

# Paul Harris - Episode 763

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## SUMMARY KEYWORDS

day, man, marines, walk, marine, good, called, people, thought, feel, kindness, weeks, journey, problem, military, talk, underwear, life, essence, humans

## SPEAKERS

Paul Harris, James Geering


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James Geering 00:00

This episode is sponsored by a company I've used for well over a decade and that is 511. I wore their uniforms back in Anaheim, California and have used their products ever since. From their incredibly strong yet light footwear to their cut uniforms for both male and female responders, I found them hands down the best work were in all the departments that I've worked for. Outside of the fire service. I use their luggage for everything and I travel a lot and they are also now sponsoring the 7x team. As we embark around the world on the human performance project. We have Murph coming up in May, and again, I bought their plate carrier, I ended up buying real ballistic plates rather than the fake weight plates. And that has been my ride or die through Murph the last few years as well. But one area I want to talk about that I haven't in previous sponsorship spots is their brick and mortar element. They were predominantly an online company up till more recently, but now they are approaching 100 stores all over the US. My local store is here in Gainesville, Florida, and I've been multiple times. And the discounts you see online are applied also in the stores. So as I mentioned, 511 is offering you 15% of every purchase that you make. But I do want to say more often than not they have an even deeper discount, especially around holiday times. In fact, if you're listening to this in the months of April or May 511 days is coming up between May 9 and may 16, you will get 20% of all gear and apparel. And that applies both online and in store. But if you use the code shield 15 That's S H I E L D one five, you will get 15% off your order or in the stores every time you make a purchase. And if you want to hear more about 511, who they stand for and who works with them. Listen to Episode 580 of behind the shield podcast with 511 Regional Director will airs Welcome to the behind the shield podcast. As always, my name is James Geering. And this week, it is my absolute honor to welcome on the show former Royal Marine and the man known as the warrior Walker, Paul Harris. Now Paul has just completed a trip around the entire mainland Britain on foot walking. So we discuss a host of topics from some of the traumas of his childhood that led him into his own mental health struggles, his journey into the Royal Marines, his unique perspective on war, the kindness and compassion that kept him going through his incredible journey, the power of community and so much more. Now, before we get to this incredible conversation, as I say, every week, please just take a moment, go to whichever app you listen to this on, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast therefore making it easier for others to find. And this is a free library of well over 750 episodes now. So all I ask in return is that you

help share these incredible men or women stories so I can get them to every single person on planet earth who needs to hear them. So with that being said, I introduce to you Paul Harris enjoy Paul, I want to firstly say congratulations and obviously get to what I'm saying that in a second. And secondly, say that I'm honored that you chose to come on this podcast after you completed this incredible adventure you've been on so welcome to the behind the shield podcast today.

 Paul Harris 04:01


Mate. Thanks, man. It's been a it's been a long time coming and you know, as I've been on the path I've been saying yeah, I'll do it then I'll do it then and it's just been I've been knackered or the weather or just it's not hit. But as I said before, I promise you that you know you'll be the first guy that I speak to since finishing and and that was three days ago.

 James Geering 04:19

Yeah, well, it's amazing. So before we start your journey where on planet earth are we finding you today?

 04:26

So I'm currently resting up for a week or so in a place called North Devon.

 James Geering 04:32

Brilliant not too far from where I grew up. I'm from Bath originally so West Country.

 04:36

I was thinking I don't know why I just thought you'd have an American accent but you don't

 James Geering 04:40

no, no, no, no, no I put it on I've you know affect it. When I'm with English girls. I put the American accent on when I'm an American grows up at the English accent on let's go. Now I keep getting tell us somebody will hear it straightaway. Some people like you sound totally American. So it's funny. It depends on the ear holes I guess All right, well then let's start at the very beginning of your personal journey. So tell me where you were born. And tell me a little bit about your family dynamic what your parents did, and how many siblings?

 05:10

Yeah, so all obviously, and I grew up and I was born in a place called Bournemouth in Dorset, in

England, and I had a moment of dads. They actually split up when I was sick. So they're quite I was quite young when they went when they split off and it was quite messy in essence, and I had a brother. And then when they split up, my dad went on to marry someone else who have three sons. My mum married someone else, you had a son. So in essence, I've got five brothers and me. I'm the old meant to be the wisest, I don't know. And, yeah, it's been, you know, grandparents and growing up in Bournemouth it was, it was a nice place to grow up. But I've realized it was pretty traumatic. And it was pretty. It wasn't that great, to be fair, but firstly, I'm not the first person to have a family dynamic like that. And secondly, age time and wisdom. I'm kind of glad it happened. Otherwise, I wouldn't be the man I am today. So, you know, it's kind of, you know, do I wish it was better, probably. But at the same time, I feel like if I had a nice, comfortable, warm childhood, which is very nice for people that have that, I don't know if I would have pushed the way I've done in my life to get what I've got. So

**J** James Geering 06:32

while you talk about Bournemouth, for people listening, I think we're in the same comparative places in our own countries now. So I'm in Florida, where a lot of people go to retire, and correct me if I'm wrong, but Bournemouth has a pretty significant elderly population as well.

 06:47

Yeah. You know, the kind of the southwest of England really that, you know, it's a it's a beautiful place, just as Florida probably is. And it's one of those places where people settle down and get families and come to retire. Yeah,

**J** James Geering 07:02

absolutely. Well, firstly, what did your parents do as far as profession.

 07:07

So my mom, she ran her own business, so she has like a catering business, my dad was a was a butcher. He's one of those guys that started when he was 16. And he's still doing it today. And he's in his 60s now. And that's the only job he's ever done.

**J** James Geering 07:23

So what has been his observation of the his his entire world because from what I've seen from when you're basically we were kids, is you had a local butcher, then you had Sainsbury's and some of these mega stores come in which, more often than not put our local butchers and bakers and you know, delis our business, then you have the plant based movement, which I'm all about more vegetables and less processed shit, but a very anti meat movement. And then now I think you're getting back to, I hope, a push to almost full circle to the artisan, butcher, baker, etc. So what has he seen through his whole career,

 07:59

those villages you made, I don't actually know. Just because I lost touch with my dad when I was six, and he's not really been a he's not really been prominent person in my life, like a dad should be. But again, as I mentioned, I feel like that's been my superpower. Because I know what it's like not to have that male influence, which is needed in your life, and I've gone out to find it myself, and I've gone out to kind of be that person that I needed. So I can't really tell you, all I do know is having done what I've just done, you know, I'm all about the independence and the artists and and that, you know, it's for instance, coffee, you know, if you go to an independent coffee shop, you know that they're going to care about that cup of coffee. Whereas when it's mass produced, and that can be in probably any level of any, any, any commodity, you know, it's going to be possibly overlooked with the whole quality and quantity. You know, so I know that I'd much rather go for an independent coffee independent butcher independent anything, rather than a mass marketed machine. That is whatever it is you drink or eat.

 James Geering 09:03

Absolutely. Well, you kind of hit that that kind of childhood trauma subject pretty early in this conversation, which is excellent. I don't think people understand how many human beings have significant levels of trauma, but especially in the uniform. And I think there's a you know, kind of double edged sword of why Firstly, there's the drive for the the kind of vicious circle to stop there, and you want to become the protector, you know, what it's like to be to be her. And then secondly, I think some of these careers that we choose, they're exciting, they're dangerous, and I think that kind of pushes down, some of the things are actually swirling around in our head. So if you want to kind of when you look back now with this incredible, like, almost three year meditational experience that you've been on, what would you kind of take away from your childhood now?

 09:51

Man, that's a good question. That is but um, well, I'm 39 now I feel like when I started this walk, you know, to walk around the UK, you know, I was a very lost person lost soul. And I feel like it's like a recipe to make something, you know, you have, you have a certain amount of ingredients. And for me there was there was trauma from my growing up my childhood, there was probably trauma from the military. And over the years, I just not spoke about it. So I've kept it down and deep inside for a long, long time. And it took a moment in my life for that to kind of come out. And that was a, like I said many times before, it was a panic attack, you know, and you either go left or right, when you have one of them. Obviously, COVID came. And I was kind of slow down, I got a message from a friend, you know, you need to write a book and walk around the UK. I mean, most people are going to get that message and just not even look at it not even notice it just, you know, a fleeting moment of kind of, that'd be nice and not do it. But for me, that was at the back end of 10 months of the questioning and sadness and pain, in my own mind that no one knew about. I felt like a failure often. I didn't speak how I felt if someone asked me, How are you military and a male? I'm good. Yeah, I'm good. You know, I really wasn't. And that message came through. And it changed my life, you know, instantly I, I knew I just knew is hard to explain to people how I just knew I had to do it. And I quit the job that I was doing, I quit where I was living, I had 300 pounds in my bank, which was I don't know

about \$500 in America, which is not recommended to do the life changing adventure on. But for me, it was like the I needed it more than it needed me. And I really am a firm believer in the I don't know if it's, I've come to say that the universe and the gods are a thing. But also I feel like I use those words. And maybe that's my gut instinct. And that is what tweaked my curiosity. And having been a Marine, and having done quite a lot in my life, I knew that I thrive. And I thrive in environments where you can't see the end. I knew, I know that I thrive in environments where it's such a big challenge. It's bigger than me. And I also knew that I thrive in areas that aren't easy, and things aren't easy to get. And that definitely ticked all those boxes. So I just needed it. And three weeks later, after many sleepless nights, and what about money? What about a career? What about our partner? What about all the society and societal things that are put upon our shoulders that are deemed as being successful, I decided to have had enough of that, and I wasn't doing that. And I wasn't buying into that. So I thought, eff it, I'm gonna go. You know, regret is painful, more so than anything else. So I kind of fast forward 1020 years, if I'm lucky to be here, then. And I thought I will look back on this that moment and be like, but I should have done that. And I also know that I probably would put on quite an angry person for not doing that later on in life. So I decided to take that leap of faith. I knew the universe would catch me. And I knew it would happen. I didn't know when it would happen. It just so happened it was the first step. So you know, yeah.

 James Geering 13:50

Beautiful. Well, I want to get to kind of your journey into the military before we obviously come out the other side. When you were school age, what were you playing? Were you pretty athletic back then.

 14:00

Yes, I was very good at sports, you know, so I was running, I was playing football. And I was I was about 18. And it was actually my brother. He joined the army. And he was 16. And as I've mentioned, with my growing up, and parents, I know now it was quite a toxic environment. But when you're young, and in it, you don't really realize until later on in life. But even though I knew that, I instantly just said, I'm going to join the Marines. You know, because I just wanted the attention from my families come on to me. You know, that child that's wants to be seen and wants to be kind of the parents to be proud of him, so to speak, you know? And so I never envisaged that I joined the military I never planned to, I kind of didn't want to and that starts the story of this crazy journey that 20 years later, I've realized that I'm a very determined person who seeks out adventures.

 James Geering 14:59

Now was this Post 911 that you signed up?

 15:01

It was no it was just Yeah. So it was after 911. So I went in 2002.

J James Geering 15:07

Right. So what was your 911 story? What you know, what do you remember doing and where were you?

o 15:14

I was actually at college and I was doing travel and tourism in Bournemouth College, and we were happened to be on a on a on a day trip to an Adventure Park called for park. So it's like lock flumes and fairground rides and roller coasters, and I was there. And 911 happened, obviously, and Everyone's panicking. And it's one of those moments in in climb, like COVID, like many other things. It's one of those where were you at that time moments. And I remember that that's where I was at that day. And even then I didn't even think to join the military even then. And it's one of those things with with 911. You're watching the news, and you're seeing it happen. And it's just your brain cannot compute that that is happening right now. It doesn't feel real.

J James Geering 16:06

So with a very, very recent enlistment right after 911, what is your journey into the Royal Marines that like what was your recruitment experience? And then, you know, talk to me about your success through boot camp.

o 16:17

Yeah, man, so I've probably changed one of the hardest, you know, militaries to go into, and training programs to go into, but it was either go into the Paris or go into the Marines. My brother, obviously, as I said, joined the army. So he was kind of the inspiration for it. And I thought, I'm just gonna give it a go. So you know, you do the basic kind of maths and English test. And then after you've done that, when you visited the careers office and say, you want to join the Marines, I was 18. So I was a young, a young boy. So you have that kind of no fear element about who you are and what you're doing. And then I went down to lymptone, which is the Royal Marine Training Center in Devon, and I did a three day PRMC. So that's a potential marine course. And to him, and, you know, you, when you're younger, you've got this kind of no fear attitude, and you feel like you're the mutts nuts, you know, your thought, you're the guy. And then you go to this environment where there's all of a sudden, maybe 100 and 150, people that are men, fully grown men, in our families and wives and babies, and you're just like, dude, I'm, I'm so gonna screw this up. I can't compete with you know, and but, you know, three days later, we do the bottom field, I remember just doing Bonfield, which is the assault course and getting hammered, and beasted, and pull ups and press ups and running, and mostly just that. And even then I was still kind of like, I'm not sure about this, but it kind of piqued my curiosity, it was even even back then it was kind of, I want to see if I can do it. I want to see if I'm good enough. I want to see if I'm fit enough. And I want to see if I can make it. But yeah, past past three days, I think it was almost a 50 to 60% split that heart over half the guy sort of just under half the guys didn't make it.

 James Geering 18:06

What what's the reason that you did when you look back now with the 18 years that you'd be on this planet? You know what? Because I know it's not just physical, it's mental as well, what were the tools that you brought in that some people didn't have?

 18:18

I felt like I had a reason to do it. But I didn't know it at the time. And that reason would have been my family upbringing and how traumatic it was. So I looked for male role models, I guess. And I found one and found them in the Marines and, you know, an instant brotherhood, everyone's kind of fighting for the same thing. Everyone's gearing up and training to do the same thing. And then it's like a movie and then you know, so I want to do young boys like, it's like the movies that you're watching on. It's so cool, man, you go traveling, and you can go and fight for your country. And you can go in like, see things people don't see. So that there was a number of reasons and a number of things that I wanted to kind of do, but in the moment and there and then that was that wasn't on my radar. I was just trying to get through the day. But ya know, I passed and then I remember, like, not many people know, but I was still undecided about joining. I remember my mom. She said to me, if you don't join the Marines, you're not living here. And, you know, as an 18 year old boy, man do that's not not that's not a great feeling. So in essence, I have to thank my mom, really, I don't really speak to her much anymore. But back then, if she hadn't said that I probably want to join just because I knew that it would be relentless. And it was tough. And it was you know, when you're when you're in training, and even that free days, you know, fully grown men just can't aren't making it. And you know, just you know, that self doubt, even as a young person is there. But you also don't have the life experience, which I think is a superpower. Because if you know what's coming, and if you've got Got the life experience in that sort of arena, you probably aren't going to step up to the plate. But if you go in with your eyes wide shut, and you're just like, I don't know what's gonna go on, I don't know what's gonna happen, you know, then maybe you're going to you're going to do all right. So I guess it's not that sorry, it's naivety that got me there, I guess.

 James Geering 20:17

Yeah. Which I think they thrive in the military of doing that, you know, they get to get these young men and women well, like you said, they're kind of blank canvases still, before they start thinking for themselves. Not saying that's a bad thing. But I mean, there, were a lot more obedient when we're young.

 20:30

ended it, man. Because if you're so if you are a blank canvas, and the as as, as you know, it's what they do the the older you are, the physically the tougher it is to be honest, and mentally, you know, you're set in your ways. But when you're young, you're not. So you're kind of like a blank canvas straightaway, they haven't got much to rub out. And therefore they're, you're the perfect guy, because they're like, Well, this is we're gonna mold you. And that's definitely what they did.

J James Geering 20:56

So the Royal Marines is considered basically one of the special operations community. So you didn't just, you know, pass that selection and and go into regular army, you ended up being a part of a pretty incredible group. So what was that next kind of phase, like as far as selection through to actually operating?

o 21:14

Yeah, so you go to the Olympics, and again, you start your training. At the time, you know, in the foundation block, it's called, it's just basically this long, rectangular room that has no personality, and is very clinical. And you're joining out for 32 weeks training, which is a long time. And, you know, I guess, when you do the PRMC, it's still quite romantic. And you're still not a full marine yet, you know, you're still in that arena. So it's kind of quite polite. And they're quite nice to you, because you're not actually a marine right now. And you don't want to be a Marine right now. But as soon as you start day one, they're warm, and you know about it. And you're basically a bit of, you know, when you stick a step in some dog killed, someone should just find out what he like. You're, you know, you're in essence, there's a man or a woman, you know, on my journey, and especially on this walk that I've done, I've met a lot of people. And they have children and young young adults, I guess, you know, they could be from 12 years old to 22 years old. And they're interested in joining the Marines, and straight away and that two weeks that I joined up, and I and the first two weeks in foundation block, when people ask me, what would you say is the best advice for someone who wants to join the Marines? I actually tell them that they need to iron, learn how to iron, learn how to fold clothes, and learn how to map read the you know, and the iron in wonder, like what really, honestly, I went into training, and I didn't know how to iron I've never ironed. And that therefore meant that I was sleeping on the floor, not on my bed, just so I didn't have to iron it or make it in the morning. Because you get the kind of, you know, the kit musters and, you know, there's, there's me and a few other lads. We've never iron before. So we're up like three 4am just iron and how'd you do it? Like, you know, and then you're gonna get boosted because you haven't done it properly. And then you got full grown men, they're just like, yep, cheers. Thanks very much bearing see that. I'm gonna go to sleep. You know, it's just absolute eye opener. But yeah, the first two weeks in foundation block, I think it was. But every day in training man, like from day one to the end, I hated it. I regularly cried. No one knew, but I did. Just a baptism of fire man. And, you know, people that were the people dropping like flies, you know, fully grown men, those fully, you know, those fully grown men that had the absolute chest and the muscles and the life experience that are my God, they're gonna go so far. And they dropped out like flies. And it was the skinny, scrawny lads like me, that, you know, we're just in the game, you know, and it is a fight or flight and it's just survive. You just survive, try not to draw too much attention to yourself, you know, just be good at everything. And don't cause any problems. You know, and just be the unnoticeable person that just gets through training. Because if you highlight yourself, and you're gonna get beasted, basically.

J James Geering 24:33

Now, when I think of the American and this mysteries that I've heard, especially post 911, is very personal. It was their own country that was attacked. When you're in the UK, we're allies, but it wasn't a domestic and it wasn't on British soil. That particular attack happened even



though obviously we've had a lot of extremist attacks in in the years following. What was the kind of the messaging what was the why, behind the British Royal Marines that were going on? Because obviously, you can't just say, you know, that they attacked us because technically it wasn't us if you're in, in Britain,

 25:07

well, I feel like, you know, as you mentioned, we're allies. So, you know, whatever happens to America kind of happens to the, to the British, you know, and vice versa. So when the British have problems, the Americans come and help, and back and forth. So, you know, in essence, whatever happens in America, or happens to Americans abroad and US abroad, we're in it together, and we're a team. So we kind of knew, you know, there was murmurings of that happening. So in essence, you're getting trained, and it's serious, you know, it's not a joke. You know, you're, you're training to be a soldier, you're trained to be a Marine, you're a set kind of way, and an elite kind of human. You know, when I, when I joined, I think those must have been, maybe 65, or 6570 of us in the first week, first day. And when I finished, there was like, 16, or 18 of us, you know, it's so small. And but your is relentless, you know, and it's just not a joke. Because, in essence, what you're doing is you're training to go and fight, you're training to go abroad, to train and to protect your country, and you know, you, you need a strong group of men around you to do that. And the reason that the marine training is so hard, which is a good thing, because when the proverbial hits the fan, anyone that you would want in the arena with you is probably the Royal Marines. You know, you probably want a group of men like the Royal Marines and the Special Forces, so you heard the murmurings of what was going on. But as a young boy, you still didn't get a student really, you know, you just knew that you might go out there, you know, and you kind of want it to, you know, is what you're trying to do is that, you know, it's like training to be anything in life and not doing anything that's to do with the training. So we were trained to do that. That's what we were meant to do. That's what we wanted to do. It's exciting. You know, when you're young, it's exciting to go to a foreign land and fight for your country. You know, and protect your country, everyone's proud of you. And personally, I wanted to just travel as much as I could and see as much as I could.

 James Geering 27:13

Well, firstly, you don't have to watch your language on this. So if you want to, if you want to elaborate just to let you know, I swear like a sailor sometimes want to get wound up, but I could tell when you said it hits the fan, I'm like, Okay, let me make sure.

 27:25

The end when the shit hits the fan, you need to be ready. So, you know, you're trained to do that. And it's, you know, the Man in the Arena, man, Roosevelt, quote, you know, like, when you're in that arena, you want to be ready, you want to be good. And that's why I believe that, you know, the Marines are so good that Paris is similar. You know, it's an elite group of men. And you're not going to have just anybody there. But, ya know, I passed out of training, and I was like, Oh, God, I'm actually a Marine. Now what has happened? You know, because just so I was so even back then I was just so focused on each day, you cannot think of anything other than today and tomorrow, you know, and probably not really tomorrow. You just get through it,

you just survive. You just, you know, get through the hammer and and get through the beast and and you know, I've seen some grown men crime and it was actually my my fondest memory of not fondest actually, but my craziest memory of marine training was probably we do a survival exercise. So you do think it's five or six day in the field, you get picked up by a Chinook, and it flies you over to Dartmoor, you get left on the on the ground, and you've got no kit on you. So it's called survival exercise. So basically, you've lost your true people have survived for 24 hours and nothing other than what you've got on your person. And we were basically able to kill a rabbit and you know, the statistic pneus of the Marines, they you know, they make the stroke the rabbit and give it a name and give it a character and a personable kind of thing and chicken as well. Brakus next Guinea et because your survival X ray, and we were actually had an exchange with American Marines. So we had a gunnery sergeant. And I just think a full metal jacket. When I think of this guy. He was, he was just not right. You know, he just loved to see us in pain all the time. And we did the 24 hours. We I remember, it was a Friday, we were going back to the base. And we would do to have the weekend off. Everyone's absolutely knackered because when you're in the field on exercise, you get no sleep. You're lucky if you get two or three hours sleep a night. You know, you're constantly in the river constantly in the cold constantly, no sleep constantly getting attacked, is just relentless. And we've got back to the base. So everyone's kind of like being polite, because they don't want to get beasted but everyone's also excited for the weekend. And I remember we're all our rooms, going through all our kit cleaning kit was gonna recharge and cause everyone else the landing so we're on the stairs just all the way up the stairs. And our man he says I'm Have you guys enjoyed that? Right? No one is gonna say no. So we're all like yeah, he has amazing you loved it right? Yeah, it's amazing. Good that you keep going again. And we're everyone is shocked and like, wow. And we're doing it again. You loved it that much. We'll go in again for another 24 hours get back on the four Tanner's. And right there and then man, I've never seen like fully grown men just put their hands up crying and just quit just dropping like flies a that gunnery sergeants broke everyone. I obviously didn't. But we you know, I've never been on. We drove back I think it was an hour or two on the for Tanner's to go back in the field for 24 hours. And it was so somber man, you could hear a freakin pin dropping on that for time or on the way back, everyone was shocked and gutted. And we did it. And, you know, we got through the next 24 hours. And there was a lot of people that left that night. And the guys that were left the form like a bombed you know. And you know, and the Gunnery Sergeant now looking back on it. He did a solid man, he did this, you know, things to come, you know, because when you think it's over, it's not over. And you know, so you always got to be ready. And that stays with me to this day.

J

James Geering 31:15

Yeah, that's amazing. Now, when I'm thinking about the time period that you're going through all this, I'm assuming that there's no Middle East combat veterans maybe apart from the first Gulf War. So did you have Falklands vets and in Bosnia and some of those conflicts teaching you at the time because I must have been hard to prepare you for a conflict in the Middle East when most of our combat up to that point had been in the Europe setting?

o

31:40

Yeah, yeah. No, we I can't really remember that there was you know, because I was in 2002. Ish. So even, you know, those guys were probably higher up the chain. You know, the guys on the corporals and sergeants that were the captains that were, you know, our troop bosses.

They were also recently out of training, or they were running a set of knots. They're called we're called knots, you know, the guys that you run through a training, selection and rotation, they come down to do that. And when they do that as part of their kind of being a corporal, and then they can become a corporal by running us through that. So that even then guys, yeah, some military experience officer, I think some of them had some Bosnian experience, but not not not Not really. Which is again, you know, it was exciting. And sometimes those guys would be a bit annoyed that they were on the training team, because they would fully train Marines, they wanted to be out in the action, you know, and I passed out a training, I think it was a week after, you know, I missed it by a week to go straight on the ground out in Iraq. And actually, you know, God, my first part, I passed out of the Marines and I got posted up north to Scotland, to a place called SPG, which is in our north of Glasgow, is where the nuclear sub czar and stuff, and our first job, man, was to think there was about 12 of us, maybe we were the rear party, funeral duty. So when the lads started taking hits, we were the guys that would meet them at Brize Norton, and take the bodies off the plane. For about six, seven weeks, I did that. And we went all over the country was in the press all the time is always at this in the papers, you know, and we were pulling those bodies off the plane. And I feel like the our man, what a welcome to that, you know, this is you for the next four and a half years. And we're, you know, pulling these bodies off the plains, and we're doing their funerals, and you're seeing the families, you know, is there's a there's, you don't know, kind of, in essence, who's in the coffin. But you see the heartbreak and all of that man, it was traumatic. And that was our first job. You know, we're all like, well, what are we signed up for?

J

James Geering 33:56

I have a guest in American guests. And he lost his son who was in the Navy, if I've got that right, had the same exact G. And that was undoubtedly one of the things that led he ended up taking his own life, which is absolutely horrendous. And it was a series of kind of huge misses and mistakes by the military chain of command that he himself found himself in. And he ended up being placed in a break or things an army army version of a break, but they gave him a belt, you know, so he basically hung himself with his own belt. And even though he was on suicide watch, which again, is another whole an entire conversation, but as a firefighter, as a paramedic. I've always said it's not the mutilation and the death that gets to you. It's watching the people left behind grief. And he talks about his son seeing these heartbroken families. So were you were you witnessing the families as well when you were bringing these coffins back?

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34:54

And the you know, I did quite a few of them. And I did I did one For a ladder, actually, man, it took his own life on the on the base I was, I was working at the screams man, like, you know, the mothers, the mothers, it's like a wall. You know, you don't forget that man. And you know, that was, that was a hard Welcome to the Marines, you know and you knew that one day that could be you. Which in essence, I mean, I only know how I feel I don't know how other people feel. But for me I was that kind of made me feel like God, do I want to be or do I want to do this? But I did. And you never forget those moments when, you know when you're in when you're in theater and operations or in exercises, you know, it's about you. And it's about the team. And it's exciting. And you know, but when you see that, if you don't ever really see the family's trauma. And in essence, what it would be like if you were to die, and it's, it's horrible. Yeah.

 J

James Geering 36:06

Well, I think it's an important perspective for people to get and I'm going to ask you a two part question a little bit about war. And there's nothing loaded, just you know, two different perspectives. But the reason why I asked that is we, you know, if you're a young British lad, or woman, and you see the Royal Marine recruiting video, if you're an American kid, and you see the, you know, the Navy or whatever, it's all rock music, and, you know, jet skis, and it looks amazing. And, you know, so many people have had such a great experience within the military, within first responder professions, but it's very easy to kind of push away the dark side, when you pull out a burned up firefighter from a building that got collapsed on, you know, when you have a soldier that comes back with, you know, just half their body left, and they're in, you know, two foot body bag now, you know, when you see what would be someone's child decapitated on national television, you know, these are the others, this is the other side of war. And this is what we have to make sure that we also storytel Because it's all well and good to rah rah rah about the military. But we also need to need to use this as a cautionary tale. So that we only go to war when it is completely unavoidable. I don't know about the UK, but here in America, there's a fuckload of people are making a shit load of money every time we're in a war. So there's a there's an economic push to keep us in war. And we as the people have to make sure that there's that balance to make sure that we don't go to war and send our children unless we absolutely have to.

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37:42

I I guess it's just wisdom and being older. You know, I completely agree with what you said. You know, I was in the Marines, obviously, and I did a lot of things in the Marines and, but I also in 2012, I worked for the American government in Afghanistan, right. So I've seen I've seen both sides of the coin. And America is a great country. You know, the UK is a great country. And the world is fantastic. But unfortunately the the powers that be and the people that make the big decisions don't ever see a combat field than ever see an overall operations. So they wouldn't see the trauma that you know, we give to other countries and take from other countries and man you know, we're we're English we're American. And you're in essence, you're killing someone some you know, or you're killing someone's daughter or family. And there's a lot of there's a lot of bravado within the military. And when a lot of veterans as much as I respect them and like there's a lot of false bravado there. And I don't think that's a good thing because it's not called to do it's not called to it's not called to kill someone. It's not it's not called to decimate someone's country home family is not cool. But as you mentioned, it makes a lot of money. And and that's another thing I've learned I don't get I left Africa I worked in Afghanistan for two years 2012 2014 The American government I was a bodyguard for a company called democracy International which is ironic in itself now and our job was to protect those guys you know, and and that was the first kind of whenever I worked with Americans, I was looking at them and formatting are the best Kipman we've got the best wages they've got the best this so it's, it's a machine. It was one of the reasons I went to Afghanistan. It's one of the reasons I work for the Americans is because they pay the best and they take care of you and they look after you and the good thing about the Americans and a new guys over there as they are very patriotic and You know, there's a pandemic of veteran problems in this country. Because the government don't take care of, of the veterans like they should like they do in America. So props to America for that. And its people. But, you know, like, the stock says, Sorry, managed, can you hear that? No, you

**J** James Geering 40:19  
get honestly.

**i** 40:21

Okay. But yeah, so just I'm very philosophical with it now. And you know, can you imagine if the Taliban came into America and said, This is how you're gonna vote? This is how you're gonna live your life now. And if you don't agree with it, well, we're just gonna kill you. You know? So, in essence, that's what we've done. You know, I know that they did that a 911. And, you know, that was a, that was a unfortunate, one or 2% of the not even 1%. You know, so God, every country has bad people in it. Every every, every every country in the world has some people that want to do wrong, and there's people like you and me, and they're ready to fight those people. And if it came to it, then yes, I'll do it again. If they came to our country, and they insisted on doing like, of course, but how we go about that nowadays, and we're on such a precipice of, you know, with social media and media, and just the world's got so small. And it's like a Tinder, box and flame, you know, even over here, you hear about Donald Trump and Biden. And, you know, and over here, you got Boris, you know, all these people that are inept and corrupt. And, you know, the good guys don't get to the top, because they get bought out or they get, you know, I don't know, but they seem to get not get to the top. Because it's like a small group of people that kind of run the world really the 1%, right. And if you ask someone that said, our guys, why are we fighting men? You know, like, Should we just talk to just talk out? There's no money in that. There's no money and love and be in a community, right? There's money in arms and weapons and war.

**i** 42:21

And that's been since day one, I think. But yeah, no, that's my opinion on it, man. This

**i** 42:29

is, love my country. I love that I love what I've done. But I love the world more man. You know, so I'm a lover, not a fighter anymore, man. You know what I

**J** James Geering 42:42

think it takes seeing the horrors in the world to really make you appreciate it, too, is one thing, you know, being just pulling an occupation out Maria butcher. All right, and then being all rah rah about war, well, that's all well and good. But if one day you see children, you know, torn apart the way you do a cow or a pig, that's going to change your lens completely, whether it was in a car accident, whether it was in a combat zone, you know, so it does change. And I think this, these are the voices that we need to hear. And it's not saying, oh, let's just disassemble the military quite the opposite. Let's make it stronger and ready. So God forbid, an Adolf Hitler or someone raises their head again. But touching on what you said that their history is doomed to repeat yourself. As you said, we've had wars since the beginning of time

and what the common denominator is, is there a corrupt greedy few that profit off the masses, and the more that we are divided, the weaker we get and distracted to not see the fact that as you said, Boris or Biden, or Trump or whoever, I mean, when we name these names, none of us listening and going, God, one of the best leaders I've ever known. No, you're like, how are these people even get there in the first place?



43:56

Yeah, so it's quite it's you know, it's hard not to be like nihilistic about it. And, you know, I've had these conversations on the walk with very prominently intellectual people. And you know, the flip side of it as well. You can't change it, and you don't want to beat them. So you're not going to join them. So you've got to make your own ripples. So in essence, what you need to do because it can, you know, trauma and war and veterans and people in life and you don't have to be a vet, but this is one of the things I'm not very, I'm not very fond of, and very keen about being ex military. There's a lot of ex military lads out there. Because it's always men because men are very, you know, just because you're in the Marines just because you were a special forces. It doesn't make you better than someone else. You know, if anything, you know, rather than kind of having this select circle of people that I won't name names, but if they hear this, I know what I'm talking about, and that's good enough for me. Got that, you know, you're not better than anyone else. And if anything, you know, with what you've done, which is great, and you're a highly skilled individual then with that you should help other people. And you should include other people. Because just because you weren't in the military doesn't make you less of a person, just because you chose a different career or something else. But being in the military, and being a Marine, and being in the Army, and being a paramedic, and being a policeman and being a fire in the fire service, you know, with that has come a lot of trauma and wisdom as well. So you should kind of try and help, you know, normal people, you know, because there's this thing, I believe that just because your force is you're better than everyone else, and you know, so I would love it if though those people, you know, were would understand that, and I get it because it's military, and you all stick together. But this is part of the problem in a should just open your mind and your hearts and be like, alright, you know what, I've got this good skill, and I've got these contacts. I've done this and done that, sir. How can I help you? You know, that's, that's my two cents on that.



James Geering 46:08

Absolutely. No, I agree. 100%. And I think that's it is that we need the real leaders and that you said leaders doesn't mean a rank leader means people that are actually and this is the kind of human that I adore was Mark Ormrod or some of these other you know, fellow Royal Marines, Lee Spencer, that have come out of military. And then how can I do more? How can I serve and Orion parent, one of my good friends a Navy SEAL that started a burn profit, a burn injured, nonprofit, and then he's done another one. Now, we just did a thing called Seven excellent around the world. And that's going to create mental health resources, not just funds, but actual resources that people can look at and use and, you know, heal from. But these, that's exactly, that's what you need to do with your service. If you truly are in a life of service, it took you into a uniform. And then when you come out, you are okay, how can I help next, you know, I wore a uniform 14 years, and then this ended up being an amazing force multiplier to reach even more people than just sitting in a vehicle running one call at a time. So it's a beautiful transition. But

yeah, I mean, that's if that's burning in your heart, and then walking around being entitled because you served in profession x is not the answer, you need to refine that thing that sent you into the service in the first place.



47:23

Yeah, I'm a very, I'm a very simple man. And you know, oftentimes humans can complex, everything. And it's very simple. We're gonna die one day, we're alive right now. We're on this rock, you know, that is spinning around so fast, that we feel like we're still you know, and there's so many, many miracles that needs to happen for you to even wake up. And for the, you know, especially with the current climate that we live in, you know, so all those things happen in one day, you wake up, and every day you wake up, and one day you won't. But I'm just like, if if those people that we talk about realize that then, you know, we're in a world that is just one place. Yeah, we've got passports and countries and affiliations and families and communities. But in essence, we all live in the same place. So why is there this bloody fighting and II? Well, you're not from here. So you can't come here. And, you know, I get it. You know, if you if you've got, you know, a police record, if you're a murderer, if you know that what the fair enough. Going back in the day, you didn't have money and you didn't have passports, you just roam the land and travel the land, and you set up a community and you walked around, and you everyone loved everyone, you know, to a certain extent, and we've lost weight, I feel like now, we're in a place that's more similar to hunger games than it is to, you know, to anything else. And if we don't get that message across quickly, you know, then then there's going to be a big problem. Because everyone seems to have a short attention span, now everyone has a short fuse. And things can escalate very quickly. And that's been definitely the last 1020 years. It's been emotion. And I feel like it probably is to do with social media as well. Everything's so accessible now, that, you know, everything can be fake news, as Donald Trump says, and all that sort of thing, but you just don't know the truth anymore. Because there's so much noise. So you have to try and create your own ripples, and make your own light, you know, look at yourself as the world and it's hard not to get bogged down. And it's hard not to what you know, I've got friends in Afghanistan that I work with that were my drivers, and they say I love those guys. I still speak to them on WhatsApp. And it's hard when something happens like the Americans pulling out and just leaving them there. You know, they're humans. They got stories, they got families, you know, Sudan at the minute is you know, it's in the news a lot over here. You know, people are scrambling to get to that 20 kilometers, I think is I need to get to this airport in Khartoum and if they don't get there, they're not getting picked up. I'm just like, What even is that? You know, like, you know, so You've just got to try and be a good person yourself and try not to, it's hard not to let that bother you not to let that affect you, but you can't change it. So you've got to control the controllables. And that's you. Right. So how you live, how you act, as I've seen on this walk will, will create small ripples that hopefully will turn into waves. But if you're a good person, if you aim to be a good person, if you aim to take care of yourself, then that will affect someone else. And if you're polite, and say hi to someone, and be nice to them, and it's all small ripples that do create waves, and I have seen that on this walk that I've been on.



James Geering 50:36

Beautiful, I couldn't agree more. I think that's it, you know, they, they say, if you want to fix the world, start at home, you know, change the world.



50:44

It's so true. And unfortunately, so many people now have, you know, I refer to the walks, I just finished it. And it's been a big part of my life for a few years now. But there's so much kindness out there. So much. And I've, so I've seen all of it.



James Geering 50:59

Well, that that leads me to my question, I want to I want to take you to your combat zone, and then we'll talk about the transition out and then some of the struggles that led you to the walk. Specially here in the US, I always credit the BBC is one of I would say the best news organizations on the planet, are they perfect, you know, depending on who you are, maybe not. But I've my whole life been exposed to them, it's pretty much been the news, like, here's what's happened, there's not a lot of opinions and that kind of thing. Over here, the mouthpieces of the left and the right, are so polarizing, and they're 100%, a propaganda machine for the Division of this country. So we get a very polarized view on war as well, either all the way, one way, you know, kill them all state bodies, let God sort them out, or all the other way. They're all baby killers, you know, there's just put flowers in the end of rifles, and everyone will, will, will give up. And then you have the men and women, the children that we send to these places. And those are the voices that we actually need to hear. So we talked about in obviously, your your detail in Scotland first, and then you deploy to the Middle East, regardless of the politics sent you there. Did you witness atrocities, you know, on the people of the countries themselves, that made you realize that at that time, there were some horrible people that needed to be taken care of? Well,



52:21

so when I was there, so I went to wrapped up in a manner. So I've been all over the world, on operations, Northern Ireland, Iraq, Colombia.



52:32

And I personally, didn't see any of that. I wasn't at the forefront of that, which I'm actually glad about.





52:40


I can also say, I can say I'm sure I can. Yeah, I can also say that I've never actually killed anyone. And now, like, as a 39 year old man, and I do it. Could I do it? Yes. Because I've been trained to do it. But am I glad I didn't do it back? Yes, I am. So if you notice what I talked about with the, you know, previously to, you know, the veterans and the Special Forces, and you know, there's some good guys in there. But there's also some decks you know, they they they believe that it's the WHO rather kind of we kill We fucked them up, man. We killed them. What am I that is not cool. It's not cool. So I'm, I didn't witness that. I nearly died a couple of times on various operations. But when that happened, I started to honestly darken my brain couldn't




comprehend it. It's like a movie. It's like you're watching a movie, you know? Because it's like 911 When you're watching that as a 16 year old boy. When I was in the Marines, I was in Colombia, we nearly died. You know, and basically, we went on a wrong turn and turns out the taxi man was corrupt. And we always went on a night out. And at the end of an operation and we were out there few weeks teams are six and you know, young man, you want to go out for on the piss, you know, in the local you know, in Colombia, that is honestly the only way people always say to me, what's it like out there? It's like, you know, the Bacardi Breezer adverts, they're not lying. You know, there's people dice on the table, just like it was, you know, we took a wrong term and in the wrong taxi, and it turns out that the taxi was in collusion with the police and the police were corrupt. And we ended up going down this dirt road. Pitch Black, two taxis, three in each. And this was my first dealings with the universe man. Because one of the lads runs in as a rookie. He's like, mate, no, it's like this. It's a brothel. And there's a lot of dodgy people in there. We get back in the in the taxis. Pull out and but I remember just as we came into this dirt track, there was motorbike police or police are motivated to pull them out. And then when we come back onto the road, we take a ride and those said policemen have got their weapons up pointing on our taxis. They drag us out of the taxis and they push us down onto the bonnets, you know 312 And three and then the say We have a way, nine mills that pistols in the back of our heads that they will shower in. And obviously, as a memo going forward, none of us could speak Spanish. So we just had someone who could speak Spanish. But this is the, you know, I can't really remember much of it or how I felt because I genuinely didn't believe it. You know, you people say it's only my it's only my opinion, but you know, you scared to die, or were you scared? No, because my brain couldn't compute that that might be happening right now. But anyway, the universe, man, because it must have been about 11 o'clock at night. And it's like being in the middle of nowhere, there's nothing around. And this van pulls up, gets out of his car starts speaking in Spanish. And it turns out that that man, was a cleaner on the ship as a contracted cleaner, and knew and recognized us and said you can't do this to these guys, because they're actually Marines. And there will be a big problem if you if you kill these guys. And He then spoke English to us. So they just said if you give them some petrol money, they'll let you go. That's all they

 James Geering 56:17  
wanted. They were just they were just stranded.

 56:22  
We gave them a bit of petrol money, and then I have the best night of my life.

 James Geering 56:27  
Living life to the fullest after that.

 56:29  
But, you know, in answer to your question, I didn't I didn't. I didn't see any of that. It was definitely there. I am genuinely just kind of didn't kill anyone there.

**J** James Geering 56:43

Yeah, I mean, that's that's got to be a wait. It's got to be an immense weight that the average civilian, like you said, is like, Oh, I must be so good. Like now. I mean, these these men and women that be on the show some of these things, haunt them to this day.

**i** 56:54

Okay, so, you know, knowing the lads I know, and knowing the time I did and what I did, and why I did it, like, that may have been seen as cool. But it's kind of like you said, with the propaganda machine of the American, you know, it's kind of fun. It's cool to do that. You know, you're trained to do that. But, God, I'm glad because there's also a lot of people I know that did do that. And they are they've lived with the rest of their lives, and some of them have ended their lives and some of them have just constantly been struggling because how can you get over that? You know, how can you you know, as you go older, its wisdom. Its age is probably why they get you when you're young. You know, but the older you get, you start having families and friends and deep connections with people and you think to yourself, I've I've done that. I've killed that in another country, but these are the same people that they are, man. Yeah. So I'm, I was trying to do it. I could have done it. I'm so glad I didn't do it. That's amazing. Which not very marine thing to say right? The whole kind of bravado of it, but I'm so glad man.

**J** James Geering 57:57

But isn't isn't the goal ultimately, though, to to have the desired outcome? And if you can have that without any loss of life, isn't that the gold standard?

**i** 58:08

Absolutely, man. And I mean, I could talk to you for 25 hours about this. Since day one in time, and money is the root of all evil and all that sort of thing. But God just sit around a table talk it out, bro. The fuck if you if we fuck your country up a new forecast country? What are we doing? Where are we went in here? We're on the same rock, bro. Like, you know, and I just wish these people would know that it is just baffling. And they probably do know it, but they're so corrupted by money that they forgot on that.

**J** James Geering 58:39

Yeah, well, I think as well it's again, it's up to the people, the masses to look at these few and go, Hey, this is this is starting to look like remember that thing in 1940s. Remember that do with a mustache? This is looking a shitload like that we need to nip this in the bud now, and this is a problem. But if you divide people over religion and you know, whatever fucking political party that you vote for, or whatever beer now has someone with transgender now you're all angry about that whatever the fuck it is, it's distracting you and dividing you. You're not looking the right way visa



59:12

often right and, or kind of bang on the money. You know, and I always just think of when you talk about this, and when we talk about things like this, always remember bein in black man, Tom Hardy man, and he goes into that stadium and he's like, this is all entertainment, like, you know, and I'm just like, man, you know, that? It is it's all a smokescreen, you know? And unfortunately, a lot of us fall for it.



James Geering 59:37

You know, what, conversely, the other side of that question, because this is equally as important and it also doesn't get the airtime. I've heard so many stories of kindness and compassion amidst a combat zone. Because again, one of the things that we do so poorly is we say, Oh, we're at war with Iraq. We're at war with Afghan No, we're not. There are extremists in those countries that are terrorizing their own people. And we are going into help them. So talk to me about that talk to me about the allies and the kindness and compassion that you witnessed in all the places around the world.



1:00:09

In its finite nature, humans are amazing. Like, you know, they are kind and amazing. And I use my experience of working in Afghanistan the most, because I spent two years there. So you know, six to eight weeks in Kabul. And then I had four weeks off in Thailand, in Asia. And that's what I did for two years. So I always go back to that, because if anything, for me, I was a Marine, and I trained as a Marine, and I passed out as a Marine. And I did it for four and a half years. But I did that for two years. And I always go back to that. And the Afghans, man, they are so kind. They're so nice. And they've just been born with the wrong passport. And they can't escape it. Just like me and you. They got kids, they got dreams, they got, you know, and cabal and Afghanistan itself is a beautiful country. They just unfortunately, are in a place where they have a lot of natural resources. And for millennia, that has been malls there. But we still don't seem to learn that lesson. But they're beautiful people. And if anything, it's very frustrating. Because we have in America and the UK and Europe, we're so very lucky to have choice. You know, there's always someone worse off than it is out there. It is like that, Oh, there they are literally hand to mouth, you know that they're struggling. And yet still, they find the time to ask you how you're doing. They'll go and get you some Afghan bread down the road in the morning and give it to you. So you got a nice breakfast, you know, they'll make you tea, they'll invite you in and invite you to see their families, they'll make you a part of their family. Which in itself is amazing. But also, again, as you mentioned, and it is true, it is always the 1%. And for some reason, the especially the medium, and they that they like to play on the 1% because that's how they create the stories and create the narrative that all Afghans are Taliban. And they're not actually the Afghans fucking hate the Taliban. They hate them for you know, I've lived there for two years, I've heard about the stories from Afghans themselves, you know, and I've looked into X, I live there. So I like to do that. And in the 70s You know, it was part of the hippie, triangle, man. And it was like girls were wearing miniskirts. And it was a very bougie place, you know, and it was it was a thriving place for some very intelligent people in it. It was very forward thinking at the time. And now God man. It's like the dark ages. So can you imagine that, like living there, and I could live there and go home, I could live there and be

there for a little bit hopefully stay alive and you know, do my thing and then come then I'll see you later guys. Oh, by the way, I've just paid more money than you make in your lifetime. And in eight weeks. It's just so you know, yeah, man. So in answer to your question, kindness wins always man. Kindness always wins. It always will. And the experience I've had on this walk and the experience all my life in all those far flung places that people don't often go to wins out there as well. Yeah,

 James Geering 1:03:28

beautiful. I just I just met a guy who I had on the show, as he Zula Aziz and his Marine, I think was medium recon, shag shad, excuse me, Chad Robicheaux. It's a lot of consonants in those words. They actually came to my town that one of the local churches invited them in and they did a whole weekend of jujitsu seminars, and, and talks. But as ease was one of the basically, Chad wanted to get Aziz and pull him out during the withdrawal because he was in danger. He was an ally, and he was helping the allies. So he ended up pulling him out, which led to this entire, like, mass evacuation of I think you'll end up being 1000s of people that they got out.

 1:04:09

I think I saw that. And it was it was Tim Kennedy.

 James Geering 1:04:13

Yeah, so save our allies. Yeah, Tim, Tim joined them as well. But um, yeah, amazing story. But you hear from Aziz, you hear from Faheem Fazli, who's a Afghani who became a an actor in Hollywood, he was in 12, strong, some other ones. But he actually stopped his acting career to go back to Afghanistan to be an interpreter for the Marines. You know, Wally who's from Iraq, and when you hear these people that are actually from these countries, the pros and the cons, like for him is like the one bad thing about the you know, pulling everyone out of Afghanistan is we've got no great people left to rebuild the country. And it's like, okay, we never thought about that. But you know, when you hear that, not only that, but then when you reverse engineer, some of our forefathers and how that impacted problems in the Middle East problems in you know, where forever. I mean, you look at the weather called Somalian pirates, the origin story of that is overfishing their wars by other nations. And then they couldn't, you know, basically use the very food source and the thing that created money for them, it's taken from him. So now some of the people who find themselves driven to crime, so they can feed and clothe their families. So it's all very well a demonize people. But if you got to take time and actually learn how that even came to be, a lot of us would be like, Oh, okay, I feel like a bit of a dig now.

 1:05:33

And understand why that would happen. You know, reference the Somalian pirate origin story, you can understand that, you know, if that's gonna happen, you know, if you've got a family and you're starving, hungry, you're gonna do all you can you behind, you kind of become a bit of a beast, you know, an animal, you know, in that environment, which is what we're cavemen,

right, you know, so you can see why they do it. And, and then also, you can see why there is such a hatred for, for, you know, forces in these countries, you know, because we've decimated their way of life and become a big part of their life. And you can see why that would happen. But yeah, it's tough. But like I said it, kindness wins, always men. And then these, it's these little actions that you do that I do that those guys do, you know, that you just mentioned, is them, that will inspire someone else to go, you know what they did that I'm going to try that. And it's a collective group of people doing all those sort of things every day, that in the end, hopefully, the kindness will win.

J

James Geering 1:06:32


Absolutely. Well, I want to get to your transition and obviously, the journey to the walk. So one of the things that I see really amplifies the struggle that maybe is already within is when someone goes from uniform back to civilian life. You know, we've we've had try, we've had purpose, we've had camaraderie we've had, you know, shared suffering, and there's so many elements that literally one day, we're in the next day, or it doesn't work, and we're out the other side of the gate. So talk to me about your decision to kind of leave initially and then what was your transition story like?


o

1:07:06

Yeah, so I left the Marines always planned to, to see if I could do it. So in doing that, I was a Marine, and the minimum service was four and a half years. So I always plan to do that i In essence, didn't think I'd do it and get in the Marines. Anyway. So I passed out of the Marines, I was a Marine. So I always intended to do that. I was young enough to kind of try and do other things. Because I could see within that you sometimes can become a bit institutionalized. And a lot of the lads still are like that when they leave, and it causes problems. And I didn't want to be that guy. And I'm a believer in the kind of, I want to do the most I can in life. So I left. And actually, a week after leaving, I went on a TV show over here, which is called shipwrecked. And basically, I lived on a desert island with 30 very attractive people for six months. So that was a kind of an eye opener in itself. You know, it's probably one of the reasons why I am very confident, because I was thrust into TV and cameras and people around me and living on a desert island. But it was amazing. And I then became a bit of a headless celebrity, you know, just on the cusp of being known but not known. And that in turn, led to, you know, groups of us going around the UK, and getting paid, you know, to kind of go on these nightclubs, and all that sort of thing. And as a young lad, you know, I've just left the Marines. And now I'm on the TV show. And everything that came with that it was all this like, a popularity, everyone knew who I was, you know, students and girls, and I was like, This is amazing. And I didn't even I didn't even have to try, man, I just slept with a lot of women. I was punching above my weight. And, you know, I just, you know, we just drank and I slept with these girls. That was great. And then, after about a year, I was told this isn't so great anymore. You know, if you do too much of one thing, it becomes a bit of a, maybe an addiction, maybe it's something that's not good for you. And very soulless, actually and shallow. So after a year of that, I got the call from a brother. And he saw my job. Yes, send your CV, I sent my CV across, I knew I'd get it because a lot of marine experience. And I was in on a plane, February 10, February 2012, to go and live in Thailand and work in Afghanistan. So I did that. Two years, six to eight weeks at a time great time, dangerous, you know, crazy times. Beautiful times, made loads of money. And then I'll go to Thailand for four weeks, blow it all. In as the marine mentality man, you might die one day to

spend everything you know. Budget in itself is really bad for when you leave and go into civvy street because there's no one to play around. And there's no one to give you food. And there's no one to like, you know, it's just it's kind of bizarre to be honest, and there's no aftercare. That's very much needed. Yeah, so I did that. And then, you know, in a nutshell, I felt like I was rolling that death dice too much, you know, and I quickly realized it working in Kabul that the money's not everything. You know, so he wants to, and you only get so many rolls of that dice, man. And I was thinking, I can, I'm gonna, I'm gonna get that roll, and it's not going to come back. So I naturally became a kindergarten teacher, it's

 James Geering 1:10:34  
the obvious progression.

 1:10:36  
Right? I just love Thailand. And the only reason that I could stay, you know, was becoming a teacher. And again, same as the Marines same as being on TV, and I auditioned for him for lessons, give it a go. And didn't think I'd get it. And again, teaching the same I had no qualifications. And in the Marines, there's this kind of saying, No cuff to tough, he, there's nothing you can't try, just give it a go and see where you get. And I did that. So I became a teacher and the demo lessons I went through an agency and, and established by old man, I actually, you know, found that harder than being a Marine. Because I'm stood up, like this giant of a man to these two year old ikydz Singing Baa Baa Black Sheep. And the parents, they're filming me on their videos, it just were so good, like I'm dying inside is so uncomfortable, man, you know, singing nursery rhymes and all that sort of thing. But when the when the parents did leave our man like therapy that that job, you know, it's just getting so much love all the time off of these little babies. See, I did that for four years, I became one of the most popular teachers there. I've learned that I do things in my life, for the for the love of it. And the things that I've done in my life where there is a purpose, and where I'm serving someone else. So in essence, it's greater than me that the most rewarding and that was that job. And then 20, fast forward to 20 2018. I'm with a with a Thai lady called Joy. And her daughter Ken, who ironically, in the universe, man, I didn't ever speak to her ever the most I was swept out I was in it. You know, she had a daughter that I taught in my second year teaching. So when she was two, she's not six. We got together. It was great. You know, Joy was me. She's an amazing human. She's very educated in Thailand, and she runs her own audit and accounting business. And so for a year, I was just living the best life bro. I was, you know, I was a cat man. With this with this Cougar that is like, you know, traveling all over Asia. Because before COVID was a thing in Asia, you know, it's very hot out there. So a lot of people already work from home, and so populated that it's easier to work from home and they're already on their laptop. So joy would just take the laptop wherever we were in, in China, in Malaysia, Cambodia all over Thailand. And we just traveled. And I became, in essence, Kans. Dad, really, and I took that on, so I love her anyway. And I believe that's a good thing to do as if you get with a mum, you get with all that comes with that, you know? And yeah, I loved it. And I also became a private English teacher. So she now speaks fluent English. Because when they're so young, they like sponges. And yeah, 2018 came around. And because I was a very popular teacher in Bangkok. And all the parents loved me. The reason I was a popular teacher, is I loved it. But I don't do politics, I don't do paperwork. In essence, I don't do anything like that. My job is to teach the children and it's for them to feel good and happy and safe when they come to school. So I became a bit of adapt to

them. And then at the end of the day, I found them back. And a lot of the teachers and parents struggle because their kids just hated coming to school, because they're so young to their three, therefore, they're crying their eyes out because they miss their mom or their dad. And I kind of took that away, and I just, as long as they're happy, I'm happy man. So I'm playing games, reading stories, coloring with them and just basically giving them all my attention. And that's why I became a good teacher. So when the parents found out, I came, I came back and I was I was doing that with joy. And I was with joy. They kept messaging her just saying like it's teachable. Can you teach our children again? I'm like, no, no, no, you know, because I fell in love with the politics side of it. But after a year, I was like, Well, I better make some money. You know, you know, because I can't do this all my life and I missed working and having a project. So I decided that I do that. So in Bangkok, Joy had this building that was like five floors. And the second and third floor was her business. And the bottom floor was free. So she's I just have that room. So it's quite a big room. And I basically started teaching children again. So it culminated in a year of me teaching 30 Children 20 hours a week. So for instance, Monday, three to four, five would come. Four to five, six would come five to six. And that was the hours and I did that all week. And then the kids would come to three times in the week. And then the weekend, Saturday, I work all day. Sunday, I'd work for two hours, I didn't want to, but the parents offered me a lot of money. The peace tickets for two hours, I was like, money wins. You know, so high. I did that. But again, I was I wasn't working much in in the week I'd go running, I'd go to the gym, I'd do my sign. I'll travel with joy, you know, and I was loving it. I loved it. I loved it. I was making. I was making more money there in 20 hours a week than I did in the Marines, which is, you know, I in essence, I thought I was living my best life. I'd completed life bro. I was 37. I'm like, this is a dream. I feel like I'm bugging the parents off that I'm charging them this cash and they're paying me for this. I'm just playing with the kids. I'm just chatting and read the stories, but they're learning so much English because it's all in English. You know, so that's what they actually want. I loved it, man. I have a great girlfriend. I loved her very much. She was very good to me. Daughter Ken was is an absolutely epic human. And all the kids I looked after a great Thailand was great to me. Asia is great to me. I love the culture and the vibe and the energy of the place. And then it all came crashing down. Overnight. September 2019. I went to renew my visa. It's been fine for seven years. And they said no, you need to come back to the UK. Come back to London. Get your visa there you can come back in three to six months. And you gotta leave by next week. I was like, yeah, no. But obviously had to joy obviously was just like, What the fuck, and I had a week and so a week later, I'm on a plane flying to London leaving them behind lost my lost the job, the business my money. And, and feeling awful man, but very traumatized right there. And I didn't see it at the time. So a week later, I'm back in Bournemouth, I'm living with my dad who I don't get on with. He hasn't really been a big part of my life. But I had nowhere else to go. And I was working in a call center selling insurance



1:18:01

why old bro? And yeah, that that that was tough. And I spoke about this so much now. So it's so easy to talk about, which is a message in itself. But for those 10 months, so between September 2019 And June 2020 especially probably September 2019 to Christmas 2019. Those those three, four months. I don't hate anything. But I don't pay I don't believe in hate. It's an emotion is a powerful one. But it's also a very negative one. But I hated my life. And I didn't tell anyone because I was a man and a Marine. You know? People asked me you good. Yeah, I'm good, good. But damn, I was not good. And just the way I spoke to myself, Man, I don't. It's hard to talk about that guy now because it's not hard to talk about him because that was a version of me. But it's hard to recognize him now. Because I'm so different as we'll come to that about on the walk, you know, but I just remember just talking to myself so bad man. I'll be in this

office that I hated. I was working with all these guys that I wasn't particularly fond of. And I'll just look around selling insurance calling people up. And I would I just remember saying to myself, you sort of fucking loser. You know, like, that's what I'd say in my head. Like, you're such a fucking loser. You're a marine and now lucky, that kind of talk. Doing that for four months will not get you anywhere. And it was so I was so low. It was winter. I had no money. That was hard to mouth man. Because our job was mostly commission. So if I'm talking to myself like this, and I'm feeling like that, and it's commission I'm not making much money with You know, all I'm doing this dream in Thailand and that it almost like, you know, living that life I was living and live and it's like night and day, it's night and day. Black and white is so different. But yeah, real four times. I remember thinking I'm really, really, really coming close to thinking and in my life I just didn't want to be. And I thought this can't get any lower than this. And then Christmas came. And I had a panic attack, basically, it is the most trivial thing. Basically, I felt so low. I was working a lot, pay in the job living in my dad's hate in the living there. They just didn't welcome me, you know, this is what it is. You know, my dad, I've been in the loft. And he's a very successful person who's got a lot of cash, big house, all that sort of thing. Have me in the loft, and on a on a on an air bed, you know, and these things people don't know. But I'm starting to talk about them. Now. It's it's part of the story. And it's part of me and a spade a spade, spade man. So I was sleeping on an air bed. It was fucking freezing. So I was working a job. I hated living somewhere. I hate it. It was 24/7 fight or flight. I remember. So I used to go to a place called Weymouth which is in Dorset. So it's an old English seaside town, by the movies. And Friday night, I'd go there. Sunday night, stay there. Maybe Monday morning, I'll go back that equaled a night. It was pre COVID It was everything. It was winter. It was cheap. And I just used to go there to get my, my get out my own head. Have a coffee on my own. I know that I could sleep properly, you know, all that sort of thing. But the thing is with doing that the Monday blues bro. They were a thing for me that because I live this weekend and go for a run and go for a walk and feel like free a little bit. And then Monday, I'd have to go back to that job. Or one of those times. I wasn't even, you know, my mum, my dad and my stepmom they would she's very good to the boys. They got three sons and she treats them like they're 10. And I always used to tell them I remember like you're lucky, you know, your mom's good to finish. She doesn't have washing and my hat. And this one tight. I didn't even do my Washington and I thought that though, I wasn't even washing my clothes. I barely even wanted to get up. And I remember my brother is 31 He's just got this obscene amount of underwear. Collection rights. I speak to all and if so open the drawer, and I'm thinking I'm gonna be close. So I'm just going to borrow some of his washers under and I'm going to put it back in and wash it when I get back. So I picked some pairs of underwear. And that was it. He must have had 100 pairs. So I'm thinking he won't miss them. So that was that weekend, the following week. Probably Wednesday our first I think it was mid December 2019. I come back from work and I'm sitting in the lounge just trying to be visible really. And my dad comes in and outside. Did you borrow some of Tom's underwear? Instantly? I just said no, no, no. Okay, shuts the door goes back in the kitchen. I'm feeling like fucking flashlight. I don't do that. You know, I didn't put these underwear in the washers and felt so large. I didn't want to only go upstairs. And I can hear my dad and my stepmom arguing. And I'm thinking that's just gonna last about me. So, after about one or two minutes of talking horrendously to myself again, I just say fucking out man. Just own it and go downstairs and tell them the underwear. So I go downstairs open the door. I say are you guys arguing about me? My dad's like No, no, no, no, no. So you definitely are and then I just have the panic attack 1015 minutes I can't breathe. I'm crying uncontrollably and I absolute mess. is funny now but within the first minute my dad was on it don't worry about what by to underwear. Don't worry about the underwear. You know, it's my dashboard was about the underwear. You know, and it's funny because the the underwear that I took was pink. And that's my favorite color. And my brother's obviously because it was his favorite pair of underwear esophagus. And he's come back in the week and asked his mum for this underwear



that's not there. He can't find it. He's accused her of not doing the washing which is just a first world problem in itself. And I've got them in my underwear in my bag upstairs. So you know that it was a trivial moment, but obviously it had been building up for three or four months. And the first words I said I'll never forget it is I feel like a failure. That's what came out of my mouth. And my dad obviously was like, You're not a failure. You've done more than most people I know. But I feel like and then, and then COVID came. So March 2020. So I have that light of going back to Thailand, they definitely close the borders straightaway, we kind of just messed around with that. And I was just I was last night. Like, I was just like, just going along with it. But what I started to do



1:25:29

was walk, started to walk and feel good. So mid June 2020, man, just the most crazy, obscene random, unbelievable message that I got from a friend who I actually met last week.



1:25:53

It just said, sent me a message on my favorite walk at the time in the sun. And all it said was bro, this walk around the UK and write a book about it. And I can grab that. And I haven't looked back since then. And now we



James Geering 1:26:12

are firstly, I mean, you know what a powerful journeyman. So there's a couple of things I want to go back to in a minute. But so there you are you living as you as you perceive, probably your best life to use a young person's term. And then that is literally snatched away. And I know exactly what you mean, with a sales thing. I walked the streets of London while after I graduated school, and did cold cold selling on the streets, in businesses. And that fucking knots in your stomach on the way to work to a job that you fucking hate.



1:26:50

It's soul destroying. And then you got to fake it till you make it just to get some money in.



James Geering 1:26:54

Yeah. Yeah, so I mean, obviously, we'll, we'll talk about the walk in a second. But I mean, you had a woman that you're in love with, you had a little girl that you were in love with. You had a job teaching children, you know, which I'm sure must have been a powerful kind of perspective to where you realize you've, you've seen some horrors in the world. And now you realize that when we're too we don't we don't have racism, we don't want to take over countries. We don't want to start cigarette companies, we just want to play and learn and sing and dance and do Rolie polies



1:27:27

eats and just drink some milk and then kind of a nap please.



James Geering 1:27:32

So I mean to have you here we are now in 2023 or whatever happened to that relationship? Did you have to both move on in the end just because of the universe throwing it that way?



1:27:42

Yeah, you know, we initially were I was, we stayed in touch every day. Now call her every day. Thankfully, to you know, WhatsApp and stuff, you can just call straight through. And I didn't, I didn't even I didn't tell joy, even Joy how I was feeling. You know, I also didn't feel like she would understand. And I know that she probably she could understand, you know, I communicated quite a lot, I was gonna go back and I had a panic attack. But then when COVID came, we were on different time zones, man. And just before COVID came anyway, I feel like that, you know, we kind of grew apart. Not in the sense of because we wanted to. But I She's great person. And I really don't believe in people that have relationships with someone. And then they go, and then they hate them after all, they talk smack about them after because that says more about you than them. But that lady for a long part of my life gave me a good time and good memories and was was someone I needed. So I now just know that, I hope I don't know, for certain, but I hope she's happy. You know, she deserves that. And can as well. And every now and again, I will get a message on Instagram for from her. And it's mostly always because can so proud of me. Because she's watching my posts that you've seen on my on my walk. So you know, I'll go back there one day, I'd love to see them, you know, just to be like, Thank you, you know, give them a hug. Probably 25 Hugs smaller than that. But you know, it'd be nice but that at the time was very traumatic. But you know, when you grow up, you kind of in order to survive and be a good person and a human you have to kind of learn to let go and understand that sometimes things happen that you don't want them to but the universe and the gods have a bigger plan. And and that's definitely happened to me. So I love them. I still do. I always will. But that was another plan in motion. And now I've moved on from that relationship is such as a boyfriend and girlfriend and future like that, but not for one second. Do I regret any of it? Yeah.



James Geering 1:30:09

So you get this message from your friend, like you said, you grab it with both hands. So talk to me about how much money you had in your pocket. And then let's, let's begin that journey.



1:30:20

Yeah, man. So I was I was living with the guy that was running the insurance company. Man, it was just brutal, bro. Like, now I look back on it. I'm just saying. So I'll get paid, say 300 pound a week. I don't know what that isn't \$1,000

 James Geering 1:30:39

Not all depends what year you ask me. It used to be like \$1,000. I used to joke with Americans. But now it's not far off 300 Because I think the pound got pretty weak a while ago.

 1:30:49

Right. But I was playing I was getting paid 300 pounds a week. And he transferred me the money in front of my face to my account on my phone was stood next to each other pretty much. And hit transfer 300 pounds. And right there. And then when as soon as he did that, I'll transfer back 180 pounds for my rent. So I've got 120 pounds for seven days. Phone transport, was, food, coffee. I was making nothing man. Which is also really annoying and down and depressing. And it's all part of this origin story, man. But yeah, I got that message. I have 300 pound in my account. I knew I needed it man. needed, I needed the adventure. I also have nothing to lose, because I had nothing to lose. You know. And so I, after a few sleepless nights, decided that I'd do it. I'd give it a go. Because it was always kind of like, the thing that kept playing on in my mind was the was the regret, not the regret of not doing it. You know, the kind of like me 20 years down the line that didn't do it. And also with the way my, my mind was working at that time and how I was talking to myself, if I didn't do it, I felt like I was quite I was quite worried about myself if I didn't do it. But where would I if I went left instead of right and did the walk where it was left gonna be you know, and I don't think it would have ended very well. So yeah, I set up an Instagram. Because a good friend of mine said May you need to, you need to journal this. Like if you're gonna write a book, this is a good journal Instagrams, a good journal, you'll forget a lot of it. Set up an Instagram. And also, people need to see this man, it's amazing. This is going to be amazing. So set the Instagram. I set the date, July the 19th 2020. I left. Damn. Yeah. And I just knew I fully fully believed in my ability. Physically. There was no need to train. I was already quite fit anyway. But you know, what's the point and the way I look at it is if you train for something like this, you're wasting time you might as well train as you go.

 James Geering 1:33:22

Yeah, what are you going to do walk to train the mess or just start walking the journey, right?

 1:33:26

Go to the gym and get fit, and you're gonna, that's gonna happen. And I left and I thought I genuinely believed that with the lack of funds, and just the severity of it, that I'd get probably 10 days down the road. But there was this kind of voice in my head, heart, gut instinct. I knew the universe would catch me. I knew it. I believed it is why I left. That's why I took a leap of faith for myself, but I didn't know when it would happen. And it turns out that's the first step. First step man, I had this overwhelming feeling voice in my head that only I knew existed. And when I tell people they're like, no, really and honestly, I'm not gonna I'm not gonna lie about it. But I genuinely I took that first step and I have this life. I don't know what you want to call it, like a voice a feeling but whatever the voice or the feeling was it said to me, you're where you're meant to be in your life right now. And this is what you're meant to be doing right now. And that was comforting. But it was also inspiring. You know? I took that first step and I put my foot in front of the other and breaking elm and what arise.

**J** James Geering 1:34:52

Now I had a guy on the show, who did a show on that thing was Netflix called the kindness diaries, the only logo Thetis and his guy was to do these these journeys, relying solely on the kindness of strangers. So to fill think he had a motorbike, so to fill his petrol tank to stay the night for food, and maybe it was amazing, but that wasn't during COVID. Now you're embarking on this trip in July 2024, fully deep in code. So talk to me about that, you know, what, what, what was some of the moments where, despite all that, the fear mongering and terror that was being perpetuated in the world at that point, that people were, you know, willing to interact with a stranger when somebody wouldn't even interact with their own family.

**i** 1:35:39

You know what, man? It was one of the reasons I was quite worried about how am I going to do this. But I never saw it. I never sort of fear. All I saw was straight off the bat. So the first night, I never forget that night, man. I've walked 37 kilometers. Absolutely wired. You know, what the fuck am I doing? Like, I'm close enough to a home. Cool. And so can you come get me, you know, close enough. And it was July 19 2020. So summer here, very warm. And at the time, God, I had about 30 kilograms in my back or my back was back breaking because I was packed for a year, because I anticipated that it would take a year. And I didn't know that the UK will be so big. Because when you watch the weather

**J** James Geering 1:36:39

is fucking huge. That's the problem froze everything.

**i** 1:36:43

The scale of it is to scale. So I just looked at what apps are big. And also I have nothing to go on. Because who no one's really done it. And it's not commonly known how you know

**J** James Geering 1:36:54

that Jeju mapped out the perimeter though Did you know how many miles or kilometers it was supposed to be?

**i** 1:36:59

googled it man I just googled it and I didn't find a lot. So I just thought, give it a go.

**J** James Geering 1:37:04

Will just look at your family when they done

I'll just look at my family when I'm done.



1:37:08

Right? I got a Garmin and I didn't even have a Garmin at the time. I actually I couldn't afford a tent. So I didn't even have a tent. So I slept outside. Got my roll mat out. I got my sleeping bag out that a friend had given me. I remember it man. so vivid, in my mind, but so there's a place called La worth Cove. And it's on the Jurassic Coast in Dorset and I got to the top of the high ground and up yonder 37 kilometers, I'm absolutely Fuck man, I'm, I'm so tired. I'm in so much pain, my Instagram is going nuts. I'm like what is happening right now. And I'm also very alone. So I get to the top of this massive Hill. And it goes up and down like this just a little bit. And it's like the height of a table. It's just an eye, the Marine knees while I'm asleep in those divots. Because any wind that does come from the east to the west will, you know, keep me covered and safer and warmer. And that was it got my head down to freaking exhausted. So at that point in time sleeping on the grass on the ground was not a problem for me. I turned my phone off, because I didn't have much battery. I didn't have any powerbanks they'd already been spent. And all I can say is that I know now, it was about 1107 1110 ish 1111 at night because I turned my phone on. But I woke up and I had this overwhelming feeling that someone was watching me. And obviously when you're in the middle of nowhere that's quite alarming is that when you go to a pub or a club or a bar or library or school or supermarket and you know someone's you feel like someone's looking at you and you look over and they actually are it's that whole thing you just can't explain. So I woke up with that powerful feeling. So I look up and there's millions of stars look left nothing I look right and bang right there. I can almost literally touch it is a big stag silhouetted and stood right over me. And it sounds so romantic by shimmer. T shirt sounds so romantic. You can reject it man that this you know, I'm not used to see him. And I was scared. I was like what the fuck? So I sat up and I'm swearing at the stag and nothing I stand up my sleeve. I'm jumping up and down. Nothing and then it just walks off of its own accord and I think back this so I get my phone out, turn it on. It's like 1107 or something like that. Get the torture on a pack all my kit away. And I jump down two kilometers slower than slow for four. Don't bring your ankle on the first night man And I sleep in a graveyard in a church



James Geering 1:40:06

why? Why? Why a graveyard if you had all the fields and a lot of stuff to choose, was there was there a shelter point or you're just like this isn't hard enough



1:40:15

bit of ice flat grass. And it was an IT. There was a thing is that I most remember about that is every hour on the hour the clock bell went and I was like This is annoying. So I was kind of like on sentry, I've awakened out. The next day I told this story, I woke up at six o'clock. So I think any sleep, you know, sleeping on the floor is very uncomfortable. Anyway, I went I went and got in the sea, it was so sunny, the skies were clear, the water was just as clear. And I got I went for a sea dip. And I felt brilliant. By then the next day, told this story on my Instagram. And it was 80% women, because women are feminine. They have the feminine energy of spiritual people, you know, and they're mothering. So yeah, they said, My incident melted when I told this story. Basically turns out that stack is the spiritual sign of protection, and a new journey. And I was

just karyopharm you know, you can't write that. And on this walk the whole way round has been constant stories, especially in Scotland, of me and stacks. And it gives me comfort. I, you know, I've met friends up there to quickly go forward in time. And they call me the animal whisperer a man because with the Stags wild in the middle of nowhere, in the Highlands of Scotland, which is the most beautiful, spectacular place on my walk. I'm literally talking to them. And I've got friends taking pictures of me and they're like, how do you talk to them? So how are they so close to you? I don't I don't know. And but I'm a believer in that. And I'm a believer in energy. And your energy speaks before you do, and that goes to animals and dogs and everything in between. But that was a story of my first night. And then second night. Third day, I'm walking from a place called Weymouth to Lyme Regis, and I'll never forget, I'll never forget most of this to be honest, and my memory is very good. I think the Marines played like Bourne Ultimatum mind tricks on us. And it just made my memory really good. In our sea everything I picked up everything I know everything you know, and and busy when you walk it, you feel it. And you see it in the time with so you just start to construct this story and you know, but yeah, the third day will go down in my life story is the day that changed the game with me. For the human kindness of the path. A lady sent me a message. And she just said, my friend Ross lives in Lyme Regis way of walking today. I used to live there when I grew up. And I love what you're doing. He loves what you're doing. And we just wanted to ask Ross wants to know, would it be okay if he bought you a hotel room for the night? And I was so fucking tired, man. I just said yes. Was Yes. Because I just thought of a bed. You know. And I got there. I remember I got to the bay, Lyme Bay Lyme Regis be beautiful. And I walked obviously, the hotels in the town. So I get my map. Have a look at this 2.5 kilometers up a hill. Say, you know, it's like the finisher, you know. And that's kind of where the marine TalkBox comes from, you know, because they always get any running up hills. When you think you're done. You're not done that played a big part of my walk. But I got to this hotel. And I remember man, the lady in the lobby. She was so excited to see me I just thought it's like a dog wagging his tail and oh my god, you the warrior Walker. And I'm just like, wow, I'm three days in, you know, and I didn't think anyone knew of me or knew what I was doing. And she said, Ah, Ross, he's bought you the hotel room. watc your room, and he's bought your breakfast tomorrow. And as a hotel, we love what you're doing. So we're gonna give you dinner at the pizzeria at the back. It's on us. So I started crying as always, you know, for the first six to eight weeks. I just cried every day, man. You know, because I was so overwhelmed by my life's journey at that time, the trauma of what I was going through. And also the human kindness I didn't know existed. But the only condition for taking that room was that I give Ross a shout out on my Instagram. I was like, not even a problem and I'm a radiator man, not a drain. I'm a cheerleader. I love I love telling people's stories. I love posting things about people because I'm a big believer in you know, you got to be that person. create those ripples and then when people feel good, they you know when you give someone a compliment when you when you shine a light on what they're doing. They feel good, you know, and it's not enough of that. So I always did that from the start. Anyway, I did this before the walk You know, that's just me. But yeah, I got in this room actually open the door. And there's a four poster bed there a bath in the middle of the room, a coffee machine. I started crying again. It was just amazing and I gave Ross a shout out. And that is I liken it to Avengers Assemble. You know, in the UK, humans assembled in their droves, man, my Instagram instantly melted and people months into COVID and the lockdown and social distancing and unsearchable distancing. And everyone messaged me, we got a room here for you. We got a hotel, we've got a b&b. I'm going to pay for a hotel and I know the man. And I can tell you now obviously, in the 19 months that I did walk, I slept outside three weeks now. Here we are now in the 26th of April, I finished on Sunday. So that would have been the 22nd 23rd 23rd last slept in my tent. At the end of August. Last year. I actually ditched my tent at a friend's house because it was weighing me down. I didn't need it. And I took a punt on the universe. And I've been alright this long. I'll be alright for the next bit. And I was just then

people pick me up the whole way, man. I'd be in the middle of Scotland, the middle of the highlands. I don't know what I like into it. I've never been to America, I can't wait to come to America. But what I've read, I like in the Highlands of Scotland to Wyoming. You know, life is so remote. And you talk about the gods and the universe, man, I'd be lucky if I saw a 510 cars a day. And of those five or 10 cars a day, they would drive past me always asked me if I need a lift and I couldn't take it. But what I say to people is when they offered me the lift, it feels like I've taken it because it's the kindness that that is shown to do that. But that's ag Geneva room. You know what you're doing? I'm walking the UK Geneva room. Yes. And wherever I get the only role I had is wherever I get wherever I stop, I start again, the next time I walk. So I've get to a location I send them a message because I got their number that picked me up and the next day they drive me straight back to that point. And that's what started Garmin again. me the whole way around, bro got you know, five star hotels, Marriott Hotel hotels, in hotels, Airbnb. Bnbs. People without saw houses, manor houses, stately homes, rich, poor, black, white, gay, straight, young, old, everything. And that's why I'm such a happy person. It was six, seven weeks of fully crying my eyes out. I couldn't tell people what I was doing that asked me you know, what are you doing? So what a massive bag on my back. And I'll just say I'm walking the UK why you walk in the UK. Mate, woman in I'm crying my eyes out. Because the trauma is so raw. And I'm on this like, journey that's completely unbelievable. It was actually very overwhelming. You know, because I'm in Dorset and Devon, and I'm to three weeks in I'm 300 kilometers in. I've got 10,000 kilometers to go. I'm making a mere dent in a map. If you guys see where I'm making a dent in the map because that small, absolutely ripping me a new one. I'm I am. I am so tired, man. And I didn't have a rest day for the first two, three weeks because I'm a Marie. And you know, and then my body's like a friend actually put me up in a hotel in Exeter. And I remember going to sleep and again, same check in what are you doing? I got a bag on your back. I tell them but instantly we're upgrading, you know Giannini food. I'd love some food. Right? It's on me. Just quickly finish a story. So yeah, I went to bed and this king sized bed man Oh my god. It was like king size bed. You know, blackout blinds in the Marriott. And I woke up the next day. I slept out. I woke up in the world somehow of pain. Because my body has gone such as deep sleep, that the pain had hit. And I remember I felt really, I felt really strongly that I was letting people down. When I when I realized that I couldn't walk. I needed a rest day. And I'm like three 400 kilometers in no break. no days off. And I remember putting it on my Instagram telling people that I could tell that I was crying. So I felt like I was letting people down.



1:50:06

And the love man, the love, everyone messaged me the opposite said you need to rest you need to go take a break you need. And that's been one of the big lessons in my, in my journey. But it's okay to take a rest. You rest days are actually more important than bloody walking.



James Geering 1:50:26

So my sister bought a Banksy piece of art, I mean, like, you know, a copy of not an original. And it's and it's, it's on my son's wall, and it says, if you get tired, learn to rest, not to quit. And I think that's exactly pertinent to what we're talking about this is the problem is that facade of masculinity is like why just soldier on





1:50:50

is bang, on. You know, I rested. And again, that changed the game, because you can only do so much man. And rest is key. Sleep is key rest is key. And it's quite funny, because I remember Firstly, when that happened. I was walking a lot, most days. And it was just exhausting. But not a lot. Not only that, but I would, you know, I wanted to quit all the time. Just because this is such a challenge. And a good friend, to have a few good friends. And one of them sent me a message and just said, bro, just step up to the store on each day. And just take care of that day. Don't worry about anything else. And you keep doing that. And things like that, you'll get far, which I actually did the whole way around, which even now when I've looked at the map, and I see how far I've walked, I still can't quite believe it because of that mindset that I've had from that message. And that's how I've rolled every day. And another friend who's an expert, sorry, serving Marine is an absolute legend. So I was in the Marines with him. And he's now 22 years in, and he's a good dude, rowdy, and he called me. And he's like, I get on, I was going down. I hate finally, he's I'm so proud of you. And as a mate, I'm struggling with kindness, actually. Which is really weird. Because what do you mean? I said, Well, I just want to deal with him. And I don't know how to accept it. You know, from my childhood, I guess just the way we live in the world we live in as I feel like what they want back. And he's like, instantly, just like, bro, do you believe in the universe? Right? So yeah. So even if God sounds like, Yeah, I do. He's like, right? Well, looking at it from the person that's offering you help. Because if you don't accept kindness, you're actually blocking their universe. So they're helping you for a reason. They might not tell you, but they want to help you. It just so happens that you have 300 people wanting to help you one time. So is overwhelming, but just say yes. And then from that moment when I say yes, more than no now. And just saying yes, more than those changed my life.



James Geering 1:53:13

Well, that's circles around to what we talked about leadership earlier, is when you pull communities back together, I don't think people realize how many people want to help. But a lot of people just don't know how to help. And if you just say, Hey, there's this broad Marine, he's walking around Great Britain. And he's going to be walking through your town. Are you able to buy him a cup of coffee? Are you able to, you know, have you got a bed for an AI? So many people are just like, Oh, thank goodness, something, you know, over and above a GoFundMe link something with a little bit more purpose that I can tangibly help and I can see a result from so I'm constantly amazed how many people are actually kind but we're just never shown that on our fucking screens.



1:53:54

No, may it? Well, twofold. In response to that, firstly, it's got to the stage now when I was walking towards the end of the last few months that I had to turn off as of rooms down and offers a food down because I just had too many, which is an amazing feeling. And secondly, in response to this last part is there's I've met a lot of people that get angry towards the end because Why have I not heard of you? I shouldn't have heard of you. But why is there such negativity in what I see and why have I not heard of you? And then you know what you're doing? And you know, I used to be like I wish you well I wish you had and and don't worry adventure two will come soon hear about that. But you know, there's a it's like the algorithms obviously in money and what we've spoke about before you know, if you bad news sells right?



Can you imagine like the imagined 100 200 300 More men like me now doing good things everyday walking, everyday talking and preaching and pilgrimage, and this is the life I live in. That's powerful bro. That's gonna create some good dads some good tunes some good friends. That's not that doesn't sell man. It was

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James Geering 1:55:17

crazy, as you know, as well, I've shared a lot of things because I mean, I love those V, I find those videos, you know, a lot of the pages I follow are full of those made me cry. But they also, you know, they do get notice it's the right time and all that kind of stuff, the right video and all that. But when you get those viral moments of kindness, kindness and compassion, they also go viral. So you could actually even curate your algorithms to send love and there would be as much response if not more, but the problem is, they're in kind of entrenched in this, oh, we need to get everyone angry and divided and triggered and all this shit and that's going to sell. But I disagree. I mean, when you share, you know, some of these incredible videos of an African, whatever she was at a time 10 year old doing 100 foot skate ramp with Tony Hawk or someone with Down syndrome, you know, given an amazing speech, you know, whatever it is, these are the men and women that we live in. This is our community, my community isn't isn't spray tan and abs, and you know, Porsches and mansions that's not, that's none of our community that's facade, where we live. You know, these are these are representations of all the beautiful souls that we live amongst. And I think that's the problem is, if people trusted in the algorithm of kindness and compassion, I think that actually be, you know, pleasantly surprised how popular that would be. And then that kind of negative divisive, you know, squeaky wheel, they would be back where they belong, and the absolute minorities have left in the rain.



1:56:50

Yeah. Like, yeah, this this is changed my life. And so I you know, in a nutshell, I, there was many days, most days, I kind of, I've walked so long and so far now that I've learned that the whole west side of the UK, so the Southwest coastal half the Welsh coast, English coast, Scotland all the way to the top, there was, if not once a day, more times that I wanted to quit. You know, it was a constant battle with that voice in my mind, why you're doing this, you're not making any money. You haven't got any money. Right? You know, it's just that constant, like, what's the point? Just quick, it's easy, it's comfortable, right? Comfortable. But for whatever reason, man, it would often be humans. That gave me a good interaction, and I sense for action offered me a room. And all the way along. Great humans are filled my cup, you know, metaphorically and literally. And those kind interactions, the excitement is like a mental game that I used to clear myself, man, because I'd know that when I ask people always ask me wherever I go, wherever I am, I just look a bit different to everyone else, I guess I'm in short shorts, I'm blooming got a massive bag on my back, and I'm out in the absolute torrential rain or the snow, the cold. And you know, I tell people I'm doing the excitement, man. I just got vibes and energy off that, you know, I never didn't tell someone what I was doing. And they always lost their mind. And it might have been an 80 year old woman, or a seven year old child. And all in between. And it didn't matter how much money someone had didn't matter what social status they had. It didn't matter what house they had what they did. Every single person was always excited and lost their mind and also wanted to help and I just put that down to humans being kind and wanting to help. But also everyone has an adventurous spirit within

them. And that is us as humans. That's who we are. So everyone has an adventure they've done. Everyone has an adventure they want to go on. So when I tell people I'm doing an adventure, they kind of become invested in it straightaway.

 James Geering 1:59:12

So you talked about early 2022 having this anxiety attack over a pair of pink underpants.

 1:59:19

Yeah, that'll be December 2020 20.

 James Geering 1:59:22

Excuse me. And here you are now you know 2023 You've talked about the kindness you know, journey you've been on in talks about obviously, the physical journey, some of the weather and some of the discomforts. Talk to me about that emotional and mental health journey that you've been in you know, what were something healing elements and Where where are you finding yourself now as we sit here talking late April 2023.

 1:59:50

Man, that's a question. So I set off a lone wolf man, it was me against the world. Me against myself. But quickly, it became a community have created such a strong community of people. Because most of them I've met, most of them I stayed with. And I feel like it was the currency because I didn't have any money. Please people from the rooms because they heard about me, it was the old way of stay in a village, a town and they'd call their friend in the next town, and be like, Oh my God, we got this guy coming. He's walking the country, you got to help them out. Just dominoed like that. But what would always happen is I'd walk all day, all night. And people would say, Okay, well, we will make you food make you dinner, we'll break bread, right? So when that happens, every single time there'll be like, Okay, so tell us about your life. Tell us about your story. Tell us about your journey, and how you get on the walk. Now, I left as a lone wolf, I left as someone who was very burdened, and traumatized and fought, and he was a bit of a black sheep. You know, the way I spoke to myself, you know, and here I am sat in all these beautiful homes, and big and small and all in between, but it was the love man, the warmth of the homes, you know, the people that were in it. And the love, they showed me, but I tell them my story. And like I've told you, but it would often lead to me crying straightaway, because I was really I was over, you know, I was overwhelmed. And you know that these people would just reach across the table, scrub my hand here time, don't worry, you know, you're good. You know, you got a room here was safe, we got you need to stay another night, you stay another night. And then what would quickly happen is people would say the same things all the time. And I would pick up on them. So it would be usually like you should be so proud of yourself. You should be so proud of what you're doing what you've done. You've done so much you don't even realize it. It's so young, you know, and then I quickly realized, because I don't know why. But I just felt like everyone has lived the life I've lived. I just felt that way. And as much as my personal family experience, other than like my dad, you know, my granddad, but other than

that, it was pretty awful. I quickly started to create my own family. My dad always used to say to me, because she knew was my mom's mom. She knew the struggles and what was going on. She always used to say to me, and she passed away. But I never forget it. She always used to say to me, I always used to wonder when I was younger what she was talking about. But she always used to say to me, you can create your own family. You know, if you're not happy, you can create your own family, which was hearse and create your own family. I never used to get it. And I also used to feel like that, you know, I was stuck with my family. You know, there's that saying my bloods thicker than water, but it's not. And I quickly started to create my own family and not know it. So every day, you know, you know I'm walking, struggling and I'm tired. But at the same time, the flip side of that is I've got so much purpose. And you know, every day there's a target to hit and, and every day I'm getting kind of so much love and support. And in real time. You know, and it's not just a say it's not you know, actions speak louder than words. It's real. People are often being rooms, people offer me food, people are driving to see me and walk with me. People are buying me coffee, people are giving me kick giving me money, just to get round. And it quickly became an adventure. That was was my adventure and my challenge. But it quickly became way bigger than me. And it's since early, since early in the journey been that way. And the whole way around UK, I've learned that not only as the UK a wonderfully beautiful place. But the people that are within it are just beautiful, kind and so supportive. And it's that kindness that has got me around and I feel like I would have done in with without the humans as such, you know, you can do a lot on your own, but with the humans and with a good team, which is the kindness of the humans I've met, I've got around a whole lot quicker than I planned. You know. So there's a message in that you can go far on your own. But you can do it you can go a lot further with good people and as a team and a collective and a community and it's changed my life. So you know the guy that left it's kind of it's so it's so it's such a poetic pilgrimage of a journey man because the lone moths are left



2:04:57

returned on Sunday just gone to that same beach where I grew up all my life.



2:05:06

Everything looked the same. But I was so different than when I left. And for a long minute, I was finding myself out in the real world. I was starting from zero. I was trying to find out who I am. How far can I go? And I've returned a completely free, calm, loved Island. person that just so happens to inspire the people that he's met. And when I left, I wasn't the person that needed to be inspired. And doing what I've done. It turns out now that I inspire people when for me, that's the that's the money right there, man. You can you can ram your 1000s of pounds around. I don't want it. You know, but if I'm if I'm known for this, if I'm known for you know, the people, I did my big in again, it's very poetic. And on this Walkman that I did my biggest walk on the last day. You know, the path is that Savage, you know, the 10 weeks. I've got after it, man. I was doing marathons every day. 22 miles to 36 miles every day. The last stretch I did 17 days straight. And the last day, man, I did my biggest walk 36 miles. It absolutely you know, 60 kilometers, started at seven in the morning, finished at 1220 at night hallucinating, my body was going down. You know, I was exhausted just because I just determination to get there because people waiting for me. But I remember one point in that walk on Saturday just gone. And there's a place called the Isle of Wight. And it's right in the south of the UK. And the south of England is a little island. So I got a ferry across in the morning, walked across the island. So I

thought it was 17 miles. But I looked at the maps, but it wasn't it was 26. And every hour, there's a ferry that runs. And I remember a friend called me, David, who whose house I'm staying in now. And I told him he's like, hey, get an amen, mate. I'm even gonna just hit that ferry. Or I'm just gonna miss it. And I just missed it. I was like it was literally even the port as you know, I needed to get on that ferry. So because I didn't get on the ferry, I had to wait for an hour and the crossing was 40 minutes. So in essence, I'm an hour and 40 minutes behind an already massive day. So I did an Instagram post like I always do. And I'm people obviously could tell that I was a bit deflated. I didn't think I was but I clearly was so I get on the ferry. I get to the crossing. And right there. There's someone waiting with his husky. And these are made of comfortable. I knew him from Instagram, but I didn't know him in person. So we hug it out. And I walk probably 100 meters. A guy gets out of his car, the place where I was walking is very quiet. So he's coming to see me. It gives me a hug. I know him on Instagram. Not on person. Until then, he says mate I watched your Instagram manager tell you a bit deflated drove important to get here, because I saw that you missed the ferry. So I realized I had enough times he drove an hour and a half to get to that point and walk me 100 meters again go on another corner, I hurt a warrior Walker, I look over to the MRI is the guy with his dog. He sort of drove from Southampton. He's drove 45 minutes now in his car to come and walk me. All three of those guys didn't know that each one of those guys was going to walk with me. I didn't know any of them were going to walk me. It was the biggest surprise the most welcome surprise the universe had my back, they have my back. And then we walked together for three hours. And then two of the guys turned back and then Stu carried on for two more hours. And then we have the most amazing conversations, the real conversations, and all of them told me how I change their life, by the way I talk and how I talk about forgiveness and letting go and getting after it. And if you're not happy, if you're not feeling good to talk about it, talk about it. You know, and for me, I was just smiling man. I remember. I did a we did an I did an Instagram story. And I was like Look who's come and surprise me. So I showed these three guys, right? They always remember we've got this pug busting for a way. But it was populated enough that I can do outside. So I went into this pub and I was so desperate for a Wii. I literally just pulled through and walk in the UK card straight away. So guys walking up to the pub was really busy. You know, I'm just thinking, like, what are you doing and then on a Saturday night, you know, they gave me those look in the eyes or so I'm walking away. Like, that's amazing go to the toilet. And I remember went for a posh week, right? So I sat down, because I pull it up partially, I'm too tired. My legs are killing me. So I'm sitting down, and I'm on my phone, watching the story of the guys that have come walking with me insight into it, muted it, and I'm just watching it just smiling. You know, because I've been walking on my own for so long. And then I went outside. I said, Guys, this sounds so weird. But for me, it won't be weird. But just been sat on the toilet having a possibly watching us smiling. And they all were like, Oh my God, and then two of the guys left. So hug them five times at least. And you know, make them becoming one of the guys Nick pulled out a Union Jack flag. And beside me, I know you wanted to get a Union Jack flag and you couldn't get your hands on one. So I bought you want. So you can have it on your back tomorrow. And then Joey, here's a here's some fruit pastels, which is some sweets. And here's some 50 pounds for you. Because I just love what you're doing. And I know you're gonna say don't give me the money, but I want to give you the money to take the money and just buy whatever you need, man. You know, it was honestly man, you know, I was walking with these guys and to hear their stories is so amazing. So powerful. You know, the messages I get every day from men, women telling me how they were, you know, thought about ending their lives. And they found me on Instagram and just inspired them to just keep adding to just talk. I mean, for me, that's the meaning of life, man, it's kind of put it all into a nutshell. I've learned myself by doing. But in this life, you need a passion, a purpose, and a y that is bigger than you. And if you have those three things, you're on the right track man.

 James Geering 2:12:02

Yeah, absolutely. Why is funny, because when I'm listening to you talking about your journey, I'm thinking about the things that we did have in the Marines in the fire service. And it was purpose and it was a tribe community. Yeah, it was a form of sacrifice a form of selflessness, you know, and then you refined all these things, not only as you said, Have you restored your faith in humanity, because being in a room full of people selling insurance, I bet no one was really living their best life at that moment. And now you you see this amazing kindness and compassion. But then you realize, yeah, I mean, that's the kind of karma who will use karma in a negative context. I always think of it as positive. Like when you do good in the world, you're not doing it so you can get something back. You're doing it because it is the right thing to do. And when you shared, you know, kindness and compassion, it's also much that you want to in return, you just see it grow. You see it nurture, you see the ripple effect of positivity, rather than the ripple effect of negativity that we see so much the last few years.

 2:13:04

Yep, absolutely agree, man. It's changed my life. And about two weeks ago, I mean, I've been banging the drum for a long time. And sometimes it would annoy me frustrate me, you know that I'm doing this huge challenge. And it's not getting any light shone on it. But I look at that as like a test from the University of the gods that how bad you want it. And the funny thing is, a long while ago, I let go of that. And I just said to myself all the time when it used to frustrate me that you'd see these influencers online as they're cool with their boobs out on a mountain getting all the likes all the sponsors and, and all these adventures next Special Forces guys, you know, like they did, they're telling the stories they've told for years and years and years. And I'm like, Man, I'm in the game. Now. I'm doing it right now. Funny thing is I just let go of that. And I just said to myself, just remember why you started. Just remember who you are, where you are now, and why you started. I never forget that version of me. That version of me I'm so proud of because he had the courage and the darkness to take that leap of faith. And the version of me now looks back on him with so much love, and so much kindness and so much forgiveness and pride. But the funny thing is I let go of it. And I just thought it doesn't matter. This is all irrelevant, man. And then in doing that, and then letting go of it. I love Matthew McConaughey. And he always talks about green lights. And the green lights man, they're there because So two weeks ago I contacted by Sky News. So I did a four minute Sky News piece. And then I've done all the news is now you know yesterday I'm on a Garmin called first day Friday. I've got book calls with publishers and I'm doing this with you and like you know, so it's kind of like the you know, the don't quit right because if you firstly have the passion and purpose and the why for it, the good stuff will come and Alan Watts is the Western Buddhist You know, one of the first guys, everyone recognized his voice, you know, he does a lot of the rails talks. And you know, there's one thing that you wait to hear we said, and he said, If you do what you love for long enough, you will, you will make money. And I am a champion of that. And now that's starting to look like it may happen, which is amazing to get recognition for this man. Yeah, you know, to get recognition for something you love to talk about something I love, which is me and my walk, and I'm so passionate, it's my baby. It lights me up and the people I've met lined me up and the humans I met light me up and that leads quickly on to the next adventure. Because firstly, I had 11 month break. I did four months walking. So July 19 to 2023 July the 19th 2022 December the 19th 2020 Award from Paul in Dorset up to Bristol having completed the Southwest coastal path, which is the equivalent of three Everest summits. 635 Miles absolutely straight up savage. And to a place called Natalie and Wales, I had five days off

for Christmas. But the first day, we went into the second lockdown. So that five days turned into 11 months where I couldn't walk just because Scotland England and Wales have different restrictions. I didn't agree with it, but I couldn't walk because it was just not a good time at that time. So I took a seasonal job in Cornwall, which was amazing. But that 11 months has always been on my mind. You know? It's been like everyone went for it. But it's been a bit of a like, motherfucker. You know, and secondly, few have done it once. Nobody's done it twice. That turns me on the marine imeem. And that's my, you know, the Goggins in me, man. You know, it turns me on. And thirdly, and probably most importantly, what else will I do, but I've had such a good human experience and such a life changing healing experience, and I'm a very big believer in paying it forward. So therefore, I'm going to do a victory lap, and do it again in about six weeks time. And I'm going to raise money for a charity called Mind, which is a mental health charity. And that is adventure. Number two.

**J** James Geering 2:17:26

Amazing now you're going to take there gonna be an opportunity to actually document some of this with film so that maybe there could be a documentary The second lap?

**o** 2:17:35

I mean, I mean, I'm in talks with certain people at the minute, but I hope so. I mean, what a what a thing to document and also from the start as well, yeah. But yeah, I just, it's that whole why again, it's that bigger than me, you know, I'm willing to put myself through the pain, I kind of love it. It's the passion, the purpose, the why, but it's also the routine of it. I can't think of anything better to do with them. And it because the UK is stunning. So I'm happy to go back to these places. And you've got I'm gonna see it differently. Anyway, I'll do the same route. So I can compare the two. But I'm thinking I'll start from a different point this time, just to keep it a bit very, but also to go the other way around that way around, so go anti clockwise, not clockwise, but I've given myself a year to get it down, including rest days. So there's a place called Dundee in Scotland, on the east coast, right at the top, you know, and the last and week 10 weeks, man have gone from Dundee all the way down all the way around the finish in 10 weeks. This stuff blown, man. So I kind of feel like I did that. Because subconsciously, I maybe knew that I'd do this again. So I know I can do it, I can probably maybe do it in less. But I just I've set the target a million pounds to raise for these guys because they're good. You know, I'm a firm believer in standing in your lane. And my lane is walking the path by and that's what I'm good at. Never knew it could be a thing, but I'm a good Walker, man. It's brilliant. So I'm gonna let them do their thing. So I've set up a just give me this on my Instagram and I've set the target in a million. Because I believe you know, you gotta aim high, right? Absolutely. If you aim high and you just miss it, then you still did great. And

**J** James Geering 2:19:12

so again, relying on the same kind of kindness or compassion again, so people will better follow you on Instagram.

**o** 2:19:19

Yeah, it's gonna be on the same Instagram. And, you know, people are already messaging me like you can see again, it's a great, you know, I'm really excited to see the people I've seen before but I also know, you know, stayed with people, but there's been a lot of people that have messaged me saying, oh, man, I wish I knew you were here when you were here. So I don't feel like rooms will be a problem. So I'll take them because sleep is key. And they allow me to push out these marathons every day when I do walk. But also it's the human aspect man. It's so as you know, man, like selfless service is just amazing like to do things for other people makes you feel good to give rather than receive is feels great. Sorry, my battery when I was giving them all in them. But yes, to give, rather than receive is great and I'd give my story to people I give my energy to people and I show them that there could be an alternative life for them. You know, if you're not happy, then you can change it. And the story that I have is probably powerful in the sense of because I was never been so low and and didn't have anywhere to live, I didn't have a job and three in Japan and my bank Look at this. So you can definitely do what you want to do. You know, and you just got to try, just try. And if you firstly don't get there, then just regroup and go again. And if you're trying to get there and you don't like it, then you try something else. Because you know, you don't like that. You know, so there's so many messages and so much kindness and so much love and so much support. And I've just realized that this is me for my life, man, it's the power gotta live my life. Just walk the world and do these these challenges and be an adventurer and write books and and live my truth, man.

 James Geering 2:21:04

Beautiful. Well, I'm sure people listening are fascinated. I know you have a website, and I have Instagram. So where are the best places online to follow you and know more about you?

 2:21:14

Yeah, so the best, the best place to be fair will be my Instagram. And that's the warrior Walker. That's the handle there. So that is probably the best place. You know, there's so many social medias. And I just believe in doing one good. And for me, I just like the layout of Instagram. I like how it works. I like the stories that lives and you know, so yeah, Instagram is my jam. And you can find me on the warrior Walker.

 James Geering 2:21:38

Beautiful. Well, I want to say thank you to David Glennon as well he was the first person that kind of introduced me to you. And yeah, I think it was I want to say more you chat even began. So I think has been right from the beginning. If I'm not mistaken.

 2:21:53

David's a good dude. Good dude, man. I'm not you know, I'm going to do now when we finish this, even though I've told him before, I'm gonna message him and tell him what a great human he is for doing that?

 James Geering 2:22:02

Absolutely. Well, again, it's all about this connection. You know, we're in different countries. And here we are having this amazing chat. So well, I want to say thank you. So so much, I mean, hearing your journey. And it's funny, because it is such a contrast. I sat with my wife last night and watch the Whitney Houston film they just made. And here's this incredible woman, this incredible gift, surrounded by fame and wealth. But obviously she was never able to address that thing. She never got to that thing. And it ended up destroying her. And it's so tragic. So sad. And here you are, you know, with so many of the people that be on the show, that have managed to find that thing before it was too late, you know, and it didn't take fame and wealth and you know, fake people around you quite the opposite. It took complete strangers to find that family. So it has been such an amazing conversation. I want to thank you so

 2:22:53

much. Thank you, man. You just quickly alluded to that when I was just about to say it, you literally said it. I always tell people, I've met so many strangers that have become family men. And the last thing I'll say is that there's four words that changed my life. And it's Hi, Howie. And that's all I say whenever I'm walking, whenever I go past somebody, I take my earplugs out, if I'm listening to a podcast and listening to music, I just instinctively do it now. And I'll take it and I just see that person. And if you look on my Instagram, you'll see that it's all colors and creeds and age and disabilities. And I see people men, and people want to be seen. So I just say hey, how are you? And that leads to I'm good thanks, at least, aren't great, or at least what you're doing, and a room and kindness and love and friends and stories. And you know, so if you are struggling, what I do tell people to do is just talk to strangers to say hey, how are you? Hi, how you doing? And not only will you start to change your life, but you'll send out those reports to other people because the people that you do talk to you also don't get spoken to and also unseen. So you can literally change people's lives and yours by just saying I know you