

EPISODE 209

[INTRODUCTION]

[00:00:10] AVH: Welcome, welcome everybody. I'm super pumped for this podcast today because it is completely different from any other show that I've done. I'm talking to Josh Trent, he is the host of the Wellness Force Podcast and while he also talks about health and wellness, his approach has made me a little bit less about eating paleo and doing workouts and more about discovering physical and emotional intelligence to help people live well.

His openness and his willingness to talk about his struggles and his emotions and his journey is deeply inspiring and it's raw, it's intense and for people like me who tend to be like a little bit more zipped up when it comes to emotions, it can be uncomfortable. But it's incredibly helpful and life changing and that's why his podcast resonates with people because we're all struggling on some level, right?

We all have things we want to improve, emotional, hang ups or issues or whatever you want to call them and I think that even people like me who like to pretend we've never cried before, we all know that the best way to deal with real emotional issues is not to bury them deep down inside.

Josh and I met at Paleo f(x) last year, I think it was last year and we met up again at the bullet proof conference last October where we were having a personal chat that ended up becoming an impromptu podcast on his podcast.

I talked a little bit about my own kind of journey through emotional intelligence and surrendering to the sort of softer, more emotional side that we all have but we don't always tap into and I'll provide a link to podcast in the show notes because it got a great response when it first came out and I think it might be helpful to the more – as I said, zipped up listeners of this podcast. I know you're out there, I know I'm not the only one.

Anyway, in this interview with Josh, he talks very candidly about his background and his struggles in childhood that led him to a career and personal training and health and his continued struggles with self-love that led him to some pretty life changing experiences.

Including a recent one in Costa Rica that also involved ayahuasca, so there's something in here for everybody. And as interesting as plant medicine is, this is not a story about getting high and seeing things. This is very real, emotional story about one person's journey to self-love and self-actualization and I think it's really valuable. I'm grateful to Josh for sharing his story and if you enjoy this podcast, I strongly encourage you to check out his Wellness Force which you can download and listen to wherever you listen to your podcast.

I really love for you to keep this conversation going, you know, after the call, both Josh and I were talking about how we really hope that this, because it's such a different podcast than I usually do, I hope that sparks some conversation. I hope people talk a little bit, maybe you want to talk about your ayahuasca trip, maybe you want to talk about how you've kind of tapped into your emotions or to dealing with those kinds of things, I want to hear what people are doing.

If you can reach out on Instagram, my own personal Instagram is @themusclemaven and we're going to post about it on paleo magazine, social media, @paleomagazine. Like I said, I think it's approach we don't always explore too much on this podcast and I'd love to hear what you thought and if you enjoyed it.

All right, I've talked it up enough, here is my interview with Josh after a quick word from our delicious show sponsor, Chomps.

Chomps makes healthy meat sticks that are multiple Paleo Magazine "Best Of" award winners. You don't have to take my word for it. These are very, very popular in the paleo community and they really do a good job of hitting those salty, meaty, beef jerky cravings, but they're infinitely healthier and tastier than your typical gas station variety. They're made with 100% grass-fed and finished open pasture beef, which not a lot of meat sticks can say for themselves. They have 9 grams of protein, 6 grams of fat, 0 carbs, so perfect for all you low-carb folks, and they are non-GMO. They have no added sugar, gluten, soy, dairy, of fillers, binders, MSG. None of the bad stuff, all of the good stuff and they have four awesome flavors. They've got original beef, one

with cranberry, one with salt and pepper, and for those of you who like it spicy, like I do, there's a jalapeño flavor as well, which is really good.

So you can go to chomps.com to learn more, and I have an exclusive promo code for you if you want to get some. You can put in the code PALEOMAG at checkout for 15% off your entire order and free shipping. So do yourself a favor, get some awesome paleo snacks. Go to chomps.com and let me know what you think.

[INTERVIEW]

[0:03:39.5] AVH: All right Josh, welcome to the podcast, thank you for being here.

[0:03:42.6] JT: Thank you for having me Ashleigh.

[0:03:44.6] AVH: So excited.

[0:03:46.0] JT: Before we get into kind of the real meat of our talk today and the things that I really want to talk to you about, I would love for you to give our listeners a little bit of introduction to who you are and your background and how you came to be the host to the Wellness Force Podcast because I have to say, you know, I'm interested in this selfishly because although you know, we're friends and I've spent a little bit of time physically in the same place together, I don't really know your origin story. I don't know how you came to be the person and the success that you are today. I'd love for you to kind of give us a little bit of background.

[0:04:19.5] AVH: I'm smiling when you say the word success because as everyone listening knows, success is so different or everyone but you know what? I receive that, it's like yeah, I do feel successful now, to be able to have this kind of a conversation with you to be at this place in my career. I mean, my background was personal training and fitness and way before that though Ashleigh, did not get some things when I was a child that I really needed and a lot of people can relate to this.

It's kind of the number one thing that's happening in our collective consciousness right now, it's what makes trainers be trainers, it's what makes coaches be coaches is because typically, they

either didn't get something they needed or they're just so lit up about health, wellness or fitness that it drives them in that direction. I mean, when I was a little kid, I can distinctly remember growing up in an environment where my mom struggled with a disease at that time. She was bipolar and my dad was gone so from a very early age, I just had this feeling like home wasn't essentially home.

To no surprise with that tension and that kind of fear of living inside my body, I needed a way to cope and the only way I found true coping, because I didn't have emotional intelligence back then was through this drug that everyone uses that we talk about a lot and say you know, four letter word, five letter word called food, how many letters is that? Yeah, it's four letters.

I found food and this drug was a way for me to not feel my feelings and that happened over the course of 15 plus years, I was just using food when I was stressed, I would eat a burrito. When I was sad, I would eat sugar and the list goes on. Now, to no surprise, flash forward, I'm 21 years old, I'm 280, almost 280 pounds.

I'm in this body that I cannot stand, I'm in a relationship I don't want to be in and I was actually an automotive mechanic, I was a Mercedes Benz technician. I was in this job that wasn't actually me, it wasn't my soul's calling. I hated it because I wasn't talking all day and I love talking. I needed a change and the universe brought me a massive sledge hammer.

I'm at this party, I'm drinking beer which is another way that people check out and I was using it to check out too. You know those little red party cups Ashleigh? The little beer pong cups? I was drinking beer on one of those cups and I just felt this feeling, it honestly felt like it was from God, from higher intelligence and I'm slamming the cup down and I just feeling like you know what?

"I've been struggling for my whole life, I don't like where I'm at, there has to be more to life than this." I just put down the cup and I ran home drunk. I ran home drunk for like three miles and I got home, I think I flipped open my computer that time which is like this 50 pound computer and I think I punched in. How do I be healthy, how do I let go of weight and then the next two years was me figuring it out, low carb, Atkins, going through all the paradigms of dieting just to find out, you know what? I don't know what I want but I know it's not this. I know I don't want to feel this bad.

I literally sold everything I owned, I moved from San Diego to Hawaii and for six months, I just dedicated my life to understanding what's it like to love Josh? What's it like to be in this body? I'm working out at the gym and a fitness manager comes up to me and says "Hey, I've seen you exercising, you think about being a trainer," and I was like, "What's a trainer?" I didn't even know a personal training was and then I found this beautiful line that led me to help other people for 10 years and lead teams and you know, fitness is initially where most people kind of kick their foot in the door of wellness.

That sort of was for me but what was interesting Ashleigh is that, the more I dove in to fitness and the more that I thought it was the way my body looked and it was about the way that I had my shirt off and I felt accepted. I really didn't understand till my 30s and even in the past three to five years, how deep these scars ran from when I was a little kid.

And I've recently had an experience in Costa Rica that showed me so much grace and so much emotional intelligence around that. But honestly, what really brought me to wellness was not getting the tools, going through the suffering and the pain of what it's like to not have physical and emotional intelligence as an adolescent, as a youth and then spending my adult life learning things that are powerful for me and really based in love and trust.

Then sharing that with my community, that's what I do now.

[0:08:20.3] AVH: That's amazing, I have so many questions already, okay, all right. The podcast, you moved from a place of obvious deep discomfort and unhappiness to a place where you're actively working on yourself and then you were able to kind of move forward to help other people.

How did the transition come between like you were coaching and kind of helping people in that capacity to saying, I want to do this podcast, I want to communicate in this way and get this out to people and how did you kind of formulate the goal for wellness for us, did you set out saying this was going to be about learning about emotional intelligence and about learning about yourself and looking inward or did you start out saying like, this is going to be a health and wellness podcast or you know, how did that evolution come?

[0:09:05.0] JT: As we all can relate, we have a dream, we have a vision and then if we're open to that dream and vision changing, well then that's exactly what's going to happen but for me, it was 2009, I actually bought wellnessforce.com, the URL in 2009.

One of my early mentors at that time, a guy named Sean Croxton, he had Underground Wellness which is a big podcast back in the day. He and I used to create videos together and he lived in San Diego and so that's how I kind of cut my teeth in wellness and creating media in the beginning but we actually had a falling out and that falling out was around MLM companies.

Looking back, I realized that some of the things I've overcome as I've created wellness force and I'm sure you can relate to this Ashleigh, putting your voice out there, when I started to put my voice out there, I started to uncover all the fear based things about myself that I'd never actually dealt with. That I'd never actually taken a big look at.

One of my early beliefs in 2009, pretty much 2009 to 2014 was around money. It was around money being this source of evil, this source of pain, the source of everyone fighting and wars and all that stuff which I know now to be a lie. But in 2009 I started, I was training for another three years and then in 2013, I just said, you know what? I do not want to be a trainer anymore.

I was really suffering on just like, I knew my craft had run its course, we can all relate to this, we know that our purpose has reached the end of its lifespan but yet we're not exactly sure where the hell we want to go afterwards. David Dita, they call this the purpose is sometimes to be in between purposes and just be there till the answer becomes clear.

That's what happened to me in 2013. I left fitness completely, took a huge step back, started to believe all these things that my incessant monkey mind were telling me, "You know what Josh? You're not destined to be an influencer, you're not destined to be a person who actually has a powerful voice."

All these lies, essentially lies. I don't know if we can curse on your show but I would love to curse.

[0:10:57.8] AVH: Go ahead.

[0:10:59.1] JT: Okay good, all of these complete ego fabricated – complete lies, that just told me I wasn't good enough essentially. And so that led me to leaving fitness and I sold technology for the Active Network, I was doing great financially but I was committing spiritual suicide.

I was dying for a couple of years and then I got the gift of being fired in 2014 which was gorgeous because at the time, it seemed like, "My god, I just want a safe career where I can sit back and make money and feel good about money coming in." But then I realized, "My god, I needed this deep contrast of committing spiritual suicide," so that I actually knew who I was. I remembered who I was at that moment and who I was, was, I was always that strong person that had a voice, I just wanted to feel safe and secure that I had a platform to speak from but I was the one, it was my responsibility to create that platform.

It really started with vulnerability so I went through intense emotional trainings, I did back to back workshops with mastery and transformational training and I had the vision. I'm driving home. I had just a done healing ceremony, I'm driving home. At that time, I was with my ex-girlfriend Amy and I was like, "Pull over, I have to record something," and for 10 minutes, all I did was record about Wellness Force and how I going to literally claim my power, have a podcast, help people.

I was going to be one of these voices that people could trust because I finally started on the road to trusting myself and that's where the podcast was formed. It's funny, when the podcast first started, it was more focused on fitness and nutrition and digital health and as I've gone down my journey Ashleigh, as I've uncovered all the sticky stones with the darkness on the bottom.

I realized what's there is actually the deepest aspects of wellness and wellness is physical and emotional and spiritual. And it's funny looking back because when I was a kid, it's like, I didn't even know that I didn't know. I had this massive blind spots and that's when I'm in the process of still uncovering now and that's what this community's all about.

That's what people listening to your show want to know, what's their deepest truth and why are they so scared to take a look at it?

[0:12:58.1] AVH: Right. Yeah, we're going to be talking a lot about emotional vulnerability in this call which makes me absolutely squirm which is why we should walk this. One thing I want to go back to when you're telling your story is this red cup moment that you have, right?

I think like hearing a lot of people's stories and their lightbulb moments and things like that. They're often found in seemingly innocuous situations or experiences. It's not like well, "I hit rock bottom because XYZ happened and I knew I had to change." Often times, it's nothing really super definable like that.

What do you think, when you're looking back on that time or that particular moment or that day, do you have any kind of retrospect, any thoughts about why that switch happened at that moment?

[0:13:46.9] JT: Yes, the clarity that I have is around this paradigm of pain and pleasure. I think I had experienced enough pain up until you know, 21 years old that literally, my soul didn't have any more room otherwise it was going to die and so it was kind of like my soul's last hoorah, like a last, almost like a huge pass to the end zone where it said, Josh, there's more to life than this.

It was almost like that was the point Ashleigh, that was the inflection point for me where I just woke the... up. You know, I had experienced enough pain, I had so much hatred and so much unprocessed emotions that manifested in physical form, carrying around all that weight. We have extra fat on our body, it's just unprocessed emotions that led us to these bad health habits that keep the fat on.

For me, that red cup moment was the moment where my body said, enough is enough. You are worth more than this and you don't have to know how you're going to get out of this, just know that you want to and that's what made me run home drunk and that's where my journey actually started.

That was kind of like you know, the hero's journey, separation, initiation and return. That was my separation from the world that I knew which was not talking about your feelings, eating food to not feel and just doing things that society and the media and your parents and everyone else wants you to doubt not actually what your soul wants you to do and for me, it was like this reconnection to my should and that took, you know, 10 plus years to figure out the rest of it.

That was it Ashleigh, that red cup moment was like a reconnection to my deepest truth.

[0:15:16.5] AVH: Right. I mean, one of the reasons that makes this journey so tough and so difficult but also so rewarding is the fact that it does take a long time and does it ever actually come to an end? Probably not, we're kind of always working on it but I think that I'm starting - one of the things that's changing in me as I go through life is starting to look at that as part of - kind of the pleasure and the fun of living, right?

It's that, even when we think we have it figured out, we don't always, we certainly don't when we're younger because as you said, we don't even know what we don't know. But I'm just starting to kind of come around to the fact that like, I don't have it all figured out, I may never but I'm working on it. I like the idea of working on myself and discovering things and getting better and that's part of the fun of it. There's a reason that we don't have the lifespans of you know, I don't know, a fly or whatever. We're here for a long time because we got a lot of work to do. We've got a lot of things to discover and figure out.

I think that's kind of a cool thing is like being able to kind of reframe how you look at the challenges and seeing it as part of the sort of beauty of life, right?

[0:16:21.0] JT: This is why our brains are so connected Ashleigh and this is what you and I touched on last year at the Bullet Proof Conference. It's like, we're always in the process of discovering, we've never found it, there's no there, there. There is no finish line.

I don't care who you are, even Tony Robbins has a coach and is constantly learning and leaning into his personal edge. We all are liked that, everyone that's listening here, don't ever think that when you get the thing, that you can take the deep breath, that's not how life works. We're constantly evolving and honestly, it's about finding the joy in this thing, it's about enjoying the

process, this discovering process, it's not some babble from personal development books, it's real, it's the truth.

[0:17:02.9] AVH: Right. Okay, Josh. You have been on an epic trip recently, you mentioned Costa Rica and I mean that in every sense of the word, right? You are on like a physical, emotional, spiritual trip. I am just dying to hear about this so tell our listeners what you have been up to in Costa Rica?

[0:17:23.0] JT: I went to a place called Rythmia Life Advancement Center. It's in Guanacaste at Costa Rica. They reached out to the podcast, they had heard some of the explorations that we do around deeper states of consciousness, right?

We are not just to set off this whole story, we are not just this physical body. We have a meat suit that we live in, but our soul resides there and were by the way on a rock in the middle of outer space. Just the context for everything I'm going to share. That is the starting point for everything and they reached out to me to come out to Costa Rica to understand what this deeper healing is all about.

All of us are going through stages of healing. For some people, it comes a lot easier, for some people like me, the healing takes more time. And I would say that, when it comes to exploring these states of consciousness, plant medicine, psychedelics, holotropic breathing, these are the types of things that happen at Costa Rica at this life advancement center.

I got completely changed, there was a part of me that literally died out there, part of this ego that we have, you know, Ryan Holiday has a book, Ego is the enemy. I actually call... on that. Ego is not the enemy, ego is part of ourselves that we get to dance with and in Costa Rica, there is a lot of dancing that went on.

There was a lot of dancing that went on, I went down there for an entire week. What it is, is a center where it's an all-inclusive wellness place. You have colonics, you have massage, you have time at the pool, you have sun, you have exercise and bikes and beaches. But the core ethos of Rythmia is are you willing to take a deeper look inside. So you could see what's truly

there and for a lot of people that are health and fitness minded, this is the most scary place for people to go.

Because in this place, when you do plant medicine, when you do holotropic breathing, when you go there, you're going to let go of the current reality here in this world, that meat suit that we're in and you tap into something totally different. That's what happened to me, I got there on the first night, I had done ayahuasca before. For people that don't know what ayahuasca is, it's the mixture of two vines, there's the chakuna plant from deep in the Amazon, deep in the jungle, there's also the ayahuasca vine. When you mix those two pieces together, it releases what's called DMT. DMT is something that's found in all plants, it's also in our bodies as well.

It's release when we're born. It's also released when we die. The first breath we take when we come out of our mother's womb, DMT is released, that's what signals life to begin. It's also what's released and this has been measured from people when they leave this world. There's something unique about DMT's relationship to the outer spiritual world from a biological level and also from a spiritual level.

With that as a context, four days go by Ashleigh-

[0:20:10.9] AVH: I actually have, I did XBT event, it's like a three day event in Monto and Brian McKenzie was there and Larid Hamilton and we did it and it was alike, freaking mind blowing but all –

[0:20:21.6] JT: Did you cry?

[0:20:22.7] AVH: Here's the thing, I didn't cry in the sense of like weeping crying but the first time that I did it, I had tears streaming down my face and I don't even remember, I wasn't connecting to anything particular that was emotional but I felt incredible and afterwards, I felt like stoned in the best possible way you can ever feel stoned.

I remember going back at the end of the night and telling my husband and being like, "This actually fully just changed my life," it sounded like corny saying it but I just breathed for half an

hour and it was like – it was the craziest experience I've ever had. In my own body, without anything external added.

It was incredible. Yes, I sort of know where you're coming from with that.

[0:21:06.2] JT: Yeah, I want to reach two types of people that tune in to this podcast, one person is the analytical person. They've already heard me and they're like wow, this dude's speaking some spiritual esoteric babble, that's okay, just notice that your brain is going in that direction because I really want you to receive the gifts from what I received and what everyone can receive.

Then there's also the people that are listening that are more spiritual minded, that are used to understanding meditation and maybe they've done a holotropic breath workshop. Plant medicine is no fucking joke. You do not go do this if you're curious about it, you do it if you're called to it, it's a much more deeper spiritual path than I think - plant medicine is not for everyone but it is for the type of person that feels called to it. If you look at the work of Stan Grof and then also contrasting kind of our modern day wellness heroes like an Aubrey Marcus, they've been talking about plant medicine for a while but this is a very old type of medicine and I say medicine because this is not a drug.

This is not something you do for fun, this is not something that you do when you want to escape reality. This is something that you do. When you've explored a lot of other healing modalities and you're still feeling the pain and you're not sure why. That's why people do plant medicine, it's to understand what's their deepest truth.

For me, I'm out there day one Ashleigh, I'm sitting in this huge meditation hall, I drank the first ayahuasca and I'm sitting there and I'm starting to feel the ayahuasca engage with me and I'm like, "My god," the first feeling that I felt, "I was like, what the hell did I sign up for? Why am I actually here? I can't believe I have three more nights of this."

I had been struggling up to this point, you know, growing a business and dealing with my own physical body and you know, being at the computer a lot and having this complete life paradigm shift from being a trainer and like, being on my feet all day to now being at the computer.

It's been a challenge. A lot of my old bullshit came up. The clarity that I started to receive, the more I would drink the ayahuasca and this week is like man, I still had a lot of shame from when I was a kid. I had so much shame from when I was a kid, I had like locks thrown at me when I was five and six years old in school. I distinctly remember in middle school like ayahuasca showed me all these memories from being beat up, being spit on, being called like fat and that I should die. Just like crazy things.

Crazy things that I didn't even know were in there and I completely forgot. I almost blocked them out. We all have phases I think where we go through life and we just can't remember certain blocks of our life. For me, it was those first 10 years. My subconscious mind blocked me from remembering all the crap, all the torture honestly, like the abuse that I had received my first 10 years of life in school settings.

I'm flashing back to all these memories and I'm just like, closing my eyes, I didn't hallucinate, I just saw this little kid, I saw little Josh and I was like holding him as a masculine man like holding this little kid and just letting him cry. Just letting this kid cry for being beat up and spit on and all this crap that had happened to him.

I just sent him so much love in this moment. I mean, I'm connecting to him right now, it's like, we all have that young man inside of us, we all have that young woman inside of us. It shapes and it colors the fabric and the texture of all of our loving relationships as adults, period.

Science has shown us this but you know, reading it in the book versus experiencing it through plant medicine or breathing. There's not comparison and the more I did this plant medicine, the very last night, I drank this medicine called Yahe from deep in the Amazon and it was very powerful medicine, it kind of tasted like a melted tire that had been soaked in used socks, the most vial, putrid, the most crazy –

[0:24:40.7] AVH: That's how you know it's good, right?

[0:24:42.7] JT: The most crazy medicine, I drank it and I kept fighting myself and I thought, what is this? Why do I not want to drink? This is my last night here, I haven't gotten my biggest

breakthrough yet, I kind of felt just fear and then I realized, holy shit, the whole point of spiritual development, the whole point of exploration of our truth is to let go.

It's to freaking let go. I just let go and I was like, you know what? I trust myself, I know I'm not going to die, everything's going to be fine so I drank my third cup of medicine and that's when the wheels fell off the wagon, holy crap. Five hours go by, we did a ceremony from eight at night to eight in the morning. I'm going through literally ayahuasca takes you through almost a minority report where there's thousands and thousands of memories that are strewn to your consciousness, almost like you're opening a massive file cabinet.

You're going to go through every single page, every memory you've ever had is going to be shown to you and you're going to realize the tension, the unprocessed emotions, the things you didn't even know about yourself that had occurred that actually caused you pain and the lack of connection and love and your current relationships will come to fruition for everyone.

It happens in a unique way that's beautiful to you. For me, I realized, "My god. I never dealt with that pain, I hated my body, that led me to be like you know, this pain kind of pain body, 20 year old and then I became a trainer so that I could have a body so that I could experience attention for the feminine."

I just wanted love, I just wanted to feel love. I think a lot of trainers fall into this, it's like, if your body looks a certain way, then you're worthy, if your body looks a certain way, well then you can actually get love. But it's such a lie. It's such the ego's lie. That was what was shown to me and then I realized, my god, all these times in my 20s, connected to my pain that I never processed before the age of 10, when I would have sex with a woman.

I had to hold my breath and I always wondered why breathing was such a big deal to me, last year I got this tattoo on my arm and it's *se riesco a respirare, posso scegliere* which means, if I can breathe, I can choose in Italian. It all came clear to me, I'm throwing up in this bucket Ashleigh, there's a shaman behind me, the sun is coming up in the morning, I have snot hanging out of my nose.

I'm crying, I'm laughing and I realized, "My god, all these memories are connected," it's the pain that I never dealt with. It's the unprocessed emotions from when I was a kid that led me to abuse my sexuality and my relationship with the feminine that led to me holding my breath even more that led to me hating my body even more and honestly, at some point, we all just get to let go of all of this bullshit.

That's what ayahuasca gave me, it gave me this beautiful, I say because I'm standing by the fireplace, the sun is coming up, I processed so much crap and I literally pushed my stomach out and I felt like this big burp come out of my mouth and I saw this bubble, probably like a four inch wide bubble come out of my mouth, covered in black film, almost like black tar and I just started crying and laughing, I rip my shirt off, I throw my shirt in the fire and I just started screaming, "I'm Josh Trent."

Over and over again because it just felt so good to be in my body and I realized, I don't ever have to have shame about this body ever again. Shame does not serve me. I literally ripped off this shirt of shame, I'm crying, I go back into the center, now I start feeling like I'm going to die, I'm tripping the hell out, I'm literally going up to like the helpers and the shaman. I'm saying, "Has anyone ever died here?"

Promise me, no one's ever died here." "No, it's okay if that part of you dies, that's okay to let that part of you die because that's not actually you." The fear of us dying is what keeps us tight in our bodies and it's what blocks us from loving other people. If we don't get enough money, if we don't look good enough, if we don't have enough, we have to take, take, take and block our love from being emitted towards other people that we care about because all based on fear and at the end of it, it's truly the fear about dying.

I was like, "You know what? I'm just going to die right now because if I die, then I was meant to die." I started crying because I would miss my brother, I would miss honestly like podcasting, I would miss my mom, I started crying because I wasn't ever going to ever see my family again.

Then I just took a breath and I just allowed these people to hold me and I just felt the most warm ocean of love like bathing my entire skin and I realized, "You're not going to die, you just let go

of a part of yourself that was based on shame and self-hatred. Let that go man, because you don't need that anymore anyways."

I just started crying and like, I'm even kind of like watering in my eyes right now because that will never be able to be taken away from me. My work continues, my spiritual development, my physical practice, my emotions. But from a place of joy, not because I have to, but because I get to and because that's where love is. Love is in the discovering, love is in the openness, even when it hurts, even when it feels like we don't want to.

This is where everything lives is in that space. Probably the most profound experience of my life, plant medicine will be something that I do on a yearly basis. A spiritual cleanser if you will. Because this world Ashleigh, it's not designed for our spiritual health. It might be designed to produce and to have things being built.

But our life doesn't work like that. Our life follows the laws of nature and in nature, everything has a beginning and everything has an end. You look at every tree, every plant, every animal, everything lives and dies. This current paradigm that we're in, the only way we're going to thrive as sentient human beings is to have spiritual cleanses. To have spiritual check ins so that we can show up as powerful as possible and that's what I'm committed to now.

So profound, thank you for asking me, thank you for letting me share the story.

[0:30:20.0] AVH: I have so many questions and so many things I want to try to unpack with you and I almost feel like I don't want to ask some of these questions because I want the story to just sort of be what it is but I feel like that's kind of why we're here so I can ask some questions and we can try to continue to learn even more from your story which is pretty incredible.

Going to try to ask some questions and I got to admit, I am – you were talking about the different kinds of people who are listening to this podcast and I tend to be the one that's more on the analytical side, right? That's more of the sort of critical, not as open. I like to think I'm open minded but I just tend towards the analytical, right?

I tend more towards analytical than spiritual and so this stuff is harder for me to get my head around but I'm getting better at it. One of the things I guess I wanted to ask you about with this experience is you said that plant medicine is not to be taken lightly and not to be messed with and it's not for people who want to just have a crazy party some weekend or for people who think that they should do it because everyone else is doing it or they think everyone else is doing it.

However, it seems like when I talk to people or I hear about people's experiences with ayahuasca, one of the things that I've heard before and you did mention this is the idea of either overcoming or coming to terms with or some kind of confrontation with their ego and overcoming the challenges that they have with their ego and living with their ego.

I think that that's a massive thing and I wonder what it is about plant medicine and what it is about the experience you get with ayahuasca that helps you confront that so much more easily and quickly than other methods. Because I guess another part of this is – there are certainly other ways to explore yourself and explore your experiences and try to grow and try to find some comfort and try to heal, right?

There are other ways aside from plant medicine. And there is you know, talking to psychiatrist or there's community groups, there's self-reflection and meditation and there's all kind of things but there's something I guess really visceral and immediate when you do with plant medicine.

I guess if you can kind of just talk about maybe your decision to do it this way. Why people might be inclined to go this route versus other routes. Like just kind of talk to me a little bit about that. I guess also from the experience of somebody who maybe isn't being called to plant medicine but certainly is attracted to the experience that you had, right?

[0:32:46.6] JT: Yeah, well, if you're not feeling the call, don't call, don't go. This is not something that you do because you're curious, this is something that you do because you're on the path of healing and you're on the path of becoming the most awesome version of you.

If that's the case, then go that direction but I just want to reiterate this again Ashleigh, healthy skepticism is what keeps us noble, it's what keeps us alive. The fear response that we have in

our body, it's what helps us not fall off of a cliff. We get to honor this in the fact that you're skeptical about it and that we all get to be skeptical about everything is a good thing.

But, here's what happened. Skepticism, it can lead us down the path of never actually trusting ourselves because when we're skeptics, we can always be right, we can always stand in the place of having all the facts, all the figures and all the questions but here is the thing, you can't explain the reason your heart beats. There's no actual definition for that, yeah, you could say the SA node beats and that's what pumps things through the ventricle. But no one can actually know and tell us why the heart beats. Another truth is, no one actually knows what the hell we're doing here on planet earth.

You can think about it, yeah, well we're a part of this universe and that's part of another galaxy. No one knows. The third deepest truth is that no one can truly explain gravity and life force and energy and even electricity. We understand it logically but we don't understand why it actually exists, right? So there's all these things that exist in our experience, in our consciousness, in our world that cannot be defined but yet we still know that they're there. That is what we're working on here where we understand. "I'm in pain. I'm feeling things I don't want to feel anymore, I am literary suffering in my life, I can't figure out why I keep self-sabotaging myself. I've done talk therapy, I've done breathing classes, I've moved my body in an efficient way, I eat clean foods, I do things of energy work, I go to acupressure and acupuncture."

That's when medicine steps in. You've done all these things, you've experienced all of these different healings and all these different practicums of getting better in your physical and emotional body. But yet, the pain still exists. That is when I believe people take a step towards what they can shortcut with and it's funny you said quicker and easy, I'll tell you it ain't easy like this thing.

[0:35:04.9] AVH: Okay, I don't know if I said easy but it's listen, you went on this trip for a week however many days you were there and I am in any way negating the incredible energy and challenge of that was, but I think there may have been some part of you that going on this trip, you're like, "I'm going on this trip, I'm gone for a week, some shit is going to go down. I'm going to confront some stuff, some stuff is going to happen, I'm going to come out of this a different person," right?

And hopefully, that happens for most people who have this experience. I'm sure it doesn't, it isn't necessarily successful for everybody. But I mean some people can enter into a support group or a relationship with a psychiatrist and all of these things and they're not even getting the sense that, "I am starting this journey and I am going to accomplish something." You know what I mean? Like there's something more going and I'm doing it and I'm living it for a couple of days.

And something is going to happen, you know? So I feel like it's maybe just a different, more, really in your body, really confrontational way of – and I don't mean that in a negative way but you're really confronting it in a really physical as well as mental way. Which I think is unique and that's why I think it scares a lot of people but why a lot of people are willing to take that risk.

[0:36:22.0] JT: Yeah, there's three levels here. Where the healthy skeptics live and I love my skeptics because look, I'm a skeptic too right? And that's the good part of us we get to honor but there's three phases of this. The first one is that we live in this current reality where there's buildings, there's trees, we drive in our cars, we go to work, we eat protein bars, yada-yada. We're in this current reality stage one. Stage two is our subconscious mind.

You look at the work of Carl Jung, you know one of his most powerful quotes is, "Until you make the subconscious conscious, it will rule your life and you will call it fate." This second level, this subconscious level, this is where the deep emotions, the deep memories of pain and joy are stored. But a lot of times, people will block out level two because they're so frenetically living in stage one. Then there's stage three. Stage three is the deepest we'll ever go.

It's connection to pure consciousness. This is where people talk about being enlightened. Now look, if you're an analytical person just know that these three things exist. You live in stage one, you're so stuck in stage one that you haven't even given yourself a deep breath to wake up and realize that there's two more stages of you actually being you and so this third exploration of spirit Ashleigh, that's what I was interested in. I wanted to figure out what happens when we die.

Why do I have so much tension and why am I 37 and not in a loving committed relationship? And honestly a big gem that came to me wasn't even from the medicine. The medicine opened me up but my last day I was there, my friend Christian Minson is the lead breath worker at

Rythmia. We're doing a holy trip and breathing session, it's called transformational breath. I am sitting on my stomach, we've been breathing for 45 minutes and all of a sudden, I look at the floor.

I'm like, "Why is there three to four ounces of salty tears on the floor but I am not actually crying?" My eyes were just watering but my body wasn't convulsing and I just start feeling this memories and I'm like, "Oh my god!" I got transported back to when I was 27. I'm in Pacific Beach, I am hugging my brother in an alley way and I'm crying and he's like, "What's wrong with you man?" I'm like, "Last night I just hooked up with this girl and I knew I didn't want to do it but I couldn't figure out why."

And then obviously that it was all connected to me hating my body, not getting attention from the feminine, way back to when I was five being abused and spit on. That was why I was abusing my relationship with the feminine and that was why I had to hold my breath every single time. I was going to be intimate with a woman, have sex, I didn't want to breath because then I would actually have to feel my feelings. And it became so clear to me in that moment that I just started crying tears of joy.

And then we shared it afterwards on a microphone and I got on this microphone with 55 people on a room and I said, "I'm finally ready to love. I'm finally ready to love a woman for who she really is and experience true deep intimacy because before, I just saw her through my lens of pain and not actually being connected to who I was." And that was my biggest takeaway from this entire trip. Is like Josh Trent is completely lovable, completely awesome and he let go of shame.

Oh and by the way, he gets to have a loving relationship and create a family and kids in the future because he says so. And that's pretty much it Ashleigh. It's like this exploration of the big three, the reality, the subconscious and the spirit. Unless you go to the spirit, it's going to be really hard for you to let go of things that are causing you pain and you don't know why.

[0:39:32.4] AVH: All right, I want to talk to you more about how this retreat or how this experience went physically because I am fascinated by the – what do you call them, when

you're all in a group and you are doing the ayahuasca, it's like the process or the sitting period where you're together and ceremony

[0:39:51.5] JT: It's a ceremony, yeah and it is assembly by the way because it is a sacred ceremony. It's not religious. It's not as if you're going to some type of church or there's no dichotomy that you must worship or anything. It's just really a ceremony because all of our healing is sacred. All of our healing deserves attention and honestly tenderness, kindness, softness. This is a place that's very safe. The container of a ceremony is just as important as the quality of the medicine itself. They equally have to be safe.

[0:40:21.2] AVH: So how did the days' work? Was there a build up period where you were meeting each other and talking to each other and being comfortable, being around the people that you were going to be having these ceremonies with? Where there debriefed periods after as you just mentioned where you were talking through some of the things that you experienced and then was there like with the breathing and the gathering together to eat or meditate or do other things, was this stuff scheduled or was it free flowing? I'm really interested in how the experience kind of flowed.

[0:40:49.4] JT: Well I love this curiosity because this is the thing that keeps us alive. This is why you and I podcast, right? This Rythmia place is a medically licensed resort so it's very structured. You get up in the morning, it's all healthy organic foods. You have breaks for movement, you can swim in a pool, you can ride a bike, you can go to the beach, they have teaching workshops where you integrate the lessons. There are shares from the group around what happened in ceremony.

"What are you processing right now? How can we support you as a family?" I mean this place, god it was like finding a family that I didn't know existed. My family relationships with my parents have been strained to say the least. I love them in the deepest way I can because they're doing the best job they can. But this family Rythmia, I mean what a safe space to process things. There's a medical doctor that's there, Dr. Jeff McNairy, he's the chief medical officer.

The Costa Rican government has also signified this place for having licensure. There's also massage therapist and there's colonic and different therapist that can help you with your mind

and body and so you go through integrations from this medicine and you talk about this with the staff, they lead you through different healings and teachings. Michael Beckwith is one of the teachers there. He runs Agape in Los Angeles. There's been many speakers that have gone there.

Actually what's interesting is that for people that are naysayers, there have been athletes that have gone there like Kelly Slater. People that are very respected in the athletic world that understand these three stages, the reality, the subconscious and the spirit. So it's very structured Ashleigh. They take you through a full day experience each day, the breathing workshops happen at the end of the four ceremonies so that you can integrate.

What's actually gone on these lessons that you've seen and honestly, you've peeled back all the bullshit so you can actually see yourself.

[0:42:28.6] AVH: Is there a re-entry process when you've had such a profound experience as this? I am thinking about what you've experienced and what you've been through and I liken it almost to like the opposite side of a coin of like someone in the military who has been deployed and has experienced war and has come back and is trying to reintegrate into normal civilization. And having a hard time because these people haven't experienced the things you've experienced.

They haven't lived the things you've lived. You maybe find that harder to relate to certain experiences or things or even just the mundane of like, you're in this beautiful place and connecting on these levels you've experienced before and learning about yourself and then the next day, you're sitting in LA traffic or something and you're like, "What is this bullshit?" Is there a mental re-entry process that you have to go through when you come home and you come back to your life?

[0:43:26.1] JT: Yes but I'll tell you that anyone that has fear about that is just going with their egoic mind. I am not saying that you need to wear a white robe and levitate on a mountain, that's not the life we live in. We live in these three stages, right? So when I came back, I took two days where I just processed and wrote things down. So plan, when you do an experience like this and this goes for even if you do a big marathon or a big athletic event, always plan for

one or two days after you do something like this so you can breathe. So you can relax, so you can integrate what just happens.

So often, we're so caught up in our frenetic freaking pacing of this world that we don't actually give ourselves time to breath and to integrate the things that we're doing, how we're showing up, everything that's going on. So that's my first reminder for people that are going to do something like this. Take one to two days where you just process. Then slowly integrate and one thing I will tell you is that I've let go of a ton of things that weren't actually serving me.

My inbox right now has 200 emails in it. That would have never happened before I did this ceremony and this process because I realized part of my addiction was being busy all the time. Feeling the stress of being busy. This is the part that when you come back to the regular world it just doesn't play that way anymore. You just don't have to be addicted to the stress and what's interesting about this is I've heard many people talk about when they go through transformation experiences, they come back to the modern world and they start realizing, "Wow I cannot believe I was acting like that before."

And I say acting because we're all acting here. It's like everyone pretends that they needed to be busy and then if they're busy then they are getting things done. But there is a major difference between living in the modern world and getting things done from place of calm confidence, where you are doing things that are in alignment with what you actually want.

Versus answering emails all day and being a slave to everyone else and how much they want little segments of your time and so the integration process for me has been smooth at times. It's been rough at other times. I mean I am not going to lie like I've cried at certain times and it feels good because it relieves my body and then I can show up for a conversation with you and just be radically strong and powerful.

But this is my work. My work Ashleigh is to take everything I've learned about myself up to this point including this plant medicine experience and how do I bring the love into every single moment in my life. On this show, in a relationship, with my friends, on my podcast, how do I be loved? I'm not talking about sitting around a fire and playing a guitar. I'm talking about how do I

feel love in my body and my heart and how do I communicate that and emit that vibration to everyone that I know.

That right there is our core work. That's what every human is trying to do, why do we make this money? Why do we do these things in the first place? It's because we want love. Everyone wants these three things, we want love, we want to receive it and give it and we want to be a part of the community and everything we do, making money, having status, having fame, it's all related to that. Everyone slowly or quickly, going back to love.

[0:46:26.4] AVH: So then at this experience is relatively recent for you, you were just there what, a couple of weeks ago, a week or two ago like not very long. This is still pretty fresh in your head right?

[0:46:35.8] JT: It's been a couple of weeks yeah.

[0:46:36.9] AVH: Okay, a couple of weeks. I am sure this is something you're still obviously working on but how has this deeper learning and discovering of yourself changed the relationships and your approach to relationships with women, with possible partners? I mean even with friends but specifically in terms of romantic relationships, how do you think or how will this inform how you approach those relationships moving forward?

[0:47:01.9] JT: Well I'll tell you there's a lack of fear when I speak to women now. It's more around more of an excitement feeling. Before it was fear and that fear obviously was based on things that I never knew that I didn't process. The big blind spots. Most men, I'll tell you, most men have massive blind spots. Any man that's single and they want to be in a relationship from their deepest core, they have unprocessed emotions that they haven't done the inventory of and that's what women feel.

Women are the most intuitive emotionally open conduits for men to be powerful and strong and truthful. But if men aren't being truthful, there's no way they can connect with the feminine. So for me, it's like my integration of this is feeling the excitement and just being truthful at every moment. What is more attractive than a man who speaks his truth all the time. And if I can be in

a place of love when I speak it, forget about it. So it's just a matter of time before I find the dream person.

[0:47:57.7] AVH: Very cool and you mentioned that you were going to make this a regular part of your life, plant medicine in some form. What are you thinking? Are you thinking like this kind of week ayahuasca experience once a year? Are you thinking of implementing different plant medicine that maybe you haven't experimented with before? What are your thoughts on that?

[0:48:18.7] JT: I don't have a template or a structure and it's an interesting question because that's what we all want to have, right? In our industry especially Ashleigh, it's like we all want to have a template or an exact structure of how life is going to look and everything like that. It feels good to not have one, you know? I don't have a timeline as to when I'll do this. If I really feel into it I think once a year or once every two years is a good check in for your soul.

Like I was saying this world, it brings us pain and crap all day long and so eventually, we're all going to need a pressure wash. When we're little kids, we all look through a lens that super clear. When was the last time you saw a kid in a sandbox try to understand the mechanisms behind why it's fun to play? Kids don't care about science. All kids care about is how they feel. We're still that little kid inside but yet we live in this world that needs proof and evidence and all these different scientific things.

Which aren't a bad thing like that's necessary too but if you just let that part of you take over, it's going to take your life and it's going to pull you away from what's most important. And so for me, I don't have a template or a structure. I think having an annual or maybe every two years something to really check in, to really go deep is cleaning us out. It's like look, we get our cars serviced once a year, once every two years, you beat the crap out of that car.

Well it's the same thing, this world can kick the crap out of us and so to get clear and to remind us to just honestly Ashleigh remember who you are. You are this beam of light brought here on planet earth, you're in this physical meat suit, you're doing the best you can and if you forget what it's like to feel and operate from a place of love then do a deeper spiritual dive. Go to that third phase, go to the subconscious, go to the spirit, it's going to help you in your work.

It's going help you in your relationships. For the tactical people out there. It's going to help you do everything better so that you can show up in this current reality awesome and strong and present if you're willing to go in those second and third levels.

[0:50:13.9] AVH: I love the pressure wash analogy that's totally up my alley, so I like that. You mentioned back at the beginning of the call about the experience in Costa Rica there was a lot of dancing. Was that a literal thing that you were doing? And I think it was Aubrey Marcus on some podcast or another that I heard where the concept of ecstatic dancing, is this a thing that you're aware of?

[0:50:35.5] JT: I'm aware of ecstatic dancing. There wasn't a structured ecstatic dance progression. There was one day where I think there was a dance class. I think I was sleeping in the sun for that one. I like it. I think honestly anytime you can get people out of their head and into their body. Here's a quick check. If you can't dance because you're afraid of how people see you, that's an immediate signal that you get to explore that second and third phase.

Why is it that you're so afraid of dancing? Oh is it the story you're telling yourself about why you can't dance or that you'll look stupid or anything else? That is all bullshit that is what makes our population toxic is that kind of thinking. Get in your body, dance, no one is watching. This is the funny thing Ashleigh, people think that everyone is watching and listening to them and that's what makes people hold their breath and act from fear. Here's the thing no one gives a shit.

Everyone's caught up in their own life and when they see you showing up dancing like you don't care, that's what actually reminds them that they get to do the same thing.

[0:51:35.9] AVH: It's almost like a reversed – it's like narcissism too like of course, everyone is going to be watching me and judging me and paying attention to what I am doing. It's like, "Get over yourself, no one really gives a shit." I had this entire last time you were talking, I've been dancing. I am on my standup desk and kind of dancing away. I'm not sure if you can tell.

[0:51:50.2] JT: Yes. Yes dance baby, let's dance. Everyone listening dance right now wherever you are, in the car, just dance in your seat. Do it.

[0:51:56.2] AVH: Do it, shake your butt. Okay, what are some other ways that you practice self-care for yourself? Like things that are related to sleep or stress or food or fun or community, all that stuff, what are some other things that you do or that you want to implement?

[0:52:10.8] JT: So what I've been doing I found that my yoga practice has increased in the past couple of years because I am at the standing desk so much that going from immediately to the standing desk to a five by five or a strength circuit in the gym, it's too much of a visceral load. It's like I've been still for so long, yoga helps me warm up slowly and get my joints and my bio integrity aligned again. It allows me to breathe.

I'll tell you this most people that sit for 10 hours Ashleigh, when they go from sitting for 10 hours to sit in the car to going to the gym, where they sit at a leg press and then put their body under load of dead lifts and don't do a warm up, what's interesting is that people want the template or the PDF and they think by exercising hardcore for one hour will take away the deleterious effects for sitting for 10 or 12, it's just such a lie and I know you probably explore this.

We can't go from being that sedentary to putting us under such a load and expect our body to feel good and honestly for most people, it stresses them out. So for me it's yoga three times a week, I also do one running session. I think it's really important for us to run at least one time a week, 20 minutes, it doesn't have to be more than that or 15 minutes. And then on top of that, doing a strength circuit for two times, three times a week, I think we balance yoga and strength and cardiovascular health and running. You know Juan Carlos Santana, he was one of my first mentors when I was a trainer and he talks about there's really pillars of movement. It's level change like squatting and lunging. There's rotation which is like you know, rotation is on the kibble cross or whatever. There's pushing and pulling and then there's locomotion and those are our pillars. So when we do that, if we just do that effectively and we take our body through those ranges of motions and we're pain free.

That's another thing, we're pain free that's a life of real wellness. I mean that's a physical container that you can be proud of. Now when it comes to emotional health that's a totally different story and this is where people just put it off to the side. Everyone trains their body, nobody trains their heart, their spirit and their mind. That's true. I would say that for the majority

of our population, you look at Men's Health, you look at Women's Health, you look at the standard narrative.

And our media, "Here's what you can do to let go of weight. Here's what you can do to get a six pack. Here's what you can do to get this thing and then by the way, you're not worthy until you get this thing" guys, throw your magazine away. Not Paleo Magazine because you guys talk about this stuff, the whole human, but these magazines that are pushed out there in the media they just talk the talk but I don't want to walk and so this exploration that you and I have talked about of emotional and spiritual, it's just as important as the physical if not more.

[0:54:45.4] AVH: Yeah, absolutely. I like what you are talking about with the balance with physical movement too because we are such a society of extremes right? Like we sit and sit and sit and then we need to go crushing an intense CrossFit workout and we think that that's okay and you think that the stress of that is okay and one of the things that I've been really trying to implement personally and even with some of the people, some of the women that I am coaching.

Which is a separate thing is this idea of non-exercise movement. So people even like to approach yoga as this athletic like, "I got to do it and I've got to do it the best that I can do it," and the idea of when we look at what we as human beings did with our bodies before this whole agricultural, overly civilized environment that we're in now where we don't have to move or be exposed to the elements or be uncomfortable ever in any situation, I think moving our bodies is one of the best antidepressants out there.

It's just to move your body and it doesn't have to be stressful, it doesn't have to be hard and you don't have to be challenging yourself to the extreme every day and of course, I was one of those people like I come from the gymnastics and then CrossFit and then power lifting like I love that. I get off on the lifting super heavy weight and being strong and challenging myself, I love that part of my practice. But the moving, just moving nicely through life, you know what I mean? Just moving.

[0:56:07.2] JT: I love how you said "nicely" that's such a great way to say it. It's a neat factor, it's non-exercise activity thermogenesis. So you know, fidgeting, moving, walking, this is how we're

designed anyways like we're bipedal for a reason, so that we move constantly throughout the day and actually walking has been shown in recent studies, there's so many on Pub Med around walking. You can lose so much weight and be so physically well just from walking and doing body weight exercise.

That's it, that's all you need. Look at Darryl Edwards, look at how he's made fitness fun and playful. He doesn't go to the gym. We don't always need the gym you guys.

[0:56:42.5] AVH: Darryl Edwards, look at Mark Sisson just ripped and jacked. He's not in a gym four hours a day. He's just crushing primal workouts, he's amazing. Okay, all right well we're going to wrap it up pretty soon. I feel like I could talk to your forever but we –

[0:56:55.3] JT: I could talk to you for another show.

[0:56:57.0] AVH: We could absolutely do that but a couple things to close up a little bit. I guess one would be and I think that you've eloquently said this that people, we're all on a journey and it's all very individual and that's okay and that's beautiful and we all have our different paths to take to get there but do you have any high level, maybe words of advice or some thoughts for people who are listening to this and are thinking, "I love what this guy is saying. I can feel the changes that he's going through and I want to do that too."

What are some things that people can look at, can do, can explore, aside from going on a trip and doing some ayahuasca? What are some more initial steps and things that they can think about or read or try or experience that will maybe get them inspired and jump start it to kind of doing some of these work for themselves?

[0:57:48.0] JT: Yeah, beautiful question because it brings up a recent study that I was doing some research on and this hits the analytical people and the spiritual people. The number one cause of early death has been shown over a 10 year med analysis, not to be CHD, not to be lack of exercise, it's loneliness. Loneliness is the highest cause of early death. Loneliness is caused by lack of self-expression, lack of openness, lack of physical connection, lack of loving relationships.

Who you love and how much love that you receive is the key and core factor of how healthy you are, physically and emotionally. So if you're feeling lonely and you know if you are, I'm not saying you are. I am not accusing you of being lonely so let that ego talk about your brain, if you're feeling lonely, if you take a massive deep breathe and you're feeling lonely, you're not in the right relationships, maybe the one you're in makes you feel even more lonely, allow yourself to explore that.

Just get out of your own way and allow yourself to breathe and explore where you truly are. I have what I call an emotional inventory process where you exercise, you shower, you eat a great breakfast, you turn off your phone and for two hours, you go sit by yourself. You take a journal, you draw a big line down the middle. On the left side, you write 10 things while you're breathing, do your box breathing, five inhale, five hold, five exhale, five hold.

Do five cycles of that, write 10 things that you know are not working in your life. Just go for it. It doesn't have to be hard, just list them out there, everything. On the other side, write 10 things that you're grateful for. Pick one thing that you're grateful for, pick one thing you know you get to change. That week, when you change the one thing that you know is scary but you're going to do it anyways, focus on the one thing you're grateful for as you're doing the hard thing that you're changing.

Then, reach out to your community. This inventory it's simple but it's not easy. It's simple in the fact that it just takes you sitting in a park and writing a line down a page but the real hard work is when you know you want to change something in your life, who do you reach out to, to help you do that? Who do you have in your community that can fortify these changes? These powerful personal changes that you're in the process of creating and honestly, letting go of things is so much harder for people than getting new things and adding new things in.

The letting go is where we feel the most pain but in the letting go is where you have the most health. It's where you have the most love, it's where you have the most everything. So analytical or spiritual, this emotional inventory will help you the most than anything else because it's usually the thing that's the most scary so allow yourself to do that. The keyword here Ashleigh is, "Allow yourself to do that." Allow yourself to take the inventory. Allow yourself to breathe.

Allow yourself to express yourself. Allow yourself to be you. Just be yourself, quiet that voice in your head because it's fucking lying anyways.

[1:00:37.5] AVH: I love that. I love that idea. I am a 100% doing it and then I am going to text you and tell you how it goes.

[1:00:43.8] JT: I'm in your community so you can literally reach out to me for support. It's not a weakness, it's a strength. Oh my god Ashleigh, look at what we talked about at Bulletproof. Your deepest edge right now is leaning into your emotional intelligence, right? And so, join the club, baby. We're all in that capsule.

[1:00:58.9] AVH: I love it, awesome. Okay, all right Josh, I don't even want to let you go but I am going to anyway. We're going to do it again. But one last question, what are you excited about right now, what's coming up? What's coming up for you, what's coming up for Wellness Force? What are you doing soon that's fun and exciting and how can we follow along and learn more about it?

[1:01:18.4] JT: I'm so excited about just being able to be here and talk with you and connect. I want to know how you guys are feeling like did you think I'm full of shit? Great, write to me. Do you like what I am talking about? Write to me too, it's josh@wellnessforce.com. I literary want to talk to everyone about this because again, I don't think that my path is everyone's path. I'm not saying that people should do what I do at all.

Actually, if you feel like resistance to what I am saying and what I am doing, why do you have that resistance? Maybe your path is a different way or maybe you're actually scared to walk the one that I'm on. I'm not better, you're not worse. It's not about that. It's about I am excited about all of us together healing. I am really excited about this world healing. I don't think it's fufu, I don't think it's bullshit or esoteric. I think right now especially with the political scene and our planet becoming so toxified every day, I think the conversation you and I just had is one of hundreds of thousands that get to happen around people caring about their body, caring about their physical health and caring about the damn planet that we live on. And I am excited to be one of the leaders in the space that talks about the healing that all of these things deserve. Look, we deserve this. This is not about entitlement.

Entitlement and deserving are very separate things. We get to earn this together and earning it is not the easy part that's why honestly Ashleigh, I am so grateful for just being on this podcast with you and talking to people that care about these types of things. Your community is my community and we're all in this truly together.

[1:02:45.4] AVH: Absolutely and every, like you said, the calls, interviews like this, every little bit of being present and being aware and every little bit of positivity you can put out in the world I like to think is kind of pressure washing little bits of negativity. So I think that yeah, this is a start. This is a humble start but it's a start and it's good and I really hope that the listeners enjoyed it as much as I did and yeah, I invite everybody to follow Josh. Where do we follow you on social media?

[1:03:16.5] JT: It's @wellnessforce everywhere. You can just google Wellness Force but its wellnessforce everywhere. We also have a group as well if you want to have a little bit more private conversations on Facebook.

[1:03:26.9] AVH: Okay, cool and yeah, I invite everybody to reach out to Josh. He's the best and also, when we post this podcast, talk to me on social media on Paleo Magazine's Instagram, myself @themusclemaven. Let's start a conversation, let's do it because when I was on your podcast the last time and I can put that on the show notes so people can listen to that one our first real talk with each other, I was really pumped that we got some people responding and talking.

And saying, "I was glad that you guys talked about the things you talked about," and I hope we get this out of this one too and we can keep doing this together. So thank you so much for sharing and for your time and I can't wait to hang out again in person. I can't wait to do this again.

[1:04:04.6] JT: Me too Ashleigh. Thank you so much, really grateful for this space and you do such an incredible job about getting to the truth for people so I just want to honor the work that you're doing.

[1:04:13.8] AVH: Thanks Josh, enjoy your weekend.

[END OF INTERVIEW]

[1:04:20.3] AVH: All right, thank you so much for listening. Pretty amazing right? I think some people think that jumping out of planes is scary and some people think spiders are scary and some of us think that sharing our emotional weaknesses and vulnerability is scary but confronting those fears whatever they are makes us stronger and that's a fact. So I think that just working out our muscles and our brains, doing some work on emotional intelligence is just as important.

And so I thank Josh again for helping us go there because sometimes we need a push. So thank you again to Chomps for sponsoring the podcast. If all of this work on your emotions has made you famished, you should head to chomps.com, pick yourself up some of these all-natural delicious beef jerky sticks. Oh and they are giving you 15% discount, I can't forget that, off your entire order and free-shipping if you use the code "Paleo Mag" at checkout.

And these bad boys win Best of Paleo Mag Awards left and right. So again, you don't have to take my word for it, they have the best ingredients out there, they're delicious so give them a try for yourself. Let me know what you think, chomps.com, "Paleo Mag" at checkout and you get 15% off.

Okay, so next week is a good one, it's our countdown of Paleo f(x) 2018 and I am pumped and I get to chat next week with Michele Norris. She's one of the founders of Paleo f(x). She's going to talk about what to expect this year, new guests, she gives us a sneak peak of some of the new guests including ones we've never had in the show which is pretty cool and we even get into a really good chat about the name change or the potential name change of Paleo f(x) that was kind of happening last year, it didn't end up happening. We really get that all out so it's really good. Don't miss it and don't miss Paleo f(x) either it's always fun. It's a great time.

So go to paleofx.com to get your tickets and learn more. If you can't go to the show, I'll be super sad but you can follow along on Paleo Magazine's social media, you can follow along on my social media, Instagram @themusclemaven because I am going to be covering the show and

harassing people and eating treats and doing fun things so that you can watch and follow along from home. So that's it, I'll see you next week.

[OUTRO]

[1:06:22.8] AV: Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at Paleo Magazine, thank you for listening.

[END]