

John Guarnieri - Episode 844

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SPEAKERS

John Guarnieri, James Geering



James Geering 00:00

This episode is sponsored by NuCalm. And as many of you know, I only bring sponsors onto the show whose products I truly swear by. Now we are an overworked and underslept population, especially those of us that wear a uniform for a living, and trying to reclaim some of the lost rest and recovery is imperative. Now the application of this product is as simple as putting on headphones and asleep mask. As you listen to music on each of the programs there is neuro acoustic software Beneath that is tapping into the actual frequencies of your brain, whether to up regulate your nervous system, or downregulate. Now for most of us that come off shift we are a exhausted and B do not want to bring what we've had to see and do back home to our loved ones. So one powerful application is using the program power nap, a 20 minute session that will not only feel like you've had two hours of sleep, but also downregulate from a hyper vigilant state, back into the role of mother or father, husband or wife. Now there are so many other applications and benefits from the software. So I urge you to go and listen to episode 806 with CEO Jim Paul, then download NuCalm and you see a LM from your app store and sign up for the seven day free trial. Not only will you have an understanding of the origin story and the four decades this science has spanned, but also see for yourself the incredible health impact of this life changing software. And you can find even more information on nucalm.com Welcome to the behind the shield podcast. As always, my name is James Geering. And this week, it is my absolute honor to welcome on the show, former secret service special agent and current head of security for multiple bands, John Guarnieri. Now in this conversation, we discuss a host of topics from John's journey into law enforcement, protecting president's the insurrection, fitness and preparation, his transition story entering the world of security, mental health and musicians, his own podcast, and so much more. Now, before we get to this incredible conversation, as I say every week, please just take a moment go to whichever app you listen to this on, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast therefore making it easier for others to find. And this is a free library of almost 850 episodes now so all I ask in return is that you help share these incredible men and women's stories so I can get them to every single person on planet earth who needs to hear them. So with that being said I introduce to you John Guarnieri enjoy with John, I want to start by saying Firstly, thank you to BC Sanders for connecting us and secondly, I want to welcome you on to the behind the shield podcast today.

J John Guarnieri 03:26

It's it's great to be here. i It's weird every time somebody asked me like, because I wrote my own podcast. And whenever I get asked to go someone else's people that follow via podcast, always watch it today because I get to be more of myself. Where if you have a guest like is you know, you're focused on that guest. But when I jump on something like yours, people get to know or hear more things about me that I normally wouldn't talk about. When I'm talking to other guests like that. I never saw promote myself per se. I think I know what I'm talking about certain aspects of security. But it's all about the guests that like having the opportunity to be able to show like yours. It's it's just super rad and you've had some amazing guests from all walks of life. It was funny because I'm with the shaido guys and we were talking about two weeks before us reached out the key of chemo guy who's running it do all this stuff it bringing awareness to like cancer research. And we're just like, Man, what a cool guy I'd love to have on my podcast like this is such a inspiring here you get to talk to him. And I tell Eric and like how'd you do this guy's podcast who actually talked to this guy's it stuff like that. It's a super rad what this?

J James Geering 04:36

Yeah, they say what seven degrees of separation. I think when you get into this and there's a circle of trust, all of a sudden it's one degree of separation and you're talking to that person I've had, you know, Wim Hof and hoist Gracie and and it's not you know, oh look at the list of names is more. How many people just would love to ask some of these people questions and you're like shit, I get to ask these people questions but not in a selfish way in a way that then you put it out in the internet and everyone gets to hear the answer. So it's this beautiful kind of synergy of, of communities and I hate those word followers or fans as bullshit. It's a community of people that are all wanting to hear the same kind of conversations.

i 05:15

Do you find it difficult to introduce someone like a Wim Hof? Who's done everything for Joe Rogan? He's such a iconic fixture and what he does it but do you find it hard to ask questions that still engage your audience without coming off as boring yourself? Because I find it super difficult.

J James Geering 05:32

What I find and this is obviously, seven years, you know, it's it's an ongoing trade someone's journey if you like, but um, the more episodes I've done, the more people I've talked to, the more interesting the questions become. And one thing with Wim, I mean, over and over and over again, you know, we've heard and I can hear it 1000 times more, I think I just was actually watching a video of his tail an hour ago. But um, you know, we understand a lot of the breath work the ice the world records that he broke the, the way they change the physiology when they put the bacteria and I mean, all these things, it was incredible, but no one had really dug into what was it, you know, that period where he lost his wife when she took her life, and he was a single dad. So that's kind of where we went. And so it's finding these little pockets, like, I don't know, whoever heard someone really talk about this. And this is what I try and do,

because it's interesting to the audience. And it's interesting to the person as you know, one of the best things you can never get asked is, huh, either either I've never really thought of it that way, or I've never been asked that before. So that's kind of where I try and find what I call the space between the lines. Yeah,



06:41

no, it's great. I love it. It's for me, I just get like, what a guest is like after the interview that you're still talk and whether you're Korea whether it's gonna be aired at all, it's like those those conversations. I'm just like, I wish I went deeper on this part. Because I'd like to sometimes when you talk to like a singer songwriter, it's like, sure, you know about the public dealings he's had with like drug addiction or mental health stuff, but then you realize, oh, man, he brushed up across this thing. We had this terrible relationship with the father or his wife passed away. It's like that stuff right there. It's like, now I kind of get why Beatty, what's the drug addiction or these issues that popped up but it's like I always go back and rewatch stuff and be like, if I get a second chance to be with this person to talk to them. I want to dig down here because like you it's like, that's the stuff that people you could go to a Men's Health magazine did breathing techniques, Koba by Wim Hof, it'd be like the basics. It's amazing. People like you that talk to them, that you like, Now I get why this guy ticks. Now I get why he moves this way why he feels this way. I think there's that. There's just something fun about organic conversations with like, Yeah, sure. Those are the agenda, the discussion, but it's just the free talkie of people. I think we've kind of lost sight of that.



James Geering 07:57

Yeah. Well, I think there's so much value to it. You think about storytelling, which is again, a good host ask questions and then you know, allows the person to speak and tell stories. That was you know, ancient tribalism at its finest. You know, we didn't have writing a long, long time ago, we had cave paintings, maybe or hieroglyphics, but it was storytelling. And you think about even warriors coming home. Sebastian Junger talks about this, you know, there was the ceremonies where they they did the war dances, and they told you know what happened and who died and who was heroic. And so there was a kind of, you know, sense of community, like we were talking about before we hit record, where people know what, you know, they're in this case warriors did for them, or the hunters did, or you know, the people that gathered all the food for that feast that night. And so I think we have lost that. Because when we lose the story, we start pigeonholing people and making them a two dimensional label rather than an actual human being. That's part of our community.



08:57

Right now, I agree. 100% just just awesome. It's like, I don't know. I was so familiar with podcasting, like before, like, obviously to with Joe Rogan's sporting sport podcast I listened to and stuff but like, the bigger the pandemic, my biggest fear of like what I do doing security, traveling the world with artists or whatever, I love my job because I get to talk to different people, different walks of life, I can walk into a city or a venue anywhere in the world and be like, I had no this guy, there was family. And when you lose that for two years, I was like, I be told where bass can't talk to people can't hug someone. It's like that type of communication. To

be told you can't do that. I was like, Why did you still maintain this? That's why I started buying. It's like, it's cool. Just I love that human connection with people and building an audience of like minded people that might not agree with who the guest is what I'm saying. But it's a free conversation that there's no you're not being censored. We're not being told what we can't say or what ask the well reasons I keep To the sponsors, because every time they reach out to me, they want me to go a certain way. Like I don't want to lead the body to the fact that we are being told to have a certain guest or what to say or what to ask or promote. It goes against everything. Why I started this thing, and I think these healthy conversations should not be told. Or be the kind of like pigeon holed into an area. That's not organic.

 James Geering 10:22

Yeah, I agree completely. I've had a handful of sponsors, you know, that kind of rotate through. And all of them I have pursued because I use their things. And when they come on as guests, and they see the podcast is never ever oh, we need you to do this. It's always like, alright, it's awesome. We're in. And that's the kind of person that you want.

 10:41

Yeah, no, I agree. It's awesome.

 James Geering 10:43

We talked about music. So let's just get to where you are today. Then we'll start at the beginning of your story. So tell me where on planet earth you are today and why you're there.

 10:53

I am currently in Rogers, Arkansas. We have a day off. I bought a tour. I've been doing secured director for Shinedown since 2017. And we're on tour with Papa Roach and spirit box. And all the shows have been sold out, do a great and have a day off it. We have about two or three more weeks after this run. Then that's Denver on October 20. And then I'm home for a couple of days. And I fly to Japan, Australia with Motley Crue Def Leppard for about three and a half weeks to finish that end of the stadium tour for the world there. And then my year kind of slows down from there, they pick it back up in January with all the artists and stuff started doing their stuff again for the new year. But yeah, I do security, private security for bands. And it's a, it's been a truly rewarding experience, doing what I do, and even go back even further. It's like I was the Secret Service for seven years prior. And so for me, I've dubbed two world leaders, celebrities, celebrity to me is just eyeball excited talking to you that would walk into my favorite actor just because it's this is organic and real, where you talk to the celebrity people you're like, they're just, I don't know, like did that real, it's I don't know if they're real people, but they're not like, it's so I'm so dumb to what I do, where it just, I can just hyper focus on my job, which is, I might not agree with who the president is or what the singer is talking about. But my job is to make sure they can be go home to their loved ones at night. Now, I'm not saying I willingly throw myself out there to protect someone who had might not, I'm not protecting a racist or a homophobe, I've turned down doctors who worked with Planned

Parenthood just because it goes against my beliefs. And I don't wish them ill well, but I'm the part of my life where I can pick and choose who I protect. And it's just, it's a very rewarding thing. The shaido guys are amazing. Everything they do with the mental health and the fitness stuff they push. It's just it's cool to be surrounded by people that respect you what you do, but also allow you to expand and grow. And you're there for a reason. And they trust me with their lives, and so their families. So it's, again, it's been super rewarding. It can be another pandemic, to jump back into what it was pre pandemic is been amazing. It's actually been more work just because all these bands that people are trying to make up for the last time, right? So it's, it's been awesome.

 James Geering 13:29

It was so sad watching what happened when everything shut down. And again, I've talked about this many, many times. To me, there was a very obvious middle ground, there were people that were vulnerable, that this was actually going to be very dangerous for. And then there were lots of people that were more than capable of working during this and keeping everything going. And you know this whole stay at home don't ask any questions, you know, get alcohol fast food delivered to your house while we closed the beaches and gyms was insanity to me. And if you wrote down, how do you make a country weaker and sicker? That was exactly what you do. But then the mental health side and when the reason why I do three a week is is when this first hit, I was watching all the clickbait bullshit on the television. And I'm like, Well, I'm going to put more interviews out of people that are doctors and nutritionists and exercise physiologist and everyone that people can have actionable information so they can reclaim some of their lives, even if they're told to stay in a flat in London or, you know, wherever they are. But what was beautiful was doing the first Spartan run, when that was allowed, you know, go to the concerts, go on a cruise and just start filtering back. And I think a lot of people, it might be forgotten now but I think a lot of people at a time realize just how important human interaction is, like you said conversations, hugs, I mean, all these things that were just stripped from people. And it's interesting now with this conversation of people trying to suggest that we're going to go back to that where 95% the world like don't I don't even fucking think about it

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right it's uh when you talk about the gyms closing for me, I I was able to kind of be creative and kind of find my fitness again, like my love of fitness is doing all that stuff but like I you sit back and the world I'm in the two things that you there really are no doctors per se that will say this cures mental health or it saves lives, but fitness and music and the arts and Broadway theater and Ted Talks wherever it is you go to settings to hear other people perform their art, whether it's a live pay to get stuff you tell people to can't do that. What do you think was gonna happen? Like no whatever pushes about like the suicide rate going up the domestic abuse rates story up all this stuff that's attached to the fact that you force people to stay at home. And I remember the one time when the grocery stores you'd walk in there and there was no music playing other other other thing on the intercom like the doobly doo. And that there's arrows telling you how to go around here. And like I live in a small town so I'm like, come on, no one's really follow this are they? I got reprimanded like three weeks into like when they first goalposts were put up. And I'm like, Dude, you know who I am, like, you know, we hug we talk, we talk about sports, and now it's, you put this fear in people and people just lost sight of that

human empathy. It's just I felt so bad for the elderly folks. And these kids that were told they can't go to school. Now they're two, three years behind it turtles social interaction, and it's just I don't know, man that you see, these crowds have been thrown off today where people are literally crying for two hours. Because they couldn't have that they the song hits differently now because it has a different meaning to them. And I, I used to take that stuff for granted what I did, I'll just do the tour is just back at Arkansas, thereby to ever be the world could shut down tonight again, right? So I could get hurt. I might love it. I'll do it again. So I first I take that for granted. And I look at fans differently who go the shelves now. But it's like, I used to be like, Why is this person crying? Like we're talking today? Our data saw this person was bawling. And I'm like, but now I get it. That might be a bar song for me. Well record my buddies. But that's all hits differently. And you see the emotion. It's just I've truly rewarded with what I do. And I tried to take this stuff for granted. But yeah, that pandemic stuff was wild.

J James Geering 17:25

I had a beautiful moment. I went to see falling in reverse and Avenged Sevenfold about two weeks ago. Amazing. Rallies the best is amazing. And I love falling in reverse so much because none of their music sounds the same. Then they do their reimagined ones in that. Oh my god, you turn this uptempo song into this most majestic ballad. Yeah. Yeah, amazing. But eventually, I think it was far away have I got that song title, right. But anyway, it was one that they dedicated to their drummer who they lost 15 years ago. And so they stopped singing. And I look around. And it's in this amphitheater in Malawi, West Palm. And it's so the sun has started to set by that point. And the look around is just the sea of cellphone cameras. But it's not just the cameras, when I'm looking at the faces, there's tears. And I realized, right then it's a combination, like you said, I'm sure of just being together again. But also, every single person probably has got some sort of trauma. And there were 1000s of people. So actually kind of scan the only video I took the whole thing. So I hate that when you're trying to watch it in the video. And yeah, but I took a video of the crowd. And it was just this realization, like, everyone is connected by this song. And we're all having this shared experience because it might have been, you know, a younger person who just simply lost a boyfriend or a girlfriend and now they're heartbroken or someone lost their mother to cancer, or it was a suicide or an overdose or whatever. But you could just see it like it feel it was palpable. And that to me is the power of you know, music, especially in the concert saying,

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yeah, it's we go to European festivals that the crowds there I mean, as you could attest to that, just I think Europe, other countries outside of America, just culturally I think music entertainment just more than blood where it's just I thought the crowds establish better right so I every time we're there the Giulia changeover or like a song like in the end or dub by Linkin Park with asserts the the PA cuts off and then people keep singing the song because they resonate with Chester obviously with this suicide or a Chris Cornell saw with his suicide. I just think it's those people they're singing that song so loud, you're just it's a cathartic. They know some of that suicide. They didn't really know Chester or Chris but the song and the emotion that Solly admits resonates with because they know someone who committed suicide or they know someone struggling with mental health or addiction. It's just a wild. It is robots out there where you see that stuff. It's like you would I could hear the saga Other times, it's a great song. The person that hears it for the first time or for the first time reacts completely different. And

it's just such a cool, it's wild. It's just that to go back to the pandemic, let's say it's so crazy that the first thing some of the first things they took away were the billboards for events over concerts over Broadway. And it just like, I don't think you realize the impact that would have on people's lives.

J

James Geering 20:27

When you talk about Chester, we saw him in where it was, I think it was Tampa, they played with 30 Seconds to Mars, one of the best concerts I've ever seen those two together. And then Chris played with Welcome to rockville in Jacksonville, where Shinedown play all the time as well, or played when it was still in Jacksonville. But my wife had lost a boyfriend prior to me to suicide. And he literally took his own life on the phone to her, You know what I mean? So then, you know, Chris, and then Chester, and it's just as you know, she can't even listen to Linkin Park songs anymore. Yeah, I was so moved by one more light, which sadly, they released not too long before we lost him. Big and sorry, let me say again, I was moved by the song so much. So they actually named the book that I wrote one more light, and it's an ode to them. Because that that lyric, who cares if one more light goes out in the sky of 1000 cells or a million stars, whatever it is, I do. And as a firefighter as a first responder, every single life is important, which is what made that whole white lives Black Lives whatever matter is bullshit like every single life matters. And so I use that title, not only to represent what my book was about, but as a nod to your Chester and the musicians that we'd been impacted by not like you said directly we didn't know them, but they represented the pain especially in my wife's life.

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21:54

We saw so DC what I wanted to rock alternative station I believe Washington DC area. So shy down they started a suicide prevention walk one more live based on Chester's the song or something that Ted will obviously attach to Chester when he passed away. And so sad that we've I've done that walk three or four times with them. And they actually performed one year in front of the reflection pool. And it's such a it's just I don't know, like I never got to work with Chester ever do Chester. I love the music. And I feel like I don't know if I love him more because he did pass away. It's like it's a weird feeling for you because I don't I never grew up really on the music. Like I loved it. I love the album they did with Jay Z. I love the summer stuff, right? But I never got to I never paid to go to the concert. I never saw them, per se on my own dime. But when I hear that stuff I see like you said that impact a person has all these people. It makes me love the person more outside of music. Because it's like yes, music was their vessel to put their subject matter out there at heart on a sleeve. And this is you have my addiction, my mental health by suicidal thought. But here I am. And now I've got the beverage the music still remains. But the pay the it's just, it's such a weird thing for me because I never I don't understand suicide. And I don't obviously, this will come off as very like, I've always I've known friends who committed suicide. I just don't. I don't like the fact that I don't know why they did. Now obviously, I've had guests on my podcast, I've read books, I talked to people that have suicidal thoughts, and I get it. But I just don't I can't imagine the best about a paid and be diverted no Chester or Chris or somebody, I don't even know committed suicide. If they gave me 1% of their pay, they could still be alive baby. It's like I just it's tough for me to like, comprehend suicide. It's why I just don't get it.

J James Geering 23:55

After so many conversations on here, I started seeing clear, glaring common denominators. And I think one of the problems with people trying to understand suicide is you can't do it with a healthy brain. Because you're literally you're trying to understand what it's like for someone whose brain has been mis wired is the best way of describing it. And I've had a lot of people on here that were right there and something stopped them on the suicide attempt. I had a couple that went through with it and survived. And every single one of course, there's a sense of the suffering and not wanting the you know, just wanting it the pain, the end. But with that outside looking in conversation of how could they it's so selfish, it's so cowardly. Think of your kids. Their reality is so blurred, that they genuinely seem to believe that they are a burden to the ones they love. Right so when you look at it through that lens which makes no sense to a healthy brain but makes that is their reality. And then you factor in especially in my community, people in uniform that's volunteer to give about their lives if they had to, for other people. If you believe that your family is better off, then suicide is actually a courageous act. It's wrong, that it's a distorted view. But it's actually a courageous and terrifying act for them. I'm sure it's got to be horrible before. And so many people like Kevin Hines that jumped off the Golden Gate Bridge, the moment he left, he was like, No, but it's too late. If you've pulled the trigger, for example, or taken, you know, too many pills, or whatever it is. And I think one of the most tragic stories to underline this, we had two police officers in Florida a few months ago, young young couple, one, I think it was the boyfriend took his own life first, and then just barely a week, the girlfriend did, and they left behind the infant son, or I think we're an infant child. And so there's no way of understanding that. But it just happened to be that perfect storm of two people that obviously had a lot of demons already. And then you factor in I'm sure the pressures of the job and sleep deprivation and all these other things that contribute. And then these happen, and this is what's so sad is it is preventable. Most of the time, you're going to have this that I think there's an understanding that some are just so acutely suicidal, that they just will there's no way around it, but so many people, if you can pull them like yourself on that precipice and give them the treatment to start downregulating that traumatize broken mind, you can pull them from that. But the problem is, is what I want to dive in with you. There's no better example of the stigma than musicians because up until very recently, like, well, you know, they were druggies, you know, oh, well, that's what happens rock and roll lifestyle. And it's so sad, because these are just little kids that happen to grew up playing guitar or singing. And now there's almost a lack of empathy for Kurt Cobain, or whoever it was because of that industry. So I kind of wanted to get where we jumped ahead of it. But we're there and it's beautiful. Have you had any conversations with stigma in the musicians that you've been with? Because obviously Motley Crue and Def Leppard, you're talking 80s, you know, so what has been the genesis of the awakening in their profession?

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I've fortunate to work with artists, they're so open about their struggles in addiction, whether it's addiction that they had prior issues to pills, or booze or sex, the suicide attempts. I know, people have read the dirt with Dickey six and stuff and Harewood diaries, like he's very open about his addiction and how many times he's been brought to death and all this stuff. It's it's a dairy to me, because they're now so open about it willing to talk to people about it. It's like, would they really be greets? Or do interviews and stuff like that? Sure. The people talk about all the new songs, how do you write this album? How do you produce this? Cool, but when they start get asked questions about the mental health or addiction or the stuff, that's when you see them become the most like badass versions of themselves, because they're, they're just

throwing themselves off to the wolves, showing the world that, hey, if I can beat this, you can beat this. And it's, like, I always the people I work with, they have the bad days, that it's documented that they have mental health day, or they just have a terrible, they don't want to wake up. It's like, talking to them about that. We asked my questions, being so naive to allow that because I don't understand it. Right. It's so it's so it breaks, it makes me realize how vital that we all humans are. But the people that provide a form of art. For people that say this artist doesn't want to wake up tomorrow. It chooses not to, you're talking 1000s Billions of fans that only wake up because this artist is still alive. They have a chance to hear the song this year. So they're gonna stay alive for a year because it'll be a story. It's like, well, that when I think of that stuff, I'm like, they're the it's just wild. And so it's, I work, tried out the bass player, Eric bass. He struggles with mental health and good the bad days. And he always talks about Valley, his demons like this, this ebb and flow of like having a good day and a bad day and seeing somebody go through that. It's tough for me, because like you're there to protect, but I can't, physically, I'll do whatever I will to the day, all right, thick and thin. But the mental aspect, I can't fight that battle. It's like so I've always just like how do I put myself in the best position to make sure he knows. Yes, physically, I got his back. But when he has those bad days, or what he's going through those days, I can be a vessel to help you just talk through it because I find did with these artists and even people I tour with other crew people. That was it, as long as you talk to them, and allow yourself to be that guy that or girl that could be like a safe space for them to approach it talk to and I think that's for me. That's what Biggest thing of advice I'd give to people who want to jump off the road to do what I do, because I've been home 70 days this year. And I have dealt every day about the road has been that an issue, but a day where you've had to talk to someone off the ledge, or they're having a shitty day at home because their kids sick and about their, their wife or the husband separated or their father just passed away. It's like, dealing with all these thoughts. And yes, they come off as bad thoughts, those sometimes negative thoughts per se. It's just, I feel like I'm serving a bigger a bigger purpose of doing what I do just being there for these people. And it's just, it's a very, I it makes me emotional just because it's so like, it's, I don't know, man, it's just, I feel so bad for those people that go through that. And I just wish there's more I could do is talking about I'm sure helps avenues like yourself and other organizations allow you to talk about this stuff. I think that's the best way we can come across to help people because when I see people in the crowds are like these bands or artists, I'll get letters from the local people. Hey, this was dropped off. Just personally, hey, I thought about killing myself last week. But I know you're coming to town. And they write down these lyrics to a song that David David a hit like it's a beside but this one saw this one lyric, and I headed to the bed and sometimes we obviously artists get some crazy letters that these people should be in jail, right? But then you get to these letters where it's just like, Oh my God, holy shit like that you hear the band? Do they read it, you keep these letters because this song that they might not have thought was a signal. Just save the life. If you save wildlife, you save hundreds. It's all if it's not this one letter, this one song, it's another song, this had the same impact. And for me when I see that I read those letters and you see like the, the tear marks where they rewrote the letters. It's super it's like for me it just hits differently it's it's it's totally surreal.

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James Geering 32:06

I saw I don't know if you saw this video from probably about two months ago now David Draiman from disturbed talking about the fact that he almost took his own life and again, shared it, you know, with the state and this is the problem is this is a human experience and even to look at the letters of the people that should be in jail that's just another manifestation of mental health. You know, it's not the depression side is obviously a mania or whatever it was

coming across at that moment. But you know, it extends even to an I've just had this realization somewhat recently, if you think about the politicians that are shipped bags, and you know, the heads of these corporations when their products are killing people, that's got to be mental health too, because you couldn't sleep at night knowing that your cigarettes are taking hundreds of 1000s of lives around the world unless you're a sociopath. You know, I mean really there's just that wouldn't be your product you like I'm gonna go into business but I'm not going to make something that kills people you know, you make something that helps so it extends to everywhere you know, to the politics to CEOs to you name it, you know, it might be depression, it might be anxiety or it might be a level of of of complete lack of empathy that we see in some of our people that the very very pinnacle of some of their careers



33:21

right it's it's funny you bring that up it's like the people that create these pesticides or the stuff like I my mom's side of the family is dairy farmers up in Western New York and it's people what a dark dairy farmers and stuff like It's like that all dairy farmers are bad like I get it just fires me up right so but when they talk about like the organics and the pesticides and like all this new laws and stuff that destroy crop destroyed natural streams and soils, it's how do those corporations willingly put a product at Home Depot or Lowe's or some Tractor Supply place doing sure it'll kill the dandelions or whatever, you tried to kill your grass, but the cows, the goats, the chickens, they're gonna start mutating, they start dying and then it goes to eat as meet the stated that you can't grow soil, the water is contaminated. Now your wells are destroyed, it's like, yet these people collected all these paychecks. And here we are just learning it just no one fights back against that stuff. And these people that allow this stuff to happen, it's just it is a mental health thing is we should all be on this earth to you might not agree with one another. But why make it difficult for one or the other to live amongst each other? It's like It's so wild. Wild.



James Geering 34:35

It is indeed. Well, that was a good segue to your early life. So we'll kind of circle back to the music in a little while. So tell me where you were born. And tell me a little bit about your family dynamics, what your parents did, how many siblings?



34:47

So I was born and raised in Massachusetts in April 1995. And both my parents were buried I was the oldest. I have two sisters. No one lives in Alaska. Now one lives in pencil or Yeah, Pennsylvania. And yeah, it was the opry was just awesome, like very full dynamic church every Sunday, my dad was a plaster laborer for bid for big company corporation that took down the bill to do Boston Garden. So like all these crazy buildings and stuff in the New England area in Maryland, Mr. Bob was stay at home dad, they did it that way. Because they agreed that if in order to make sure these kids our kids are raised, right, we need a structure at home, and they weren't going to send us to daycare, something like that. So my mom, who was an incredible editor, graphic designer, she had this great newspaper idea that was about to take off. She wanted to be the FBI, passed all the paperwork and all that stuff. And then she was like, you know, what we have John Calvin, this is this is my duty. And so I've always resonated with that

strong family dynamic. And that's to say, maybe the father could stay at home with a barbecue or whatever works for your family. But I've realized that having that type of connection at home is what shaped me to be who I am today. And I'm loyal, passionate, hardworking. And I, they raised me in a way where I give a shit. And so when you see like all this stuff happen in the world now with kids with broken homes, I feel for those kids, because it'll have that, that structure in place that I feel helped me a lot my friends, my close friends that would die for they came from the same type of background. So I love this connection there, where they're used to my parents yelling at them as we were growing up, and vice versa. But it's just, I just loved it. I love the idea of selflessness and hard work pays off. And to have a faith. You don't need to have a specific faith. But for me growing up with Catholic and Christian and all that. It was I got older, I started to like I find I just appreciate that stuff growing up maybe as a kid, you're like, oh, church on this Hobley is 45 minutes long. What are we doing here? And you would just 1000 get older by those bullets. We will your parents, your sisters. It's powerful stuff. Like i i As people get older and sick and stuff like you. I try and you try so hard to like be Tay that it just makes sure that that dynamic never changes. I had never I failed as a demigod a major fight, or causes get along. Everyone just it's just a great dynamic. And I'm just super fortunate about that.

 James Geering 37:42

Now, did you grow up in a smaller town than if you said the other parents were shouting at you? Yeah. So

 37:47

we I grew up in a town. So as my youth I grew up in a town that was very small. It's so that I moved to where I'm living now in Massachusetts, even smaller as I got older, which I appreciate because less people talk to you, right? But it's so I've always been, I've never been to high school with more than 80 people. So by graduate class in high school, I was like 74 people. And then when I went to college, I went to build her College in Vermont called Norwich, I graduated with less than 100 people there. So I've always been in a situation where I've never, I don't understand why I have these friends that are like, Oh, my graduate class in high school was 2200 people, or my college class was by a criminal justice department was 1500. About how do you get to know these people? So I've always been in a position where I've always known every neighbor, every teacher, every kid in my school, and when I was in junior and senior in high school, my sister DuBois was actually their freshman, sophomore. So I do all her friends, I do their parents in such a small community. And so I don't know, if be living in that lifestyle. My whole life is a lobby to help me do what I do now. Because now I've talked global crowds of 100,000 people sunlight, so it's like, I don't know, it's a weird, interesting dynamic, but I wouldn't have it that way. Like I was never a dubber in high school, or church or CCD, or all the stuff I did as a kid or these camps you go to like out, I do everyone by the first aid, Mr. Mrs. And I just, I don't know if I can understand if I get to relive my life if I don't want to be John number six. I'm John with airy. It's so Dolby. I know you type but it's fascinating for me

 James Geering 39:42

with you working in such densely populated cities as you're touring in a world before when you were doing protection and then and now on the security side. Are you kind of struck by that

community that you grew up with because the reason I asked that a lot of Vasa now there's just so many of us in some of these cities where I live. I'm in Ocala, but we're in this subdivision and it's a central like Lake, football pitch, there's a pool, there's tennis courts, and then they've got these communities around. And when people romanticize about, you know, the kids used to come home and the lights came on, that's what they've created here again, and I see that community and we have people literally from all over the world here, you know, different religions, different races, and our children all play together. And you know, are they all harmonious? Of course not. There's, you know, there's people that that bump heads, but overall, this is what I see, as America. And you hear a lot of the people that came from smaller towns, there was that and I kind of had that I grew up on a farm, but the neighboring town, you know, we had the butcher and the baker and the, you know, the optician and you knew them all by by name. And this is what I feel like we're missing in the US is that we've lost that sense of community that that philosophy is it takes a village. So we all roll our sleeves up and help raise everyone up. And it's kind of now behind closed doors behind screens, and we've lost that positive element of tribalism.



41:11

I remember growing up where it'd be like my parents would like, hey, it's time for dinner. That's the first time you wash your hands for the day. You've been outside all day, drinking water from the hose. How would your dad was cleaning the garbage just yard work, guarding all stuff run around with your kids building tree forts, heavy rock fights, playing cops and robbers was politically correct to do so stick fights like all this crazy stuff, watching your older friends, brothers or sisters, do these dump jobs off skateboards or bikes it looks like they break their boats every time it's and I've watching that kind of dissipate with kids get lost on video games or their iPads or leave kids cable across the street now without looking at their phone. And so by watching my older sister, my sister's, a well raise her two daughters hurt her husband. There those kids are making mud pies. They're collecting flowers and making crazy stuff in the yard. And they're doing arts and crafts. And there's protected by the ridiculousness of some of the stuff going on schools today with terms of like the whole push to like this, the sex education thing at such a young age and that'd be that's a whole these desks but they're their kids first and foremost. Sure, they have to go through their kindergarten first grade stuff, but they still make mud pies with their grandmother. There's still the yard do all this little stuff arts and crafts at Christmas time and making these little handprint Turkey things that those kids make that year. It's just it's just stuff like that, where it's like, I love doing it. Still with that we're all together for holidays I could be without doing arts and crafts and dress up and like all this stuff where it's just like, why are we not pushing that type of stuff to our kids? Now it's I've ever grown up with you listen to like Rafi. Some of these other like early like super clean. Artists music grown up now it's kids who listen to what ask pissy with their third grade because because media and record labels tell you all this is the number one hit the country, though it's for who it's like it's it's just so frustrating. I'd missed those times where you go out there to play wiffle ball, or hit golf balls for eight hours with your friends, drinking Gatorade and hose water. And because we still talk about this stuff today, like we wish we could still do it. We can't do it. Because that was three houses built that law we used to destroy. So it's, it's times times crazy man, I wish there was a way to slow it down. If we can't slow it down, Break back with old times, like you said, where it's like those communities you can build where you want to have tick tock reels of like local street, kids of all walks of life play basketball at the end of a quarter, and then the cops show up and the cops are playing with them. And everyone gets everyone's believing in each other. It's just, it's the super rad. I love that walk into a grocery store. You

know, your dentist, family still, you know your doctor, the die, doctor, all these people, the guy that pumps your gas, you see him at church and you're talking about life, and it's like, you just appreciate each other. It's stuff like that. It's like, there's gotta be a way to bring that back. Because if we don't, this everything is doomed. It's just sad.

J James Geering 44:28

I can't help but feel that the reason why we're getting all of this like hypersexuality now is because of the kind of Victorian pilgrim mentality that we had before because I remember coming, coming to America 20 years ago, and you watch a Rambo film, and he'd mow down 100 Vietcong, but they'd blur out a nipple, and I'm like, What the fuck is the Europeans I mean, other British are known for being super liberal sexually, but you know, you look Scandinavian and Spain and France, you know, topless beaches and everything and we We've got it's so backwards that there's almost so much shame being driven on the SEC side, that if you pull the bow back tight enough, eventually the reaction is hypersensitive the other way. And now you've got like rapey songs telling young girls Oh, it's fine to be abused this way. That's what sex is that no, it fucking isn't. You know,

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right. What was that Christmas song? There was the news. Data that were they all the people tried sensory it right? Baby it's cold outside. Yeah, yeah, golly. It's just crazy. Like, back then. It was okay. Well, okay. Now people hate it yet. Let's put these out. So it's like, where do you draw the line with any of that stuff?

J James Geering 45:43

Exactly. Which is why I think we can't again, it's like with the suicide thing. I think that mental ill health. Yeah, has caused such chaos in people's minds that that's the thing that's scrambling at all these things. None of it makes sense. And the middle ground is, as we discussed, you know, suicide, addiction overdose. That's middle ground. Let's talk about whether you're rich, poor, white, black, gay, straight, whatever. This is something that affects us or obesity and the disease that comes with it affects us all. Let's start there and work in the middle. But every time things go to an extreme, that kind of mouthpieces of both extremes, get all the attention, and the normality in the middle. For example, during COVID, the health of the nation was completely lost. And then now you know, post COVID, nothing has changed. America is getting sicker and fatter. But CNN and Fox don't seem to care about that anymore. So

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yeah, it's to your point. I remember like the whole page everything like commercials. I used to love watching commercials, just the art of a little bit like how super creative they were. But when you watch a commercial today, I have a new soda and I'm guilty of drinking about do I love how do I know that sugar is terrible for you. But I realized that the pandemic, those sugars are killing you. And I always felt like shit when you drink a lot of it too much. And so I started weed myself off it I feel great every day. That way, I don't ESP I don't eat past IBM, I cut as

much soda as possible. If I drink a soda, or something, it's got to be carbonated what either water like a Topo Chico or Perrier, whatever it is, have that taste in my mouth, but not like the sugars. I watch those commercials of like the healthy stuff. Where it's like, oh, cool. But then you watch these commercials of this new soda, this new sugar, this new potato chip. It's colorful, it's loud. It's got these celebrities attached to it. Of course, people are gonna be sucked into it. Because the kids see that or people who don't have weak Beides look at that and be like arbitrage because it looks sexy. It looks colorful. It's like it's about it's it all goes back to what he said. The people that do these ads for these companies know what they're willingly putting people in the ground by absorbing the sugars eating these fast food. And I'm not saying you can't do the stuff, do it in moderation. But realize you have to put a lot of hard work in if I drink two cans of soda today. I gotta put so much work in tomorrow on a show day to go back to how I was feeling before that if you're not willing to put the time in to do that, then what did why you fall into that trap.

J

James Geering 48:17

What's about the environment. So there's a lot of people that will look down their nose at the obese population, for example, and go all you got to do is get up at four and run 10 miles. Exactly, but it's environment. So for example, post pandemic, our children are still going to schools where the soda vending machines are being put there by Coke and Pepsi, this fast food and processed shit in their cafeteria, their PE programs have been cut. And then if you add in the devices, like you said, that's not an environment that's setting them up to thrive. But imagine if their baseline at school was home cooked meals. And that's not a crazy thought. That's what they did in schools till not too long ago. You know, PE and recess all the time. No, none of those shitty foods allowed there. So now you've got to deliberately go to a store and seek that out, versus it being normal that every school meal every pizza party or an office. So this is the problem is all if we were going to really learn from the pandemic, we would have really changed a lot of these things we would have we would have gone Wow, this disease was killing us because we were already sick. That's that's the reality. Even the anomalies under there somewhere was it was a weakness. So let's make our population healthier. So whatever comes next because it will, we're going to be more prepared and less people will die and more people will be able to keep the country from moving. But it wasn't like you said it was oh, well, you know, now we get to fast food you know, what's the right word fast track our shitty food direct to the doorstep. Now people don't even have to get in the car. They even have to leave their house. Now you can get it from basically restaurant to your cakehole in one UberEATS moment. So we've gone even further back and so yeah, I agree 100% If we're going to make this country healthier, you have to of course have responsibility but you have to create an environment that teaches responsibility and good choices.

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50:13

Wonder because I remember the time was I got older at school like, you no longer have recess. And like be reasons back in the day was us. Like literally doing pull ups push ups running around playing tag for 45 minutes. And who can haggle the monkey by the longest who go back and forth three times in a row? It was like all physical guys. Yeah, girls, that I look back. I know we were like trading like we're like for whatever. But it was the most cathartic I felt like my bide opened up the rest of the day. And they reached out to me was usually if you're like that 30 In the morning, or like 11 like right before lunch or right after lunch like the hours

before I was like whatever but after after like the recess part of lunch those last three four hours of the day. Bye bye was so alive and awake that felt like like I did recessed to push my brain to open up an expanded be like though it physically tired but basically tired as well. And I was just like, as kids grew up down with like cousins and friends who have kids like they don't have recess can because it was like what what person said that? We did get rid of this aspect of this. Because if the worry about bullying it dodgeball, or stuff like this, it's like there. What are you talking about? Bullies exists now in science class, if you don't know what the equation of whatever. So what's this? Like? It's just I don't know, it's just, I get so kids that it's stuck at play Grand Theft Auto, all day, whether shades drawn aren't getting sawed, or just eat bags of potato chips, like where we have failed as a society? Why can't we go back into the schools and be like, listen, we're bringing this stuff back, like who was supposed to recess? That's why I want to beat that person. And be like, honestly, try and convince me it can I want to know if I can be convinced, I don't think I can.

J James Geering 52:10

Well, you listen to I had Pasi Sahlberg, who's from Finland. He's an educator there. And now he teaches the world about the Finnish system, which is basically one of the best on the planet. Yep. And then you talk to people in sleep medicine and some of these other kind of backgrounds. And you're more productive when you have more time outside, and you have more play, and arguably a lot of times a shorter school day or work way. And even some of the more progressive corporate organizations, Google and some of those, they're they're realizing that a four, nine hour work week is actually as if not more productive than a five day one. Because you just you know, your inbox is always full, you kind of find a way of dragging out a little bit. Well, they went to him a little What if he gave you another day off? Do you think you'd be able to get the same amount and people start being innovative and coming up with ways of making it better. And so now beautiful four days, and then three days off. That's, that's amazing. And this is what you see in Finland and some of these other school systems that are so much better than us academically on the rankings. And it's less is more because they're looking at the child holistically first. And they actually put a lot more funding into the lesser served areas, because they understand, I know that they need more help. It's as simple as that. But then, you know, there's a lot more time with recess a lot shorter days, and then I don't think they get homework until they're, I forget which grade but it's several grades into it before they even get homework because as you said, you learn but you still need to be a child and all those social, you know, lessons that you're getting, I mean, that's all equally as important as math English and, you know, sciences.

 53:51

What's your, what's your biggest fear as being a father?

J James Geering 53:57

I don't have a biggest fear because I am so fortunate to have the background where I've understood a lot of things from a different lens. It's so to have a dad who was a firefighter and a paramedic and sees worst case, which we'll get into obviously, your first response kind of experience. But then I'm also a coach and an athlete, you know, and then I have this podcast

where I speak to farmers and you know, you name it, these amazing people. I had such an amazing tool belt just gifted to me by chance. I grew up on the farm. My dad is a veterinary surgeon, you know, just so many things went right in James Geering his life that I feel like I had a lot of tools so I could offset a lot of the damage. But what I worry about is the kids that don't have that, you know, either the both parents are working all hours Godsend and they barely get to see their kids because they're trying to just put food on the table, or one is absent or both is absent and they're living with grandparents or uncles and aunties and you know, or there are fully you know, intact family but generationally, they have always eat and share your food and not moved. And that's passed on that way. So my biggest fear is it's not a fear as what's happening now, it's worst case scenario. You know, we have people that we pay so much in taxes to be leaders at the local level, the state level and the national level. And, you know, I've been very open on this podcast, I fucking can't stand at least the last two presidents that we've had because they've done nothing but divide. And you are in that pinnacle position. If you're not affecting the health of the nation, health care, security education, the most basil things, because you're too busy talking about so and so's parking tickets or you know, whatever it is, whatever distraction, then shame on you. Shame on you, you had four years or eight years to make a huge difference in this country, and you fucking blew it. So that's my biggest fear is and then because of that division, the other fear is all the way back to the ownership, that we've lost the the empowerment that we can make a difference in our household, and then we can step outside our front door, and we make a difference in our street in our community. If we can get leaders to fire that element up and add mentorship into communities, I think we make a huge, huge difference. But even people that I've been really excited coming up, kind of looking like they're gonna posture for this latest race, that now now they're just the same fucking person again, they lost that drive and that leadership and this is what I stand for. And now they've become just a fucking soundboard again. So It's so disappointing. It really is.



56:37

Dear kids ever come home? Would you like say something about like another Fred's parrot where you're like, What the hell? Like, is it? Like how, like, how do you like get direct? So I want to have kids eventually, one day, it's like, I see all this stuff now, like I see or what I perceived to see as a problem. But until I have kids, my own baby, that other Father, let's talk about how he's raised the kid, baby, I don't understand because I don't have a kid yet. But do you ever come across where it's like, how often you learn something positive from another parent.



James Geering 57:08

I see great parenting all the time. And I got to say that some of the firefighters, you know that I've worked with some of the best mothers and fathers I've ever seen. So I'm constantly learning, but to come at them with a slightly different perspective. I like everyone else's thing when we first have our first child, and I've only got one, you know, biological and one step child, one bonus boy. So I kind of had a one shot at this baby that was, you know, gifted to me. And so I did the kind of usual stuff, I was reading all the books, What to Expect When You're Expecting and all that stuff. I was all in as a father, and got to the point where we were doing the whole timeout thing. And he basically called my bluff, you're supposed to put them in for as many minutes as they are years old. And then you say, All right, we're gonna talk about what you did. And then you're gonna come out and he goes, I don't want to come out. I was like, fuck, well, that. That goes that whole concept. So anyway, but it was around the time that he

started understanding, really, that truly understanding what I was saying. And so my aha, aha moment was just kindness. What you're doing, is that kind of other people or is it unkind? So whether it's sharing whether it's throwing food, whether it's, you know, whatever it is, it boils down to? Are you kind are you not? And that extends to the roads? Are you using your blinker to tell people hey, I'm going to break and turn here in a minute, or are you an asshole, you just slam on your brakes and turn? You don't? I mean, it extends everywhere. So that's been the thing that's carried over and minor 22 and 16. Now, it's the same thing. So with another parent's philosophy lines up with that. And then I'm all in you know, are they I've had people say, Oh, if someone picks on my kid, I'm gonna tell him just to punch him in the nose and like, Okay, well, yeah, you know, if they're cornered and they don't have a choice, yes. But what about mitigating What about you know, all the other tools that you can use? So some of that bravado parenting I disagree with but I would say there's far more good parents out there than then. Yeah, not. So well. Speaking of, you know, you took kind of led me through your path as far as your early life, walked me into the world of the Secret Service.



59:19

So in 2000, so I graduated high school in 2004. And then I've always knew I wanted to be in law enforcement or serve military. I had a dream of, well, first of all, watch out for October, it started like dabeli like the Tom Clancy world of all that I would love to be able to submarine I always thought they'd be the coolest thing. I love being alone. I love the isolation of it. I love the fact that there could be attack Jerboas Das Boot rushes and all this crazy stuff, right? And so I went to military college 2004 Norwich University, I started I did four years of the Davie ROTC. I love the idea of the bill. through college, just because I love being told that how to march properly how to make my beds how to roll up by uniforms and starch and use brass so to clean my buckles a surefire shot by boots, I love just the structure of that on top of a legit Division Three athletic program I ran across country Captain championships for four years play lacrosse, I could also get a world class criminal justice program and get a degree but also the structure of the military because i think i i People with my friends have grown up, why would you want to do that like but I grew up in a household that was very strict, fold your clothes, brush your teeth, make your bed when you wake up every morning, a family that my parents told me to do the little things every day, because to make a difference. And I want to maintain that in a grander scale, obviously, by strangers, I don't even know yelling at me, who just came back to my rack. And this was now out there. Just they're screaming vessel it so I do that in sophomore year. I'm about to sign the paperwork, I was had the paperwork to commission as a Second Lieutenant the Devi. But I get a call by sister, my sister's five, my father on a bathroom floor. suffered a brain aneurysm. It's so he's in a coma for like three months. And as I get ready to go to sophomore year, in my uncle, take me up with my mom. He's in a coma. My fear starts saying where if something happens to my dad, my mom's a widow of a sister to have a father, I've now the father figure, I know I'll be in the position two, three years from now being shipped off somewhere where I can't be home with somebody happens to protect them. So I was sad that I couldn't really do what I wanted to do. But in hindsight, I was more proud of myself for making the right decision. And so I was like, Well, next best step for me, I still want to serve and protect people. I will do see your service. I just watched the line of fire with police would have watched all 24 all these shows. I think this is what I want to do. Or some other three letter agency D ATF I want to start kicking down doors or whatever. And my Fred was two years prior at the time. He had just grabbed who started started the process Secret Service. By the time I He's a senior I start the paperwork for a couple of other stuff too. He graduates now he's running the motorcade units was the President Obama dude, all the border kids around the world throughout the event saying all this crazy stuff, he's like, John, put all your eggs in the

basket, you're gonna love this. So I do that. And that's a year to have process of background checks, entry level post exams, probably what you're familiar with, with public service stuff. And then psych evals. And then paperwork, background investigations. My polygraph was eight hours, stuff like that. So as you go through the whole college process, and you're still trying to maintain all your degrees by goals, half of myself in sports, which I do whether I graduate 2008. A couple months later, I work in some bullshit job ripping out floorboards rugs from water damage places in Western New England. And I get a call in the middle of a rainstorm. I pull over there, hey, you got it, that you got to do you want to do this. So of course, and that process, Secret Service time now it used to be part of department treasury. Now it's with department Homeland Security. So for three to four months, you have to be down in Glencoe, Georgia to pass they're basically entry level. Department Homeland Security. So I was Bureau of Prisons, DEA, Capitol Police, whoever it is, and the basic shooting, driving skidpad drug testing basic level, just dealing with people how to deal with rope lines and how to deal with barbed threads to start this stuff like that. You graduate that then you go to Beltsville, Maryland, for the last three to four months which is obviously specific to Secret Service. How to Survive helicopter crashes, crazy fitness levels, you have to maintain shooting proficiencies epi five Shaka pistol, all the specific stuff to what the student says was counterfeit currency, rope lights, how to deal with advancing and what to look for characteristics of an armed dog that all this real life practical simulation, round trading type stuff and so graduate that I do that from 2008 ish to 2014. And the reason why I kind of left the government aspect, I went through divorce in 2012 where I was only home for like 30 days a year the campaign year with Robert Eagle Baba and I went through a divorce what I could drink throughout the workday I would drink too much. I felt like shit I started physically feeling like garbage. And I still love I did but I think the the weight of the relationship that fell out apart. And the idea of just not being home, working for the government, where people laugh, it's like the the politics of the government are ridiculous. It's just, it's mind of a, it'll just pull pull over as you are to the boat. They just a dust in the politics out here, the industry entertainment industry. Sure, they're obviously just a stupid, but I buy a boss out here and I'm doing what I love. And the other person answers you as myself the CEO. So that's why I will say I want to do this type of stuff. And I started do that 2014 I've been here ever since.


 James Geering 1:05:38


So when I go back, you are on the point man podcasts and you made a comment about the polygraph and the mask and you repetitive questions. One of the things that I've made observation on I ended up testing four times, I worked for different fire departments. So that was three polygraphs for Psych tests. And I realized that it was the same dog and pony show every time the polygraph dude would have all these things on his wall. Oh, I've won the best, you know, I caught Jack the Ripper and all this bullshit, you know that? Okay, first time be like, Oh, wow, he's really good. I'm really scared a second time you're like, Oh, now I see. And you know, what they're trying to do is obviously make sure that you've been truthful, you know, on your application, then anything that they haven't found a background check. But when you do the research, you realize, from what I found that polygraph is kind of, you know, smoke and mirrors to get you to confess about something. What is your perspective of that particular test?


 1:06:32

I find the questions that they could ask you to be like, Have you ever had sexual issues with an animal? Or they they asked you like, they'd be like all the storable stuff, they'd ask you that

throw these crazy questions. And then normal questions that the same type of question. They just reach age, the wording. And then I would answer some, the prototype I'll answer the same way, but maybe a different structure that centers how I'm saying it is like why you say definitely like, well, hold on a second, I just told you the same thing. I just, there's seven different ways to answer this question. And they're all gonna be the same answer. It's just gonna get there differently. And it was just like, What are you actively looking for? Because if you're looking for, if you're the problem, the polygraph for me is to even get to the point, at least for the Secret Service, you're talking six to eight months of backroom investigation with every neighbor, every person I've interacted with, if I was a piece of shit, you would have found out about it by the kid when I was died when I was 23. So far, you asked me if I touch the neighbor's cat, or if

 James Geering 1:07:29
I told you Yes, I did. Yeah.

 1:07:31
If I Yes, I pet my pet their policy. So if I have the virus started to fire, the whole thing works like they tried to make me seem like a terrible child to my parents like having to keep rephrasing the question of, when's the last time you let your parents down? Or when's the last time you did your parents said, How often do you make your parents upset? It's like, how do you want me to answer this? Because it's like, I don't know. If my parents are upset with you, they might not tell me like, I don't know, like I've done maliciously a bad kid. I'm not a perfect kid by any means. But I mean, I don't think I'm a bad person here. And then so that was for the first flowers, and then the government after 3pm, they shut down so they made me come back the next day. It basically do the same type of thing again, with a different guy ask you the questions. It was completely different. Like it was, the guy wasn't as pompous. He wasn't as douchey it was just basically their thinking, just to do that, just to say it was done. But I was just like, it's just such a weird, whatever was like, oh, big President Trump polygrapher, big Johnny Depp polygraph or make all these people that whatever it is, it's in the news, we'll see if there lie, it's like, I don't know if you'll realize the polygraph really doesn't do anything that you already wouldn't know, based on even getting to that point. Because it does cost a lot of money to do it even set it up and all that stuff. It's like you're trying to tell me, you're not gonna hire someone based on what you get from a polygraph? Like, why are you interviewing for this job? If this person doesn't understand how to answer a question, they should probably shouldn't be on that job.

 James Geering 1:09:05
Well, the reason I asked that, and I'm so glad you said that because we have a much shorter polygraph as literally be, I don't know if it's even an hour. But one of the problems that we have in the first responder profession is that there's all this money thrown in the polygraph, all this money thrown in the psych test, which is the Minnesota personality interview test or something like that. But it's as as I found out from a lot of psychologists, psychiatrists being on the show was never ever meant to be a standalone test for a first responder to be you know, yes or no. So you put those two together, as you said, that's a lot of money that you're putting to so

supposedly screen and what I see as as box checking, right, one of the tools that I think we can bring to the first responder professions and the money is already there is to stop those two ridiculous tax us. And instead you've done a background, you've done a written test, you don't have physical test. Take that money. And when someone comes in whether it is going to Secret Service, or regular law enforcement or fire, give them X amount of counseling sessions. Because as you touched on, most of us have some shit in our past, most of us have some things that we brought in, arguably, that sent us into this, you know, this line of work. So the money is already there. But when you educate people on the reality that the polygraph and the psych tests are not doing even close to what we're being told they're doing, free up that money, get rid of those two steps, and take the people that you said, a thorough background, check the physical tests, the written test, etc, and then bring them in, you're going to PTM while at the same time, get them in and do some sessions as well over that first six months, because now you give them the opportunity to talk about pre employment, which is very important. You've normalized the mental health conversation at the front door, and you've removed the barrier to entry. So from day one, you know that your go to psychiatrist, psychologist, counselor, whoever it is, is this person that you met the very first time you enter that organization, and it wouldn't pass these agencies a penny, they just take the money from wasting on those two tests. And they put it into that instead.



1:11:20

Yeah, I think some of the best trades ever did was early beginning you run through these scenarios, he'd watched news clippings of traffic stops, or our government type stuff that happened to dues it's been everywhere. Well, they some evil two paths or parts of the curriculum. What are your thoughts on what happened now? Now four months later, after your trading you see the same type of video that's what they should be basically you are like what you've how you've adapted to that. So like the real How hard is it to just watch fire clips of a burning building or a crime scene or traffic stop and look at that'd be like this is where she put the this is real practical stuff that was in this person's head that because maybe there's something here they saw the see why they went to a firefighter or a cop. It's like to basically handpick someone to fit a curriculum or will you toy people whose class we're going to polygraph 25 People that was a readily pick five people to make it look like Tongue Tied idiots and just say hey, see you next time. It's like your rights. Where are we we should be you should be able to kill so many birds with one stone right before the person even size the doorway and have the full fledge firefighter or a cop it's it's still it's, it's the whole thing is it's comical. Like it's like they want to they're having trouble right now filling the spots for these positions because they've wanted to defund law enforcement. They, the guy that's in charge of the firefighters or whatever, thinks that people have a right to loot and burn and we're not gonna we're not gonna respond to fire calls and stuff like that what you can't recruit people, you're recruiting shitheads they're gonna just want to say take yesterday. So we're the people that think freely it want to do the job they they do, or they tend to do. It's just it's there's so much more to that issue than just a simple polygraph.



James Geering 1:13:07

Absolutely. So I quote your profession quite a lot for a very specific reason. A lot of people have this impression that the modern day firefighter goes to all these fires, and we don't you know, a lot of the stuff that we respond to is more EMS, traffic collisions, etc. So there is a cancer of

complacency where people that well, I'll probably never happen anyway. There's there's so many administrations and unions that oppose fitness standards, for example, a lot of our training is very box chalking, again, rather than realistic. And I always point to Secret Service. You guys are not having gunfights every day. But God forbid something happens. You're expected to act. So talk to me about the training at the front door, and what was the ethos that got you to maintain that through your career?



1:14:01

I think for me, it's like, we would trade that I think it got to a point where some of that government funding stuff like we weren't shooting as much as we should have, like, obviously, you'd have your quarterly pistol and stuff. I remember the people back in the day like the 90s, early 2000s, where you could go shoot a day you wanted you weren't working and obviously funding covers all that ammunition like that type. So I get why that kind of faltered. But it was like for me, the trading is you're not trading you I look at some of the training whether it's reapplied firearm, how to disarm someone how to if there's a helicopter crash, all this type of stuff you trade for back, this is never going to happen. It's statistically i You're correct. Now, has it been shot fires, obviously, whether it's the President or world leader assassination attempts happened, like it's a real thing. And it's like I always leave it down. Like I trade for stuff where It's not about what's going to it's what could happen in a to a to entire it's still that type of the repetition of Yes, i i Take a bath a certain way to stage every time but we get them a certain way every time. But for me it's it's the trading the gravy where if there's fire there's smoke there's it's pouring out or whatever there's it's stolen out of this, I can still do my job, I guess still open that Liberty door. Because I've trade when it's been pouring out wherever being shot at or if trade worth be grappled with or a dipole, Bobby, it's like to put that trading is perspective as to just get used so much use towards a grand view where it's a secondhand nature. And it kind of stems from these people that just because you could own a gun doesn't mean you shouldn't have a gun. And if you do own a gun, can you clean it? How often do you trade with your gut? If you hear a fake noise? Is it night your bed? It's dark out? How quickly can you find your light switch out holster the gun, make sure there's no wonder your line of sight and figure out what's going on, like know what trades and stuff. It's for us. It's like the trading of that is such a high level where you need to, you need to know how to read someone with 80 degrees. Now this guy's got a trench coat on he's got clenched fists, and he's sweating profusely is the homeless guy or is he have a long gun tucked in his back? So it's stuff like that, where you're just, you're just dogged, stop hypersensitive to it. Even when I go out now. I go to a ball. Or if I sit in a restaurant that backs to a wall. I'm always wearing sneakers, all traffic is people always laugh after diehard. I've never been called barefoot, whether I'm at a beach or not. So stuff like that, where it's like, there's something doesn't always have to be bad that's gonna happen. But when it does happen, Are you mentally physically ready for that? And with the trading for me, I've always wanted to upgrade it to the point where I know I could do this no matter what's happening around me. And sometimes that's tough if people you're working with don't put the same type of effort into it. But the secret service like I was surrounded by some incredible men or women that your ambition was to protect the leader of the free world and by Eddie's necessary. So it's it was just, it's awesome, like that training was so I looked back down sometimes I'm like, had I ever had to actually survive a helicopter crash Laborie dwad the Potomac River, like could I have done it? I've ever flipped around that stupid simulator. That's times to make you throw up right now. So it's stuff like that, where it's like the constant, the graving of pushing yourself in absorbing as much training as possible, even if it gets super repetitive because it's not every time you pull your gun 100 times the 101st time. Now you have a a misfire, your gun doesn't work. There's something in the chamber. You're you're

you're trying to do a hot reload and now you can't because there's something happened your guts malfunctioning stuff like that, where it's just like, you trade for that shit. That's so it's I am super passionate about it. I think if people want to be what super successful, like I grew up as a kid, my parents would take me to the local Firemen's Buster down to Tao field where these fire T for over would come over duels pull the hoses out shoot these targets and I've watched it oh this is so cool. But as I get older and that I do go see those events those guys are going up the ladders going up higher ladders Do you know how good you have to be at your job to even do that type of stuff. Now added people in a birdie building who actually life or death situation here in an environment you don't even sure how old the building is you'll know kind of fires yet like what started it it just should be that confident in a muster games that do that in real life in a high rise building. It's a rush man you don't get to that level without the training.

 James Geering 1:18:52

What about fitness standards? How did they maintain that in the Secret Service specifically?

 1:18:57

So it was a it was very the basics the department Homeland Security and then when we got to the Maryland aspect of it was very like CrossFit type that we would do specific events like T bar like team events where like different crossfit games and stuff. The kipping pull ups the head leads it was like it was love bodyweight though. So let's do the grappling whether it's Jiu Jitsu or crowd ba it was Austin's like our bodies using it's like the actual workout per se. And the heavy lifting sure there are guys that they did that whether it was a college or their former athletes, that was part of their extra repertoire they did. But for me, it's like in order to test you do about half run in a certain time limit. You have to max out a pull ups, push ups sit ups, and we're talking like legit pull offs and stuff and be based on your body, body percentile your age and stuff like that, then well then it was rigorous like to get to pass that level. I graduated the top of my class Oh, was that the PT stuff and I was just like, this was like this was like, on top of the other stuff like the baton trading or firearms and stuff like y'all these are the tools you use handcuffing techniques, all the stuff. You that stuff was always good if your fitness was up there. It even now of juggling barricades, running through crowds with singers do all the stuff of walking to the festival anywhere from 12 to 20 miles a day. So if you're a slouch, and if you won't be at this level, you have to physically put the time in. I'm not saying you have to go crossers for four hours every morning but walk hydrated, eat healthy, sleep healthy, all this stuff is so tied into what we do. If you know this, it's like you. You have to put the effort in as you get older, you have to put Warfarin in it because you you stuff gets start hurt more. I'm not saying I hurt really out of bed now. But five years ago, I could go party all night wake up at six to worry, I'm ready to go. Now it's I can't do that anymore. I gotta put the time in, to stretch to sit in a quiet room and just meditate sort of stuff like that, where it's it's all interconnected. I think it's super vital to what we do.

 James Geering 1:21:11

Absolutely. I want to hit one more area of Secret Service. And then we'll progress out. There was a film recently called ambulance that featured a paramedic and it was so painful to watch. All they had to do was get a paramedic to be a technical adviser and they would have avoided

so many faux pas, but it took again it was an action film wasn't supposed to be, you know, completely realistic. But yeah, but I mean, they got so much fucking wrong from the medic side. When you look at your career in the movies, where is it done? Well, and what are some of the worst things that you've seen on screen?



1:21:49

The Lila fires always a classic. Just because it's so well done in the idea of a stalker suicide types, Assassination type stuff. And it's one of the things to that that's why I love that movie so much. It cleaves was characters to terrorists like whatever. The people that do that for so long as they get older, you age out and you have to retire. It's like the people that that's why the psychological aspects that will be so unique to me because it's like, here's an agent guy that loves what he does really good. And he does. But a couple years he has to retire because there's a new younger person come with it. So that's why I love that movie about the psychological aspect of it. When you watch movies like white house down, or Olympus Has Fallen, I love Dr. Butler. I love all those movies because they're just over the top. But for people that watch that movie, it's like do you realize for the White House to be attacked like that? We are talking the worst of the worst, post apocalyptic video game type scenario, that also the White House doesn't have a billion Secret Service people running out the front door being gunned down would never happen. It so I always look at that stuff and be like it's to sell a point that this bad guy is super powerful and whatever. But I always feel like the Secret Service has always comes across as very like dub, or the guy is supposed to be to do his job is corrupt it so I've always looked at that go on. Why is why is it the guy clicks the President's always like the bad guy was like the rat or the ball. It's just fast, because I think you're not allowed to film a lot of that stuff. So people take a lot of liberties murder at 1600 with Wesley Snipes, I thought was super rad. Like what did you like all the tunnel stuff when he breaks into the White House? Again, the people jumped over the White House fed slide all the time. Sure. But to get to that level, inside like he did like it's super, obviously suspect. But there's so it's just such a unique working environment that I love the mystique about it. And sometimes if you look at that stuff like Wes Wiig, the show was actually kind of cool, because you were able to actually see like what real interactions are with the Department of Homeland Security, the Department state the president, the fan first family, those interactions that are really stabbed in real life scenarios like really unique. You get to know these people, right? And you see about news all the time, but there's still a father that's got a sick kid or a mother that's got a husband that's true, like shit, but here she is. Now she's on the press, secretary's office talking about whatever. So that's those type of things are kind of unique, but I find myself watching movies and stuff like that. I just be like, Why don't they get hosted? Like, I'm like that or why would those firefighters run into that building do that? That makes no sense. I mean, a firefighter I know basic safety and pass the fire extinguisher stuff but I'm just like, why would you I don't that's a magnesium fire or a chemical fire why you do that? Like so. It's just weird. That the art world people board, structure it like that. The technical advisors for that stuff, because you're right, it's like yours a firefight you're watching. I remember the first time I watched lambda 49. Obviously Backdraft to the east Ohio classic. But like, watch it now. It's like you talked to firefighters, you're like, well, there's still stuff there where it's like so Hollywood. But it sells Right? Like, how do you sell? A guy's an arson that's inside the fire department? How do you sell it to make people want to care? When we make a big Hollywood production with a great cast, and make all the seeds sexy, and people die where they shouldn't die? Or maybe vice versa? Obviously, the you'd be the expert of that. But it is super funny. Just watching that stuff. And every time I see stuff, I'm

like, I want to love it. But like, I don't want to I want to watch it as a fan of the movie, as opposed to oh, God, why would you run that route? Why would you take to protect you that way? Or why would you get the car that way? type stuff?

 James Geering 1:25:53

Yeah. Yeah. Like why would you do CPR on a cop that have been shot who's still wearing his best? Like, see, you know, or

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know that I hooked up? I saw a movie or show I think it was CSI Hawaii, the cop that shot the paramedics, you can see is where you're fast, but they put the pads on the vest. They didn't like open the vaster take anything off of like, someone's watches go on. That could be a situation like this. Oh, yeah. Bring this guy back. Let's go. It's funny.

 James Geering 1:26:26

Well, that was worth asking for. Thank you. Yeah. Well, I want to get to your transition. But just while we're straddling the two careers, without going too deep into, you know, professional secrets, what are some of the commonalities between when you are protecting the president and obviously security now and with musicians, when it comes to kind of red flags, warning signs that people could apply to their own lives as well?

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That's a great question. Don't put everything out there. Social media. Yes, I know, it's tougher to say when you're the president, or world leader or CEO, or whoever you're an athlete or musician, but people, especially like people going, you're the president, you don't you're the singer of a band, but little things, especially with the private industry, that people are so apt to like put what hotel are staying at, or where they're currently at, or live certain what rules out here where it's like, Hey, don't post passes, or labor, that's dope. If you're, if you love this hotel, you take a bunch of pictures posted after we leave, and stuff like that, where it's like, when social media, the digital age, everything is so everyone's is like, has fields, they're entitled to have know everything about you. And I'll add guys back in so your tourists would tell these like you when you go different country, whether you're a fly, whatever, there's people always watching you. So crinkle up your keep your receipts, whether it's a baggage claim receipt, like even with information now, I know people who could give me your plane ticket, I can find out so much about that person, just these people just throw stuff willy nilly away. It was my job now where it's like these people that are trying to get to these people's houses or write letters and cut off pieces of hair and send it to these their households because their addresses tagged in a picture geotag because they went live on their Instagram. It's I think we as people have a duty, especially as parents, and older brothers and siblings and friends to just protect, we don't ever we do does have to be out the open. So be just be mindful of that. Where you don't have to. There's bad guys bad people always out there, try to get one step ahead of you. Why give them an advantage? By doing that stuff. It's like, I see. It's like for me, like I would watch how I watch

a cigarette here is how I'd watch my kids. Like, I think that they just kind of helping me kind of why'd you become a father? Or what would ID says, I do the same stuff I do with them as children, as I do with adults who I act as the type of active children, right? So it's just a very fascinating, be hyper alert, be aware, be ever bifolds people always watching that your world that you could do as much you want to make maintain as perfect is never going to be perfect. And so put your best foot forward put yourself in position to succeed. Yeah, it's not everyone's gonna get the training you and I have had what we've done. But we all have the wherewithal to know how to do CPR. If there's a kitchen fire, know how to put it out or what to do like stuff like that, where it's like how to do the Heimlich, all that type of training that we have. Sure bah bah bah next door are going to do the firearms training or how to get inside of very building, what to look for how to pull the body out how to breathe and all that stuff, but they're going to know how to avoid a fire who to call be a good witness stuff like that, where it's like that type of training We're all entitled to we should all have. It's just weird to me when you go out in public at airport someone's screaming Oh my god diver water. What do you do CPR? I don't know what's happening like you. It's like what do you what? How do you not know that like this is all based I find it should be basic. So we'll do tours now before a tour starts, hey, we're gonna go readership. Let's get some CPR training. Let's do some BS, basic EMT training sucking chest wound, tourniquet stuff, we go Heike a bunch, it's so God forbid one of us rules of ankle or we got carried out how do we make a split and stuff like that, where it's like, this is all practical stuff that you don't have to be with our backgrounds. This is what you should know how to do. So that's how I always push people. It's like, just learn the basics. The rest will come with that if you want to extend that training.

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James Geering 1:30:55

I have one very unique perspective of your world. Biden came to Orlando when he was the Vice President to I think that was a Democratic Convention. And I was the the ante at the time. My partner was the medic for your motor case, we were right behind the Bearcat, I think and it made me realize how many resources and how much money goes for every single step. And this was assuming probably wasn't like a high threat environment at that particular time versus, you know, arguably some other places in the world. This is kind of a, I guess, a hard question maybe for you to answer. But what is your perspective of the amount of money that is spent on that entire world, and then coupling that with the detachment that someone who is a air quotes leader has from their country, when you contrast it with some of these leaders in different countries that you know, are very well known for living very, very simply and living amongst their people.

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It's selflessly, I love it, because it's great money, especially the Secret Service or whatever, like, hey, how long have you will extend this perimeter? We will do like the bunnies there. I'm gonna take it right. But it goes back to your additional point where it's like, that was, obviously as a taxpayer, like all this stuff, even when you work for these people, you look back, it's like, this person would give a shit about this community's visiting, or this girl didn't care about this council meeting, this got stuff blocked off buildings, people kicked out, or certain ways of hospitals and museums or renting out buildings just because this guy wants to go talk or do a speech or whatever. It's like now you kind of like, all these people, the taxpayers paid for my salary and my job and all this crazy stuff we carry with us in order to pull off even the most

simplest minut things, whether it's him walking, you grab an ice cream cone, you don't realize you're talking hundreds of 1000s of dollars, right there. And so it's uh, selfishly sure I love it. But then you're like, what this means nothing. It's just a photo op. This is a \$400,000 photo op, with a guy that's eating ice cream cold in a place that Bode, like, who cares, because it's the same guy, it's gonna or girl, it's eventually gonna sign a bill that says screw the farmers screw the coastal rights screwed land, whatever it is, or look at Valley or Hawaii, it's like, you got all these photo ops, the only getting seminars, like it's, the whole thing is crazy. And so. And then you look at these leaders that are community based, and they are, they're smaller scales, obviously, no one knows who this guy is. But you can see the respect in like, how people perceive them and how they when they walk into a room, like there's an aura about them. And I think that's what people it's, I don't know, like, it's tough because when you look at like a Trudeau or a Merkel or Yahoo, or Putin and all these people that are always in the news, you're kind of they're about to pull off their periods, what they do their life they live doesn't equal the sentiment of the people they're doing this in front of, or supposedly for right. And so for me what though the private world I don't a venue whether it's live days, your age, you have the produce is gonna pay for the security law enforcement, EMT, EMS, patriots have a safe event. Now you're gonna go to some events where some musicians want to park the fire, tell you who to vote for how to think that's all them. But end of the day, you're still going for three, four hours of a day. You're peg willingly to go to an event that is going to do whatever it does for you. With these people the road to a town because the town hall meeting or they're on a campaign stop, and they're shut down a stadium where every highway A every major road just to travel 30 feet for an appearance in a county that the people are going to vote for you anyway. Where's it? Where's this end? Do I feel that people that have put themselves out there deserve to be? It's a whole lot of discussion. It's like, I bet I agree with the President. But I'm there to, I would die for that person, as there's no, I died twice on Sunday for them. So I get the anger that comes with that be all by people in the discussion don't traffic and Erica was a motorcade or stuff like that. It's like I get it. But I also get that it's the leader of the free world. And it's, this is a country where everyone's trying to get it to you, whether legally or illegally, whether it's a melting pot, so it's like I get why this guy, the people around him, did that security. But you look at some of these other countries, obviously, don't have a GDP or those looking to them for advice, per se. But go back to Finland and education system, why aren't we but that person could walk into your podcast room right now give you a hug. And you think it was a guy do an Uber Eats? And that's why love leaders like that? Because, yes, they have their security details and stuff. But it's not Putin is that the President states that whoever that just jabbered everything down your throat right or wrong? And so it's a fine line. I feel selfishly I love it. And part of the the political word I'm like, do I get why people are upset, taxpayers? are working their Blood Sweat Tears. For something that they be why do we Why is our country why is the White House every other both places you go to around the world, you can walk right up to the the houses and be outside the royal palaces. These places like even Taj Mahal, you get pretty close. And now we live in some states here, like capitol buildings where some of these cities that after the pandemic, there's gates around the Congress buildings and Senators, places and state capitals is like this is almost tax funded. This was allowed to happen. Now. It's like, where do you go from here? It's just, it's super aggravating, to security. We all deserve to be secure. And I think people that have higher security, take advantage of people that are paying for something that might lead us to believe in, especially the political world, because the private, who cares? It's everybody, right? The people either you're gonna have security because people like us artists or athletes, so I get that but the political world I see both sides, it's, it's aggravating.



 James Geering 1:37:41

I got a couple of friends that were in the law enforcement side for the Capitol building. I don't want to load the question. But you yourself, obviously are in that same kind of security world when it comes to that area. Talk to me about the insurrection through your perspective, because from just kind of putting my perspective, in game for a second, it seems like the voices of the first responders, especially the law enforcement of that whole arena, were completely fucking removed from the conversation and it became a political thing, rather than the human beings that were actually affected by that event.

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Even when I was at the government, it would it's a process we had to get that close to some of those doors. If I wanted to go to the Capitol, and I had all my DS my creds everything. Now, when you talk to January 6, people walking up the doors and windows and there is no way by by that that wasn't staged. And baby stages isn't the right word. There wasn't there's no way bye bye. There weren't people higher up that allow that to happen, if that makes sense. Because based on the trading, I know that they do and I know a ton of amazing men and women the capital of the Capital Police all the law enforcement entities, they're there that was there. We were on a group text going there is no we're laughing at the dudes like we're talking about like the firefighter buoys or Secret Service movies. We're go why would that guy do that? Why is he his boss or his staff sergeant or captain or agent of charge would allow it that makes no sense. So it just like it's unfortunate that law enforcement and first responders get put or get allow it whether they allow themselves or get used as political fodder on either side of the spectrum. And it put a light to like I was talking about where it's like this whole idea of like defunding police after little George Floyd stuff and then now you'd make law enforcement give a dobro about like these people walk through the front door. You and I if we're at our house, there's protesters coming to angry mob of people with flag poles and baseball bats and whatever anything that you could construe if there will be a gun like a gum wrapper, it's, I see reflection. I think that could be a knife or a gun, I don't know. And if they want to come to your house, they Don't come into our house. Yet we willingly let these people in our house in costumes for photo ops and, and even the content of videos they put out of law enforcement act a certain way. It didn't seem real. It seems super staged or like an actor. And then you have all these people that want to talk about this. They can't. There's a bit superior to shut up, or they can't talk about what really happened. It's just frustrating. Like, you can't you can't wait here because I think the people they're allowed to do their jobs. That definitely they never would have happened should have happened.

 James Geering 1:40:33

Well, I appreciate your perspective. Because yeah, I mean, one of the guys I know he can't talk, there's a restraining order a gag gag order. Excuse me. Yeah, it's, there's no better voice and someone like you to look through your lens at that event.

 1:40:46

Yeah, it's like I don't here's the thing. I don't buy the quarterback and I wasn't there. I don't know what it sounded like. I don't know what the noise is. Sounds like in real time, the breaking of class or what was sad or that I didn't see like the bike rack big moves. But what I see video

of bike rack big moves. And I know how perimeters work and what how we can kind of control. What's a clear area? For it to the willingly happened. I don't know like, would you? If I was in a position? Do you listen to your superior officer? If the chart is the commands coming from like, where do you put yourself? Because I look at that crowd. There's not a single person that crowd I could not walk up to face to face and not be I would not be intimidated by a single person in that crowd. Now 100 of them were elk hats and dress like honey badgers waving American flags. Would that scared? No. So I don't know. It's just it's just super disheartening. I want you to think about right or wrong. Because lives would change that day forever. If something really did happen. And then we Yeah, people lost their lives that day. Was there people are shot or gods were pulled. And so it's just like, where do you give us such we deserve the truth as human beings and citizens of this country or whatever country you're in? If you're in that? Why is why is this? Why is there a cost to truth? Why is it so overtly skewed or protected? For people deserve to know the answers? That's why it's like, that's why the reason I left the government, it's like you work for organizations that aren't telling people what's really happening. Or it's just, it's just as hard to because like, I get there's some secrecy. And there's a political way, like, hey, if there's about the watcher attack, or the war cop, like I get all that stuff, because you have to move, play chess, right? But when you just give us pieces of a game board, that let it tell us how we should think it should play out or what's happening. That's not fair to us. We deserve better.

J

James Geering 1:42:45

I agree. 100%. And right, you said real humans were affected by that whatever the backstory was correct? Yeah, well, I want to go to your transition and into the role that you have now. Now, that actual kind of conversation, the transition conversation is different for different people. And there's a lot of people out there, especially if they've been in in uniform or a version of for quite a long time. You know, there's that tribe, there's that purpose, there's that identity piece? What was your transition like for you? And you know, if it if it was somewhat smooth, what was it that you did? Well, when you look back, that would be valuable for other people to know.

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I think for me, the there was a lot of fear, because it's like you're leaving, you put eight years, I guess, maybe 2025 years, if you want to keep extending it a full pension. So this is fear of Why, yes, I'm doing what I love. And why would I leave the government because you like you work so hard to get there. And the perception is all your secret service like your Billy badass, like, even my parents are close friends that obviously would stand by me no matter what I would do like you share about this, like it was a prick doubt to me, but it was making me am I sure I can't start this up. Like I'll find another girlfriend or a future wife or I could suck this up, I could make this work. And it's like, we have that fear. You start to question whether you really do what you love. And I think that was my toughest grapple. Because it's like, if I'm willing to leave the Secret Service to go private, you've got to think you're batshit crazy, and most people think you would. Now in hindsight, look where I am now. I've got one of the biggest help read one of the biggest private equity firms in the world. We're talking bands and stuff touring stadiums everywhere. Not stop and I made the right decision. And so for me, I like to thank the people that have that position. Whether you're a firefighter, your cop, your government, three letter agency, wherever it is, you military, you can still do it. You love it, find that passion stronger,

and another avenue based on what you've kind of do, right? It's like I never want i My biggest advice I give to people with the transition out is to find your path. should maintain your passion. If you have to retire, you want to get out for different reasons, maintain that passion, because that's what's gonna drive you to push through the fear or the self doubt. And it's tough to you, when you do something for eight years, it's like now you're your own boss. Like, there's one, there's a lot of fear to that there's a lot of now I've responsible if there is a fight in the crowd, or a singer, some of the audience gets on stage or I have to react or there's lawsuits, there's, you're talking possible billions of dollars, that the face of what I'm representing, and so my actions are received by everyone in every video, every thing I do, I'm there. So it's like, how do you? How do you maintain that? And so, I, this the transition Long story short, was I the I had a fear of going private, but by the hindsight that my fear was that finally my full potential push myself through that what I perceived was the fear of changing. And I, it's those days, were kind of like, I'm so glad I did what I did. And before I did that there'll be boys that wake up call, there's no way I will do this, I will suck it up. What's the other 810 years couple of two more asil presidents, whoever it is, I love my job, right? Travel the world ran around, do everything. And I it's tough that the transition is tough to anything from a bigger a father to a husband to a single to daddy or a parent. Or now you're a guy you run a company with 10 people and they've got health issues to worry about now you have to take worried about their kids and workman's comp like all this stuff, you're just like, is it really worth it and I have found my passion that will defend that I think I am motivated every day to maintain this level of passion. It sure is. So boys I wake up I'm like I got three support logs in this fire because this sucks. But like it's that Firebirds it gets darker, redder and redder than was the day before. And I try to maintain that. There any advice that people listen to this where it's like, if you're a military kid that you did your for six years, you want to change it up, or you don't want to be a firefighter, you want to be a cop, or you want wherever you've been a sous chef, last day, you will be head chef, you will become like this next level chef, it's like, put all your eggs in the basket, and just push yourself, you're never going to when people say I'll be I wish to get fly, eventually, whether in our leftover time one of us is going to one of us and have a kid, let's get to learn how to fly. And we are the only thing in our way of stopping ourselves having those dreams, just do it. And so it's like, Sure, it's easier said than done. And you might have to do backup planner, but you don't want to have to go for the White House to the Capitol. There's 20 ways to get there. But you know what I'm gonna get there. And I think that's my best advice for somebody that's, that has that doubt or fear of transitioning into like a new job or career? It's scary shit, man. And I, I think if you have the passion, the love of what you do, it'll be alright.

J

James Geering 1:48:15

I agree completely. I mean, I went all in with this cashed out my retirement. And I have no pension at the moment. But, you know, I answered the no one. You know, and I hate conversations like this. So I can't speak highly enough of, I think it's good to, you know, spend some time in that career that you're in first and accrue that skill set, whether that's five years or 25 years, whatever it is. But I think so many of us don't realize how many skills we accrue. And a lot of firefighters go I'll go teach you the academy a lot of cops go well, I'll do I'll do security. You're thinking so myopic, you know, correct you you are calm under pressure, you were problem solver. You're a team player has all these things that you can apply to 1000 different things. And I think the other secret sauce is it was a desire to serve it took you into this profession. There's 1000 Other ways to serve others outside of a uniform.

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Yeah. So like, even like the work in the food pantries, I'd like to add wells living more at home not traveling as much. You go to the food pantries, my dad had stocked pantries for Thanksgiving and the holidays and you're serving others. You're protecting others in a sense because now you've you've nourish them because they can't afford food that you've stocked with blankets and food. There's just this protection it's weird because every time people like oh protection is there the body guard you're you're you're protecting everything you're protecting free speech you're protecting that person's right to protest you're protecting that person to take their kids to school and ensure they get home safely your there's just protection that has a physical thing like just surround yourself with the right people and find like a something that just drives you just it's the idea I don't. And I say that by looking at like, physically Yes, I am there to do what I do as a bodyguard or security director and I don't look at it that way I look at it more as sure the physical aspect of physically doing something. But you're there as a presence and even your sheer presence, the aura you carry into a room, you can dissolve and fixer with solutions, but even opening your mouth with a smile with a gentle wave with a respectful eyes forward eye contact type stuff, it's like, that's the stuff goes such a long way. With that.

 James Geering 1:50:40

I want to hit one more area. Before we get to some closing questions. One of the things that seems to come up over and over again, when you hear bands talking about their overall life, whether it's documentaries, or you know, whatever it is the playing of the stadium itself, the resonance, you know, with the audience, you know, like I said, the sea of cameras or back in the day layers when people are singing along with you. I think the Lewis coupled the video went around recently where he had kind of a breakdown, and the rest of the fucking audience just sang for him. Beautiful. But you hear also about the road, and it seems to mirror the firefighter in the station, the military member deployed overseas. So talk to me about that. Because again, that seems to be where a lot of people that are doing what they love seem to struggle with seems to be like the dark side of that whole world.

 1:51:32

It's a I've seen where people fall apart or the road, relationships fall apart marriages, custody battles, alcoholism, drug addiction, sex addiction, suicide, suicide attempts, it's a the people that are successful on the road are the ones that are using the road to run away from a problem. It's, I guess, one way to do that, it's like, if you're willing to talk about you have an addiction, and you have a mental health days or something like that. It's like, if you're fat, you're talking about it. You're not add to your problem. It's an addiction you have you're looking for the help and guidance, you must read yourself with men and women out here that may have gone through it, or those who has gone through it are gonna be with you from 6am to three in the morning when you're working. And the people that come out here, the thick that be on the roads, all glamour, there's a lot of shitty days is a lot of the first world problems that people like see, sometimes some festivals, you don't have hot water for the day, you don't have Wi Fi, you don't have proper catering. You don't speak the language. There's issues. It's shitty weather it Yes, those are all very, very first world problems. But that adds those are just little pinpricks. That was some of them are stable by the body that just opens the floodgates for them. And so if you had a fight with your wife at home, or the road the night before you wake

up to your gig, and now you're shooting to a local person, it's not their fault, you had a fight with your wife. And so dalla just pervious rest a day where it's like egg balls off, there could be a fight loadout because now you're still pissed off each other, and all stuff. It's like how to manipulate your mind into yes, that everything's perfect to hope nobody's perfect on the road. But you can't do both. So the people come out here that think they're going to tour for a year just to hide from the fact that they are talking to their daughter, or their wife was cheating or their father's sick and they know that if they're at home, they're going to worry all the time and being on the roads. So it's like we'll step back a minute and ask the people in your circle, they're probably going to tell you otherwise. And yeah, the road there the I remember. I was with Nickelback. And we got the call from a mutual friend that the CEO of Stone Temple Pilots odd this bus. Kathy was dead. Sorry, terrible.

 James Geering 1:54:01

Scott was his violin, Scott Scott Weiland.

 1:54:03

Yeah. And we all just sat back and we're dinner. We're like, holy shit, like, here's a guy who was on top of the world incredible songwriter, obviously, David's, and he died alone in his bog in a dark bog. It's like so people see that music and other stage and all the Velvet Revolver and looking sexy and shirtless and all he's a god play all these stadiums. It's like he died alone. And that's what hits was like people out there that just hit with crew people that have suicide or purposely overdose you just kind of like they're sad. They're running away from something which, which, ironically, on a you do it a job, you're on the road, you're literally on the road, and you're driving further away or closer to these problems every day. But it just goes to a different city. Those problems don't go away like I don't go yes, I'm in a position to be successful, do what I do, but if There was a problem where I had to do Kid Care better. Well, the reason I would own a dog is because I would miss that dog out here. I don't want that distraction. So but you throw in kids, how much harder is this job? And don't people that I know that in this industry, then you have a sick kid out here. Your first worries your family first as it should be. But you still have to do your gig. Or once you don't do your gig to the level you've dove for, you might be let go. Now, every gig life or death, though, if I best off when someone gets on stage, or God gets it backstage somewhere, it's somebody that yes, but if you miss a guitar string or stairs, attitude, sure people will be pissed. And rightfully so because I do the job but it's not life or death. And so, I've just I don't know like the road is a very dark, scary. That's why I love Cormac McCormick's the road. Yes. Post Apocalyptic. And like this isolation of being on the road with your kid. When you fight off these cannibals the worlds that day like you're everyone's dying around you there's still hope. The road I'm on. There's shiny lights, there's the lights, you drive to Vegas, but you also do the day you read your blog, Kurds polled lights are off. It's just you. It's up to you to wake up the next morning and keep doing this. It's so it's a it's a scary place. It's I don't want the people to jump out here. If you've if you have a young spirited heart and you're passionate about this, you could do this. But if you have that baggage and understand what really is goes out here the battle it physical aspect of this. It's it's tough. So

 James Geering 1:56:44

Well, I'm glad I asked that question. Because aqain, yeah, so many parallels. And this is the

thing, you know, soldiers are human beings in uniform fire as a human beings in bunker gear. And it's the same experience. You know, musicians are human beings that can play guitar or sing. But you know, there's so many elements that pull us all together. So I love these diverse conversations.

 1:57:04

Don't I love it? It's I love talking about so I don't get to talk about this stuff a lot. So it's very cathartic for me as well.

 James Geering 1:57:10

Beautiful. Well, I want to throw some closing questions at you before I let you go. That's okay. Yeah. So the first one I'd love to ask, is there a book or other books that you love to recommend? It can be related to our discussion today? Or completely unrelated?

 1:57:24

Are there books electric Abed? Oh, yeah, there's a couple. I don't know if he's bad, your podcast, but Jesus, I tell he was a Oakland firefighter. I'll put object to the action because he'd be great for your guests. He's got a podcast too. I read his book. Was a rescue the rescuer. Rescuer Yes, yeah, he's already he's okay. So I love him. I love his message with faith. And that's what I truly the first book I read. I'm a firefighter. And I read a smoke jumper want to the guy that jumped into the brave only the brave. Sorry, yes, yeah, yes. And those, I read those two books last year. And I can't recommend them enough just because the idea of what heroics really is, but also like with the rescuer, the the the bulb, it's the department before the fire bell rigs or just after, like the human aspect of what goes into a firefighter. This like for me was the first time I was like, these are humans with dealing with all this bullshit outside of what they do. Yet. The same people would say racist Dave's are called Wallace shit. They'll be the first three of people to run to that building to save them. And that just kind of blew my mind. So if people want to read that stuff, I love those books. And

 James Geering 1:58:44

that was Brenda MacDonald's book about Yeah. Blanca Yeah, because it's not only the brave it's got a different name and the movie was called

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all the brave with Josh bra. Yeah. Think there's so many that so I've had a lot of guests on my podcast and the books like from Dottie dust Earth rover, about living like the Paleo diet and doing like this paleo living style of being a scavenger and living off the Earth. Just stuff like that just by blog to be. There is. I've had a bunch of authors on the podcast like nonfiction and fiction stuff, like am Adair, Jason Piccolo. Eric Bishop, if people like to have people that read his books and original ideas that just stab it's just crazy how the mind could create the stories of

just like outwardly things. There's a book I want to read now with the videos going over streaming like tick tock and Instagram reels. But this guy that wrote this fantasy series, where he kept pushing and pushing and pushing, and then one day, the publisher said you were going to do this but too The way you can unveil the cover of your book is in front of your class. He's like a principal or teacher. And so he's unveiling this video from a student body that No, he's been trying for years to get this book made. And he sees the cover, he just breaks down in tears in front of the student body. It like I got a big fancy reader per se. But I am terrible at remembering books, obviously, it authors, but I saw this cover, but I can't recommend this book enough to people I don't even know what's about. I don't even know where to put the Pharisee role is in creating, but to see someone's passionate project come to life. How can you not want to push that forward and see someone so happy about what there are? It's just awesome. I mean, but for me, the rescuer is I blown away is love and it's actually one of the books I'm doing by book club I do with my podcast, so I can't wait for people to read that book and really appreciate that.

 J James Geering 2:00:52


Yeah, absolutely. Yeah. It's got a hell of a story. It's an interesting the test of faith, some churches that were completely unsympathetic, and another people obviously came in his life and, you know, we're the right fit for him.

 2:01:02

Yeah, no, it's, it's awesome. It's great journey again, back to the mental health and suicidal thoughts. And if you don't, if he kills himself, and that one day doesn't beat his wife down and you don't read that book that changes helped save a life or changes someone and yeah, it's it's totally profound, great read to super easy.

 J James Geering 2:01:21

Absolutely. What about movies or documentaries, any of them that you love?

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Documentaries. Wildcats by Fred Harry Turner just won the Emmy for that. A couple days ago. It's a documentary on Amazon Prime about a British soldier. And again, I'm gonna put up direct with you because I think you do amazing with him. He was a former British soldier that saw the horrors of war, as suffers PTSD, wanted to kill himself, lived to the jungles of Ecuador, started rescuing oscillates in animals open up the stick with his partner at the time, this organization that was rescuing the stakes, and if the mother or father would be killed by poachers, he would take care of the oscillates and basically documents himself while they also saves Keanu, and he basically helps get this animal back to be confident to live on its own. She just had a heart acts like the father and mother figure for these animals. It's a heartwarming, it's gut wrenching, you'll laugh, you'll cry. He talks about cutting himself and the suicide and the mental health aspect of yes, you're saving this animal. But now you gotta let this animal go again. That dog, the axle. It's called Wild Cat. It's mind blowing. I'd watch though the other day. Bob read, and

he does this 100 this race where it's vile, you have to go a mile every 20 minutes or something like that. And it's that bleach, right? Yes, Chad writes the seal here. Yes, I think it's called persevere. It's whatever it's called. Again, terrible names. I've watched it four times, I can't even so I got a follow this guy, Instagram. So I was just Chad. So it gets super spiritual. But his motivational tactics. And he, you watch the sky, the mental, the physical aspect of running a mile in 15 minutes continuously for three days is like it goes world without race you want it. And this document like the battle and physical aspects of the bad games, you play with people how he pushes himself. It's such a it was such a cathartic approach to life. It's like everyone's like, recommend that so like, you don't have to be a ultra marathon runner or a physical, David Goggins type person to look at their message and be like, holy shit, this pertains to be as a father, or a security person or a firefighter or writer or a cook. Or a stay at home ball. It's like the drive to be better and put the work in to make a difference. And yeah, that Chad right, that was by blower loved it.

 James Geering 2:04:00

I think it's one mile out or just one mile. I've seen both of those titles online. Yeah.

 2:04:05

Yeah, just amazing. Yeah, I love documentaries, cuz it's like you kind of I watched the pandemic I'd watch like the trashy Tiger cake bullshit. And that's ridiculous. But like, I just love the idea of like real humans tell about their stories. So I watched the nutrition ones. Supersize Me I know it's one of my favorites, but the fast food industry and like how this guy just lived up McDonald's for whatever how many days in a row. It's just I love learning that stuff. Public ired artsource A are obviously Lou Ferrigno, back in the day as a classic documentary. I just love it. It's like I love movies as well. But documentaries lately for me if I like the human spirit behind it, and I don't necessarily have to really understand the person or maybe they're even what their documentary is about their message. I don't believe in Like the alchemist, the free clapper while it's free solo, those guys have like this weird God Complex where it's like they're invincible and the one of the passed away climbing you watch the documentary you're like holy shit like he did what he loves you can't falter but did you do the right safety precaution like you clearly did it is but I get it man like you're chasing the state where you're invincible and it's just I don't know, it's just the documentaries are rad. I love them.

 James Geering 2:05:28

Yeah, the openness is amazing. So credible. Well, speaking of amazing people you mentioned about the British soldier from the Wildcat documentary. Are there any other people that you recommend that come on this podcast as a guest to speak to the first responders, military and associated professionals of the world?

 2:05:44

I would say my good friend Jason Piccolo, he's the author he's also the whistleblower when it came to the border crisis the Obama administration he also talks about the burn pits and the soldiers are dealing with a toxic burning in the like Iraq and Afghanistan and he's actually oddlv

soldiers are dealing with a toxic burning in the like Iraq and Afghanistan and he's actually early enough he's writing a book on transition like to transition people when the military law enforcement to regular life and I did a I'll be of the book it's like a part of his chapter about it but he's such such a super read awesome dude. It's obviously with the law enforcement military but what he's doing now for helping get funding for law enforcement agencies with Qaeda trade a good stuff like that proper gear in the bird pet stuff he does with like he helps work with like the hunter seven foundation I believe which is amazing yeah, there's so many it's like this is this is question tough for me because every episode I have all the guests or I know like it's just for a thing there's a bunch I mean, for me some of the best guests have had and we talked about this the beginning sure you do that for the song or the movie or the high profile court case they're on but like the human aspect of what they went through to get to where they are at we have Sandra should the actor from loads of dove blade router? What's the HBO show what's the Western legendary typical offensive it Deadwood credible character actor, but his military career and how he got to Hollywood and like reading a book and be an older actor, like it's just people like that where I've just like I'm just blown away by their stories. Because yeah, you were talking about like, Blade Runner and Harrison Florida but how he got there the military life of the bullying and stuff like that. Super Rad I can honestly I can easily email you a list of people it just tough for me to figure out which ones would be great because you're such a unique approach to how you do this. Where I've talked about stuff I never get to talk about and I think that's what the the best thing about your podcast is that I think that there's something very dear that I did that a lot this is the most fun I've had doing it but yeah there's there's a bunch man like there's there's a there's a professional wrestler that left law enforcement to become a cop because he wants to serve people there's people like that I know there's like what is like the Biden psyche behind people like that's super impressive and why did that stuff and I I have been a Kudo cubby on it a couple of weeks and she's transgender athletes you have life of agony and that's a great thing for you because it's like this whole thing where you just like this is gonna be such a hot button topic because transgender rights but her approach the whole thing is don't fuck with the kids. If we don't do this stuff do an adult but here's the ramifications of doing this the scars the the addiction the pills just to feel like this person you want to be and is happiness you really want to put the the effort and time in to find happiness and hearing her talk about this is it was by boy and people like that which is real people talk real stories is whether the favorites are gone. I think that that resonates. There's another guy who started Kevin black I think his name is Kevin. He wants to jump off the Golden Gate Bridge or a certain bridge I think maybe it's central park or Brooklyn Bridge or something. He killed himself and a white cop saved him and they he basically goes to the speaking circuit now talking about that obviously as a race these talks about the race aspect of it but a white cop save this guy there they talk to each other and how they go out there like advocate for like mental health and suicide awareness and stories like that where it's like, Joe Schmo but know who this guy is. But I don't have it, I would have put this person in the best best position to have other people realize who they are as well. I think that's why podcasting is fun.

 James Geering 2:10:07

Absolutely. I kept both of them Kevin Berthier was the guy that Kevin Briggs was the carpet CHP that will bridge and they weren't they talk together. Actually, I want to get him back on together because it's been a while since I've had both of them on now. But yeah,

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it's it's such a fascinating thing man. It's amazing. And this is the thing people

it's it's such a fascinating thing, man. It's amazing. And this is the thing people

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James Geering 2:10:23

that I got asked early on you afraid you're gonna run out of gas, and like there aren't enough hours in the day to put these amazing humans on. Meanwhile, we've got beavers and Kardashians on our screen, and we're like, we're missing. We're missing all the good people. They could be good people if,



2:10:39

for me, it's like I love finding the obscure actors. That played a role, but it shaped my life. Like this could be a throwaway guy, gang member headspin, an 80s movie. But I grew up with a kid, I think I wanted to be the hero, just how he portrayed his character. And talk to him about that. And like all like that, you get to understand and for me the research to like, this is a world of things where I have to if I have an author, but unless I've read all their books, I need to read their latest book or one of their books to understand the right process, the five stuff in there that I could ask about because it's like, I just can't jump in without taking 100 pages of notes, scribbling doodling back of napkins or receipts. And I have a question in my head. One day where I gotta make sure I read this question, because I get to the guests coming. I think there's something endearing to it. That's why I love the podcast. Yes. It's such a joy to appear. So you always see of anecdotes. You see Joe Rogan have JB they're helping him pull up information in real time where it's like, you want the research aspect of what we do. Podcasting is so awesome. And I love the fact that I fell by love of reading again because of it. And I just, it's just a, a simple form of humans communicating, and then amplifying their voices to an audience that they might listen to, like, who cares about tour security, all but we're talking about mental health, or we're talking about fitness and stuff like that. So it's like, that's why I love that all these core ideas and concepts seep through every other avenue or different industries. So which is just awesome.

J

James Geering 2:12:07

It really is. Well, one more question before we make sure where people need to find you and your podcast. Yeah. What do you do to decompress?



2:12:16

I, so for me, was I, I don't say I have a high stressful job. But yes, it was stressful days. For me, the podcasting is the perfect segue to what I do. Because when I'm not doing what I'm doing with the physical aspect of advancing and touring and security, either by bulk or hotel reading, or researching, or watching other podcasts or documentaries to figure out who these people are hiking and fishing, I know, myself or the drummer out here, Barry, we started fly fishing on how to fly fish last year coming in a pandemic, to maintain where they told this whole social distance stuff. So we're just to go the woods and learn how to fish and whatever. And that's been super cathartic because we'll get together and the best moments were that we baked these February's without even opening our mouths, just casting and fishing over a pod, staring

at each other. Sure, we laugh, do dumb stuff. But it's like, that's a way to decompress. Just get out the environment. And I think that for me, that's always been the I've always loved the outdoors. And I think for me, especially as we get older to really take advantage of that, too. So

 James Geering 2:13:20

Beautiful So firstly, the podcast, you have the spare talk podcast, where can people find that?

 2:13:26

So that's the last three big platforms, iTunes, Stitcher, gada, Amazon, Pandora, it's also on YouTube. So anywhere you get podcasts, you just type in spirit talk, it will pop up. So yeah, it's well, it's Easter, I've learned where I put all my eggs in the basket for YouTube when I first started and I've amassed pretty good following of their loyal people listening and, but you never know if someone someone might have YouTube, but they only have Stitcher, or they only have Pandora. So it's like, my advice to people who want to start a podcast or wherever they do, make it available to everyone. If you advertise this, if I buy Hey, we have the podcast with James it's like, well, I don't have Instagram, I don't do your audit. So now we're gonna take care of by Facebook, people, Twitter, it's a process. And I wish it was easier for people to have access to all what's out there. But if you believe what you do, you're gonna put the effort to make sure because you don't know some of this is episode like it could save their lives. And yeah, so it's like it's everywhere get platform with podcast, YouTube. X has been really cool lately. So eventually I would go there, put all my episodes on x. Unfiltered you put the 60 minutes of the podcast on there. Where do you get ad revenue now through the program he set up where now people are Twitter. They only live on Twitter X. Tao who watched the first 60 minutes episode if they want to hear the rest, they will search it out or they will go to YouTube. So there's different things out there. I'm always trying to learn to understand algorithms and how to stuff out there. But yeah, if you type in spirit talk, you'll find it.

 James Geering 2:15:02

Brilliant. And then what about you on social media best place to find

 2:15:07

at John silver spear on Instagram? That's probably by it's connected to my facebook so they'll just post the same thing and it Twitter is the same thing. Yeah but so with that and like the spirit talked that this type of spirit talk it'll pop up on any social media platform. But yeah, social media it's it's a necessary evil It's tiring at times it's aggravating. But with with good heads and when people you post positive stuff or stuff that gets people thinking, I think that's what's awesome about it. So I know our core for NBC Sanders, like with his podcast. It's a very well, anytime you post something like questions or trivia or hey, what song represents you bass? It's like stuff that gets people engaged and thinking I bet more people reacting on kava sections on other people's posts. Well, but yeah, this is a really rad person, or I gotta check out their shell because they're Huber's a love bond, or they seem cool. And that's what social

media is cool. And sure, it sucks at times that people used to bully people and take advantage of people but with what we're trying to do, I think people resonate with that they gravitate towards good people.

 James Geering 2:16:20

I agree. 100%. Well, John, I want to thank you. We've been chatting for almost two and a half hours, had some technical difficulties in the middle. But apart from that, it was a beautiful conversation. But we've gone all over the place and you've given us an insight not only to your world, but also the world that you work with, which I think is important. So I want to thank you so much for being so generous with your time and coming on the podcast today.

 2:16:44

No, thank you. I'll do both. So it'll be fun.