

Yo, what is happening, guys? Nathan back once again, with another episode of the unplugged Freedom podcast. And in today's episode, what I want to talk to you about is Helping you move past things, move past, maybe pain that you might be going through. And with that is knowing the importance of your physiology, what you are physically doing with your body.

And if you can understand this, If you can. No, just how important your physiology is especially when you are going through pain. Whatever pain that might be. Maybe somebody hurt you, maybe somebody Uh, was shitty to you. Maybe, you know, you had a friend pass away, maybe whatever it may be.

Whatever the type of pain that you're going through and you're hurting. This is a, this is a skill. And a tool that you can use and if you know it, you know how important it is and you are able to use it in order to help you get through that.

Now, it's not a fix all, and you know, you're going to be better today. Like you, it'll help. You is the thing. And depending on the pain that you're going through, It may just help you get through the day. Like, let's say, you got to go to work. It may help you get through the day of work and then when you get home from work, you just ball your eyes or you just cry and you let out all the pain and And so, So that's what I want to talk to you about.

I know the other day I talked about, you know, if you're going through something just keep going and Which, which is definitely true. But Uh, one of the things that you got to know, is you got to know that it really big important thing is your physiology What you're doing with your body.

And so, If? If you're hurting at the moment. And you, you want to You don't know how long you're gonna be hurting for. It could be for a week, it could be for a month. It could be for a year. It could be for years. Unfortunately depending on What it is, or What has happened?

Yeah, we don't know how long the pain is gonna hurt. It may even linger as well, which sucks? But one of the biggest things is that your physiology and so, I want I want you to imagine. Let's say, let's say, let's say, somebody hurt you. And it it just devastated.

You, you're really sad. That. That this has happened to you. And, And you're You're just taken back. Well. It's easy to actually just Curl up in bad end. You know, borrow your eyes out cry and be like, I can't believe this. Like I can't, I can't believe this. And you don't want to do anything.

You don't want to go to work, you don't want to work out, you don't want to go see friends, you don't want to go out and do things. You just want to lay in bed and hurt and cry and just this pain in your heart is just gnawing at you, and it's just the, the absolute fucking worst.

And And so, But the the thing is, is that you, you need to know that You need to change your physiology. And I'm not saying that this is easy, not by any means, it's not easy at all when

you're hurting and like somebody hurt you and You are just, and I'm not saying like physically hurt you.

I'm saying that they like emotionally hurt you. They devastated you and When you're hurting like that. You don't want to do anything and I understand that you don't want to go see friends, you don't want to go to your favorite restaurant. You don't want to Talk on the phone.

You you don't want to do anything. I remember when my dad passed away, like I disappeared from everybody, Yeah, it was like I fell off the Earth. And I just, I was just so lost, there's a lot of emotions and things that I went through, and And it was, it was devastating.

You know, and I've had I've had people hurt me and Um, That's also been very devastating and But one of the biggest things that I've always known, is that? Changing. My physiology is extremely important during these times of of pain and And even though you don't want to, You just you know how important it is for you to do it.

So you you do it, you drag yourself out of bed. And you put on your running shoes and you say, I don't want to go for my normal 10 kilometer run. But I'm gonna go for a run. Anyways. And you may go for like, you may get out there, you get your shoes on, you get dressed and you're like, okay, I got this.

Here we go. We're gonna go for a workout and you go and you start running. But then maybe like a kilometer into your run. You're just like, you know what? I just feel like, I just feel like crying right now. That's all I want to do right now and if like if that's what you want to do then just fucking do it.

Like, it's okay. You're you're allowed to be to be hurt. You're allowed to be sad. You're you're gonna go through pain in your life, you're gonna go through. Shit that people do to you and it sucks. And and there's nothing you can do about it. All you can do is just control your actions.

You can't control other people's shitty actions and You. You just have to know that you are the one who is not a shitty person. And so, So, changing your physiology, you get out there, you get for your run, you you're intentions. Are you're gonna do a 10 kilometer run, like you normally do and it doesn't have to be a run.

It could be a workout. You could say, you know what, normally I do it, two hour long workout and it's awesome. Or 45 minute long workout, whatever it is. But when you're hurt, When your heart aches and you are just going through something. That is probably one of the most painful things.

It like, you don't, you don't want to work out. You don't want to get out of bed. You don't want to go outside. You don't want to do shit. But you know how important it is for you to do that? You know that changing your physiology is Is gonna be a lot better than just laying in bed.

Crying you know or maybe you're eating. Eating is another thing. You know why people eat when they're hurt. It's because eating also changes your physiology. You know, like we get that high off of sugar, We get that. If maybe, if we do eat a big meal that big meal or perhaps, maybe it's not a very healthy meal, but it's a very A comforting meal.

Let's say, you know, you go eat McDonald's and whatever it's a very comforting meal in a way. It's not good for you but it's not. It's just got that comforting thing to it. And it changes your physiology. And it's also the same thing. Why people smoke some people get stressed out, some people hurt and they smoke a lot, they chain smoke.

Some people do alcohol, some people do drugs. And so, If you know, and understand as to why people do these things, especially during times of being hurt Then you can have that knowledge in that understanding and you can actually just use it and turn it. And, You can. You can use it for good.

So, if you know that hey rather than Doing drugs rather than smoking rather than drinking. I'm gonna force myself to go to the gym. And maybe lifting the big you know bench press is not just happening at the moment and you're like ah I just can't get into it like lifting doing the push-ups doing the pull-ups like just Something like maybe I just walk on the treadmill for like an hour.

Maybe I just grab. You know, a bicycle and I just ride on the the stationary bike for, like, 45 minutes and you don't even have to work that hard. Just as long as you are doing something, you're moving your body. That is what is important. And that, that little It may even feel insignificant.

Almost like you're like, why am I even here? Why am I even writing this bike? I'm not even sweating. Really? That's okay. You're still moving your body. Doing that is still a lot better than being curled up. In the bed. You know, the the covers over top of you the lights out and Balling, your eyes out.

Wondering why? Someone would be so shitty to you. So, at least you're out, you're doing something, your body is moving, and you have to make sure that you understand that Yesterday, for example, I I had a cold showers, a three minute, long cold, shower, Cold showers are an amazing thing if you, if you can do them, especially, especially when you're hurting when you are.

Hurting and you're in pain. And like I said, we're talking about emotional type pain, emotional type hurting When you're in that kind of state of mind. And you can take a cold shower, it is just the most invigorating thing. But it's hard to do. You don't want to like you.

Nobody wants to have a cold shower in the first place. Now, here you are fucking heartbroken here, you are hurting here. You are in pain and now you're supposed to turn that that lever to a

cold. No, it's like it's like that. That tap. You know. A weighs a thousand pounds and you're trying to like turn it over and it's just it's just not going.

But uh if you can do it, just three minutes maybe not even three minutes, just one minute just one. And it like it'll it's so good for you. It's so good for you because that It's hard to think. And I've talked about this in previous podcast, you can check it out somewhere.

It's a way back, it's one of my very, very first ones. It's talking about cold cold showers and Barefoot. Walking actually. And the thing is, is that When you're having a cold shower. It's hard to think about. That pain. It's hard to think about that. You know. If somebody hurt you, it's hard to think about them hurting you.

It's hard to think about All of that kind of things. And so, Like you literally can't you cannot think about that stuff? And that's why it's so good for you because it kind of pulls you out of that state. But if you're in a hot shower, you can be in a hot shower and you can be sad and you can be crying.

And you can just be You know, why did they do this? Why did they such a piece of shit, you know? And, and It. That's easy. But you can't do that when you're having a cold shower and and if you can, I would say you're pretty talented. But, Changing your physiology is if you just can have that in your mind as like, okay.

I'm not in the state of mind to do anything at the moment. I know, I gotta finish that project. I know, I've gotta go to work, I know I've gotta do this, but all I want to do is just lay in bed and just Wake up when this is over, wake up when this pain is done with, and And I know that feeling it sucks.

You want it to be tomorrow already or however long. It's gonna be until it's over. You just, you want it to be that time. But unfortunately, we have to go through these things and unfortunately, it's gonna it's gonna happen in our lives and so There's, We're gonna go through pain.

Pain is inevitable. As they say, pain is inevitable but suffering. Suffering is a choice. And that is what you have to remember that. The suffering is a choice. The pain is inevitable. You're going to go through pain. I'm gonna go through pain. It's not going to be the first time, it's not going to be the last time.

And as much as I wish. It, it could be, it's not and Endo. So you, you have to know that, okay? I need tools and skills in order to help me get get past those times when I experience them. And, Like I said, I've been through a lot in my life.

I've had best friends who have passed away when we were kids. I have had my, you know, a lot of friends pass away when growing up. I've had I've actually known a lot of people close to me who have passed away and it's crazy because like I will tell some people I have with this one

friend and She said that she's like I have no idea what that's like at all.

And I, I don't even want to ever experience that because it sounds terrible. We're like for myself. I've yeah, I've known so many people who have passed away. You know, I've known my parents who my parents have passed away. It's just all kinds of things, you know, and And so, You have these these types of pain in your, in your life, you have people who Who break your heart.

You have people who Betray you, you have. You have shitty things just happening to to you over time and it sucks. And so For me, I know that. I have I've learned a lot and I've always known Keeping with my physiology is, always, It's it's a priority even though I don't want to.

Even though I don't want to, like sometimes I just want to like curl up on the couch. And just lay there and cry and be like, Why? You know, just asking myself why? Why? And, As much as you want to do that, you know, that It's, it's not productive.

And like I said, it's okay to be sad. So K to be hurt, you're allowed to cry if you want to cry just fucking cry, you know? And Um, And, and that's okay. Because sometimes you just might need to Like, I'll go, I'll go. And they just, just might be like a little Moment in the day where I'm just like I just I just want to cry.

And I will. I will. In a way, make myself cry. I kind of push it. Maybe I'll think of memories think of things and kind of get myself to pull that out and I talked about that in the other podcast the other day. Because sometimes you just need to you just need to relieve that pressure.

There's just like a pressure that builds up and you just need to, to relieve that pressure and, and that's okay. You're allowed to do that. You're that'll happen, that will happen. You know automatically, sometimes you may just burst over crying. I've had times where, you know, I'm on, on my way to work and maybe a song comes on and It just it just hits you right in that moment.

I'm like great. Now, I gotta go to work, hope, and that I don't look like I just fucking bald my eyes out all the way here. And then you go to work and you put the smile on and you're like hey what's going on? You know, and And they have no idea.

I have no idea that you were just like a rack five minutes ago. Or maybe they do because they see it on your face, who knows? But uh, that's that is the one of the hardest things. Is knowing that you need to change your physiology but then actually doing it when you are hurting.

It's a it's extremely tough. I'm not saying at all. That it is easy. Not at all. It takes a lot of strength in order to muster that up, pull yourself up from the couch, pull yourself up, you know, from under your covers, in your bed. And And turn on a cold shower, put on your running shoes, put on your gym clothes and go to the gym, you know?

Just things like that. It's extremely hard. You, you're trying to work out. You can't focus. You're not into it, you're kind of half-assing it. And then you kind of thinking, why am I even doing this? This is stupid. And, It, it sucks. But it's better than nothing. And what you are doing is actually really, really good and you're keeping that up.

So you have to kind of Know that and say even though this is a shitty workout even though I'm not really accomplishing a lot in this workout at least I got myself off the couch, at least I got myself. Out of my bag. And that is big, because there's a lot of people who can't do that.

And which is why we have so many homeless, people addicted to drugs and alcohol and all these things because have that strength in order to be able to get through those times in their life. And that's what they turn to, they turn to the drugs, the alcohol, all of that stuff.

And Because they didn't have, maybe they didn't have the tools, maybe they didn't know the importance of changing their physiology. And, And maybe they didn't, maybe they didn't know. And the only thing that they knew that could help with the pain that could help with the hurt was drugs or alcohol or whatever it may be.

And it seemed to be the only option. The only thing that would help So that is what they they did. And it's unfortunate. And that's, that's why I wanted to make this this podcast because Like I said, I've been through a lot and I've been through situations where I remember when I left this one relationship, this was many years ago.

And, I was a wreck after it. Even though as a mutual relationship, Mutual breakup, No matter how mutual a breakup is it's it's always hard. It's very, very hard. And so, I was a wreck after this relationship and I had no Direction. I don't know if I've talked about this in in the podcast before.

I'm not going to go into the whole details, but I, I I was an absolute wreck from it. I didn't know who I was. I didn't know. Have no drive, no motivation, I lost who I was because of the relationship. And so when I left it, I didn't know who I was.

I didn't know what direction I was going. I didn't know any of that. And so, I was a complete rack. And the best way to describe it is. It was like I was out in the ocean. But all I knew is that I just gotta keep my head above water.

If I can just somehow somewhat keep my head above water, I'll be good. I'll be good. And the way that I kept my head above water metaphorically speaking, is that? I kept my mindset good and I remember, I like, at the time, I was actually sleeping in my car for a month, a whole month, they slept in my car that time.

And I, I was going to the gym. I'm still going to the gym, had a gym membership out club 16. It's uh here in Vancouver. It was when I lived in Vancouver Sleeping in my car pulling over to the side of the road somewhere and just sleeping in my car.

And, But I would go to the gym. I remember washing my clothes in the, the shower at the gym and I'd kind of hang them, kind of like lay them out in my car so that they would dry and But I kept doing that. Like even though I was in a shitty place even though I was had no direction like I was so lost like it was a very interesting time for me and I can't remember if I've talked about it, maybe I'll talk about it again in another podcast, but I knew there was only one thing that I knew is that to keep my head above water and that was by going to the gym.

That was by listening to positive things and I would listen to Tony Robbins, for example, actually, I think I did talk about this in a podcast. Tony Robbins. And And uh, other motivational speakers. But Tony Robbins was always a, a really big prominent person who I've learned a lot from over the years and A lot of the tools that I use in order to get through times, when I'm I'm not feeling 100 or maybe I'm hurt, or maybe I'm going through something.

A lot of the time, a lot of the tools that I use, you know, I've learned from someone like Tony Robbins or other people, but a lot of them are from Tony Robbins. And so, Me during that time, that whole entire month, sleeping in my car, going to the gym, washing my clothes in the gym, hanging them out in my car and I just, you know, sleeping on finding a new street to sleep on and And, I remember, I would fall asleep in like, Parks.

I remember a couple of parks where I'd go and I'd lay in the grass and just sleep. I'd go to Starbucks. Hang out there and sleep. There I'd go to the library, like it was just, it was such a wild time. This was like, when I was like, 25 or something, And, But my biggest thing was listen to positive things.

Uh, go to the gym, change my physiology. And, And I kept saying things to myself, like the words that I would say to myself was, Where I am doesn't matter. Where I've been doesn't matter. Because what matters is where I'm going. And if you think about it, it's very true where you are right now, it doesn't matter.

Where you've been, it doesn't matter. It's all about where you're going. And if, if you don't have that vision of where you're going, Like if I didn't have that vision of where I was going during that time, Then I probably wouldn't have made it out of that. And so, I always knew that and I said, okay well I just gotta it was almost like I was falling.

And I was like, Trying to grab a ledge trying to grab something to hold me up so that I didn't continue falling. And that all I knew is that, okay? All I gotta do is just focus and Was somewhere. Some, I'm gonna be able to grab something. I'm gonna be able to grab something that I'm gonna be able to hold on to And it's going to be good.

And that was going to the gym. I was doing all those things, you know, keeping my mindset strong. And, Is? Yeah, a month. I slept in my car. And, I look back at it now and it's crazy you know just just wild and I I understand as to why I did it.

I know why. And that's the thing is like if you can get past something like that, then you can learn from it. That's always really good. And And so I've learned a lot from that, and The biggest thing was, like I said, you gotta change your physiology, you gotta keep your mind.

So you got to keep your head above water. And, Yeah, I think, you know where I'm at it's it's it sucks. It may suck at the moment but it doesn't, it doesn't necessarily matter because what matters is where I'm going. That's what matters. And, What's also crazy? I remember Fast forward from there.

I think it was like four years later. I went and I was in Australia and I had the opportunity to see Tony Robbins. I went to one of his events for the first time, this is a guy who I've read his books of listened to his trainings. I've done so much and Uh, I remember when he came out on stage and I paid extra money for like to be up close or to the stage and And when he came out on stage and I saw him there, like, he was like, right there, like right there, and I'm like, dude, This guy has no idea.

This guy has no idea that, you know, I would be listening to him. At at my lowest point where I was so lost where I was so down, and, All I knew is that I had to to continue to. Change my physiology, which is what I learned from him.

I had to keep my mindset strong And, It would be okay. And so seeing this guy for the first time it was just crazy to to see that. I remember I became like so emotional like kind of like how I am right now and It's just it it's wild like that, that guy.

I don't know, maybe saved my life, I don't know. I have no idea but uh, He's definitely changed my life, that's for sure. And not just him but like a lot of people and and so Um, That's that's what I hope that. For you. You, you can have these tools.

So that the next time you are going through something, the next time that you are hurt that, you know, Just how important it is to change your physiology. To make sure you you move your body, it doesn't matter how half-assed it is. If Doing a terrible workout. It's so much better and so much more beneficial for you than just curled up on the couch.

Wondering. Why why? You know, someone Someone would hurt you. Why someone You know, why? Why would the universe or God or whatever? Take away your best friend? Why? Why, you know, and you're just hurting from that and And like I said, you're allowed to be sad. You know, if you're on your way to the gym and you want to cry just fucking cry, If you are, if you finish your workout and you want to go have a shower after your workout and you want to cry in the shower, just Fucking let it out, let it out, dude.

The worst thing that you can do is, is hold it in, And, I used to do that a lot. I used to, I used to not let anybody in at all. Nobody, nobody was allowed in. Nobody was allowed in. Even like you

did not know, like I was a very closed off shell.

I didn't allow anybody in Not through my facial expressions, not through my body language, not through my actions like you were allowed in It's just the way that I was. It's just the things that I've gone through growing up and it's just it I used that to protect myself.

And I talked about this in the other podcast that Did you know, my, um, when I was breaking up with the one girl and her mom, when I was basically saying goodbye to, Her mom said, you know, like You gotta learn to be vulnerable, Nathan. And, I've always kept that with me, I've always always kept that with me and And it's not.

It's not easy. It's not easy in, in the slightest bit and I'm trying not to like, repeat a lot of what I said in the other podcast but It sucks because like some people they ruin it for other people. That you you be open, you be vulnerable. You allow people in and then they shit all over you.

You know, they they take that and they just don't even care about it whatsoever. And, Then you're like, wow, I opened up to you. Like I trusted you and You just, Stomped on it. And then you're expected to go open up to somebody else. Well how can you when the last person that you did just crushed you?

When the last person, you know, they just they just spit in your face, basically. And, It, it's tough. And, But one of the things that I've learned over the years is, Try to find some people that That you can open up to. That you can share things with. Like there's, there's There's people who people have different roles in your life.

You know, like if you want to go mountain biking, there's probably like somebody who you would call if you want to go Go for a walk and talk about, Life. You know, there's probably somebody who comes to mind for you. If you. If you want to celebrate some some joy in your life, there's probably somebody who you you have.

That comes to mind that you want to share that with. But everybody has kind of like a different role in our lives, you know? Like I know, I wouldn't call one friend to go golfing. Because he's not into it, you know, but if I were to do mountain biking that would be the person that I would call, So, people have these different roles and one role that.

Some people can play or that you can have, you want to make sure that you have is that If you ever hurt, You want to have somebody that you can. You can go to and he can tell him and you can say, I'm hurt. And, You can share with them, just how You may be feeling and They're there to listen, they're there to to To understand.

You know. To kind of. They're just there. To be there for you, when you need them. And you can trust that. And so, I've learned that. That is. That is very important. Yeah. Um, And never used to be like that, not at all. I used to just close everything off.

And, I I would say that I had I ran my own bottling company, and that was bottling up about all my emotions and all my feelings and everything and Nobody knew. Nobody knew anything. Over the years. It it has become a lot better that's for sure. But, There are a couple people who, who, um, I've opened open opened up for, and they, they've kind of been like my My people, if I need them that I can rely on and And, And that you can go to during those times.

And so, Coming from somebody who never used to do this. I've learned the importance of it. Uh, for myself. It's actually very hard to find more people like this. I, I wish I had more people like this. But unfortunately. Unfortunately, some people are shitty And that's what I was saying before.

Is that you may think that this person is one of those people and you open up to them and you share them with them. You, you may allow them in And then they turn around and they show you that. They're a piece of shit and that sucks. And so, Yeah.

Um, Yeah. There's nothing really else. I would want to say, At the moment. I kind of talked about it in the Heartbreak one. I kind of talked about it in the previous one. When I was saying, you know, if you're going through something just keep going. And so, But that's, that's my biggest thing.

Like, for this For this podcast, I want people to know. Like the tools that they can use whenever they're going through something. That you're not alone when you're going through it, like whatever pain you might be going through like I've been through pain you've been through pain, we've all been through pain, pain is inevitable.

And, But if it hasn't happened, it's probably going to happen and it sucks that it uh, That it has to. But uh, Yeah. Um, I think that's pretty much all I want to say, you know, and Anyways. Yeah. Uh,

Yeah, I I think that's pretty much all I want to say. Get, get some people in your life that you can open up to and you can share when when you need them. When you are hurting. That you can turn to them. Because you know, that they are a good listener, you know that they are.

Just a good person. And, Hopefully like I said before, hopefully that they they see you being vulnerable because for some of us it's it's not very easy, it's extremely difficult. And then, like I said, people shitty, people make it even harder because you open up to them. And then they, they stab you in the heart.

And, So makes it even more difficult for you to open up. And so, uh, But get those people in your life. It's very important. And, What's really interesting actually for me is Something I've recently, like gone through

I've gone through it before. Years ago. Like similar type thing. Similar type pain.

But nobody knew about it. I just dealt with it on my own, I just I didn't tell anybody, I don't think I ever told anybody. And it was partly because I just wanted to forget about that person in my life. I didn't want to give any energy. To that person, I just wanted to erase them from my life, from my mind, from my memories from all of that.

And so I didn't I didn't tell anybody, I didn't want to talk about it. I didn't want to Reminisce about it. I didn't want any of that. I didn't want to. I just wanted to push it away, forget about it and just Cover it with with hate and anger, and Just, All of that and just bury it.

That's that's literally like what I wanted to do and that's pretty much what I did. And so, So so before, when I had that, that's how I dealt with it, I didn't tell anybody. And, What was interesting this time is that? It was almost like the complete opposite. It was.

It was like, I needed to tell somebody. It was, it was a very interesting thing. I had never had that before. I'm like I'm like, I feel like I need to tell somebody about this. I feel like I need to open up about this. And, So it's kind of, like, looking in my life and saying, like, Who's that person?

Who's that person, who would listen and understand and And, Allow me to. To, to be sad. Allow me to share. Allow me to Open up and create that that safe. That safe place for me. To do such a thing. And so, There's actually really interesting that. That I had that it was like, it was like, a, a need.

It was like, I have to open up to somebody. I have to tell somebody. And I did. I did. And I, It felt so good. Because they understood. You know, they they listen to me, they understood my pain. They understood, you know. Yeah, they understood. Why I would be hurting They understood.

And And, Afterwards. It just you've just felt so good. Just to be able to talk about it. And so, But but I just I just thought that that was very interesting. How when I went through something like this before? I didn't want to tell anybody. I just wanted to remove that person from my life and just I think because there was just so much anger and like Um, I kind of know why and what my goal was in that It.

It, it's kind of like to do with neuro-linguistic programming and Your mindset and And, Rather than the reason that you're hurting is, because, That moment in your life was it was it meant so much to you. That person in your life meant so much to you. And But apparently it didn't mean anything to them and that is extremely hard.

It's an extremely hard pain to to go through like that. And the reason I didn't want to tell you maybe before is because what I was doing is I was basically stacking. Like anger and hate and everything on top of it. So that anytime I thought about this person, That is what I thought about.

I didn't think about the times that I enjoyed, I didn't think about the times that were great. I didn't think about, All, I all Thought about was, Was the? How terrible of a person that they were, they weren't a good person in my mind they were before in my mind, they were a good person.

But then they, they turned out not to be And so when when in your mind, they are a good person and it turns out that they're not. That's a very devastating. It's a very hurt hurtful. Type of pain to go through, and You can like, look this up and It, like I said, it's all about neuro-linguistic programming and basically, you stack certain certain feelings, and emotions and ideas, and thoughts, and beliefs.

On top of this memory, on top of Uh, what would replace? Thinking of all the good times you just you just focus on. This is a terrible person. And you do that enough and then all of a sudden what happens is you can you like you you won't hurt anymore?

Because Because, uh, Every time you think of that person, you just think of how terrible of a person that they are And, It is a way to get over things, but I wouldn't recommend it. I wouldn't say that it's necessarily like a A healthy thing to to do. It's, I think there's better ways to do it and I think that's why this time.

I I think it just took so much energy to to put so much anger and so much hatred and just stack that over top of this person and you're just You're just, I feel like it took so much energy just to do that. Whereas this time, it was just It wasn't.

It, it didn't seem like it, was that That difficult. It was it was a different approach. It was just You go to someone and say, hey, I want to talk to you about something. I'm hurting. And then you share and you open up and it's afterwards, you feel so much better.

You know, you it's It's interesting. And I think that's, That's a good thing, like, I, I knew about neuro-linguistic programming and that's why I did that with the previous one. And like I said, I don't think it's, I wouldn't recommend that you can do it. You can absolutely do it but I wouldn't necessarily recommend it it Yeah.

But look into neuro-linguistic programming, it's Is very interesting, it's how you take control your mind, and how you can. Take control of a lot of things. And so, Yeah. But yeah, I I thought that that was very interesting that That's how I dealt with it last time. And this time I dealt with it in totally a completely different way.

And so, Very interesting. It's I, I would much prefer dealing with it in this manner of, you know, turning to people who I Can trust and who I can open up to And, I can share with. And so, Anyways, I'm starting to ramble here, it's been a little bit long.

Um, Yeah. Nathan unplugged, Freedom. You can actually I got I'm building the website now. Unplugged freedom.com It's just mainly at the moment. Just going to be about the podcast. And

then I'm gonna grow from there, but Uh, unplugged Freedom on Instagram, unplugged Freedom on Facebook. Telegram because a lot of my shit gets censored.

I've got strikes on YouTube at the moment, so I don't know if unplugged Freedom, I don't know. If like my URL is unplugged Freedom on. Youtube. I'll have to double check, but yeah. Um, I've already got strikes on there. That's why I don't post a whole lot on YouTube.

But, Yeah, telegram, you can find me in a search for unplugged Freedom. Youtube Instagram, Facebook, Twitter. Twitter's not unplugged Freedom Twitters. Yeah, Twitter is uh, I use that for something different. I would say. Yeah. Anyways, big things are are happening. Big things are changing. And and that's another thing, you know?

Like I Even though at the moment, I maybe like going through some shit and And it sucks. Once again, it's it's okay, even though I don't have to drive and the motivation to to be working on my website to be Doing a podcast, uh, to be doing all the stuff that I'm doing at the moment.

I, I still do it. I may not be as productive as I would be if I was in a much better state of mind. But, I still get it done because I know that it's I'm much rather put my focus on this and focus on something else. That is not going to be productive.

And so, So just knowing that deep down and knowing the importance of it, at least, even if I just like do one small thing throughout the day. Whereas when I'm feeling great and I'm in the better mindset, I can do like 10 things in the day. At least I got that one thing done.

And so that's that's the important thing. And uh, because yeah, it's just tough, you know. Especially like we've got responsibilities right? We've got bills to pay. We've got things that we need to do and And if we if we don't do them, then that's just compounds like if we're hurting and we don't go to the gym then we're like I didn't go to the gym today.

Haven't gone to the gym all week. I didn't touch my website all week. I haven't done this like then it just compounds on each other, but at least if you're doing something, you're making some sort of progress you can. Yeah, you can. Be be happy about that. You can you know, share with yourself and say like hey you know what, even though I did a half-assed workout today, I still got a workout.

You know, even though I did a half-assed job on my website, I still got it done. And we gotta do the best that we can like, don't don't go out expecting that you're gonna, you're gonna change the world. When you're, when you're not feeling 100, when you're when you're in that state of mind, it just get out there and just do the best that you can be safe, okay?

That another thing is, like your job, for example, like my job. That's the shitty thing about my job is that If you. If you mess up, Like you can fucking mess up. Like you literally could die like One just mistake one misstep, one something like and you that could be detrimental.

You could lose a limb, you could lose your life like it and so. Yeah. That's definitely tough because sometimes you know maybe you might you might have a job like that where you have to be focused where you have to You have to be careful. You can't have your mind going otherwares and that and that's why I say like if you're on your way to work and you got to fucking cry, just fucking cry.

You know, if you show up to work and maybe you look like you cried, whatever say you're tired, whatever. At least you you relieved that pressure. And, I know sometimes like when I'm at work. Like, everything will be great. Like, during the day, everything's like great. Then all of a sudden, like Um, I could work.

But then it's almost like it, builds up, builds up and then by time maybe works done. I'm just like Fucking cry in my eyes out, you know? Yeah. So But, Be safe out there, okay? Do what you got to do that that that's gonna you know, make sure you get home.

Uh, do what you got to do that uh you make some sort of progress. And that's that's the biggest thing, you know, change your physiology, make progress and Um, Don't like I said, don't don't expect that you're gonna have the best workout don't expect that you're gonna you know do the do your best work during those times because you're not And just and just know that and that's okay.

But just know that you're making progress and that's, that's what matters. All right. So like I said, unplugged, Freedom, follow me on Instagram, Facebook. Check out the website. Things are coming, things are happening, and I want to be much more. Active. And yeah. So

I'll talk to you later.