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00:00:00,000 --> 00:00:02,280

This episode is sponsored by InsideTracker.

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00:00:02,280 --> 00:00:07,000

And what makes me smile is before I even started my podcast seven years ago,

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00:00:07,400 --> 00:00:10,960

when listening to other wellness conversations, InsideTracker

4

00:00:10,960 --> 00:00:14,360

was always the company they recommended for comprehensive blood work.

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00:00:14,800 --> 00:00:20,720

Well, now in 2024, they have begun to offer a brand new first responder panel,

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00:00:21,040 --> 00:00:25,360

which will cover nine biomarkers hitting several of the pillars of health

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00:00:25,360 --> 00:00:27,600

that affect us in uniform.

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00:00:27,600 --> 00:00:31,800

Stress, heart health, metabolism and gut health.

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00:00:32,240 --> 00:00:35,800

Now, after a very simple intake form, a blood draw,

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00:00:35,960 --> 00:00:39,960

you will get the results sent to your computer, smartwatch, phone,

11

00:00:40,440 --> 00:00:44,400

not only detailing where you are on the scale from poor to optimized,

12

00:00:44,600 --> 00:00:48,120

but also tips on how you can improve each of these markers.

13

00:00:48,760 --> 00:00:51,280

Now, this panel is usually three hundred and ten dollars,

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00:00:51,280 --> 00:00:54,760

but they are also offering first responders 30 percent off

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00:00:54,800 --> 00:00:56,800

any of their blood panels.

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00:00:56,800 --> 00:01:01,040

So that brings this specific panel down to only two hundred and seventeen dollars.

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00:01:01,560 --> 00:01:05,880

Now, I myself went through their ultimate, which is their comprehensive blood work,

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00:01:06,000 --> 00:01:10,960

which also includes micronutrients, hormones and other areas of overall health.

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00:01:11,320 --> 00:01:15,520

And I have to say, I was absolutely amazed at firstly, how easy it was.

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00:01:15,520 --> 00:01:18,520

But secondly, the comprehensive information I got

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00:01:18,800 --> 00:01:23,320

and the actionable information on how to improve each of my own biomarkers.

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00:01:23,760 --> 00:01:26,360

Now, as with all my sponsors, if you want to hear more

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00:01:26,360 --> 00:01:30,120

about inside tracker, you can hear my conversation with senior sales

24

00:01:30,120 --> 00:01:34,520

executive Jonathan Levitt on episode eight hundred and eighty seven

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00:01:34,520 --> 00:01:36,360

of the Behind the Shield podcast.

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00:01:36,360 --> 00:01:40,680

So to sign up or simply learn more, go to inside tracker dot com.

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00:01:41,080 --> 00:01:44,240

And for the first responder panel, the easiest way is to Google

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00:01:44,240 --> 00:01:46,960

inside tracker first responder panel.

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00:01:48,360 --> 00:01:52,120

This episode is sponsored by a company I've used for well over a decade,

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00:01:52,120 --> 00:01:54,240

and that is five eleven.

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00:01:54,240 --> 00:01:57,080

I wore their uniforms back in Anaheim, California,

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00:01:57,080 --> 00:01:59,520

and I've used their products ever since.

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00:01:59,520 --> 00:02:04,240

From their incredibly strong, yet light footwear to their cut uniforms

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00:02:04,240 --> 00:02:06,560

for both male and female responders.

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00:02:06,800 --> 00:02:11,480

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

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00:02:11,840 --> 00:02:15,440

Outside of the fire service, I use their luggage for everything

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00:02:15,440 --> 00:02:19,600

and I travel a lot, and they are also now sponsoring the seven X team

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00:02:19,760 --> 00:02:23,400

as we embark around the world on the human performance project.

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We have Murph coming up in May.

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And again, I bought their plate carrier.

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I ended up buying real ballistic plates rather than the fake weight plates.

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And that has been my ride or die through Murph the last few years as well.

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00:02:36,320 --> 00:02:39,440

But one area I want to talk about that I haven't in previous sponsorship

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spots is their brick and mortar element.

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00:02:42,240 --> 00:02:45,560

They were predominantly an online company up till more recently,

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00:02:45,680 --> 00:02:49,280

but now they are approaching 100 stores all over the U.S.

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00:02:49,640 --> 00:02:52,040

My local store is here in Gainesville, Florida,

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00:02:52,040 --> 00:02:55,680

and I've been multiple times and the discounts you see online

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00:02:55,680 --> 00:02:57,720

are applied also in the stores.

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00:02:57,920 --> 00:03:04,200

So as I mentioned, 511 is offering you 15% of every purchase that you make.

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00:03:04,440 --> 00:03:08,760

But I do want to say more often than not, they have an even deeper discount,

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00:03:08,760 --> 00:03:10,800

especially around holiday times.

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00:03:11,280 --> 00:03:17,080

But if you use the code SHIELD15, that's S-H-I-E-L-D-1-5,

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00:03:17,400 --> 00:03:20,960

you will get 15% off your order or in the stores

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00:03:20,960 --> 00:03:22,560

every time you make a purchase.

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00:03:22,880 --> 00:03:27,800

And if you want to hear more about 511, who they stand for and who works with them,

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00:03:28,080 --> 00:03:35,200

listen to episode 580 of Behind the Shield podcast with 511 Regional Director Will Ayers.

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Welcome to the Behind the Shield podcast.

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

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00:03:40,880 --> 00:03:44,960

to welcome on the show former Navy SEAL and member of the

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00:03:44,960 --> 00:03:49,360

Veteran Mental Health Leadership Coalition, Tommy Aceto.

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00:03:49,360 --> 00:03:53,840

Now, in this conversation, we discuss a host of topics from his early life,

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00:03:54,080 --> 00:03:58,160

his journey into the Navy, entering the world of special operations,

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his perspective on war, his transition story, the healing power of psychedelics,

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and so much more.

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Now, before we get to this incredibly powerful and important conversation,

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00:04:09,280 --> 00:04:14,720

as I say every week, please just take a moment, go to whichever app you listen to this on,

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00:04:14,720 --> 00:04:19,520

subscribe to the show, leave feedback and leave a rating.

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00:04:19,520 --> 00:04:23,760

Every single five star rating truly does elevate this podcast,

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00:04:23,760 --> 00:04:26,240

therefore making it easier for others to find.

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And this is a free library of almost 900 episodes now.

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

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00:04:37,280 --> 00:04:42,480

so I can get them to every single person on planet Earth who needs to hear them.

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00:04:42,480 --> 00:04:48,640

So with that being said, I introduce to you Tommy Aceto. Enjoy.

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00:05:07,200 --> 00:05:11,280

Well, Tommy, I want to start by saying thank you so much for coming on the podcast.

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00:05:11,280 --> 00:05:14,480

Thank you so much for coming on the Behind the Shield podcast today.

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00:05:14,480 --> 00:05:18,080

No, it's a pleasure to be here. Thank you for inviting me.

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00:05:18,080 --> 00:05:21,520

So where on planet Earth are we finding you this afternoon?

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Well, Flow State is now over Zay. I live in Nashville area.

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Beautiful. Now, what took you over there?

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Oh, man, just fate. I needed to get out of California and I just got out of the Navy

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00:05:38,080 --> 00:05:42,240

a few years ago and I needed to start my life over really.

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00:05:42,240 --> 00:05:51,280

And I met a beautiful gal who's now my bride and we ended up getting married in my Buds

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instructor's backyard on the 4th of July as I was coming across the country in an airstream.

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So it's kind of definitely a good story. And she had a job in Houston and I was living in

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California at the time. So I basically went to New York City. I went from California,

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picked her up in Houston, went to Nashville, got married. And then I kept going on to a program

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called Virginia High Performance. It's where they basically rehab special forces operators.



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It's a beautiful program run by a friend of mine. And after that, I went and swam around Statue of

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Liberty. So I was living on an airstream at the time and that's how we ended up here. And we love

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it. We absolutely love Nashville. I believe it's the heartbeat of America. It's got these big guns

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called the music industry. And it's funny because I always thought everybody was going west and now

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00:06:55,840 --> 00:07:03,200

everybody's coming back. With Virginia High Performance, was Jeff Nichols still coaching

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00:07:03,200 --> 00:07:11,120

them when you were going over there? The name sounds familiar, but mine was Tim. I had a guy

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00:07:11,120 --> 00:07:19,600

named Tim. He was a hell of an instructor. Okay. Yeah. Jeff was a former dev guru guy turned like

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00:07:19,600 --> 00:07:23,200

strength and conditioning guru in the tactical space. So I know he was there for a while and then

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00:07:23,200 --> 00:07:33,440

he ended up forming his own gym. Okay. Yeah. Alex runs it. And yeah, it's an incredible program.

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If you're an athlete or a veteran that seems to have lost their way, I would really recommend

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00:07:41,680 --> 00:07:47,920

checking out that because they don't just hit it from an exercise perspective. It's more,

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00:07:47,920 --> 00:07:55,920

they have massage, they have sound bowls, sound therapy, they have cognitive instruction,

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00:07:55,920 --> 00:08:03,440

they have a dietitian and basically all your meals are put together for you. And it's a four week

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course. So sometimes it's hard to get people to step away from their life for that long, but I

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think it's a hell of a tune up. Absolutely. I think the physical side is something that's missed a

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00:08:13,760 --> 00:08:19,040

lot. We're going to get into obviously the spiritual side, the emotional side, but when you

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00:08:19,040 --> 00:08:24,800

combine, for example, psychedelics with the physicality, whether it's hiking or diving or

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00:08:24,800 --> 00:08:31,920

surfing or just simply unfucking your body through therapies and exercise, that to me is the kind of

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00:08:31,920 --> 00:08:38,000

whole holistic approach. Yeah. Mind, body and spirit, man. We've got three of them. If you're

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00:08:38,000 --> 00:08:44,160

only operating two, then you're only a 2D creature. Absolutely. Well, before we get into

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00:08:44,160 --> 00:08:49,440

your journey and into the mental health space, let's start at the very beginning of your timeline.

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So tell me where you were born and tell me a little bit about your family dynamic, what your

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parents did, how many siblings? I was born in Gross Point, Michigan. My dad actually was a football

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wrestling coach at Gross Point North, which is the movie, John Cusack's movie, Gross Point Blank.

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

If you see, it's an 80s movie. And I was first house, I was born in St. Clair Shores and then

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we moved around the Metro Detroit area, ended up on a lake in Chesterfield, Michigan, Lake St. Clair.

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And I grew up the son of two athletes. So I used to say I was a musician trapped in an athlete's

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00:09:34,800 --> 00:09:44,000

body or an athlete's home. And so in Detroit, you jock a musician or a lawyer or whatever,

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00:09:44,000 --> 00:09:54,080

something professional. And I found success in sports. I was a two-time all-state athlete

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00:09:54,080 --> 00:10:00,720

in two different sports, soccer and wrestling. And I ended up winning the state title in wrestling

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00:10:00,720 --> 00:10:08,160

in Michigan in 1999. And then I ended up playing soccer in college.

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00:10:08,160 --> 00:10:13,840

Basically, because I didn't want to cut weight in college again. So I thought I'd go out on a high

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00:10:13,840 --> 00:10:19,840

and I enjoyed playing soccer in college. I had the opportunity to play with my older brother,

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00:10:19,840 --> 00:10:28,160

Paul Cito, who he's a chef in Miami. And we went real far in the NCAA playoffs my freshman year.

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00:10:28,160 --> 00:10:36,240

I started and we had a coach, his name was Scott Fowler, and he was a great guy. And he was a

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00:10:36,240 --> 00:10:42,400

great guy. We had a coach, his name was Scott Fry, and he left our program after we went to the

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00:10:42,400 --> 00:10:50,160

semifinals in the NCAA tournament to coach at Messiah College in Pennsylvania. And he went on

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00:10:50,160 --> 00:10:56,240

to win six national titles with the women's soccer program there. And it was sad because I was the

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00:10:56,240 --> 00:11:04,160

one that my coach told that he was leaving in his office the day that he told the team. But he said

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00:11:04,160 --> 00:11:10,560

secret for four hours. I couldn't tell the players. And so I'm like, I don't keep good secrets.

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00:11:12,800 --> 00:11:18,400

And so he told the team, and I just remember my older brother who was going to be a senior that

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00:11:18,400 --> 00:11:26,800

year, that his whole class was just sobbing. Because this guy, I had few coaches in my life

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00:11:26,800 --> 00:11:32,480

that I would run through a wall for. And this was one of them, Scott Fry. He'll go down as one of

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00:11:32,480 --> 00:11:40,480

the best collegiate coaches of all time. And then after I played soccer in college, I went to Elmah

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00:11:40,480 --> 00:11:45,840

College and I thought I was going to be a pediatrician since I was six. And so I was pre-med.

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00:11:46,560 --> 00:11:53,280

I took all my classes and I just got burnt out. I really did. It was something not right and I wasn't

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00:11:54,480 --> 00:11:59,840

prepared to do the work, I think. And I think God had other plans for me. So I became a seal medic.

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00:11:59,840 --> 00:12:06,080

And the interesting thing of how I jumped from being a pediatric, wanting to be a pediatrician

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00:12:06,080 --> 00:12:13,600

to a seal medic was an athlete, a teammate of mine. His name was Jake Olson and he became a

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00:12:13,600 --> 00:12:21,440

Huey pilot in the Marines. And I remember him coming back to a game and he was just yoked and

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00:12:21,440 --> 00:12:30,800

just stud. And I just remember that feeling of like, it was more than being an athlete.

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00:12:31,760 --> 00:12:38,480

And so I talked to him after my senior year and he's like, I'm going to enlist in the Navy so I

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00:12:38,480 --> 00:12:45,280

can go to be a pediatrician and they'll pay back my college loans. And he's like, Tommy, he's like,

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00:12:45,280 --> 00:12:49,360

you do not want to enlist in the Navy. He's like, you do not want to be a shoe. And I was like,

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00:12:49,360 --> 00:12:55,200

what's that? And he's like, you need to be a seal. And I was like, a Navy seal? And he's like, yeah.

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00:12:55,200 --> 00:13:00,640

And that's crazy. You can't. And he goes, you're crazy. And I said, you're right. And that was it.

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00:13:00,640 --> 00:13:11,280

I watched one discovery video. There was nothing in 2003. And I just needed to start my hero's

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00:13:11,280 --> 00:13:19,280

journey. So you have to get away from home. And the beautiful part was, I was like,

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00:13:19,280 --> 00:13:28,080

I never in a million years would I be able to say that this would be what I'm doing right now,

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00:13:28,080 --> 00:13:36,400

which is healing trauma of the mind and bringing awareness to people that the best medicine

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00:13:36,400 --> 00:13:41,840

for the mind is not what they're selling. Well, I want to go pull a few things out of that.

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00:13:41,840 --> 00:13:46,240

Firstly, you said you were a son of two athletes. Your dad was coaching wrestling and soccer. What

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00:13:46,240 --> 00:13:53,840

about your mom? What was she doing? Yeah, she was an all state swimmer. She played basketball,

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00:13:53,840 --> 00:14:01,520

volleyball, everything, but her sport was diving. She was a diver. And you mentioned Scott Fry.

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So you progressed through all your school and collegiate athletics. And then obviously you get

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00:14:07,520 --> 00:14:14,080

into a tactical profession where again, leadership is extremely important. When you look back now,

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00:14:14,080 --> 00:14:18,800

what was it about Scott that made him such a great leader, even through your perspective today?

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00:14:24,720 --> 00:14:28,480

When someone walks in the room, it doesn't matter. He was five foot one, maybe,

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00:14:29,040 --> 00:14:39,040

maybe five foot two Scottish, just, you know, ginger. And he would walk in that room and

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00:14:39,040 --> 00:14:44,880

he'd get that little tear in his eye and that little thing, like it's energy. And when,

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00:14:44,880 --> 00:14:50,080

when he would say something and he would be on the verge of, you know, losing it with the tears,

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00:14:51,360 --> 00:14:56,080

it speaks volumes. And you're seeing that with another guy that just started making a lot of

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00:14:56,080 --> 00:15:02,400

news, coach Dan Campbell from the Detroit Lions. He's a big dude, but he wears his emotions on his

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00:15:02,400 --> 00:15:10,400

sleeve. And I'm telling you the human version of energy is emotions and good leaders. They understand

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00:15:10,400 --> 00:15:18,080

that. Isn't it ironic that when you and I were young, we were told that men didn't cry,

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00:15:18,800 --> 00:15:26,000

that men had this two dimensional, you know, pseudo stoic element to them. And now what we're

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00:15:26,000 --> 00:15:32,640

realizing, you know, I mean, it's common sense when you just kind of debunk the myths, that real

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00:15:32,640 --> 00:15:37,760

passion, whether it's in combat, whether it's in first responder professions, or even just mentoring

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00:15:37,760 --> 00:15:46,000

young men to become an incredibly cohesive team should move you to tears. Yeah. Well, I'm in the

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00:15:46,000 --> 00:15:58,400

business of teaching warriors how to surrender. And, you know, we're not taught that it's a



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00:15:59,200 --> 00:16:07,520

defense mechanism. My, both my grandparents served in the Navy. My dad's father was the champion of

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00:16:07,520 --> 00:16:13,600

the Pacific fleet. Back when boxing was a big deal in the ships. He got his lung ripped out from

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00:16:13,600 --> 00:16:21,040

shrapnel in the Japanese theater. And, you know, my dad didn't get taught how to cry.

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00:16:22,720 --> 00:16:31,120

Never, you know, he had an anger issue. He was a good, he was a good man, but his drug was anger.

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00:16:31,840 --> 00:16:40,320

And he, I was a middle child, right? So it's, I always ask people, I can spot out middle children.

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00:16:40,320 --> 00:16:45,680

I'm like, you're a middle kid, aren't you? And they're like, yep. But, you know, middle ones

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00:16:45,680 --> 00:16:52,160

just doing this thing the whole time. And usually tougher too. I was the fighter. My brother was a

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00:16:52,160 --> 00:16:59,600

hell of an athlete. He was all state soccer player twice and wrestling twice too. But he,

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00:17:00,880 --> 00:17:06,720

he wasn't a fighter. And I would fight his fights and I would fight my younger sister's fights,

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00:17:06,720 --> 00:17:18,880

you know, and I was just, that was me. So, the thing about emotions is when we are in a safe place

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00:17:18,880 --> 00:17:24,000

and we can let go as a man, it's not a lot of it's like for me, it was driving in a car. I can drive

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00:17:24,000 --> 00:17:31,600

in a car, hear a song, and I can just wail. And what we're studying now is this release of energy

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00:17:31,600 --> 00:17:39,200

and what it does in the endorphins that it can create the neurochemistry that it can reroute.

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00:17:40,160 --> 00:17:45,680

And it's like the book I'm writing right now is called Feel to Heal and it's about feeling your

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00:17:45,680 --> 00:17:56,800

emotions. Another interesting perspective when it comes to early life and, you know, moving forward,

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00:17:56,800 --> 00:18:01,200

you did wrestling, which arguably, even though it's a team sport, you are alone on the mat

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00:18:01,200 --> 00:18:07,280

at that point. And then you did soccer, football, which now you're one of 11 and it's, you know,

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00:18:07,280 --> 00:18:13,840

the other side of the spectrum. When you look back now, how did each of those roles factor into your

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00:18:13,840 --> 00:18:18,640

success going through buds and beyond? Oh, man, this is gonna be longer than two hours.

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00:18:20,800 --> 00:18:27,360

Yeah, man, I, soccer is a beautiful game, the football, right? It should be called football.

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00:18:27,360 --> 00:18:36,480

But it's the beautiful game. It's problem solving and, you know, the ability to rely on your

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00:18:36,480 --> 00:18:43,840

teammates and figure things out. There's no timeouts. It's just, you know, it's tough. It's

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00:18:43,840 --> 00:18:47,840

tough to score a goal. I think that's why Americans don't like it because, you know, they should make

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00:18:47,840 --> 00:18:56,320

a goal like four points or something. Fly tackle should be like one. But, yeah, exactly. So, yeah,

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00:18:56,320 --> 00:19:02,160

I got a lot. I mean, to be honest with you, for the buds aspect of it, soccer was the reason why I

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00:19:02,160 --> 00:19:14,160

could run. I was, I'm 6'2", trying to get down to 210 pounds. But my first day of soccer camp,

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00:19:14,160 --> 00:19:22,000

my coach, Scott Fry, this is what a terry was. He used the women's national soccer team pre-season

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00:19:22,000 --> 00:19:30,080

workout, which was a five-minute mile. And it was a four-month conditioning program that you would

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00:19:30,080 --> 00:19:36,400

do intervals, long runs, challenge days. And then it would just make you, if you did it, you would

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00:19:36,400 --> 00:19:43,600

run a five-minute mile. So every year, first day of camp, there's only a couple of people on campus.

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00:19:43,600 --> 00:19:48,560

And my campus was like 1,400 people in the middle of cornfield. So it's like, it was like smaller

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00:19:48,560 --> 00:19:53,280

than my high school. But we would show up to the track and there'd be the football players, which

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I'll come back to that. But I lived in a fraternity, all football players. I was the head guy in my

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00:20:00,720 --> 00:20:05,760

fraternity, but I was a soccer player. But I could bench press more than the football alignment in

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00:20:05,760 --> 00:20:13,040

college. So we would walk out to the field and they would be all in the middle of the field,

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00:20:13,040 --> 00:20:20,640

all in the middle of the field, coking and joking, talking about the summers and stuff.

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00:20:20,640 --> 00:20:24,560

And we would walk out and the football players knew what we were going to do. And we'd get on

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00:20:24,560 --> 00:20:30,880

that track and there was three heats and we would bust our ass doing that five-minute mile. And

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00:20:31,600 --> 00:20:39,760

I swear to you, running four 75-second splits as a big dude is not fun. The third lap is a gut check.

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00:20:39,760 --> 00:20:46,640

And if you have anything left after that, it's just put out. And that's why my coach did that

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every year to see who came to camp prepared. And if you didn't make the five-minute mile,

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00:20:52,480 --> 00:20:59,760

every five seconds you were over, you had to run three to five miles at 6.30 AM, which added on

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00:20:59,760 --> 00:21:05,120

another session to three a days. So you're doing four a days. And by the third day, if so, if you

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00:21:05,120 --> 00:21:13,920

were 6.15 or older with the fat boys or slower with the fat boys, you were miserable because those

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00:21:13,920 --> 00:21:18,640

guys were sleeping and going to get breakfast and you can't move your legs and you're going to run.

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00:21:19,200 --> 00:21:27,040

So my best I ever got was five or seven. I never did it. But yeah, wrestling, soccer was

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00:21:27,040 --> 00:21:33,040

incredible for the compression on the joints and the bones to make it through buds, which we see

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00:21:33,040 --> 00:21:37,840

guys fail out because they can't run. They don't have the compression. Football players are big

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00:21:37,840 --> 00:21:50,160

guys. Wrestling was the other side of my formula for buds. There was a difference, and we'd say in

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00:21:50,160 --> 00:21:58,080

buds, there's a difference between being cold and tired and cold, wet and tired. There's a huge

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00:21:58,080 --> 00:22:05,120

difference. And when you're in that state, a mental state, there's not many sports out there that can

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00:22:05,840 --> 00:22:10,320

do what wrestling can do for you because we're hungry and tired.

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00:22:14,640 --> 00:22:20,960

I would always see, you'd see in training, there would be the water polo players, the football

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00:22:20,960 --> 00:22:25,440

players, the basketball players, soccer players, and then there was the wrestlers.

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00:22:25,440 --> 00:22:28,640

And they usually did better than the rest of the sports.

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00:22:30,720 --> 00:22:35,440

Interesting. Yeah, it's funny, wrestling over and over again seems to be one of the sports that a

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00:22:35,440 --> 00:22:40,160

lot of the SEALs and special operations guys did. And then obviously in your community, water polo

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00:22:40,160 --> 00:22:43,360

was another one that you just mentioned. A lot of the guys came from that background too.

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00:22:44,400 --> 00:22:49,600

The other advantage I was from Michigan. So when people were cold in the water, I was like,

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00:22:49,600 --> 00:22:54,640

it's not like Superior. Yeah, same in England. When you go to the beach as an English boy,

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00:22:54,640 --> 00:23:00,480

you're basically doing a Wim Hof workout just to go swimming. Yeah, fall through the ice a couple

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00:23:00,480 --> 00:23:06,880

of times and you'll learn what self-preservation is all about. Yeah, exactly. Well, then one more

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00:23:06,880 --> 00:23:09,760

thing when we stay on charter and then we'll progress through into the military side.

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00:23:11,680 --> 00:23:17,600

As I progress through this podcast and I'm this perpetual student, I'm hearing this

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00:23:17,600 --> 00:23:22,640

stories and seeing these common denominators really surface. One of the areas that I don't

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00:23:22,640 --> 00:23:28,160

think gets enough attention when it comes to first responder in military mental health is the impact

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00:23:28,160 --> 00:23:34,960

of childhood trauma. And so we look at Afghanistan, we look at 9-11, whatever our big trauma is.

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When you look back now and you have this kind of multi-generational element, your grandfather was

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World War II veteran, arguably probably brought some trauma back with him and your father and now

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00:23:44,720 --> 00:23:50,560

you. When you look back, were there elements of your childhood that contributed to struggles later

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in life? No. Yes, absolutely. Like I said, my father, God bless him, he was a good man.

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He just had a lot of anger and man, there's so many, I think there's so many stories that resonate

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with this. I study trauma, I study the nervous system and I study under Dr. Joe Dispenza, this

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thing called epigenetics, which is the energy of an environment or the energy of an experience,

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00:24:24,720 --> 00:24:31,680

call it trauma, and how it affects your genetics. And there are studies being done right now, Dr.

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00:24:31,680 --> 00:24:38,800

Joe does them all the time where they gather all this information, 1500 people out of 2200 people

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00:24:38,800 --> 00:24:43,600

in his week-long seminars. So you have a controlled environment and they're studying the gene

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00:24:43,600 --> 00:24:50,720

expression, they're taking every fluid out of the body. I mean, they take spit, sweat,

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00:24:51,600 --> 00:24:58,880

urine, blood, feces, some were given breast milk at these retreats, I mean, EEGs, everything.

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00:24:58,880 --> 00:25:05,520

And they're finding that after seven days, you could basically start to develop the same gene

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00:25:05,520 --> 00:25:11,520

expressions, which create the same proteins, which create the same genes. And so if you could do that



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00:25:11,520 --> 00:25:17,200

in seven days, then we have to look at this thing called epigenetics. And that's what I think this

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00:25:17,200 --> 00:25:26,800

country is suffering from is the generational trauma of war and conflict, abuse, drugs, and

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00:25:26,800 --> 00:25:34,080

all these things that are, you say, well, my dad was an alcoholic, his dad was an alcoholic. I'm like, no,

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00:25:34,080 --> 00:25:38,880

yeah, but his dad had trauma, his dad had trauma, and his dad had trauma. And if you look at our

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00:25:38,880 --> 00:25:47,360

history, all the wars, that's literally just repeating the cycle of shit. And we call it living.

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00:25:47,360 --> 00:25:56,160

It's our reality. And that's accepted. That's it. You come, you serve, you die. And I think we need

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00:25:56,160 --> 00:26:04,160

to change the narrative on this thing called genetic disease or childhood trauma is the core

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00:26:04,160 --> 00:26:11,040

trauma of all traumas. And even if you come, and this is so funny that you brought this up, because

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00:26:11,040 --> 00:26:19,920

I've worked with a lot of people on a socioeconomic scale, sons and daughters of billionaires,

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00:26:19,920 --> 00:26:26,480

millionaires, or orphans, don't know my dad, don't know my father, don't know my mother.

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00:26:27,600 --> 00:26:34,160

And you get these identity issues. One says, I like the right or the wealthy. I don't deserve

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00:26:34,160 --> 00:26:39,920

this. I don't even give my permission to feel this way. And so now they have the access to do

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00:26:39,920 --> 00:26:44,160

to do a lifestyle of destruction, and they have enough leash to hang themselves with.

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00:26:44,160 --> 00:26:49,920

And the other side, yeah, you get raped, you don't know your dad, you don't know these things.

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00:26:50,640 --> 00:26:59,440

It's a real easy one to pinpoint the neglect, the abuse. And so the thing is, is we all had,

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00:27:00,160 --> 00:27:06,080

I believe we all have micro traumas somewhere along the line. And it's really just how we dealt

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00:27:06,080 --> 00:27:12,640

with them. And if you come from a good environment, you might have less trauma, but life has its way of,

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00:27:12,640 --> 00:27:18,800

you know, influence or infecting you with some sort of trauma. It's just part of it.

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00:27:19,440 --> 00:27:29,360

But I do believe that childhood trauma is the core cause root of our addictions, of our PTS,

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00:27:30,640 --> 00:27:38,640

and maybe even our cancers and other lifestyle choices that eventually lead to health issues.

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00:27:38,640 --> 00:27:45,520

Absolutely. It's funny, when you're talking about that spectrum of people, I worked on a summer camp

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00:27:45,520 --> 00:27:51,120

for seven, six years, excuse me. And it was a, it was a quite a wealthy camps as a performing arts

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camp, a lot of wealthy Jewish families would send their kids there. And when I worked there,

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00:27:58,320 --> 00:28:02,240

there was one year I worked with a guy called Ty, who sadly, years later, I discovered a

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00:28:02,240 --> 00:28:06,800

past away. I don't know what from to this day, but I ended up kind of naming my son after him,

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00:28:06,800 --> 00:28:12,000

just because we just had this amazing friendship while we were there. But he'd always worked in

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00:28:12,000 --> 00:28:17,040

the inner city camps. And he was a real like hip hop dude, you know, always wore all the camo and

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00:28:17,040 --> 00:28:23,440

all that stuff. But we would compare notes. And it was the same thing, whether it was like you said,

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00:28:23,440 --> 00:28:29,920

possibly, you know, fatherless kid that was on a sponsorship program from Brooklyn somewhere,

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00:28:29,920 --> 00:28:35,200

or one of these wealthy kids that lived in Manhattan, you've got an absent father from

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00:28:35,200 --> 00:28:42,240

whatever issue it is in the inner city dynamic, and then you've got a parent who's physically

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00:28:42,240 --> 00:28:46,800

present, but maybe is absent. And the kids always in boarding school, and they never really see

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00:28:46,800 --> 00:28:53,120

their parent, two different bank accounts, same kind of trauma, you know, so you know, as you said,

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00:28:53,120 --> 00:28:58,960

it's not socio economic, it's a human experience. And then with the epigenetic side, I couldn't

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00:28:58,960 --> 00:29:04,000

agree more. And it's something that I, you know, there's, there's no absolute, I'm sure there are

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00:29:04,000 --> 00:29:09,360

some people that are drawn to addiction a little bit stronger. And I've heard that. However,

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00:29:10,240 --> 00:29:16,960

when you look back, you know, is it, is it a gene and alcoholism gene? Or is it granddad,

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00:29:16,960 --> 00:29:21,280

you know, was grazed around violence and great granddad was raised around violence. So it's this

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00:29:21,280 --> 00:29:26,720

thing where, by the time you reach adulthood, you've been groomed the same way as your alcoholic

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00:29:26,720 --> 00:29:33,360

parent, your alcoholic grandparent. So is nature and nurture, but to discard the ability to reverse

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00:29:33,360 --> 00:29:38,640

that through changing your environment through post-traumatic growth is the same as saying,

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00:29:38,640 --> 00:29:42,160

Oh, you'll never fix cancer. Here's your chemo. You know, we've got to do better. We've got to

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00:29:42,160 --> 00:29:47,440

look at what causes cancer the same way. They're making money on it. Oh, yeah. That's the X

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00:29:47,440 --> 00:29:52,240

conversation that well that we have to go there because the reality is it's not enough just to

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00:29:52,240 --> 00:29:56,880

have the right intentions. It's not enough just to have it because they're still in a system.

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00:29:56,880 --> 00:30:04,000

And this is where I get a little angry because I didn't serve to live in a system that is as

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00:30:04,000 --> 00:30:10,640

broken as ours. And it's still the best country in my opinion on the planet, but it can be much

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better. And I don't, and that's, you know, that's part of my, you know, like we talked earlier,

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00:30:18,000 --> 00:30:28,000

my programming, I did a very elite program and I don't aim low. I don't think we're designed to

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00:30:28,000 --> 00:30:35,120

aim low. And if we, if we can, you know, this cliché, but if you can heal just one more person,

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00:30:35,680 --> 00:30:39,760

it's a good, it's a win, but it's not one more person. This is millions of people were talking

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00:30:39,760 --> 00:30:46,640

about here and you rep, you, you, you, you drop that ripple in the water and guess what happens?

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00:30:46,640 --> 00:30:53,440

We create a better world and better families. And it's funny cause I, I've been watching this for

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five years. I've been healing. I've been helping show warriors how to heal themselves. And when

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00:31:00,880 --> 00:31:07,680

you do that, you see the family heal and then you see the community heal and then you see the

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00:31:07,680 --> 00:31:19,920

country heal. So it's a, it's time. That's a good place to segue. We're jumping ahead a little bit,

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00:31:19,920 --> 00:31:26,640

but I know that you are, you know, a huge fan of one of the candidates that will be on the ballot

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00:31:27,520 --> 00:31:33,280

later this year. I have said the same thing over and over again, again, I'm coming from another

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00:31:33,280 --> 00:31:40,640

country. I'm an American citizen. Now my country, the way we chose people, there wasn't the financial

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00:31:40,640 --> 00:31:46,480

element, but you still end up with the same kind of idiot over and over and over again, because of

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00:31:46,480 --> 00:31:52,320

the broken system that we use there in America. You know, if you're a millionaire and you have no

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00:31:52,320 --> 00:31:58,400

ethics, man, you're on the fucking, you know, super fast train to becoming the next president

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00:31:58,400 --> 00:32:04,000

because our system is so fucked up that all the good leaders of the world can't or won't participate.

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So talk to me about your perspective. Cause the reason I asked that is I believe completely that

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00:32:09,200 --> 00:32:15,360

community is the, is the answer to this trauma. But let's be honest, the last two administrations

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which span both sides of the aisle, I've done nothing but divide this country and set groups

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00:32:20,960 --> 00:32:27,120

against each other. So what is your perspective at the top as far as, you know, some people that

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00:32:27,120 --> 00:32:30,400

you're excited about that maybe will start pulling us back together again?

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00:32:30,960 --> 00:32:36,720

Yeah. Let me first explain my mindset and what you just said. If you're in a system,

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there's this thing in the intelligence world called being handled.

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00:32:43,600 --> 00:32:48,880

There's a reason why every actor has an agent and every network in Hollywood has three letters.

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00:32:50,240 --> 00:32:56,080

And so when you see the world, like I see the world, which is, I would say slightly different

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than most people. It's, it's because I'm aware of the system. And if I want to fix the system,

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I have to get outside of the system. And so my goal in my life is to never be handled by money

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00:33:12,400 --> 00:33:19,920

or by anything. I want to be a free man. I am a free man. And so we're, again, it goes back to

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00:33:19,920 --> 00:33:27,760

my programming of being a problem solver. So I see the corruption in big pharma. We see the

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00:33:27,760 --> 00:33:33,120

corruption. The big pharma doesn't just corrupt. It's not just big pharma and the drugs. It's the

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00:33:33,120 --> 00:33:38,960

fact that big pharma owns the medical schools that programs our healers into a system that's

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00:33:38,960 --> 00:33:45,680

controlled by our insurance. Absolutely. And that's just one pillar, but you got to look at the

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00:33:45,680 --> 00:33:54,240

military industrial complex, which causes this cycle of trauma, addictions, brokenness.

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People want to look at the movies and say, thank you for your service and say, man, what a

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00:34:01,120 --> 00:34:07,280

honorable thing. They don't see the destructive families in the shit we leave for our kids.

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00:34:08,560 --> 00:34:13,200



And so there's the military industrial complex, there's the big pharma, and there's a banking

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00:34:13,200 --> 00:34:21,120

system, which is controlled by Black Rock, State Street, and Vanguard. If this sounds familiar,

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00:34:21,120 --> 00:34:26,320

you've probably been listening to a guy named Mr. Bobby Kennedy Jr. because he's the only one

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00:34:26,320 --> 00:34:32,320

that's talking about it. And I also have an experience in the intelligence world of doing

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00:34:32,320 --> 00:34:38,000

asset validation. If you want to find out who someone is, you look at their trauma.

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00:34:38,000 --> 00:34:47,120

And you see that he has seen behind the curtain the whole time, and they killed his dad, and they

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00:34:47,120 --> 00:34:53,200

killed his uncle. And I say they, we know who you're talking about. The gig is up. So it's like,

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00:34:54,320 --> 00:35:00,560

how do you fix the system? You get behind a champion that's aiming dead center, center mass

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00:35:00,560 --> 00:35:09,360

to unify this country. And it's going to take a miracle, but I believe in miracles. And I believe

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00:35:09,360 --> 00:35:17,040

in someone that's willing to risk their own safety of their life for the betterment of our children

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00:35:17,040 --> 00:35:20,640

in our country. So I'm going with Bobby on this one.

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00:35:20,640 --> 00:35:27,440

When I listened to him on Joe Rogan, I was really impressed. When I listened to Tulsi,

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00:35:27,440 --> 00:35:30,800

who's supposed to be coming on at some point, I've been waiting for a while now, but it's

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00:35:30,800 --> 00:35:34,560

going to happen eventually. But I don't think she's going to be running, if I'm not mistaken.

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00:35:34,560 --> 00:35:39,760

But again, it seemed like a person who understands fitness, who had been in the military, who,

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00:35:40,640 --> 00:35:45,280

again, was someone who was pulling people together rather than driving it apart, them apart.

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00:35:45,280 --> 00:35:51,600

But this is what we need. It really is. And these truths are apparent to us. I think that's what

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00:35:51,600 --> 00:35:57,040

made people so scared about even podcasts. Joe Rogan's done an amazing job, whether people love

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00:35:57,040 --> 00:36:04,160

him or hate him, of really pulling uncomfortable situations out into the light. But when it comes

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00:36:04,160 --> 00:36:11,280

to the big farmer and all these monsters that are coming out of the country, it's really

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00:36:11,280 --> 00:36:19,120

the big farmer and all these monster corporations that are behind a lot of this. Something that I

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00:36:19,120 --> 00:36:24,080

kind of had an aha moment on recently is we talk about the mental health crisis. Well, you and I

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00:36:25,280 --> 00:36:30,080

wouldn't be able to sleep at night if we made products that kill people, the devastated

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00:36:30,080 --> 00:36:36,960

families in West Virginia or Ohio, or we're sending our young men and women off to war

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00:36:36,960 --> 00:36:43,280

simply because then we could sell more uniforms and whatever it was. And then I realized, well,

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00:36:43,280 --> 00:36:48,880

that's also the mental health crisis. The reason that you can own a fast food chain knowing that

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00:36:48,880 --> 00:36:54,160

obesity and diabetes is partly your fault and sleep at night or cigarettes or whatever it is,

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00:36:54,160 --> 00:36:59,360

is because you yourself have become a sociopath. It's the only way that you'd be able to sleep

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00:36:59,360 --> 00:37:04,400

knowing that your products are killing people. So this is, I think, another part of the conversation

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00:37:04,400 --> 00:37:10,640

is we got to switch it back to the politicians, the frivolous lawsuit lawyers, all these people

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00:37:10,640 --> 00:37:17,360

that profit out of greed, that they are sick. That's the only way to put it. They are mentally

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00:37:17,360 --> 00:37:21,680

sick. So when we're trying to understand why they don't change, because they haven't faced

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00:37:21,680 --> 00:37:27,040

their own trauma. Yeah. And I understand what you're saying about the sociopath.

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For me, it's about being a predator. And I was a predator. I was trained to be the best predator

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00:37:39,360 --> 00:37:45,760

on the damn planet. And we'll be writing about the people that I was a predator with for a long time.

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But if you want to look at psychological, like a good psychological analysis,

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00:37:54,640 --> 00:38:02,160

a predator, we call that the sympathetic state, which is flight, fight, procreate, or freeze.

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00:38:02,800 --> 00:38:10,800

Most people freeze. And so that's acting in an animal state. Now, if you do that long enough,

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00:38:10,800 --> 00:38:17,280

you are programming your neurological system, which is the computer, that runs the whole damn

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00:38:17,280 --> 00:38:25,680

thing into a primal survival state, which drives up cortisol and does a whole bunch of bad things.

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00:38:26,240 --> 00:38:33,280

And here's the other side, all the addictions, the porn addictions, the alcohol, the abuse,

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00:38:33,280 --> 00:38:43,680

all this crap, literally it's run off the program. So I believe, and I think theology hijacks this,

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00:38:43,680 --> 00:38:49,600

too, because we're taught if you're raised as a Christian or a spiritual or any kind of religion

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00:38:49,600 --> 00:38:58,640

that you're above all the animals, that you're human. We just happen to be born naked with Victorian

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00:38:58,640 --> 00:39:06,800

bodies and eat this apple and everything goes to shit. Well, I'm like, no, we're still freaking

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00:39:06,800 --> 00:39:12,000

human. We're still animals. We still have fangs. We still can kill people. We still have that

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00:39:12,000 --> 00:39:18,000

ability to destroy and to do things that are inhumane. And I think it's the cognizance of

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00:39:18,000 --> 00:39:26,000

diffidence that you can justify your actions by making millions of dollars by selling poison

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00:39:26,000 --> 00:39:33,040

to people. And you can sleep at night. And the funny thing is you can't fake the funk on a nasty

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00:39:33,040 --> 00:39:37,600

dunk. Those people are the ones that have the corruption and they're the ones that have all the

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00:39:37,600 --> 00:39:45,120

addictions. Here's a perfect example of a beautiful Ark. I love Arks. I'm a writer, so I like stories

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00:39:45,120 --> 00:39:51,600

with Arks. The Wolf of Wall Street guy, I forgot his name. He just did a podcast with my friends

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00:39:51,600 --> 00:39:58,720

down in Cancun who run an Ibogaine addiction center called Beyond. And my friend Talia,

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00:39:58,720 --> 00:40:06,800

she's just a wonderful human being and she's pregnant right now and she's a heavyweight

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00:40:06,800 --> 00:40:15,120

and she beat her heroin addiction. And so I've gotten to speak with her and she has a lot of

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00:40:15,120 --> 00:40:21,040

celebrities down there in her clinic. And this guy from the Wolf of Wall Street, just a horrible

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00:40:21,040 --> 00:40:28,080

person, right? Just nasty, nasty, nasty, nasty stuff. The guy does these psychedelics and he

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00:40:28,080 --> 00:40:35,600

has this Ark and now he's talking about how to become a better human being. So you don't have to

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00:40:35,600 --> 00:40:41,520

look further than the Bible to look for characters that have good Arks and say that these guys were,

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00:40:41,520 --> 00:40:49,680

you know, one guy killed a Christian, you know, Saul, you know, and the Paul. And so you have these

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00:40:49,680 --> 00:40:59,840

Arks. And here's where I get a little crazy and I start looking at this religious text now with

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00:40:59,840 --> 00:41:05,840

the archaeological supported data that there might've been psychedelics involved back then.

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00:41:07,440 --> 00:41:12,640

I mean, was the burning bush, was it really burning? Maybe in the eye of the beholder,

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00:41:13,600 --> 00:41:20,560

you know, was that bush maybe an Ibogaine brush? Maybe. I don't know. You know, it's like I,

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00:41:22,320 --> 00:41:26,880

I just think there's more to the story. Yeah. Well, I mean, this is the thing and we'll get into it,

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00:41:26,880 --> 00:41:32,560

but this is the arrogance of modern medicine. And again, let me preface elements of modern medicine

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00:41:32,560 --> 00:41:39,920

are phenomenal. I mean, you know, the horrors of war also brought out the incredible trauma surgery,

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00:41:39,920 --> 00:41:44,400

prosthesis, you know, I would not want to have surgery with that anesthetic. You know, some of

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00:41:44,400 --> 00:41:49,280

the emergency medicine drugs that I used as a paramedic, you know, were phenomenal, literally

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00:41:49,280 --> 00:41:54,800

saved lives Narcan and D50 and Epi and some of these other ones, even though a lot of them are

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00:41:54,800 --> 00:42:02,000

actually naturally occurring, they just synthesize them. But, you know, when it comes to, you know,

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00:42:02,000 --> 00:42:11,360

the disease management and the psychiatric meds, there's become this forced snobbery and, you know,

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00:42:11,360 --> 00:42:18,400

ridicule of medicine that had lasted for not just centuries, millennia. And we are finally having

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00:42:18,400 --> 00:42:22,800

this awakening of something that's only been thrust upon us for a few decades, which is

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00:42:22,800 --> 00:42:28,080

most of the chronic disease medicine doesn't work. Arguably even chemo, the old chemo, at least,

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00:42:28,080 --> 00:42:32,800

you know, let's just scorch earth, the body and fingers crossed that it survives. It doesn't seem

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00:42:32,800 --> 00:42:37,840

to be great medicine to me, but now we're looking at whether it's chiropractic and acupuncture or,

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00:42:38,480 --> 00:42:41,120

you know, Ibogaine or, you know, THC. Rick Simpson oil.

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00:42:41,120 --> 00:42:46,160

Yeah, I mean, all of the things. Yeah, Rick Simpson oil, they're saying it's shrinking tumors.

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00:42:46,160 --> 00:42:53,360

If you go watch the documentary Dose 2, and it talks about this high concentration of THC

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00:42:54,480 --> 00:42:59,360

that comes in this little tar and you take a little teeny dab of it and

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00:43:00,720 --> 00:43:02,960

there's no money in healing. I'm just going to say that.

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00:43:04,240 --> 00:43:10,320

Well, I had Paige Figge on the show. Her daughter, Charlotte, is the Charlotte's web story,

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00:43:10,320 --> 00:43:16,560

the little girl with these basically fatal seizures. She sees for like 29 minutes,

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00:43:16,560 --> 00:43:20,480

was post-ictal for a minute and then went to a seizure again, like every 30 minutes.

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00:43:21,040 --> 00:43:27,520

And it was just CBD. That's all they put into her stomach tube. And then she stopped seizing almost

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00:43:27,520 --> 00:43:30,960

immediately. It diminished, diminished, diminished. And she lived for nine years,

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00:43:30,960 --> 00:43:37,040

ended up having a febrile seizure in the night from COVID that killed her. But she got nine years.

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

She was on the hospital before and that was simply CBD. So this is what, you know, that they don't

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00:43:43,040 --> 00:43:48,640

want you to hear is the, if these incredible success of something that you don't need to have

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00:43:48,640 --> 00:43:52,560

insurance and a prescription for, you can literally buy it in your health food store.

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00:43:52,560 --> 00:43:57,760

So, yeah. And so this is where I get into the gray area, because if I was to wait for someone

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00:43:57,760 --> 00:44:03,120

to say it was legal before I started to do this work, then we will be waiting for a long time.

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00:44:03,120 --> 00:44:10,320

And I don't believe, again, I don't believe we were meant to survive. And I also believe in this

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00:44:10,320 --> 00:44:15,280

concept called paying it forward. I only got this healing treatment because I was a SEAL.

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00:44:16,480 --> 00:44:23,040

And I know that. And so it's my duty, which gives me purpose, because I'm a service guy.

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00:44:23,040 --> 00:44:29,520

So in SEALs we're like, find the next job, find another job. This gives me my passion and my

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00:44:29,520 --> 00:44:39,040

purpose. And I don't need anything else in this life. And so we are waking up a lot of things.

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00:44:39,040 --> 00:44:47,040

I think it's a 5,000 year gap on humanity that we're reaching right now. The other thing is

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00:44:49,520 --> 00:44:53,520

when you start to, okay, so let's just talk about the nervous system for a second, right?

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00:44:53,520 --> 00:45:01,600

Most of science, most of medicine is going to treat the physical manifestation of the body,

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00:45:02,320 --> 00:45:10,880

the mechanisms. Why? Because that's how science works. You study a hypothesis and then you try to

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00:45:10,880 --> 00:45:16,960

support it by your data. And even that's hijacked because we know who owns the medical journals.

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00:45:18,480 --> 00:45:23,440

So there's all these things that you have to look at if you're really going to try to figure

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00:45:23,440 --> 00:45:30,160

this thing out. And the thing that kills me is that we're not focusing on the nervous system.

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00:45:30,160 --> 00:45:35,600

And that nervous system is an energetic system. And it's okay for people to say, you have a

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00:45:37,600 --> 00:45:48,000

NA node or SA node in your heart that generates an electrical impulse that you don't need any

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00:45:48,000 --> 00:45:53,360

connection for. And that's okay. We can say that. We've been saying that for 50, 60 years probably.

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00:45:54,400 --> 00:45:57,120

But if I start talking about the nervous system being an energetic

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00:45:58,960 --> 00:46:04,560

system, people go, you're crazy. That's woo woo talk. And I'm looking at people like Einstein,

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00:46:04,560 --> 00:46:10,800

who was a psychonaut, who did LSD with Albert Hoffman, the one that found it in 1938. And they

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00:46:10,800 --> 00:46:15,920

actually made LSD because they were trying to cauterize blood vessels. That was the whole

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00:46:15,920 --> 00:46:21,360

purpose. And they were synthesizing this molecule from a fungus called ergot, which they're now

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00:46:21,360 --> 00:46:30,240

finding on the teeth of the molars next to the chalices in ancient Greece in the years 2500 BC

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00:46:30,240 --> 00:46:40,480

to 392 AD. Come on. It's fungus. It grows on trees. It grows on barley. We have mushrooms all over

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00:46:40,480 --> 00:46:44,560

the world. And you're telling me over the last millions of years that man was a hunter and

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00:46:44,560 --> 00:46:49,040

gatherer, that they didn't come across this and all these ancient civilizations didn't have some

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00:46:49,040 --> 00:46:56,960

other intelligence. And I'm not buying it. And I'm proof that in five years, my brain has gotten

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00:46:56,960 --> 00:47:04,640

smarter. I've gotten healthier. And I've beaten all my addictions to include alcohol, porn, and

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00:47:04,640 --> 00:47:09,200

pills. And the middle one was the hardest because I started that when I was a kid to deal with my

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00:47:09,200 --> 00:47:14,960

parents. See, we're always programming ourselves. We're always trying to find the dopamine.

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00:47:15,520 --> 00:47:20,880

We're always trying to self-heal. And it's just because we weren't taught the right way to do

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00:47:20,880 --> 00:47:27,600

things that we're here. And so we need to bring awareness to what's a medicine, what's a drug,

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00:47:28,320 --> 00:47:33,280

and know that the things that they're telling you could kill you because then they give you an SSRI.

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00:47:33,280 --> 00:47:41,360

They say, you know, side effects, suicidal thoughts. They tell you and yet we still take it.

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00:47:41,360 --> 00:47:46,160

Why? Because we're programmed because the person with the white coat comes in and we're in pain.

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00:47:46,160 --> 00:47:52,240

Guess what? Give me, give me what I need because this is, I'm not feeling good. And this is,

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00:47:52,240 --> 00:47:57,120

you're the, you're the one with the white coat. Bullshit. It's bullshit.

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00:47:57,120 --> 00:48:04,640

I mean, those, those drug side effects, some of them, you know, it's literally like having a

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00:48:04,640 --> 00:48:10,480

femoral bleed and then someone handing you a tourniquet that says, Oh, my cause severe bleeding.

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00:48:10,480 --> 00:48:14,880

Like you don't want to see that on a tourniquet. You want to see this will stop the bleeding. And

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00:48:14,880 --> 00:48:20,160

the same, you know, with a mental health product, you know, it's gotta, it's gotta be an improvement.

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00:48:20,160 --> 00:48:26,480

But how many times have we heard whether it was suicide or homicide that psychiatric meds are

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00:48:26,480 --> 00:48:34,960

involved? 93% as I'm sorry, as you're on board of 93% of our suicide. And that's just the ones that

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00:48:34,960 --> 00:48:41,200

we know that were suicide. That's probably, I don't know, maybe a third of them because most

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00:48:41,200 --> 00:48:46,640

of them are accidents. Here's the other thing. So we're talking about the energy system, the nervous

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00:48:46,640 --> 00:48:57,280

system, right? If I reset the energy, learn how to surrender, learn how to let go in a safe space,

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00:48:57,280 --> 00:49:01,280

using my breath and the energy of my comrades around me.

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00:49:04,320 --> 00:49:09,760

Do you, do you think that's a better model here? Heal the nervous system to reset and then rebuild.

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00:49:09,760 --> 00:49:14,880

And the rebuild part is your integration tools. And that's the one that we need more awareness

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00:49:14,880 --> 00:49:19,040

on because not everyone's going to do the psychedelics. It's not for everybody. Okay.

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00:49:19,040 --> 00:49:22,960

And I'm not trying to say that if you take psychedelics, your world is going to get

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00:49:23,840 --> 00:49:30,160

better again. It's about the intention and the awareness that creates all this stuff. And it's

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00:49:30,160 --> 00:49:36,400

about the belief system. So it starts with an intention. You have the right environment

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00:49:37,200 --> 00:49:42,960

and you develop a belief system off of an experience and then a series of experiences.

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00:49:42,960 --> 00:49:49,760

That's what fires and rewires the nervous system. So can you use cold water to learn

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00:49:50,320 --> 00:49:54,320

that you are not your nervous system and you learn how to surrender and you learn how to

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00:49:54,640 --> 00:49:59,520

slip into the parasympathetic holding on to the exhale and the fake vagal response.

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00:49:59,520 --> 00:50:04,400

You can do these things to support the psychedelic work or you can just do

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00:50:04,400 --> 00:50:09,200

this without the psychedelic work and do holotropic breath work, which this book

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00:50:09,200 --> 00:50:18,800

is the real version of psychology. This takes in consideration the non-ordinary states of

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00:50:18,800 --> 00:50:32,800

consciousness and the Freudian analysis and the animal research or whatever, like lab rat shit.

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00:50:32,800 --> 00:50:41,680

But this book is written by Stan Goff, who had over 4,500 LSD sessions in Europe.

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00:50:45,120 --> 00:50:51,600

You can do a lot with just a breath, but again, these are major concepts. These are big woo-woo

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00:50:51,600 --> 00:50:55,600

terms for people that are just like, they're probably listening to this going, like, who is

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00:50:55,600 --> 00:51:03,520

this nutcase? But I don't want to do the normal thing. That's sick to me. I don't want to ever

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00:51:03,520 --> 00:51:11,920

do that ever again. I want to be free. I want to help others heal and speak truth. That's it.

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00:51:12,880 --> 00:51:17,040

Well, I want to hear your healing journey and then we'll actually get into some of the things

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00:51:17,040 --> 00:51:23,200

that you're doing now. You talked about the decision to enter the Navy as a SEAL. Walk me

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00:51:23,200 --> 00:51:30,560

through your journey, what allowed you to succeed when you went through BUDS and beyond, and then

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00:51:30,560 --> 00:51:38,240

how you found yourself as a medic specifically. Oh man. So I had a passion for medicine my whole

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00:51:38,240 --> 00:51:46,800

life. That's really why I came into SEAL Teams. It was to be a healer. I thought I was trying to be

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00:51:46,800 --> 00:51:59,840

a killer, but it was to be that guy when my friends got shot. That was what was driving me.

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00:52:02,400 --> 00:52:06,240

And the affirmation of making it through training, right? Man camp, they call it.

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00:52:07,680 --> 00:52:14,000

But I did real well in BUDS. I graduated top of my class. I think I was second in the rankings

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00:52:14,000 --> 00:52:26,640

for honor man, but we had a great class, class 252. And I felt like life just prepared me so

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00:52:26,640 --> 00:52:36,800

much for BUDS. I was a good runner. I was a great PT guy. I had to do some work in swimming just



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00:52:36,800 --> 00:52:43,840

because I wasn't a disciplined swimmer, but you put fins on me, then I turned into a motorboat.

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00:52:43,840 --> 00:52:57,680

So I could swim with the fins. And it got through first time. I only failed. I never failed any

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00:52:57,680 --> 00:53:04,640

physical evolutions in BUDS. I only failed a swim, a dive test. And it was because instructor kicked

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00:53:04,640 --> 00:53:10,320

me in the back of the head on my free ascent and I thought he'd tap me, but he kicked me. So I came

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00:53:10,320 --> 00:53:17,680

up and they failed me for it. That was it. That's the only thing I failed. I went after BUDS, we went

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00:53:17,680 --> 00:53:24,160

to SQT, which is another six months. It's where you really learn the skills after you beat the

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00:53:24,160 --> 00:53:31,040

hell out of you for six months. And then after that, I went to SOT diver school. So I learned

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00:53:31,040 --> 00:53:38,880

some dive medicine as a, cause I was already a corpsman. And after SOT, I went to jump school

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00:53:38,880 --> 00:53:43,440

at Fort Benning, which is like three weeks to show you how to jump out of a plane. It's like,

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00:53:43,440 --> 00:53:50,240

you only need like three days to do that. And then after that, I went to 18 Delta, which is the,

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00:53:50,240 --> 00:53:57,360

well, it was actually special operation medic course in Fort Bragg. And I did graduate top

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00:53:57,360 --> 00:54:05,440

my class in that program. And I wanted to do the long course, but then I was like, after seven

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00:54:05,440 --> 00:54:09,600

months, I think of being at Bragg, I was like, get me the hell out of here. Plus my buddies were all

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00:54:09,600 --> 00:54:16,160

going down range and I was like, I need to get back to the team. So I got back to the team.

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00:54:16,160 --> 00:54:21,760

I went to team two, met up with a couple of BUDS instructors that were chiefs of platoons. And I

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00:54:21,760 --> 00:54:29,440

just walked in to this little restaurant and I saw them on the table and I said, what can I do to get

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00:54:29,440 --> 00:54:36,800

me, for you to get me in your platoon? And I said, I want to be an asset. And so I got into a

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00:54:36,800 --> 00:54:43,600

platoon. They traded for me, which is cool. And got in a great platoon at SEAL team two. We ended

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00:54:43,600 --> 00:54:50,240

up going to Abani and Fallujah. We had sister platoons, so we just did both sets. But before

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00:54:50,240 --> 00:54:58,800

that, I got to go to Al-Assad on that deployment in 2006 to work in the cache with our head surgeon

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00:54:58,800 --> 00:55:08,000

for the Naval Special Warfare unit. So I got to go up to him and work on surgeries, do chest tubes

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00:55:08,000 --> 00:55:15,280

and do all that. And it was there when I remembered I had some words with a Colonel who was running

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00:55:15,280 --> 00:55:21,680

the ER there. And we were talking about innovating in a field and creaking. And I was like, I don't

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00:55:21,680 --> 00:55:27,680

carry an innovation kit in the field. And they're like, why not? Why would you not? Because it

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00:55:27,680 --> 00:55:33,920

doesn't make any sense. If I can get the thing in, get him air right away, I can preserve his brain.

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00:55:34,800 --> 00:55:40,880

And by the way, we're getting shot at. This isn't like raise the table and pick your blade and do

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00:55:40,880 --> 00:55:48,960

that. So it kind of showed me my mindset into trauma medicine. I was going to be against the

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00:55:49,680 --> 00:55:57,440

narrative or what they thought was good medicine. And I learned after 16 years as a SEAL medic and

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00:55:57,440 --> 00:56:04,560

helped write some of the curriculum for TCCC and started the SEAL medic course that we broke away

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00:56:04,560 --> 00:56:12,960

from BRAG and did our own SEAL medic course in Mississippi. I started to see like, man, this is

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00:56:12,960 --> 00:56:18,640

cool because we're using our experience to drive medicine forward, especially trauma medicine.

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00:56:20,400 --> 00:56:25,600

And you're right. There's two things that come out of war. Well, three, oil.

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00:56:25,600 --> 00:56:31,840

Medicine and weapons. Right? So medicine and weapons are what comes out of war. And we're seeing

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00:56:31,840 --> 00:56:36,640

that now. I mean, we saw it with the amputations. We did more amputations in this last war than all

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00:56:36,640 --> 00:56:43,200

wars combined. And partially it's because we had the ability to do them successfully. The awareness

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00:56:43,200 --> 00:56:52,800

of a tourniquet. I mean, I remember in 2005, 2006, we'd be partying and somebody would get cut and

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00:56:52,800 --> 00:56:57,840

the guy would put a tourniquet on his leg and the ER or the EMS guys would get here and they would

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00:56:57,840 --> 00:57:05,760

start yelling at us for putting tourniquets on them. And we're like, gotta preserve that shit.

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00:57:05,760 --> 00:57:12,480

You only got so much in the body. And it's just that mentality. So yeah, so the trauma medicine

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00:57:12,480 --> 00:57:18,240

was my background. And then I got into intelligence and I didn't want to do intelligence. I was

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00:57:18,240 --> 00:57:22,960

already paranoid. I was already like, I cared what people thought. And that's probably why

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00:57:23,440 --> 00:57:32,880

I had some of the issues I had with addictions is that I was just subconsciously, I didn't feel,

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00:57:33,680 --> 00:57:39,280

I guess I felt undervalued and it probably comes from my childhood traumas of my father kind of,

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00:57:39,280 --> 00:57:47,600

you know, digging into me a little bit or a lot. And so, yeah, so it was my identity. And so we

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00:57:47,600 --> 00:57:55,040

were the shield and we had this trident and you look good jawlines and all that, you know, and so

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00:57:55,040 --> 00:58:00,880

we're like showing this front and we're and when we get to the medicine at the end, when everything's

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00:58:00,880 --> 00:58:06,480

gone to shit and everybody's got the same symptoms and they've mostly guys had a gun in their mouth

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00:58:06,480 --> 00:58:12,240

or, you know, all these women, the families are dissolved and this just, this despair,

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00:58:12,640 --> 00:58:20,400

he's broken down soldiers and warriors and they're just, they don't got anywhere else to go.

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00:58:21,360 --> 00:58:25,600

And I think that's part of the success is that when they come in like that,

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00:58:27,360 --> 00:58:33,600

it's easier to surrender. And when you do, you see it, you see it when they come out of the medicine,

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00:58:33,600 --> 00:58:39,520

the five MEO DMT, the protocol that I've been studying the most out of all the psychedelics

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00:58:39,520 --> 00:58:45,520

is Ibogaine with the five MEO DMT a day off in between. And this is what we've been used.

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00:58:45,520 --> 00:58:50,640

The Stanford's been studying this, the University of Texas at Austin's been studying this protocol,

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00:58:50,640 --> 00:58:58,720

which was developed by Dr. Martin Polanco from the Mission Within. And I want people to know

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00:58:58,720 --> 00:59:05,040

that it's this gentleman, Mr. Dr. Martin Polanco, who is going to be the doctor to go down as the

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00:59:05,040 --> 00:59:14,720

one to heal the seals. And he's a dear friend of mine. And when I did the five MEO a second time,

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00:59:16,080 --> 00:59:22,480

first time I had no clue what I was doing. They blindfolded me and took me to a mansion in Rancho,

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00:59:22,480 --> 00:59:29,040

Santa Fe, where there was an MD and his wife, who was kind of like a shaman healer,

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00:59:31,040 --> 00:59:36,480

and this Vietnam seal who was a friend of mine. And they blindfolded me to get to the house because

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00:59:36,480 --> 00:59:46,320

I was still active at the time. And I reached my rock bottom and they just said, you know,

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00:59:46,320 --> 00:59:52,560

just do this and whatever work you got to do, just surrender to it. And so I didn't know what that

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00:59:52,560 --> 00:59:59,680

meant. And so I fought it and locked up and it felt like eternity and it hurt like hell. And at that

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00:59:59,680 --> 01:00:08,320

time, I just lost an approved medical retirement that was stripped from me in 10 days. My ex-wife

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01:00:08,320 --> 01:00:15,280

put a restraining order on me. It was erroneous. I lost my four kids on Father's Day. And I was

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01:00:15,280 --> 01:00:22,560

on Father's Day. Last time I talked to them was Father's Day 2019. So I lost all of these things

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01:00:22,560 --> 01:00:28,960

in like, it was 10 days and that's how I showed up to the medicine. And so I didn't really want to

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01:00:28,960 --> 01:00:38,880

live anymore. It was just, it was so heavy. And I remember in that state, I thought, you know,

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01:00:38,880 --> 01:00:47,120

this is the CIA. This is my ex-wife who had some big time connections that they were euthanizing

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01:00:47,120 --> 01:00:52,640

me. And I was like, I came out of it. And so they say, if you're not done with the work,

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01:00:52,640 --> 01:01:00,880

you can ask for more. So I sat back up and I took another inhale of this toad and went back down

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01:01:00,880 --> 01:01:06,240

and did it again the third time. I said, okay, this is it. I surrender. I'm okay to leave.

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01:01:06,240 --> 01:01:15,840

And at that time it was like, wham. And I saw this glow and these little glows and something

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01:01:15,840 --> 01:01:21,520

happened. And now I know what that is. It's the brain is tricked on this medicine. And if you

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01:01:21,520 --> 01:01:27,680

surrender, it blasts you off into this near death experience, which sounds crazy. But again, it's

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01:01:27,680 --> 01:01:31,680

about the experience. It doesn't matter if it's real or not. The body doesn't know the difference.

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01:01:31,680 --> 01:01:36,720

The body doesn't know the difference. And so with that, you get a reset, you get a rebirth,

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01:01:37,360 --> 01:01:45,600

and you get this new life. And I swear to God, the people that do it, they know this. When you come

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01:01:45,600 --> 01:01:52,480

out of this medicine, it's like you've de-aged 10 years. All the stress, all the anxiety for the

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01:01:52,480 --> 01:01:57,920

first time in most people's lives, they've never experienced anything like this. And this is why

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01:01:57,920 --> 01:02:05,520

I'm like, this has to be from God because there's nothing on the planet that can do that. But it



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01:02:06,080 --> 01:02:12,000

can't be done for you. You got to do the surrender. And that's why I say it's not for everybody.  
But

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01:02:12,000 --> 01:02:18,080

for those that have been hijacked or massively programmed like we were in the SEAL teams,

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01:02:19,600 --> 01:02:22,800

this is the best shot we got. It's the best medicine we got.

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01:02:22,800 --> 01:02:30,400

I've heard this story over and over again. I had Marcus Capone on the show who obviously has  
been

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01:02:31,600 --> 01:02:37,760

one of the voices from your community talking about this therapy. And I think I should get

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01:02:37,760 --> 01:02:39,760

Dr. Blanco on the show. I think that would be a fun one.

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01:02:39,760 --> 01:02:44,800

Oh, yeah. He doesn't like to talk too much. He's pretty humble. It'd be tough.

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01:02:47,040 --> 01:02:48,800

Maybe. We can try.

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01:02:48,800 --> 01:02:55,280

I'll try. But I mean, literally, I've had a lot of your community on the show. Some of my,

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01:02:55,280 --> 01:03:00,800

some of our come dear friends, Ryan Parrott, for example. And over and over and over again,

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01:03:00,800 --> 01:03:05,600

I hear the same story. And with them, a lot of time it's Ibogaine. And you listen to them and

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01:03:05,600 --> 01:03:10,400

there's alcoholism, there's a drug addiction, there's all these things. And then they walk out

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01:03:10,960 --> 01:03:16,400

not wanting it anymore. And again, like you said, it's not a magic pill one and done, but it's

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01:03:16,400 --> 01:03:19,760

helped them process that. And then you've obviously got to keep doing the work after. But

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01:03:20,480 --> 01:03:25,280

the number of lives that have been saved, the number of voices that I've heard on this podcast

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01:03:25,280 --> 01:03:32,320

because that worked is absolutely incredible. Yeah, it is. I was at Marcus's house filming a

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01:03:32,320 --> 01:03:41,120

little thing when he was about to go down there and I got to meet his wife, Melanie, I think her

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01:03:41,120 --> 01:03:48,960

name is in. And that's Amber Capone, you're probably thinking of. That's Marcus. Oh, you said

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01:03:48,960 --> 01:03:55,200

Marcus Capone. Yes. Oh, I thought you said Marcus Luttrell. I'm sorry. Oh, no, but that's that's

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01:03:55,200 --> 01:03:59,360

someone I'd love to get on the show. Yeah, I was at Luttrell's house when he was about to go down

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01:03:59,360 --> 01:04:03,280

and do it. And his brother was there. So I got to talk to them and his brother Morgan is actually

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01:04:03,280 --> 01:04:13,120

a politician out of Texas. And he's been essential actually in moving this thing called the Breakthrough

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01:04:13,120 --> 01:04:19,840

Therapies Act forward. But yeah, Marcus Capone actually was healed at the Mission Within

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01:04:20,560 --> 01:04:25,840

under Dr. Martin Polanco. And so, yeah, I mean, I've known Marcus for a long time.

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01:04:27,520 --> 01:04:32,960

You do, you see the same stories over and you're like, you know, it's all based on my perspective.

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01:04:32,960 --> 01:04:39,280

Our reality is based off our perspective. So for me, I'm like, what the hell is going on here? But

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01:04:39,280 --> 01:04:47,680

for someone that has no idea that this even exists, it's different. One is it's the same facade that

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01:04:47,680 --> 01:04:53,440

my community struggles with, that law enforcement struggles with, you know, is, and I heard this

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01:04:53,440 --> 01:04:59,680

from so many of you, you know, you look at each other and you're going, why am I such a pussy?

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01:04:59,680 --> 01:05:04,080

Why is everyone else okay? And I'm going through this shit. And the irony is they're looking at

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01:05:04,080 --> 01:05:08,640

you thinking the same thing, because you need a mask to do what you do. I need a mask to do what

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01:05:08,640 --> 01:05:12,800

I do. As I always tell people, I can't go on the scene of a crumpled car with people bleeding

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01:05:12,800 --> 01:05:18,240

everywhere and start queening out, oh my God, so much blood. You have to put on a mask, you know,

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01:05:18,240 --> 01:05:23,680

but then at the end of it, God forbid, you know, the children killed, you have to process that too.

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01:05:23,680 --> 01:05:29,840

So the more of the voices like yours that we hear these, these real alphas, and I use that term,

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01:05:29,840 --> 01:05:37,120

you know, uh, affectionately that of being vulnerable now about their struggles and bringing

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01:05:37,120 --> 01:05:43,280

hope into the conversation, saying, here's some of the tools that I use to heal. That then debunks

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01:05:43,280 --> 01:05:48,240

so many, especially men that tell themselves, oh, you know, I'm a, you know, only a pussy would,

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01:05:48,240 --> 01:05:52,560

would have to go through that shit. Well, yeah, I don't think you're tougher than an SAS member

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01:05:52,560 --> 01:05:58,800

or Navy seal or an elite firefighter or a SWAT operator. So, you know, look in the mirror,

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01:05:58,800 --> 01:06:02,480

have some humility and realize that we all are going to struggle at some point.

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01:06:02,480 --> 01:06:07,200

Yeah. I think that the hardest thing to do sometimes in life is learning how to let go.

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01:06:08,960 --> 01:06:14,320

It comes down to your want. And if the want is outweighs,

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01:06:14,320 --> 01:06:21,440

you know, the fear, and then you can do it, but not everyone is strong enough to do it. And they're

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01:06:21,440 --> 01:06:28,320

not all we're not, look, we're not going to save everybody. I know that, but there's a shit load

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01:06:28,320 --> 01:06:35,280

of people we can save. And, you know, it's, it's not even about the medicine really. I mean, it is,

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01:06:35,280 --> 01:06:44,240

it's, it's a key, it's a tool, but it's more about the belief system. And I think that's

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01:06:44,240 --> 01:06:50,640

the biggest thing about the belief system. And you're, you can change your belief systems by

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01:06:50,640 --> 01:06:56,240

changing your experience. It takes energy. And that's why we're studying this stuff as an energy

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01:06:56,240 --> 01:07:02,720

system, because whatever is in those plants, if it comes from, you know, whether you believe it

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01:07:02,720 --> 01:07:09,200

comes from God or it just comes from nature, there's something in those molecules that interacts

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01:07:09,200 --> 01:07:19,920

with our nervous system. And the biggest crime against humanity, in my opinion, is the inability

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01:07:19,920 --> 01:07:26,720

to do the research because they were placed in a box called the Controlled Substance Act, 1970,

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01:07:26,720 --> 01:07:36,320

by Dick Nixon and the CIA and the FDA and the DOJ and all the other agencies. I don't call Dick,

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01:07:36,320 --> 01:07:45,280

call him President Nixon because he was a fascist dictator being used in our country. So I don't,

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01:07:45,280 --> 01:07:52,160

he doesn't get the respect to call him a president. He's killed more people because of this

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01:07:52,800 --> 01:07:59,440

Controlled Substance Act, which leads right into the war on drugs. And it wasn't a war on drugs.

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01:07:59,440 --> 01:08:06,000

It was the business of drugs because people don't understand that the trade of opium that existed

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01:08:06,000 --> 01:08:13,040

for thousands of years is one of the fuels that fuels our economy. And that under that trading of

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01:08:13,040 --> 01:08:17,680

opium, which by the way, why do you think there were so many DA guys on our freaking missions

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01:08:17,680 --> 01:08:25,440

in Afghanistan? Well, tell me about it. So just to jump in for a second, because in the seven years

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01:08:25,440 --> 01:08:30,400

that I had the podcast, when I asked the question about, because I've talked about this a lot,

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01:08:30,400 --> 01:08:35,440

you know, the illicit drug trade as a paramedic, as a firefighter, we're the ones that pull the

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01:08:35,440 --> 01:08:42,000

drugs, excuse me, pull the sheets over the teens, the children that are killed in these wars on our

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01:08:42,000 --> 01:08:47,280

streets over drugs. We're the ones that find the deceased overdoses. We're the ones that

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01:08:47,280 --> 01:08:50,720

run on the homeless people that have been, you know, forced into the shadows because

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01:08:50,720 --> 01:08:56,480

of their addiction, the prostitutes, et cetera, et cetera. So with this clear perspective,

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01:08:56,480 --> 01:09:01,200

the war on drugs is a complete failure. And then I get people like Johann Hari on the show,

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01:09:01,200 --> 01:09:08,960

who educates me through his book, Chasing the Scream, and Lost Addiction, Lost Connections.

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01:09:09,760 --> 01:09:14,480

And you learn about the origin of the prohibition, which actually goes back to the 30s and Harry

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01:09:14,480 --> 01:09:20,720

Anslinger when it came to marijuana, and then it just kind of snowballed from there. But that's

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01:09:20,720 --> 01:09:25,120

what's created so many problems. Why are we having problems at the border with Mexico? It's not

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01:09:25,120 --> 01:09:29,520

because they hate tacos. You know what I mean? They're not running in here because we make

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01:09:29,520 --> 01:09:37,520

delicious donuts. There's a backstory of Colombia. But I asked my Afghan veterans about that element

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01:09:37,520 --> 01:09:43,760

and what they see in Afghanistan. Very tight-lipped the first two or three years. But now they're

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01:09:43,760 --> 01:09:50,240

talking about it. So talk to me about that when you're overseas. So about that border issue,

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01:09:50,880 --> 01:09:56,400

put a pin in, go check out what Kennedy's saying about fixing the borders. It makes a hell of a

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01:09:56,400 --> 01:10:04,080

lot more sense. And what we got right now in Texas with Biden threatening the state of Texas,

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01:10:04,080 --> 01:10:10,320

that won't work out real well for anyone. And they know that. It's just a bluff. It's all part of the

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01:10:10,320 --> 01:10:17,520

bullshit narrative that they're playing for this election year. But to back, yeah, the Afghanistan

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01:10:17,520 --> 01:10:25,280

peace and the DEA involvement, none of us were aware of it at the time. We didn't understand.

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01:10:25,280 --> 01:10:32,320

We just thought, oh, these terrorists that we're going after, selling opium and selling it to

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01:10:32,320 --> 01:10:37,280

whoever, which they are, they're selling it to Russia. They're selling it to whoever is the buyer.



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01:10:38,800 --> 01:10:47,120

But make no mistake, when you declare war on anyone, there's no more rules. There's no more

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01:10:47,120 --> 01:10:54,160

like this thing where we're coming in and just taking kids and freeing them and doing it. It's

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01:10:54,160 --> 01:11:02,640

not like that at all. I live on a Civil War battlefield. I'm from Detroit. I'm studying

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01:11:02,640 --> 01:11:10,240

both sides of this war. And you know what I'm saying? Yes, they need a narrative to build a war.

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01:11:11,120 --> 01:11:16,080

We will free the slaves. But what they didn't say is we're going to take all their freaking land

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01:11:17,520 --> 01:11:21,920

and we're going to make sure that no one rises up again. You know why? Because we're going to drug

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01:11:21,920 --> 01:11:26,800

the shit out of them. And we're going to pump alcohol and opioids down their throats.

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01:11:27,440 --> 01:11:30,560

And we're going to distract them so that they can never do that.

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01:11:31,840 --> 01:11:39,920

In fact, you know how much money the VA makes on polypharmacia, 12 prescriptions for mental health,

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01:11:39,920 --> 01:11:47,280

opioids? They're the fuel that drives this economy. And that's what people don't get.

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01:11:47,280 --> 01:11:53,760

The opioids that come into our country, the ones that were under the medicinal value box in Schedule

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01:11:53,760 --> 01:12:02,800

2, right? So all the psychedelics, hemp, cannabis, CBD, that's all in Schedule 1. To include any

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01:12:02,800 --> 01:12:08,960

other psychedelic compound that we might discover, that box in Schedule 1 says no medicinal value.

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01:12:10,000 --> 01:12:12,160

And so in Schedule 2 is all their money makers.

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01:12:12,160 --> 01:12:22,240

Opium, people don't understand that heroin, morphine, fentanyl, cocaine, all these drugs

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01:12:22,240 --> 01:12:30,640

are in that box. And when you allow for drugs to come into your country, you are putting money

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01:12:30,640 --> 01:12:35,520

into the economy and creating a vortex. And you're making money this way and you're making money

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01:12:35,520 --> 01:12:42,640

this way. And we know that they start addictions. They knew this when Purdue Pharma,

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01:12:43,440 --> 01:12:49,600

if you haven't got a chance, check out Painkillers by Peter Berg and that podcast by Peter Berg and

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01:12:50,240 --> 01:12:58,960

Joe Rogan is really what people need to understand how the government and how we allowed to make so

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01:12:58,960 --> 01:13:06,480

much money on opioids because they weren't going after people in the war on drugs with psychedelics

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01:13:06,480 --> 01:13:17,200

or acid. It was rubbish. And so now we have this drug called Ibogaine that blocks the receptor sites

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01:13:17,680 --> 01:13:27,040

in a heroin patient, no withdrawal symptoms. I know several heroin addicts who have been

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01:13:27,040 --> 01:13:34,400

on heroin for a long time. I knew a lot that didn't make it. But what I've heard every single time

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01:13:34,960 --> 01:13:43,840

is the pain that someone goes through on a withdrawal from heroin is so horrible that if

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01:13:43,840 --> 01:13:48,640

they can't make it the first time, they don't ever want to go back to that again. So they overdose.

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01:13:48,640 --> 01:13:56,000

And so with this medicine, which is literally an antidote for opioid addiction,

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01:13:56,960 --> 01:14:05,600

addictions in general, but really opioid addiction, a couple of thousand spec ops guys can't be wrong.

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01:14:05,600 --> 01:14:11,760

Right? Yeah. You talked about Painkillers. Have you ever seen Dope Sick? It was the one that was on

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01:14:11,760 --> 01:14:16,960

Hulu. Yeah. That to me, I think it's the one that was on the internet. I think it's the one that was

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01:14:16,960 --> 01:14:22,080

on the internet. Yeah. I think Painkillers, it was entertaining, but it wasn't as raw as Dope Sick.

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01:14:22,080 --> 01:14:29,040

Dope Sick really told that insidious nature that a lot of us saw. And even, God, who was the guy

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01:14:29,040 --> 01:14:36,160

that played the physician? Michael Keaton. Him just being a countryside physician, initially doing

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01:14:36,160 --> 01:14:40,560

it for all the right reasons, kind of questioning the reps coming in at first and then ultimately

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01:14:40,560 --> 01:14:47,520

becoming hooked himself. I mean, they told that story so beautifully. And I had another guy on Sam

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01:14:47,520 --> 01:14:54,320

Quinones who wrote Dreamland about Ohio, Portsmouth, Ohio, and how the cartels are bringing pure

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01:14:54,320 --> 01:15:00,720

black tar heroin once the pill mills were shut down here in South Florida. So, you know, I mean,

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01:15:00,720 --> 01:15:06,240

you hear all these voices and it's that Venn diagram and that line intersects and the war on drugs.

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01:15:06,240 --> 01:15:09,840

And what's beautiful is I'm getting a lot of law enforcement now saying the same thing.

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01:15:09,840 --> 01:15:14,880

It's a fucking epic failure. And the only way that we can fix it. And I've seen it. I've sat

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01:15:14,880 --> 01:15:21,040

with a guy in Portugal who decriminalized, spearheaded the decriminalization of addiction.

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01:15:21,040 --> 01:15:24,720

That doesn't mean you can go to your grocery store and buy meth. It means that you're not arrested

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01:15:24,720 --> 01:15:30,880

as an addict. And they put all their money into mental health counseling and addiction counseling

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01:15:30,880 --> 01:15:37,600

and job creation and put them back as a functioning member of society. They had an incredible response.

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01:15:37,600 --> 01:15:43,440

And again, proactive versus reactive. But as long as we buy this bullshit, this is your brain on

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01:15:43,440 --> 01:15:49,600

drugs, war on drugs narrative that only feeds certain deep pockets. We're going to keep losing

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01:15:49,600 --> 01:15:53,600

people left, right and center, regardless of wealth, color or sexual orientation.

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01:15:54,160 --> 01:15:57,920

I got this. You're going to really like this. This is kind of the stuff that most people don't

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01:15:57,920 --> 01:16:03,120

get to hear because of the fact that I'm a part of a man. I tell you, it's like,

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01:16:03,120 --> 01:16:12,000

I never felt tip of the spear in my military service, but I do now. And being a part of the

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01:16:12,000 --> 01:16:17,120

Veteran Mental Health Leadership Coalition has been an incredible experience because

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01:16:17,120 --> 01:16:22,240

we're bringing together under this coalition, which was started by Brett Waters, the lawyer

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01:16:22,240 --> 01:16:27,600

who wrote the Breakthrough Therapies Act, which is in Congress right now, him and General Steel.

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01:16:27,600 --> 01:16:34,000

Now, General Steel is one of those guys that he's like, he's probably one of the best leaders I

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01:16:34,000 --> 01:16:42,240

ever been around. He went from an E1 Marine 17, first deployment to Vietnam at 20 years old. He

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01:16:42,240 --> 01:16:49,040

was commissioned and served again as officer in Vietnam. He was the youngest Marine officer of

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01:16:49,040 --> 01:16:59,760

all time. He went through a three-star Lieutenant General and helped run the FBI investigation of

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01:16:59,760 --> 01:17:06,560

9-11 because he was in charge of the aircraft carrier in New York City where he hosted the FBI.

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01:17:06,560 --> 01:17:10,880

And so I was like, man, you probably wanted in on it, didn't you? He's like, you're damn right.

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01:17:11,840 --> 01:17:18,720

They had him in there and this guy knows so many world leaders and for him to come out of retirement

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01:17:18,720 --> 01:17:24,640

at 77 years old to see this through, this guy had never done no psychedelics. He's never done,

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01:17:24,640 --> 01:17:31,200

he never smoked weed or anything like that. But he understands that the system is corrupt and he

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01:17:31,200 --> 01:17:37,680

turned down to run the VA twice by Trump, Trump's appointment. And he told Trump, he said, I won't

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01:17:37,680 --> 01:17:44,400

be caught dead running that system in which you're making money and you're killing our veterans.

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01:17:44,400 --> 01:17:52,960

And so right now we have the VA about to release, we're setting up the members of this coalition,

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01:17:52,960 --> 01:17:59,360

like Dr. Lynette Averell from Baylor School of Medicine. She's the head of psychedelics in Texas

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01:17:59,360 --> 01:18:07,760

down there. We got Dr. Susie Sisley, who is one of the only persons to sue and win against the DOJ

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01:18:07,760 --> 01:18:15,680

and the FDA for cannabis. And she's, I believe, the only person to, she can manufacture, she's

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01:18:15,680 --> 01:18:22,080

licensed to manufacture psilocybin cannabis and I believe LSD for the government. She works with us.

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01:18:22,080 --> 01:18:28,880

She's awesome. She's actually starting a American Legion post. And if anybody is a veteran, she's

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01:18:28,880 --> 01:18:36,480

going to pay for your American Legion membership to sign up in this post in Montana, which she's

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01:18:36,480 --> 01:18:43,920

literally getting them to pass all this legislation through the American Legion. And we have full

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01:18:43,920 --> 01:18:50,480

support from the American Legion. We have full support from the VFW and the Disabled Veterans

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01:18:50,480 --> 01:18:56,080

Association. So this is how we're attacking this thing on the state level. It's fascinating. I mean,

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01:18:56,080 --> 01:19:03,040

this whole thing is, like I said, I'm like part of history. But what's even cooler is when we went to

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01:19:03,040 --> 01:19:10,560

DC, we got an Airbnb and we got people like the author of The Immortality Key, Brian Merzekiou.

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01:19:10,560 --> 01:19:16,800

He shows up to the house. We got these, you know, some are liberal, some are conservative,

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01:19:17,440 --> 01:19:22,640

most of our independents like myself that are just patriots. And we're sitting in this house and

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01:19:23,600 --> 01:19:30,480

we conducted 95 fly-in missions or meetings in DC last year and we're going back next month to do

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01:19:30,480 --> 01:19:39,200

it again. I've gotten to come back to my home state, talk about a hero's journey. Last year,

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01:19:39,200 --> 01:19:47,680

I got to go back with a dear friend, Jesse McLaughlin, who started his political career in

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01:19:49,280 --> 01:19:55,040

Connecticut. And he's responsible for a lot of this legislative paperwork on the state level to

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01:19:55,600 --> 01:19:59,760

basically, we'll design something and then we'll give it to the state. Another state will call us

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01:19:59,760 --> 01:20:07,360

and we'll work with them to set this up exponentially or faster. So I got to go back

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01:20:07,360 --> 01:20:12,880

to Michigan and we raised \$1.3 million for psilocybin research in my home state. And

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01:20:14,720 --> 01:20:20,240

just because I get to tell my testimony and how we plan to, you know, heal our veterans.

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01:20:20,240 --> 01:20:30,400

In Kentucky, I spoke twice there, three times there. And Kentucky was the first state to set

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01:20:30,400 --> 01:20:38,880

forth an opioid abatement commission, first state, where they were going to take their settlement

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01:20:38,880 --> 01:20:44,880

from the Johnson and Johnson opioid settlement, which is \$27 billion right now. It'll probably be

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01:20:44,880 --> 01:20:51,200

more. And each state gets a portion of that. So Kentucky got \$900 million. And out of that \$900

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01:20:51,200 --> 01:20:59,120

million, this chairman, his name is Mr. Brian Hubbard. He's a lawyer and he's just ruthless.

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01:20:59,120 --> 01:21:06,640

I mean, he looks like Hale Billy Jim, long red hair, Johnny Rebel. And he is like, he is pissed

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01:21:06,640 --> 01:21:14,560

because Kentucky is the second highest opioid abuse rate in the country next to West Virginia.

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01:21:15,360 --> 01:21:21,920

And I think Ohio is like number one in suicide opioid deaths or something. But anyway, so

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01:21:23,920 --> 01:21:30,240

Brian is the commissioner and we worked with him and we were working under the former attorney

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01:21:30,240 --> 01:21:36,880

general, Daniel J. Cameron, an African-American Republican football player, awesome guy.

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01:21:38,400 --> 01:21:43,360

We had this, all this thing going, right? We had all these things that were going. What happens?

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01:21:43,360 --> 01:21:49,200

They get a new attorney general. They put a former DEA guy in charge of the opioid abatement

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01:21:49,200 --> 01:21:55,840

commission. They kick Brian out, but we knew this was going to happen. So Brian goes up to,

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01:21:55,840 --> 01:22:00,880

he's going up to Ohio where we're going to announce this, I think like in a couple of weeks,

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01:22:00,880 --> 01:22:06,080

but they have \$3 million in their budget from the Johnson and Johnson settlement and they got Ohio

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01:22:06,080 --> 01:22:12,400

state. So we're working right now to go up there as a coalition to move this forward in Ohio.

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01:22:13,120 --> 01:22:20,560

And we did \$5 million in Illinois for the development of how we're going to allow for

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01:22:20,560 --> 01:22:25,840

our providers to use this medicine. So now there's so many things that we need to do

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01:22:25,840 --> 01:22:31,280

because this ball is moving and what the biggest fear is that they're not going to be set up. And

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01:22:31,280 --> 01:22:37,760

so we have to do, we have to have money allocated for the training, which isn't that hard because

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01:22:37,760 --> 01:22:42,960

the medicine does the work. It's more about setting up the space and using this in conjunction. And

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01:22:42,960 --> 01:22:50,880

I'm telling you the providers, I have the top neurosurgeons, heart doctors, people are looking

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01:22:50,880 --> 01:22:55,360

and they're going, you guys can heal more people than we can. And I'm like, what? And they're like,

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01:22:55,360 --> 01:23:02,160

yeah, we fix them, but you guys are healing them. And I'm like, oh my gosh, this is crazy

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01:23:02,160 --> 01:23:08,320

that this is actually happening. So there's a lot of educating and training that has to happen

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01:23:08,320 --> 01:23:14,560

in the system, but the VA really, this is the model right now. The VA is, we're hoping

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01:23:15,280 --> 01:23:21,600

if this all passes, the VA will do the research. And so why is this important is

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01:23:22,400 --> 01:23:29,280

if we can have clinical trials run, that means we can start treating people under

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01:23:29,760 --> 01:23:36,240

the clinical trial umbrella. And so it's a race to build awareness so that we can

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01:23:36,240 --> 01:23:41,040

do the research and we need to get these drugs out of the schedule one box, which we're working

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01:23:41,040 --> 01:23:47,280

on that and getting them rescheduled to schedule three. But none of this happens until they know

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01:23:47,280 --> 01:23:53,280

they can make their money. And that's just the way it is. It's a, we live in a kingdom, you know,

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01:23:54,320 --> 01:23:58,800

and here's the other side. You don't have to wait. You can do it yourself if you're smart

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01:23:58,800 --> 01:24:05,360

and you do it with intention. And, you know, there's another thing that I want to talk about

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01:24:05,360 --> 01:24:11,440

there's another thing too. I see a lot of psychiatrists because they're kind of handcuffed.

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01:24:11,440 --> 01:24:15,840

If someone says they're psychiatrists, hey, I don't want to be on these medicines anymore.

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01:24:15,840 --> 01:24:21,920

Well, if you have a moral doctor, which now you're about 50%, right? That person might,

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01:24:22,960 --> 01:24:28,480

they're not going to want to tell you to go do this things because it's not good for them.

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01:24:28,480 --> 01:24:33,520

It's not good for their business. They're going to lose clients. And if they do, if you do get

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01:24:33,520 --> 01:24:39,600

in trouble or get, you could sue them because now they know you told them. So like there's a lot of

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01:24:39,600 --> 01:24:49,280

things that have to happen in for this to work. But always the first step is to bring awareness

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01:24:49,280 --> 01:24:55,280

to the problem. Absolutely. Well, it's extremely exciting. And I think that there's a really a

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01:24:55,280 --> 01:25:01,840

revolution even here now. I've, I know of several firefighter friends that I personally, in some,

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01:25:01,840 --> 01:25:08,800

some of these cases have connected with ayahuasca retreats. So my community is starting to kind of

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01:25:09,440 --> 01:25:13,360

be educated about this and understand that there are far more tools in the toolbox than they

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01:25:13,360 --> 01:25:19,440

realize. Because it's one thing if you've actually had the courage to ask for help,

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01:25:19,440 --> 01:25:22,960

and now you've been put in front of a counselor and say they were even a culturally competent

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01:25:22,960 --> 01:25:28,480

clinician, which is a hard task in itself. And you've done the talk therapy and you've done some

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01:25:28,480 --> 01:25:34,480

EMDR, but you're still not right. Because again, it's way deeper than that. You know, some of us

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01:25:34,480 --> 01:25:39,680

in the acute event might, you know, EMDR might help process, but most of us is death by a thousand

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01:25:39,680 --> 01:25:44,880

cuts psychologically, physiologically through shift work. And, you know, then you add in some

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01:25:44,880 --> 01:25:49,840

organizational betrayal and you know, you've got this kind of toxic perfect storm that you're not

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01:25:49,840 --> 01:25:55,440

going to be able to talk your way out. I'm a firm believer in that it takes energy to change your

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01:25:55,440 --> 01:26:01,120

reality. I stole that from Dr. Joe Espenza and he stole it from someone else. So it's all fair in

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01:26:01,120 --> 01:26:09,600

the world of writing. If you change your energy, you change your reality. What is energy? It's an

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01:26:09,600 --> 01:26:14,960

experience. So if you give someone an experience, it can change their reality by changing their

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01:26:14,960 --> 01:26:25,360

belief system. And my, you know, I've, because of this work, I've had, I've gotten to, you know,

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01:26:25,360 --> 01:26:31,680

I can text Dr. Andrew Huberman from Stanford and he'll get back to me in a day because he

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01:26:31,680 --> 01:26:40,960

understands what we're doing from a neurological perspective. And I'm looking at my own path and

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01:26:40,960 --> 01:26:47,280

I'm going, okay, I've been microdosing for five years. I haven't taken an NSAID or an anti-inflammatory

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01:26:47,280 --> 01:26:57,120

in four years. I take my Omegas. Momentum is a company that Dr. Huberman sponsors. So I take,

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01:26:57,840 --> 01:27:05,360

you know, all the supplements. I take supplements, but I don't take any kind of medicine besides

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01:27:05,360 --> 01:27:15,360

THC, psilocybin. And I've been microdosing Ibogaine, which is incredible because you only need

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01:27:15,360 --> 01:27:22,560

seven milligrams. And to put that in perspective, my size, 210 pounds, the dosage for Ibogaine on a

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01:27:22,560 --> 01:27:29,200

therapeutic dose is about 11 milligrams per kilogram and the ceiling about 1100 milligrams.

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01:27:29,200 --> 01:27:38,320

You can go a little over that. So for me, it's like 1100 milligrams for Ibogaine session. I take seven

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01:27:38,320 --> 01:27:48,240

milligrams and I feel incredible. I don't feel like a danger to anything. I don't, you know,

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01:27:48,240 --> 01:27:53,200

it's about the awareness of the environment. You can't just take something and go to your cubicle

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01:27:53,200 --> 01:27:58,160

and expect everything to be better. You have to use it with intention. So like I'll go out to the

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01:27:58,160 --> 01:28:06,240

waterfalls and I'll sit in the cold water and I'll have my Ibogaine on board. And that experience

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01:28:06,240 --> 01:28:16,320

is incredible. Like I feel like a million bucks and that's how I heal myself is I'm proactively

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01:28:16,320 --> 01:28:23,360

putting this in my life. I'm not waiting to, I lose, you know, or I'm acting like an asshole or,

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01:28:23,360 --> 01:28:29,920

you know, starting an addiction again. Like I don't wait. I'm proactive on my suffering.

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01:28:31,440 --> 01:28:35,680

And it's again, it's like, it's just, it's really, it's dopamine fasting and it's

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01:28:36,240 --> 01:28:42,800

creating the change by sustaining growth. And it's not rocket science. It just takes intention.

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01:28:42,800 --> 01:28:49,360

It takes hard work. It takes ability to feel both the good and the bad and knowing that it's okay

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01:28:49,360 --> 01:28:56,560

to not be okay. But just don't sit in it too long. Like that's, that's the freeze part. You see that's



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01:28:57,360 --> 01:29:03,520

people just freeze and it takes energy to get up and go to the gym when you don't feel like it.

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01:29:03,520 --> 01:29:10,800

It takes energy to do the things. And I think there's medicine that can help us do that with intention.

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01:29:12,160 --> 01:29:19,200

Absolutely. I want to ask you a couple of questions about your time overseas and then kind of walk

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01:29:19,200 --> 01:29:25,760

through your own personal kind of mental health story. The way I like to ask it is, well, the

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reason I'll ask this question the way I do is we have a very polarized view of war, the civilians

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01:29:31,200 --> 01:29:35,680

of, especially here in the U S you either got the one side, kill them all. Like God saw them out.

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01:29:35,680 --> 01:29:40,320

You got the other side. They're all baby killers and the middle, you know, you have a men and women,

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01:29:40,320 --> 01:29:44,800

sometimes children that we send overseas with our flag on their shoulder to do the things that we

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01:29:44,800 --> 01:29:51,440

ask them to do. So it's a two part question. The first part, regardless of the politics that sent

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01:29:51,440 --> 01:29:57,040

you to these combat zones, was there a moment where you witnessed, you realized that there

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01:29:57,040 --> 01:30:06,160

were some horrific people that did need to be taken care of? Yeah, absolutely. Um, it's real easy.

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01:30:06,160 --> 01:30:15,520

And it, I can understand both perspectives of this, of, of war. I don't, I didn't have the same

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01:30:15,520 --> 01:30:23,920

perspective as I did when I was 23 years old and I decided to do this. I was pissed off. I reacted.

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01:30:23,920 --> 01:30:32,480

We got hit. I was in college when I watched that plane hit and I was angry. I told you I was a

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01:30:32,480 --> 01:30:42,800

fighter. So it was logical for me to, to go do something. Um, that would give me affirmation

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01:30:43,600 --> 01:30:54,560

that I felt was doing a service and, um, yeah, I wanted to be around brothers and do that thing.

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01:30:54,560 --> 01:31:03,520

So that was my intention for signing up when I got to Iraq first time and I got to work in the field

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01:31:03,520 --> 01:31:09,040

because of my skillset as a medic and an intelligence guy, I could go, I've got to go out

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01:31:09,040 --> 01:31:13,280

more than some of my guys in my platoon that were more seasoned because I had the skills

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01:31:13,920 --> 01:31:20,800

and, you know, no one can pull Intel better than a medic because, because it's about,

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01:31:20,800 --> 01:31:26,880

we know, we know this from the psychological stuff that if you feel safe, you get trust.

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01:31:26,880 --> 01:31:31,520

And when you get trust, you get vulnerability and you get information. And so if I go in there and

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01:31:31,520 --> 01:31:41,120

I heal a kid or treat a goat or whatever, then they're going to open up to me more. And the fact

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01:31:41,120 --> 01:31:46,640

is, here's a perfect example. When I went to a school, we were doing these things, which none

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01:31:46,640 --> 01:31:51,760

of the guys wanted to go do. We call them hearts and mind missions. And you would go to these

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01:31:51,760 --> 01:31:57,040

schools and we would get intelligence, but we would give them soccer balls and backpacks and

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01:31:57,040 --> 01:32:04,640

do med checks. And I would start handing out, um, backpacks and I gave this little girl soccer ball

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01:32:04,640 --> 01:32:09,760

and I never forget her face. She looked at the ball and she looked at me and she just kind of

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01:32:09,760 --> 01:32:16,320

cried. And I was like, what the hell's wrong with her? And the interpreter goes, you can't give her

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01:32:16,320 --> 01:32:22,560

a ball. She, she's not allowed to play soccer. They're not allowed to do that. And they weren't

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01:32:22,560 --> 01:32:26,400

even, they would, because some of the girls, I think they would go up to fifth grade and then

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01:32:26,400 --> 01:32:33,040

they weren't allowed to go to school anymore. And they were treated like slaves, uh, just used for,

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01:32:33,040 --> 01:32:39,600

to have kids. And I did see some nasty things that, uh, you know, it's in the Bible. So

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01:32:39,600 --> 01:32:46,480

it, nothing's new in the sun. There's bestiality over there. There's, um, you know, they say,

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01:32:46,480 --> 01:32:52,960

this isn't for everyone. Like I'm not trying to make, you know, stereotype Iraqis because there

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01:32:52,960 --> 01:32:58,400

were some incredible, uh, people over there that I met, but there was a lot of asshole guys that

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01:32:58,400 --> 01:33:05,600

were treating their women like shit and, um, having sex with men. Like, I mean, I don't know

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01:33:05,600 --> 01:33:10,640

else to tell you that that's what I saw and it wasn't everyone, but there was so much things.

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01:33:10,640 --> 01:33:16,640

And I remember reading the old Testament going, Oh my God, like what has changed? There's so many

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01:33:16,640 --> 01:33:24,080

things there. And I feel like without getting into someone's, you know, culture and trying to change

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01:33:24,080 --> 01:33:32,000

that, man, I just felt like my perspective of life was, it was more than that. And I, and you know,

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01:33:32,000 --> 01:33:36,240

I was like, why aren't these people, why aren't they aware? Like, why aren't they trying to get

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01:33:36,240 --> 01:33:41,680

changes because they're programmed. That's their reality. That's it. That's all it is. And when

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01:33:41,680 --> 01:33:48,160

you're paying, when you, when you kill one of their kids or whether, uh, somebody gets like

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01:33:48,160 --> 01:33:55,200

killed in combat, you can give them \$1,200 or \$1,400 for their troubles, you know, but if you kill

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01:33:55,200 --> 01:34:00,880

their goat or their animal, you give them more money because they're, they're like, the kid's not

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01:34:00,880 --> 01:34:06,640

making me money. The goat is, or the cow is, and it's like crazy. Like you're just trying to think

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01:34:06,640 --> 01:34:13,360

about in your head, you're just trying to put it all together. Um, and it's, it's just, it's, it's,

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01:34:13,360 --> 01:34:19,760

it's crazy. My trauma, my biggest trauma, and I'm blessed in this is, and I don't want to say this,

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01:34:19,760 --> 01:34:24,080

I haven't really talked about this too much, but it's, it's, I look back and I go,

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01:34:24,080 --> 01:34:30,880

I, I never had to take someone's life with my hands. I watched people take lives. I've,

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01:34:30,880 --> 01:34:36,800

I've watched people die. I've treated people, but I never had to do that. And

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01:34:37,840 --> 01:34:45,680

for so long in the teams, that was your standard. And I would beat myself up

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01:34:46,240 --> 01:34:49,840

and judge myself for not meeting that standard.

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01:34:49,840 --> 01:34:55,840

And I look back and I go, thank you God, because some of those guys that took life when they

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01:34:55,840 --> 01:35:03,360

didn't need to, they're not here anymore because they couldn't stand it. And it's the moral injury

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01:35:03,360 --> 01:35:09,520

that we see is being the culprit for a lot of PTSD. It's the things the guys were doing on the road

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01:35:09,520 --> 01:35:14,480

away from their wives, the things they can't forgive themselves for it's trapped them there.

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01:35:14,480 --> 01:35:20,720

And I know that the lowest, most destructive energy and emotions is shame because it attacks

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01:35:20,720 --> 01:35:26,800

your noun, which is your IM statement. And even if you know about it and you try to forgive yourself,

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01:35:27,360 --> 01:35:32,960

sometimes we're neurologically hijacked by that shame, even though we know it's the reason we

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01:35:32,960 --> 01:35:38,640

still can't get away from it because we're operating in the same energy, the same neurochemistry.

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01:35:38,640 --> 01:35:42,640

And if you change that with an experience, you're going to be able to change that.

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01:35:42,640 --> 01:35:47,120

If you change that with an experience, you can learn how to forgive yourself. And you can do this

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01:35:47,120 --> 01:35:55,040

thing called let go, which is so hard to do on the nervous system. So it's not as easy as just having

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01:35:55,040 --> 01:35:59,680

the willpower to say, I'm going to stop drinking. It's not as easy just to say, I'm going to stop

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01:35:59,680 --> 01:36:04,400

looking at porn. It's not. If it was that easy, people would do it and we wouldn't be here, but

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01:36:04,400 --> 01:36:12,240

we are. And so you have to look at changing and what this means to change. And so with, besides

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01:36:12,240 --> 01:36:17,680

the medicine and all that, that's the reset part. And I believe that that medicine, no one should

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01:36:17,680 --> 01:36:23,280

judge someone if they're using cannabis, if they're using psilocybin. I tell people all the time when

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01:36:23,280 --> 01:36:30,000

I'm coaching them, this is not about what they think. It's about how you feel and how you use it

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01:36:30,000 --> 01:36:36,800

with your own intention. And Dr. Martin Polanco had a wonderful quote. He said, we're teaching

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01:36:36,800 --> 01:36:43,920

veterans how to create a safe container to heal themselves. And that's what like really, like

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01:36:43,920 --> 01:36:50,560

that's it right there. And that involves change. So I got hooked up with Dr. Joe Dispenza. We were

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01:36:50,560 --> 01:36:59,440

so fortunate to get sponsored. This lady bought 25 tickets to an event, which was \$2,300 per person.

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01:36:59,440 --> 01:37:06,480

She bought 25 tickets and we were recipients. And my wife and I got to go and experience this Joe

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01:37:06,480 --> 01:37:14,000

Dispenza stuff, this meditation, seven days of like black belt training. Like you did two

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01:37:15,040 --> 01:37:23,600

meditations a day and you do breath work and he educates you on the mind. And so I'm like, this is

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01:37:23,600 --> 01:37:30,320

it. Like I need to get into this because we need to teach this to veterans and service men and women

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01:37:30,320 --> 01:37:35,040

because it's not enough just to do the medicine. You can't rely on something outside of yourself.

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01:37:35,040 --> 01:37:41,280

If you really have to get to a place where the healing comes from within. And Joe Dispenza says

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01:37:41,280 --> 01:37:47,680

a lot, you have an internal pharmacy that you can restructure and you can create these neuro

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01:37:47,680 --> 01:37:53,920

chemicals and you can heal yourself. And that's what he did when he got hit by a bike on a bike,



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01:37:53,920 --> 01:37:59,120

on a road bike and they wanted to fuse his back and he healed himself. So I'm thinking this is crazy,

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01:37:59,120 --> 01:38:03,040

you know, and I'm watching these people, this one lady sat next to, she goes, I've been doing

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01:38:03,040 --> 01:38:09,840

this work for four years, two years ago, I healed myself and my cancer. And she was a doctor and she

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01:38:09,840 --> 01:38:16,240

went there and one kid was 15 years old and he had some trauma growing up and he had a brain injury

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01:38:16,240 --> 01:38:22,080

and he had some trauma growing up and he couldn't hear on his ear and that was healed. And so it's

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01:38:22,080 --> 01:38:28,000

like, we have to look at belief systems. We have to look at changing your belief systems and it

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01:38:28,000 --> 01:38:34,240

takes work and it takes the awareness that if you're in a wrong environment, it's going to be

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01:38:34,240 --> 01:38:39,440

really hard for you to sustain growth. And that's where we're at now. It's like, okay, they go to

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01:38:39,440 --> 01:38:45,360

the, they do the medicine. Some guys can't even last. They're so scared to go back to the world

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01:38:45,360 --> 01:38:51,280

that they created after the reset that they'll start drinking in the airport, not even hours

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01:38:51,280 --> 01:38:58,000

after they just were like, kumbaya, I'm, you know, re-healed. They're already back drinking because

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01:38:58,800 --> 01:39:05,600

the fear is that they can't go back into that environment. And we have to bring more awareness

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01:39:05,600 --> 01:39:12,240

to what the environment is and these 12 cranial nerves in this computer system that is constantly

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01:39:12,240 --> 01:39:18,640

downloading stuff and programming us. And if you don't change your environment, it's going to be

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01:39:18,640 --> 01:39:26,800

really hard, really hard to sustain growth. I've got another part to that two-part question,

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01:39:26,800 --> 01:39:32,960

but before I do with you being a medic specifically and having not taken the life yourself,

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01:39:33,840 --> 01:39:37,440

one of the things I wouldn't say even struggle with is that's not the right way of putting it,

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01:39:37,440 --> 01:39:43,760

but when I look back now, I would identify as the biggest weight wasn't all the horrible things

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01:39:43,760 --> 01:39:49,920

that I saw in 14 years, but it was the fact that when I went to school, they said, all right,

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01:39:49,920 --> 01:39:56,800

if you do intervention, add drug B and, you know, use the monitor cardiovert or defibrillate C,

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01:39:56,800 --> 01:40:00,960

you will have outcome D and the person will, you know, come around and they'll give you a hug and

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01:40:00,960 --> 01:40:05,760

they'll bring a cake to the station a week later. And in 14 years, I never brought a single person

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01:40:05,760 --> 01:40:11,440

back from a cardiac arrest had of course, pre-code saves and lots of, you know, many, many calls where

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01:40:11,440 --> 01:40:15,200

you absolutely didn't save a life, whether it was just simply from the compassion of your words or

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01:40:15,200 --> 01:40:22,320

your medical interventions, but I'd never had that, you know, returned to spontaneous. And so

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01:40:23,040 --> 01:40:27,760

that inability to save being that black cloud, having death after death after death,

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01:40:28,640 --> 01:40:34,720

I identify it as a weight. Now, you know, you talk about, you know, crikling in the field and some of

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01:40:34,720 --> 01:40:39,920

these interventions that you have to do that are ultimately somewhat futile based on the injury or

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01:40:39,920 --> 01:40:45,360

the wounds of the person that you're dealing with. When you look back now, was there an element of

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01:40:45,360 --> 01:40:49,680

that contributing to your trauma? Did you have times where you felt helpless, where you just

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01:40:49,680 --> 01:40:58,000

couldn't bring someone back? Yeah. I mean, there was a lot of the times, you know, I lost a lot of

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01:40:58,000 --> 01:41:04,960

friends in the 16 years. We just lost two seals. I think I put one of them through training in

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01:41:04,960 --> 01:41:15,280

Somalia. They drowned. I lost a roommate on extortion 17. I lost a couple of guys on that one.

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01:41:16,240 --> 01:41:21,120

And just over time, you would lose friends. I was friends with Mikey Mansoor, who was a

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01:41:21,120 --> 01:41:29,120

Medal of Honor winner. He graduated 250 and I was 252. Ryan Job was in 251. He had a crazy story.

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01:41:29,120 --> 01:41:37,040

He got, he was the one that got hit, which made it, he got hit by AK-47, went through his head,

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01:41:37,040 --> 01:41:42,480

took his eye out and they got him back. And then he went back out. And that's when they set up to hit

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01:41:43,360 --> 01:41:48,720

Mark Lee, which was the first seal that died in Iraq. And he was in 251. So we were all together

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01:41:48,720 --> 01:41:54,640

in the same Bud's era. And so I guess over time, like, you know, you lose a friend and you're like,

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01:41:55,760 --> 01:41:59,600

man, if I was there, I could have did this. I could have died. Why wasn't I there?

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01:42:00,160 --> 01:42:10,000

You kind of beat yourself up and you see a lot of survivor guilt in this trauma stuff. For me, it was

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01:42:10,000 --> 01:42:19,360

when we blew a door in, I was a breacher and we blew a door in and there was a kid sleeping on

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01:42:19,360 --> 01:42:28,720

the other side of the door and he was messed up really bad. And I remember my OIC going, Tommy,

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01:42:28,720 --> 01:42:40,800

fix him. And I, it was probably the first time I ever really kind of froze because I was so, oh man,

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01:42:40,800 --> 01:42:48,080

I was, I was like, I fucking did that, you know? And, you know, like bedside manner, you know,

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01:42:48,080 --> 01:42:53,200

is important. It's like, Hey, stay with me and all that. And I just, it struggled so hard to find that

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01:42:53,200 --> 01:43:02,160

aggressive medic approach, you know, where I'm in my flow state. And I did a lot of drugs after that.

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01:43:03,120 --> 01:43:07,680

I did a lot of drugs to numb that. And I, you know, the nightmares would,

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01:43:09,280 --> 01:43:15,600

you would see, I would see, you know, my kids faces on them in my sleep for years.

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01:43:15,600 --> 01:43:20,400

So it was, it's always, it tends to be the children that really bring out the trauma,

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01:43:20,960 --> 01:43:31,840

I think as a, as a, someone that's a service member. And for, you said that like lack of ability to do

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01:43:31,840 --> 01:43:41,840

something. I think, I think I was, I was so beating myself up for not going to,

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01:43:41,840 --> 01:43:49,520

uh, seal team six, that, that kind of really started an avalanche to, which was, I was,

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01:43:50,400 --> 01:43:58,000

I was groomed pretty well at seal team two. I was, I got like the highest, uh, evals as a new guy

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01:43:58,000 --> 01:44:04,560

there. And after our first combat deployment and I had my friends there, they were all, you're coming

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01:44:04,560 --> 01:44:09,040

to gold, you're coming to this and that, and I live right across from Chick-Soy's, so I was like,

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01:44:09,040 --> 01:44:13,040

what's the difference between this and that? And I live right across from Chick-Soy's,

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01:44:13,040 --> 01:44:16,400

so I was bar in Virginia beach, which is like a huge team guy hangout.

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01:44:17,200 --> 01:44:21,280

And so when I told my friends that I wasn't going to scream, they kind of,

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01:44:22,960 --> 01:44:29,680

they kind of read me the riot act. And soon after I did that, I realized I was starting to break away

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01:44:29,680 --> 01:44:38,960

from this need to, um, be accepted. And I started to stop chasing that. And it got really hard after

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01:44:38,960 --> 01:44:44,000

that. And I was still in the seal teams and I was writing the fence. I was trying to raise a family

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01:44:44,960 --> 01:44:52,640

and do this job. Um, and it, it was just, everything was deteriorating. I wasn't,

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01:44:52,640 --> 01:44:58,160

my heart wasn't in it anymore. I went to the West coast and I didn't feel like there's a difference

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01:44:58,160 --> 01:45:03,440

between mentalities on the coast. Not that one's better than the other. It's just,

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01:45:03,440 --> 01:45:08,160

when you're on the East coast, you're kind of, you're not the creme de la creme because you got

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01:45:08,160 --> 01:45:14,800

neck there. And when you're on the West coast, you're kind of our city. And so I felt like

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01:45:14,800 --> 01:45:21,120

going from the East coast to the West coast, I was like, and then I got into the intelligence

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01:45:21,120 --> 01:45:30,480

thing and yeah, just kind of fizzled out. Um, so I didn't have like this war hero, uh, career as a

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01:45:30,480 --> 01:45:38,000

seal. It wasn't like that. Um, but the saddest part was, and I didn't really get into this, but

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01:45:38,880 --> 01:45:46,720

I met my, my first wife, uh, at the Naval Academy. They told me to go there and do a dog and pony

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01:45:46,720 --> 01:45:56,240

show. She was the director that was rebranding the Naval Academy. I hooked up with her. She said that

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01:45:56,240 --> 01:46:01,680

I got her pregnant. I didn't know if I did or not. And then I actually got married to her, um,

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01:46:03,200 --> 01:46:10,080

out of wedlock. And it was on my first or second workup. I was training in Chaffee,

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01:46:10,640 --> 01:46:16,000

Arkansas, doing land warfare. Got a call. She said she lost the baby. I still didn't know if it was

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01:46:16,000 --> 01:46:25,200

mine or not and went out there, um, flew out to California and she gave me the option to leave

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01:46:25,200 --> 01:46:33,440

her and I didn't. And that was probably a big mistake, but I stayed with her and she had four

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01:46:33,440 --> 01:46:40,480

kids in vitro. And it turns out that she wasn't who she said she was to me. She lied about her age.

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01:46:41,120 --> 01:46:46,560

She lied about her background. She basically used me to have kids. And the whole time,

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01:46:47,280 --> 01:46:54,320

I was so stupid that I couldn't look at it. Even though people were telling me something was wrong,

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01:46:54,320 --> 01:46:58,960

I wouldn't look at it. And then I learned this kind of through my medicine journey was



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01:46:59,920 --> 01:47:06,560

it was my fear of failure that was really hijacking me to seeing clearly. And I know

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01:47:06,560 --> 01:47:13,040

that was a product of my training of being a SEAL was we were programmed not to fail.

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01:47:13,680 --> 01:47:21,520

And if you failed, you got so much shame and so much pain from failing that it does program you.

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01:47:21,520 --> 01:47:28,480

In fact, a good friend of mine, Dr. Dan Luna, a SEAL Team Six guy, and he got his PhD in education.

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01:47:28,480 --> 01:47:34,960

He just wrote a 70, 750 page paper, a senior thesis on the fear of failure

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01:47:35,920 --> 01:47:45,680

and how that's a contributing factor to PTSD. And so, yeah, so I, um, I ended up having four kids

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01:47:45,680 --> 01:47:52,720

with this lady. I was never in love with her. I was only in love with the fact that I was trying

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01:47:52,720 --> 01:48:00,480

to do a right thing by changing my life. And she might've kept me from dying over at SEAL Team Six,

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01:48:00,480 --> 01:48:10,400

maybe. I don't know. But what happened was after 11 years, she basically had a plan to

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01:48:10,400 --> 01:48:16,960

steal my kids. And she did that. She went to the command, told them I was drug addict. And I was,

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01:48:18,000 --> 01:48:24,640

I wasn't, I was, I think at the time I was only using cannabis sparingly to, I was off all my,

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01:48:24,640 --> 01:48:29,680

all the meds and everything, but I was using cannabis for my mental health and I was keeping

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01:48:29,680 --> 01:48:37,200

it from the command. And she told on me. And at the time I went to Mighty Oaks, which was a Christian

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01:48:37,200 --> 01:48:44,160

PTSD center run by Chad Robichard, which is incredible story. He was a police officer and

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01:48:44,160 --> 01:48:50,080

a Marine Special Forces guy, world champion MMA fighter, found himself with a gun in his mouth.

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01:48:50,080 --> 01:48:59,120

And he healed himself with his faith. And so at that thing, I quit smoking weed and I told her

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01:48:59,120 --> 01:49:05,120

and she told the command. So I told the command on myself that I was doing this and they came in

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01:49:05,120 --> 01:49:12,240

and I took a piss test. I pissed negative and they still threw the book at me. And it was right on

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01:49:12,240 --> 01:49:19,200

the heels of another friend of mine, Ed Gallagher, who you saw the news about the seal that was,

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01:49:19,840 --> 01:49:26,240

he was my roommate and a classmate. And so at that time we said, you know, it never pays to be the

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01:49:26,240 --> 01:49:33,680

second guy to get in trouble. And so I, they, they threw the book at me and I thought, well,

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01:49:33,680 --> 01:49:41,200

I'm going to be the second guy to get in trouble. And so they took the book at me and I told them,

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01:49:41,200 --> 01:49:47,040

I'm in the middle of a medical retirement procedure or process, and that it's by law that you have to

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01:49:47,760 --> 01:49:54,160

let me finish this because if you have a alcohol related incident or a drug incident and you have

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01:49:54,160 --> 01:50:00,800

PTSD, then they have to allow you to, to, to finish. So they did, took like a year and a half where

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01:50:00,800 --> 01:50:08,640

I was doing my ATC, my clearances, my Trident, everything. And I was basically a janitor for a

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01:50:08,640 --> 01:50:14,880

year at ATC, Advanced Training Command. It was, it was horrible. We call it the mushroom treatment.

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01:50:14,880 --> 01:50:23,520

You put someone in a box and you feed them shit. And it, and yeah. And so I, it was crazy. I was

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01:50:23,520 --> 01:50:29,920

waiting to get my, my information back from PSD and I was trying to figure out what, you know,

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01:50:29,920 --> 01:50:36,880

anything. So I walked over to the personal department and on the base in Coronado and I got

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01:50:36,880 --> 01:50:43,120

this message that said, you're retired. You're going to be medically retired in January, 2019.

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01:50:43,120 --> 01:50:48,480

I brought it back to my command and they took it to the JAG and they did something. And it went all

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01:50:48,480 --> 01:50:55,360

the way to the top of the Navy where this guy basically overwritten it. And they said, you're

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01:50:55,360 --> 01:51:01,760

out in 10 days. And by the way, you got a restraining order against you. And that was the last time I

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01:51:01,760 --> 01:51:13,680

talked to my kids five years ago. And so I always say, I'm so grateful for even that in my life to

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01:51:13,680 --> 01:51:19,520

lose poor kids, because if those things didn't happen, I wouldn't be able to do what I'm doing

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01:51:19,520 --> 01:51:27,680

right now. And I believe in life sometimes the final step of loving something is letting go. And

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01:51:27,680 --> 01:51:36,160

you'll be amazed when you do that, how it had a tendency to come back to you. So that's it.

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01:51:38,000 --> 01:51:42,400

Well, I'm, I'm so firstly, so sorry to hear about your kids. I mean, you mentioned it before, but

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01:51:44,240 --> 01:51:48,400

I mean, that, that to me, that was the only plus thing about my divorce is there wasn't

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01:51:48,400 --> 01:51:53,680

an attempt to pull my child from him. It was funny. I mean, there was, there was infidelity on,

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01:51:53,680 --> 01:51:58,160

on her side, not to talk shit now and way past it, but just to lay the facts out there.

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01:51:58,720 --> 01:52:05,120

And my lawyer said, oh, great news. And there'd be some other stuff going on. You get 50 50.  
And

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01:52:05,120 --> 01:52:10,800

I'm like, okay, that's great news that we're going to do car wheels because of the situation  
dictate

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01:52:10,800 --> 01:52:17,440

at that point that maybe it should have been full cost at least temporarily, but it is what it is.

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01:52:17,440 --> 01:52:22,720

But that was my worst case story, which is, you know, a fricking, you know, dream compared to

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01:52:22,720 --> 01:52:28,480

yours, but I've got, I've got friends who again, after a divorce, um, you know, their kids didn't

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01:52:28,480 --> 01:52:33,120

speak to them for years, but just like you said, and then one day they did again, you know, one  
day

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01:52:33,120 --> 01:52:37,520

they came back and I've got numerous stories of that. So, you know, I hope that's the case,

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01:52:37,520 --> 01:52:41,200

you know, I hope that when they get to the age where they ask more questions, that they'll find

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01:52:41,200 --> 01:52:45,840

their way back in your life again. Yeah, thank you. And, and you know, I'm, like I said, I,

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01:52:45,840 --> 01:52:52,640

I try not to talk about too much. Um, but I want people to be aware that even in our family court

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01:52:52,640 --> 01:52:57,760

system has been very corrupted. This was in California and I can tell you just from crossing

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01:52:57,760 --> 01:53:05,360

the border and Tijuana taking guys down to Mexico for the treatment. Um, and every time I have to go

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01:53:05,360 --> 01:53:10,720

back, I have to go through security cause I have this, uh, restraining order, which I just got,

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01:53:10,720 --> 01:53:18,640

I dropped. This is crazy because of my work I'm doing to promote this, you know, this stuff, uh,

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01:53:18,640 --> 01:53:25,040

this medicine it's given me connections to people that can make one call. And this happened in

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01:53:25,040 --> 01:53:30,960

November. I was going to go back to California to the court to fight this, which I lost. I've spent

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01:53:30,960 --> 01:53:38,240

like \$50,000 doing this. So I had no more money. She had a trust again. She's the heir of Francisco

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01:53:38,240 --> 01:53:47,680

Franco, the fascist dictator. So she's, she's connected. And, um, and so, um, in one call,

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01:53:48,560 --> 01:53:55,280

one of the guys I work with, can't say his name, but he knows who he is. He made one call and in

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01:53:55,280 --> 01:54:01,440

three hours, my lawyer calls me and goes, I don't know what happened, but, um, uh, their lawyer,

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01:54:01,440 --> 01:54:05,920

her lawyer's not taken this to court and he thinks it can be really bad for her.

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01:54:05,920 --> 01:54:13,680

And I was like, what? So I got the two restraining orders dropped off my kids or I got the restraining

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01:54:13,680 --> 01:54:20,880

drawers, uh, restraining orders dropped off my kids. She, I guess she keeps hers, but the big

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01:54:20,880 --> 01:54:26,640

thing is they allowed me to use a gun again, which I couldn't own a gun. I still can't, but I can use

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01:54:26,640 --> 01:54:33,280

a gun to train people and make money. If I was going to train someone, um, with a gun, which is

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01:54:33,280 --> 01:54:40,720

retarded, but it's, um, it's just part of this, this thing. And I, it's my cross that I bear, but,

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01:54:40,720 --> 01:54:48,240

um, I, it's not about me. It's about the kids and they were stripped from having a really good

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01:54:48,240 --> 01:54:54,640

father that they're never going to get back in those years. And that's the hardest thing for me is

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01:54:54,640 --> 01:55:04,720

just knowing that the trauma that one day I know I'm going to have to take on. Um, but I think

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01:55:04,720 --> 01:55:11,520

they're, they're going to be smart enough to see who their dad is and what he's done. And, uh,

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01:55:12,560 --> 01:55:17,760

you know, I used, my biggest fear was that I would leave this world and they would never know.

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01:55:17,760 --> 01:55:25,280

I would leave this world and they would never know. And I think that's why I started to do this

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01:55:25,280 --> 01:55:30,000

stuff and to start to tell my stories so that they would know one day.

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01:55:31,840 --> 01:55:37,200

So let's unpack that for a second. Then you, you mentioned about, um, you know, after that call,

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01:55:37,200 --> 01:55:42,800

taking more drugs, um, you mentioned about drinking. So where was the lowest place that

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01:55:42,800 --> 01:55:50,080

you found yourself and then what was that corner? However gentle that turn that led you towards this

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01:55:50,080 --> 01:55:54,800

healing journey that now you're not only a part of, but you're actually spearheading.

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01:55:55,360 --> 01:56:05,280

Yeah, I, well, the all lost moment was that was, was when I knew was, was I was sitting in the

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01:56:05,280 --> 01:56:14,400

courtroom and my ex-wife was staring into my eyes as she lied. And I don't know how this happened,



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01:56:14,400 --> 01:56:23,840

but I had a rosary in my pocket and I was on the stand and I, I just held this thing. And I remember

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01:56:23,840 --> 01:56:29,520

looking at her going, I don't know what it was, but like, God was just like, forgive her, forgive

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01:56:29,520 --> 01:56:35,520

her, forgive her, forgive her. And I just kept saying it in my head and like, I could feel my chest, like

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01:56:35,520 --> 01:56:42,720

as they were, the judge was, you know, tell me that this is going to be my reality in my sentence.

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01:56:43,440 --> 01:56:47,280

Um, I remember walking out of that courtroom

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01:56:50,320 --> 01:56:57,440

and I got in my car and I started driving and I just lost it. Like I had like just

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01:56:57,440 --> 01:57:02,960

snot bubbles, just like everything was just coming out and I could, I had a

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01:57:02,960 --> 01:57:07,440

nervous breakdown for sure. I've had a couple of my life, but that was a bad one. And,

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01:57:12,240 --> 01:57:18,320

and then, and then it was like, really it was like, I think two days and I got on a phone

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01:57:18,320 --> 01:57:24,000

call with Dr. Martin Polanco and he set up the treatment. And that's how I showed up to the

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01:57:24,000 --> 01:57:33,680

medicine. Well, basically with losing everything, I lost my identity, like family, kids, um, you know,

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01:57:33,680 --> 01:57:39,760

career of retirement. I had to go through, I got honorable discharge, which is crazy because

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01:57:40,400 --> 01:57:45,440

I had to fight for it. And one of the officers said if he doesn't get honorable discharge,

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01:57:45,440 --> 01:57:52,240

that it will be a crime. And so they gave me that, but, which was great because it allowed me to get

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01:57:52,240 --> 01:58:00,160

the GI bill and, and my disabilities. Um, but yeah, I mean, I've been paying \$3,500 a month

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01:58:00,160 --> 01:58:04,720

since nine, since 2019 and I haven't had a word of information about my kids.

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01:58:06,240 --> 01:58:12,400

Do you even know which state they're in? Yeah, there's in California. Okay. Yeah. There's four

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01:58:12,400 --> 01:58:23,280

of them. Thomas is 13, Kayden is 11 and there's twin Max and Becca. Yeah. So it's, it's, you know,

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01:58:23,280 --> 01:58:30,960

I, I always say I'm the most blessed man in the world. I like to do what I get to do. Um,

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01:58:32,240 --> 01:58:39,600

I have an incredible wife. She's just, she's like a unicorn for sure. A horse whisperer. She's a

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01:58:39,600 --> 01:58:47,760

horse gal from, from Houston area and, um, our corpus Christi she would say, she would say, um,

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01:58:47,760 --> 01:58:57,120

but you know, I just, I try, I try to take, you know, the good and the bad and, and know that,

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01:58:57,120 --> 01:59:11,040

um, it's part of my story. Um, and it's all about contrast. So wherever there is, you know,

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01:59:12,480 --> 01:59:20,000

injustice or trauma, if you allow yourself, you can turn your pain into passion.

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01:59:20,000 --> 01:59:27,680

And that's one hell of a drug. Well, you mentioned about your wife being into the horse side. I

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01:59:27,680 --> 01:59:31,120

actually had an incredible man on this a little while ago, but I'm actually going to repost it

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01:59:31,120 --> 01:59:35,360

because it was such an incredibly powerful conversation, but his name is Buck Branham.

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01:59:35,360 --> 01:59:40,720

And I don't know if that name rings a bell, but he's, that's my wife's mentor. Like, oh,

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01:59:40,720 --> 01:59:46,080

there we go. She loves, but I, yeah, I started, I, that's the one thing I didn't really get to

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01:59:46,080 --> 01:59:54,240

learn in my life was this wonderful, uh, experience of the Western culture. Um, I live in Nashville,

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01:59:54,240 --> 01:59:59,600

so it's sort of like it, but she's from Texas and she, like, this ain't the same, you know,

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02:00:00,720 --> 02:00:09,200

this is rhinestone stuff. But so, um, but yeah, I think from, from a therapeutic perspective,

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02:00:09,200 --> 02:00:19,360

equine therapy is about probably the second most effective therapy that I can see. You know, we can

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02:00:19,360 --> 02:00:26,000

expect any kind of dog training or animal, they get oxytocin, right? You get that thing. Um,

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02:00:26,000 --> 02:00:33,200

you get the companionship, but a horse is different because a horse and, and what Buck teaches is a

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02:00:33,200 --> 02:00:40,160

thing called natural horsemanship. It's where you're not dominating. You're just working with

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02:00:40,160 --> 02:00:48,720

and reading their energy. And I love this saying, um, that when a horse is a prey animal

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02:00:49,440 --> 02:00:55,040

and they let you strap a carcass of their cousin on his back, and then they let the thing that can

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02:00:56,160 --> 02:01:01,680

take, take it out by grab, jumping on his back and getting on his neck, they let you do that.

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02:01:01,680 --> 02:01:07,680

And then, you know, they teach you about yourself. They can, they're like a mirror of your energy.

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02:01:09,840 --> 02:01:16,960

And I think that's so valuable for, uh, for so many reasons, but for someone that's trying to

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02:01:16,960 --> 02:01:23,120

build awareness to their own energy, uh, I don't think there's anything more powerful than that,

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02:01:23,120 --> 02:01:29,600

than that relationship. Yeah, that was amazing. I watched him, I was in Georgia, drove up there,

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02:01:29,600 --> 02:01:35,600

um, watched him do like half, half a day of his clinic. Um, you know, and again, and I'm,

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02:01:35,600 --> 02:01:40,320

I grew up around horses. My dad's an equestrian vet. So, um, he, you know, I grew up around

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02:01:41,200 --> 02:01:46,160

all, you know, the spectrum from the, you know, extended Royal family with their polo horses,

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02:01:46,160 --> 02:01:50,080

all the way through the gypsies with, you know, their car horses and my dad would treat all of

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02:01:50,080 --> 02:01:55,520

them. Um, and so, you know, I know what the horse world is like. Most of them are lovely. Some of

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02:01:55,520 --> 02:02:01,040

them are obnoxious. Um, and you could see the personalities on the horses as Buck is teaching

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02:02:01,040 --> 02:02:05,600

them and the ones that are using, you know, the kicking too much. And, you know, you can just see

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02:02:05,600 --> 02:02:10,320

their kind of frustrated energy. And then he comes along and he, you know, he chastised the rider,

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02:02:10,320 --> 02:02:14,880

not the horse, you know, and tells them the change it. And, you know, it was amazing. So then we went

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02:02:14,880 --> 02:02:21,200

to the trailer, did like about 45 minutes of conversation, and then he had a dinner appointment

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02:02:21,200 --> 02:02:24,720

to go to. So then I think it was a month later, we carried on like we're doing now. We did the

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02:02:24,720 --> 02:02:31,520

rest over zoom. But I mean, that man's backstory of being, you got him on your show. Yes. Yeah.

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02:02:31,520 --> 02:02:36,800

So I'll send you the episode, but yeah, incredible. And it was a really raw, like from early life,

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02:02:36,800 --> 02:02:42,640

all the trauma that he endured all the way through. So yeah, it's like, that's why I said,

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02:02:42,640 --> 02:02:49,280

if you really want to know someone, just learn about their trauma and what they do with it.

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02:02:49,280 --> 02:02:55,440

And it's bucks a perfect example of how he created a, he literally changed the whole industry

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02:02:56,720 --> 02:03:02,800

on his technique. And when I'm out there with my wife and she's got like eight or nine clients

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02:03:02,800 --> 02:03:10,640

out here, and I get to go out and start to, I got on one of her horses, bareback, it was a Tennessee

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02:03:10,640 --> 02:03:19,840

Walker. And I got on bareback. I have probably rode a horse five times in my life. So like,

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02:03:19,840 --> 02:03:26,640

it's amazing what you can do when you build that relationship with an animal and they can feel that

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02:03:26,640 --> 02:03:32,080

safety and trust in you. And you know, like there's, when you're aware of that energy, it's,

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02:03:33,440 --> 02:03:39,120

well, you're operating in another dimension, I think. I'd never thought about this until a few

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02:03:39,120 --> 02:03:44,880

minutes ago, but I'm laughing now because that matching of energy, whenever I got on the horse,

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02:03:44,880 --> 02:03:48,960

we never had our own horses. We would ride the client's horses when they were, you know,

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02:03:48,960 --> 02:03:54,960

boarding or if they were in the rehab process. And there was a couple and when I get on them,

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02:03:54,960 --> 02:03:59,200

they would just fucking take off. And I would be, that's probably why I became a stunt man as well,

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02:03:59,200 --> 02:04:05,040

because I would just hang on. I did a parallel to my fire service career. And so, you know,

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02:04:05,040 --> 02:04:09,600

my parents would be like, you had the worst technique for a rider, but the biggest balls

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02:04:09,600 --> 02:04:15,440

of any of them. And they'd jump ditches and stuff. But looking back now, I had shit going on when I

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02:04:15,440 --> 02:04:20,640

was young. And again, it was probably that energy. It was that kind of chaos that was probably inside

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02:04:20,640 --> 02:04:25,280

my mind. And the horse is probably picking up and I go, oh, you want me to go crazy? All right,

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02:04:25,280 --> 02:04:29,680

we'll go crazy. I didn't realize I was eight, but you know, I'm sure even then there was that

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02:04:29,680 --> 02:04:36,160

projection. So it's funny. I'd never thought of it that way before. Yeah, she, she, my wife,

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02:04:36,160 --> 02:04:44,240

her name is MJ. She, she always says, I can tell way more about a horse owner than the horse with,

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02:04:44,240 --> 02:04:49,280

you know, in the first five minutes. And, you know, you look at the horse and you can tell,

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02:04:49,280 --> 02:04:55,600

you can tell, you know, about the owner. And they, and it's funny because like most people in general,

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02:04:55,600 --> 02:04:59,840

they're just like, what's wrong with my horse? You know, they're always looking at something else

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02:04:59,840 --> 02:05:05,200

outside of them. And you're, and you're like, well, you know, maybe you should figure some shit out.

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02:05:05,200 --> 02:05:11,360

And I, again, the biggest takeaway from it is it gives you awareness. And that's what people,

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02:05:11,360 --> 02:05:16,800

human beings are lacking. They're lacking their emotional quotient, which is your ability to feel

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02:05:16,800 --> 02:05:24,880

emotions and their awareness. Like that, that's where you start. The other thing that's really

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02:05:24,880 --> 02:05:29,840

cool in this whole thing of healing trauma or healing the mind is that when you start looking

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02:05:29,840 --> 02:05:37,440

at creative art therapies and these other, uh, integrated skill sets that we are trying to push

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02:05:37,440 --> 02:05:44,560

is that if you're an animal state mind, your energy is back into the stem cell or the brain stem.

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02:05:45,120 --> 02:05:50,720

And so we're seeing this because you can see it on the 3d MRIs is that if you push that energy

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02:05:50,720 --> 02:05:58,720

up towards the frontal motor cortex over here, you start to access things like empathy and, um,

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02:05:58,720 --> 02:06:09,120

these higher functioning, um, programs that make us human and creativity helps develop neuroplasticity,

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02:06:10,480 --> 02:06:14,800

which falls in line with the psychedelics. It's like, okay, you look at our music and our arts

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02:06:14,800 --> 02:06:22,240

and it's like, it's all over there. It's all over it, you know? And so, um, I work with, uh,

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02:06:23,200 --> 02:06:29,600

several nonprofits and try to help, um, this whole thing. And one of them is creative vets,

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02:06:29,600 --> 02:06:33,680

which is a wonderful organization here in Nashville. They're actually in 40,

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02:06:34,240 --> 02:06:40,320

I think 45 states and they'll do things like have veterans write songs with, uh,

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02:06:40,320 --> 02:06:47,040

a singer songwriters in the rhyme in and do these really cool events that right now I'm taking a

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02:06:47,040 --> 02:06:54,720

songwriting class at Vanderbilt and two incredible songwriting coaches, teachers, um, there's like

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02:06:54,720 --> 02:07:00,480

eight veterans and we're, we're, I was on it last night and it's just incredible. Like telling

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02:07:00,480 --> 02:07:08,000

stories, making music, and you see like what lights up. It's that frontal motor cortex.

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02:07:08,000 --> 02:07:14,960

And the power of storytelling. I think a lot of people have trauma if they can find an expressive

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02:07:14,960 --> 02:07:23,200

way to express some of this stuff, you don't keep it inside and you can actually create something

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02:07:23,200 --> 02:07:30,400

out of the trauma that resonates with other people. Yeah, absolutely. Well, we were talking

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02:07:30,400 --> 02:07:35,920

before hit record. Um, my second book now that I'm writing is a fiction and the goal is to

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02:07:35,920 --> 02:07:41,840

have a powerful, powerful book for people that love to read. But I think arguably in 2024,

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02:07:41,840 --> 02:07:46,960

most people consume stories through the screen now. Um, so I would love to not would love,

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02:07:46,960 --> 02:07:52,240

I am going to make this into come hell or high water a series. I think, I think it would be

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02:07:52,960 --> 02:07:58,160

compelling captivating and, you know, it's something that people need to see at this time.

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02:07:58,160 --> 02:08:03,840

So talk to me about your journey into storytelling and how you've been able to

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02:08:03,840 --> 02:08:08,000

get your journey into storytelling and your kind of filmmaking side.

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02:08:09,040 --> 02:08:17,360

So, um, I, I like to start, I usually start by saying, remember that feather from Forrest Gump?

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02:08:17,360 --> 02:08:26,800

I try to model my life after that feather and just, just go and do and feel and experience,

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02:08:26,800 --> 02:08:33,200

right? And, um, I was kind of like that with the seals and this whole thing. It's just been

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02:08:33,200 --> 02:08:39,920

one experience after another. And when I was, when COVID happened and I was, I just got out

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02:08:39,920 --> 02:08:45,920

of the military, I had some really great friends in Southern California, my men's group. It was

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02:08:45,920 --> 02:08:52,960

like Philip Rivers, Mike Sweeney from the Kansas city Royals. He's one of my biggest role models

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02:08:52,960 --> 02:08:59,840

and brother. Um, Mike is just incredible, man. Jim Caviezel, all these other guys that I started

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02:08:59,840 --> 02:09:10,400

out with in this really transformative part of my life. Um, and, uh, I was like, I need some money.

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02:09:10,400 --> 02:09:15,440

So I was like, I need to use this GI bill. And I'm like, what the hell am I going to do?

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02:09:15,440 --> 02:09:20,240

I don't know where I don't want to go back to school. And so I, I found the highest BH

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02:09:20,240 --> 02:09:26,160

places in the country for the GI bill. And then San Francisco was like way higher than everywhere

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02:09:26,160 --> 02:09:30,640

else. So I'm like, I guess I'm going to San Francisco. And at the time they were allowing

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02:09:30,640 --> 02:09:38,800

veterans to take classes remotely because of COVID. So I, um, I got in and I just said,

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02:09:41,600 --> 02:09:48,320

something in my head is saying, learn how to tell a story. It seals. I take a little bit of

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02:09:48,320 --> 02:09:57,200

the bragging rights and say, we have pretty good stories. They're C stories. And there was always

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02:09:57,200 --> 02:10:02,160

a joke, like there was a difference between Navy humor and army humor. And I was like, yeah,

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02:10:02,160 --> 02:10:09,760

the difference is we have, we have it. They have none. It was a joke, you know, but we,

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02:10:09,760 --> 02:10:18,720

I feel like there was a, it's a very, um, warrior type thing that you need to be able to tell a damn

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02:10:18,720 --> 02:10:27,280

good story if you want your brothers to listen to you. And so that culture, uh, really was something

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02:10:27,280 --> 02:10:34,240

that kind of drive me to, to get a master's of fine arts and storytelling, which is, uh,

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02:10:34,240 --> 02:10:43,360

directing and writing. Um, but I was a storyteller. I was a writer as a kid. See, I, I, I pushed

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02:10:43,360 --> 02:10:48,240

everything into science because I thought that's what I was going to do. And I was a big science

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02:10:48,240 --> 02:10:54,320

guy, math and science. But if I look in my, my baby's box, which my mom just sent me, I'll see

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02:10:54,320 --> 02:11:00,080

books that I wrote in second grade with, you know, Detroit Pistons player, Isaiah Thomas, like my

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02:11:00,080 --> 02:11:07,280

first book, my day with Isaiah and he signed it, you know, I had all this writing and so it was

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02:11:07,280 --> 02:11:13,040

always in me. I just never cultivated it. I was probably afraid because that wasn't my identity.

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02:11:13,040 --> 02:11:21,040

And then I had this transform transformative period where I was like, and this I'm saying is

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02:11:21,040 --> 02:11:26,960

I'm blessed because I lost everything. Not many people can say that. And I got that opportunity

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02:11:26,960 --> 02:11:32,560

to just be like, clean slate. What do you want to do? I don't know. Let's just do this. And so that

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02:11:33,280 --> 02:11:41,200

curiosity got me into the program and I started to really dive into character, you know, fundamental

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02:11:41,200 --> 02:11:47,360

character writing. What is a 3d character and how do you make them likable and relatable? And it's,

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02:11:48,160 --> 02:11:52,800

you got to give them contrast. You got to give them, you can't make them all good and you can't

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02:11:52,800 --> 02:11:58,480

make them all bad. Even the antagonist you see in all the films, like they try to make them likable

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02:11:58,480 --> 02:12:03,120

so that you can relate to them from their perspective. So I learned all these things and

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02:12:03,120 --> 02:12:10,320

I was like, oh my gosh, all this stuff I'm learning about storytelling is helping me tell the story in

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02:12:10,320 --> 02:12:18,400

my mind of what happened and how I got here. It's okay. And so I was like, oh wow, this is like

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02:12:18,400 --> 02:12:25,920

therapeutic. It's therapeutic for me to learn how to tell my story and to learn story in general

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02:12:25,920 --> 02:12:31,280

because I believe that story is how the brain works. I mean, there's a reason why Jesus taught

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02:12:31,280 --> 02:12:38,800

in parables. There's a reason why story is the only thing we leave behind. And so I was like,

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02:12:38,800 --> 02:12:44,880

I want to get really good at telling stories and learning how to create story. And now like you

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02:12:44,880 --> 02:12:54,000

said, like the whole media platform is shifting to this short form storytelling and your ability

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02:12:54,000 --> 02:13:00,400

to do that. And I think with the work I'm doing with kind of changing the narrative on what a

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02:13:00,400 --> 02:13:06,240

drug is and what a medicine is and what trauma is and what emotional energy is and all this stuff,

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02:13:06,240 --> 02:13:09,760

it's like, how do you do that? Well, you better tell a damn good story.

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02:13:09,760 --> 02:13:14,560

So this kind of segues nicely into some of the closing questions that I ask. I want to make sure

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02:13:14,560 --> 02:13:18,320

everyone knows where to find all the things that you do now. But before we do, while we're talking

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02:13:18,320 --> 02:13:23,120

about storytelling, are there any books that you love to recommend? It can be related to our

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02:13:23,120 --> 02:13:33,120

discussion today or completely unrelated. Yeah, I'm more of an audio book guy. I would say the

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02:13:33,120 --> 02:13:40,880

immortality key is a deep dive into this relationship between human beings and psychedelic

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02:13:40,880 --> 02:13:48,560

compounds. And I think if you're interested in this, then it's a deep one, but it goes back

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02:13:49,120 --> 02:14:01,360

a long time and it's got really good anecdotal, I can't say it, good evidence of what it is.

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02:14:01,360 --> 02:14:09,040

Yeah, good evidence. And he's got a really interesting story. He got to go in the basement

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02:14:09,040 --> 02:14:14,320

of the Vatican and do two years of research in the archives with this Franciscan, see the eyebrows?

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02:14:15,920 --> 02:14:23,120

Did he find anything else when he was down there? Oh, yeah, yeah, I'm sure. But so that's one that

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02:14:23,120 --> 02:14:31,520

I think is important or interesting. This book here, this holotropic breathwork, this is by Stan

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02:14:31,520 --> 02:14:38,320

Goff and his wife. And Stan is a pioneer, is a psychiatrist with over 60 years experience of

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02:14:38,320 --> 02:14:45,760

research in non-ordinary states of consciousness. And one of the founders and chief, he's a chief

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02:14:45,760 --> 02:14:52,880

developer of transpersonal psychology. So I think if you really end up trying to heal your mind,

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02:14:52,880 --> 02:14:57,680

you got to understand what the mind is. And I think that book can help do that.

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02:15:00,640 --> 02:15:09,840

Oh man. And then I would say a couple of the books that we would actually issue out when they're

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02:15:09,840 --> 02:15:17,520

starting the mission within protocol, we would have them read The Untethered Soul. I think that's

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02:15:17,520 --> 02:15:26,320

Michael Singer, How to Change Your Mind, Michael Pollan, which is a Netflix series. Michael Pollan

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02:15:26,320 --> 02:15:32,800

actually is in charge of the new psychedelic society that integrates in Harvard. It integrates

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02:15:32,800 --> 02:15:38,560

Harvard's School of Law, School of Medicine, and School of Divinity, which I'm trying to get into.

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02:15:38,560 --> 02:15:50,720

And he's in charge of that. And the book Breathe, which was recommended to me by Laird Hamilton.

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02:15:53,600 --> 02:15:59,040

Breathe is a great book because it talks about actual our society,

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02:15:59,040 --> 02:16:07,840

the lack of awareness on the breath. And you see so many kids literally having birth,

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02:16:10,640 --> 02:16:15,680

their facial structures don't develop right because they're not breathing right. And

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02:16:16,240 --> 02:16:22,880

if you have stress breathing, you're breathing in the chest, which that, and so you have less

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02:16:22,880 --> 02:16:30,400

surface area, those intercostal muscles that are firing to do that. That's like what you're using

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02:16:30,400 --> 02:16:36,560

to get away from a lion. So like our lack of breathing into our diaphragm and pulling the

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02:16:36,560 --> 02:16:44,560

belly out when you inhale and then squeezing it back, like doing that is a game changer.

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02:16:45,920 --> 02:16:51,440

So breath is a good book too. Is that James Nestor? Is that the one? Yes. Yeah, okay.

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02:16:51,440 --> 02:16:58,080

And you mentioned about how to change your mind. Any other films or documentaries that you love?

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02:16:58,080 --> 02:17:05,920

Oh man, that's all we watch is documentaries. I love documentaries because it's more real. It's

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02:17:05,920 --> 02:17:12,400

still scripted, but it's more real. And I think it's a great way to get information about things

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02:17:12,400 --> 02:17:21,440

of people. Documentaries, well, I mean, Fantastic Fungi, I'm kind of sticking on the psychedelic theme.

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02:17:25,360 --> 02:17:32,160

My favorite movies growing up was Vision Quest, the wrestling movie kind of helped shape my life.

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02:17:32,160 --> 02:17:43,920

And The Natural, those are like kind of my two. I say like in Rudy, those are my three.

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02:17:43,920 --> 02:17:48,800

All right. Well, then the next question, is there a person you'd recommend to come on this podcast

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02:17:48,800 --> 02:17:53,280

as a guest to speak to the first responders, military and associated professions of the world?

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02:17:54,320 --> 02:18:00,400

Andrew Huberman. He was actually supposed to be coming on. And then I got a message saying he

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02:18:00,400 --> 02:18:07,440

wasn't going to be coming on anymore. So I did try and then I got rebuked. So maybe one day down

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02:18:07,440 --> 02:18:15,520

the road. But yeah, that's, you know. Then Bobby Kennedy.

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02:18:16,480 --> 02:18:22,640

Yeah. I would love if you're able to help in any way, shape or form. That'd be amazing. I think

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02:18:22,640 --> 02:18:28,000

this is who we need to hear. And I'm looking for the leaders, as we said earlier, I'm looking for

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02:18:28,000 --> 02:18:32,400

the people who unite this country, the people that are proactive, not reactive or going to be

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02:18:32,400 --> 02:18:38,720

selling some, you know, narrative that ultimately is not going to benefit the nation. So he seems

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02:18:38,720 --> 02:18:44,960

like just someone who through his whole career has actually cared about people. So yeah, I think

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02:18:44,960 --> 02:18:53,360

he'd be amazing. Yeah. Yeah. Him. And then I hoist Gracie and or Laird Hamilton. Those guys are just

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02:18:53,360 --> 02:19:00,160

really cool guys. I had hoist on. I just reposted it not too long ago, but Laird has been on my radar.

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02:19:00,160 --> 02:19:04,160

I became friends with Josh Brolin. We did an interview years ago and they ended up writing the

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02:19:04,160 --> 02:19:10,160

forward for my first book. And he's very, very good friends with Laird. So I've been fully aware of,

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02:19:10,160 --> 02:19:14,480

you know, of him and obviously Gabby as well. So I need to reach out. I've never reached out before.

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02:19:14,480 --> 02:19:17,680

So I've never even tried to actually get them on, but I think they'd both be phenomenal.

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02:19:17,680 --> 02:19:24,080

Luke is a good one too. Luca lives with them. He's kind of Laird's protege. He's the youngest

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02:19:24,080 --> 02:19:34,160

surfer to ever surf the Maverick. And he's a basic really good friends with Christian McCaffrey,

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02:19:34,160 --> 02:19:42,800

running back for the 49ers. So Luca is a great guy. He's really wise behind his years. He's only 21,

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02:19:42,800 --> 02:19:51,440

I think, but he's just around really good people. And I'm a big believer in stacking your boat crew.

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02:19:51,440 --> 02:19:56,640

Like I'm a big believer in your environment and the people that you're around. Like if you don't

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02:19:56,640 --> 02:20:02,160

seek people that you want to emulate to be like, then you're not programming yourself the most

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02:20:02,160 --> 02:20:09,520

effective way. So I always say I never had a lot of money and I don't care if I do or don't get it.

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02:20:09,520 --> 02:20:16,880

But what I do care about is my true currency is like my friendships in my network because

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02:20:19,920 --> 02:20:28,240

it helps. 100%. I've watched it more over the last seven years. And then the people that were

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02:20:28,240 --> 02:20:33,840

my friends before are still my friends after. But that next layer, now I just have these incredible

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02:20:33,840 --> 02:20:38,480

conversations with people, whether it's recording like this or just a simple phone call. And when

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02:20:38,480 --> 02:20:42,160

you're surrounded by incredible people, it's not that you're networking and oh, this person could

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02:20:42,160 --> 02:20:48,000

do something for me now. It's not. It's just that the conversation, I always leave these conversations

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02:20:48,000 --> 02:20:53,520

better than I started versus let's say just talking two-dimensionally about politics or

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02:20:54,080 --> 02:20:58,800

sports or whatever it was. You've talked for an hour, but did you really gain anything?

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02:20:58,800 --> 02:21:04,000

So I love this immersion that I found myself in now. It's so rewarding.

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02:21:04,000 --> 02:21:11,440

For this work. Yeah. There's a reason why Bobby Kennedy is attacking the podcast

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02:21:11,440 --> 02:21:17,920

because he's leading with voters 45 years and under, and this is the future. So

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02:21:19,680 --> 02:21:26,000

now thank you for doing what you do. It's so important. And again, it goes back to like the

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02:21:26,000 --> 02:21:33,120

first thing we learned in SEAL school and Bud's was pass the word and it has to happen. If you

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02:21:33,120 --> 02:21:38,560

want to help people, we need to pass the word. Absolutely. Well, one more closing question before

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02:21:38,560 --> 02:21:42,480

we make sure everyone knows where to find you and the things that you offer. What do you do to

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02:21:42,480 --> 02:21:53,680

decompress these days? I go to nature. I find healthy suffering and things that are uncomfortable.

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02:21:53,680 --> 02:22:09,520

And I give myself permission to feel and to be curious, but nature is a way to escape the

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02:22:09,520 --> 02:22:21,600

environment of society that we can get manipulated by and we need to get outside of that system. So

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02:22:21,600 --> 02:22:31,280

when I go into nature, I always have resistance. I don't want to go like getting a cold waterfall

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02:22:31,280 --> 02:22:39,200

or do this, but I know like I'm trained now to where when I sit in that and I feel that resistance,

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02:22:39,200 --> 02:22:46,240

it's like my awareness goes, okay, there it is. And here's the interesting, if my name on Instagram

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02:22:46,240 --> 02:22:53,040

is flow state frog man, and I don't know exactly why I picked that name. I just felt like in that

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02:22:53,040 --> 02:23:01,520

time I was like flow state is like energy. And I think now as we study this thing called energy,

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02:23:01,520 --> 02:23:09,520

everything has a wave and in that wave, you cannot get to your next high point unless you go through

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02:23:09,520 --> 02:23:16,720

a low point, it's an energy thing. And so when you're at a low point, the fastest way to get to that

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02:23:17,520 --> 02:23:24,640

top peak or that next wave is by going through the low. And I think what people do is they

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02:23:24,640 --> 02:23:31,840

resist that low and they stay there for a long time. It's like the buffalo and the cow, the cows

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02:23:31,840 --> 02:23:37,040

run away from the storm and they're in it forever. But the buffalo goes through the storm because he

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02:23:37,040 --> 02:23:42,720

knows he'll be at last time. Well, speaking of highs and lows, I just want to slide the other

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02:23:42,720 --> 02:23:49,920

part of that question. I realized I never asked you. So we hear about, you know, again, the dark

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02:23:49,920 --> 02:23:55,360

side of war, what we don't hear are the stories of kindness and compassion that you guys encountered

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02:23:55,360 --> 02:24:00,160

when you were seeing combat, whether it was by the men and or women to your left and right,

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02:24:00,160 --> 02:24:03,760

or the indigenous populations that you were trying to protect while you were over there.

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02:24:03,760 --> 02:24:12,000

Yeah, that's when you're over there. It's all about the guys to the left and the right and

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02:24:12,880 --> 02:24:20,320

the beautiful thing. And I'm biased. I know, like people look at seals and whatever they

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02:24:20,320 --> 02:24:29,200

think of us as superheroes or this or that. And it's not true. Or we're broken boys,

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02:24:29,200 --> 02:24:42,800

but we're badass warriors. And I think through the training and the adversity, you build these



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02:24:42,800 --> 02:24:50,080

incredible relationships. And you know that the guys to your left and right is going to be there

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02:24:50,080 --> 02:25:00,160

backing you up. That part of it, like, you know, I'm beyond blessed to experience that camaraderie.

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02:25:00,880 --> 02:25:06,640

But I've also been on the other side of the good old boy club getting thrown off into a ditch and,

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02:25:06,640 --> 02:25:13,600

you know, kind of losing that. And I can look back and I'm not scarred by the betrayals or the,

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02:25:13,600 --> 02:25:19,840

you know, the bullshit toxic masculinity that some guys still make tons of money by fabricating

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02:25:19,840 --> 02:25:28,240

these hell weeks and people pay \$15,000 to get their ass kicked for this toxic shit that

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02:25:29,040 --> 02:25:37,840

I'm trying to heal. So I'm pretty authentic in how I feel about even my own community.

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02:25:37,840 --> 02:25:42,960

But I think the thing that I take away from any kind of combat experience

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02:25:44,400 --> 02:25:54,560

is there's a divine need across the whole globe to believe in these things called freedom, liberty,

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02:25:56,400 --> 02:26:02,720

and truth. And John Locke, the author that inspired our constitution,

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02:26:02,720 --> 02:26:10,640

wrote, it is our God given birthright to be free. And those morals and those ideas that

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02:26:11,520 --> 02:26:17,760

Thomas Jefferson and Benjamin Franklin wrote our constitution are very under attack. And

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02:26:21,920 --> 02:26:27,600

I know going over there and seeing those kids faces, whether Iraq, Afghanistan,

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02:26:27,600 --> 02:26:36,960

Africa, Europe, Thailand, and any other place I've been, there is one thing. They want to believe

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02:26:36,960 --> 02:26:46,720

that America has the ability to represent those core values. They want it. People want that.

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02:26:46,720 --> 02:26:53,200

And I just don't, I don't think we're doing it. I think it needs to be done. I think it needs to be

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02:26:53,200 --> 02:26:59,760

done. I think we need to change. I couldn't agree more. I think we can. This is the thing.

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02:26:59,760 --> 02:27:04,400

It's not about, oh, America sucks because it doesn't. America is one of the most beautiful

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02:27:04,400 --> 02:27:09,040

countries in the world. I don't think it's a competition. I don't think we need to say

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02:27:09,040 --> 02:27:14,240

we're the best and be our chest. I think we have the humility to go, we do these things really

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02:27:14,240 --> 02:27:18,800

well, but hey, other countries, can we borrow your ideas because you're doing those really well.

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02:27:18,800 --> 02:27:24,160

I think, as I've said on here many times now, the rising tide lifts all ships, but what we do

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02:27:24,160 --> 02:27:30,560

extremely well is what I would argue the original American dream, the ability that you can come

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02:27:30,560 --> 02:27:36,160

from here, from a country and go from nothing to something. And hopefully that's not driven by

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02:27:36,160 --> 02:27:41,440

money and material items. I just watched Steve Aoki's documentary and his dad was the founder

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02:27:41,440 --> 02:27:46,720

of Benihana. Amazing story, but it was chasing wealth the whole time. And I think that's the

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02:27:46,720 --> 02:27:50,640

story, but it was chasing wealth the whole time and arguably at the expense of his family.

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02:27:51,600 --> 02:27:59,920

But the immigrant stories that you hear in the US are incredible and that is the American value.

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02:27:59,920 --> 02:28:06,160

But when you allow us to be fragmented and set upon each other, we're still the same people.

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02:28:06,160 --> 02:28:10,720

We just need to change who we're looking at for inspiration and remind ourselves that it's our

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02:28:10,720 --> 02:28:16,960

own home and then outside our front door that we can actually impact with our own hands. And if we

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02:28:16,960 --> 02:28:23,760

all do that, we'll shift back to the America that we really deserve to be. Yeah, America lost its

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02:28:23,760 --> 02:28:29,600

innocence when they murdered John F. Kennedy and they shot him in the head from this way,

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02:28:29,600 --> 02:28:40,640

not from the back. And when that happened, we lost our innocence in that idea. And again,

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02:28:41,520 --> 02:28:50,320

Mr. Kennedy Jr. is the one that understands how to get back there. And it's not going to be easy.

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02:28:50,320 --> 02:28:59,440

It will take divine intervention just to get him on the ballot. And when he's underfunded

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02:28:59,440 --> 02:29:04,320

by maybe a billion dollars, if you want to look at the numbers between the Democrat

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02:29:05,040 --> 02:29:12,560

campaign funds and the Republicans and what Bobby's been able to do on minimal funds is absolutely

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02:29:15,360 --> 02:29:20,960

something that you just know that there's something else going on here that you can't really say.

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02:29:20,960 --> 02:29:32,240

But he said it too. He's like, there's more roads, more buildings and more bridges named after John

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02:29:32,240 --> 02:29:39,840

F. Kennedy than any or all presidents in the United States combined in the world. I mean,

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02:29:39,840 --> 02:29:45,680

in the world, there's more bridges, you know what I'm saying? And so there's something there. I think

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02:29:45,680 --> 02:29:55,200

we're idealistic creatures and we do have belief systems. And I think psychologically, we want to

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02:29:55,200 --> 02:30:05,840

feel safe. We want to feel connected to other humans. And I think the problem is fear. People

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02:30:05,840 --> 02:30:11,280

remember fear more than they do love sometimes because fear leaves a sting. You always remember

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02:30:11,280 --> 02:30:20,640

a bad haircut over a good haircut. You remember punching a face over a hug. And these narratives

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02:30:20,640 --> 02:30:29,120

that we see designed to keep the wealthy wealthy and the rich still suffering and basically distracted

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02:30:29,120 --> 02:30:38,720

by their own survival is easily manipulated. And it takes people to go out there and go against the

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02:30:38,720 --> 02:30:47,920

tide and become a champion. And I love that. Like, it's been me, you know? 100%. Well, I'm sure

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02:30:47,920 --> 02:30:51,920

people listening are fascinated. Obviously, we've been all over the place in this conversation and

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02:30:51,920 --> 02:30:57,840

rightly so. But where are the best places to find your work and the things that you offer now

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02:30:57,840 --> 02:31:08,480

and on social media as well? My flow state frog man on Instagram. And I would say follow

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02:31:08,480 --> 02:31:13,360

the work that the veteran mental health leadership is doing because you'll see me with them.

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02:31:16,080 --> 02:31:25,360

And that's it really, really right now. I don't have anything like formal. I kind of stay in the

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02:31:25,360 --> 02:31:32,160

gray area. I'm up, they see me, I'm down. Beautiful. Well, Tommy, I want to thank you.

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02:31:32,160 --> 02:31:35,600

Please thank your wife as well. I've been talking for two and a half hours in the end.

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02:31:35,600 --> 02:31:40,320

So even longer than we anticipated. But it's been such an incredible conversation and, you know,

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02:31:40,320 --> 02:31:45,360

a different perspective again, coming from your community. And so many have been through the

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02:31:45,360 --> 02:31:50,240

healing journey. But few of them actually then took the gauntlet and became part of that, that

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02:31:51,120 --> 02:31:55,520

healing family on the other end to bring, you know, their brothers in after that. So I want

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02:31:55,520 --> 02:32:00,400

to thank you so much for being so generous and being courageously vulnerable and coming on the

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02:32:00,400 --> 02:32:07,440

behind the shield podcast today. Oh, it's been a pleasure and an honor. And like I said earlier,

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02:32:07,440 --> 02:32:14,160

there's two things that come out of war, it's weapons and medicine and it is anything I can do

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02:32:14,160 --> 02:32:22,000

to help get this to our police officers and our firefighters and our medical providers. They need

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02:32:22,000 --> 02:32:28,960

this more than most people are aware of. And I'm an open book, whatever I got is yours. And I look

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02:32:28,960 --> 02:32:32,400

forward to floating down this river of change with you.