

Yo, what is happening, guys? Nathan, back once again with another episode of the Unplugged Freedom podcast. And in today's episode, I wanted to share a little about the story of my hair. Now, it's an interesting story, and you might kind of wonder, like, why would you share about your hair?

Well, the thing is that there's a lot to it. In order for me to get to, uh, where I am with my hair, for example, I've been growing my hair, and it's the longest that it has been since I was in grade four, probably about ten years old. So we're talking about 25 years.

And in order for me to get to this point, I had to overcome a lot. And you're going to hear about that. And,

um, it's a story about growth. Maybe inspiration. You might get inspired by it, but, uh, definitely, ah, about growth changing and becoming a newer version of yourself. And if you know anything about me, that's one thing that I always try to strive to do and be and go after, is, is I don't want to look at a photo from a year ago and be looking at the same person.

I want to look at a photo from a year ago and think to myself, who is that person? And just thinking about how long ago that may seem, and it may only be a year. So let's get to it. There's a lot to this, and I'm sure that you can get something, uh, from it.

There's a lot to it. So where do we even begin? So where we begin is at, um, what I am, my nationality. I am half hispanic and half native american. Uh, I don't even know what you call us nowadays. Native American. Native, uh, canadian first nations, aboriginal Indians. Okay.

Um, I think first nations is the most politically correct term at the moment. We've kind of gone through all the ones that are not. You can't necessarily call somebody indian and indian, it's even wrong. Uh, it was like Columbus came to North America, thought he was in India, seen Native Americans, and he's like, those are Indians.

These are Indians. And then even after he knew that he was wrong, he still continued to call them Indians. And even to this day, if you meet an American or Canadian and you are talking about Indians, uh, people are like, oh, what do you mean? Do you mean native Indians?

Or do you mean, like, Indians Indians? And you're like, well, there's only one type of Indian, and that's people from India. It's only. What would you even call that? The ignorant North Americans who still have that mindset. There's only one type of Indian, and they come out of India.

Okay. Canadians come out of Canada. Indians come out of,

um. Um, then there's also aboriginal. I always hated that one when I was growing up. Aboriginal is like, you might as well call me abnormal, which I am definitely different. But still, to just blanket everybody as abnormal, I don't know, that's pretty rude. Um, anyways, I'm part Hispanic. That's from my dad's side.

I don't necessarily know that side. Uh, just because I didn't grow up with my biological dad, and I don't even know if I ever met him or what. My biological mom, only thing she ever said was that he was some spic from Toronto, and that was pretty much all the information I got out of her about him.

So I don't know a whole lot. The funny thing is that people who are Hispanic and they find out that I do have that within me, a lot of times, they can see it. But if they do ask about it, they might even ask me, like, oh, do you speak Spanish?

And I'm like, no, I don't. They're like, oh, well, you're not hispanic. Uh, I am. Just because I don't speak Spanish doesn't override my biology. But I've run into that so many times where they're like, do you speak Spanish? I'm like, no. And they're like, no, you're not Hispanic.

Why would you even say that you are? I'm like, because my dna says that I am. I don't know. Uh, so I think it's quite hilarious on that aspect. Now, I'm an interesting mix because nobody really knows what I had. When I was traveling in Nepal, it was my favorite, because nepalese people, they're kind of smaller, smaller asian people, and they would see me come in.

So apparently I look nepalese. But the thing is that, um, you know, I'm much more broad, uh, uh, taller. So what would always happen? I spent six weeks in Nepal, and these people, you could kind of see them, like, looking at me from afar, and they just had this look in their eyes of, like, who is this guy?

And they would just see me. I look Nepalese, apparently, but I'm bigger. They probably thought I was, like, juiced up on Royce or something. And then they would see my clothes, right? They're probably thinking in their head, like, look at this guy with his fancy shoes, his fancy clothes.

Who does he think he is? And then all of a sudden, I would speak, and they would hear English come out of my mouth, and that's when their eyes would just open up and they would just be in awe. And three little words that I heard so many times when I was in Nepal.

Where are you from? That's what I always heard. Where are you from? And, uh, people were always so curious because apparently I looked it, I dressed differently, I was bigger. And then all of a sudden, I had this english accent, and, uh, it just blew their mind. So apparently I looked nebulize.

I also spent two years in Bali. Two years in Bali. Everywhere I went, everybody spoke to me in Balinese. Everybody. And I'd be, no, English. English, like, oh, so sorry, so sorry. Your face is so indonesian. And I'm like, yeah, apparently that's what they tell. So, apparently I look, uh, Nepalese, I look balinese.

Just the other day at work, I met this new guy. He was training with me, and so I'm kind of talking to him, whatever. And, uh, at the start of our shift, he's kind of looking at me and he's like, it's kind of funny because he's kind of, like, hesitant about it.

He's like, are you Filipino because he's Filipino? Right. I just start to laugh because I think it's so funny that everybody thinks I'm something, you know? And so, uh, I just kind of laugh. I'm like, no, I'm not Filipino. I don't know what I am. I'm from Mars. Um, so it's pretty funny.

Hispanic, uh, people, a lot of times they can see me and they can see that half, but they don't know what the other half is, or it's vice versa. The native person will be able to look at me and see the native side of me, but they'll also see that there's something else in there.

They're kind of thinking, like, what is there? Now, I know this is, like, a little bit. I wouldn't say off topic, but it's good to know and understand as to when, uh, we get into this and why. This is about my hair. Well, to get into that, um, my hair is the longest that it's ever been since I was, like, ten years old.

And when I was in grade four, we chopped it all off. I had really long hair down to, like, my shoulders. Then we chopped it all off. I'm pretty sure that it was probably because of lice. Because why else would you chop off some kids luscious locks like that, right?

So you probably had lice. Boom. M your parents chop your hair off. And that was it from there on out. Ten years old, had buzz cuts, and my hair is thick. Like, you've never seen hair like this. We call it bare hair. It's so thick, and it just grows straight out.

It's like a shoe brush. It's terrible. Sometimes it would just drive me nuts because you can't do much with it. Thick hair. You can't really style it. It's just imagine, like a shoe brush, right? It's awful sometimes. So over the years, I would just get buz cuts, and I wouldn't be able to style it because you couldn't.

It was just so thick. People would always want to touch it. Um, I then eventually, um, uh, joined army cadets, and you needed short hair. And so then I would just get buz cuts. Buz cuts. And all throughout high school, I would just get these buz cuts, and they would eventually get shorter and shorter.

I'd have, like, a one inch cut, and then they'd work its way down all the way to half inch, quarter inch. And then next thing you know, I'm doing it with no blade at all. Just a complete clippers. No blade. And then once I joined the army, there was one day where I was like, you know what?

I'm going to try baking my head completely bald. And, uh, so that's what I did. So I was in the bathroom just going at it with a Gillette razor. It took me forever, which is kind of funny, because fast forward a couple of years later, and I could do it within, like, five minutes.

But the first time, it was like an hour, 2 hours, I don't know. But that was like, the evolution of my hair. And so part of the reason this is where it gets a little bit more, um. What would you say? Um, a little bit more. Not emotional, but a little bit more.

This is open. This is, like a secret that a lot of people don't actually know about me and that you have to understand why. So the reason I was kind of getting into cutting my hair shorter and shorter and shorter is because what I found was that

I kind of had a more of a hispanic look to me when my hair was shorter than when it was longer. When it was longer, uh, I would look much more native. When it was shorter, I would look much more on the hispanic side. Now, why this is such a key thing is because where I grew up in northern British Columbia, Canada,

um, it's not a very good place for, say, Native Americans to grow up, because Native Americans, their whole history, if you know anything about the native american history, their whole history has just been abolished. It's just been swept under the rug by the canadian and american governments. And it's overtaken so much that when I was traveling to Australia, I would tell people that I was canadian, and they would look at me and they're like, hey, are you, like, canadian Canadian?

Because I'm like, what do you mean? Well, um,

you kind of don't look canadian. And I'm like, what the fuck does that mean? What does a Canadian look like to you? And they'd be like, like me?

I'm like, wow, you guys have been so brainwashed that you don't even know what the actual Canadians look like. Like, wow. That is just absolutely just mind blowing. And I'm like, no, I am canadian. I'm the real fucking canadian, okay? I am the fucking Og Canadian, okay? None of this, like, manufactured shit.

But the thing is that what has happened to the native Americans in their history has just been abolished, and it's just been decimated and pushed to the side. And unfortunately, what has happened through that? A lot of the families, their children were taken away and, uh, put into assimilation camps and all these different things, residential schools as to what they were.

And this resulted in a lot of just terrible. Like, imagine having your children stolen away, and then all of a sudden, your culture is ripped out. Nobody could speak your language. Nobody could practice your history, your traditions, all these different things. That was all taken away. And what this resulted in was these people who were trying to live their life had now had to try and form into this white life.

You could say, christian, whatever you want to, whatever it is, that's where they were supposed to try to fit in. And unfortunately, this came in with a lot of drug use, a lot of alcohol use, a lot of, uh, just m bad things that came from. So the more northern you get, in a way, it's kind of like, the worse that it gets.

So, like, let's say if I were to go to Vancouver, Canada, the white people are a know. We'd sit around the university and spot the white guy because they were just such a know. It's so crazy. But then if you go to northern BC, Canada, uh, it's. It's completely different.

I remember being at a water park in Vernon, BC, and I'm standing there and, like, noticed this pattern, but I didn't know what the pattern was. I'm like, I recognize something right now, but I don't know what it is. I'm looking around this whole super busy water park, middle of summer.

And I can see a pattern of some sort, but I don't know what exactly it is. But then all of a sudden, it hits me, and I look at myself and I look around, and I'm the only non white person at this entire water park. And it was crazy.

It was just such a crazy thing. So

going back to kind of the history and what it brought upon, all the alcoholism, the drugism, all this addiction. In where I grew up, Native Americans were, let's say, where would you start? When you turn on the tv, you see the movies. You see the movies of everybody's in the movies.

White people, black people, chinese people, asian people, indian people. But who's not in the movies? Native Americans. Even if there was, like, a native american character, 99% of the time, it wasn't even a, uh, real native american person. It was like a mexican person playing a Native American.

This is what has happened to the culture. So you, as a child, you turn on these movies, you turn on these tv shows, you turn on these music videos, and you're watching this, and you're seeing all these people. They're winning awards, you see the Olympics, you see all these people that are up in these places of success, you could say, but there's somebody who you don't see, and that's somebody like yourself.

And this is where it becomes very tough. But where do you see people like yourself? If you don't see them on these channels, these media, um, places where I grew up, you would see them on the streets, passed out, drunk, they're fighting in the streets, they're taking drugs, they're homeless.

That's where you'd see them. So imagine as a child, you're growing up and you are seeing this.

Imagine what that would do to your subconscious. So you're not seeing people like you on the tv. That's why diversity is such a thing. If you only saw white people in positions of power and you were of an ethnic background, well, that would do something to your internal belief system.

So as a child, you grow up and you see this. I remember even one girl. I remember her to this day. You're a dirty indian. Comments like that, and it was just like, wow, blew my mind. And this was like in high school, I know who this chick is to this day, and I know the comments that she would say.

So this is like the mindset of people. So here you are, you're growing up, you're told that you're supposed to find something to do, something to do for the rest of your life. And you're trying to think of, like, what can I do? But then the only people that you see for inspiration, quote unquote, they're on the streets, they're drunk.

How can you not allow that in to come and say, is that all I'm ever going to amount to? So, uh, this is why when I was growing up and cutting my hair,

I would try and set myself away from the native american side of me. Like, if somebody asked, I would say I was hispanic. I would rarely ever say that I was native. And so I would try and pull myself away from this. I'd hear comments, let's say if I was growing my hair during COVID for example, I'd hear comments from people and they're like, yeah, I know you're native, but you look really native with your hair longer.

I'm like, well, what the fuck does that mean?

People say comments, but

I don't think they really understand what they're saying.

But the message is heard kind of deal. Um, I. So, uh, that's kind of why I geared away from my native side. Now, I did grow up in a white family, um, who eventually became my parents and all this stuff away from my biological family. And there's a lot to that as well.

I did try to have a relationship with my biological family, but what I didn't like about that is because I was growing up in a white family. Like, I grew up in the foster care system, but because I was growing up in this white family, I was different. I didn't look at people as white people or the white man.

That's what a lot of them, a lot of Native Americans would say is. They'd be like, oh, you're friends with the white man or the white man. It's just shit like that. I never saw that. I had friends who were white. I had friends who were native. I had all kinds of friends.

So I never really fit into the native side. And my biological mother hated the fact that I was growing up in a white family. She even hated the fact that I was dating a white girl. Um, there was just a whole mess with that. I, uh, remember being. Going to summer camp when I was a kid, and I never even really fit in with these other kids because I was different, I talked different, I grew up different, and they didn't even accept me, and they would make fun of me.

And this one girl said I, um, um, was flipping her off when I wasn't. I was just, like, enjoying my. Just own space. And then I was just kind of like doing whatever. And she's like, he's flipping me off. Look at him. And I'm like, what? And then I got in trouble and I didn't like those kids.

And my parents tried to send me in the next year. And I was like, I don't want to go to that place. And one thing as well is I always hated the segregation. If we're ever going to come together as people, how can we do that if we're segregating ourselves?

We're doing it ourselves, okay? It's not just outside. People are doing it to us, it's we ourselves are doing it. I'm talking about like, native Americans are doing it to themselves. And so it's only like nowadays, and it's very interesting. I see posts and stuff online. Native, uh, American have this bread, it's called Bannock.

And I see some posts online and they're like, oh, hey, Joanne's brought some Bannock in. Yay, Bannock. So good, Bannock. And I'm like, you guys didn't even know what the fuck Bannock was ten minutes ago, okay? Now you're all of a sudden all about it.

I appreciate the effort, but in a way it's so fake. People love aboriginal day. And they put on the t shirts and they get their face painted and they're like, hey, every child matters. But then the next day happens and then all of a sudden the t shirt is gone, the face paint is gone, the celebration is gone.

And then all of a sudden you're presented with, uh, a native american person and your old ways come back. Ask me how I know. Okay, the thing is that they like to support something, but not actually support it. They just like to. What is that called? Virtue signaling. And yeah, I just think there's a lot of bullshit in nowadays.

We have reconciliation day, we have aboriginal day, and every child matters, blah, blah, blah. We got orange t shirts, we have all this bullshit that a lot of people just. I think they're just very fake about it. And I don't care about your orange t shirt day. I don't care about your aboriginal day or whatever day.

I want to know what you're doing on the off days. That's what I want to know. But anyways, that's a whole nother topic. So where was I? So growing up,

you're looking to do something, you're looking to go in a direction in life, and you're being bombarded with these messages. In order to learn about or to see people like yourselves on tv, you had to turn to this one channel. It was the aboriginal people's television network. I think it was called APTN.

And it was like, in this weird place, it wasn't between channels two to twelve. It wasn't between 13 to 30. It wasn't between the normal channels where you'd find, like, much music. Tsn, all these stuff. It was like, in the back, weird area of the channels. And yeah, I hated that.

I saw that, uh, as you're grown up. And so this kind of built that within me to separate that from that side of me.

Anyways. So now you can kind of get an understanding as to how I grew up, how I developed this belief, and why I wanted to separate myself so much from being viewed as native american. Now, uh, here's the thing. This is only in Canada and the USA. Outside of these places, if you are a Native American and you tell other people in Zealand, Europe, wherever

they treat you, like royalty, it is crazy. So I went to Australia, and what had happened was, the first weekend out, I had a freshly shaved head. First weekend out, friends were like, hey, let's go to the lake. We get to the lake, nice, beautiful, hot summer. Um, spring.

I don't know what it was. It was hot as hell, though. And they're like, hey, do you want some sunscreen? I'm like, nah, I got that dark skin. I don't want no cancer causing freaking sunscreen. So we spend the whole entire day out at the lake. Well, guess what?

On the way back home, I'm sitting in the back of the truck and everything starts to tighten up on me. Like my skin is tightening. I'm, um, feeling like, very odd. And I'm kind of touching my arm and I'm thinking to myself, like, what happened? What's happening to me?

And they look at me and they're like, oh, my God, you're so burned. And I'm like, burned? I don't burn. Never burned in my life. 29 years old, never burned in my life. They're like, you're so burned. Oh, my God, this is bad. I'm like, no, I'm not burned.

I never burn. I was so burned. I was so burned. Oh, my God. It was the most painful thing ever. Uh, it hurt to wear a t shirt head to toe. I was burnt. I couldn't shave my head for like, two, three weeks. It was just peeling, blistering everything.

It was awful, awful experience. Never wish it upon anybody. Now, what this did is I went from two to three times a week shaving my head to now two to three weeks without shaving my head. And now I had this little afro growing, just this little shoe. Know, you ever see a chia pet?

You know what a chia pet is? So I had this know, bit of hair growing now because I was in another country, like Australia. I thought to myself, what if I just let it grow? If I was back home in Canada, I don't think I ever would have had that thought.

It would have know. As soon as I can, I'm shaving it off because I know what that's literally like. I lived in Vancouver for five years. And like I said, vancouver, you don't even think or realize that you are, um, of another race. Um, is that the word nationality?

But then after living in Vancouver for five years, I had to go back up north for a little bit. And I went up there and it was like an immediate night and day experience.

I remember just the feeling of like, oh, yeah, I forgot that. That's what that feels like. I forgot that people still live, uh, like this with these ideas and thoughts. I forgot that. So that was really interesting. And, uh, that's even to this day, still to this day, depending on where you are, of course.

But it.

So anyways, here I'm in Australia. I got a little bit of hair because of my sunburn. And I just thought to myself, what if I just grow it? And so the sunburn went away. I just kept growing it and it was just growing straight out. It was just growing like a shoe brush, bare hair.

And I grew it for three months. This hair was just going and it grows straight out. Literally, it just grows straight out. Like I said, it's thick as hell. So many hairdressers are like, wow, your hair is thick like Billie Eilish.

Um, I remember sitting down and, well, actually I was thinking, okay, I'm going to get it cut. At three months now,



I cherish my mindset a lot. The way I think, the way I see things, that's my mindset, that's my specialty. And so my safe space, I call it. So I don't let just anybody all up in my safe space. So I searched high and low. I wanted to find the perfect place.

So I found a place downtown Brisbane, Australia. And I could go online and book with a female. I wasn't about to let no dude all up in my safe space. So booked her, and, um, I got there sitting in the chair. She was like, so what are we doing?

I'm nervous as hell. I'm like, I don't know. I haven't sat in one of these chairs in years. All I want to do is just look good on the way out the door. She's like, okay. And she does her thing. And I remember that first haircut. I still got a photo somewhere, and I took it from a bathroom selfie.

And I remember when I left, you kind of look at it, but you haven't fully looked at it because you don't want to look in the mirror when you're there for, like, five minutes, like a weirdo. So you kind of look at it, and you're like, yeah, it's cool.

Thanks. And then you pay, and then you're on your way out. So now I'm walking down the street, and I'm, like, looking in all the windows, and there'd be, like, a mirror her once in a while, and I'd be kind of, like, walking by, looking at myself. And wasn't until I went into this bathroom that I actually saw it.

And I was like, this is wow.

And it was completely different. It was something that I hadn't experienced in a very long time. And so here we were. We were now on the journey of hair in Australia, and this was a totally new experience for me, a totally new person. I don't think I could have ever gotten to this point if I was in Canada still, just because of how I know Canada is, even to this day, unfortunately.

So now, at the point, it was, let's say, a couple inches long. You kind of have the short kind of short on the sides, a little bit longer on the top kind of style, kind of put some product in it, like that kind of style. Now, over time, what I would do is I would grow it a little bit.

Now it'd be, let's say, three inches, four inches. And I remember when I went to. Oh, yeah, because I went to Nepal. So when I was in Nepal, I just let it grow. And so it was growing for six weeks. And then I went to northern Australia, and it had grown quite a bit.

And I had found this hairdresser. Two best hairdressers I had ever had were in Brisbane, Australia, and northern Australia. Amazing. So I went there, and this lady, she was just, like, amazing with hair. She even went to Amsterdam for a barber convention or something. She was really passionate about it, and it was just amazing.

So she styled my hair super awesome. I've never had hair like this before, and I was like, wow, I loved it. And so I'd go to her in the five months that I was there. I would go to her every three weeks, I think it was. That's how long my hair would kind of be at that point of I got to get a cut every three weeks.

She did an amazing job every time. Then eventually I went to Bali. First haircut in Bali. They ruined it. They absolutely ruined it and it was terrible. I was living in Bali for two years and I was chasing a good haircut. They ruined it the first time. They cut it all uneven and oh, my God, my poor.

Just then they tried to fix it and it made it worse. And the only thing that I could do is put some really thick gel, some super strong gel into it and slick it right back. That was literally the only thing I could do or else I look like, what's it called?

A pineapple. We called it the pineapple. I lived with a pineapple for so many times. I don't know why in Bali, but they love the pineapple haircut. Uh, literally like a pineapple. You know, Burton Ernie, he's the yellow guy, he's got that little tuft of hair that pokes out on the side, know?

It was kind of like that. It was awful. Um, once in a while I'd run into like a decent haircut in Bali, but two years I was just chasing terrible haircuts. I'd even grow it out. I would grow it out and what would happen is I'd grow it out partly because I wanted them to have a lot to work with so they wouldn't be able to mess it up.

Oh, they would.

And then eventually I was getting to a point where I was like, I'm going to grow it out. That's what I'm going to do. So I'd start to grow it. Now this is where we get back into

the internal work that I needed to do in order to get to where I am today. I would grow it out for, let's say, down to my ears, let's say. And

what would happen is during this time, it's a very awkward time for your hair. It's a very awkward length, especially when you have very thick hair like mine. It's very hard to manage and do anything with. So here I am, someone who always felt like I needed to present myself in a certain way because, um,

uh, how would I best explain this?

Let's take a white person, for example. White person, they throw on some sweatpants. They throw on, you know, a dirty old sweater. They go around, uh, they do their grocery shopping. It's no big deal, okay? Now, a colored person, a black person, maybe a native person, whatever ethnic person can wear the same thing, but it looks much different.

Do you understand what I mean? So there's always, like, this feeling that you need to present yourself a lot better than how some other people may need to present themselves. And it's just the way of the world, and you wouldn't necessarily understand unless you've lived it. And there's a lot of people who would be like, that's not true.

It's just like, um, well, you have to live it in order to know. And so a, uh, lot of the stuff that I talk about in this podcast, you'd have to live it in order to know.

Anyways, here's a person who always felt like they needed to present themselves in a certain way in order to get a certain response from people. Um, now I'm at a point where I'm in Bali and I'm trying to grow my hair out. Now my hair is just a gong show.

It's not clean cut. It doesn't look good. It's not styled. It's nothing. It's just in this awkward stage, it's really hitting my confidence because I'm someone who's got a lot of confidence. I'm someone who likes to present himself well, who likes to come in, just have that edge. But when you have, just say, shitty hair at the time, it's hard to have that confidence.

That same confidence, it hits your confidence and a little bit more insecurity comes out. And so basically what would happen is I would run into this wall like this, and then eventually, after trying to grow my hair, I'd eventually just cut it. I'm like, I'm done with it. Done cutting it.

I'd go in, I'd get it cut back to clean, cut, short down, boom, there you go. And then I'd get comments on it. People would be like, oh, wow, your hair looks so good. Something like that. So you'd get that boost of confidence back again.

So I would do this again and again and again. I'd attempt to grow it. I'd hit that wall of insecurity, and then I'd retreat back cut my hair, and I'd be, okay, good. Now going back to saying or, uh, talking about how I like to evolve into a new person, a new version of myself.

What was it? I think there was Covid. So there was Covid. And, uh, I shouldn't say that because you know how you get flagged and deleted. But anyways, 2020 2020 came around, and you couldn't get a haircut. So my hair was growing. And even back then, people would make comments of my hair growing, and maybe they meant well, but I don't know.

I think that deep down it was something else. Uh,

not for all people, but I would say, yeah, that's totally another story.

Um, so anyways, that happened and I'm here, I'm, like, attempting to grow my hair because you can't get a haircut anywhere, but then you run into that wall again. So then you go out and you cut it. So then there I am, I'm cutting my hair. I then attempting it again, so I'm going at it again.

And this is, say, 2021. Yeah, 2021. I'm down in Vancouver now, not in northern BC. Northern BC is definitely different than down south. Very diverse, multicultural. Down in Vancouver. Mhm. So here I am, I'm looking for a barbershop, and there's one that's highly rated, and I'm trying to find a girl to do it.

Once again, my safe space, all that stuff. And I call this girl up. She's like, yeah, I can do that. I get there and she sees my hair, and my hair is like sticking straight out. It's thick as hell. It's only like four inches long. And she's like, wow.

She's like, do you style it like that? No, it just stands up like that. So this other more senior guy, he's like, can I work with this? And I'll say, yeah, I guess so. Even though I don't necessarily let dudes all up in my safe space, he starts working his magic.

And what I really liked about him is that he really knew what he was doing, and he educated me along the way. So he told me about brushing my hair, he told me about different products to use and told me different brushes to use and all these different things, and told me about hair dryers and their effect and all these different things.

And so I had this knowledge of hair that I didn't have before.

So rather than my hair just growing uncontrollably for a long time, I could somewhat tame it in a way so that I could

have, uh, a little bit more confidence while it was growing through that. Awkward.

And what also helped is I was down in Vancouver, so I was down in know. So once again, if I was in northern Canada, probably wouldn't have happened. But because I was down there and I was also working a, uh, know, you're not really out in public or that kind of stuff, so you're not necessarily focusing or needing that confidence that you did before, even though you have confidence.

It's just different, right? So I start growing my hair, and I keep going back to this guy, and I tell him I just want to grow my hair. And so he's doing this stuff and that stuff, educating me along the way, and I'm able to kind of manage it now.

I'm kind of at that point where it's at a really awkward length. Little bit, like, weird. Uh, but the thing is, I had a lot more confidence now,

what would I say? I had a lot more confidence going into it this time. And it was almost like something had changed within me. And I said, you know what? I don't really care if somebody thinks I look more native. I don't care if I do look more native.

If that matters to them and that I don't look a certain way, um, then that's not my problem. That's their problem. Now, this takes a lot from somebody who grew up in the way that I had mentioned earlier how I grew up. This takes a lot in order to be able to push that aside and say, you know what?

I'm going to own who I am. Um, and if somebody doesn't like that, that's not my problem. And what also helped push me in this direction was I really had nowhere else to go because I've cut my hair so many times for the past. What was it? Uh, 1617, uh, 18.

1921. So it was like, for the past five years, I've been cutting my hair. And what are you going to do? Are you going to go back to being bald? No, because I've already been there. Are you going to go back to a shorter haircut? No, because I've already been there.

Are you going to cut your hair again to this length? No, because I've already been there. Where haven't you been? Well, I haven't been with long hair. And what do you want to do in life? What do you want to accomplish in life? What do you want to achieve in life?

What is important to you? Well, growing. Growing is important to me. Stretching beyond my comfort zone is important to me. Becoming somebody new and, um, more empowered,

more wise, smarter, stronger, more confident, that is what I want. And how are you going to get there? Is going back to who you've already been going to get you there?

No, not necessarily. So you've already been bald, you've already had short buzz cuts, you've already had longer hair, you've already had this length of hair, but you haven't gotten past that point to have even longer hair. What if you were able to break through that point and get to that point where you have, let's say, who knows?

Like a foot long, foot long of hair just hanging down. What if you could get to that point? Do you think in order to get to that point, you would have to be somebody different? Do you think that person would be stronger? Do you think that person would be more confident?

Do you think getting to that person would be a beneficial thing or not? So these are the kinds of things that I had to go through in order to get to where I am today. And I'm still going through it. Um, it's like if you're pushing through something, you're not quite there yet, but you're still pushing through it.

That's kind of like what it's like right now. So this is the kind of, like, thinking in the process is because what I really didn't want to do is go back to the person who I'd already been, whether that was somebody who shaved their head completely bald, whether that was somebody who had shorter type hair, like, whatever that was.

I didn't want to go back to those people because, one, for the past four years, I've known that person, and prior to that, I was many years bald. So I know who that person is as well. But who, I don't know is this person with long hair. That's who.

I don't know. But in order for me to get there, I have to overcome all of these beliefs, all of these, um. What would you say? These, uh, false ideas, these false narratives, these fears, these insecurities. I literally have to push through those and not give a shit about anybody.

And

to get to the person who's on the other side, the only way I can get to that person with long hair is if I push through all of that.

So now you can see that me growing my hair, it's not just me growing my hair. It's so much more than that. It's such a bigger thing than that for me personally. So when I look at myself in the mirror today, it's not just looking at myself with hair.

It's looking at myself of this new version of myself, of somebody who is far more confident, who is far more sure of themselves, who has grown and overcome so much in order to become this person, in order to get to this person who I am today and on my way to become another version.

So that's why I wanted to share this story of growth and overcoming of fears and insecurities and all these things. And

it's huge. It really is huge. And I hope that somebody who's listening to this, you have something within yourself and, uh, that you want to achieve. And maybe you keep hitting that wall like I did, and you keep resorting back to who you're comfortable with, but you're not being honest with yourself and saying, you know what?

The reason I keep going back to this person is because it's comfortable. And the reason I can't become that person is because I'm scared, is because I am insecure. I'm not confident because I fear the looks, I fear the judgment, I fear the, um, prejudice. I fear all that bullshit.

But if you can push that aside and say, you know what? I don't give a shit about that. I'm going to become this person. And if anybody else has a problem with that, then that's not my fault, and it's definitely not my problem. And when you are able to do that and overcome that, you have just unlocked a totally new version of yourself that what's amazing is that you don't lose that.

You may get beat down by something in the future, but you will always have that. You will always know that you've overcome that peace, that strength, and that courage is within you. So that's the beautiful thing about something like this. And everybody has something like this.

Um, whether it's wanting to speak out about the truth, let's say maybe speaking out about the truth is a very difficult thing because you lose friends, you lose family, you lose partners, you lose a lot. And maybe you want to stand up for what's right. Maybe you want to speak your truth, but you think to yourself, no, I don't want to do that because I don't want to lose this relationship with, um, my family member, my parents, my brother, my sisters, my aunts, my friends, my coworkers.

I don't want to be the one that's isolated at work. But if you were to break through and say, you know what? I don't care. I don't care if people think I'm crazy. I don't care if people think that I'm some wacko, tinfoil, racist, misogynistic, as our prime minister likes to call us.

Uh, I'm going to do what's right, and I'm going to speak the truth because that's who I am. I'm going to be honest with myself, and I'm going to speak the truth, and I'm going to break through this. And then that's what, uh, I'm going to be me. And if anybody doesn't like me for being me, then that's on them, and that's unfortunate for them.

So that's another example. And I know that there's a lot of people out there who do see what's happening in the world, and they want to speak their truth, they want to share, but they fear what comes with that. And if there's anything I can say is that, you know what?

If anybody has a problem with you being you, then that's unfortunate for them. And so that is the story of my hair. My hair is down to, um. I could probably wrap it in a ponytail right now. I'm pretty sure I could. I'd have a little, tiny ponytail. And, um, I look in the mirror all the time, and it kind of makes me smile of how far I've gotten.

Like I said, this is the longest my hair has ever been since I was 25 years ago. Ten years old. And, uh, to get to where I am today, I'm excited for it. I actually had a haircut back in June. It was the last haircut that I had, and she damn near cut.

She cut so much of it off, and I was so hurt. Even after telling her how much I was trying to grow it out, and she cut so much of it off, it put me back, like, two months of hair growth. I was so distraught. And that was such an interesting thing to even experience, is that feeling of, you cut all my hair off and feeling hurt by that.

Whereas before, I literally hated hair, back when I was shaving my head bald. If I could have traded hair with a bald guy, I would have done it, and I wouldn't have to shave my head all the time. But now, uh, I just grow the hell out of it, and I can't wait for it to get longer and longer.

And I wonder what I'll do when it is much longer. Will I put it in a braid? Will I embrace my native American roots a little bit more? And I have no idea. Oh, yeah. Here's another thing. Part of the reason as to why I wanted to grow my hair is I heard, uh, what would you call this story?

Um, something. And it was about the native Americans and why they had long hair. So, native Americans had long, long hair, and then when they were forced into the military, they would cut all their hair off. And what happened is they weren't able to track anymore. They bring in these native Americans who were really good at tracking, and they were really good with energy and the whole tracking thing.

But then once they cut all their hair off. They lost that ability because they understood and knew that your hair was another, an extension. It was like an antenna. And that always kind of interested me, and, uh, always trying to be better and always trying to grow and always trying to become a new version of myself.

I always thought, what if I could do that? What if I could grow my hair so I had that, so that I could connect to the energy, to the world? Much, uh, better. If you've read the alchemist, I always talk about the alchemist, and he always talks about the language of the world.

What if having longer hair, for me, could connect to the language of the world? Um, that would, uh, be amazing. I'd love that. And so that's kind of what I'm excited for. And I love it. I love my hair. It's been a journey, a learning journey, that's for sure.

I have so many different shampoos and stuff in my shampoos and conditioners, trying to find that one that you're reading about it. There's so much that goes into it, and so, uh, yeah, it's an interesting thing, and I'm glad to be on this journey and, um, to have gotten to where I am, and I'm excited to where I'll get to eventually.

And all I want to do is just become that better version of myself. You're just always learning and growing and becoming better over time. And that's what I think life is about, is becoming the best possible version of yourself. And that's why I share these stories as I hope that it gives you something to be inspired about, that maybe you see something in your life and you've hit that wall a few times and you haven't been able to break through it because of insecurities, fears, or whatever it is.

And hopefully you hear something like this and you think to yourself, you know what? In order to become who I want to become, in order to achieve what I want to achieve, I have to break through this wall. And that's what I want for people, is for you to hear something like this, get inspired by it, break through that wall for yourself.

And then, who knows? Maybe down the road, you're eventually sending me an email and saying, hey, I want to let you know that it was because of you and that podcast and that story that I, um, am in this direction of life now. And that, to me, would be one of the most amazing emails to ever have.

Anyways, guys, Nathan, unplugged freedom. Um, working on the website. I'm so busy nowadays, you uh, can follow me on Instagram. That's pretty much, uh, one of the places I'm a little bit more, uh, active. You can check out telegram, unplugged, freedom, share a few things once in a while there.

I try to keep up with it all, but, uh, very busy. But, um, let me know if you heard this and you're here listening to me right now. Let me know. Uh, it'd be much appreciated to know that you actually heard to this point and, uh, that you got something out of this.

And, uh. Yeah, anyways, we'll talk to you later. Bye.