

Nicholas Seedsman - Episode 796

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SPEAKERS

James Geering, Nicholas Seedsman



James Geering 00:00

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N Nicholas Seedsman 03:29
Thanks, man. Pleasure to be here. And thanks, Jesse.

J James Geering 03:33
So we're on planet earth are we finding you this afternoon?

N Nicholas Seedsman 03:37
Today I'm in. I'm in Rome, Italy.

J James Geering 03:40
Now, obviously, based on your accent, that's not what you originally from. So I would love to start the very beginning of your timeline. So tell me where you were born. And tell me a little bit about your family dynamic what your parents did, and how many siblings

o 03:54
Okay, so I was born in Campbelltown, Australia, which was an area of Sydney in the south, before it turned to the proper ghetto. That was a little bit more South Sydney, country ish. And I've come from two very great grandparents sets like really good matriarch patriarchs. And I was blessed to have those two. Good little four, I should say that they're all the remarkable so and then parents met in school, they married, they spent almost like a lifetime together before they even had the children. And then they had us and my brothers who is older than me, about four, when they got divorced. And they went their separate ways. And then, basically, I moved on, my mother was living with moved to Newcastle, just north of Sydney, or else north and my father, eventually like a year or two later moved to Brisbane. And that was when I was about 10. The family He was a bit split. And I got to see my father and have the influence of him growing up from about the age of, up until about the age of 10. Kind of pretty regularly than it was every three months, you know, the school holidays, per se. And, yeah, and then I, my mother remarried, when I was about 12, ish, 10 or 12, somewhere around there. And my father remarried when I was probably about eight or nine, and they're still both married. And those relationships have really influenced my, my childhood, and the man overcame right now really seem to understand pretty well, the influences of those who raise you.

J James Geering 05:46
So I know as I listened to you on one of the other podcasts, and I wish I could remember the name of it, I give him credit. But you touched on having a lot of homicide detectives in your extended family all the way back to grandparents. So firstly, talk to me about you know, what

you saw as far as them through your eyes, and if there are any kind of like career cases that they were on?



06:08

Yeah, so my father was a homicide detective. And he's pretty famous. In New South Wales, he seems to be what all the legal students study. And also what the homicide detective study and you won't get that out of him. But you get that out of my grandfather, who was a homicide detective, himself. And so as my uncle, all three of them are pretty, pretty well known homicide detectives in that in the state. He had a significant in what really destroyed the marriage was, I think my father started becoming cold. He was really good at his job. And if you become really good at your job in the services, you get the shit, right. And I could probably touch on that with my stepmother. She was one of the first females to enter the police force. And she cared about kids. And that became pretty obvious very early when she was very young. So they gave her all the child cases, going, Oh, you're a woman, you really, you'll be really good at this. They gave her all the abuse victims. And that influenced the way she raised her children and the rest of her life. She's a great woman. And my father, with my mother started coming probably a bit too close to some of the cases like he was renowned for getting them done, there was only one that he never actually got closed. By prosecuted. He got into the court and everything he just couldn't. He said this man believed his own lives to such a degree that it was just impossible to catch him in any any fashion like he truly thought that he was innocent in every every fashion in many ways. And I think he might have been gone would have been caught later, eventually. So it likely would have been him was almost certain. He started leaving some some pictures of the you know, as he worked on the desk at home, living room table and whatnot. taking phone calls constantly throughout the night and being available. He started leaving some photos and shit around of this woman that have been raped and murdered. And getting really attached to the cases to such a degree, it pretty much destroyed the love in the marriage and a household completely. So that was an early day. And then he started exhibiting signs of stress. And then there was eventually he caught he was chasing down this this one guy in Sydney falling out with his partner. And then they were in like, almost like a main street of one of the suburbs. And then anyway, he started getting shot by semi automatic rifles, which were legal at the time in Australia. And as a police officer, it wasn't legal, I guess at the time or wasn't they just commonly carried like a shotgun or rifles in the back of their car. So he was in the main street caught out by this guy shooting at them. Basically for I think it was over an hour of all they just kind of behind the tires of the cars. Copying around like apparently the car is was riddled with bullet holes riddled like proper inside of it, but they were both ends and all they had was like a snub nose. And they were like, you know, they shoot back, you know, provided there was no one in the background. But you'd still have people that were on looking so it made almost impossible to even take shots just to stop this guy from shooting or stopping from advancing on them. That was like a nightmare scenario. And after that, apparently from all accounts, the stress levels were a bit too high from all those objectively observing. That it was you know, you might need some some help so he went through a bit of a journey there. On On a, you know, I guess sort of what you would now call PDSA or something like that. Yeah. And so he walked that path for the family and the family still had their fair share of the adventure of the services, I'd say. Least on that side.



James Geering 10:18

Well, this is the thing, you know, you hear that negative talk about first responder jobs and the

impact on our relationships. But this, this is because these people are trying to do the right thing. And you know, when you do care, I mean, we don't bring our work home so much in the fire service as far as cases that we're studying or anything, but obviously, we bring home the calls between our two ears, but there is, you know, I've witnessed, and some of my fellow firefighters and police officers, you get that compassion fatigue, because I think the body is so overwhelmed by the trauma that we're exposed to over and over again, it's a coping mechanism. And the problem is, you know, you as we'll get to transition from deployment in the military, you know, it's X amount of months overseas, and then, you know, X amount of months here. Well, a lot of these first responders, I mean, it's every 12 hours, eight hours, 24 hours that we're having to switch back and forth. And, you know, if you don't, if you're not fortunate to be given some of the tools to be able to take that pause, that line becomes blurred, and all of a sudden now, what was the very reason that you went into the profession, which is your family, I mean, family first, now all of a sudden, the job starts grabbing hold of you, and the family becomes second without even realizing it.



11:33

Yeah. Yeah. It definitely, definitely left its mark. On my mother, you know, you've never seen a little like, understood, she got the concept of She's very smart woman, she got the concept of the police force and everything that was going on. But I remember as I got older, he was content with signing me up as like an infantry officer or something like that in the army. But she was like, I would lay down in front of oncoming traffic if you decide to try to join the police. So the damage the relative understanding of the seriousness of each situation was only so far and each job and role, but she was damn well aware that the police would probably break me like it broke the father and broke the family and so on. And that like she, the damage had been pretty well lived by her in some capacity as well. Right.



James Geering 12:27

Would you say it was your mother or stepmother that was doing the child cases in the police.



12:33

My mother was a was a school teacher. And then eventually became one up for the the positions of Deputy headmaster and headmaster and then then she was in charge of multiple headmaster's in schools in the district. And then she was in charge of training, and advanced education and all this sort of stuff. And rose served pretty seniority in the state schooling system to have education to like pretty, like I don't have any more positions other than the minister motivator I then or that by the end of her career, my stepmother it was in the police force, who I guess dad and her just understood each other. And what they were going through. And she for sure, she she was wanting to go to the the child abuse cases and everything that almost pretty, that she's got, the crazy thing is She's gone. She's one of the people studied by the by New South Wales, legal students as well. And they go through law school, it's crazy. The two of them were kind of like a match made for that, really, they seen their fair share shift before they're even 40



J James Geering 13:37

Where you touched on the fact that that shaped the way that she raised you as well on her part, I saw within myself the one pole of wanting to wrap your child in, in cotton wool, because of all the horrible shit that we see. I mean, my son's about to get his driving license in about two months time now and then he's going to be off driving, which is going to be a fucking nightmare. For us, you know, just trusting him but I've I've invested a lot of time teaching him. So you know, you could see how someone is working in those cases could be pulled all the way to being over protective. What was it that she ended up doing? How was it How was it impacting her raising?

o 14:16

It was so I grew up with my mother and my stepfather has many unresolved childhood issues himself for sure right? Like a gross amount. Say hey, we take out all these insecurities on the weakest member of the family which was me, the youngest of my brother and I and unopposed so I just thought that was normal and acceptable behavior. It was basically just straight up straight up bullying, per se. So when my dad eventually found out about this is pretty fucking like angry right? And he gave you the option to leave going to his house or my or remain. He was like, you know, I don't want to take you from your mother, that's cruel to her. But at the same time, you deserve not to be in this environment 100% And fuck that. And because the overprotection was so intense, I actively knew at the age of probably like 14 or 15, that I would rather have liberty and grow up the rest of my remaining years in a house of being mercilessly like kind of bullied daily. That's however protecting, she was like, it was like it was over the top, and it's for sure. On the kids, and we're all products of our experiences. So I have no attachment to any of this anymore, as I've as I've aged other than understanding myself, and what kind of a father, I would be. And we all probably know now. Because the internet, everyone's just a bit more open and transparent. The effects that overprotection has on children like Jordan Peterson sums it up very well, in a lot of these talks, you know, it's just, you disadvantage the child significantly, because I've never really had to face an adverse, like aversary conditions. You know, through small, medium or large, that in the developing years, so that their first real encounters with it are kind of almost too great for them. When they're older. And they they kind of crumble, right? You've really just built a house of cards. It's nothing substantial. So that there and who could blame her? But at the same time, I suppose it would, it should have been my father's role to stand up against such things. But then again, what has he seen would have been the first time that he's seen he's got a daughter and other daughter and a son with my stepmother, CV and age difference. And the daughter he's seen countless right? murder victims of basically very young women, extremely young women. Or maybe, I don't know, I haven't really said they're going into it into epic detail with him because I get it. No, I don't want to sit there and relive that ship so that he probably doesn't either. And I'm just talking about all that he's probably over protective, and says yep, maybe this is definitely better than the alternative might be too much. But it's definitely better. I think I think that household there was it was forever affecting of those kids. And definitely affected myself in my decision to the direction I went with with my life when given a kind of that ultimatum.

J James Geering 18:03

Well, I want to get to your kind of journey into the military but just before we do what about sports and athletics when you ended up in a high performing tactical athlete position, what were you doing school age

were you doing school age



18:15

I was a bit of a interesting kid, it's worth probably noting. So I started running in athletics when I was very young. My father was a runner. And so probably like maybe 10 Maybe even younger, I started doing my first like cross countries I'd call it which is basically like going for a three to 5k Run in through up and down hills and in the woods. And I got a I was pretty good at it. I wasn't great. And then I got really into sprinting and the 400 meters and all these things and I was kind of like I like to just do everything long jump and all these things were a bit more boring for me and I've never really noticed this kind of like give me a straight line give me a give me a general direction and let me go go give it give it my all regardless of how I would perform most performs pretty good. But I also got into cricket soccer or football the one with just your feet to the Americans hence the name and yeah, and and and I got into that and then when I got into high school, I did less of the running and more just every sport I can kind of get involved in all of them just bloody all of it was like and I had a pretty good group of mates like that that were you know, they weren't exactly going to be there kind of larrikins jokers troublemakers funny but not to the point where they were making so much trouble that they were like an absolute nightmare to the teachers like they were like Jesus Christ. The the teachers were scared or they were like, you know, you know they were going to be imprisoned on their own. It was just kind of like, you know, a bit of a jesting fun, and we get into trouble every now and then and so on. And, and we those guys were all interested in different sports. So it was more for the adventure of it all and the journey of you know, getting a little bit getting a bit in trouble but not, you know, full retire where our roots ruined my parents life sort of. It's like they're like Nick just did crack, none of that. So we, we would do a different sport every, every three months, we'd all like kind of band together. We'd like we could be doing volleyball for three months. And then we might be doing cricket, you might be doing soccer, then it might be football, it might just everything right, which kind of gave me a really broad use of my limbs, in different environments and gave really good early situational awareness I wasn't digging around I wasn't, wasn't great. But just the coordination across the sports. And the understanding of the rules of the dynamic to rules, mentally was was very rewarding. And probably key to my development.



James Geering 20:58

Something I've heard a lot from high level athletes from high level coaches is that multi sport athlete is just more resilient, I would argue mentally and physically. Because, you know, in the US though, I guess the the pitcher, the baseball pitcher is a prime example, you get this kid that's throwing balls, 1000s and 1000s of times, and by the time they're college age, they've just destroyed their shoulder. But you get the guys that guys and girls that truly love sport, and they play two or three different ones with, as you said different rules, which is another interesting thing. I hadn't thought about different planes of motion, you know, different, you know, whether it's a highly aerobic sport, maybe more explosive. And now you've given this child not only the, the multi plane or ability with their body, but also you haven't burned them out on one sport where you've driven them into the ground.



21:49

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Yeah, yeah, that's, I think it's, there's still kids, right, they're still developing early. I here, they still don't know what they want to do. And you want to give him a broad spectrum across all those. And I think it's important for them to enjoy it as an adventure and get distracted and need venture capital, especially in an age where it's becoming much softer. And I think people have always said this generationally, but really, not until the tablets and the telephones and the electric bikes now. Like had that, you know, like people will be like, oh, you know, back in my day, we'd be walking 20 miles to school, and like, you know, you catching a bus, you're like, Yeah, but like kids still run around exerting their energy on the football field, they find a way to keep themselves entertained, because they didn't have screens. And I think I just started seeing the first generation here, as I'm in Europe, because they're a bike culture, where they're going electric bikes now. And it's made me realize it's like, oh, like, you're not even really using your legs to walk between gaps of in between those uses of the telephone, right? Like, it's got a pretty different culture now, and I think it's always going to be changing, but it's getting to the point where obviously, it's disturbing adults. And I think it's now influencing children. For the next generation, almost, they're going to become adults with their hands held behind their back. It physically, in many ways, like good luck. You don't know what you don't know. So they're, it's, it's got to become a bit. A bit different. But for me, it was, you know, it was a, it was a blessing. I think getting involved across all these things.

J

James Geering 23:41

What's sad to me is obviously you've got the clearly obvious obesity, especially in the US, and I don't know about Australia haven't been there for a long time. But certainly in the UK, it's getting worse and worse and worse, every time I go home, it's looking more and more like here. But then you have the other side where even some of these kids aren't overweight, they just have no muscle tone, and their their spine is already starting to be distorted. And don't get me wrong. There are some phenomenal kids that are in great shape, arguably better shape than a lot of us when we were young, because we really understand strength conditioning. So I do believe that there's, you know, the other side, which is these excellent athletes, but it breaks my heart because that inactivity is breaking people down, and therefore, their ability to do some jobs has been removed from them. And their longevity is being just hacked to pieces. And, you know, people talk about it a lot. This is the first time that their parents are actually expected to outlive their kids, which I mean, if that doesn't shake us to our core, especially after a two year pandemic where health is supposed to be at the forefront, then, you know, I just I find it maddening.

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24:47

It's pretty and that's like, if that's a real, considered and factor and statistic of science to say that parents may or If they lightly when it comes to science, have been really bubble wrapping the fucking edges. You know, so I don't know what that looks like in the future for everyone to be honest, I mean that's that could be like an understatement and no doubt it's caused like I can't go to a grocery store and, and find like anything in a wrapper that doesn't have several ingredients and shit that I don't even know what it is. And then it keeps getting listed down the line, I'm like, I get some third or fourth ingredient, I don't know what it is, and it keeps going another seven or eight more. And even fruit is so distorted. It's not even, like, normal. So and it derives from from food and and you're starting to understand the effects of seed oil. That's one of the biggest significant factors in in the invention of seed oil aligns with like a direct correlation in a massive spike in in human, like, I guess deterioration and major health

conditions. And then the other one that was more equivalent to that was, it was like at the end of the 1800s or 1900s, when Fruit Processing just became the norm. And they like to really, two really significant ones, right, it's like, the kids don't stand a chance because they're too young. And it's supposed to be responsible adults making decisions for them, right. And even the, the, even the results are drinking, the adults are drinking their monster or whatever. And it's just that, I don't know, I think it's the poor kids, right? Because they're going to inherit all the damage, it's like the damage is done, psychologically, they kind of who they're going to be before they're seven, something like that, maybe even earlier. And then physiologically, they kind of, you know, once you take, once you take antibiotics and all this stuff, you kind of compromise forever. And probably other things like that when they're young. And I just think that parents are now in a position where now, ignorance is bliss, we didn't know, it's so much easier to hide behind the we didn't know than just kind of like, you know what, grandparents kind of stuck to like, general organic foods, because that's what it was at the time. And they stuck to things like maybe butter, whole meats, simple old breads, and fruits and vegetables and things. And maybe there's something that in that, because it's like, you know, rather than finding convenience, food, and anyway, I just think the kids might be a bit screwed, like, I was very, very, extremely blessed growing up to eat these foods for dinner. My my mother and I, I've had various health conditions, obviously. And I gotta be honest, my mother, and my father, whenever they made, they made it, they made a real meal with real ingredients. And I that probably did a significant world of good for me for my future and who I am now like, I probably wouldn't even be able to measure the difference because it just be immeasurable. And the next generation, I don't think they'll get the shot. I think they just won't know what they won't know. And they'll die early for it.

J

James Geering 28:21

Well, and this is why it's multifaceted conversation, I grew up on a farm, I grew up where you know, there will be my favorite pig or lamb that would disappear. And all of a sudden the freezer was full. You know, it was that kind of upbringing. But also there was an orchard and there was a garden where we grew a lot of our food. And then when you went to the to the town, there was the butcher there was the baker there was you know, there was fish and chips. And I mean, you didn't always eat like a you know, like you're on some, you know, health food diet forever. But overall 80% of what you're eating was really good food. And so this is the problem now is I see a lot of people that happen to be in good shape, kind of pushing that kind of judgy message rather than going I was lucky to be raised with all the tools to understand what it is. And to this day I still cook from scratch mostly again, I'll buy stuff that you know is already made and I'll throw it in the mix but but you can't tell someone that grew up in Harlem for example, who all they've known the things that they bought for them Bodega around the corner you know, whatever kind of dynamic it is that to suddenly say Why aren't you making you know this from scratch, or some of these people don't even know what these fruits or vegetables look like in their original form. So it is on us to take away that judgment and then advocate to go back to 100 years ago where we weren't putting food into a factory we weren't covering and with pesticides and filling animals with hormones and antibiotics. Food was simply food and what drives me crazy as these carnivores and vegans will have these online debates where there's one truth removed the shitty processed foods oils, etc carbs the process called carbs, you're going to end up with a solid diet, you want to have more meat or some you want to have no meat. Awesome. It's still the same common denominator middle ground common sense.



30:10

Yep, yep. 100%. And it's, and I feel that because there is a there's a discussion around like plastic Youth use of plastic and people like, oh, you know, us for us use a lot of disposable plastic, that's actually it's interesting to the British Empire, we'd like to go to us the first time you left the UK is or has this disposable bottles every time you want to drink a glass of water to get along with you. But then you've got then you look at that. And that's actually minut compared to some of the poorest parts, and condensed squalor parts of the world, right? In Asia and whatnot, people are like, oh, there's a garbage patch here. Like really, majority of this actually comes every single day, down a river in, in like major cities and condensed areas in Asia like, and they don't have the time or the money to give a shit about the future. When they're surviving like meal to meal, not even day to day on like a paycheck or week to week and a paycheck, whatever, they're literally deciding like kind of meal to meal, they didn't have time for that shit. And you think they stopped during COVID Pro this probe for the world was, well, no Christ, it gets a star is sweet, there's a sickness at the end. But also I don't have a meal in sight for the next several days. So I think the same thing goes when it comes to food. Like it's just not at the top of their priority when you're just trying to trying to get by and trying to survive and, and trying to, you know, exist. I feel that. I feel that and yeah, and it's sometimes maybe it can be on the high horse. But for those who have access to the internet, and the capital in the first world, to make those decisions, and to voluntarily, those in positions of responsibility, rarely, right? The influential responsibility news anchors or whatever, everyone's kind of exposed when news anchors or social media or whatever, instead of speaking dogshit maybe it's something that you might want to dislike spruiked Like, I really love that soccer player. Ronaldo, Ronaldo, where, you know, they put a Coca Cola in front of him and he lifted it out and he put it away to the side. He's like water, drink water. I've gotten so many kids that got affected. That's that's human responsibility. Right? That's straight up. Let me gamble, a response. It doesn't take much to dislike point. People at this point, like several continents have children into a healthy direction that day alone? Oh, you know, my favorite soccer player and sports player in the world? He says like those kinds of influential decisions, right? To help those who don't? Don't know, maybe don't have access to that kind of part of information.



James Geering 32:48

Absolutely. Well, I want to walk you through kind of the, the journey to Special Forces. So when you were in school, the school age, were you always dreaming of the military? Or is there something prior to that?



33:01

You can ask my fourth grade teacher when I was about 10. Maybe, maybe even earlier, if I was gonna be on the military, like if it came to studying war, like literally in Australian conflict, British versus Empire conflict just seemed to be pretty well involved in then, that that would captivate my attention. Like I was, if you'd live, you know, if you really, if you consider the fact that you multiple dimensions and things and past lives, was the thing for a moment than I would, for sure have lived several lives in this genre in some capacity, because he just captivated me from a child and a kid. Like, I cannot explain it was so natural to me. And it was so natural to me to understand tactics and strategy. It was, it was ridiculous. It was it was so it was obvious to me and I, I found myself in school, like drawing pictures of war and conflict, and

I didn't have to study for exams when it came to history and more photographic memory, like 100% it wasn't it wasn't something that may. And if I did get the question wrong, it would have been like, Well, no, that's the exact thing you wrote on the board that day. I guess like my brain could picture it. And remember it like word for word. It wasn't a maybe it was a for sure thing. And also, my grandfather was a really great grandfather's right, but one of them was truly the most remarkable man, an example of a gentleman or a man that will that will ever leave, like I was blessed to have that both are outstanding, by the way, but one of them had a very much bigger part in raising me as the main male masculine example in my life. God bless. He was just don't know if he could forge a better man by by cultivation. It just I don't know how that happened. But um, I mean, he would have long conversations about conflict, and war and whatnot and the amount of education he would give me, whether we were playing chess, or something like that, or checkers, or whatever we would play with kids. When I was a kid, he would just talk, we talk for hours about books and war and different empires and all this sorts of stuff. And it was just came such a natural interest to me. So it was almost, you could have asked anyone in school or any of the teachers. And, you know, as my mother says, sadly, you've got kids in school, she gives make them at age five. And she can be like, I wish I couldn't pick the kids that were going to be in prison when they're finished school or before they finish school. She's like, I wish I couldn't. But I can. And I wish I wasn't right all the time, all the time. And you could have done the same for me for the military. It was it was pretty much a shell thing.

 James Geering 36:06

So I met him and step over then what did she see in those kids? Because there's something that we've already talked about multi generational trauma, you've got, you know, grandparents that will homicide and pet them parents, and then you've got divided families. And here we are, and I think, argue a lot of us that are sent into uniform have these kinds of stories have these histories and backgrounds? What was it that she was seeing that a beautiful little baby had only five years beyond five years of being exposed to their environment, she was able to see that they were already strained on the wrong path.

 36:39

I think it was evident neglect. It has nothing to do with the kids, right? It's all stems from the parents, you your monkey see, monkey do model yourself entirely off your product of your experiences, right, your spirits, up to that age of coming to first day of school are entirely based on emulating those around you like if we floated in space. You were born in space floating in space, do you think the world was normal to float in space, and you'd emulate everything else around you cleaning like monkeys along the side of NASA shuttle, right? That was that would be that would be for sure. Like it was just when you see the neglect of the kids turning out and day in day out without food, without lunch without clean clothes? Late, because no one cared to bring them or even cared if they turned up on time. Or they might not have even even seen their parents in the last 18 hours since they left school. I think that was that would be the defining factor the way that the language they use the way they interacted. You know, it's like, Rich Dad, Poor Dad, right sort of thing. It's like it's just the cards you're dealt with. And kind of unless you're like the buck stops here on every capacity, right? There's no dis threshold of good and bad kid a huge line. Unless you've someone's decided to actively and that line, it's kind of almost destined in a sense, right? Unfortunately, for a lot of these kids.

J James Geering 38:03

Yeah, I think it's such a, an important thing to look at another one of the phrases I heard somewhat recently, that I adore is you don't say what's wrong with you, you say what happened to you, when you're looking at someone who's you know, down that wrong path, whether it's addiction or homelessness, or, you know, whatever, wherever they found themselves, that reverse engineering that we were all born a blank canvas, a beautiful little boy, girl, you know, whatever gender if we're in 2023, child, you know, and then and then life happens to you and you find yourself down a path. And then what happens a lot is you get to adulthood, and all of a sudden, you forget the humanity and that person and that person becomes a crack whore or a bum or all these horrible fucking labels that I can't stand people put on someone whose life was so painful that they they spiral down to that point.

 38:57

Yep, yep. I've um, I'm really big on practicing with no attachment in my life or to other people's lives, whatever. I don't know the expectation of them as much and don't ever I'm not perfect at this. Getting frustrated, just been the military pastor, and even childhood but in the military, but it's like, I have no idea what someone went to like. If a parent if you're both your parents are morbidly obese honestly, and the child is on the fed the same food they're eating.

 39:33

Like, how am I if you become fat in life, okay. As far as I'm concerned, that's kind of a voluntary disability.

 39:46

And that's pretty blunt, so to speak, my first. But if you're a kid that gets given that life, then that's an involuntary disability. He just doesn't even know are you any different? Right like it to him in the world that was just so normal before he was like seven like he's, he's hormones and he's the complete chemical balance in his body for the things that he's trying to his body's trying to process and live with. It just doesn't know any different right? It almost doesn't seem it doesn't stand a chance to be shaped by that well

J James Geering 40:32

I was just waiting. Did you look like you had something else to say?

 40:36

I did. I had, I had, I had something to say. I was gonna say something about, I was gonna say something about COVID and I just don't know if it's gonna, it'll upset people. I'm not gonna go full, full, full crazy on it. So don't worry. But one of the things I didn't know until I talked to my

mother during COVID in the lockdowns, and this is where I, I'm going to actively call adults fucking cowards, straight up fucking cowards. so worried about protecting yourself and egging me on. I know, you need to protect yourself to handle kids. But you know, most of the reason kids go to school is for welfare checking.

 James Geering 41:18

Yeah, that's Yeah, I had, I had what probably what you're about to say some of my friends that are in that space, said that the the reporting went down. And therefore there were kids that were being subjected to abuse during COVID. Because the teachers were the only ones that actually we usually could see the abuse and report.

 41:35

They're trying to like, like, kids were going weeks without meals and shit. In America alone, and like I didn't even it was a thing to my mother point out, I started looking it up stories of kids that were like, the parents didn't know what to do with them. So that what they do, they took into the shed outside and chained them up until they were discovered like two weeks later. Like kids just weren't getting meals. Oh, that kid was chained up. He was like, not fed. He was it was like, oh, shoot, we've got some leftover McDonald's but we forgot about George better take that out. There was some coke or whatever. It was like it was It was horrific, right. And that's to the parents that had whatever money that was able to buy McDonald's and give it to the leftovers to their kids when they remembered like it's it was it's horrific, the abuse, sexual abuse, parents, the fighting of the parents in front of the kids, the which will create generational trauma. And, you know, just watching that and thinking that's normal, because the parents are stressed, not having money come in, living in each other's proximity, the divorces, the neglect from not having the money to buy food, the sexual abuse that was going on, for the kids who would go to school to get away from that sort of shit. And then they the parents were worried about the repercussions of hitting and sexual abuse on children of getting caught and reported by the police to the police, to now suddenly don't have anyone that can report on them. And it's just like, the whole the flow on effect was probably not only mentally handicapped the generation to some degree, educationally, right, in many ways, but also to just trauma. And it was like, just no one wanted to. And I didn't and the worst thing was Kevin, we knew COVID Wasn't affecting doing anything to kids. Right? It was pretty obvious. Like I think, I think it was getting the elderly comorbidity patients go more with patients. Because everyone was so fearful fear, right? It was like a fear govern their lives, and they sacrifice the next generation for it. And I just think it's a no, that's it. That's just I just think it's was it was pure self serving cowardice. In many ways. I was gonna say, I think people could say, yeah, there was just cause there was there was just cause until some point. You know, there was some pretty evident information coming out at some point there, where it was just kind of like, well, maybe this thing isn't as catastrophic or, you know, like, people aren't like dropping like flies, but the system can only probably take one or 2% of the population out before before our mono skilled system. Our our system of globalization fails, right. The different parts mines produced around the world to make a pot that gets shipped around the world prepare the pot in some other continent, their electric plant, or desalinization plant or whatever, and those workers need to turn up the technician see, to turn off the dock workers need to turn off the shipping people. All these people need to turn off for this stuff. If you take one to 2% of the population out, and suddenly the system doesn't really work anymore, right? And the plant

doesn't get repaired. People don't have running water and attacks. Three days without water by about day one. People started killing each other for water. It's like it probably wasn't as stressed as made out to be initially right like, really drunk. I think there was some self evident inflammation there. And I don't think so initially. Yeah. But there was a point there. Early days where it was like, Okay, maybe there needs to be some risk to the adults from the fear, right? Just anyway, I could go into that one for a bit and probably need to dance around it a little bit. I think we're still we're still centered. Maybe what we what we say in this world. We we still we love a good censorship. That's that's cool. That's it. I mean, on the right side of history, the right. So that seems like a fun new future.

 James Geering 45:44

Well, I think the one thing just touched on COVID Before we move forward, the whole message was about the nation's health. And I think everyone at the very beginning no matter where they ended up, leaning later was like, Oh, this could be bad. Everyone looked at everyone took it seriously, everyone did their part. And then slowly it started to it was fucking awesome news. Like, Hey, everyone, guess what, it's not as bad as we thought it'd been. That's not how it was portrayed everyone and everything that actually would build up health immunity, mental health was taken away from people. So the beaches and parks and gyms are all closed Don't be what you know, don't see your family don't see your friends. I mean, all these things, that the sensationalism on the news, getting people scared breaking down their immune system even more, but then you can get alcohol and fast food delivered to your house while you binge on Netflix. So this is what was so disgusting, is doesn't matter whether you thought the vaccines were the Beyond and all you thought that vaccines were going to make your fucking head explode. The middle ground was making people healthier. And that was never ever the message and after this thing, finally kind of concluded they were like, Alright, back to morbid obesity, and you know, childhood diabetes, and all these other things that we love to promote. So it was never about fucking health. And that's the thing that nauseates me.

 47:02

Yeah, no, no, no one's done anything. Right? Like, we're, it's fair to say we got worse. And they let that set the standard. On going into the future. I haven't seen I haven't, I haven't seen a health campaign. And then everyone goes, Hey, there will be more like this in the future more consistently, things like more reason to get that shit in order. And haven't seen it. But the reality is, as a as a man, who will have a family someday, a wife, family, so on and so on. A small community. Whatever, it's on my onus to protect them at the end of the day, I make my bed. Right, and then I work forward from there, to those that I can influence and help. And I think that's, that's, that might be all we can do, at this point to make is to make our beds, like our house in order, and our community in order, so on and so on. And that might just be the best case scenario of all of this because I just It can't be an accident that no one's doing anything at this point. No government isn't even trying to the health ministers don't exactly look like a bill of health. Right? I just really taken

 James Geering 48:16

the video and the pictures of like, it was the UK, Canada, US and Belgium. And I think someone said, Oh, they're not our minister anymore. It doesn't matter. They were at one point, you know

what I mean? And they're all 300 plus pounds, like how the fuck How could you even wake up and look in the mirror in the morning go I'm gonna go lecture people unhealth even though I'm an absolute piece of shit myself, you know, and there's lots there's a lot to that equation, mental health and everything. And I'm all for people getting themselves back. You're just not the person to be the health minister, finance, you know, whatever else perfect. You cannot have a health minister who's fucking dying. It's just, that's not how it works.



48:52

It's yeah, it's also national security. Like, what national security let's say but it's a it's a, it's a disturbance to like when there's a health crisis, who's the first person to go down and who's the head and supposed to be the most knowledgeable person prepared to handle such a crisis? The person who's got comorbidity is probably not the person to handle such an emergency, because they're the first one in hospital, or the first one that's getting locked up. The first one that's moved away from society to protect them, right. So it just seems like yeah, I could, I could probably go into that one a little bit. today. I just think it's a bit it's just hot and I'm not sometimes I'm like, in many regards, and like, you know, listen to the attachment and just be like, not my circus, not my monkeys. Anyway. Gotta have too many regards.



James Geering 49:53

That I love that phrase. If you want to change the world, start at home. That's it. If we all did that we truly change the world. You Now you start being kinda compassionate at home, you start, you know what moving with your kids changing the way you eat, you would change the world, it will be amazing. But as long as we point at some political building expecting them to change your country, you're missing the point.



50:15

Yeah, I think that I think what's missing is that like, healthy, masculine energy at home, and it could be the mother or father, if it's a single mother, she's usually steps off into that, that healthy, masculine kind of energy. That's some of those those leadership qualities, right. And I think it really stems from that in the in the household, right, like setting that standard. And I think we've killed that so much that people are expecting the government to be that masculinity, of leadership and a few other things, and to educate their kids to solve their health problems, solve all their problems and take care of them. Right. People have learned just to lean on government as Daddy. And I think that doesn't do anyone any. Any any real favors for the next generation? Not for anyone, it's like, because people are forgetting even how to make their bid. Right? Never been taught. So I think it is. I think I think yeah, that's all you can do, right? Is just have your own shit in order and hope that you lead by example, by doing so.



James Geering 51:27

Absolutely. Well, speaking of leading by example, you had this burning desire to be in the military when you were young. I know you went through the Navy first and then found yourself with Australian SS selection. So talk to me about what physically and mentally gave you the

drive to succeed when so many people rang the bell in that selection process.



51:56

I, I'm 17 years old, at 16 I started a new 17 was the line to join the military. And at 16 years old, I started going to the for a run or swim every single day doing push ups sit ups, all these things that I knew that there would be criteria for testing. And I just, I had a pretty good resilience then I was getting up at like five or six and kind of riding to the pool. I mean, riding back on the zone is what I was what it was just kind of what I was doing, I was normalizing it. And I knew what I wanted to I already knew of the SAE s and the existence and all these things when I was a kid. And I'm like, well, if I'm going to do anything, I'm going to I'm going to be the best like if I you know the all the wall movies or whatever, if I'm going to do that I'm going to be the best one. And like the the best warrior I could possibly be sort of thing I'm like, also, those guys seem to live at the end of the war, by the way, like, employable part of the tribe. Yeah, seems like a key part. You know, like, you know, whatever movie you'd like to watch Achilles you like, you know, he died, but he gave it a good nudge. At least he stood a chance and most the battle, he wasn't one of the cannon fodder per se, which was a bit of a, you know, I guess the concern for the military. I I went into the Navy because my parents at the Simon in The Guardian at 17 to 18, I was still under the Navy was technically taking take responsibility to be the guardian. And I had this will of the gods for military future, and I knew what I wanted to do, but my mom wouldn't sign me in. Unless I did something of education family was pretty big on education. So it was like Alaric, electrical, electronics technician, electrical engineering, no problem I went is that and I'm like this, this would be a start point. And I'll go from there. I got in. And I finished the recruit school, which was a bit of a, you know, pretty hectic awakening for young seven year old kids only in 10 days, I joined. And I just man, I went for it. And I really didn't, I wasn't and then after that I wasn't interested in engineering, but I knew I had to do it because if they kick me out the army wouldn't take me. So I had to pass this impossible engineering course that I got thrown on which which has a highest standard of passing and studying things and then if I go into university for electrical engineering, so throw myself in the deep end, and technically don't even finish school. Like I just had the aptitude for it. Um, so it was like, you know, I was hell bent on that and but I started started training every day, intensely. Like every day from the day I left recruit school like I would I would be training and doing laps and running and swimming and swimming in overalls or cans or whatever we shoes on and then running in between in the cold and then coming back and going to the gym. Every day, probably too much. So I just had this, this burning pursuit of that. And I just kept training until eventually, in the Navy, I got, I'd written someone in there, the Special Forces Training Center. And I said, Look, I don't really have any of the army stuff to train with. And I'd been training, it was clear, I was training every day, anyone who was was watching. And I knew exactly what I wanted, I wanted to do. And I got hold of this military equipment through them. But they're all like, Can Lego, different bits and pieces I had no idea how it went together, don't show me anything, can see anything, can find how to put it together. So I just kind of kept it until it worked. And I had the wrong size boots. And then I started training on the Navy ships. And just pursuing this, and I'm talking like really intense training, like, lunchtime wouldn't be anything short of like, maybe 80 or 100 chin ups. Definitely, like maybe get 200 Push ups, it was just each lunch, as well as like the gym session, I was training twice a day, like maybe when I was on the ship was like morning night and and then I'd find myself doing three hour pack marches around the flight deck of the ship in Filipino sun with too much weight, because I knew if I were to train, everything would be fine. And you have over trained which became a problem, right? I knew that'd be fine. But I just had this relentless drive in me but because I come from a background of like, emotional numbness from the household. It made me really

physically known in many ways to be able to push through this. And I knew that it was such a vulnerability that if I opened up to that, it would shake me so I deliberately avoided any intimate relationships with any any women. It's not that I wouldn't like go out and drink and sleep with with girls, but I just wouldn't go into anything beyond that in any capacity that was interested in just because I knew it would compromise that that internal fortitude I have. It was like, you know, softening the wine, per se. And yeah, I just, and then I went from there. I did their entry test the entry test to the Special Forces from the Navy. No idea what I was doing, by the way, really I did but I didn't like I'd kind of worked out how to put the gear together. And I turned off and I did like first or second in pretty much every every area with all these army guys. infantry guys experienced dudes, because they just grossly over trained. Because I know what I was doing. I knew I had to compensate with the fact that I had to be smarter than everyone else. So I could cough whatever I didn't know. There was one thing there that was called like this Rundle jumps is kind of like an obstacle course I'd never even seen it before. So I knew I had to be so stupidly fit, that I could screw up parts of that deposit within the timeframe. No problem. Anyway, and I did this, this, this pursuit and I and then I went across to the army. And I got a hernia the start of my infantry course from overtraining. And I knew if I told me when they pull me off, so I didn't, and I were jockstrap st jockstrap for like 12 weeks in the field was fucking disgusting. It was white, it was pretty much black as sweat always. And every at the end of every day, I'd have a hernia the size of a golf ball throbbing and it was just like I remember showing guys the jockstrap you could smell and I've ever shown like shown guys the hernia and guys like one guy, like I got one guy to vomit and have been by the intercourse, just like showing him both the jock strap and this literally a golf ball jamming out from my groin. It was pretty it was pretty disgusting but it was like I just was willing to push through the pain got through got got this hernia repaired. did not understand that I overtrained and post surgery recovery. And I was supposed to to do a course right that would bring you up to speed to prepare me for a a special forces. Selection course. And I missed out on all the time others had in the battalion or the army. Because at this point, they transferred me the army from the Navy. And I get in and like I miss out on that, that cost and at that time, because I'm recovering and also I'm still recovering physiologically I haven't recovered enough. And I turned out my GED basically at the end of this special forces course it's like 40 days long. Few days shortly like enough enough experience to be here. And to be honest, I shouldn't have been there like I couldn't barely stay awake. I was in the locker at a physical level I've never had before just because I didn't understand you need to recover from surgery. But I just I took that hit I kept going I went to a battalion and infantry battalion, when pretty quickly, I was determined, right, and I could see that there was watching was very fucking obvious. That's all I wanted to do. So they very quickly gave me promotions to be in charge of teams and go into specialty groups like reconnaissance and whatnot. And then we'll focus on what the only one he won. And with a nudge of a dear friend, I'm like, fuck it, I'm just gonna go for a CES this year, and I just put in my application. And at this stage, when I got the battalion, I still hadn't learned not to mediate moderate exercise. So I stepped it up to five to seven times a day of training. Like I just knew, at this point, I'd learned that if I overtraining, I'm good to go, fine. But I just had this just kick her knee that was just willing to just like do it or die trying. Like you, I gave it a I gave it a good nudge. And then that sort of brought me up to selection. I injured myself before selection, actually, that eight weeks. If I had an injured myself, I don't think I want to go through it forced did my lower back through deadlifts. And as a result of that, I couldn't do lower upper body and are basically eight weeks of rest. And it was the best thing that ever happened to me. I had to stop and learn how to



1:01:32

nap. I didn't even know how to nap. Like when I was going for the school inventory on the weekend, I'd be drinking and socializing. I'd be sleeping an hour or two night because we haven't so much fun. And that wasn't just a one off that was always a normalized, it's been like, you'll be fine, I'll be tired and push her. But I hadn't realized the long term physical physiological ramifications of that. So that I had this sheer will of the gods in my my heart, my soul, my mind that the starting to do the old top down was right and checks my body might not be able to catch cash.

J

James Geering 1:02:11

We talked about the body being numb. I think I've heard that several times now. And it's exactly that through elements of someone's early life. There's a physical and or mental numbness where they it was almost like they didn't acknowledge the pain. They knew it was there. But that that kind of anesthetic to the acuteness of pain that other people were feeling was kicking in to the point where some of them even said, Yeah, selection wasn't even that bad. Because of that element. Yeah.

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1:02:43

Yeah. Yep. 100%. It was like, our selection was pretty, pretty brutal. I'm good. I'm not gonna lie, that every year, a different instructor would take it. And it was becoming a decommissioned competition. And the unit, like after Lz, like, alright, we need to rein this back in. It's getting a little bit

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too much. thought too much, I guess you could say it was it was pretty, it was pretty out there.

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And we, we one thing that I've learned about the guys that are in that unit, the toughness that I don't know if anyone's studied or not, but when I bring it up, it seems to be pretty damn obvious to people is why else would somebody put themselves through such hell? And how can they be so numb as to put themselves through such hell and willing to die doing it? If they're, other than to make themselves impossibly hard to kill, and be good enough for themselves? Like, it's like, you know, you'll never be good enough, right? If they hadn't been through some sort of childhood situation, where they were extremely vulnerable, and not protected. You know, and I probably go through most of the combat cause, I would say, but I think the guys that I went through within the unit, they weren't the fittest. They wanted it more than everyone else. And I just now as I do more of like, indigenous medicines and stuff, but probably understand more about myself. And then it kind of became pretty damn obvious about probably about the rest of the guys, right? Where there was maybe a physical abuse, physical vulnerability I can actually take as your child or a mental or emotional or sexual or who knows right. And I reckon a lot of these kids a lot of these guys had pretty vulnerable childhoods in some regard, right? As to just be that Nam and be able to take like, like those guys at the selection with you have to kill them. for them to stop. I've never met a tougher group of dudes

who have been literally taken through hell. And then, unlike any other selection, they decided to then throw 96 hours of resistance to interrogation at the end of hours, to the last six days without food and food and sleep, and you kind of like doing two marathons a day, and then there's some leadership stuff involved in that with some ridiculous weights and, and, and tests and then kept up all night being harassed. And it kind of goes on for like six days of that, and then that usually in selection, and then they take whichever guys haven't quit or haven't been removed, and then they select the ones that they want from those. Well, that didn't stop for us in the 23 days, they then threw us into 96 hours of resistance to interrogation, which is another four days of no sleep and no food. I believe they are in the line with the Geneva Convention. They gave us like two pieces of bread or something like that at one stage in the interrogation. And actually, they did give us one meal, a token meal that they give everyone on the selection, which was like the second last day where they bought out this greens slot do have undercooked brains that had been left out to be riddled with maggots before they decided to cook it. And then they wanted to undercook it so it was hard to eat. So it didn't have a taste. Or it was it was like it wasn't a kind of meat you could chew properly. So you had to be very aware, you're chewing brains and maggots. And it was so undercooked it gave everyone off piste and will vomit and or both. So they really put us through the paces. And I look back down on what I just remember at the end of it. I'm like, the only people that hear at the end are the people that truly truly, truly one of the bay there. And were willing to die doing it. It was startling. Yeah, that that course is actually under investigation Australia's moment for torture. And to understand how, how intense it went? Like it's like, okay, yeah, they definitely crossed a whole bunch of lines there. And, and yeah, I just learning about the guys, right? Like, the body and the mind are so connected, that completely numb, just like a numb, you know, like, like, like, just to be able to just you your mind is basically got to a point where you're able to numb the entire body out. Whereas others, the fittest guys, all these people are feeling it, like actually feeling it. Whereas the other guys, the guys who got through, it really wanted to be there. They'd already been pros by this bar for a lifetime ahead of numbing themselves. Right? Like a head start on it.

 James Geering 1:07:58

Well, getting into the deployment, so we obviously want to get to transition and you know, all the things that we're going to talk about then. But there's one thing I asked everyone who was deployed into combat. And the reason I do as we kind of touched on a little earlier, the average civilian gets a very polarized view of war through their screens, either a very pro war in a stalking bodies approach or a very anti war baby killers approach. And in the middle are the men and women arguably the children that we send overseas with our flag on the shoulder to fight for our country. So regardless of the politics that sent you there, was there a moment where you found yourself deployed in a combat zone where maybe you witnessed some atrocities and you realize there were some some horrible people that did need to be addressed?

 1:08:51

Yeah, for sure. I almost got sent to I guess, stay Iraq. It was talked about that at some point there. And the guys that went to that geographic location, have for sure we're seeing some shit. Like it was normal for dudes to have spikes on the front of their cars, ISIS heads and it's leaving them there. Like they were that you were definitely aware that there was some shit

going on for those guys. Taliban was a little bit was definitely a little bit different. Right? Like child molestation was a thing of that the culture of that part of that country has a seeming a culture of passion. And I'm not gonna say it's the whole culture of MSA. It was pretty, pretty damn common there for that, but it was common on both sides, right. And there was some, like, it's hard to look back on it at this point. and be like, yeah, these guys are kind of defending their homeland. So we're the place and they were kind of killing each other. And they were like the poorest of the poor. And it was, in many regards. In many regards, it was like seeing we're dealing with some pretty shit people for sure. Like bomb makers, and all this sort of stuff. And then shameless about who they bombed, and who they killed and who else died in the process, or kids or whatever, right? Like, that was pretty. That was for sure. Pretty, pretty common. But to be honest, I can say that out of the whole thing, I think, though, worst of it was like, so caught up in in between, and it's so fucking hard, because the Taliban were civilians to that decided to intimately pick up a rifle and be Taliban when it suited them really fucking hard. But like the some of the stuff that sits with me is like, the, the child, like the suffering of children. I think, in that, in that in that war, and the ruthlessness of the of the Taliban in many ways, with everyone that they just didn't have to play by the rules. And maybe towards the end of the war, I think they, they realize they're like, right, it's kind of a game of Hearts and Minds, Like, do you think these Americans are going to stay forever? So, you know, maybe we should start signing with the Taliban. And I do think that maybe you know, maybe in the end, the Taliban probably softened to that a bit, realizing that they needed to maybe hold this country once the American left, and they took it, which they did, the writing was kind of on the wall. But I think initially like you know, they didn't give a fuck, he was pretty ruthless behavior. And didn't give a fuck, who got killed in the process for the Western soldiers, was really a lot of fighting with one hand behind your back in many ways, a fucking both ends, and you had the guys on your side of the wire, the lawyers, people who had no concept of warfare, you had those people trying to keep an arm tied behind your back. And then outside the wire with the civilian population, you had the other hand tied behind your back. And it was really a pretty nightmare environment, to try to be like to try to, you know, make those making those decisions and removing the Taliban off the battlefield, which we did pretty damn good, by the way, but in answer to your question, I honestly think it's like



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the Taliban were pretty fucked up people. But in the end, it actually got pretty hard to like, to not just accept the whole situation for absolutely fucking everyone is pretty good. Damn, fucked up.



1:13:21

Like there was a very half assed approach, obviously, towards the end of the conflict in the work of that conflict, right, like a very hop off from from, from strategy, political strategy down. And it was just a war of attrition. And, you know, there there wouldn't be Yeah, it just wouldn't be one soldier. That's, that's that wasn't affected or completely civilian, like God knows what those civilians think is normal now, and they're under the role of the Taliban and let that be self evident of how the Taliban are treating treating women or minorities. Like as I'd like to say that Delavan were pretty shady, but I saw some things in the civilians and the way that they treated their women and stuff. It's not fucking red hot, neither, you know. So yeah, it's a really it's a bit of a tough it's a tough fucking question in many regards.

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James Geering 1:14:16

Well, I think that's why this is what we need to hear, you know what I mean? Like I said, you get the glory, you know, chsp in American flag videos from one side, and then you get the, you know, if you want to go back to Vietnam, the spitting on soldiers from the other side, and in the middle of these, these stories, these perspectives are what we ask our men and women to do. The other side that we hardly ever hear is kindness and compassion. So again, right now, Russia, the entire country of Russia is the enemy. If you look at the news, when obviously there's a lot of Russian people that are being oppressed, and it's the minority that are actually deciding to go into a different country. So talk to me about kindness and compassion in a combat zone. What you witnessed on that side

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I I've no matter what Western soldier the way we treat dogs, I can always tell the culture pretty well, by the way, they treat dogs as a huge indication to me. And then the next one is the way they they treat women. You know, it's like, if they really love dogs and like, right, they're pretty good people like Brazilians. I'm like, Yeah, you're you adore children, you adore your door, dogs and there ain't no way in hell you can get away with like, going gone, treating women that you just wouldn't get far. And then there's obviously scaled up and that will in Afghan I saw a lot of ill treated ill treated women and kids in many ways, pretty well neglected, shawl children, scenarios that I think are the ones that leave the scars for the soldiers. Because you kind of get caught up with the adults being adults, right. But the suffering of the children in regards like, Oh, I'm going to a good one with a child that I live with me forever. And I don't think there's enough indigenous medicine or anything that could ever shake that one. And then sometimes you'll have a glimpse, guys, when they're having a drink or whatever, and they'll have a little crack in the armor. And they might talk about their own experience where you know, I know positive, one of my best mates basically saved save the kid

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from bleeding out. And I know one of them guys like because the Taliban are a civilian and will go into their bloody homes. They get killed, killed, killed right in front of this. Kids, kids screaming, I one of my buddies is like, well, this to me is like, every time I hear my baby, or toddler cry, I get the sound of that kid crying for the father I killed. He's like I sent shivers down my spine. And I think it's just the that's the part that is like, left with everyone right is like, I think everyone's is trying to do the right thing. But really, adults can be adults for the kids that got caught up in it. Whether you help the kid save the kid or or like you know, injured the consequences of the war and the kids involved in it. It's like think that's the shit that sort of that does linger the most and I'd like to say in many regards that there's a brighter future for him, but what does it look like now with the Taliban? This kind of just left that to be an absolute fucking circus. So, you know, one of the guys many of the guys you know, especially the guys who lost their sons and soldiers and daughters or whatnot in the war pretty hard for that family to look at that now I I'd say and just be like, What the fuck was that for? Like the government didn't even fucking try evidently, to put up a to even make it look like it was a slow transition out of the Taliban actually got it. They literally just stopped care to such a degree that the Taliban across the desert, it wasn't Vietnam and the jungle, Vietcong building tunnels and shit

and, and moving by night hidden, pretty open terrain, convoys, tanks and stuff, is walk into the Capitol and take it. So I'd like to say that they even gave a fuck, but I guess that was pretty self evident by their actions that they didn't. So I feel like I don't know. I don't really know how to feel at the end of that one, to be honest. And it's something that I've there wasn't many guys that bought that or that when they watched that on the television weren't, didn't fucking lose it in some way or another. You know, like, you kind of realize it was a moment where everyone was really stressed. And antsy random guys just sort of breaking down or getting furious. Whether it be online or on a phone call or in their life or their family life or whatever it was just it was it was pretty evident disrespect to them as well. Right? Anyway, I'm like, I'd like to try to find the silver lining in this to give you an answer. And I'm just not sure that bucket is and you know, and then yeah, which is an answer and then the other one I've got my my brother and back in Australia on the unit. The guys are on the point is then that we're constantly used and work to death to an up to like maybe 15 to capture deployments across several theaters. Grossly overused waivers signed without them even aware of it even to redeploy consistently without any decompression, or downtime back into combat. And I'm gonna make some pretty shitty decisions. Now getting every one of them slowly disseminated by a fucking quarter. At the pace of, you know, Bob, we've got all the time in the world to go through this, that there is like the next level of send me back to Vietnam, I guess spat on, for days, I try to match, give me that, take that fucking, I take that every day, every state of the country can spit on me. He just let my fucking brethren go home. Because I thought right now they haven't left the fucking war. Just imagine just having dealing with that shit. For an infinite period of time, because there's no time calculus, they're just they get dragged through the mud where they go through every single scenario, and incident and rough decision making. And that could go on for another 20 years. And it doesn't just affect one of the dozens defect the guy under under an under examination by, by whatever legal authorities in the civilian court. It affects like every single guy who ever fought in that war, they didn't get to go home and get to it, they didn't even get to get their march that they returned home so they can go back to the civilian world and try to make whatever the rest of their lives they just kind of kept in making it off awfully fucking hard to see any silver lining for a very ungrateful nation.

J James Geering 1:21:46

Organizational betrayal is one of the biggest elephants in the room when it comes to mental health and suicide, the number of people that I know I mean, there are there are a multitude of compounding elements. Childhood Trauma, which we've spent a lot of time on is huge. You know, I think it's one of the least discussed as well, because what happened to us before we put the uniform on our neck, you know, you're you're going through this because you saw that kid in Afghanistan. And while you're totally ignoring, well, this happened when you were eight, and nine or 10, etc. But the other thing is you put on that uniform, you have an Australian British American flag on your shoulder, you fight for a suppose admission, and then you come home. And then you're told actually, you were wrong. Actually, you didn't do the mission properly. So now that very organization that you fought for, that you're a part of is now betrayed you. So in ancient tribal, you know, elements, you basically got thrown out the tribe, and now you're in the middle of the Serengeti on your own. So this is I think, what is so dangerous about what we're doing? Don't me wrong, if there's a trustee, there's war crimes, it's a whole different thing. But I had John Gray, Amman, who was British shs back in the day he fought in the Falklands War. And same thing with the Northern Ireland conflicts, you know, again, you put these people into this nightmare scenario, you know, that the Irish people, the British soldiers, I mean, this this is horrible, vicious circle of violence, and things are gonna happen. And now, you know, decades later, they're hauling these men into court for you know,

basically defending themselves on the Irish streets, which, which in itself was was absolutely heartbreaking that in I consider myself, you know, all those two rocks in the middle of the Atlantic, Ireland, England, Scotland, Wales, those are all my people. So the fact that we even have lines drawn and, you know, Christians are killing Christians, because once a Catholic or once a Protestant, it's insanity, but you take these people that you sent to go do that thing, you ordered them to go, and they do their job, the way they were trained with the tools that they had. And then you haul them into court in outside of it and in a real atrocity that is going to lead to so many fucking overdoses and suicides and broken marriages, because that was that was the mission and then you came back and said, Oh, actually, no, you know, so this is breaks my heart when I hear this because it was selfless service, and then complete betrayal when they return home.



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The most people their fucking kids are on. It'll look back now and be like, fuck me. I look back and I'm like, miles 24 And I'll still somewhat even mature when I first went to Afghan found myself killing my first Taliban and 23 or 24 and that was pretty young. And then you repeatedly waiver these guys to be sent back again because it makes you look so good when they do such good work. That you're just they're just told that everything's almost a fucking nail in there. are a fucking hammer because they're only getting sent into Taliban compounds they've been tracking for days no weapons there are bombs there and shit constantly getting shot up there's no like we're doing a casual patrol nothing today like no we're flying in like a shout out on arriving probably get shut out when you're in there or we get ambushed several times can and then there was a point there where they're like oh yeah you know there's getting civilian casualties every now and then because of the insecurity of not so now you're going to be really limited limited not right so you can't really do a job and then you know someone comes up the idea of doing gay rights and then we do gay rights which was fun because we fucking loved it right we were the soldiers it was our job to fucking want to be there for the hunt because if we weren't you're on the wrong fucking team cuz like we're on the team survival here or on team got everyone's fucking back we're going into this there is no there is no room for anyone should have a fucking warrior out there when you're going to situations where you're pretty up against it every fucking day there's no there's no guys to spill in slots



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the whole thing is a bit of a complete fucking charade of perfect civility now to examine it all and yeah and I'm uh I'm in you know in many regards like okay people answer for their people answer for their their their crime if there's a if there's a crime there right but it damn well but over your fucking obvious one. And it better be wrapped up fucking soon because you were dragging the thought I didn't even know how many soldiers went to that war. But you're keeping them all in and for as long as you just play that on the news your this still got only infantry retains like I could have a dear friend of mine. Now many funerals of suicides, he goes home goes to every year. The essays are the guys pretty damn resilient. And I probably got one of them doesn't succeed. Because of that the man opened a floodgate and we were not prepared for but I know the infantry battalions are doing a fucking tough. There's some guys out there that are just I wrote my buddy, every now and then. And, and some reason I get I had more than one occasion, maybe three of them that I've written him occasionally. And he's at a funeral for a mate of his that's committed suicide. I can like how many of these you fucking

attending a year. It's like, it's, it goes, it's all pretty often I don't want to take a phone call from my fucking guys that I serve with you guys, as they call me. I don't want to fucking take it. And keeping this in the media in the news, it's like, draw a line in the fucking sand. Here's what seems obvious and what seems fair and what seems necessary. And just get it done. I can do it. Because you're just be keeping an entire generation in the wall still, and they deserve to go fucking home. And this is the shit that it's like, I think America actually I remember seeing a presidential order or something like that. It's like after certain period of time that copy, they basically can't be looked into, like, if you haven't decided to fucking open the case, before this period of time, then you've missed your fucking window. Let these guys move on. Because imagine if this should still go on in 2030 years, especially when everyone's hell bent on picking a wall with fucking China and Russia. Picking a wall that they won't fight by the way. Someone else? Like, you know, and I don't know how much longer it'll just be the Ukrainian and Russian kids killing each other. And when it's everyone else's kids getting thrown into it carefully the fuck you vote for. Because at the end of the day, those guys there you know, there'll be this next generation still in the fucking courtroom. It'll be the next war. And then we wonder why they can't get guys to go fight it.

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James Geering 1:29:05

Absolutely, absolutely. And this is the thing. I mean, I had someone come on recently, and I've quoted this a few times because it was profound. America specifically, we are the poster child for democracy. But as we have touched on, you know, you look at our mental health crisis. You look at our children being murdered in the schools, you look at the obesity epidemic, and you look at the way that we left the Vietnamese. And then we left the Afghani people. And you could argue Iraq as well. When you're selling that product, people are gonna be like, Yeah, about that. And it's the same with the service, whether it's trying to foster allies when we left all those people that helps us to, you know, the hands of the Taliban, or whether it's our next generation of young men and women that are you know, going to be protecting this nation. It's the same with with with police, you know, if you're just going to drop Agame through the mud over and over again Don't be surprised one day where there's no one's signing up anymore and now you're crying and smoking breaking into your house

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is like grossly overused hammer is going out and only interacting with people who have broken the law that are technically criminals almost entirely throughout your day. At what point did we not think there were going to be fucking hammers and think everything's a nail? Like where is there any logic outside of that? You know, like, literally you've you've taught them only to interact with nails so they become a habit they become a hammer eventually. And then like it's by the sheer will of the gods they either break or they fuck up in the line of duty because they're grossly overstressed overworked and everything to fucking everything to now. And again, they're pretty young guys out there on the beat to undertrained decisions in under trying Holy shit. Like I remember the police in Australia be lucky, they had an a4 piece of paper at five meters with a fucking pistol. Like To be honest, it wasn't till I start using a pistol in the in the really heavily in the in the in the unit that I'm like, oh, fuck, holy shit, it actually takes a bit of time you've been stuck and incompetent to hit the a four. And then more the point confidently hit it multiple times, when you're combat shooting, like pretty quick right drawing and shooting. And then to be able to hit that further distance and stuff. It's absolutely not like the movies in

any fucking capacity. And it's almost, it's almost near impossible because as your heart rate goes up, you're gross. You're gross motor skills, and the only thing that you really hang on to your fine motor skills go and your complex motor skills of a combination of the two. As you get that tunnel vision and stress with that moment, you don't get those fine motor skills that allow you to pull that trigger so perfectly. You've got other decisions involved in this like who's on the other side of the target who's close to his target? What is the environment is his target still a threat is a threat now the threat by the time I pull the trigger? What's going to happen to me post this, you know, what does this mean? For me my income, my family, my security, my gonna be on fucking scene in my gone to jail. A lot of decisions going through the head in that in that, that I stress a moment, let alone where their ability to even hit the fucking target. And then you get placed the die before they even make the decision, undertrained. And then they hesitate to pull the trigger, because of the consequences, because they're damned if they do and they damned if they don't. Fact either way.

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James Geering 1:32:33

Absolutely. And I've heard that from you know, so many people on the show, and there were some amazing agencies that do it right. But sadly, they're, they're the anomalies, I believe they really are because we just don't give these men and women that support. And even as we touched on with your training for the SES, the rest and recovery, you know, they need to be able to recover, they need to be able to get as close to baseline between shifts, and the fire service in America is absolutely fucking horrendous, which is literally working our men and women into the ground.

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And that's that that's the system there, right? The system is I work you. I don't have any down maintenance schedule, I work you into your break. And then I have the next our reinforcement. Personnel take your spot in your career. And that's that's why I that's one of the things about that, that the foundation that I launched for Regenerative medicines, those things can be used as preventative medicine, Christ and thank God that the psychedelics are starting to come through the system. Because those they're regenerative to the mind and the soul. And actually like being able to process what you've done and what you've been through and find a rational level in connection with the world again, so that maybe you might not be such a hammer. When the time comes to make decisions, you might be able to use a bit more natural fluid judgment and maybe some more compassionate from Guinea in this situation, obviously, scenario dependent where it might not escalate or it might go another way I don't I don't know. But it's like the rest is so fucking important. It's what I it's what I failed at I saw basically three killed capture deployments within two years in Afghan and I and four and then the rest period between I spent about two thirds of the rest period learning two new extremely intense courses, one of them being JTAG, which is basically coordinating aircraft deconfliction of the airspace on the battlefield which means that you don't get the glory of the bomb dropping, but you inherit all the consequences should that be fucked up. And unlike everyone else on top of the hill, next gen you're in the thick of it and then added the Dog course where are we had a special operations Combat Assault dog and that would have to do everything with me. You know, roping, helicopters, skydiving ships, fucking whatever it was, he was with me as well as the training responsibility to him because he was going to training better than me, there's gonna be more diligent men taking him in. And, like, who's gonna watch who's going to train

him to the standard, they need him out to protect the rest of the pack. And I got almost no time off. And I, I knew what it was, I didn't need it. In a sense, I was fine. Until I wasn't until I had a complete unraveling, physiologically and mentally. And it just kept fucking going. And going until it just got to breaking point. And yeah, and then I'm sure there's another reinforcement to take my position, which I'm kind of glad because it's like, you know, in the fire department, I'm sure it's like when you can't do anymore. Thank fuck, there's some young buck ready to come through to watch the backs and help the guys that are starting to get on a bit. That might be you know, might have a few injuries, they're managing and whatnot, you're kind of grateful for that, right. But at the same time, the senior guys, if they'd had some sort of regenerative medicine along the way, regenerative Mental Health Program, or something along the way, and some downtime to ensure, like plant maintenance, you don't have I worked in electrical engineering for the shipping, right? So I had like plant maintenance, that wasn't waiting until I got to stress and broken point. For all the complex weapon systems, the radar, the sooner or whatnot, you have a for all complex machinery, but they have really none. For the fucking the people, you know, and if they'd had that, they might have been able to get another 510 years out of the senior guys. And then they don't have to worry about things like retention. I didn't have to worry about skill loss, and so on, these guys are immensely more valuable, the more time that served me to have fucking any of it, and no one seems to be interested in having it and changing the system. Right?

 James Geering 1:37:06

Well, you mentioned the unraveling. So I'd love to kind of start there walk you through, you know where it took you. And then your transition out in pursuit of solutions for the things that you were dealing with?

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Yeah. So yeah, I can I can give a pretty good synopsis here on that. I. After the third deployment, I was aware, I wasn't resting even between the deployments in really any capacity, and even grappling with what? Now this is what I know, right? Looking back, or respectively. I'm aware that I didn't spend any time or get any instruction on the processing of what I went through. And what I did what was becoming normal. And I'm aware, I wasn't getting any advice of counsel on how to actually rest in any capacity that might have been Rohan. And it seems like no one has ever learned anything from any other fucking war, or bother to even track maybe how that should be done. So I came back from my third deployment, and it's at this point, I was like, I'm actually pretty fucking tired. Like, I'm feeling it. It's not just not a I not sleep feeling. It's a like, deep core feeling of fatigue. And I'm like, I'm gonna, I'm gonna go to any arrest. Surprise, they stopped any time off and they're like, No, you got to do like for whatever weeks of complete counterterrorism anti terrorism training to prepare for domestic and foreign terrorist scenarios, and take over that responsibility for the for the next few months. Fuck me. So we went, we went straight from the Go deployment to do that. And that point there, it was, like, I was thought I was pretty beat, right? I'd really kicked the outside over the last few years of chasing war and training in between. And all right, I did it. But at the end of the like, I had the dog as well. So I was up earlier and also I was training the dog around the clock and I were doing all the all the operations and objectives and everything that we had to do and, and for the missions and, and it was just some compounding fatigue. And then one day, the last day, I remember walking, dropping the dog off and walking to the

car and I'd walked 80 meters and only had about another 80 meters or 80 yards out same measurement to walk and I just couldn't walk it. I was just so exhausted to the bones that I just started like, I'd like I can't walk to this. I can't walk to the car and fucking shattered. And it wasn't just a normal fatigue that I'd been approached pushing through by the way. Select Should you like this status? Yeah, that's this was something different. And that's when, you know, I'm like, I went to a doctor and he's like, Alright, you've got chronic fatigue. Like, okay, what I do is like that rest and like, it's pretty vague instruction, but no worries, I got used to doctor has given me a lot of diagnosis, and no real instruction on how to fix it, by the way, becomes the norm. Here's your, here's your, your label. Good luck out there. And anyway, so I took some time off. And I started noticing that time off that I started having anxiety for the first time, it started not being able to sit in cinemas sitting in the bedroom just shaking rock and stuff, it was getting weird, I did not know what's happening. kind of suck that up. And then I went back to start off to some months off and I you know, I tried to go back into the unit and I did and that was fine. And I kept overriding it distracting me for a while but then it started get to the point where I needed to getting sad and miserable and and certainly at the point where I was like the anxiety and the sadness or what depression was really great depression started creeping in a bit, and I couldn't meditate enough to really keep it in Bay and keep it in check. And I had a girlfriend and they're overseas for the first time and the emotions they're kind of really I think elevated the the process of this thing, right like it kind of came at me like a fucking train. And I ended up destroying that relationship entirely off the fact that I just seemed not interested because I was too busy trying to fight my internal battles, and the anxiety and everything but ignored to such a degree that I was starting to not even be able to operate in daily life. I couldn't remember things I couldn't keep concentrated anything more than maybe five or six seconds. Could remit to the memory, the brain fog, the ability to remain present in any fucking moment, I forget exactly what I'm doing when I'm doing it all the time. I and then it got to a point where I was pregnant chronolock 15 times a day and I didn't know why. I had no idea. Complete absolute circus. It was just a shit show. It was a proper show, I was driving to work, the three minute drive and I almost die or kill other people multiple times on the way it was it was it was a mess. I wasn't sleeping, couldn't sleep and sort of shaking in my sleep. Constantly waking up. If I did go to sleep, I was just trying to hold it together and hit it kept it hidden. Because eventually got to a point where I'm like, I can't even go to the range not because I'm worried about shooting myself worried about accidentally shooting someone else from losing concentration. What the hell I was doing. Like I could even orientate myself in a direction and go so bad. Like it's like I'm like I fried even put rounds in a gun here. Because I'm probably shoot my own leg shoot someone else. Like I just couldn't remember what my fingers were doing when I was doing she got really, really bad. So I didn't my job was to protect the brethren next to me not to jeopardize their life. And that's what got me through afghan. And that's what gets me through still today. For the purpose of it all anything that I can look back on is that I do it again for them for sure. And I wasn't able to do this and I had to walk into an office until commander one day and it was one of the emotional like emails are you breaking down crying 15 times a day but some of the most most emotionally disturbing things I had to do because at the same day I no longer part of this pack, I'd lost my identity and my career is knowing that I say that and that's game over. I've lost the main mission a purpose in this world. I can no longer protect the back of the people that brethren that I I love and I'm going through a lot a journey with I could no light and no one was going to do it better than me. And I couldn't do that anymore. And it took everything from me one day really and then they took me to another commander and at this point it was like I was so aware of so fucked I couldn't do it anymore. I was proper broken shattered mess of hiding this and they they took me there they're like from you know another commodity talking like Jesus Christ this kitschy. Let's get you home Walk and walk home and stay there until we work out what to do and they handle it like a crisis right through those medicines of like antidepressants and get me into like a pro. For

trauma, recovery, cool, so the hospital and all that stuff. And I went through that for three months. And that's what I call like really good trauma medicine at the psycho psychiatric show, I think psychiatric sort of trauma, like Sorry, triage medicine, the triage, they're like, alright, let's filter through who's a priority, whether they need inpatient, outpatient drugs, you know, drug counselor, or whatever. And that's only good for a few months until you get to a stable point. And the same with the medicines we use to surgery and shoulder reconstruction and all these other things, that's only good for the point. They're not long term solutions, right. And I went through that, and that kind of brought me back from that Brink to a certain point, but definitely not near a fucking finish line. Jesus Christ. No. And that was, that was the mental part. Right? So according to the Body Keeps the Score. Everything's connected, right? They can basically predict the diseases and major diseases and chronic fatigue, fibromyalgia I got for my agenda as well, right. There's a stepping stone process to it, like for major trauma that if you like, if you go through women who go through a physical trauma, you know, and mental and emotional and sexual abuse are like 99 point, whatever percent certainty to get PTSD. And if that's unchecked, and untreated, it turns into chronic fatigue. Next step is Peralta next step is autoimmunity. Next step is major chronic diseases. But then it's it's Blinken. And it's brink, it's pretty. It's pretty standard. So I guess the point of the fibromyalgia and then got the mental health stuff, and the mental health stuff kind of got pretty well and checked pretty well. And check is just like, Alright, I'm probably not going to die from mental health today. Like that, that's what I consider, like in check, I don't like that's what I call triage, it gets to the point where let's stop the stop the bleeding, let's get to a state that this person is not going to die on the operating table. And they're pretty stable. And we don't need to plug into machines, right. But there's a whole bunch of surgeries and things and learning to walk and whatnot thereafter to completely rehabilitate a person which we're shooting at. And so I went through all this, and I am



1:47:17

yeah, I got to I got to a stage of, of getting out of the military. But just before I got out, and I was going to fill these doctors every other fucking day was like, my job is to see doctors in the cycle and whatnot. I started exhausting over me, that had kind of ramped up from where it was before the mental health stuff just like really ramped up and I'm like, I can't do this job and incapacity and I'm not going to be in an office not going to do this and like, I can't do this job to these guys, I cannot walk around with this shame here forever. So I, I left and I moved on. And I you know, got away from it all to get away from the military to get away from the the shame involved in helping out of be there anymore. And, and then, and then started trying to rest and move on with my life. And, and that's when the physical physiological injury started catching up. Really like I was in a war triage with myself between mental, physical, and then physiological. Physiological is what I call the fatigue, chronic fatigue. The the gut health, the the the autoimmunity, the fibromyalgia stuff, where you're intermittently healing for a while just kind of like, they don't even know if they just call that when they don't really know what to call when you intimately heal. And I'd had multiple viruses in my system, from random jungles. And I'd probably had lead poisoning from using Lead rounds to indoor ranges and eating, like I shoot my 1000s around every day, and load every one of them myself, lead tips on my hands covered black quite often and eat with those same hands. And it wasn't any counseling on that. I did that for years. So all these other shit like in their right, as well as the mental health causing predominantly, I'd say, you know, inflaming these injuries. And it got to a point where I just I was sick 10 months out of the year for the first year I was out, let's say sick. I mean, I was getting disease like bacterial infections, viral infections, once the other never truly recovered. And then the two months that I wasn't sick, it was like it was okay. But I was I was fatigued. And

then the next year it was less sicknesses but more the fatigue in between was like insufferable. And then the third year it started to come to a point where I was like, Holy fuck, I'm not surviving here, on black, I'm really maybe not doing well. And it got to a point where I was like, I'm pretty sure might be about to die like my eyes twitching, I'm filled with parasites got bright white dots or am eyes, my nervous system shut down a shake in my sleep permanently, no amount of sleeping drugs will keep me asleep. And it's not a mental health thing at this point, I knew the difference between depression, thickness, and just misery from circumstance. And it was like I'm, I'm really not well, and at this point, the military taught me everything just push through, shut up and just buck and get through shit. And that was really not serving me at this point. And doctors have really let me down immensely, and quit or just go on cold when they couldn't solve the problem immediately. I have one doctor car that actually that really did help. And he's like, You need to get out of altitude, you need to be in the sunlight every day, your immunity just isn't there. It's not a thing. And ended up serendipitously meeting someone to take a stab at stem cells. And it was expensive, relatively for someone who was just not able to work at this time while I'm trying not to die. But I was aware that I probably only had a few months, sort of left to leave somewhere in here. So I, I am I took upon myself to talk to their head of medicine. And I listen to a few podcasts and whatnot about stem cells. And I took anyway took upon. And I was getting pretty close, like aware of my significantly damaged health. Like how fucking bad it was, while I was going through the administration on my I actually I feel like I'm dying. I had full blown autoimmune at this time, right? Like I just wasn't feeling it all. Living existing was suffering. I regretted existing. It was like, I exist in the in the hope that one day just won't just be existing for the sake of existing. And the stem cells, I took it and the doctor was like, Look, if she gave me confidence, she was like, by yourself on the whole, this could take three months could take six months, I don't really know how long you've got left per se, because you're in a really bad way. And she's like in quite frankly. It's experimental medicine technically. And we, we can't guarantee anything for that. But I can tell you that I've never seen that success rate with every other patient that I've treated with your conditions. And I'm like, Well, I'm pretty sure I'm dying. So fuck it, let's do this. And I paid for it not to go through three sessions three months apart, of each and it I took the first one and I went down to Brazil. And at this point, I couldn't have phone conversations, then you want to interact with anyone socially, I didn't have the energy, spare energy for a phone call or a conversation with anyone unless there were a store clerk to buy water or something. And I barely could leave the home. And I was in the locker a really bad way. Probably at about two to three months left before there was telling I don't think it was gonna probably take my life there like not myself, like disease I just wasn't have done. And stem cells didn't work until about two and a half months, it was getting pretty dangerous, close to like, just breaking. And then all of a sudden, I started feeling good, feeling better, started healing. And then I was I've had the rug pulled on me before but I was very nervous. And then I kept getting better. And I kept getting better every day. I'd catch myself smiling. And then I'd be like, or let's get on with the rope pool from underneath me. So get hopeful just yet. And then I go better again. The next to the next treatment, it was even more complex and more double the cells. This one was time went into the brain to the spinal canal. Here's the blood brain barrier to get rid of all the inflammation, the brain and all the TBI damage and all these things, as well as through the system through an IV, that's probably gonna have to talk about like stem cells are basically unidentified cells that enter the body and or you create them in your body. And they're basically unprogrammed cells. So they come in and they're like, Alright, where's it damaged or missing cell and they become that cell. So they're like, on designated cells. And so going into your spinal canal into your brain. Pretty great shit. Got rid of a whole bunch of brain fog and mental problems and a lot of just lingering problems from inflammation, like not all the fog, but most of it. And it was enough for me to have a quality of life again. After that second round, I started being able to live again instead of being happy, so enjoying some of the fruits of life and just and then I even had a

third round and I was so grateful to do that. I went through on a fucking journey of near death. But once I'd done that, it was like, right, and it's triage of the physical health and I keep seeming to get better. So I guess now's the time to work on the mental and, and the soul level. And that's when Jesse gold had really set me on a path to the psychedelic stuff with Ayahuasca, and I don't half off puking anything. So I'm like, let's do this. There's a lot of shit here that's been really going to the wayside for the last several years while trying not to die. And I went in, and I found some of the most beautiful experiences in life altering things for the better than before I went in, before I had the mental health and physical health calamity. That color that, you know, I could talk chapters on that I found, I opened my heart like I always thought that was an expression of Saturday, feeling like a person for the first time. I found love myself, for the first time, several months after that, the music the back, Joe Dispenza, his meditations and things as well, learning how to meditate essentially, but understanding the science behind it. So you know, I can get the West you've got to kind of understand the science taking seriously. It's really just call it quantum physics. And, and then that spiraled into understanding, appreciation for women, feminine energy, and then understanding sort of the appreciation of the for the men and the masculine energy.



1:57:06

And it's just really just that shapes my life as well. Between those two things between the stem cells, and then the, you know, the Shu regenerative medicine, right, and the stem cells have developed, by the way through r&d, over those years, since I've done a lot cheaper, not, you know, dirt cheap, they're still quite expensive, which is why to create the foundation, but they're much cheaper and even much more advanced in their technique there isn't for between that and the and the medicines holy shit about my back, still back from a pretty damn brink. Close the place it was it was bleak. Other than it was not looking good.



James Geering 1:57:54

You mentioned the Body Keeps the Score, I'm sure other people listening, are identifying with the symptoms. I mean, you know, the there's a phrase, I think it's, the body is the battleground for the war of the mind. And it is, you know, I mean, we talked about my I'm realizing there's an imbalance in my gut flora as we speak today, I've been having some bloating, which is really annoying when you got a six pack and like you're four months pregnant at the same time. But uh, you know, this, the, the fibromyalgia, the IBS, the, you know, I mean, all these things, the inflammation in the joints. This is the other side of the Mental Health conversation. So I think it's, it's very powerful to hear you say I wasn't there as far as suicide, but I was fucking dying physiologically. So with the stem cells with psychedelics, one of the things that's so heartbreaking is both of those areas, there's a huge amount of illegality in the US in Australia in the UK. Talk to me about, you know, where you ended up, having these therapies done? And then, you know, is there any element? Is there any kind of optimism on those very therapies being done in our countries? Or is it still something that people have to go overseas for?



1:59:08

Okay, so Jesse gold as heroic Health Foundation, right? And that's one of the key pillars I think, and offensive, you triage. Is your health terrible? Or is your soul and mental health terrible need to work out? Like, which one's the priority of treatment at this point, right? Because it

comes really hard to treat your solo mental health if you're physically dying. And that's the decision to make but if it's the other way around, then it depends where you start. So for me, the doing all the indigenous medicines are best done in the indigenous locations and close to the Amazon. You know, and if you're working in North American medicine, that's another story. But and I don't and it's obviously you know, do it where it's legal, because legal also usually will have, you know, you make your decisions or whatever and then you'll find that the place I'd go to in Colombia as a doctor The Doctor a doctor that's believes in the medicines and all that stuff and has some some Overwatch and oversight over that. And it's kind of like my temple there to be honest and thorough have been multiple times and really close to the owner and, and the shaman there is like the governor of the Amazon region in Colombia, he does really well respected. And I said that, like, I started with Jesse gold and did it with a bunch of other veterans in the jungle of Peru, in our retreat there. And that was very powerful in that and think God bless Jesse Gould, right? And I will propagate this information as much as I can as often as I can. Because it is some of the most beautiful, rewarding and healing shit that I've that I've ever, ever seen. And David, I'm also a firm believer in getting on with your fucking life. Like some people get caught up in the healing, Let's heal everything healing, I'm like, Yeah, well, yes. And also fuck that, because you've got a future, and your future better laid out your fucking day and get out of bed for it, right? Because if you sit in there and use dwelling on healing all the time, but the same time, shipmates sell and nowhere, if it doesn't have fucking styles that are orderly. So yes, so it's like, do take care of all that shit first, like, make your bed and then go out, make your house and then go out and try to run your neighborhood, right? Have your shit in order. So the indigenous medicines, I would say, go to where indigenous are and go to where his reputation and safety and you feel safer, if that's your choice. That's, that's on the back of you to go down that rabbit hole, it's yours. And Jesse Gould has plenty of information on Heroic hearts foundation, you can find the throw cardstock. org, you'll find all the information there, he leads that you find New York Times articles on him talking about it. And there is no shortage of information now about this. And the only people that are truly avoiding these sorts of spaces, now people are just deeply fucking scared to find out about themselves, you know, deeply scaling of every excuse in the world and validation for them to be fearful. And that's okay. But you know, I wouldn't fucking after fighting instruction and counsel for someone who has never even put boxing gloves on before it was too scary, you know, I stuck to your opinion mattered to me. So it's like, you know, just have that open, have that open mind. And even if I just plant plant, like a bit of the seed for the thought there and you didn't do what you need to do. And the other thing is start to become legal in the US as a start point, to do legal therapy with, I think MDMA and psilocybin. And I think that's a great place to start, like, he go there and you feel safe, you're in a clinical environment, it's legal, you've gone through the right channels, and creates that net that you need to feel safe to go through those therapies that are now that are now being legalized or legal in some states. And I think that's a great place to start there. And then the second one is themselves are fucking remarkable, right. And the sheer fact that they're not mainstream and legal in America is criminal and fucking insane. And which is what I'm trying to change, right? Jesse's got the psychedelic side, I'm trying to work through this site pretty aggressively to unapologetically. And in America, you can do injections local, but you can't do systemic. And I, this is the crazy thing I've got, there's so much clinical evidence on it. Every time I talk to a doctor or whatever, because I'm not, you know, I'm not going to talk for medical expertise here. Because I can't I'm not I'm not a doctor. in any capacity of this. There's enough clinical evidence, correlated evidence on this success. Every time someone, someone reaches out to a clinic or asked me to go, Hey, Nick, where could I go? Whatever, we're as good was trusted. I'm like, well, what's the conditions First, and they give me something obscure, and I'm like, Alright, I gotta be honest, every single fucking time they come back with like some clinical evidence of trials that says it's this percentage of percentages and like the 90s. High success, it always seems to move the

fucking needle. If it doesn't, it's probably been in someone's brain or not physical. It's not the gills, right. Doing it in the US is very limiting the number you can use of stem cells. And then obviously, abroad is in places like Mexico, Colombia. And Panama, Edison doctors, and people really leading the way in, there's plenty of institutes around now. And you can even get FDA certified stem cells that would otherwise be used in America, but because they're systemic, they have to be shipped to those countries and then American doctors administer them, they're fucking retarded. Probably means because of that and these processes and the limitations on all this and tiptoeing around and experimental you It's still very expensive, because it hasn't become like scaled like the T Mobile full install, right? Where it's becoming an economic version available to everyone. And I think that's bullshit, I'm not really willing to wait 10 years or so for my brethren to take these medicines. Commonly, because there's a measurable quantity of life quality of life here. And I'm trying to get it well, within five, say, five years or more at this becoming so fucking common in the Five Eyes community that that one of the dominoes will fall from the militaries of the VAs. And I will shame the others into into expediting this through their systems as well. And the way I'm doing that is I'm I'm raising funds. Now I've got all the systems and everything in place for the tax write off and based in the US to essentially get get enough. And I'm talking, I'm taking the guys at the top of the list broken because they move the needle. As far as data goes far better. This isn't something that people could reach out to me go hey, can you treat me it's like no, I can't too expensive to treat that you pay for. I need to treat the very comprehensively busted guys to move the needle the most and correlate the best data to get this data in front of congressmen parliamentarian senators whoever and get it forced down the fucking necks of the these members decision legal decision makers of the country whose job is to do to pass these things and expedite these things in the interest of soldiers and and servicemen and emergency services. And I think it's the I'm just going to correlate all that get into their hands and also get an answer the public and let them force it down their throat as well. And that's that's essentially what I'm trying to do. I'm trying to get the regenerative medicine on track because I think measuring everything by suicide bullshit. Where's the quality of life for the veteran who can't pick up his kid? You know, or TBI who can't drive a car. Because he's TBI because of his brain fog and his attention. He's just taking too many ideas to the to the brain. And not when there's medicines out there because veterans guys that can't afford it, you can't ask someone to drop their whole disability pension for a year. So using it with their family they're using they can't work because they're fucked when they can't throw it all at some treatment protocol down in Colombia or Mexico, whatever. It might even be more than that, to be honest, because a lot of the guys are so comprehensively busted, it won't be one treatment that does it successfully, it might be several be far more expensive than the average, average civilian. And yeah, that's that's essentially what I'm doing. That's the that's, that's why overseas has to be done at this point. Until America will start doing it locally when they start doing it locally. And so it'll be in the insurances. It'll be available to the civilian populace at a very cheap cost. And I hope they start using it as preventative medicine for everyone putting out fires before they become out of control. Right?

J

James Geering 2:08:26

Absolutely. Well, you talked about stem cells you talked about you know, your push, so tell me about warrior refit Foundation, who you know, who would be eligible, you touched on the most broken and a lot of people listening, I'm sure just want to support our veterans now they have transitioned out and now we are in pseudo peace times at the moment.

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So essentially, essentially, anger gonna, I'm gonna admit, I've got a few people on the shortlist, right, they're extremely fucked up, and ethically, they've got to be distanced from me, it's gonna it's gonna be like a scattergun approach. So that it's not like helping my mates. You know, it's got to be it would just shame but it's like, you know, to me, but it's like, it has to be done for ethical purposes like that, right? And it's got to be people that go through that are kind of on that list. Because I can't be seen here to dangle a carrot in front of people that I can't help. The cost is just too high. It's about getting you couldn't reach out to me and get on it. I will leave that completely entirely to doctors to make those decisions right and seek them because it's like, it'd be dangling a carrot in front of an infinite number of people that I just couldn't help. But as far as helping goes, you I've got the whole entire fucking cart ready. No, because I want to run a foundation. To be honest, it's not. It's like running, running an organization like that isn't something that that that really liked. The like, by itself mine my heart because I really have to deal with that many broken people it's not it's something that I really want to solve for 30 minutes but it's my fucking duty because I accidentally stumbled across this and went through it and know that no works know the power of African duty to new Men and brethren and everyone that I serve within an ordination so fought alongside over there by the way, American helicopter pilots came in every fucking time I didn't see a god demonstrating helicopter pilot once over there, they came in, dropped us off, the ship picked us up and the ship came in really jeopardize their career because we're told not to kind of owe it to these guys. And basically, I've got the entire cart ready to get this happening, and he just got approval of the 501 C three from the IRS, which means it's a tax write off the other day. So essentially, I'm, I need the horse, I need the money. I'm asking guys for money. And I don't care if it's \$1 \$2 \$3 Whatever, they don't give a shit missing from their bank account, go to the website, which is warrior refit.com and throw it throw it in there could be pocket change, it could 50 cents, give a shit Throw, throw whatever that will you can, because the quicker I get this done, the quicker it's available for fucking everyone. Just aggressively, ramming correlated Medical Doctor in front of the people who make decisions and in front of the public until they demand the shit. And essentially we can we can say five years of suffering. And we can work all the way back to Vietnam vets Christ at the salon, the career in World War Two that could work on them too. This isn't something that's like a compromised age.

 James Geering 2:11:41

I mean, that's that's raised the tempo a little bit as far as the optimism and the healing and you know the sake of your journey but as we round off firstly before I even get there correct me if I'm wrong, didn't you get another TBI from trying to defend a woman not too long ago?

 2:12:02

Oh yeah, yeah, I when I was recovering from a fucking a when I was recovering from the mental health stuff, actually, I didn't want to go I don't want to go social or anything but my best mate was having some marital issues and kind of pleaded with me. He's like, please come and have a drink with me. And let's the worst thing about That's right. You're it's like someone's in a hole that you're willing to go further and another hole to help them you help each other and you always you kind of keep pulling each other and back into the hole. And I had a few beers in the chat and then as I walked out of the bar to get maneuver, some guy struck some woman in the street and I walked up and tried to intervene. And then a third party come on we

call key here. Can you get me the side of my head from the rear left in a temple and I pretty much unconscious immediately as far as the homicide detectives watch the footage said and he said he's fun he goes if you'd if you'd spend 16 degrees more or less because you'd be dead or unconscious because your shoulder broke the fall miraculously goes and this is my journal because there's so much night balls in Australia knife night to like as a midnight violence in Australia. He goes they have homicide detectives dedicated to it could certainly kids die from just the corner starts a thing it's like a coward punching it's where you are killing it. So you throw all your weight to unsuspecting victim of the punch to the head and a guy yeah, it almost killed me. And so yeah, that was another unnecessary TBI in my life they came to an ambulance being rushed to hospital to understand what the fuck was going on because like bleeding out and again and again Yeah, I do it all again. The right thing to do.

J

James Geering 2:13:54

Well, we spoke before this is what's so sad is this is one of the scenarios what that deters people from stepping in, but this pendulum has swung so far that people seem to be afraid to step in at any time. They're more than happy to pull out their cell phone and record you get your ass kicked but they won't turn around to the crowd and say are we going to fucking stop this or are we just going to or watch so it's you know it's this kind of cowardice these King punches is King hits that we see you know in an England now we've got this fucking knife crisis and you know then there was that stabbing in France where that you know, psychotic man was killing chop stabbing children in a play park. what's your what's your take on that you literally were the victim of you know, a king hit. When you look at all the the inaction around the world and you just said you would do it again. Just kind of talk to me about that through your lens.

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2:14:52

Yeah, that's that's an interesting question because I think I'm I think we've killed healthy masculinity in society, right? I think we're doing a damn good job to try to crush it. There's no highlighting of it. It's only defaming. But there is a very healthy, masculine out there. And maybe we should be promoting that in some regards, right? Because there is a duty to protect those that it's our duty to protect. That can be someone who's just more vulnerable, right? Whether it's a young woman getting struck by her aggressive, violent partner, or it's a kid, well, you know, whatever it is, and I think that should be normalized. That, you know, anything necessary for the triumph of evil is for good men to do nothing, right. That I think there's power in numbers. You know, the wolf is not stronger than the pack. Like there was there was a good 20 people around watching me go into this with reproach this guy. And from the video footage, and the scenario, no one did fucking anything. None. Places like you will literally the only man who intervened. And that guy is not in his body and not going to try to do anything. If there's a pack stands up against him. And I think maybe, I think maybe then just rather than just shitting on masculinity all the time, there is a very healthy masculinity because that guy is a very damn well good example of unhealthy masculinity, aggressive, uncontrolled, beating women, beating people vulnerable, and I get that one people are scared off, right. But there is one out there and the majority of men, they step in and own that of doing the right fucking thing as men, and I don't just mean just men, to be honest. I know a lot. Like a lot of the women that serve in the combat calls are very masculine. Like they've taken a very heavy masculine approach to life, right? They're generally not the the free flowing, dancing in the fields feminine. They're the taken on that. So it doesn't have to be man or woman, but I believe it needs that healthy

masculine needs to be upheld again, regardless of the fucking consequences. You could have jailed me could have done whatever, if that turned out differently. And I do it again. And every time in my life where I've had a situation where there's a giant fucking conundrum or something like that. I always look back and ask myself, given all the circumstances I knew at that time. Would I have done that again? And if the answer is yes, and I'm like, I think it was pocket what the consequences were it was the right thing.

 James Geering 2:17:55

Yeah, well, I think this is the thing I just want to tell my little boy, Mr. Little is he's freaking almost my height now. But he's built like his dad, he's he's slimmer bill. He's going through high school at the moment. And you know, I hear some of the fucking assholes in the school, you know, the, the baseball players with their chaos mallets, you know that all they do is throw it, you know, a ball of the stick and somehow think that that's makes them the king of the world. But you know, some of the jeering that he gets from being skinny, being a runner or whatever. But I've always told him, Look, you know, if someone's being victimized, don't go waiting in there on your own, turn to the crowd, and say, Are you just gonna fucking stand here? Or are we actually going to do something and help? Because I think a lot of people are paralyzed by that moment. And the moment you can actually spur them into action, the same way as I mean, there's numerous, numerous videos of a car rolling on top of someone or someone getting stuck, you know, in a subway, between the subway train and a rail, the platform, excuse me, and some of these actually happen in Australia, you know, and then all of a sudden, one person goes up there and puts their back against it and tries to lift, and then the other people follow suit. So I think this is the issue. There's no fucking leadership in this country in the UK. I don't know about Australia, so I want to speak about them. The last one in New Zealand clearly did a 180. So we need the people to unify, we need the people to lead the vehicle just to assign a job. And I've had this as a firefighter and a paramedic. I've been on calls where my partner has just fucking lost his shirt or her shirt, there's a chicken with their head cut off. But the moment you grab them by the lapels and say, Look, I need you to do A, B and C, then they're back on track again. So this is the big thing. It's not about thinking that you're Chuck Norris wading in there with your twosies it's about like you said, corralling that group so that you can out force whatever is going on in front of you.

 2:19:51

Yeah, yeah. There's a there's a I think there's going back to I think there's a lack of that is encouragement in defending that in many ways, right? Because it's like, whatever we're doing, we're doing it fucking wrong. And I don't think it's going in a better direction, per se, or Australia's election is a circus as well, by the way, it seems to be running in the first world of the British Empire pretty, pretty heavily. And I think it's like we're, you know, that there might be too many, just too much avoidance of like, really, like politicians really avoid having the hard talks or really avoid any real change or anything. Everyone's like self preservation orientated right, rather than the preservation of the community. Yeah, I think I think we've really done a lot of damage to a lot of that necessary, healthy, sort of masculine behavior. I think, in the last, in the last 20 years, at least draw it, there's been a bit of a change. I don't know if it's too far gone. But I think it's, it's Daemul. Then when necessary, at this point, you know, like, I think there's just I don't know what kids seeing schools and what they think is normal now in the way that they respond to these things and respond to these situations. And maybe they feel

powerless. And then those kids are gonna grow up to adults. And then those adults aren't going to act. And I think that has probably very global strategic level consequences, to be honest. Yeah,

J James Geering 2:21:56

absolutely. Well, speaking of the term toxic masculinity, I think where there is truth is kind of like, as you said, the one that sucker punched you on the street, the one that was slapping around a woman, that's clearly toxic masculinity, buying into that two dimensional facade of you know, the emotionless man that you know, slaps a woman for example. But the Yin Yang that is a man or a woman is soft and hard, you know, walk softly carry a big stick. One of the, the areas that I've really leaned into now and I'm doing a second one is writing I wrote a book about three years ago now I'm writing a fiction. Oh, yeah. And that is where I'm kind of pouring my creativity that I didn't even think I had at all zero years and years ago I went through drama school now I am absolutely fucking horrible actor but it led me to the world of stunts, which was the physicality the martial arts that was kind of where I seem to do well talk to me about your new kind of creative path in acting and comedy.

i 2:23:02

Yeah, i i When I was a kid I loved as I said, I loved all things war, like war films and whatnot, right? Loved it and the two of them together. And then by chance when I was in high school, I went into the acting classes just to lock and I was like, I was pretty good at it and I enjoyed it right it kind of ignited my soul was the only ever artistic thing that I ever enjoyed that I really had a flair or passion for that didn't really need to think or remember or it just kind of came naturally. Kind of like the history in the wars and and that I was talking about. And now I am I started working with this this group, right of community for men and promoting a healthy like a really healthy masculine and through doing that and the community of the rising tide lifting all ships it's kind of helps guys orientate themselves and approach their fears and where they should be and what they should be doing and kind of getting them onto a purpose or a mission right. And when I went through that because it's like well, I can't work in this space if I haven't been through this program and involve myself and I got to the end of it I realized that I'm like, I found in myself that I was missing a huge artistic creation point and myself and I always be bearing this forever. This this this interest for art I love writing like yourself, but the art that I was always just had a flair for was was the acting stuff. So rather than just sitting on it and hiding, and one day you know or when I do this, I'll do that do that or when I you know the when I buck that just all in, follow your heart. You know, whatever you think the bread crumbs are God. And I started doing some really intense zero hop off dining and private classes of acting. And I get it, like, I love the emotional scenes in the listing because I've been through so much random shit of every level that acting is kind of like, there's two layers to it, right? There's, there's the acting, you say how the bad actor, it's because there's like, they're trying to pretend and act per se. The other one is when they can, they find such deep empathy of the character in that position, and understanding the character and what their character might have been through through their life, whatever it would be in those circumstances and what they're feeling in that high stress environment or whatever it is that you're able to express certain sort of a fictional scenario, to the point where people buy in, because they bind the fact that you've bought in, like, fuck, you know, like, and you can, it's not many, there's many great actors, were you like Matthew McConaughey, or whatever we like, these latest stuff, we

like Holy fuck, like, what part of him doesn't think he's actually in that scenario. And that's what I love about the art. And that's the journey I've found myself in at the moment in the pursuit of cultivating that art. And I, that's, that's, that's the third thing that I think is missing that I mentioned. When veterans do this healing, physiologically, mentally soul, it's all one giant, complex thing that's like kind of two realms there that I've always said is really powerful for, for veterans and their orientation. But the third, I think, the third is, is redefining the path of their life and the journey, and something bigger than them, and presuming self actualization. And don't know how they do it, necessarily. We do it with like a community of men, where they all lift each other up and learn from each other and go through like an instructional program to start conquering little fears and working to meeting fears, the bigger fears and finding that healthy masculinity and restoring their family and having uncomfortable conversations and getting rid of all that shit that's weighed you down that you've ignored through the years Right? Like some of that low level healing and some of that growing to the point where you can start getting through all the nonsense nothing that's holding you back and then finding a mission that's worthy of you and your future because all the healing is great, as I said about the ship the ship's great once it's got sales and everything but if you put in a fucking port or somewhere else to sell to ships basically useless. It's just gonna fucking right gonna repeat maintenance gotta do fucking nothing. And you know, as you've heard that saying, it's like there's more ships were built for. So it's like it's about getting them orientated on sight that ignites their soul again, especially veteran servicemen. Emergency services, like once you've had a mission in your life, the curse is that you know what a fucking mission looks like, at a park. You know what it's like being on that fucking popper every day is bigger than you it's fucking powerful it ignites your soul you want to get out of bed you know what your journey and your purpose here in this world is. And when guys like I did have that pulled from underneath you and one day where you lose your your you lose your orientation in life, your mission, your purpose, your reason to exist, French call it your you lose your identity and lose who you are. And they a lot of depression losses is like, Oh, am I ever getting this back? Again, and they finding that is the challenge. And that's what I'm trying to really work on, presently is finding a way to give that community with with through the cultivation of work with other men. And what I did, I went through it, and I lit I dug up everything else. So there was nothing else to look at. than in the depths of myself the acting that I'd been fucking ignoring into cowardice to confront for a long time. And now that's the journey on one. I'm going balls out like everything else I've ever done, thrown everything at it. And it's even if it takes 30 years. The cool thing about art. It's knit up, there's no finished product. You just keep fucking creating going. And I'm really loving that creative, artistic side of myself that I'd never seen before. are never given never given it Breck.

J

James Geering 2:30:03

Well, that sense of purpose is something that comes up over and over again in the transition. Even when I look back at my fire service career there, my second department, Anaheim, California was that ultimate cohesive crew was station one truck one for those couple of years. And I chased that even within my own profession with different departments, different stations, and never refound that. And it was only really, when I transitioned out the focus on this, that I realized, Oh, this is actually amplifying the mission, because I'm in control, I don't have to deal with bureaucracy and red tape and, you know, being forced to reassign it with a different crew where, you know, you're swimming upstream, trying to even, you know, make positive changes. And now all of a sudden, you manifest that manifests this. So there's, you know, I think refining that new purpose. And if you're a selfless sole understanding that you can serve in 1000 Other ways outside of uniform, and it might be entertaining, it might be making

someone laugh, talked earlier in the conversation about that sense of numbness. Now, as you sit here in 2023. And I would, I would argue, as an actor, you're trying to really tap in to emotion, the opposite of numbness, where you say mentally now



2:31:18

I've gotta be honest, I'm like, I've taken stem cells five times, I've really got to meditate every fucking day. I go to the gym pretty much every fucking day. I've got a mission orientation, that it's just like, ignites me to go towards. Like me, honestly, I feel pretty fucking good in that realm. And it touched on what you mentioned about going through those emotions expressing the Body Keeps the Score wrote about that, that all these guys from I think it was an I'm pretty sure it was veterans. exactly the case study group. There was a lot in that book, by the way, that book is not to be consumed, read without the consumption of vodka, Holy fuck, it's a it's a pretty heavy booklet, you've got to read that in several sessions. Because you do want to do that in a day, you might have to put yourself in a ward, just for your own safety, it comes out you pretty heavy. But one of the things at the end was like, what they found studying, pretty sure it was veterans, with all PTSD and whatnot was as they they recommended acting. Because it was a way of expressing the unexpressed emotions and stuff and processing and understanding them from a third party and character's point of view. That there was really cool. And for me, it's been an awesome journey to try to understand life through the lens of other people into processes emotions that I might, I should have processed at some point in my life, but I never have. And I can, I can do that through these characters to the full extent. And that there is that there has become beautiful like I love comedy, right comedies. so easy and so awesome. Because it's like imagine getting paid every day to do this. Sorry, these scripts, these, these writers are fucking hilarious, like, and you try to hold your shit together and do your own little spin and play on it. So much go damn fun. But the real work is in trying to empathize with another character's point of view. And it gives you a greater appreciation for humans and the journey that they go on right, of wherever they've come from, of whatever capacity that there is, that there is really enjoyable.



James Geering 2:33:32

Beautiful. Well, Nick, I want to say thank you, we have chatted for two and a half hours, you know, been all over the map in this conversation. But I think that is such a beautiful place to finish this. I mean, you've talked physiologically through stem cells, you talk psychologically and spiritually through psychedelics. And then here we are on the third arm that you're talking about, which is the creativity side. So I want to thank you so so much, not only for just being generous with your time, but also being vulnerable, as I've talked about a lot. The other side of that masculinity is understanding that there's femininity or gentleness in each of us, they're the Warriors. And so when someone from for example, Australian shs talks about their struggles, that has so much power because it debunks that I'm a man I don't need to feel bullshit a lot of us were raised on so I just want to thank you so so much for coming on the behind the shield podcast today.



2:34:29

Thank you, thank you for having me on. And yeah, I love to be I love to be open book a lot. I'm either you know, integrity is when your words your actions and thoughts are all aliqned. And I

just put it out there into the world exactly for what it is without trying to gloss over in any any fashion it just it is what it is. And I'm a big fan of it. And also I don't think anyone gets helped we don't talk about this shit. Alright, given an alternate point of view and a way to process life like I I love I love what you said, I've become a complete like war in a garden per se. You know, instead of gardener war if you don't think I want to take up fucking arms and go go to fucking war and, you know, do the do the work that has to be done, then then you'd be kidding yourself, but I'll fucking cultivate that garden and a family or whatever else, right? Like I there is that balance to that, to that masculinity, there's that healthiness, I think. I think you know, getting to it at this stage in my life is going to make the rest of life very, very fun and rewarding. So thank you for having me on. Thank you for giving me an opportunity to talk about the foundation and to talk about Jesse's work as well. Gotta go damn Rockstar of what he's doing. And thank you for giving a voice to everyone comes on the Show.