00:00:19,780

of your purchases of their incredible nutritional solutions.

5

00:00:19,780 --> 00:00:27,280

Now Thorne is the official supplement of CrossFit, the UFC, the Mayo Clinic, the Human Performance

6

00:00:27,280 --> 00:00:31,480

Project and multiple special operations organizations.

7

00:00:31,480 --> 00:00:36,440

I myself have used them for several years and that is why I brought them on as a sponsor.

8

00:00:36,440 --> 00:00:42,080

Some of my favorite products they have are their Multivitamin Elite, their Whey Protein,

9

00:00:42,080 --> 00:00:45,840

the Super EPA and then most recently, Cynaquil.

10

00:00:45,840 --> 00:00:50,120

As a firefighter, a stuntman and a martial artist, I've had my share of brain trauma

11

00:00:50,120 --> 00:00:55,520

and sleep deprivation and Cynaquil is their latest brain health supplement.

12

00:00:55,520 --> 00:01:02,640

Now to qualify for the 35% off, go to thorn.com, T-H-O-R-N-E dot com.

13

00:01:02,640 --> 00:01:05,460

Click on sign in and then create a new account.

14

00:01:05,460 --> 00:01:09,800

You will see the opportunity to register as a first responder or member of military.

15

00:01:09,800 --> 00:01:14,680

When you click on that, it will take you through verification with GovX.

16

00:01:14,680 --> 00:01:19,000

You'll simply choose a profession, provide one piece of documentation and then you are

17

00:01:19,000 --> 00:01:20,920

verified for life.

18

00:01:20,920 --> 00:01:26,680

From that point onwards, you will continue to receive 35% off through Thorn.

19

00:01:26,680 --> 00:01:34,360

For those of you who don't qualify, there is still the 10% off using the code BTS10

20

00:01:34,360 --> 00:01:36,240

for a one time purchase.

21

00:01:36,240 --> 00:01:42,040

To learn more about Thorn, go to episode 323 of the Behind the Shield Podcast with Joel

22

00:01:42,040 --> 00:01:45,480

Titiro and Wes Barnett.

23

00:01:45,480 --> 00:01:46,720

Welcome to the Behind the Shield Podcast.

24

00:01:46,720 --> 00:01:50,600

As always, my name is James Gearing and this week it is my absolute honor to welcome on

25

00:01:50,600 --> 00:01:56,880

the show Natural Healing Practitioner and Breathwork Coach Lisa Lee Lowe.

26

00:01:56,880 --> 00:02:00,920

For many of us in uniform, buy in is an important element.

27

00:02:00,920 --> 00:02:05,160

Whether it's strength and conditioning or mental health counseling, that person needs

28

00:02:05,160 --> 00:02:07,720

to understand what we go through.

29

00:02:07,720 --> 00:02:13,400

As you will hear, Lisa has an incredibly powerful story of overcoming her own alcoholism, her

30

00:02:13,400 --> 00:02:19,200

journey through the 12 Steps program, finding holistic therapies that work for her and now

31

00:02:19,200 --> 00:02:24,480

being a practitioner in her own clinic and also part of the Shatterproof program for

32

00:02:24,480 --> 00:02:27,120

military and first responders.

33

00:02:27,120 --> 00:02:30,880

Before we get to this incredibly powerful and important conversation, as I say every

34

00:02:30,880 --> 00:02:36,120

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

35

00:02:36,120 --> 00:02:40,000

show, leave feedback and leave a rating.

36

00:02:40,000 --> 00:02:45,220

Every single five star rating truly does elevate this podcast, therefore making it easier for

37

00:02:45,220 --> 00:02:46,900

others to find.

38

00:02:46,900 --> 00:02:53,920

This is a free library of almost 900 episodes now, so all I ask in return is that you help

39

00:02:53,920 --> 00:02:59,720

share these incredible men and women stories so I can get them to every single person on

40

00:02:59,720 --> 00:03:02,280

planet earth who needs to hear them.

41

00:03:02,280 --> 00:03:07,680

So with that being said, I introduce to you Lisa Lee Lowe.

42

00:03:07,680 --> 00:03:27,080

Enjoy.

43

00:03:27,080 --> 00:03:32,320

Well Lisa, I want to start by saying firstly thank you to Sue who connected us and secondly

44

00:03:32,320 --> 00:03:35,240

to welcome you onto the Behind the Shield podcast today.

45

00:03:35,240 --> 00:03:42,600

Oh thank you, yes I'd like to thank Sue as well.

46

00:03:42,600 --> 00:03:44,360

So we'll get to how you guys met.

47

00:03:44,360 --> 00:03:47,440

It's a program that I've heard a lot of good things about so I'm glad that we're finally

48

00:03:47,440 --> 00:03:51,080

going to get to hear from one of the voices from that program.

49

00:03:51,080 --> 00:03:56,520

But first question, where on planet earth are we finding you today?

50

00:03:56,520 --> 00:04:02,040

I am in Boynton Beach, Florida in the United States.

51

00:04:02,040 --> 00:04:07,200

So I literally just had the chief of Boynton Beach Fire Department on, Hugh Bruder, just

52

00:04:07,200 --> 00:04:12,400

a few weeks ago because they just went to what I would argue should be the industry

53

00:04:12,400 --> 00:04:13,560

standard work week.

54

00:04:13,560 --> 00:04:19,160

So they went from, they were at like a 48 hour work week, a lot of people work 56 plus

55

00:04:19,160 --> 00:04:24,240

and they just went to a 42 so they get an extra 24 now between each of their shifts

56

00:04:24,240 --> 00:04:28,640

which is absolutely groundbreaking I think when it comes to wellness in the first responder

57

00:04:28,640 --> 00:04:29,640

profession.

58

00:04:29,640 --> 00:04:33,880

Yes, yes for sure, for sure.

59

00:04:33,880 --> 00:04:37,520

So I would have to start at the very beginning of your timeline based on your accent.

60

00:04:37,520 --> 00:04:42,280

I know you're originally from Boynton so tell me where you were born and tell me a little

61

00:04:42,280 --> 00:04:46,680

bit about your family dynamic, what your parents did, how many civics.

62

00:04:46,680 --> 00:04:55,520

Okay, so I was born in Philadelphia, Pennsylvania and my father worked for Pepsi Cola and my

63

00:04:55,520 --> 00:05:04,240

mother was a HR administrator for Nazareth Hospital in Northeast Philadelphia and they

64

00:05:04,240 --> 00:05:05,400

had five children.

65

00:05:05,400 --> 00:05:12,560

I have four older brothers and myself and I'm the youngest of five and the only female.

66

00:05:12,560 --> 00:05:15,160

So I was raised by a lot of men.

67

00:05:15,160 --> 00:05:16,280

How was that dynamic?

68

00:05:16,280 --> 00:05:20,480

I'm one of five, the oldest was my sister but she's four years older than me, eight

69

00:05:20,480 --> 00:05:23,640

years younger than my youngest who are twins.

70

00:05:23,640 --> 00:05:28,200

So and she left pretty early, you normally graduate school in England at 16, I think

71

00:05:28,200 --> 00:05:35,080

she left right at that age and so it ended up being three brothers and my youngest sister

72

00:05:35,080 --> 00:05:41,040

and she's not a tomboy but my god she had to kind of become feral pretty quickly to

73

00:05:41,040 --> 00:05:42,040

keep up.

74

00:05:42,040 --> 00:05:44,480

So what was your experience with all your brothers?

75

00:05:44,480 --> 00:05:55,080

Yes, sort of the same, I had a lot of tomboy in me but they really did treat me like a

76

00:05:55,080 --> 00:05:56,880

princess.

77

00:05:56,880 --> 00:06:06,080

So I was always protected and shielded and even as a young adolescent, all of my brother's

78

00:06:06,080 --> 00:06:11,080

friends were not allowed to ask me out, there was no crossing of those lines or anything

79

00:06:11,080 --> 00:06:18,120

but yeah although I did want to always play in the games and go fishing with my brothers

80

00:06:18,120 --> 00:06:23,680

and do all the boy stuff, there was a lot of girly stuff that was infused with that

81

00:06:23,680 --> 00:06:24,680

as well.

82

00:06:24,680 --> 00:06:26,080

Now what about sports?

83

00:06:26,080 --> 00:06:30,800

What were you playing and which exercise were you doing when you were at the school age?

84

00:06:30,800 --> 00:06:38,280

I wasn't doing any sports, I was watching on the sidelines.

85

00:06:38,280 --> 00:06:46,120

My brother, the youngest of the boys, my brother Jeff was a soccer player so he played soccer

86

00:06:46,120 --> 00:06:53,960

so there's a seven year gap between the boys and then finally I was born.

87

00:06:53,960 --> 00:07:01,240

So there was a little bit of a gap so by the time Jeffrey was playing in middle school

88

00:07:01,240 --> 00:07:05,720

and getting into high school, I was like what, seven or eight years old.

89

00:07:05,720 --> 00:07:10,920

So yeah, there wasn't a lot of sports, there was a lot of sports for the boys but not so

90

00:07:10,920 --> 00:07:12,260

much for myself.

91

00:07:12,260 --> 00:07:13,440

So what was your outlet?

92

00:07:13,440 --> 00:07:17,080

Were you a musician, art, was there anything else that you were kind of expressing yourself

93

00:07:17,080 --> 00:07:20,200

through?

94

00:07:20,200 --> 00:07:28,080

I would say it was a lot of stuff with makeup and girl stuff and hair stuff and me and my

95

00:07:28,080 --> 00:07:34,880

girlfriends used to play with dolls and that kind of thing but I can't honestly, I cannot

96

00:07:34,880 --> 00:07:44,520

remember a specific outlet like art or it was a lot of bike riding and going over each

97

00:07:44,520 --> 00:07:52,240

other's houses and my girlfriends had outdoor pools and we used to go swimming in the summertime

98

00:07:52,240 --> 00:07:55,880

and it was a lot of fun.

99

00:07:55,880 --> 00:07:58,800

So what about from a career aspiration point of view?

100

00:07:58,800 --> 00:08:02,840

Were you dreaming of becoming anything through high school?

101

00:08:02,840 --> 00:08:10,960

Well, not exactly, I started, I picked up a drink, I started drinking early in probably

102

00:08:10,960 --> 00:08:19,760

I would say freshman year of high school and that became, I guess if you want to talk about

103

00:08:19,760 --> 00:08:23,240

an outlet, I think that became my outlet.

104

00:08:23,240 --> 00:08:29,280

I started drinking at a young age and it wasn't a problem in the beginning, it was a lot of

105

00:08:29,280 --> 00:08:35,400

hanging out and a lot of fun and a lot of house parties and just being a kid but as

106

00:08:35,400 --> 00:08:41,320

I got older it progressively got worse and worse and by the time I was graduating high

107

00:08:41,320 --> 00:08:49,480

school I would consider myself alcoholic at that point.

108

00:08:49,480 --> 00:08:56,280

And then I went, tried to go to university and I went and I probably was in two years

109

00:08:56,280 --> 00:09:03,560

and I just could not finish anything that I started.

110

00:09:03,560 --> 00:09:12,600

So alcohol really got in the way when I was out of high school and as a young adult.

111

00:09:12,600 --> 00:09:17,160

As this podcast has progressed and I've become more educated and listened to more and more

112

00:09:17,160 --> 00:09:24,240

great people, the common denominator of the impact of childhood trauma on adulthood, especially

113

00:09:24,240 --> 00:09:27,840

in uniform because it's so acute, we're like, oh, well you were in Afghanistan or you were

114

00:09:27,840 --> 00:09:29,900

at that fire, that's why.

115

00:09:29,900 --> 00:09:35,840

When you look back now with this mature lens, what were the elements that contributed to

116

00:09:35,840 --> 00:09:39,800

your use of alcohol, especially to the point where it did become a level of alcoholism

117

00:09:39,800 --> 00:09:44,360

as you reached adulthood?

118

00:09:44,360 --> 00:09:53,680

I think that I'm not so sure that I had a specific point where I said, okay, this is

119

00:09:53,680 --> 00:09:55,400

where my trauma is.

120

00:09:55,400 --> 00:09:58,640

This is exactly why I'm drinking.

121

00:09:58,640 --> 00:10:02,200

I don't really think it happened that way for me.

122

00:10:02,200 --> 00:10:09,360

And this is just my belief, okay, is that my father's side of the family all came from

123

00:10:09,360 --> 00:10:12,320

Ireland, all were very, very big drinkers.

124

00:10:12,320 --> 00:10:19,160

So my childhood, although it was infused with a lot of protection and love and all that

125

00:10:19,160 --> 00:10:23,800

stuff, there was a lot of drinking on my father's side of the family.

126

00:10:23,800 --> 00:10:34,320

So we drank at weddings, we drank at funerals, we drank all the time.

127

00:10:34,320 --> 00:10:37,040

So that was like a part of my culture.

128

00:10:37,040 --> 00:10:43,880

So by the time I got to be 18, 19 years old and other women were like, or my girlfriends

129

00:10:43,880 --> 00:10:48,360

were going off to college or they were getting married or whatever they were doing, I sort

130

00:10:48,360 --> 00:10:55,480

of was still stuck in that paradigm and was finding it very difficult to get out.

131

00:10:55,480 --> 00:11:00,880

So I don't think I could look back and say, okay, that is what caused trauma.

132

00:11:00,880 --> 00:11:05,080

I think it was just ancestral trauma for me.

133

00:11:05,080 --> 00:11:11,940

It was just being born in a family that there was just so much drinking, aunts, uncles,

134

00:11:11,940 --> 00:11:12,940

you name it.

135

00:11:12,940 --> 00:11:14,640

It was just a part of our family.

136

00:11:14,640 --> 00:11:19,200

And my poor mother never had a drink in her life.

137

00:11:19,200 --> 00:11:26,240

And she married my father into my father's family and then had five children and four

138

00:11:26,240 --> 00:11:29,120

of those children were alcoholic.

139

00:11:29,120 --> 00:11:36,160

So she really had a hard time understanding it or she didn't know what the heck was going

140

00:11:36,160 --> 00:11:37,380

on.

141

00:11:37,380 --> 00:11:40,360

It's a mental twist.

142

00:11:40,360 --> 00:11:46,360

It's a mental condition.

143

00:11:46,360 --> 00:11:52,480

It's not something that if you are alcoholic, this isn't, it has nothing to do with your

144

00:11:52,480 --> 00:11:57,560

character, your morality as a person, who you are on the inside.

145

00:11:57,560 --> 00:12:00,560

It has nothing to do with that.

146

00:12:00,560 --> 00:12:05,820

I mean, studies have shown that you can, the physiology part is that you could just be

147

00:12:05,820 --> 00:12:09,360

born with the addiction gene.

148

00:12:09,360 --> 00:12:11,360

I mean, they haven't proven this.

149

00:12:11,360 --> 00:12:13,280

There's no cure for addiction.

150

00:12:13,280 --> 00:12:19,440

They haven't proven this, but studies show that if you are born into a family that has

151

00:12:19,440 --> 00:12:28,440

this type of ancestral trauma with addiction, chances are that you have a high probability

152

00:12:28,440 --> 00:12:31,120

of becoming an addict or an alcoholic yourself.

153

00:12:31,120 --> 00:12:32,120

Yeah.

154

00:12:32,120 --> 00:12:35,880

Well, it's interesting looking at it when there's the whole nature versus nurture conversation.

155

00:12:35,880 --> 00:12:37,600

And again, the answer is yes.

156

00:12:37,600 --> 00:12:43,400

It's both because as you said, if there's a multi-generational trauma and there's multi-generational

157

00:12:43,400 --> 00:12:48,720

unhealthy coping mechanisms, then you're going to be exposed to that environment yourself.

158

00:12:48,720 --> 00:12:53,240

But as we learn about epigenetics, there is a genetic change as well.

159

00:12:53,240 --> 00:12:56,800

And there's some people that can pick up a drink and never have another one.

160

00:12:56,800 --> 00:13:01,440

And there's people, many, many people that once they pick up one, that becomes 10 and

161

00:13:01,440 --> 00:13:02,840

they can't stop themselves.

162

00:13:02,840 --> 00:13:09,200

But I think the hope is that if you can address the trauma through epigenetics, you can also

163

00:13:09,200 --> 00:13:14,720

turn it the other way and you can start breaking that cycle and positively affecting your children

164

00:13:14,720 --> 00:13:21,200

and hopefully they won't experience this lineage of addiction that your ancestors did.

165

00:13:21,200 --> 00:13:22,200

Yes.

166

00:13:22,200 --> 00:13:29,160

And what's interesting too is my mother had four boys and myself and my eldest brother,

167

00:13:29,160 --> 00:13:35,160

James, he's the only blue-eyed child and the rest of the children have green eyes and he's

168

00:13:35,160 --> 00:13:37,760

the only child that was not alcohol.

169

00:13:37,760 --> 00:13:38,760

Really?

170

00:13:38,760 --> 00:13:39,760

Yes.

171

00:13:39,760 --> 00:13:47,240

So I found that fascinating that possibly he just did not get the gene.

172

00:13:47,240 --> 00:13:54,380

Now he inherited all the coping skills and he probably was the first one to notice like

173

00:13:54,380 --> 00:14:00,120

this is not working in my life and he started to change at an early age.

174

00:14:00,120 --> 00:14:10,320

The rest of us, not so much because we had that drink to mask what was going on.

175

00:14:10,320 --> 00:14:12,340

He did not have a mask.

176

00:14:12,340 --> 00:14:15,920

So he had to look at what was going on in his life.

177

00:14:15,920 --> 00:14:16,920

Yeah.

178

00:14:16,920 --> 00:14:17,920

Yeah.

179

00:14:17,920 --> 00:14:21,520

Actually, I interviewed a Dutch model a while ago now and she put it perfectly.

180

00:14:21,520 --> 00:14:28,240

She battled with alcoholism herself and she said, she had the realization like I have

181

00:14:28,240 --> 00:14:34,440

to basically to use the street expression, I have to raw dog emotion and really feel

182

00:14:34,440 --> 00:14:35,440

it.

183

00:14:35,440 --> 00:14:36,440

Feel the highs, feel the lows.

184

00:14:36,440 --> 00:14:39,060

But just like you said, or you just dull it.

185

00:14:39,060 --> 00:14:42,120

You anesthetize yourself with alcohol.

186

00:14:42,120 --> 00:14:43,120

Yes.

187

00:14:43,120 --> 00:14:44,640

Yes.

188

00:14:44,640 --> 00:14:51,480

And I think that there's a lot of stigma attached to alcoholism and addiction is that they think

189

00:14:51,480 --> 00:15:03,480

that some people think that it's almost like a dirty kind of illness.

190

00:15:03,480 --> 00:15:07,520

Something's wrong with the person and it really doesn't have too much to do that because once

191

00:15:07,520 --> 00:15:14,520

you put down a drink, once you take the drink and you put it down, who you are comes right

192

00:15:14,520 --> 00:15:16,640

back quite quickly.

193

00:15:16,640 --> 00:15:22,960

And then you're going to have to deal with all of the trauma or the coping skills that

194

00:15:22,960 --> 00:15:24,200

don't work in your life.

195

00:15:24,200 --> 00:15:31,080

They come bubbling up and then you have to address that and try to fix it to the best

196

00:15:31,080 --> 00:15:38,560

of your ability with therapy and with spirituality and whatever works for you, honestly.

197

00:15:38,560 --> 00:15:44,160

I literally was reflecting with my wife the other day because I've always, I've drank

198

00:15:44,160 --> 00:15:48,520

quite habitually, often, but never ever.

199

00:15:48,520 --> 00:15:54,000

If I get past about three, it's like that's my line and I have to kind of gate back or

200

00:15:54,000 --> 00:15:55,000

whatever.

201

00:15:55,000 --> 00:15:57,320

And so it's never drinking to forget.

202

00:15:57,320 --> 00:16:03,320

It was never really drinking to sleep because if I don't drink, I sleep much better.

203

00:16:03,320 --> 00:16:07,520

And I was telling her, we've got drinks that I don't like in the fridge, like High Noons

204

00:16:07,520 --> 00:16:09,640

or something, the seltzers that she likes.

205

00:16:09,640 --> 00:16:12,040

We've got liquor in the cabinet that people have brought around.

206

00:16:12,040 --> 00:16:14,320

It's not the taste that I like.

207

00:16:14,320 --> 00:16:16,600

And not once in my life have I ever been like, well, I don't care.

208

00:16:16,600 --> 00:16:17,840

I need alcohol.

209

00:16:17,840 --> 00:16:21,560

So for me, it's a lot more embedded, I think, through my British culture and being raised

210

00:16:21,560 --> 00:16:28,560

with wine with dinner and just that association because I can hit pause.

211

00:16:28,560 --> 00:16:30,440

It will drag me in if I'm not careful.

212

00:16:30,440 --> 00:16:32,440

Again, I think that's 14 years of shift work.

213

00:16:32,440 --> 00:16:36,160

We drink on our days off to wind down, which in turn screws up your sleep.

214

00:16:36,160 --> 00:16:38,000

So it's completely counterproductive.

215

00:16:38,000 --> 00:16:39,760

But also, culture is a part of it.

216

00:16:39,760 --> 00:16:42,520

And then you look at the fire service, you look at law enforcement.

217

00:16:42,520 --> 00:16:43,520

We drink to celebrate.

218

00:16:43,520 --> 00:16:45,600

We drink to commiserate.

219

00:16:45,600 --> 00:16:47,560

And so that's one of the many layers.

220

00:16:47,560 --> 00:16:49,880

Like you said, it's not just, oh, what's the thing?

221

00:16:49,880 --> 00:16:53,160

It's what the combination of things are for you personally.

222

00:16:53,160 --> 00:16:55,760

Yeah, absolutely.

223

00:16:55,760 --> 00:16:56,840

Absolutely.

224

00:16:56,840 --> 00:17:03,560

It's interesting that you bring up the fire service because this weekend, Friday, Saturday

225

00:17:03,560 --> 00:17:11,240

and Sunday, I was with the Indianapolis Fire Department doing breathwork with them.

226

00:17:11,240 --> 00:17:17,320

And one of the gentlemen that I did breathwork, he said, listen, we want to take you out on

227

00:17:17,320 --> 00:17:19,360

what they call like a fire run.

228

00:17:19,360 --> 00:17:21,420

I've never been on a fire truck in my life.

229

00:17:21,420 --> 00:17:24,200

And what a thrill.

230

00:17:24,200 --> 00:17:26,320

For a civilian, I was like a kid.

231

00:17:26,320 --> 00:17:33,440

It was just amazing to see the men and women and how they're trained and what they have

232

00:17:33,440 --> 00:17:34,600

to do.

233

00:17:34,600 --> 00:17:38,520

And it was just a thrill of a lifetime.

234

00:17:38,520 --> 00:17:41,800

But I was with firemen all weekend this weekend.

235

00:17:41,800 --> 00:17:43,840

Yeah, it's such a buzz.

236

00:17:43,840 --> 00:17:44,840

And we get to do everything.

237

00:17:44,840 --> 00:17:48,560

Like, you know, we say if it doesn't involve arresting someone, the fire service does everything

238

00:17:48,560 --> 00:17:50,760

else in a fire slash EMS.

239

00:17:50,760 --> 00:17:55,800

I mean, we don't normally do it combined, but it's, you know, I mean, what a skill

240

00:17:55,800 --> 00:17:59,600

set, which is why it's interesting when people then transition out and they're like, oh,

241

00:17:59,600 --> 00:18:00,600

what am I going to do now?

242

00:18:00,600 --> 00:18:01,600

I was a firefighter.

243

00:18:01,600 --> 00:18:03,680

Yes, you're a firefighter.

244

00:18:03,680 --> 00:18:04,760

You have teamwork.

245

00:18:04,760 --> 00:18:07,760

You have problem solving skills working under pressure.

246

00:18:07,760 --> 00:18:09,360

There's this whole toolbox.

247

00:18:09,360 --> 00:18:13,760

There's no one else on planet Earth that has the spectrum of skills that an American firefighter

248

00:18:13,760 --> 00:18:17,880

has, especially in a busy station.

249

00:18:17,880 --> 00:18:20,600

I saw that firsthand.

250

00:18:20,600 --> 00:18:22,480

They took me on the truck.

251

00:18:22,480 --> 00:18:24,160

I had to stay in the truck.

252

00:18:24,160 --> 00:18:30,120

But when they pulled up, the sirens were going.

253

00:18:30,120 --> 00:18:39,160

And within 90 seconds, these people were getting dressed at nighttime with no light and completely

254

00:18:39,160 --> 00:18:41,520

in full garb jumping out of the truck.

255

00:18:41,520 --> 00:18:43,820

And there was a cardiac arrest.

256

00:18:43,820 --> 00:18:47,080

Somebody was it didn't turn out to be a cardiac arrest.

257

00:18:47,080 --> 00:18:50,720

He was having a panic attack and he was sauced up.

258

00:18:50,720 --> 00:18:51,720

That's what they told me.

259

00:18:51,720 --> 00:18:54,320

Oh, he was sauced up and they got him out of the car.

260

00:18:54,320 --> 00:19:04,000

But yeah, I just saw all that, there was a lot of organization in the chaos.

261

00:19:04,000 --> 00:19:05,000

Even that call.

262

00:19:05,000 --> 00:19:09,040

So imagine that they thought it was a fire and it was a false alarm or a cardiac arrest

263

00:19:09,040 --> 00:19:11,280

and now it's anxiety.

264

00:19:11,280 --> 00:19:16,000

Now you also have that if they woke up two in the morning, you have zero to a hundred

265

00:19:16,000 --> 00:19:18,600

and then a hundred back to three.

266

00:19:18,600 --> 00:19:19,600

You know what I mean?

267

00:19:19,600 --> 00:19:20,920

So your stress is going up and down.

268

00:19:20,920 --> 00:19:24,160

And I talk about this a lot and this includes breath.

269

00:19:24,160 --> 00:19:28,160

If we go there and it is a fire, OK, well, now you've got this physical exertion.

270

00:19:28,160 --> 00:19:29,500

You can offload the stress.

271

00:19:29,500 --> 00:19:30,980

You are breathing hard.

272

00:19:30,980 --> 00:19:32,580

Your blood is pumping hard.

273

00:19:32,580 --> 00:19:36,600

But if you go and you were told it was a school shooting and then you get there and it was

274

00:19:36,600 --> 00:19:40,560

firecrackers in the parking lot, you've got no offload.

275

00:19:40,560 --> 00:19:42,600

And this is even more magnified in dispatch.

276

00:19:42,600 --> 00:19:44,820

These poor people take the call.

277

00:19:44,820 --> 00:19:48,280

Their heart rate goes through the roof, but they're sitting in a chair and they don't

278

00:19:48,280 --> 00:19:50,760

even get to find out what happened next.

279

00:19:50,760 --> 00:19:51,760

Yes.

280

00:19:51,760 --> 00:19:52,760

Yes.

281

00:19:52,760 --> 00:19:56,880

I have done some breathwork therapy with dispatchers.

282

00:19:56,880 --> 00:20:04,520

They have, you know, they believe it or not, they this is just my experience is they carry

283

00:20:04,520 --> 00:20:06,640

a lot of guilt.

284

00:20:06,640 --> 00:20:14,240

I don't know what it is specifically, but it seems like their guilt is so much higher.

285

00:20:14,240 --> 00:20:19,120

They just feel so responsible because I guess because they're the first person, they're

286

00:20:19,120 --> 00:20:21,720

the first person to get that call and to direct.

287

00:20:21,720 --> 00:20:28,780

And if it doesn't go in a good way, you know, they just feel a lot of responsibility.

288

00:20:28,780 --> 00:20:30,160

It's a very difficult job.

289

00:20:30,160 --> 00:20:36,280

Well, I think we saw this in the pandemic, you know, when autonomy was taken away, that's

290

00:20:36,280 --> 00:20:38,000

very detrimental to mental health.

291

00:20:38,000 --> 00:20:42,920

And I'm sure there's a strong feeling of helplessness when yes, you are sending the help, but you

292

00:20:42,920 --> 00:20:46,840

yourself are on the phone waiting because I've been at many times, you know, when we

293

00:20:46,840 --> 00:20:49,020

get there, they say, okay, you can hang up now.

294

00:20:49,020 --> 00:20:52,520

So they're waiting the whole time on the phone with this patient.

295

00:20:52,520 --> 00:20:54,040

Sometimes they're alive when we get there.

296

00:20:54,040 --> 00:20:56,940

Sometimes they're dead holding the phone when we get there, you know, I mean, and the dispatchers

297

00:20:56,940 --> 00:20:58,760

hear all that.

298

00:20:58,760 --> 00:21:02,640

Yes, yes, yes.

299

00:21:02,640 --> 00:21:06,280

I'm glad I'm in the field than I'm in.

300

00:21:06,280 --> 00:21:12,160

I said to them, I can't believe you guys run into burning buildings on purpose.

301

00:21:12,160 --> 00:21:13,160

They were all laughing.

302

00:21:13,160 --> 00:21:15,040

Yeah, it was a great experience.

303

00:21:15,040 --> 00:21:16,040

Yeah, yeah.

304

00:21:16,040 --> 00:21:18,840

It's so much fun, but this is why I fight for them.

305

00:21:18,840 --> 00:21:20,220

They do incredible things.

306

00:21:20,220 --> 00:21:25,240

So let's give them the environment that allows them to thrive, not fail.

307

00:21:25,240 --> 00:21:26,240

Absolutely.

308

00:21:26,240 --> 00:21:29,600

I saw it for myself for the first time.

309

00:21:29,600 --> 00:21:33,420

So big shout out to the Indianapolis Fire Department for sure.

310

00:21:33,420 --> 00:21:35,440

And that's how I met Sue.

311

00:21:35,440 --> 00:21:36,440

Beautiful.

312

00:21:36,440 --> 00:21:37,440

All right.

313

00:21:37,440 --> 00:21:40,480

Well, you mentioned about, you know, struggling with alcoholism.

314

00:21:40,480 --> 00:21:42,120

You talked about AA briefly.

315

00:21:42,120 --> 00:21:47,960

So where was the lowest point that you found yourself and how were you able to kind of

316

00:21:47,960 --> 00:21:52,360

claw yourself out and actually start looking for help?

317

00:21:52,360 --> 00:21:57,480

Well, I'm what they call James struck sober.

318

00:21:57,480 --> 00:22:03,600

I don't know if you've ever heard that term before, but okay, struck sober means I had

319

00:22:03,600 --> 00:22:07,080

absolutely no intention of getting sober.

320

00:22:07,080 --> 00:22:15,040

And one day I found myself at the 66 bus in Philadelphia, right by Frankfurt Avenue and

321

00:22:15,040 --> 00:22:21,200

Knights Road, and I was waiting for a bar to open up called the City Line Tavern.

322

00:22:21,200 --> 00:22:23,680

And it opened up at six o'clock in the morning.

323

00:22:23,680 --> 00:22:29,640

And I was out all night partying with friends and it was like three thirty in the morning

324

00:22:29,640 --> 00:22:35,700

and I knew that the City Line bar would open up at six.

325

00:22:35,700 --> 00:22:40,080

So I somehow found myself sitting and waiting for that to open up.

326

00:22:40,080 --> 00:22:46,080

And right across the street was a Philadelphia Inquirer newsstand.

327

00:22:46,080 --> 00:22:51,000

And unbeknownst to myself, the person that owned that, his name was Joe Brown.

328

00:22:51,000 --> 00:22:53,500

I could say his last name because God love him.

329

00:22:53,500 --> 00:22:57,920

He's no longer with us, but he was one of the out, you know, an eight.

330

00:22:57,920 --> 00:23:01,440

We used to call them AA angels and he owned this stand.

331

00:23:01,440 --> 00:23:08,920

And I was waiting for the City Line bar to open up and he came out and he was like, hey,

332

00:23:08,920 --> 00:23:10,120

how are you doing?

333

00:23:10,120 --> 00:23:11,480

My name's Joe.

334

00:23:11,480 --> 00:23:19,240

And I'm wondering why a young lady like yourself is waiting for a bar to open up at six o'clock

335

00:23:19,240 --> 00:23:20,840

in the morning.

336

00:23:20,840 --> 00:23:24,400

And I thought, oh my God, like this guy wants.

337

00:23:24,400 --> 00:23:25,920

This is exactly what I thought.

338

00:23:25,920 --> 00:23:27,980

Oh my God, this guy, he likes me.

339

00:23:27,980 --> 00:23:29,240

He wants to date me.

340

00:23:29,240 --> 00:23:32,880

I mean, you want to talk about an ego, right?

341

00:23:32,880 --> 00:23:40,160

I am like half drunk at three o'clock in the morning and the ego's already starting.

342

00:23:40,160 --> 00:23:42,960

And he had no intentions of that.

343

00:23:42,960 --> 00:23:44,400

He was a good family man.

344

00:23:44,400 --> 00:23:51,920

But in any case, he put the seed and he said, you know, you don't have to sit out here at

345

00:23:51,920 --> 00:23:53,720

three, four o'clock in the morning.

346

00:23:53,720 --> 00:23:57,600

And all of a sudden, a lot of bubbling up of the emotions.

347

00:23:57,600 --> 00:24:06,600

Now I was intoxicated at the time, but there was something got in.

348

00:24:06,600 --> 00:24:14,920

And just to make a whole very long story short, about six months later, I bumped into that

349

00:24:14,920 --> 00:24:15,920

man again.

350

00:24:15,920 --> 00:24:16,920

I was outside.

351

00:24:16,920 --> 00:24:25,160

I didn't know this, but I was at another friend's house and he saw me and he came up to me and

352

00:24:25,160 --> 00:24:27,880

he said to me, do you remember me?

353

00:24:27,880 --> 00:24:30,520

And I said, no, I was intoxicated.

354

00:24:30,520 --> 00:24:32,000

And he said, remember me?

355

00:24:32,000 --> 00:24:33,000

My name's Jo.

356

00:24:33,000 --> 00:24:35,040

I was at the, you know, standby.

357

00:24:35,040 --> 00:24:40,080

He said, why don't you come to an AA meeting with me?

358

00:24:40,080 --> 00:24:47,240

And at that particular time, I probably didn't eat in three or four days.

359

00:24:47,240 --> 00:24:52,360

And he said, you know, there's an AA meeting right up the way here and they have donuts

360

00:24:52,360 --> 00:24:56,000

and coffee and sandwiches.

361

00:24:56,000 --> 00:24:58,560

And I thought donuts, coffee and sandwiches.

362

00:24:58,560 --> 00:25:01,120

That really sounds good.

363

00:25:01,120 --> 00:25:07,640

That's how I got sober with the idea of donuts, coffee and sandwiches.

364

00:25:07,640 --> 00:25:12,620

He was just, he was an old, what they called an old timer at that time.

365

00:25:12,620 --> 00:25:21,680

And he really had a lot of knowledge about, oh, I get, he saved my life.

366

00:25:21,680 --> 00:25:29,960

A lot of knowledge about what alcoholism is and isn't.

367

00:25:29,960 --> 00:25:38,800

And he was extremely capable of seeing the person and the illness separate.

368

00:25:38,800 --> 00:25:40,340

Very capable.

369

00:25:40,340 --> 00:25:46,080

He was very educated on alcoholism and he just sort of said, yeah, come on.

370

00:25:46,080 --> 00:25:52,240

And I went to my first meeting and when I got to my first meeting, I thought I was at

371

00:25:52,240 --> 00:25:57,200

the, what do you call them with the guys with the hats, with the tassels?

372

00:25:57,200 --> 00:25:58,200

Lodge members.

373

00:25:58,200 --> 00:25:59,200

Yes, yeah, lodges.

374

00:25:59,200 --> 00:26:00,200

Yeah.

375

00:26:00,200 --> 00:26:02,000

Like a gift of you.

376

00:26:02,000 --> 00:26:03,120

That's where I thought I was.

377

00:26:03,120 --> 00:26:06,740

I didn't even have any idea I was in an AA meeting.

378

00:26:06,740 --> 00:26:10,120

And he just said, you know what, just sit down here and we're going to get you a cup

379

00:26:10,120 --> 00:26:12,600

of coffee and you want a donut.

380

00:26:12,600 --> 00:26:14,720

And I was like, okay.

381

00:26:14,720 --> 00:26:17,000

And that's how it happened for me.

382

00:26:17,000 --> 00:26:20,800

And in Alcoholics Anonymous, that's called struck sober.

383

00:26:20,800 --> 00:26:26,760

I had absolutely no intention of getting sober, staying sober.

384

00:26:26,760 --> 00:26:32,080

And from that day to this, which will be 31 years I haven't had a drink.

385

00:26:32,080 --> 00:26:40,200

So it is upon the kindness of strangers in AA that have the ability to see you and then

386

00:26:40,200 --> 00:26:43,800

see the illness that you have separate.

387

00:26:43,800 --> 00:26:52,800

It is imperative that there is no judgment when you are dealing with another fellow alcoholic.

388

00:26:52,800 --> 00:26:57,680

That you are able to see the illness separate from the person.

389

00:26:57,680 --> 00:27:04,640

Because once you start mixing that judgment and opinion and ego take over.

390

00:27:04,640 --> 00:27:10,800

So he said, yeah, I'm going to introduce you to my friend Mary.

391

00:27:10,800 --> 00:27:15,400

He pulled me right off to the women and the women started getting in my ear.

392

00:27:15,400 --> 00:27:20,240

And then one day led to the next day and they, you know, Mary had a gaggle of women and they

393

00:27:20,240 --> 00:27:22,160

started picking me up.

394

00:27:22,160 --> 00:27:28,640

And I caught, you know, there's a saying in AA, they became my AA kidnapers, which means

395

00:27:28,640 --> 00:27:32,960

they just took me, put me in the car and I would have a thousand questions.

396

00:27:32,960 --> 00:27:33,960

Well, where are we going?

397

00:27:33,960 --> 00:27:34,960

What are we doing?

398

00:27:34,960 --> 00:27:36,320

Well, where the blah, blah, blah, blah, blah, blah.

399

00:27:36,320 --> 00:27:38,960

And they would say, oh yeah, we're going to take you out for pizza.

400

00:27:38,960 --> 00:27:39,960

They lied to me.

401

00:27:39,960 --> 00:27:41,800

They said, we're going to take you out for pizza.

402

00:27:41,800 --> 00:27:44,520

And we're going to do, and I, okay.

403

00:27:44,520 --> 00:27:49,400

And then I'd land up in a meeting of AA and I thought, well, you know, where's the pizza?

404

00:27:49,400 --> 00:27:51,360

And they said, oh yeah, after the meeting.

405

00:27:51,360 --> 00:27:54,080

We're going to the pizza after the meeting.

406

00:27:54,080 --> 00:28:00,480

Like they just didn't tell you because they knew that a person that was coming into Alcoholics

407

00:28:00,480 --> 00:28:04,520

Anonymous for the first time was very ill.

408

00:28:04,520 --> 00:28:09,600

I was really, I was a sick young lady and I had no idea how ill I was.

409

00:28:09,600 --> 00:28:11,680

So they didn't answer a lot of questions.

410

00:28:11,680 --> 00:28:14,280

They didn't do have a lot of explanation.

411

00:28:14,280 --> 00:28:19,380

They just put me under their wing and drug me along.

412

00:28:19,380 --> 00:28:22,360

And that's how AA works.

413

00:28:22,360 --> 00:28:26,720

And that's why it's been working since 1935.

414

00:28:26,720 --> 00:28:32,000

And now it's in 40 different countries with 40 different languages.

415

00:28:32,000 --> 00:28:35,600

The big book is now published in 40 different countries.

416

00:28:35,600 --> 00:28:36,960

I mean, it's amazing.

417

00:28:36,960 --> 00:28:44,120

I think it's 3.6 million people worldwide that have recovered through AA.

418

00:28:44,120 --> 00:28:53,200

I don't know any other program or organization that has those kinds of statistics that has

419

00:28:53,200 --> 00:28:58,240

that big of a turnout that it works.

420

00:28:58,240 --> 00:29:04,080

I mean, in my personal opinion, it's the biggest spiritual movement in the 20th century, honestly.

421

00:29:04,080 --> 00:29:06,200

And it cost you a dollar.

422

00:29:06,200 --> 00:29:07,520

A dollar in the basket.

423

00:29:07,520 --> 00:29:13,320

And if you don't have it, don't steal it.

424

00:29:13,320 --> 00:29:14,320

It's amazing to hear.

425

00:29:14,320 --> 00:29:20,520

And I've heard so many, so many AA success stories.

426

00:29:20,520 --> 00:29:21,520

I mean, incredible.

427

00:29:21,520 --> 00:29:27,160

And even it's funny, I just about to go on a mini cruise with my son just for three days.

428

00:29:27,160 --> 00:29:30,960

And we do a Royal Caribbean and every single cruise, every day they have a Friends of Bill

429

00:29:30,960 --> 00:29:32,800

W meeting on the cruise even.

430

00:29:32,800 --> 00:29:40,040

So that says how many people are, but I actually got to go to a meeting with one of my family

431

00:29:40,040 --> 00:29:45,720

members who I think he's got three years sober now, life changing for him.

432

00:29:45,720 --> 00:29:50,520

And it's amazing how evangelical people would come as well, not in a negative way, in a

433

00:29:50,520 --> 00:29:52,920

purely positive way.

434

00:29:52,920 --> 00:29:58,640

And so I went along with him to one of his meetings and it was incredible just seeing

435

00:29:58,640 --> 00:30:01,760

the healing stories and seeing the support.

436

00:30:01,760 --> 00:30:07,280

And when you talk about being led, it reminds me, and this is a completely different example,

437

00:30:07,280 --> 00:30:15,280

but in CrossFit, if you can make it through the door of a CrossFit gym or any other gym,

438

00:30:15,280 --> 00:30:16,840

then the instructors will lead you in.

439

00:30:16,840 --> 00:30:18,160

You'll do the warmup.

440

00:30:18,160 --> 00:30:19,640

You'll move the appropriate weight.

441

00:30:19,640 --> 00:30:23,560

And when you're your first day, it might be a PVC pipe is all you're holding.

442

00:30:23,560 --> 00:30:30,360

And then gradually, you'll find yourself being kind of going downstream in a positive way.

443

00:30:30,360 --> 00:30:34,120

And it's that community and it seems like that's the same with what you're talking about.

444

00:30:34,120 --> 00:30:37,960

What they built for us was simply trust, gave you a space that you felt comfortable enough

445

00:30:37,960 --> 00:30:38,960

to start healing in.

446

00:30:38,960 --> 00:30:43,040

Yes, absolutely.

447

00:30:43,040 --> 00:30:48,840

They made you a part of, and there's so many beautiful sayings in Alcoholics Anonymous,

448

00:30:48,840 --> 00:30:56,520

such like from Park Avenue to Park Bench, we will accept you and love you.

449

00:30:56,520 --> 00:30:59,720

From jail to Yale, we will accept.

450

00:30:59,720 --> 00:31:07,400

We don't care about your background, who you know, where you are in life, what your education

451

00:31:07,400 --> 00:31:11,880

is, what your education isn't, your status.

452

00:31:11,880 --> 00:31:13,320

We don't care about any of that.

453

00:31:13,320 --> 00:31:16,080

What we care about is you getting better.

454

00:31:16,080 --> 00:31:17,880

And that's why there's no last names.

455

00:31:17,880 --> 00:31:23,560

That was the whole reason in the 1930s is because they wanted to stay anonymous, but

456

00:31:23,560 --> 00:31:29,960

they also did not want to have last names because they did not want money, power and

457

00:31:29,960 --> 00:31:37,200

prestige to influence the community and how we reach out to one another.

458

00:31:37,200 --> 00:31:42,480

It's interesting paralleling that with the illicit drug addiction.

459

00:31:42,480 --> 00:31:44,400

And I've had numerous people on here.

460

00:31:44,400 --> 00:31:49,880

Another one that was amazing was Johann Hari, who wrote Chasing the Scream.

461

00:31:49,880 --> 00:31:55,800

And what I've realized, and it's kind of ironic from a country that leans supposedly so deeply

462

00:31:55,800 --> 00:32:05,320

into religion, yet seems very un, what's the right word, Jesus-like, Buddha-like, etc.

463

00:32:05,320 --> 00:32:07,120

when it comes to viewing addiction.

464

00:32:07,120 --> 00:32:13,200

You know, shuffling homeless people off to a different part of the city or saying that

465

00:32:13,200 --> 00:32:17,360

Narcans a waste of money on an addict.

466

00:32:17,360 --> 00:32:23,000

And it seems again that the AA side, I know there's an NA as well, but that philosophy

467

00:32:23,000 --> 00:32:26,840

is really what we need with addiction, which is looking, like you said, the human and the

468

00:32:26,840 --> 00:32:29,040

addiction at two different things.

469

00:32:29,040 --> 00:32:32,360

And Johann says the opposite of addiction is not sobriety.

470

00:32:32,360 --> 00:32:33,920

The opposite of addiction is connection.

471

00:32:33,920 --> 00:32:36,760

And that's exactly what you're finding.

472

00:32:36,760 --> 00:32:41,320

Yes, that's 100% true.

473

00:32:41,320 --> 00:32:42,400

It's not sobriety.

474

00:32:42,400 --> 00:32:52,840

Because if we could just put down the drink, if it was about the booze, then the moment

475

00:32:52,840 --> 00:32:55,160

that you put it down, you would never pick it up again.

476

00:32:55,160 --> 00:33:00,160

So if you were allergic to strawberries and then you found out, oh my goodness, the strawberry

477

00:33:00,160 --> 00:33:05,120

thing is killing me, you wouldn't eat strawberries anymore and you would just leave them alone.

478

00:33:05,120 --> 00:33:06,160

Not with us.

479

00:33:06,160 --> 00:33:11,480

So there's a mental twist that goes on that only the alcoholic knows about.

480

00:33:11,480 --> 00:33:14,240

If you spot it, you got it type of thing.

481

00:33:14,240 --> 00:33:20,920

And we can communicate with each other about putting the alcohol down and keeping it down.

482

00:33:20,920 --> 00:33:26,880

And what makes people go back to drink again?

483

00:33:26,880 --> 00:33:30,080

And it is that lack of connection.

484

00:33:30,080 --> 00:33:36,720

Or the infiltration of the ego again, thinking that you can do it without people or that

485

00:33:36,720 --> 00:33:44,000

you're better, whatever the ego tells you can lead you back to the original point where

486

00:33:44,000 --> 00:33:45,960

you start drinking again.

487

00:33:45,960 --> 00:33:49,520

So it's a whole personality change is really what happens.

488

00:33:49,520 --> 00:33:53,320

But you have to sort of be crushed.

489

00:33:53,320 --> 00:33:59,060

You have to really know in your innermost self that your way does not work.

490

00:33:59,060 --> 00:34:01,960

And then after that, the healing can begin.

491

00:34:01,960 --> 00:34:10,440

I remember reflecting on this a long time ago, years ago, how crazy it is if you ate

492

00:34:10,440 --> 00:34:17,480

a bad Chinese one time and there was shrimp that were off and you're puking everywhere

493

00:34:17,480 --> 00:34:24,680

and ill for 24 hours, you would probably not touch shrimp again for a long, long time.

494

00:34:24,680 --> 00:34:30,260

But how many of us will drink, say, I'm never drinking again, throwing up all over the hotel

495

00:34:30,260 --> 00:34:35,960

room or the bedroom, whatever it is, and then 24 hours later, Jones in for a drink again.

496

00:34:35,960 --> 00:34:41,200

So the shrimp doesn't fill the void, but the alcohol fills a void.

497

00:34:41,200 --> 00:34:44,200

That's the difference.

498

00:34:44,200 --> 00:34:45,680

That's exactly right.

499

00:34:45,680 --> 00:34:46,840

Yes.

500

00:34:46,840 --> 00:34:50,120

There's a great speaker in Alcoholics Anonymous.

501

00:34:50,120 --> 00:34:55,120

He's passed away, but he used to go all over the country and speak.

502

00:34:55,120 --> 00:34:57,740

And his name was Sandy Beach, believe it or not.

503

00:34:57,740 --> 00:35:05,300

He was a pilot in World War II and he was just a really great guy.

504

00:35:05,300 --> 00:35:14,200

And one of his claims to fame was before he even picked up a drink, he felt this hole

505

00:35:14,200 --> 00:35:19,760

in his soul, this part of himself that was just not connected.

506

00:35:19,760 --> 00:35:24,180

And then when he joined the Air Force and he became a part of the guys and he started

507

00:35:24,180 --> 00:35:26,560

drinking that connection was instantly made.

508

00:35:26,560 --> 00:35:33,120

So for us, we don't feel connected before the drink, but the drink connects us and then

509

00:35:33,120 --> 00:35:35,400

turns on us.

510

00:35:35,400 --> 00:35:42,000

So we constantly think that if we drink again, we'll feel connected, but that's really not

511

00:35:42,000 --> 00:35:43,680

the answer.

512

00:35:43,680 --> 00:35:49,520

The answer is getting connected to oneself and then you can connect to others.

513

00:35:49,520 --> 00:35:52,240

You have to learn that in your own experience.

514

00:35:52,240 --> 00:35:54,500

You can't tell people about this.

515

00:35:54,500 --> 00:35:58,520

This is an experiential journey.

516

00:35:58,520 --> 00:35:59,640

You can guide them.

517

00:35:59,640 --> 00:36:01,440

You can tell them your experience.

518

00:36:01,440 --> 00:36:03,360

You can lend your hand.

519

00:36:03,360 --> 00:36:10,140

You can do all that, but unless they can feel within themselves, there's little recovery

520

00:36:10,140 --> 00:36:14,440

until they desire it for themselves.

521

00:36:14,440 --> 00:36:17,880

We'll get into the buy-in of what you do now with the first responder profession, but I

522

00:36:17,880 --> 00:36:23,080

think that's what makes Bill's story so powerful is that he himself was an alcoholic.

523

00:36:23,080 --> 00:36:24,240

Yes.

524

00:36:24,240 --> 00:36:26,320

And he was a veteran.

525

00:36:26,320 --> 00:36:27,320

Yes, exactly.

526

00:36:27,320 --> 00:36:31,960

Well, speaking of that, another area before we kind of progress through that really blew

527

00:36:31,960 --> 00:36:32,960

my mind.

528

00:36:32,960 --> 00:36:40,200

One of my friends who is a veteran and then he entered the fire service, he was an alcoholic

529

00:36:40,200 --> 00:36:41,520

before joining the military.

530

00:36:41,520 --> 00:36:45,880

And again, he had that community at first, you know, and then they came to, I think the

531

00:36:45,880 --> 00:36:49,680

way he describes it, he went through boot camp and went through a green beret selection,

532

00:36:49,680 --> 00:36:52,080

went through the training.

533

00:36:52,080 --> 00:36:56,440

Once they got to the green beret side and they got at the other end, now all the screaming

534

00:36:56,440 --> 00:36:59,800

and shouting and drilling was over and they got to just kind of relax.

535

00:36:59,800 --> 00:37:05,160

Well, he slipped back into alcoholism again, was in it for a few years, ended up deciding

536

00:37:05,160 --> 00:37:06,600

to join the fire service again.

537

00:37:06,600 --> 00:37:12,000

He finds this community and about 10 years when the newness has really worn off, he slips

538

00:37:12,000 --> 00:37:13,000

back into alcoholism.

539

00:37:13,000 --> 00:37:16,440

And that's really right before his drop again was where I met him.

540

00:37:16,440 --> 00:37:21,240

So I met him before and then I met him, you know, when he was in crisis.

541

00:37:21,240 --> 00:37:25,720

And now he's, I think, four years sober, I think, amazing.

542

00:37:25,720 --> 00:37:31,000

And he runs a CrossFit class called Recovery RX where they get, you know, recovering addicts,

543

00:37:31,000 --> 00:37:34,520

you know, anyone who wants to really come and they all work out together.

544

00:37:34,520 --> 00:37:38,560

But it was amazing because he said that one of the books to change his life was called,

545

00:37:38,560 --> 00:37:41,160

oh my goodness, The Introvert's Edge.

546

00:37:41,160 --> 00:37:43,240

And I had the author of that on here as well.

547

00:37:43,240 --> 00:37:44,240

Wow.

548

00:37:44,240 --> 00:37:49,000

And the author described how you define an introvert versus an extrovert.

549

00:37:49,000 --> 00:37:51,360

He said it's where you draw your energy.

550

00:37:51,360 --> 00:37:56,680

And so I kind of thought myself as kind of mid, I guess, you know, one foot on each side.

551

00:37:56,680 --> 00:38:02,440

But he said, if you need to go home, you know, get away from crowds, just be present with

552

00:38:02,440 --> 00:38:06,880

your dog, your wife, your child, whatever it is, and that's where you draw your energy,

553

00:38:06,880 --> 00:38:07,960

you're an introvert.

554

00:38:07,960 --> 00:38:08,960

And that's me.

555

00:38:08,960 --> 00:38:10,280

Like I'm fine being around crowds.

556

00:38:10,280 --> 00:38:14,000

But when I hit that wall, you'll turn around and I'm gone.

557

00:38:14,000 --> 00:38:19,200

If you truly draw your energy from large crowds and you are actually an extrovert, which I

558

00:38:19,200 --> 00:38:22,040

would argue is very, very few of us.

559

00:38:22,040 --> 00:38:27,600

But we have this image, this facade that everyone else is the life of the party and we're the

560

00:38:27,600 --> 00:38:29,120

ones that are anxious.

561

00:38:29,120 --> 00:38:35,280

And so I think this is another unspoken element of alcoholism or alcohol use is that so many

562

00:38:35,280 --> 00:38:41,240

of us drink so that we can slide into that social gathering rather than realizing that

563

00:38:41,240 --> 00:38:44,760

without alcohol, most of us would actually be feeling the same way.

564

00:38:44,760 --> 00:38:45,760

And that's okay.

565

00:38:45,760 --> 00:38:46,760

Mm hmm.

566

00:38:46,760 --> 00:38:47,760

So true.

567

00:38:47,760 --> 00:38:54,840

I mean, I think it was Ernest Hemingway that said there's violence in the quiet.

568

00:38:54,840 --> 00:39:03,360

So like your friend, you know, all that pump, all that stuff that we do to keep us busy

569

00:39:03,360 --> 00:39:07,600

and that chaos and all that and keep us keeps us pumped.

570

00:39:07,600 --> 00:39:15,440

And then once we settle down and it's just me and me, then, you know, a lot of things

571

00:39:15,440 --> 00:39:17,000

come bubbling up.

572

00:39:17,000 --> 00:39:21,640

And I think first responders, a lot of first, I see that in a lot of first responders for

573

00:39:21,640 --> 00:39:22,640

sure.

574

00:39:22,640 --> 00:39:23,640

Yeah.

575

00:39:23,640 --> 00:39:26,840

Well, I think the thing about our profession, you just got a glimpse into it and this happened

576

00:39:26,840 --> 00:39:30,000

with Chad, you know, it kept him busy.

577

00:39:30,000 --> 00:39:32,560

It kept him occupied for 10 years.

578

00:39:32,560 --> 00:39:37,800

And it's funny, the 10 year mark seems to be somewhat significant where we do, you know,

579

00:39:37,800 --> 00:39:42,480

the fires aren't exciting anymore unless they're huge and as we're making entry to find, you

580

00:39:42,480 --> 00:39:46,720

know, a trap child or something, most of them, we've seen them over and over again.

581

00:39:46,720 --> 00:39:50,640

So there's this kind of, you know, it becomes less and less exciting.

582

00:39:50,640 --> 00:39:54,760

And that's not that we're not learning and everyone, but we learned 100% on our first

583

00:39:54,760 --> 00:39:55,760

day.

584

00:39:55,760 --> 00:39:59,860

You know, we might learn 30% 10 years from now on that call.

585

00:39:59,860 --> 00:40:03,080

So but you've got a lot of these and this was definitely the case with Chad, there was

586

00:40:03,080 --> 00:40:06,080

childhood sexual abuse and all kinds of things.

587

00:40:06,080 --> 00:40:09,960

A lot of those individuals are sent into uniform.

588

00:40:09,960 --> 00:40:15,600

They want to be the protector, you know, but also I think unconsciously they're seeking

589

00:40:15,600 --> 00:40:21,200

that adrenaline because that totally consumes them until, like you said, there's that quiet.

590

00:40:21,200 --> 00:40:25,860

It might be retirement, it might be an injury, it might be being fired or it might just be

591

00:40:25,860 --> 00:40:27,720

a certain point in your career.

592

00:40:27,720 --> 00:40:31,760

But just like you said, that's when all that stuff bubbles.

593

00:40:31,760 --> 00:40:36,160

And then they say, oh, it's because you were at that car crash and it's not.

594

00:40:36,160 --> 00:40:37,400

It's death by a thousand cuts.

595

00:40:37,400 --> 00:40:40,240

It was all the other things that led up to that.

596

00:40:40,240 --> 00:40:41,400

Amen to that.

597

00:40:41,400 --> 00:40:43,920

But they don't understand that in the beginning.

598

00:40:43,920 --> 00:40:51,080

I didn't understand it in the beginning, but I had a sponsor, her name was Sally Blatherwick,

599

00:40:51,080 --> 00:40:52,080

God rest her soul.

600

00:40:52,080 --> 00:40:59,400

She was one of the most influential women in my sobriety.

601

00:40:59,400 --> 00:41:04,840

She sponsored me from year five to I think year 16.

602

00:41:04,840 --> 00:41:09,920

And she used to say to me all the time, I didn't understand what this meant, but she

603

00:41:09,920 --> 00:41:13,460

used to say to me all the time, you know, Lisa, you know what I call you?

604

00:41:13,460 --> 00:41:15,480

I call you the busy.

605

00:41:15,480 --> 00:41:18,400

You keep yourself nice and busy, don't you?

606

00:41:18,400 --> 00:41:24,320

And I couldn't, I didn't grasp that for many years because after five years I was like,

607

00:41:24,320 --> 00:41:25,720

oh, I got to go back to school.

608

00:41:25,720 --> 00:41:27,080

I got to get my own business.

609

00:41:27,080 --> 00:41:32,200

I have to, you know, ambition and money and power and prestige and I want my own this

610

00:41:32,200 --> 00:41:33,480

and I want to do that.

611

00:41:33,480 --> 00:41:36,600

And I all of these goals and blah, blah, blah, blah.

612

00:41:36,600 --> 00:41:42,600

And she said, there's going to come a time when all that's accomplished and then you're

613

00:41:42,600 --> 00:41:46,520

going to be looking at you once again.

614

00:41:46,520 --> 00:41:48,960

And then maybe we can do the work.

615

00:41:48,960 --> 00:41:55,040

And what they mean by the work in Alcoholics Anonymous is the spiritual work that's needed

616

00:41:55,040 --> 00:42:03,680

in order for you to take a look at your own liabilities and your own assets and look within

617

00:42:03,680 --> 00:42:10,680

to see what is it about myself that I constantly have to be busy, that I have to achieve, that

618

00:42:10,680 --> 00:42:11,680

I have to.

619

00:42:11,680 --> 00:42:19,000

Why can't I just sit and just be okay up here in the quiet?

620

00:42:19,000 --> 00:42:23,360

And I mean, spiritual sages talk about this.

621

00:42:23,360 --> 00:42:31,920

You know, I think in the Bible Christ said, if you can conquer the world, if you can conquer

622

00:42:31,920 --> 00:42:34,320

yourself, you can conquer the world.

623

00:42:34,320 --> 00:42:39,100

So conquering your own mind and your own thoughts and knowing what's wrong in your assets and

624

00:42:39,100 --> 00:42:42,380

your liability is just imperative.

625

00:42:42,380 --> 00:42:48,800

In my particular case, for staying sober, to be extremely self-aware and know how I

626

00:42:48,800 --> 00:42:54,160

tick is very important to my sobriety.

627

00:42:54,160 --> 00:43:00,400

Well you mentioned about chasing some of the things that we're told to chase by the outside

628

00:43:00,400 --> 00:43:03,920

world, whether it's prestige, money, et cetera.

629

00:43:03,920 --> 00:43:07,120

What industries did that take you into?

630

00:43:07,120 --> 00:43:17,880

Well, after I got sober, I was in the jewelry business and I'm a gemologist by trade, so

631

00:43:17,880 --> 00:43:19,800

that's what I did for a long time.

632

00:43:19,800 --> 00:43:25,800

And then I figured, well, you know, now that I'm sober, a couple things need to happen.

633

00:43:25,800 --> 00:43:28,520

I have to get married, that's one.

634

00:43:28,520 --> 00:43:31,080

Next thing, I got to open up my own business, that's two.

635

00:43:31,080 --> 00:43:33,560

I got to go back and do my studies, that's three.

636

00:43:33,560 --> 00:43:41,000

You know, and who is going to say that they are not great goals?

637

00:43:41,000 --> 00:43:43,240

They're goals, they're good goals to have.

638

00:43:43,240 --> 00:43:48,680

But for Lisa, they were distractions of my own personal pain.

639

00:43:48,680 --> 00:43:53,240

So I did all those things.

640

00:43:53,240 --> 00:44:01,040

I opened my own business, I was the only female jeweler on Jewelers Row out of, in a very

641

00:44:01,040 --> 00:44:02,560

Jewish era.

642

00:44:02,560 --> 00:44:08,720

I'm the only Irish kid, Irish female in an all Jewish industry.

643

00:44:08,720 --> 00:44:14,080

And I was the only female store owner out of 44 stores down there.

644

00:44:14,080 --> 00:44:18,320

So I felt like that was an accomplishment and my business was doing well.

645

00:44:18,320 --> 00:44:24,520

And I met somebody in Alcoholics Anonymous and I got married and I accomplished the things

646

00:44:24,520 --> 00:44:25,800

that I set out to do.

647

00:44:25,800 --> 00:44:30,480

And then once they were accomplished, I was like, okay, well, now what?

648

00:44:30,480 --> 00:44:34,040

What am I going to do now?

649

00:44:34,040 --> 00:44:35,040

What, what?

650

00:44:35,040 --> 00:44:41,480

So there was like this, what they, what Sandy Beach calls the hole in the soul.

651

00:44:41,480 --> 00:44:50,120

And I think that for me personally, it's always this lack of connection to God that will keep

652

00:44:50,120 --> 00:44:52,600

me chasing my tail.

653

00:44:52,600 --> 00:44:54,520

And I mean God in a very broad sense.

654

00:44:54,520 --> 00:44:56,720

I'm not talking about religion whatsoever.

655

00:44:56,720 --> 00:45:03,760

I'm just talking about a creative intelligence, a creative force that I can rely on and that

656

00:45:03,760 --> 00:45:04,760

I trust.

657

00:45:04,760 --> 00:45:11,400

And that took a long time for me to really trust in a power greater than myself.

658

00:45:11,400 --> 00:45:17,760

And that probably was one of the biggest challenges in my sobriety through Alcoholics Anonymous,

659

00:45:17,760 --> 00:45:23,600

to not only find a God, but to rely on Him to trust that God.

660

00:45:23,600 --> 00:45:34,400

So there's a saying in AA about trust, believing in God is like when you're at a carnival

661

00:45:34,400 --> 00:45:40,720

and you see the guy on the tightrope that holds the pole and he goes over on the tightrope

662

00:45:40,720 --> 00:45:46,520

and sometimes his foot slips out and the whole audience goes like, oh my God, he's going

663

00:45:46,520 --> 00:45:47,520

to fall.

664

00:45:47,520 --> 00:45:51,760

And then you think to yourself, well, he's done this 300 times.

665

00:45:51,760 --> 00:45:54,960

I'm sure he's going to get to the other side.

666

00:45:54,960 --> 00:45:56,720

That's called faith.

667

00:45:56,720 --> 00:46:03,640

But trust is coming out of the bleachers and climbing right on top of that man's shoulders

668

00:46:03,640 --> 00:46:05,080

and being there with him.

669

00:46:05,080 --> 00:46:06,080

That's trust.

670

00:46:06,080 --> 00:46:13,480

Like when you have skin in the game, that's more trust and that you can let that person

671

00:46:13,480 --> 00:46:19,280

navigate your life when you're on the pole.

672

00:46:19,280 --> 00:46:24,880

So it's a completely different experience to have faith and then to have trust in that

673

00:46:24,880 --> 00:46:28,920

faith and trust in that higher power.

674

00:46:28,920 --> 00:46:33,040

And that took me a long time, a long time.

675

00:46:33,040 --> 00:46:39,880

And a lot of reading and a lot of going, you know, I went to Portugal and I sat with a

676

00:46:39,880 --> 00:46:46,260

man named Mugee who was a spiritual teacher and I've done countless and countless and

677

00:46:46,260 --> 00:46:50,800

countless of workshops and conventions.

678

00:46:50,800 --> 00:46:58,280

I knocked on the door of Michael Sanger, who was the author of this Surrender Experiment.

679

00:46:58,280 --> 00:47:00,720

And he had even more of a famous book.

680

00:47:00,720 --> 00:47:07,640

I forget the book, but the Surrender Experiment was really pivotal for me.

681

00:47:07,640 --> 00:47:11,480

And I knocked on his door and was just like, you know, can I sit with you?

682

00:47:11,480 --> 00:47:13,560

Can I talk to you?

683

00:47:13,560 --> 00:47:20,360

And me and a friend went to Portugal and we, you know, I was always seeking for something

684

00:47:20,360 --> 00:47:27,200

spiritual within me and I had no idea, this will make me cry too, but I had no idea that

685

00:47:27,200 --> 00:47:33,800

the love and the acceptance and the connection that I was always looking for outside myself,

686

00:47:33,800 --> 00:47:37,480

I was looking for me the entire time.

687

00:47:37,480 --> 00:47:43,520

It's so simple and it's so well hidden.

688

00:47:43,520 --> 00:47:44,520

It's so well hidden.

689

00:47:44,520 --> 00:47:47,320

I had to become my own best friend.

690

00:47:47,320 --> 00:47:53,360

I had to feel the connection within myself and become whole and heal that part of myself

691

00:47:53,360 --> 00:47:56,560
before I could really give it to another.

692
00:47:56,560 --> 00:47:58,200
It's interesting.

693
00:47:58,200 --> 00:48:02,200
I'm curious of your answer to this.

694
00:48:02,200 --> 00:48:07,680
You did this, you know, literally global spiritual journey.

695
00:48:07,680 --> 00:48:11,920
And one of my favorite people, I don't know if you ever came across him, but he lost his

696
00:48:11,920 --> 00:48:15,400
life to leukemia sadly, but Wayne Dyer.

697
00:48:15,400 --> 00:48:16,400
Oh.

698
00:48:16,400 --> 00:48:17,400
Yeah.

699
00:48:17,400 --> 00:48:24,120
So what I loved about Wayne was he would take all of ancient wisdom from the holy text to,

700
00:48:24,120 --> 00:48:26,040
you know, ancient Greek philosophy.

701
00:48:26,040 --> 00:48:33,040
I mean, all the things from literally every single country pretty much and basically extract

702

00:48:33,040 --> 00:48:37,940

the common denominators, the real goodness, kindness, gratitude, empathy.

703

00:48:37,940 --> 00:48:44,960

And so I had a real kind of aha moment because I've been exposed to Christianity specifically

704

00:48:44,960 --> 00:48:51,320

and it just didn't resonate with me personally, especially when certain things like, you know,

705

00:48:51,320 --> 00:48:54,920

God loves you all unless you're gay, of course, you know, and I'm like, okay, wait, what?

706

00:48:54,920 --> 00:48:58,340

That just didn't for me personally, James Gearing, I'm like, that's not the God that

707

00:48:58,340 --> 00:49:00,080

I know.

708

00:49:00,080 --> 00:49:07,860

So realizing that a universal God, like you said, that a religious God that I see in nature

709

00:49:07,860 --> 00:49:14,600

that I see in, you know, a newborn, the real miracle of life, realizing that you can make

710

00:49:14,600 --> 00:49:18,560

your own version, that you can take a little bit of Buddhism, a little bit of Christianity,

711

00:49:18,560 --> 00:49:22,400

a little bit of, you know, I had to change whatever it is.

712

00:49:22,400 --> 00:49:27,200

And that's at the, you don't hear that very much that you don't have to go and conform

713

00:49:27,200 --> 00:49:29,360
to a certain religion if it doesn't fit for you.

714
00:49:29,360 --> 00:49:31,680
If it does beautiful, knock yourself out.

715
00:49:31,680 --> 00:49:37,840
But I have a hybrid version and the tenants are all the same kindness, compassion, gratitude,

716
00:49:37,840 --> 00:49:46,080
I mean, I like to say don't be a dick pretty much summarizes my religious, you know, philosophy.

717
00:49:46,080 --> 00:49:47,080
That's awesome.

718
00:49:47,080 --> 00:49:51,840
It's interesting that you bring up Wayne Dyer because there is, I don't know if you've ever

719
00:49:51,840 --> 00:49:53,280
heard of Hay House Publication.

720
00:49:53,280 --> 00:49:56,520
Yes, Louise Hay, is that right?

721
00:49:56,520 --> 00:50:03,280
So she used to do these cruises while her publication did the cruise is called I Do

722
00:50:03,280 --> 00:50:04,280
What It See.

723
00:50:04,280 --> 00:50:07,620
I don't know if you've ever heard of it, but this was like maybe 15 years ago.

724

00:50:07,620 --> 00:50:10,440
Maybe I don't know, a little less than that.

725
00:50:10,440 --> 00:50:15,400
And she would have all the greats on these cruises like Cheryl Richardson and Eckhart

726
00:50:15,400 --> 00:50:24,640
Tolle and Wayne Dyer and Carolyn Mace, all these very spiritual people on the cruises.

727
00:50:24,640 --> 00:50:27,960
And then you would get to do their workshops while you're on the cruise.

728
00:50:27,960 --> 00:50:36,080
Well, I went on a couple of them and I actually met Wayne Dyer and we were on an excursion

729
00:50:36,080 --> 00:50:38,400
together and I said, you know, can we have dinner with you?

730
00:50:38,400 --> 00:50:39,920
Can we sit at your table tonight?

731
00:50:39,920 --> 00:50:45,840
So me and a friend of mine, we sat at his table and we were just sort of picking his

732
00:50:45,840 --> 00:50:46,840
brain.

733
00:50:46,840 --> 00:50:50,940
We only got about a half hour with him because everyone, everybody wanted he was promoting

734
00:50:50,940 --> 00:50:52,560
a new book.

735

00:50:52,560 --> 00:50:55,040
So everybody wanted to sit with him.

736
00:50:55,040 --> 00:51:02,720
But you know, one of his claims to fame was, I forget the saying, if you change the way

737
00:51:02,720 --> 00:51:07,840
that you look at things, the way that you look at things change.

738
00:51:07,840 --> 00:51:14,080
That was, you know, like the Wayne Dyer quotation.

739
00:51:14,080 --> 00:51:17,680
And he was just an amazing guy.

740
00:51:17,680 --> 00:51:22,440
He was, I don't know if you know anything about his backstory of being a father of eight

741
00:51:22,440 --> 00:51:28,520
children and he had a lot of tur, you know, he was also alcoholic, recovering alcoholic.

742
00:51:28,520 --> 00:51:32,320
So yeah, so you're right.

743
00:51:32,320 --> 00:51:37,680
I have been spiritually seeking probably since the day I got sober because I knew that there

744
00:51:37,680 --> 00:51:44,880
was something about that that I just was kept, I was just really drawn to over and over and

745
00:51:44,880 --> 00:51:45,880
over again.

746

00:51:45,880 --> 00:51:46,880
Beautiful.

747
00:51:46,880 --> 00:51:47,880
Yeah.

748
00:51:47,880 --> 00:51:50,760
There's not very many people that recognize his name, which is a shame because I mean,

749
00:51:50,760 --> 00:51:53,640
firstly, if I'd started this a few years earlier, you know, I would have loved to have got him

750
00:51:53,640 --> 00:51:54,640
on.

751
00:51:54,640 --> 00:51:56,800
But I mean, just absolutely pivotal to me.

752
00:51:56,800 --> 00:52:02,520
And ironically, my previous wife had mentioned him because he was on Oprah one time.

753
00:52:02,520 --> 00:52:03,960
She said, Oh, you go listen to this man.

754
00:52:03,960 --> 00:52:07,880
And this that man, it ultimately prepared me spiritually and emotionally for the divorce

755
00:52:07,880 --> 00:52:10,280
that would come a couple of years later.

756
00:52:10,280 --> 00:52:11,960
There was infidelity and stuff.

757

00:52:11,960 --> 00:52:15,600

And, you know, we're moved on remarried, you know, no regret.

758

00:52:15,600 --> 00:52:22,360

But at that point, you know, his, his work absolutely gave me the tools to process the

759

00:52:22,360 --> 00:52:27,040

trauma that I went through with my little boy and, you know, moving on as a single father.

760

00:52:27,040 --> 00:52:30,720

So, you know, it's a shame that I can't thank him personally.

761

00:52:30,720 --> 00:52:32,040

Yes, yes.

762

00:52:32,040 --> 00:52:35,400

He was he helped many, including myself.

763

00:52:35,400 --> 00:52:38,640

He helped many, many people, many people.

764

00:52:38,640 --> 00:52:39,640

Yeah.

765

00:52:39,640 --> 00:52:45,720

So, well, you have this kind of awakening now, this realization you're in this world

766

00:52:45,720 --> 00:52:50,640

where you're very successful in the ways that we're told to be successful.

767

00:52:50,640 --> 00:52:53,160

What's the shift next?

768

00:52:53,160 --> 00:52:58,640

So well, I really had.

769

00:52:58,640 --> 00:53:02,400

Okay, so I'm eight years sober now.

770

00:53:02,400 --> 00:53:04,000

I'm married.

771

00:53:04,000 --> 00:53:08,920

I have my own jewelry store in Philadelphia that's doing well.

772

00:53:08,920 --> 00:53:12,520

We started coming out of the red into the black.

773

00:53:12,520 --> 00:53:15,000

I'm making more money.

774

00:53:15,000 --> 00:53:16,480

I moved to New Jersey.

775

00:53:16,480 --> 00:53:20,600

I get this, you know, custom building this house.

776

00:53:20,600 --> 00:53:22,080

The money's coming in.

777

00:53:22,080 --> 00:53:26,600

I'm feeling good, you know, about myself.

778

00:53:26,600 --> 00:53:32,520

But the marriage that I'm in is disintegrating because it was never really built on any kind

779

00:53:32,520 --> 00:53:33,520
of foundation.

780
00:53:33,520 --> 00:53:36,420
It was really built on need rather.

781
00:53:36,420 --> 00:53:41,760
I didn't know who I was and I don't think he knew who he was and we sort of trauma bonded

782
00:53:41,760 --> 00:53:44,360
if you know what that term means.

783
00:53:44,360 --> 00:53:49,640
And it's almost like the universe is trying to catch your attention.

784
00:53:49,640 --> 00:54:01,440
The universe will put you together with someone if you're unhealed to sort of say like, hey,

785
00:54:01,440 --> 00:54:05,640
McFly, you got a problem here, McFly, because it keeps coming up.

786
00:54:05,640 --> 00:54:12,240
You'll keep on bumping into the same lesson over and over and over again until it's healed.

787
00:54:12,240 --> 00:54:15,640
That's just the way the universe works in my life.

788
00:54:15,640 --> 00:54:19,000
So there was this trauma bond going on between him and I.

789
00:54:19,000 --> 00:54:22,360
I wasn't really doing the work that I needed, but I didn't know that.

790

00:54:22,360 --> 00:54:26,640
And either there was no blame.

791
00:54:26,640 --> 00:54:32,240
And I remember specifically, I just bought a brand new Lexus, drove it out of the showroom

792
00:54:32,240 --> 00:54:36,320
floor and I'm going and at the time I was living in New Jersey.

793
00:54:36,320 --> 00:54:40,800
I was working in Philadelphia and I'm driving over the Benjamin Franklin Bridge.

794
00:54:40,800 --> 00:54:48,640
And I thought, you know what, I wonder how I can get the airbag out of the steering wheel.

795
00:54:48,640 --> 00:54:56,040
You know, maybe I just and one thing I know about suicidal ideations is that they come

796
00:54:56,040 --> 00:54:59,880
out of nowhere, out of nowhere.

797
00:54:59,880 --> 00:55:04,080
You're eating a grilled cheese sandwich and then all of a sudden you're like, you know

798
00:55:04,080 --> 00:55:07,640
what, maybe I want to check out, you know.

799
00:55:07,640 --> 00:55:12,640
And as I'm going over the bridge, it scared me that I started thinking like this.

800
00:55:12,640 --> 00:55:14,720
I was like, what the hell is going on?

801

00:55:14,720 --> 00:55:18,560
Because now I'm sober, right?

802
00:55:18,560 --> 00:55:22,280
Financially doing better than I've ever done in my life.

803
00:55:22,280 --> 00:55:26,520
I'm married, I have a beautiful home, live New Jersey.

804
00:55:26,520 --> 00:55:34,200
I have like, if you looked on me, if you looked at me at eight or nine years sober, you would

805
00:55:34,200 --> 00:55:36,760
have said, look, man, AA works.

806
00:55:36,760 --> 00:55:37,760
Look at that woman.

807
00:55:37,760 --> 00:55:39,200
She's got it all going on.

808
00:55:39,200 --> 00:55:40,200
Right.

809
00:55:40,200 --> 00:55:43,320
But inside I was dying.

810
00:55:43,320 --> 00:55:45,400
I was dying.

811
00:55:45,400 --> 00:55:50,640
The hole that I was trying to fill was getting wider and wider.

812

00:55:50,640 --> 00:55:57,800

The more things of the outside that I was trying to put in, you know, the money, the

813

00:55:57,800 --> 00:56:04,240

power, the prestige, the lake house, the vacations, the men, the relationships that I got to have,

814

00:56:04,240 --> 00:56:09,480

I got to have, I got to have.

815

00:56:09,480 --> 00:56:15,320

And I started really not wanting to live and not knowing why.

816

00:56:15,320 --> 00:56:18,760

So one day I went to a meeting.

817

00:56:18,760 --> 00:56:25,200

This is actually how me and my mentor really started to get close because she was sponsoring

818

00:56:25,200 --> 00:56:29,300

me a couple of years then, but it was sort of surfacey.

819

00:56:29,300 --> 00:56:37,040

She was celebrating 25 years and I went to her celebration and I was sitting there and

820

00:56:37,040 --> 00:56:41,320

I went up to her after our celebration and I said, listen, Sally, I need to speak with

821

00:56:41,320 --> 00:56:42,320

you.

822

00:56:42,320 --> 00:56:46,840

I'm not really feeling that well, you know, I'm not.

823

00:56:46,840 --> 00:56:48,840

And she just, she did one of these.

824

00:56:48,840 --> 00:56:52,720

She said, Lisa, I already know what's going on with you.

825

00:56:52,720 --> 00:56:54,480

And this is exactly what she did to me.

826

00:56:54,480 --> 00:56:56,960

She goes, this is where the busy come from.

827

00:56:56,960 --> 00:56:58,220

She goes, you know what?

828

00:56:58,220 --> 00:57:03,500

I call you the busy chasing your tail, chasing your tail.

829

00:57:03,500 --> 00:57:05,800

She said to me, are you done yet?

830

00:57:05,800 --> 00:57:06,800

I said, am I, what do you mean?

831

00:57:06,800 --> 00:57:07,800

Am I done yet?

832

00:57:07,800 --> 00:57:09,880

She said, are you done yet?

833

00:57:09,880 --> 00:57:12,280

Are you willing to do what's needed?

834

00:57:12,280 --> 00:57:17,720

In this program to feel better about who you are.

835

00:57:17,720 --> 00:57:19,600

I don't care about your store.

836

00:57:19,600 --> 00:57:21,480

I don't care about your house.

837

00:57:21,480 --> 00:57:23,640

I don't care about your car.

838

00:57:23,640 --> 00:57:24,640

Care about your career.

839

00:57:24,640 --> 00:57:26,000

I don't care about any of that.

840

00:57:26,000 --> 00:57:29,600

I care about your soul and how you feel about you.

841

00:57:29,600 --> 00:57:33,000

And you know, the water works instantly.

842

00:57:33,000 --> 00:57:38,880

And she said to me, I want you to be at my house tomorrow at 12 o'clock on Lake Avenue.

843

00:57:38,880 --> 00:57:44,960

I had already been through the steps and I had already been through the, and I was actually

844

00:57:44,960 --> 00:57:46,720

sponsoring women.

845

00:57:46,720 --> 00:57:50,760

I'd already been through the steps, already been through the big book of Alcoholics Anonymous.

846

00:57:50,760 --> 00:57:52,080

I said, I already did that.

847

00:57:52,080 --> 00:57:54,840

I already, you know, you're what you're asking me to do.

848

00:57:54,840 --> 00:57:55,840

I've already done.

849

00:57:55,840 --> 00:57:59,800

She said, you didn't, you didn't do anything.

850

00:57:59,800 --> 00:58:06,920

So when I got there, she had a little makeup mirror on the kitchen table.

851

00:58:06,920 --> 00:58:10,920

She pushed it over and she said, take a look, take a look in the mirror.

852

00:58:10,920 --> 00:58:16,120

And I was, you know, at the time I was like, oh, you know, rolling my eyes like, oh, it's

853

00:58:16,120 --> 00:58:19,300

what gurus do, you know.

854

00:58:19,300 --> 00:58:24,800

Very judgmental and opinionated and full of self-arrogance and ignorance.

855

00:58:24,800 --> 00:58:25,880

I had no idea.

856

00:58:25,880 --> 00:58:30,200

And I looked in the mirror and she said to me, see, that's your problem, my dear.

857

00:58:30,200 --> 00:58:32,280

You've been sober for a long time now.

858

00:58:32,280 --> 00:58:33,680

Eight years, right?

859

00:58:33,680 --> 00:58:35,960

So your problem is no longer booze.

860

00:58:35,960 --> 00:58:38,400

Your problem is you.

861

00:58:38,400 --> 00:58:40,640

And that really caught my attention.

862

00:58:40,640 --> 00:58:45,480

And what they call that, what I was going through at that time, and I didn't know it,

863

00:58:45,480 --> 00:58:48,720

was called a second surrender.

864

00:58:48,720 --> 00:58:53,020

See, first when you come into AA is your first surrender.

865

00:58:53,020 --> 00:58:54,220

You surrender the booze.

866

00:58:54,220 --> 00:59:01,240

You surrender the ego to some extent.

867

00:59:01,240 --> 00:59:07,880

You surrender, you know, having booze to totally take over your life.

868

00:59:07,880 --> 00:59:10,000

You get your life back.

869

00:59:10,000 --> 00:59:12,040

You get the things that you want in life.

870

00:59:12,040 --> 00:59:19,480

And then once that's accomplished and you find out that that's not the answer, another

871

00:59:19,480 --> 00:59:25,040

surrender needs to, another layer, another surrender needs to happen for you to really

872

00:59:25,040 --> 00:59:28,040

understand what's going on with you.

873

00:59:28,040 --> 00:59:32,720

And that's, I had a second surrender.

874

00:59:32,720 --> 00:59:39,040

And then I was on, the trajectory of my life started to really change when I started to

875

00:59:39,040 --> 00:59:42,840

seek spiritual help.

876

00:59:42,840 --> 00:59:46,360

So what did that second chapter look like then?

877

00:59:46,360 --> 00:59:53,840

So I went through the big book of Alcoholics Anonymous again, and we started from scratch.

878

00:59:53,840 --> 00:59:59,560

And you know, the big book of Alcoholics Anonymous, in my opinion, is like a living, breathing

879

00:59:59,560 --> 01:00:01,320

piece of literature.

880

01:00:01,320 --> 01:00:06,320

Because every time I read, even now today, when I take girls through the steps or through

881

01:00:06,320 --> 01:00:12,000

the book, I'd be like, how did I not, I've been looking at this book for 30 years.

882

01:00:12,000 --> 01:00:14,600

How did I not see that?

883

01:00:14,600 --> 01:00:17,160

How did I not, how did that not resonate?

884

01:00:17,160 --> 01:00:21,880

Because it jumps out and resonates with you at the time that it's supposed to resonate

885

01:00:21,880 --> 01:00:23,500

with you.

886

01:00:23,500 --> 01:00:26,080

And so we went through the book again.

887

01:00:26,080 --> 01:00:29,800

I think it was like a four month, we did a big book study.

888

01:00:29,800 --> 01:00:32,320

It was like four months.

889

01:00:32,320 --> 01:00:35,440
And we went through that whole thing again.

890
01:00:35,440 --> 01:00:42,800
And then I started sort of going out on my own and started reading a lot of spiritual

891
01:00:42,800 --> 01:00:48,120
literature and going to a lot of, you know, knocking on doors.

892
01:00:48,120 --> 01:00:52,480
I mean, I knocked on Michael Sanger's door, for Christ's sake, and you know, sort of

893
01:00:52,480 --> 01:00:53,800
like, can I have lunch with you?

894
01:00:53,800 --> 01:00:56,060
He was like, huh?

895
01:00:56,060 --> 01:01:03,920
And I just started seeking and seeking and seeking until I started to feel better.

896
01:01:03,920 --> 01:01:10,660
And I got a better understanding of what was going on with me.

897
01:01:10,660 --> 01:01:15,440
And those suicidal ideations, those thoughts of ending my life dissipated.

898
01:01:15,440 --> 01:01:18,560
It started getting less and getting less.

899
01:01:18,560 --> 01:01:22,600
I was just, you know, Dr. Joe Dispenza, I don't know if you've ever heard of him.

900

01:01:22,600 --> 01:01:26,640
He's one of the great teachers of today.

901
01:01:26,640 --> 01:01:29,400
And he's all about Beth, actually.

902
01:01:29,400 --> 01:01:31,680
Yeah, spiritual guy.

903
01:01:31,680 --> 01:01:35,080
And so I started down that journey and I just ate it up.

904
01:01:35,080 --> 01:01:44,240
Anything that I could read, anything that I could go to, cruises and conventions and,

905
01:01:44,240 --> 01:01:49,860
you know, flying to different places to sit with different people, I did that.

906
01:01:49,860 --> 01:01:52,560
So now you're exposed to the world of breath.

907
01:01:52,560 --> 01:01:55,880
And it's funny because he's been mentioned, I asked for guest suggestions at the end and

908
01:01:55,880 --> 01:01:57,280
he was literally mentioned the other day.

909
01:01:57,280 --> 01:02:00,960
And I'm again, in that kind of Hay House world that I was in.

910
01:02:00,960 --> 01:02:08,140
I remember him being kind of in that too, the kind of Gaia, you know, holistic world.

911

01:02:08,140 --> 01:02:12,040

So walk me through now your journey into the world of breath work.

912

01:02:12,040 --> 01:02:13,240

Okay.

913

01:02:13,240 --> 01:02:20,360

So while this was all happening in my life, I have what they call, I had what they call

914

01:02:20,360 --> 01:02:28,160

complex grief trauma, which means that people start dying one after the other and you can't

915

01:02:28,160 --> 01:02:31,160

even get your head above water and then another person dies.

916

01:02:31,160 --> 01:02:36,000

That is like you're either your family of origin or people that you love and care about.

917

01:02:36,000 --> 01:02:38,580

And that's what started to happen.

918

01:02:38,580 --> 01:02:44,620

I had a brother that passed away at four years sober and then I had a father who was going

919

01:02:44,620 --> 01:02:49,400

through prostate cancer and then another brother that passed away shortly after that.

920

01:02:49,400 --> 01:02:54,320

And then my father died and then my sponsor Sally died and then my cat, believe it or

921

01:02:54,320 --> 01:03:01,360

not, of 18 years died and that was this when my cat went, oh, and people were, I'm sure

922

01:03:01,360 --> 01:03:05,960

people were like her cat died and we have to, she may have to go into a rubber room,

923

01:03:05,960 --> 01:03:06,960

you know.

924

01:03:06,960 --> 01:03:12,960

And what I didn't understand, it was all of these traumas, this grief put together.

925

01:03:12,960 --> 01:03:17,640

So I'm staying sober through all this.

926

01:03:17,640 --> 01:03:23,080

You know, death after death after death after death, I'm staying sober and I'm making my

927

01:03:23,080 --> 01:03:27,640

meetings and I'm raising my hand and I'm saying something's wrong with me and it ain't about

928

01:03:27,640 --> 01:03:29,080

booze.

929

01:03:29,080 --> 01:03:34,160

Somebody helped me but, and a person came up to me and said to me, you know, why don't

930

01:03:34,160 --> 01:03:36,760

you try this breath work stuff?

931

01:03:36,760 --> 01:03:38,840

And I just rolled my eyes.

932

01:03:38,840 --> 01:03:44,240

What I really heard was, why don't you try a little yoga, young lady, you know.

933

01:03:44,240 --> 01:03:48,320

And you know, I was like, oh, this is not happening.

934

01:03:48,320 --> 01:03:56,760

So lo and behold, I had moved to Florida and that marriage ended, the marriage that I was

935

01:03:56,760 --> 01:04:04,660

in New Jersey, it ended and I moved to Florida and there was a woman down here that was having

936

01:04:04,660 --> 01:04:10,720

these breath work seminars but I was always open up to different things.

937

01:04:10,720 --> 01:04:12,400

So thank God I was.

938

01:04:12,400 --> 01:04:16,880

So I was like, you know what, you know, someone said to me, let's try this and I said, okay.

939

01:04:16,880 --> 01:04:23,520

So I went over, she was having this in her living room and I was told to bring a blanket,

940

01:04:23,520 --> 01:04:27,080

a pillow and an eye mask and to go over and ba ba ba.

941

01:04:27,080 --> 01:04:35,940

So I did my very first breath work session and one session changed my entire life, changed

942

01:04:35,940 --> 01:04:38,560

my entire life.

943

01:04:38,560 --> 01:04:41,680

I left there without grief.

944

01:04:41,680 --> 01:04:47,520

Now I don't know if that was a white light spiritual experience of what happened to me.

945

01:04:47,520 --> 01:04:54,240

I'm not even sure what happened but I can tell you that I walked in there heavy and

946

01:04:54,240 --> 01:05:06,160

extremely sad about all the losses and I left there probably 75% better in one session.

947

01:05:06,160 --> 01:05:12,120

And believe it or not, as mystical as this is going to sound, when I was in the breath,

948

01:05:12,120 --> 01:05:18,280

my brother Danny came to me, he was big in disco, you know, he was like Donnie Ontario

949

01:05:18,280 --> 01:05:26,960

and he came to me in his disco outfit and I could see him vividly and he had a disco ball

950

01:05:26,960 --> 01:05:30,840

on top of his head and I'm breathing.

951

01:05:30,840 --> 01:05:36,320

And you know, if you, if you, dispensers work talks about how, you know, the pineal

952

01:05:36,320 --> 01:05:42,600

blank gets opened up and universal consciousness can come in within, within your body when

953

01:05:42,600 --> 01:05:44,040

you're breathing.

954

01:05:44,040 --> 01:05:47,520

So you can have all these experiences and I'm having this experience.

955

01:05:47,520 --> 01:05:53,520

My brother comes to me and he says to me, hey sis, what's all the hubbub about and all

956

01:05:53,520 --> 01:05:55,800

this blither and crying.

957

01:05:55,800 --> 01:06:01,200

I've been with you, you know, since the beginning of time.

958

01:06:01,200 --> 01:06:07,760

And if he did not come to me with the personality that he had in his life, I would have never

959

01:06:07,760 --> 01:06:10,860

believed it was true.

960

01:06:10,860 --> 01:06:15,080

And it felt like, I mean, I could smell his cologne.

961

01:06:15,080 --> 01:06:18,200

It was bizarre what happened to me.

962

01:06:18,200 --> 01:06:24,760

When I left there, I was like, oh, what, what, what I got to find out about this.

963

01:06:24,760 --> 01:06:28,840

So a friend of mine, her name is Dr. Coleman.

964

01:06:28,840 --> 01:06:32,320

She's a psychotherapist, wonderful psychotherapist.

965

01:06:32,320 --> 01:06:36,880

And she said to me, oh yeah, I heard about this breath thing.

966

01:06:36,880 --> 01:06:38,840

It's like in South Florida now.

967

01:06:38,840 --> 01:06:40,000

You want to go with me?

968

01:06:40,000 --> 01:06:46,480

And we started this journey together and then she found a woman in Arizona.

969

01:06:46,480 --> 01:06:56,200

Her name is Carol Lampman, who did, she specialized in what they called integral breathwork therapy.

970

01:06:56,200 --> 01:07:02,200

Now this is a little different because holotropic breath, what I first experienced was about

971

01:07:02,200 --> 01:07:05,640

breathing in and out and having an experience.

972

01:07:05,640 --> 01:07:12,680

For Carol's work was about trauma and about the inner child and about family of origin

973

01:07:12,680 --> 01:07:20,940

and about how trauma and breath can be combined to release in a way that it does not cause

974

01:07:20,940 --> 01:07:21,940

emotional pain.

975

01:07:21,940 --> 01:07:24,200

Now I didn't know this at the time.

976

01:07:24,200 --> 01:07:26,060

I found out this later.

977

01:07:26,060 --> 01:07:28,360

So one thing led to another.

978

01:07:28,360 --> 01:07:33,640

And Susie and I decided to join up for her level one class.

979

01:07:33,640 --> 01:07:38,760

We flew to Arizona, we did all the work with Carol.

980

01:07:38,760 --> 01:07:44,960

And as soon as I met Carol and I started to do this work with her and started to learn

981

01:07:44,960 --> 01:07:52,880

about IBT therapy, I was like, oh my God, this is something.

982

01:07:52,880 --> 01:07:59,840

And then she had her advanced courses and her master level courses and I just kept going

983

01:07:59,840 --> 01:08:03,600

back, kept going back and getting more certifications and more.

984

01:08:03,600 --> 01:08:07,040

Just learning more about the breath.

985

01:08:07,040 --> 01:08:15,040

And then I ran into a friend of mine who knew the owner at FHE Health.

986

01:08:15,040 --> 01:08:20,000

And my friend told the owner, listen, you have to meet this woman, Lisa Lowe.

987

01:08:20,000 --> 01:08:23,800

She does this breathwork, blah, blah, blah.

988

01:08:23,800 --> 01:08:25,780

So he said, okay, let's set it up.

989

01:08:25,780 --> 01:08:31,360

So I met Sharif and I remember my first encounter with him.

990

01:08:31,360 --> 01:08:35,640

He was like, so tell me, what do you do?

991

01:08:35,640 --> 01:08:37,240

And I was like, well, I do breathwork.

992

01:08:37,240 --> 01:08:39,260

He's like, well, we're all breathing here.

993

01:08:39,260 --> 01:08:43,720

So you have to get a little bit more detailed than that.

994

01:08:43,720 --> 01:08:44,880

So I tried to explain.

995

01:08:44,880 --> 01:08:51,960

Now breathwork is, again, very experiential, very difficult to explain.

996

01:08:51,960 --> 01:08:54,400

So I'm explaining to him and I'm explaining to him.

997

01:08:54,400 --> 01:09:00,520

And basically after maybe 40 minutes of talking to him and explaining to him, he basically

998

01:09:00,520 --> 01:09:02,720

said to me, listen, I'm not right.

999

01:09:02,720 --> 01:09:07,120

I don't really understand what you do, but I can tell you this much.

1000

01:09:07,120 --> 01:09:10,120

Your passion about what you do.

1001

01:09:10,120 --> 01:09:15,800

Now that has me interested about how passionate you feel about this.

1002

01:09:15,800 --> 01:09:21,320

So how about we take you on, we give you like this trial run and we'll see what happens.

1003

01:09:21,320 --> 01:09:23,760

And I was like, okay, like out of nowhere.

1004

01:09:23,760 --> 01:09:26,720

And voila, I've been there ever since.

1005

01:09:26,720 --> 01:09:29,960

That was about six years ago.

1006

01:09:29,960 --> 01:09:31,920

And breathwork really took off.

1007

01:09:31,920 --> 01:09:38,920

I mean, I started taking blankets and pillows out of my car and it just kept getting bigger

1008

01:09:38,920 --> 01:09:40,440

and bigger and bigger.

1009

01:09:40,440 --> 01:09:50,320

And Sharif was kind enough to just almost like completely renovate a building just for

1010

01:09:50,320 --> 01:09:53,680

breathwork therapy because it works.

1011

01:09:53,680 --> 01:09:55,240

It works.

1012

01:09:55,240 --> 01:09:57,520

IBT therapy works.

1013

01:09:57,520 --> 01:10:01,480

And I've been there for six years now.

1014

01:10:01,480 --> 01:10:06,960

I've had, I mean, quite a spectrum of guests when it comes to breathwork in general.

1015

01:10:06,960 --> 01:10:12,960

Everyone from Patrick McCowan, who's big on the nasal breathing side and then Wim Hof.

1016

01:10:12,960 --> 01:10:15,480

I mean, he needs no introduction.

1017

01:10:15,480 --> 01:10:16,880

Belisa Vranich.

1018

01:10:16,880 --> 01:10:22,700

So different people, different methods, different kind of principles behind what they're even

1019

01:10:22,700 --> 01:10:23,920

trying to achieve.

1020

01:10:23,920 --> 01:10:25,600

Is it downregulation of nervous system?

1021

01:10:25,600 --> 01:10:27,080

Is it addressing trauma?

1022

01:10:27,080 --> 01:10:30,320

So talk to me about the specific techniques that you're doing.

1023

01:10:30,320 --> 01:10:32,440

And you talked about trauma.

1024

01:10:32,440 --> 01:10:34,880

What are the outcomes?

1025

01:10:34,880 --> 01:10:39,440

What is it that that person is, what does the journey look like?

1026

01:10:39,440 --> 01:10:43,840

I guess is what I'm trying to say for a person walking through the door to hopefully having

1027

01:10:43,840 --> 01:10:47,000

that 75% realization that you did.

1028

01:10:47,000 --> 01:10:48,400

Okay.

1029

01:10:48,400 --> 01:10:53,640

So I'm just going to talk about a case study that I did while I was at FHA.

1030

01:10:53,640 --> 01:10:55,160

There was a veteran there.

1031

01:10:55,160 --> 01:11:00,280

I can't give out his name, but his first name was Ted.

1032

01:11:00,280 --> 01:11:02,560

And Ted had three tours.

1033

01:11:02,560 --> 01:11:07,440

He was in Afghanistan twice and I believe Syria.

1034

01:11:07,440 --> 01:11:19,120

And he was, I'm not sure, but I think in Fallujah, which was one of the worst of the worst.

1035

01:11:19,120 --> 01:11:25,280

I met him and I started breathing with him.

1036

01:11:25,280 --> 01:11:30,560

Now integral breath work therapy is a circular breath.

1037

01:11:30,560 --> 01:11:31,560

Okay.

1038

01:11:31,560 --> 01:11:39,600

So you're breathing in and out through the mouth.

1039

01:11:39,600 --> 01:11:40,600

Okay.

1040

01:11:40,600 --> 01:11:44,000

No nasal breathing whatsoever in and out through the mouth.

1041

01:11:44,000 --> 01:11:48,540

And it's not hyperventilation without any pausing.

1042

01:11:48,540 --> 01:11:53,160

So when you're breathing, if you're closing your eyes and you can just imagine that circular

1043

01:11:53,160 --> 01:11:57,540

breath, it comes up and you just start this rhythm.

1044

01:11:57,540 --> 01:12:02,680

And I would say by five or six minutes into it, you're going to start to feel that your

1045

01:12:02,680 --> 01:12:07,980

lungs actually start breathing the body instead of the other way around.

1046

01:12:07,980 --> 01:12:12,000

You're laying on a mat or you're in a zero gravity chair and you're breathing.

1047

01:12:12,000 --> 01:12:18,800

Now when I met Teddy, I said to him, listen, how about if we breathe?

1048

01:12:18,800 --> 01:12:26,360

And he was very nervous, very nervous to even close his eyes was a big deal.

1049

01:12:26,360 --> 01:12:30,080

We were in a room and he started with the breath work.

1050

01:12:30,080 --> 01:12:33,440

Well, within three minutes he had such a reaction.

1051

01:12:33,440 --> 01:12:42,760

I mean, he was crying and sobbing and just could not stop the tears and just, you know,

1052

01:12:42,760 --> 01:12:45,300

on and on and on.

1053

01:12:45,300 --> 01:12:49,720

And I just sat with him and I didn't ask him too many questions.

1054

01:12:49,720 --> 01:12:56,120

I sort of just held his hand and he just saw probably for 20 minutes and once and his body

1055

01:12:56,120 --> 01:13:00,820

was, you know, we talk about the nervous system in the breath.

1056

01:13:00,820 --> 01:13:07,400

He was in fight and flight and freeze for so long and the hypervigilance was so embedded

1057

01:13:07,400 --> 01:13:13,880

in his cells that, you know, once the breath started hitting the nervous system, he was

1058

01:13:13,880 --> 01:13:17,160

releasing all of this.

1059

01:13:17,160 --> 01:13:22,840

And you know, if a clinical doctor was in that room, they probably would have been calling

1060

01:13:22,840 --> 01:13:26,420

911, but I knew what was going on with him.

1061

01:13:26,420 --> 01:13:31,200

I knew what was going on and he was just shaking and getting it out and shaking and I just

1062

01:13:31,200 --> 01:13:32,320

sat with him.

1063

01:13:32,320 --> 01:13:39,680

And after all this was done, I physically walked him out of my breath work studio.

1064

01:13:39,680 --> 01:13:45,360

I sat him down on the bench, got him some water and I said, just sit here until you're

1065

01:13:45,360 --> 01:13:48,400

okay and ba ba ba ba ba.

1066

01:13:48,400 --> 01:13:56,120

And I thought, wow, you know, this guy really, he's got a lot of stuff.

1067

01:13:56,120 --> 01:14:06,300

So the nursing came out, he had to be taken to do some, they had to do a biome or something

1068

01:14:06,300 --> 01:14:08,000

with him, I remember.

1069

01:14:08,000 --> 01:14:12,120

And I went out and I said, Teddy, we'll talk again as soon as you're done with this, I'm

1070

01:14:12,120 --> 01:14:14,560

going to come in and check on you.

1071

01:14:14,560 --> 01:14:20,600

So I remember prior to going to check on him, I thought, oh God, I hope he's okay.

1072

01:14:20,600 --> 01:14:25,140

Like, whoo, he had quite the experience, you know, like.

1073

01:14:25,140 --> 01:14:29,600

So when I talked to him, he said to me, when can I do it again?

1074

01:14:29,600 --> 01:14:31,880

And I was like, when can you?

1075

01:14:31,880 --> 01:14:38,640

Like he was slobbering, crying and like almost halfway puking and he was like, when can we

1076

01:14:38,640 --> 01:14:40,480

have another appointment?

1077

01:14:40,480 --> 01:14:42,480

And I was like, are you okay?

1078

01:14:42,480 --> 01:14:46,320

And he's like, oh no, I feel amazing.

1079

01:14:46,320 --> 01:14:47,720

I feel amazing.

1080

01:14:47,720 --> 01:14:48,720

What did you do?

1081

01:14:48,720 --> 01:14:50,440

I said, I didn't do anything.

1082

01:14:50,440 --> 01:14:51,440

The breath did it.

1083

01:14:51,440 --> 01:14:53,560

He's like, when can we do this again?

1084

01:14:53,560 --> 01:14:59,040

So make a long, long story short, I probably breathed with him probably about 12 different

1085

01:14:59,040 --> 01:15:00,760

individual sessions.

1086

01:15:00,760 --> 01:15:08,720

Now one of the greatest things that happened to him in Afghanistan was Afghanistan, I didn't

1087

01:15:08,720 --> 01:15:15,160

know any of this, but the veterans will know that they used to get their children to throw

1088

01:15:15,160 --> 01:15:18,680

grenades at the Humvees, okay?

1089

01:15:18,680 --> 01:15:24,320

The Afghanistan people and they would send like six or eight people, six or eight children

1090

01:15:24,320 --> 01:15:31,560

at and they would give some of these kids rocks and then they would give that one kid

1091

01:15:31,560 --> 01:15:32,640

a grenade.

1092

01:15:32,640 --> 01:15:37,660

Now the American troops knew about this because they were getting blown up.

1093

01:15:37,660 --> 01:15:47,440

So it was a big deal for and the Afghanistan people knew that it was a huge deal for American

1094

01:15:47,440 --> 01:15:50,120

soldiers to shoot a child.

1095

01:15:50,120 --> 01:15:54,200

So that's why they did this, unfortunately.

1096

01:15:54,200 --> 01:16:01,480

Anyway, the story goes is that there was about 10 people on Ted's Humvee and they would draw

1097

01:16:01,480 --> 01:16:07,160

straws in the morning because their particular job was to go out like recon, I think it's

1098

01:16:07,160 --> 01:16:12,520

called reconnaissance, going figure out like where the enemy is, write it all down, then

1099

01:16:12,520 --> 01:16:15,880

come back and then figure out a plan.

1100

01:16:15,880 --> 01:16:24,880

So they would draw straws in the morning, which one would eliminate a child if need

1101

01:16:24,880 --> 01:16:26,000

be.

1102

01:16:26,000 --> 01:16:30,960

Now at the time, Ted had children.

1103

01:16:30,960 --> 01:16:37,520

So the other guys were very apprehensive if he got the straw because they were afraid

1104

01:16:37,520 --> 01:16:42,000

that he would not be able to do it because it's such a horrendous, horrific thing to

1105

01:16:42,000 --> 01:16:43,000

do.

1106

01:16:43,000 --> 01:16:51,800

So lo and behold, he had to eliminate a target and she was 12 years old.

1107

01:16:51,800 --> 01:17:01,800

She was wearing a Hello Kitty backpack and they used to put these kids with C4 on their

1108

01:17:01,800 --> 01:17:03,720

back as well.

1109

01:17:03,720 --> 01:17:05,480
And he had eliminated a target.

1110

01:17:05,480 --> 01:17:07,520
He jumped off of his Humvee.

1111

01:17:07,520 --> 01:17:13,720
He ran over and found out that the target that he eliminated with the Hello Kitty backpack,

1112

01:17:13,720 --> 01:17:17,360
it just had pencils and papers.

1113

01:17:17,360 --> 01:17:18,960
So he had to live with this.

1114

01:17:18,960 --> 01:17:22,840
Now he told no one about this.

1115

01:17:22,840 --> 01:17:25,960
Only the guys on the Humvee knew about it.

1116

01:17:25,960 --> 01:17:30,280
And what happens in war like that is just not shared about.

1117

01:17:30,280 --> 01:17:33,680
I had no idea what veterans went through.

1118

01:17:33,680 --> 01:17:38,960
Not a clue until I started working at FHA.

1119

01:17:38,960 --> 01:17:41,880

So I'm breathing with him now and I'm breathing with him.

1120

01:17:41,880 --> 01:17:45,720

So first, the first release is the nervous system.

1121

01:17:45,720 --> 01:17:47,920

All that stuff is coming out.

1122

01:17:47,920 --> 01:17:52,320

All the sadness of everything that he has witnessed on his tours is coming out.

1123

01:17:52,320 --> 01:17:56,120

It's just a lot of crying, a lot of crying.

1124

01:17:56,120 --> 01:18:08,520

And what happened was the little girl came to him in his breath work.

1125

01:18:08,520 --> 01:18:14,280

I felt that he was grounded enough that we could call this little girl in, came into

1126

01:18:14,280 --> 01:18:21,680

the breath work and the little girl said to him, you know, I forgive you.

1127

01:18:21,680 --> 01:18:24,680

This had nothing to do with you.

1128

01:18:24,680 --> 01:18:27,920

This was all about, you know, other people's decisions.

1129

01:18:27,920 --> 01:18:35,200

Anyway, he had this conversation in his breath with this 12 year old child and she hugged

1130

01:18:35,200 --> 01:18:37,720

him and he's sobbing.

1131

01:18:37,720 --> 01:18:41,040

He's just sobbing and sobbing and sobbing.

1132

01:18:41,040 --> 01:18:45,860

When he comes out of the breath, he feels forgiven.

1133

01:18:45,860 --> 01:18:48,320

He can live with this.

1134

01:18:48,320 --> 01:18:51,760

He is totally changed.

1135

01:18:51,760 --> 01:18:53,440

He's totally changed.

1136

01:18:53,440 --> 01:18:56,400

Now has the memory been eliminated?

1137

01:18:56,400 --> 01:18:58,800

No, the memory is not eliminated.

1138

01:18:58,800 --> 01:19:01,000

He will always have the memory.

1139

01:19:01,000 --> 01:19:10,580

But what IBT therapy does, it takes out an activation of like a 12 down to a two.

1140

01:19:10,580 --> 01:19:17,760

And anybody can live with an activation level of two or a trigger point of only two.

1141

01:19:17,760 --> 01:19:20,180

You can live a happy life.

1142

01:19:20,180 --> 01:19:21,880

So that's what this does.

1143

01:19:21,880 --> 01:19:26,480

I mean, it's just amazing and it's holistic.

1144

01:19:26,480 --> 01:19:28,280

The only thing that we're doing here is breathing.

1145

01:19:28,280 --> 01:19:34,040

I can't even tell you how many times I get a, you know, a patient come to me and say,

1146

01:19:34,040 --> 01:19:35,080

what did you do to me?

1147

01:19:35,080 --> 01:19:38,560

I said, I didn't do anything.

1148

01:19:38,560 --> 01:19:39,800

I'm the guide.

1149

01:19:39,800 --> 01:19:42,340

I'm the person that navigates.

1150

01:19:42,340 --> 01:19:48,940

But the breath and the God does all the work.

1151

01:19:48,940 --> 01:19:55,540

So that's the long and short of my first real experience of how it can help first responders

1152

01:19:55,540 --> 01:19:56,540

and veterans.

1153

01:19:56,540 --> 01:19:59,020

It's an extremely powerful story.

1154

01:19:59,020 --> 01:20:07,300

It's so sad because when you hear of war, you know, World War II and prior, usually

1155

01:20:07,300 --> 01:20:09,120

the enemy had a uniform on this.

1156

01:20:09,120 --> 01:20:12,320

They were doing, you know, some kind of black ops stuff.

1157

01:20:12,320 --> 01:20:16,760

And so you knew who the bad guys or girls were, you know, through your eyes.

1158

01:20:16,760 --> 01:20:19,480

Obviously they were probably thinking the same thing about you.

1159

01:20:19,480 --> 01:20:25,040

But then you have Vietnam moving forward to Afghanistan, you know, and Iraq, where we're

1160

01:20:25,040 --> 01:20:30,640

asking arguably almost children themselves to make these life or death decisions where

1161

01:20:30,640 --> 01:20:36,520

it sounds like early on they were received as peacemakers and, you know, driving out

1162

01:20:36,520 --> 01:20:38,520

the Taliban, Al Qaeda, whoever it is.

1163

01:20:38,520 --> 01:20:41,960

But as we stay longer and longer, we create more and more enemies.

1164

01:20:41,960 --> 01:20:49,960

And some of these boys and girls are brainwashed by whoever they're being raised by amongst

1165

01:20:49,960 --> 01:20:54,380

the other beautiful Afghan people that are just being oppressed themselves.

1166

01:20:54,380 --> 01:21:01,260

And now you've got this horrendous environment that collateral damage is just going to happen.

1167

01:21:01,260 --> 01:21:06,400

And then you now have men and women come home carrying that shame and that guilt, you know,

1168

01:21:06,400 --> 01:21:10,120

the ones that literally just reacted and did what they were trained to do.

1169

01:21:10,120 --> 01:21:13,040

But an innocent person got killed in the process.

1170

01:21:13,040 --> 01:21:15,840

Yes, yes.

1171

01:21:15,840 --> 01:21:23,280

And if I can be a part of that healing, it's one of the greatest honors.

1172

01:21:23,280 --> 01:21:27,000

So tell me about the Shadowproof program as a whole, because there's quite a few firefighters

1173

01:21:27,000 --> 01:21:28,840

I know that have raved about it.

1174

01:21:28,840 --> 01:21:30,800

Obviously, too, is one of them.

1175

01:21:30,800 --> 01:21:34,520

So you know, you're doing this one element of breath work.

1176

01:21:34,520 --> 01:21:38,920

Talk to me about the program and kind of paint the picture of what someone would find being

1177

01:21:38,920 --> 01:21:40,880

an inpatient there.

1178

01:21:40,880 --> 01:21:46,040

Well, Shadowproof is one of the most amazing programs.

1179

01:21:46,040 --> 01:21:52,040

I mean, we have really unbelievable people that work there.

1180

01:21:52,040 --> 01:22:03,040

Sharif, who owns FHE Health, and a gentleman named Jeff Weinstein, they collaborated on

1181

01:22:03,040 --> 01:22:10,680

the first responder program in its infancy, and it has just grown and grown and grown.

1182

01:22:10,680 --> 01:22:14,840

And now we have all kinds of modalities.

1183

01:22:14,840 --> 01:22:20,320

We have Annalee Moody, who is the EMDR specialist.

1184

01:22:20,320 --> 01:22:24,600

Also another trauma modality.

1185

01:22:24,600 --> 01:22:28,140
We have the bio bed with Sue Cunningham.

1186
01:22:28,140 --> 01:22:29,800
She runs, she does that.

1187
01:22:29,800 --> 01:22:37,200
Just getting the patients to relax enough to even know that they even have breath to

1188
01:22:37,200 --> 01:22:39,400
start with the breath.

1189
01:22:39,400 --> 01:22:48,200
And Dr. Ananda, who is the director of the Shadowproof program, and Ray and Arthur and

1190
01:22:48,200 --> 01:22:55,160
all of these people, and Victoria, who these therapists that really know the deal.

1191
01:22:55,160 --> 01:22:59,360
I mean, Ray was a PJ for 21 years.

1192
01:22:59,360 --> 01:23:00,360
Pete was a Marine.

1193
01:23:00,360 --> 01:23:04,240
Well, once a Marine, always a Marine, he would correct me to say.

1194
01:23:04,240 --> 01:23:08,880
But there, he was in the Marines for eight years.

1195
01:23:08,880 --> 01:23:14,380
I mean, these people come already with their own set of skills.

1196

01:23:14,380 --> 01:23:20,280

So when you have first responders coming in, they know the deal.

1197

01:23:20,280 --> 01:23:27,440

You know, like a Marine doesn't necessarily have to like, they know the job of the firefighter.

1198

01:23:27,440 --> 01:23:30,080

It doesn't have to be exactly the same job.

1199

01:23:30,080 --> 01:23:37,680

But the mission focus is where they collab.

1200

01:23:37,680 --> 01:23:44,700

You know, both like a police officer and a firefighter and a Marine, they all are mission

1201

01:23:44,700 --> 01:23:45,700

focused.

1202

01:23:45,700 --> 01:23:51,500

They all have that same job, but differently.

1203

01:23:51,500 --> 01:23:52,620

You know what I'm trying to say.

1204

01:23:52,620 --> 01:23:59,240

So the Shadowproof program helps them, one of the biggest things that I say helps them

1205

01:23:59,240 --> 01:24:07,920

is to differentiate the difference between their career trauma, their childhood trauma,

1206

01:24:07,920 --> 01:24:10,000

and their alcoholism.

1207

01:24:10,000 --> 01:24:15,000

Because a lot of men come in and they're like, oh, well, the reason I drink is because I

1208

01:24:15,000 --> 01:24:16,080

don't sleep.

1209

01:24:16,080 --> 01:24:20,200

The reason I drink is because, you know, I was sexually harmed at eight.

1210

01:24:20,200 --> 01:24:24,880

The reason I drink is because of, you know, I was at a pediatric call.

1211

01:24:24,880 --> 01:24:30,840

The reason I drink, well, no, let's back up here because we have to look at your alcoholism

1212

01:24:30,840 --> 01:24:33,840

at eight.

1213

01:24:33,840 --> 01:24:36,620

It's completely different now.

1214

01:24:36,620 --> 01:24:41,880

Maybe in the beginning, it was the reason that you drank because of the sleeping issue.

1215

01:24:41,880 --> 01:24:46,700

But now alcoholism is a progressive illness.

1216

01:24:46,700 --> 01:24:52,240

So now we're at the point, we're drinking whether we're at work or not, whether we're

1217

01:24:52,240 --> 01:24:57,280

taking calls or not, whether we, you know, it's a progressive illness.

1218

01:24:57,280 --> 01:24:59,800

And once you were pickled, no more cucumber.

1219

01:24:59,800 --> 01:25:02,040

That's just the way it is, right?

1220

01:25:02,040 --> 01:25:10,240

So the Shadowproof program, we have this ability to say, okay, well, let's take a look at this

1221

01:25:10,240 --> 01:25:11,440

first.

1222

01:25:11,440 --> 01:25:16,160

And then once we can take a look at the alcoholism, then we can take a look at the career trauma

1223

01:25:16,160 --> 01:25:19,840

or the childhood trauma, whatever comes up first.

1224

01:25:19,840 --> 01:25:21,960

And we do the breath work and the EMDR.

1225

01:25:21,960 --> 01:25:28,200

So they have a sense of relief and they can sort of, it's sort of like the Shadowproof

1226

01:25:28,200 --> 01:25:29,200

program.

1227

01:25:29,200 --> 01:25:36,760

If you had in the palm of your hand, sugar and salt, just looking at it, you're not going

1228

01:25:36,760 --> 01:25:39,000

to know the difference.

1229

01:25:39,000 --> 01:25:46,600

But this program has the ability to sort of weed things out very carefully with a lot

1230

01:25:46,600 --> 01:25:54,840

of compassion, with a lot of these great therapists and clinic, the clinical team is top notch.

1231

01:25:54,840 --> 01:25:56,680

And also the outreach.

1232

01:25:56,680 --> 01:26:02,240

I mean, the, I can't say, I mean, I can't say enough about it, but the outreach program

1233

01:26:02,240 --> 01:26:12,520

with Craig and Sunny and Jeff, I mean, these guys, they're on the front lines.

1234

01:26:12,520 --> 01:26:22,320

They're getting the people that say, they're the first contact of Shadowproof.

1235

01:26:22,320 --> 01:26:23,520

We need help.

1236

01:26:23,520 --> 01:26:24,520

We need help.

1237

01:26:24,520 --> 01:26:25,520

Can you help us?

1238

01:26:25,520 --> 01:26:32,840

And as they come, the clinical team can get in there and do the work.

1239

01:26:32,840 --> 01:26:38,840

I can't believe I even forgot to mention Dr. Bishop, who is the neuro.

1240

01:26:38,840 --> 01:26:47,720

The neuro specifically for TBI and for people that can't sleep and for anxiety and depression

1241

01:26:47,720 --> 01:26:51,840

is just unbelievable, unbelievable.

1242

01:26:51,840 --> 01:27:02,560

And Dr. Dogris has done work with Dr. Joe Dispenza in California.

1243

01:27:02,560 --> 01:27:15,120

And Dr. Joe and Dr. Dogris, I believe, were able to collaborate and make this machine,

1244

01:27:15,120 --> 01:27:25,000

I'm not really versed on neuro, but to make a specific machine for the neuro in FHE to

1245

01:27:25,000 --> 01:27:32,080

help the first responders to show them, you know, a brain mapping.

1246

01:27:32,080 --> 01:27:34,280

Okay, this is what we got here.

1247

01:27:34,280 --> 01:27:36,560

You know, this is where your hypervigilance is.

1248

01:27:36,560 --> 01:27:38,080

This is where your depression lies.

1249

01:27:38,080 --> 01:27:39,640

This is what we're going to work on.

1250

01:27:39,640 --> 01:27:41,640

This is the protocol that we're going to give you.

1251

01:27:41,640 --> 01:27:45,920

And Dr. Bishop is the one who does all and works with them.

1252

01:27:45,920 --> 01:27:48,400

So I mean, think about that combination.

1253

01:27:48,400 --> 01:27:50,120

You have the neuro.

1254

01:27:50,120 --> 01:27:52,520

You have the clinical team.

1255

01:27:52,520 --> 01:27:54,680

You have the EMDR.

1256

01:27:54,680 --> 01:27:56,380

You have breath work.

1257

01:27:56,380 --> 01:27:58,880

You have all of these modalities.

1258

01:27:58,880 --> 01:28:05,960

And then we have, you know, the facilitators like Pete, he'll get them all together and

1259

01:28:05,960 --> 01:28:09,200

do volleyball and do boot camp there now.

1260

01:28:09,200 --> 01:28:13,560

I mean, it's just an amazing, amazing, I can't say enough about it.

1261

01:28:13,560 --> 01:28:16,960

I love where I work and what I do there.

1262

01:28:16,960 --> 01:28:17,960

I really do.

1263

01:28:17,960 --> 01:28:19,720

It's an honor to work there.

1264

01:28:19,720 --> 01:28:22,800

What about when people leave the facility?

1265

01:28:22,800 --> 01:28:29,320

Because what I found in some of these, you know, like we have the union has a mental

1266

01:28:29,320 --> 01:28:30,960

health center in the Northeast.

1267

01:28:30,960 --> 01:28:34,280

And I know that, you know, I've had quite a few people tell me, yeah, it was good while

1268

01:28:34,280 --> 01:28:35,280

we were there.

1269

01:28:35,280 --> 01:28:38,280

But then we went home to the same problems that we left before.

1270

01:28:38,280 --> 01:28:40,760

No one had really prepped our family.

1271

01:28:40,760 --> 01:28:44,540

And so a lot of them kind of fell back into previous behaviors.

1272

01:28:44,540 --> 01:28:49,600

But then you look at AA and obviously the meetings are the reason that you keep that

1273

01:28:49,600 --> 01:28:50,600

community.

1274

01:28:50,600 --> 01:28:57,160

So what is that element after these people kind of transition out of the facility?

1275

01:28:57,160 --> 01:29:01,240

Well what's interesting is that you, it's funny that you just meant the family because

1276

01:29:01,240 --> 01:29:06,760

the family is really important.

1277

01:29:06,760 --> 01:29:18,960

Just recently, a month ago, the clinical team hired a woman named Ivana who is now doing

1278

01:29:18,960 --> 01:29:25,920

family therapy with the first responders loved ones while they're there.

1279

01:29:25,920 --> 01:29:27,400

Is that amazing?

1280

01:29:27,400 --> 01:29:33,520

She is now like on a Zoom call with these husbands and wives, mothers, brothers, you

1281

01:29:33,520 --> 01:29:37,520

know, people that are part of the family and she's giving them an education.

1282

01:29:37,520 --> 01:29:41,000

Okay, this is what is happening to your loved one.

1283

01:29:41,000 --> 01:29:43,800

This is what to expect when they come home.

1284

01:29:43,800 --> 01:29:48,840

Let's talk about even their issues, like what, you know, everything that you've been through

1285

01:29:48,840 --> 01:29:54,720

living with this person that has an alcohol problem or PTSD.

1286

01:29:54,720 --> 01:29:56,520

It may not even be alcohol.

1287

01:29:56,520 --> 01:30:00,880

It may just be strictly PTSD or anxiety disorders.

1288

01:30:00,880 --> 01:30:06,800

Like let's talk about what we need to do for you so when your loved one comes home, there's

1289

01:30:06,800 --> 01:30:12,040

more cohesiveness in the family so they have a better idea.

1290

01:30:12,040 --> 01:30:19,640

But also too, I'm really glad that you brought that up because our caseworkers work really,

1291

01:30:19,640 --> 01:30:21,920

really hard like Jen and Michael.

1292

01:30:21,920 --> 01:30:24,000

They lay out this protocol.

1293

01:30:24,000 --> 01:30:27,640

All right, this is what you're going to do when you go home.

1294

01:30:27,640 --> 01:30:28,880

Okay.

1295

01:30:28,880 --> 01:30:30,720

We got this set up for you.

1296

01:30:30,720 --> 01:30:35,880

We have this appointment, you know, your therapist or your IOP.

1297

01:30:35,880 --> 01:30:38,240

We want you to go.

1298

01:30:38,240 --> 01:30:42,800

You can go to Alcoholics Anonymous meetings or if you don't feel comfortable going there,

1299

01:30:42,800 --> 01:30:46,480

there's another meeting called Badges and Bottles.

1300

01:30:46,480 --> 01:30:52,240

There's strictly for first responders and it's run the AA way.

1301

01:30:52,240 --> 01:30:53,240

Okay.

1302

01:30:53,240 --> 01:30:58,360

Because a lot of these guys, they say things like, Lisa, I don't want to be in Alcoholics

1303

01:30:58,360 --> 01:31:02,440

Anonymous and be sitting next to a guy I just locked up a year ago.

1304

01:31:02,440 --> 01:31:04,080

That doesn't feel good to me.

1305

01:31:04,080 --> 01:31:05,080

Okay.

1306

01:31:05,080 --> 01:31:14,040

So they made a specific protocol for people that have to be in Alcoholics Anonymous that

1307

01:31:14,040 --> 01:31:16,760

need AA but are first responders.

1308

01:31:16,760 --> 01:31:20,080

So it's called Badges and Bottles.

1309

01:31:20,080 --> 01:31:23,600

So they have a couple of them in New Jersey.

1310

01:31:23,600 --> 01:31:32,120

It's pretty big in New Jersey but it's starting to feather out in the East side.

1311

01:31:32,120 --> 01:31:35,800

Now here's the thing.

1312

01:31:35,800 --> 01:31:40,800

When you have a broken arm, okay, and you go into any kind of hospital and you say,

1313

01:31:40,800 --> 01:31:44,760

listen, you know, I got my arm broken here and they wrap it in a cast and they say, all

1314

01:31:44,760 --> 01:31:45,880

right, listen, come back.

1315

01:31:45,880 --> 01:31:48,440

You're going to have to do physical therapy.

1316

01:31:48,440 --> 01:31:52,240

You know, you're going to have to do all this and then in six weeks we take it off and you're

1317

01:31:52,240 --> 01:31:53,240

good.

1318

01:31:53,240 --> 01:31:54,240

Okay.

1319

01:31:54,240 --> 01:32:03,880

When you come down to FHE, every single clinical member is saying to them, this is not a hospital

1320

01:32:03,880 --> 01:32:06,320

where you broke your arm.

1321

01:32:06,320 --> 01:32:10,680

This is a place where we are just the mirror.

1322

01:32:10,680 --> 01:32:17,440

We hold the mirror up to you and we say, you look inside of the mirror and you see what's

1323

01:32:17,440 --> 01:32:18,880

going on with you.

1324

01:32:18,880 --> 01:32:23,060

Now, now that you know that you have these issues, what are you going to do about them?

1325

01:32:23,060 --> 01:32:25,400

Because this is a lifelong process.

1326

01:32:25,400 --> 01:32:29,680

This isn't going to get my arm fixed and I'm all good now.

1327

01:32:29,680 --> 01:32:37,620

So when you leave, if you do not do the protocol or you do not do what's necessary, it's only

1328

01:32:37,620 --> 01:32:38,620

a matter of time.

1329

01:32:38,620 --> 01:32:40,960

I mean, we're dealing with alcoholism here.

1330

01:32:40,960 --> 01:32:48,560

This is one of the strongest, most, it's an illness that tells you you don't have an illness,

1331

01:32:48,560 --> 01:32:49,560

that you're good now.

1332

01:32:49,560 --> 01:32:50,560

I'm good.

1333

01:32:50,560 --> 01:32:51,560

I went to Shatterproof.

1334

01:32:51,560 --> 01:32:52,560

I stopped drinking.

1335

01:32:52,560 --> 01:32:55,360

I dealt with my trauma.

1336

01:32:55,360 --> 01:32:58,120

I had a little of this and a little of that and I'm good now.

1337

01:32:58,120 --> 01:33:01,160

And they go back into the same environment.

1338

01:33:01,160 --> 01:33:09,600

You have to have some kind of safety net when you get out, whether that's badges and badges

1339

01:33:09,600 --> 01:33:17,160

or excuse me, badges and bottles or alcoholics synonymous or celebrate recovery or smart

1340

01:33:17,160 --> 01:33:19,640

recovery or the Buddhist recovery.

1341

01:33:19,640 --> 01:33:23,600

I mean, there's a plethora of things that they can go to.

1342

01:33:23,600 --> 01:33:32,000

If they don't go to them, it's just a matter of time, in my opinion.

1343

01:33:32,000 --> 01:33:37,700

And for the gentlemen and the ladies that just come in for PTSD, that they don't have

1344

01:33:37,700 --> 01:33:41,900

the addiction issues, they need therapy.

1345

01:33:41,900 --> 01:33:43,800

Therapy isn't a one and done.

1346

01:33:43,800 --> 01:33:48,160

You don't go a couple of times and you're like, oh, I got it all figured out.

1347

01:33:48,160 --> 01:33:51,800

As you know, therapy takes time and patience and compassion.

1348

01:33:51,800 --> 01:33:57,840

So when they leave, they need to continue with their therapy or whatever they need to

1349

01:33:57,840 --> 01:34:04,020

do in order to get better, stay better and become the person that they want to be.

1350

01:34:04,020 --> 01:34:07,120

So aftercare is hugely important.

1351

01:34:07,120 --> 01:34:08,560

Absolutely.

1352

01:34:08,560 --> 01:34:11,960

I want to put one thing to you and then we'll go to some closing questions.

1353

01:34:11,960 --> 01:34:17,640

But you mentioned about the people that work there now that are PJs and Marines.

1354

01:34:17,640 --> 01:34:21,760

And this is a big thing in our profession collectively, it's just buy-in.

1355

01:34:21,760 --> 01:34:26,760

And I've sat there while people from a fitness background have come in and they're like,

1356

01:34:26,760 --> 01:34:29,760

oh, you're going to do is sit on the Swiss ball and stretch these bands.

1357

01:34:29,760 --> 01:34:33,200

And you're just watching going, you have no idea what we even do for a living, do you?

1358

01:34:33,200 --> 01:34:35,840

And the same with nutrition and even mental health.

1359

01:34:35,840 --> 01:34:41,320

And a lot of horror stories, so many horror stories of when someone in crisis has finally

1360

01:34:41,320 --> 01:34:45,680

worked up the courage and they sit in front of the wrong counselor.

1361

01:34:45,680 --> 01:34:48,240

And what scares me is those are the stories I've heard.

1362

01:34:48,240 --> 01:34:51,960

How many do we not get to hear because that was the last straw for that person.

1363

01:34:51,960 --> 01:34:56,160

And they walked out realizing, thinking that they were completely broken, no one could

1364

01:34:56,160 --> 01:34:59,680

help them because that counselor just burst into tears or told me to get out.

1365

01:34:59,680 --> 01:35:02,600

And then they ended up complete in suicide.

1366

01:35:02,600 --> 01:35:08,800

So how do you yourself not being in uniform prior get buy-in from these men and women

1367

01:35:08,800 --> 01:35:14,640

that come into your doors?

1368

01:35:14,640 --> 01:35:25,440

I just have this ability to meet them where they're at and love them without any judgment.

1369

01:35:25,440 --> 01:35:33,040

I know this is going to sound as corny as it gets, but James, love is the answer.

1370

01:35:33,040 --> 01:35:40,880

And if you have somebody who's really listening, really listening, there's no greater gift.

1371

01:35:40,880 --> 01:35:50,160

And that's my gift, that I have the ability to do that.

1372

01:35:50,160 --> 01:35:52,240

And I never get tired of it.

1373

01:35:52,240 --> 01:35:53,240

I never get tired of it.

1374

01:35:53,240 --> 01:35:54,240

I don't know what it is.

1375

01:35:54,240 --> 01:36:01,920

I never get tired of just loving these men and women up.

1376

01:36:01,920 --> 01:36:06,360

I almost feel like it's an honor to be with them.

1377

01:36:06,360 --> 01:36:14,120

I mean, we're talking about firemen and police officers and veterans that give their life

1378

01:36:14,120 --> 01:36:15,160

for our community.

1379

01:36:15,160 --> 01:36:21,080

I had no idea how much they gave until I started working in the Shatterproof program.

1380

01:36:21,080 --> 01:36:28,080

So for me to sit and listen and be able to breathe and show compassion and love to these

1381

01:36:28,080 --> 01:36:32,520

folks, it's more of an honor than it is anything else.

1382

01:36:32,520 --> 01:36:35,840

When you go to work and you don't feel like it's a job, you know you're in the right

1383

01:36:35,840 --> 01:36:36,840

business.

1384

01:36:36,840 --> 01:36:38,560

I couldn't agree more.

1385

01:36:38,560 --> 01:36:39,560

Yeah.

1386

01:36:39,560 --> 01:36:40,560

Beautiful.

1387

01:36:40,560 --> 01:36:41,560

All right.

1388

01:36:41,560 --> 01:36:43,800

Well, I want to throw some quick closing questions at you before I let you go.

1389

01:36:43,800 --> 01:36:49,440

The first one I love to ask, and you've already mentioned obviously the big book and then

1390

01:36:49,440 --> 01:36:51,160

Surrender Experiment as well.

1391

01:36:51,160 --> 01:36:55,480

Are there any other books that you love to recommend?

1392

01:36:55,480 --> 01:36:56,480

Okay.

1393

01:36:56,480 --> 01:36:57,480

Yes.

1394

01:36:57,480 --> 01:36:59,360

All right.

1395

01:36:59,360 --> 01:37:06,480

The Four Agreements by Don Miguel Ruiz.

1396

01:37:06,480 --> 01:37:12,240

The Road Less Traveled by Scott Peck.

1397

01:37:12,240 --> 01:37:16,680

The Surrender Experiment by Michael Sanger.

1398

01:37:16,680 --> 01:37:17,680

Let's see.

1399

01:37:17,680 --> 01:37:18,680

What else?

1400

01:37:18,680 --> 01:37:23,200

The Power of Now by- Eckhart Tolle.

1401

01:37:23,200 --> 01:37:26,060

Eckhart Tolle, yes.

1402

01:37:26,060 --> 01:37:31,040

The Good Earth by Eckhart Tolle as well.

1403

01:37:31,040 --> 01:37:36,320

The Five Love Languages by Hendrix Harvell.

1404

01:37:36,320 --> 01:37:42,360

Harvell, I believe it is.

1405

01:37:42,360 --> 01:37:48,680

A Return to Love by Marianne Williamson.

1406

01:37:48,680 --> 01:37:51,000

Anything by Dr. Wayne Dyer.

1407

01:37:51,000 --> 01:37:52,000

Anything.

1408

01:37:52,000 --> 01:37:53,000

Absolutely.

1409

01:37:53,000 --> 01:37:57,560

Yes, it was just absolutely amazing.

1410

01:37:57,560 --> 01:38:02,400

Those are just the ones that are off the top of my head, but I think that's enough.

1411

01:38:02,400 --> 01:38:03,400

That's a lot.

1412

01:38:03,400 --> 01:38:04,400

Yeah, that's plenty of reading for people.

1413

01:38:04,400 --> 01:38:05,400

Yeah.

1414

01:38:05,400 --> 01:38:07,440

I don't think Wayne Dyer wrote a bad book.

1415

01:38:07,440 --> 01:38:08,440

I really don't.

1416

01:38:08,440 --> 01:38:10,760

So what about films and documentaries?

1417

01:38:10,760 --> 01:38:12,040

Any of those that you love?

1418

01:38:12,040 --> 01:38:14,080

Oh, God, there's so many.

1419

01:38:14,080 --> 01:38:21,120

But I would say, I mean, I like anything to do with recovery.

1420

01:38:21,120 --> 01:38:25,040

I remember the Sandra Bullock movie.

1421

01:38:25,040 --> 01:38:28,520

I think it was called Thirteen Days.

1422

01:38:28,520 --> 01:38:30,520

My Name is Bill Wilson.

1423

01:38:30,520 --> 01:38:33,920

That's another one that was really good.

1424

01:38:33,920 --> 01:38:37,560

There's a couple recovery films.

1425

01:38:37,560 --> 01:38:42,320

I can't remember the names of them, but I remember watching them.

1426

01:38:42,320 --> 01:38:50,680

And really, they do a really good job of understanding the alcoholic because it's very puzzling.

1427

01:38:50,680 --> 01:38:57,520

Like you're a family member and you think to yourself, if you know this is bad for you,

1428

01:38:57,520 --> 01:39:01,320

why the hell are you doing it?

1429

01:39:01,320 --> 01:39:04,320

And Al-Anon family groups, huge.

1430

01:39:04,320 --> 01:39:10,260

ACOA, which is the Adult Children of Alcoholics, huge program.

1431

01:39:10,260 --> 01:39:14,960

It's imperative for the families to understand what they're dealing with.

1432

01:39:14,960 --> 01:39:16,880

I mean, I always use this analogy.

1433

01:39:16,880 --> 01:39:23,160

I say, listen, if your loved one, let's just say, God forbid they had, I don't know, neuroblastoma,

1434

01:39:23,160 --> 01:39:24,400

rare cancer.

1435

01:39:24,400 --> 01:39:29,840

You would be on the internet like a crazy person trying to find out what to do.

1436

01:39:29,840 --> 01:39:32,080

Best doctor, blah, blah, blah.

1437

01:39:32,080 --> 01:39:35,920

You wouldn't just wonder and say, like, why are you doing that?

1438

01:39:35,920 --> 01:39:38,000

No, you would get involved.

1439

01:39:38,000 --> 01:39:40,680

So that's what Al-Anon family groups is about.

1440

01:39:40,680 --> 01:39:46,560

If your loved one has a problem with addiction, you find out, find out what they have.

1441

01:39:46,560 --> 01:39:49,160

Al-Anon can help you.

1442

01:39:49,160 --> 01:39:53,280

You just made me think of another analogy because I mean, I've talked a lot about the

1443

01:39:53,280 --> 01:39:55,680

broken brain, especially when it comes to suicide.

1444

01:39:55,680 --> 01:39:58,160

You know, like how could they be so selfish?

1445

01:39:58,160 --> 01:39:59,560

How could they be so cowardly?

1446

01:39:59,560 --> 01:40:04,560

And you listen to people that have been there over and over and over again and you hear

1447

01:40:04,560 --> 01:40:05,560

basically two things.

1448

01:40:05,560 --> 01:40:08,900

Of course, the want for suffering to end.

1449

01:40:08,900 --> 01:40:14,000

But the other thing that seems to be far less discussed is that feeling of burdensome, that

1450

01:40:14,000 --> 01:40:15,040

guilt and shame.

1451

01:40:15,040 --> 01:40:18,840

Like if I wasn't here anymore, my family would be better off.

1452

01:40:18,840 --> 01:40:23,240

And that, of course, to a healthy brain makes no sense whatsoever.

1453

01:40:23,240 --> 01:40:25,560

But at that moment, that person believes.

1454

01:40:25,560 --> 01:40:33,240

And so that really reframes suicide to selfless and courageous at that moment, at that time.

1455

01:40:33,240 --> 01:40:36,760

But it's funny because just when you're talking about the broken arm, another analogy, when

1456

01:40:36,760 --> 01:40:42,080

we run on patients with very low blood sugar, they're acting completely inappropriately.

1457

01:40:42,080 --> 01:40:45,360

You know, they're belligerent, they're violent, they're whatever.

1458

01:40:45,360 --> 01:40:49,760

And it's like shouting at the hypoglycemic going, what's wrong with you?

1459

01:40:49,760 --> 01:40:53,280

Stop behaving that way when what they need is sugar.

1460

01:40:53,280 --> 01:40:55,240

And it's the same kind of thing.

1461

01:40:55,240 --> 01:40:56,440

Yes.

1462

01:40:56,440 --> 01:40:57,880

Get them some orange juice.

1463

01:40:57,880 --> 01:40:58,880

Exactly.

1464

01:40:58,880 --> 01:41:00,880

Orange juice is the answer, along with love.

1465

01:41:00,880 --> 01:41:01,880

Yes.

1466

01:41:01,880 --> 01:41:05,560

Love and compassion is the answer.

1467

01:41:05,560 --> 01:41:06,560

Is the answer.

1468

01:41:06,560 --> 01:41:07,560

100%.

1469

01:41:07,560 --> 01:41:08,560

All right.

1470

01:41:08,560 --> 01:41:11,640

Well, we've mentioned a lot of great people.

1471

01:41:11,640 --> 01:41:16,000

Is there a person that you recommend to come on this podcast as a guest to speak to the

1472

01:41:16,000 --> 01:41:20,000

first responders, military and associated professions of the world?

1473

01:41:20,000 --> 01:41:21,200

Okay.

1474

01:41:21,200 --> 01:41:24,680

Ray McDaniel is my colleague at FHA.

1475

01:41:24,680 --> 01:41:28,520

He is 21 years a PJ.

1476

01:41:28,520 --> 01:41:38,240

And he, Ray, has this uncanny ability to hard nose and hug them all at the same time.

1477

01:41:38,240 --> 01:41:44,520

So he gives it to him straight and he loves them as he's given.

1478

01:41:44,520 --> 01:41:48,680

He's just, he really knows what he's doing.

1479

01:41:48,680 --> 01:41:56,360

And a lot of people in the first and in the Shatterproof program really love and admire

1480

01:41:56,360 --> 01:42:05,500

him because he's got a way of really connecting with the clients.

1481

01:42:05,500 --> 01:42:06,500

Really connecting with the clients.

1482

01:42:06,500 --> 01:42:08,000

And he knows what he's talking about.

1483

01:42:08,000 --> 01:42:09,000

He's been there.

1484

01:42:09,000 --> 01:42:10,000

He's been there.

1485

01:42:10,000 --> 01:42:11,000

Yeah, that would be amazing.

1486

01:42:11,000 --> 01:42:16,280

And it's funny that the PJs, I've had a few of them on the show.

1487

01:42:16,280 --> 01:42:20,400

If there was a branch of the military or a specialty within the military that really

1488

01:42:20,400 --> 01:42:24,760

mirrors the firefighter paramedic closest, it's the PJ.

1489

01:42:24,760 --> 01:42:25,760

They do the ropes.

1490

01:42:25,760 --> 01:42:28,440

They wait for a call and then have to react.

1491

01:42:28,440 --> 01:42:30,400

Obviously, they're doing the advanced medicine.

1492

01:42:30,400 --> 01:42:31,400

So it's all the things.

1493

01:42:31,400 --> 01:42:33,880

It's a military version of what we do here.

1494

01:42:33,880 --> 01:42:38,640

So there's a lot of cross-pollination and then you add in obviously now what he's doing

1495

01:42:38,640 --> 01:42:39,640

at Shatterproof.

1496

01:42:39,640 --> 01:42:41,340

I think that'd be an incredible conversation.

1497

01:42:41,340 --> 01:42:43,920

So if you're able to help, let's make that happen.

1498

01:42:43,920 --> 01:42:44,920

Absolutely.

1499

01:42:44,920 --> 01:42:46,320

I'll make sure it happens.

1500

01:42:46,320 --> 01:42:47,940

I'll tell him.

1501

01:42:47,940 --> 01:42:48,940

Thank you.

1502

01:42:48,940 --> 01:42:49,940

All right.

1503

01:42:49,940 --> 01:42:53,080

Well, then the very last question, which is interesting for you, before we go to where

1504

01:42:53,080 --> 01:42:57,600

people can find all the different places, what do you do to decompress?

1505

01:42:57,600 --> 01:43:00,200

I'm assuming breath work is part of it.

1506

01:43:00,200 --> 01:43:01,200

Yes.

1507

01:43:01,200 --> 01:43:11,960

I breathe a lot and I go to Alcoholics Anonymous and that is my spiritual work.

1508

01:43:11,960 --> 01:43:13,920

I do breath work for myself as well.

1509

01:43:13,920 --> 01:43:17,920

I have a friend, her name is, I did say Dr. Coleman.

1510

01:43:17,920 --> 01:43:18,920

We exchange.

1511

01:43:18,920 --> 01:43:21,240

You know how massage therapists do that?

1512

01:43:21,240 --> 01:43:23,200

They exchange massages.

1513

01:43:23,200 --> 01:43:26,000

Well, Susie and I, we exchange breath.

1514

01:43:26,000 --> 01:43:30,240

So she'll breathe with me because it's really, it's much better to do it with the facilitator

1515

01:43:30,240 --> 01:43:34,880

that's sitting by you that can guide you and ask the questions that you need to be asked

1516

01:43:34,880 --> 01:43:36,280

when you're breathing.

1517

01:43:36,280 --> 01:43:42,840

And then when, you know, I'll do a session with her, she'll do a session with me and

1518

01:43:42,840 --> 01:43:43,840

we do that.

1519

01:43:43,840 --> 01:43:48,960

And I go to AA and I have my family and friends too.

1520

01:43:48,960 --> 01:43:51,360

So I have a wonderful life.

1521

01:43:51,360 --> 01:43:52,360

I'm really blessed.

1522

01:43:52,360 --> 01:43:53,360

I'm very blessed.

1523

01:43:53,360 --> 01:43:54,360

Fantastic.

1524

01:43:54,360 --> 01:43:55,360

All right.

1525

01:43:55,360 --> 01:44:00,280

So then where can people find FHE and the Shatterproof program and then where else can

1526

01:44:00,280 --> 01:44:02,320

they find you and your work?

1527

01:44:02,320 --> 01:44:03,320

Okay.

1528

01:44:03,320 --> 01:44:08,920

So FHE has a website, FHE health.

1529

01:44:08,920 --> 01:44:15,160

You can just Google that in a minute and it'll pop up and there's an admissions, a whole

1530

01:44:15,160 --> 01:44:17,880

department in admissions.

1531

01:44:17,880 --> 01:44:21,000

So they can just call if they need the help.

1532

01:44:21,000 --> 01:44:33,720

And my particular website is called Breathing Out Trauma with 1T, breathingout,
O-U-T-T-R-A-U-M-A.com.

1533

01:44:33,720 --> 01:44:39,120

So if somebody just is not, it doesn't have an addiction problem or doesn't suffer from

1534

01:44:39,120 --> 01:44:45,320

PTSD and you're just a regular old person that needs a break, breath work is great.

1535

01:44:45,320 --> 01:44:47,680

Breath work is great for humanity.

1536

01:44:47,680 --> 01:44:52,560

I mean, I don't know how else to say it, but if they want a session, they can go there

1537

01:44:52,560 --> 01:44:54,680

as well.

1538

01:44:54,680 --> 01:44:55,680

I think that's it.

1539

01:44:55,680 --> 01:44:56,680

Was that your questions?

1540

01:44:56,680 --> 01:44:57,680

Yep.

1541

01:44:57,680 --> 01:44:58,680

That was it.

1542

01:44:58,680 --> 01:45:00,120

Well, I want to thank you so much.

1543

01:45:00,120 --> 01:45:06,720

Again, thank you to Sue for connecting us, but not only just walking us through the kind

1544

01:45:06,720 --> 01:45:10,680

of breath work side and the therapy side, but even walking us through your own personal

1545

01:45:10,680 --> 01:45:11,680

journey.

1546

01:45:11,680 --> 01:45:18,280

As, oh my God, what's her name, Brene Brown talks about a lot, I think vulnerability truly

1547

01:45:18,280 --> 01:45:20,160

is the courage that we need.

1548

01:45:20,160 --> 01:45:25,520

And especially, I would argue more so even with our men or our women in male dominated

1549

01:45:25,520 --> 01:45:31,120

professions like the uniformed services, we need to have that vulnerability put front

1550

01:45:31,120 --> 01:45:32,120

and center again.

1551

01:45:32,120 --> 01:45:38,680

And when someone is brave enough to storytell on their own challenges and their own struggles,

1552

01:45:38,680 --> 01:45:41,760

I think it really creates that buy-in that we were talking about earlier.

1553

01:45:41,760 --> 01:45:46,680

So I want to thank you so, so much for that and for coming on the Behind the Shield podcast

1554

01:45:46,680 --> 01:45:47,680

today.

1555

01:45:47,680 --> 01:45:49,640

Oh, James, thank you so much.

1556

01:45:49,640 --> 01:45:51,880

This was such a pleasure and I feel so honored.

1557

01:45:51,880 --> 01:45:52,880

Thank you.

1558

01:45:52,880 --> 01:45:53,880
Thank you.

1559
01:45:53,880 --> 01:46:08,880
Thank you.