

## Episode 24: Dropping the Armor w/ Transformational Relationship Artist Joe Bernstein

[00:00:00] **Drew Stegmaier:** Hey everybody. This is The Steg Drew Show and I'm your host, Drew Stegmaier. This show is new, evolving and finding itself. We don't yet know. What it will turn out to be. And that's exciting. I believe the world has a current civility deficit. And with this endeavor, I'll be exploring tough and taboo topics with compassion and incivility so you can do the same with your friends, family, and coworkers.

In this episode with Joe Bernstein, who is a transformational relationship artist or what some people might call a Benz life coach, we let the freak flag fly. We start off the episode by talking about microdosing. Joe is the first one of my guests who announced that he was microdosing and was okay with sharing it on the air and that's part of what I am about and the message I want to spread. So we dive into that.

We dive into some of Joe's story, how he got into the work he does, who he is, some crises he faced that triggered a trauma response. And that trauma response happened to be growing a lot and is responsible for part of making him who he is today and we talk about the difference between being wise versus being educated. What is men's work and why does the world need it? And this episode felt important. That feels weird to say, I didn't start it with that intention. Uh, it doesn't feel grandiose for me to say that right now, but that's how I'm feeling just after recording it and we ended the episode with my favorite poem by Marianne Williamson called our deepest.

**AD:** Our current medical system is pretty good at treating acute conditions, but when it comes to chronic health problems, we're not that good. In fact, many Americans suffer from chronic health conditions without really knowing why. Not Medical Advice. Yes, that is the name, [notmedicaladvice.co](https://notmedicaladvice.co) not .com. Again, that is [notmedicaladvice.co](https://notmedicaladvice.co) helps you find a holistic healthcare provider near you. You can get a free guide on the website and you'll get a video and PDF to find the perfect people in your area to help you solve chronic medical conditions.

[00:02:28] If you've had confusing healthcare conditions, if your doctor has made your health worse, if you've had a lot of bad doctor experiences, like I've had myself where I've lost trust in the system, and if you haven't had luck with holistic options just yet Not Medical Advice helps you navigate the health landscape. Go to [notmedicaladvice.co](https://notmedicaladvice.co).

[00:02:49] Welcome Joe.

[00:02:54] **Joe Bernstein:** Thanks man. Thanks for thanks for doing this. I'm just going to say it since you're wearing that shirt off the testes, my canc I'm like, it took me off guard to hear welcome after we've already been chatting so deeply. And like, so like, I want to say delicious for 15 minutes already.

[00:03:10] It's like a welcome. Welcome. Hi. Yeah.

[00:03:14] **Drew Stegmaier:** yeah. Yeah. So I guess to disclose more for the listeners out there, um, I usually budget 30 minutes before record time to shoot the shit with the guest to, you know, set the mood, set the tone. I think it would be incredibly weird to do something like a surprise when you're being recorded.

[00:03:36] And, um, I, I wouldn't like that. Right. So usually I'll do a warmup and then when I press the record button, it would feel weird. I think, too. Right.

[00:03:50] **Joe Bernstein:** Um, it is, I, you know, I had for a period of last year paid a podcast booking agency. Cause I really liked long form conversations about being featured and um, every once in a while someone would just be all business.

[00:04:02] Like, you know, they stood out their email and here's how it works. And then you get on it like, okay, we've got 25 minutes. I'm like, how are you today? Let's record it. And it's always a shitty podcast. So thank you for doing what you do.

[00:04:15] **Drew Stegmaier:** Yeah. I mean, I feel like the whole strength of this medium is that it is long form.

[00:04:23] Like when you watch a 30 minute TV show versus not even 30 minutes, it's like 26, 28, you know, with these commercial breaks and uh, I joke that, uh, certain contexts or what I call nuance hospice, there were nuance notes to die and, um, podcasts like you can, you can rant, you can rave, you can ramble. Um, and I love them as a listener.

[00:04:49] So as a host, it's my show. We can, so to just get the elephant in the room addressed, this is the first show that someone has told me they were microdosing during recording. Right? I can't say no. Oh, sure. Right. Yeah. Cause I can't know, but it's the first I've been notified. So, uh, why don't we just talk about, uh, what is micro-dosing, what are you microdosing?

[00:05:18] What does that mean? Um, yeah. Okay.

[00:05:22] **Joe Bernstein:** No, and I mean, you know, you probably know as much as I do, but, um, uh, micro-dosing psilocybin, I've been doing that on and off for about a year. Um, generally my life feels better when I'm on, when I'm doing it. Um, and what is it is it's just taking a very small amount, uh, really any, I mean, you can microdose any substance.

[00:05:44] You can microdose caffeine if you want it to make it as Tylenol, if you want it to, but any, some very, very, very, very, very small dose that allows for some experience of receiving the, uh, I'm going to say medicine or influencer or MTG and or whatever the heck you want to call it. Um, and just a very gentle way.

[00:06:03] So, you can get some of the benefits without some of the bigger impacts that may come depending on what it is. Um, so for me, I am someone who actually, people see me as very grounded. I

work really hard to be very grounded, but the reason that I can be grounded at times, just because I've spent a lot of my life as just an anxious, fearful mess, hiding what's important to me and being triggered very easily and being very sensitive.

[00:06:29] Right. And I love sensitivity. I'm not saying that he's bad and just saying like, it can be hard in this world to be very sensitive at times. And so, um, I don't, you know, I don't take pharmaceuticals very often. I try my best not to. So for me, I've worked really hard through meditation, exercise and nutrition.

[00:06:49] You know, creating a lifestyle for myself or I don't have to have the stresses of a lot of traditional employment. And a lot of it really is so that I can be grounded and be loving and be compassionate. And, and, um, you know, about a year ago I started experiencing a lot more anxiety depressive episodes than I had really ever consciously, probably less so than I actually was experiencing in my youth, in my teens and my twenties.

[00:07:15] I just was really unconscious to it back then. Um, but I was experiencing a lot and there was a lot going on in myself. Uh, there's a lot going on in my life. There's a lot going on with old shadows emerging because of stuff going on in my relationship and our business. And there is this thing that we call a pandemic where whatever we believe about it, there was a huge.

[00:07:37] Collective consciousness globally. That was very anxious and fearful. And, uh, you know, I think the word empath is overused, but I tend to be quite a receptor for energy and emotion. Um, I happen to also live in DC, you know, two miles from the fucking Capitol. So, so this last year has been a trial. It's been a, it's been a descent if you will, on a hero's journey when it comes to my mental health.

[00:08:00] And, um, I had been playing with and experimenting and microdosing a lot in like early in mid 2020. And when I really started feeling a lot of anxiety late last year, uh, I did a little personal solo retreat where I did a, a more of a macro dose. And I used like, what is close to the therapeutic protocols, the specific music playlist, the blindfolds wasn't recreational.

[00:08:24] Um, and I just came away feeling so magically yield and grounded by it that I got more serious and said, well, I want to do regular micro dosing. And very consistently since February. Um, I've done microdosing cycles and it really does seem to help me quite a bit with anxiety or depressive cycles, um, in a beautiful way.

[00:08:46] And that helps me not feel like I should be on pharmaceuticals. And I don't judge people that are I've loved ones that are, um, but I've tried my best not to, and, and I'm open to the potential of it. But for right now, it's still sad at this job. That's where I'm going. Go with nature.

[00:09:01] **Drew Stegmaier:** I appreciate the description.

[00:09:05] And, um, and there's, there's a lot of things I want to follow up with you on after that. Um, first just for the lay people out there who are unfamiliar with, uh, pronunciation there, I think it is really

important that micro versus macro they're off by one letter. The difference is one letter B experience is like a different planet, right?

[00:09:30] Um, so, and, and just as a host, like, Hey, by no means, is this saying, Hey folks, you all should go out and do this, but I, I would say, Hey, you all should go on, educate yourself. They're called magic for a reason. Right? These shows are incredible. And to remain willfully ignorant, I think is a disservice to yourself.

[00:09:54] Um, so I never heard this before, um, conscious depression and I have an idea of what that means. What does that mean to you? Like, no one's ever said that phrase to me.

[00:10:06] **Joe Bernstein:** So what I really appreciate is. So I'm taking this, I'm going to use this language that I've taken from a man named Terrence real, or Terry real is old books.

[00:10:16] He could put Taren snippets Terri. Yeah. And he does, are you looking to see if you got some, give me one second. Well, I'll fill in the blanks. Uh, actually now we're talking. Yeah, there you go. Oh, well, there you go. That might be the book that I'm actually going to reference. So I don't want to talk about it.

[00:10:34] It's about men and depression. And in that book, he does a beautiful job of. Really clarifying how depression shows up in men and how clinically for the vast majority of the world of psychology, which is what only, I don't know, 130, 150 years old or something has misdiagnosed and misunderstood depression.

[00:10:55] And then because typically it was like, it's the antithesis of the rest of the medical industry. The rest of middle in the medical industry focuses everything on men and men's bodies. And then it doesn't know why we can't feel women. It doesn't know why women have challenges. Don't align with the science.

[00:11:10] Right? Well, psychology is actually focused a lot around anxiety and depression on how it presents women and girls. And so in that book, if you recall, you know, for anyone who's read it or if you've read it, it's like he really does a great job breaking down what it looks like, what it feels like, what it sounds like, how it presents and what we need to go through to move through it.

[00:11:29] And so he creates this distinction of covert depression and over depression. And so. What I would say is that for a lot of my life, I was anxious and negative and pessimistic and had very, you know, classic like limiting beliefs, like can be a jargon that's thrown around in the personal growth industry.

[00:11:50] But like, I literally believe that I'd probably just always be obese and die in my forties. I literally believe I could never be a good father, a good husband. So I didn't deserve relationship love. I literally believed that with a body that looked heavy and didn't look the way that the world wanted us to that I was not like a viable sexual option.

[00:12:10] Like literally I just, I just believed that stuff. And so I had tremendous limitations on my life, tremendous limiting beliefs. I had a lot of challenges with being the typical, nice guy, but then having rage

outbursts, like just straight up rage up. Which really wreaked havoc. And, uh, my first marriage, you know, when I was divorced, but I was married young and, and I would just try and placate and placate please, and play nice.

[00:12:34] And someone pushed me over the edge. That'd be Rachel. I've spent a lot of my life, you know, numbing out with different things. At times it was like food, too much cannabis. I'm a fan of cannabis, but there's way too much their standards showing too much for me. Um, and, and doing all kinds of things, TV, overworking, um, you know, the whole nine, like anything you can think of that wasn't alcohol or hard drugs.

[00:12:59] I used it to numb out and I had a pretty rough life for the first 30 years, even though I thought I was fine. I thought it was normal if she had those negative beliefs. So I actually believe that a lot of my life I was in a covert depression. I didn't know how depressed I was, but looking back. My behaviors, my actions, my beliefs, the way I created a lifestyle were every bit exactly what I'd expect depression to look like at a human being.

[00:13:25] And then frankly, I went through this transformational period in 2013, my ex-wife broke up with me, started getting divorced. And I, instead of spiraling downward, like a lot of people, I had an upward spiral and I found all of this inner work and men's work and, you know, management of mind, body health stuff.

[00:13:44] And I learned how to manage anxiety. And at the end of the day, I really hadn't overcome deep depression and anxiety. I just found like really awesome new drugs that helped me feel great and lose weight and be healthy and still alive. And like, I was still though. Coming from a place of like, shame. Well, I was totally broken and now I'm totally amazing, right?

[00:14:04] Like these huge rebounds. And so my belief is that even as I was transforming in positive ways, starting to build like fucking life, I love there was still a lot of covert depression in me. And the last few years, as I've stepped out of this young force energy that drove me through my third piece and I've stepped or into a grounded power as I like to call it.

[00:14:30] And I've started to allow grief and start to allow my emotions to flow. And I started to allow a more wholeness based way of living like acceptance of the whole, of my humility. I've been a lot more conscious of the times where I'm really actually entering oppression. And in the past couple of years in the last year and a half, really, really like six months into the pandemic.

[00:14:53] Is when I really started to notice it. It's like, it's a fucking Tuesday. The love of my life is in the next room. I'm coaching bad-ass people. And I love doing it. I have friends and I'm feeling healthy. It's like, and I honestly have terrible negative thoughts and I feel completely flat emotionally. So I, you know, I couldn't hide anymore.

[00:15:14] Come come. Maybe like this time last year that like, Hey, uh, I am a dude who actually can call a spade, a spade now and, and deal with my mental health. And so that's what I mean when I say I was conscious to my depression now. I mean like, shit, I've been really rocking. I've been really on a good mental health wave for like a month or so now, but even like six or eight weeks ago, Objectively life was beautiful.

[00:15:39] And then a random, like Wednesday, I'd be like, what is everything sucks? You know, I just be in this thing and it's like, I can finally be like, that is just dude. It's like, that's, that's, that's just a mental health man. It's like, if you got a cold, well, guess what? Today you have depression. Like, you'll probably be fine tomorrow.

[00:15:56] Like you're drinking some drink, some orange juice, drink, some tea, you know, go on a walk tonight, you know, let the stress wane a little bit connect with loved ones. You'll probably be good in a day or two. And that tends to be the case for me these days. But, um, man, I have energy to go into a whole different direction here, but let me slow down and see if I answered your question.

[00:16:21] **Drew Stegmaier:** Yeah, you did. I want to say, keep, keep rolling with it. Uh, I have ups, but yeah. I mean, if there's more than, you know, by all means because yeah.

[00:16:30] **Joe Bernstein:** Well, I just want to say, maybe I'm saying this for myself, but maybe for you or for anyone who might listen. Life is actually not sustainable when we always want to go upward and we always want to be happy and we always want to experience expansion.

[00:16:46] Uh, life works in cycles. And so I believe that we have many, many, many hero's journeys in our life and in our hero's journeys, they're very, there's varying degree of times of like the descent in the hero's journey. And so partly it's like stuff that was never attended to in the past. Partly it was like finding ways to mask depression and such, but in a way also I'm pretty conscious as well.

[00:17:11] But like for me, there's just been, there's been a hero, has been a new hero, another transformational cycle and another hero's journey unfolding. And the last, you know, 10 months to a year, it's been at a scent and I'm really actually pretty clear. Since I was actually able to surrender and allow some of that, the scent will still live in my life, still building my dreams, still creating my business, still moving forward towards the, you know, we're going to commit with the love of my life.

[00:17:40] Cause we just got engaged. Um, allowing that actually I believe really has in the past month, five weeks has helped me move into the next phase of the hero's journey and out of the scent. So I just want to say that to, to, to share the idea that like we go through patterns and go through cycles and it's okay to allow that and to be able to allow that is actually what allows it will help us move forward and help us move on.

[00:18:06] Will help us go to the next stage of growth or expansion or creation. The next iteration of giving our gifts in the world is to allow it. And, um, it's maybe the first time in my life that I've really allowed an

extended period. Just feeling shitty when all the, you know, quote unquote success markers are sort of the hell you want to call them wherever those look good in my life.

[00:18:31] You know? So, so that's, that's a lot, I shared a lot. So it's coming up for you, man.

[00:18:36] **Drew Stegmaier:** Oh, man. Uh, well this is, this is like an Easter egg, I guess, because, so I, I was having a conversation this morning with a client about depression. Okay. And I'm, I'm not going to name names, it's private, but, um, the person was considering canceling because of the depression.

[00:18:57] And so met that with some inquiry. But, uh, what came up for me was the depression can dictate your behavior. Right? You can own you, or you can work with it. You can get curious about it. You can collaborate with it. And I think to be consciously depressed, like how I might describe it or carry it. If someone says, first, if you say I am depressed, that just is a moment of awareness.

[00:19:23] Then you could go even further and say, I feel depressed. There's like me. And then there's this feeling. And that is like, it's such a small thing, but that is the world, right? The moment you have that sliver of space where you can identify your own experience is, is huge. Right? And then the question is, well, what do you want to do about this?

[00:19:45] Right. And, um, I kind of have an ax to grind with this word, fearless. Um, I'm like, fuck fearlessness. I like being courageous. It's not about not being scared. It's about doing something despite your fear. And I think we're depression gets tricky. And part of the conversation I just had, you know, two hours ago was, Hey, if you're waiting for the depression to subside, to act.

[00:20:13] It might be tomorrow, might be a few months, might be a few years. Right. Um, so if you're letting that feeling dictate your behavior, that's giving away your power. That's like, that's a high price. Um, right. It's you could say it's a circumstantial thing, this, this feeling, where does it come from? I dunno, I'm doing all the right stuff.

[00:20:33] I'm doing self care and yoga and the semen retention and organic food microdosing. And I feel shitty and it's like, okay, well, what do you wanna do? So I guess a follow up question would be, and you mentioned this some, but maybe go a little deeper on how you treat, what do you do when you notice that you have this depression?

[00:20:53] **Joe Bernstein:** You know, for me the medicine. So I am an activator, man. I'm like, um, someone who has spent a lot of my life. Well, no, I'm going to, yeah, a lot of my life stepping into action, wanting to do something about it, wanting to solve. I have a lot of, uh, awareness of things I can do that are state changers. Right?

[00:21:13] I'll go for a run, you know, like, well, whatever, go journal something, go meditate, go writes, you know, write something creative to get the juices flowing, like whatever call loved one, do some siliciden,

whatever, like go down and hang out by the river. Cause like, you know, nature really heal is very grounding.

[00:21:34] And like for me, there's a million things, right? And so those are all really powerful and beneficial, but we go through stages of development, right? Like there are people that experience their emotions or experience depressions. Cause I want to, I want to call depression itself deeper than just feeling depressed.

[00:21:51] It's something that is way bodied and way in spirit. I want to say. And spirited, if you will, a different than like I'm feeling gloomy, right? I'm feeling gloomy. It can feel huge. Well, I don't even, it's an ethical almost, I don't really know how to put words to it. Someone who's been more conscious of that depression more of their life to probably explain it more.

[00:22:12] But for some people, the medicine is to learn to act in your best interest. Anyway, learn this, change your state when you need to learn to overcome it in the moment and find courage to go and create anyway, right? Like some people need to know where they're at and there are various lines of levels of development.

[00:22:30] How do I get out of this? How do I move forward anyway, where I've been is I am overexpressed in the ability to change my state and the ability to act any way they can. The ability to actually quiet that fear or quiet that anxiety or quiet that depression to get through. Right. For me the medicine right now, it's like, just be in it anyway.

[00:22:55] Now it doesn't mean don't go do what I'm supposed to do. Like if I'm committed to writing something that day for my business, I'm committed to a meeting, like for one of the various things that I've volunteered for. If I'm committed to obviously working with clients, it's like my medicine is show up anyway, show up in that state.

[00:23:12] Don't try and change it. Access the fact that I'm still, you know, capable, uh, perceptive, uh, loving, you know, skillful, even in that state. And I say the same for like personal things too. There's times where it's like, well, I don't, you know, I don't want to spend too much time with my partner today because I've been feeling a little shitty and I'll probably say something fucked up.

[00:23:32] Like, so what I'm allowed to be with her when I'm not perfect. Right? So for me, the medicine has been, go be imperfect, go be as best you can be in this state without changing. But I will say that there's a lot of people out there that get into, you know, I saw your email this week, like talking about circles and triangles, right?

[00:23:54] There's a lot of people who get stuck in their drama triangle of the victim because of their mental and emotional states or because of things happening around them. And a lot of the time the medicine for them is to access the creator is to learn how to move forward anyways, to learn how to take

some sense of empowerment about like, what can I do about this, um, where I've been at it's simply like, just be, be you be you with this.

[00:24:16] Right. One of my, one of my teachers and mentors who design and develop the whole, like eating psychology coaching and training, which was one of the first coaching trainings I did, he would always say like, I want to know the best way to heal, to handle anxiety. Like you can't get around it. You can't get over it.

[00:24:35] Can't get under it. If you do, it's going to catch up anyways, just move through it. Be with it, feel it, allow it. Right. So a revolutionary idea for me is like, if I'm having one of those days and I don't have a client after like 2:00 PM fucking take the day off, like that's revolutionary for me. Whereas five years ago I'd be like, Nope, push through it, like go for a quick run, blue blah, blah, blah, dominate yourself with mastery into following through.

[00:25:02] Right. So, for me, it's been a lot of the opposite. The wholeness allowing me to X, this wholeness has been letting go and being where I'm at.

[00:25:10] **Drew Stegmaier:** Yeah. Yeah. And I think what's interesting about that is that there is a couple of things, right? Um, I've been thinking a lot recently about this idea of like personal responsibility versus circumstance and the trap is thinking it's one or the other life is about

[00:25:26] **Joe Bernstein:** Yeah. I'm just excited. Cause I'm with you there.

[00:25:30] **Drew Stegmaier:** We are responsible for ourselves and also shit happens. Right. And I think the risk of the constant slogging is that there's a high potential that maybe we picked the solution that wasn't the most optimal. Right. You know, it's like seeing a poor person and being like, oh, just work harder.

[00:25:54] You idiot. It's like, oh actually they have two full-time jobs and a part-time job. They're working a hundred hours a week. Oh. But they still can't afford rent. They just must be dumb. Right. It's like, maybe there's a different answer. There, there might be one, but if you don't give yourself a moment to get curious.

[00:26:16] Right. I think getting curious, so undervalued, and even curious about your own experience. Like, just start ending sentences with question mark. Right? Um, Hm. That allows you to know. Cause I, I think you're right. There's some people that get depressed and then it dominates them and then it sounded like your experience was more along the lines of, Hey, I've figured out a way to circumvent this, but maybe that meant being dismissive.

[00:26:44] Right. Like, oh, I see what's going on here. How power through this? Right? Yeah. I won't let this stop me. And um, you know, there's this idea, right? If you want to go fast, go alone. If you want to go

far, go together. And I think that applies for our emotions, but if you want to go far, you need to go with them.

[00:27:04] Right. Otherwise, you know, you leave them behind. It's like, well, you can't leave them behind. That's an illusion. Right. You know, that's, that's the baggage, baggage is heavy, you know? Um, so I guess we've kind of danced around it, but, um, yeah. Give us, uh, maybe some, some background. Who is Joe Bernstein. And, and how did he become the person he is now or get into the work you do if you want to go more than work?

[00:27:34] **Joe Bernstein:** Yeah, sure. We can talk about work and I want to take the opportunity being with you in this context to make it a little more holistic. And, um, you know, I identify as, as a guy who is pretty committed and addicted to like personal growth, spiritual growth, well-being, um, you know, learning to deepen the experience of life.

[00:27:55] I used to we'll use the word extension a lot. Like it's about expanding and I recognize that in many ways, it's about a lot of things. It's about deepening. It's about expanding. It's about creating. It's about learning. It's about transforming, but I want to talk about deepening. So I'm really in love with deepening my experience with being a human.

[00:28:18] And what, what helps me to do that is I, I, at one point when I got really into that stuff, which I'll tell a story about that, But I decided that I was going to go out on a limb, try and transition from a retail management career. Uh, 14 years to be a coach, someone that helps other people transform and do personal growth work and, and do mindset work and get healthy, et cetera.

[00:28:43] Um, and so that's one of the ways I identify is someone who's like in the work of personal, spiritual, emotional growth well-being stuff. Right. I do it personally. I do it professionally and I'm really fucking blessed to be able to deal with, um, other ways I identify as, um, always working to identify more and more as a family member because sine and uncle a brother, um, and take that more seriously.

[00:29:09] I think a lot of my life, I kind of distanced myself from family. I'm in a place of wanting to really connect and reestablish deepness adept with my ancestry, which, you know, I have living ancestors, they're my fucking family,

[00:29:25] then it's like, oh, um, all my relations, like they're fucking right there. They're 30 minutes away, like 45 minutes away, you know, Montgomery county, I live in DC, so they're right there. So be with them and show them respect, even if I don't always love everything about them or about being with them, even if I had wounds and memories that hurt.

[00:29:45] Um, so I really identify that way. And, and as someone who just got engaged or really as someone who's really committed to loving and creating a beautiful life with my partner, Natalie, um, I've been starting to identify more as well as like a nurture, you know, I there's all this talk about masculinity.

[00:30:03] Toxic masculinity, mindfulness, hilarity, healthy masculinity, right. And something that's been real for me the last couple of years is learning to grow into my nourishing masculinity, if you will. And, and even as I say that, and even as a guy who says he's a men's coach, I'm more and more, uh, identify as a human, you know, than like a male being, although that's still prime for me, it's still central to me is his gender identity.

[00:30:29] But, but I at least conceptually and in some, some embodied way, I want to like release that more and more over time. And so those are some of the ways I identify and what I do and who I am. And I live in Washington, DC. Uh, if we want to use a title, we could call myself a men's life, life coach. Um, since this is the show is about letting the freak flag fly and being authentic.

[00:30:54] And that's your kink. I will say that over the last year, I've, I've identified my work more and more. I feel more like I'm a transformational relationship artists, at least that turns me on to say, um, like there's just something about creating a relationship, an intimate relationship with another human that's specifically in service to their growth.

[00:31:15] I sometimes don't even know how I do, but I think I do decently. Well, at least I believe I do it well. And I've got a few clients hanging around through three, three and a half years. So I think they think I do it well. Um, and, and so that's who I am and what I do professionally to me, I'm all about, you said you don't believe in fearlessness.

[00:31:33] Well, me neither. I think that's an abdication of our humanity and anytime we're shaming an emotion, we're not being true with ourselves. So I'm all about helping people, access, courage, and all about helping people, access love. I'm all about helping people access. Oh, creativity and going after their, the fuck up life, which has been some of my branding the last couple of years, it's like, go, go create your lit the fuck up life, like be lit up.

[00:31:58] And I don't care if that's, you know, you work your nine to five that you really kind of hate, but on the side you love the body of practices you have, and you get stuck in a lot of time in nature and you like, you know, get to go teach whatever, you know, semen retention, since you brought it up. Why not on the side?

[00:32:16] Right? It's like, I don't care as long as, or it could be that you want to live. You want to move into a full-time role of teaching team and semen retention and, and selling micro doses and all that shit. Right? Like, so by the way, if anyone's listening and you are a senior retention coach looking for one, I'm not joking.

[00:32:44] You laugh. Like I literally want to start working with someone around my embodiment and my sensuality and sexuality more so that's a whole other, um, so, you know, we're having fun, but, but, um, that's what I want to do. I want to help people live there with the fuck up life. And more and more recently, I want to grow into someone who is, who identifies as a healer who does more healing work.

[00:33:07] I know there's a healing element of my work, but I've never identified that way. And I'd like to, I've had a big epiphany recently: Chemonics breath, work around how. The next stage of my life is about learning some sort of healing modality, and really using a deeper way within my practice. So that's where I am, where I've been more to come.

[00:33:26] Um, and you asked about how I got here. I think I've danced around the idea that I, I grew up obese. I grew up with a lot of limiting beliefs. I grew up thinking that I didn't deserve love and sex and money and social life and career and all that stuff. Like I just thought I'd be mediocre. And I created a mediocre life.

[00:33:43] Um, You know, and, and actually, I don't want to judge that dude because he did the best he could be like actually ended up in a career. He loved and he ended up married and the ended up with like, you know, decently cool socializing and some interests and hobbies. He loved it. So even though I had all those negative beliefs, I got myself to the point when I was like 30 years old, uh, married 10 plus years into a career in retail management with a company that I actually enjoyed, that I enjoyed the work and they didn't, they didn't drive us into the ground like most retail did.

[00:34:12] And I, um, you know, I found myself in a place where in 2012, I went through a health crisis. I was having kidney stone issues start to pop up more and more, and one got really bad. I needed a surgeon. And then at the same time as going through this pain and trying to avoid the skinny spin surgery, I shredded my finger in a thousand places trying to play iron chef one night while on the painkillers from like smoking a joint and like on opioids, like, like, oh, I should play with immersion blender.

[00:34:42] Really not a good idea. Um, shredded my finger had this kidney stone surgery. It's been a lot of time at 30 years old in 2012, I guess 31 in a lot of pain that summer. And at the same time I could feel my ex-wife pulling away. And she came in one day in the midst of all my health crisis. And at 31 that is our health crisis is at 40 I'd like to laugh at them.

[00:35:07] But, but anyway, she was like, Hey, I'm not happy. I'm one foot out the door. And I was in resistance. I was in denial. We fought like crazy people from before the time we even got married. And I, part of me always knew like I'm just hanging on for dear life. Like, I'm just doing everything I can to hold on to this relationship, which is a very, very toxic way to be in a relationship. It's not at all successful or loving.

[00:35:32] And so things fell apart in my life in so many ways. At the same time, I realized that career had been. I was kind of at the top of where I could go. I had been given opportunities to manage multiple stores and, and without, and I don't have a college degree without a college degree and actually probably even an MBA.

[00:35:50] I wasn't going to make it to the next level of where I was. And I didn't want to go back to school and I didn't want to be standing on a retail sales floor when I was 40. I remember thinking that for the first time in my life, for like 10 years, I thought I want to do this forever. I love this shit.

[00:36:03] And so I had a crisis of vocation, or it gives me a purpose. I had a crisis of health, had a crisis in my love life all at once. And you know, when her and I decided to separate, which you decided to end things, I was still trying to hold on. My trauma response was, fuck this. Like my trauma response literally was like within days, you know, within days I went from being deflated and thinking like, maybe I'll never love a woman again, or kiss a woman again or have sex again.

[00:36:32] Or like, maybe I should just go from design to this mediocre life. At that point, I started to lose weight. Like I won't go into the whole weight loss story, but I'd lost about 50, 60 pounds. And so I thought to myself, like, maybe I'll just gain all the weight back and just be who I always thought I was. And, um, what happened instead was like this divine intervention.

[00:36:52] And I wouldn't have called that until maybe a year or two ago. Thank you. Plant medicine. Anyway. So I don't think we'll have time to go into like the access to divinity through plant medicine. But, um, but no, I, I, it was divine intervention. I remember sitting there and deflated and thinking like, God, I can fall apart here.

[00:37:12] I could literally let life fall apart, but something hit me hard. And you know, in my professional career, I was really into personal responsibility. I was really into believing that people can be trained to learn skills, to adopt a positive mindset and to really think differently about how they operate.

[00:37:29] Um, and I had realized that my whole life, my personal life, was fixed. And him and I, Carol do, I can't even read the murder, the Britain, the book yet, so I didn't have this language, but I was in fixed mindset. And in my professional life, I was in a growth mindset and something just hit me like a lightning bolt.

[00:37:45] It was like, dude, why the fuck? Not your love life. Why the fuck? Not your health? Like why have you resigned in your teenage years to think that you would suck when it comes to this stuff? So it just lit me up. And so I started diving into a lot of personal growth work. I started hiring men's coaches around dating and love and sex.

[00:38:04] I really wanted to have a healthy love life. The first time, uh, I dropped another 90 pounds that year. I transformed my social life. I literally learned about how to understand and manage my nervous system. And I was just like, man, on fire, you know, like literally man on fire within the course of a year, my entire life looked and felt different.

[00:38:26] I just had this wake up of like, dude, there's no way you can become this person and not turn around and help other people. So it's a long story. It took me another two years to end the retail career. Uh, but I did. And that also ended by shit hitting the fan. Like it just, it didn't end well, I'd lost passion.

[00:38:44] And so things started to just fall apart. Um, but eventually I decided that, you know, um, I would think at the tunnel was 32 or 33. I'm like, I'm 33. This career with this company I've been with for 14 years,

it's coming to an end. And, and I was in the process of still finishing the divorce. We were like selling a condo.

[00:39:02] I was liquidating all my stuff. Cause I was like, what is this stuff? And the guy had like Buddhist philosophy. So I'm like, it needs this stuff, you know? And so I've said to myself, like, dude, you're going to have a little money in the bank and this is your shot. This is your shot. So I just quit. Literally.

[00:39:17] I mean, I gave him like two months, I'm like, Hey, check it out. I'm going to go part-time in a month, literally just like he was calling the shots. I'm like in a month, I'm going to be here for a month. You can hire a new person until you get the new person in. I want you to pay me this much as a contractor and I'll come in three days a week, you know, and like help out until we get there.

[00:39:33] So I just did that. Um, and within that next year I hired a coach to help me start my own coaching practice. And I, and I enrolled in it, the eating psychology coaching program, which I didn't end up doing a whole lot of eating psychology. I did that for about a year and then, and then realized like, I just, I wanted to do more than that.

[00:39:50] And people started hiring me for like life coaching and career coaching and relationship stuff, even though I never advertised as myself that way. And so, you know, about two years into my coaching journey, maybe it was 2017. I just made a pivot and said, okay, well I'm, I'm, I'm like a men's life coach, whatever the hell that means.

[00:40:06] And, uh, so, so that's like the story of challenge and transformation that helped me decide to go into this work profession. Um, and yeah, there's so much more, but that's kinda like what got me here. Yeah.

[00:40:21] **Drew Stegmaier:** Right on. Um, wow. That was incredible. Cause I I've known bits and pieces of the story, but um, yeah, I was, I was tempted to cut you off and say, oh, Definity access for premium subscribers.

[00:40:34] **Joe Bernstein:** Only bonus bonus content for subscribers.

[00:40:39] **Drew Stegmaier:** I'm actually thinking of creating some sort of bonus material. I'm like, oh, what would, what would go in there? Like, oh.

[00:40:46] **Joe Bernstein:** That'd be dope. Let me plug something real quick. Like a friend of mine does that a woman. Who's a men's coach. Men's love and leadership coach. Shana, James or podcasts is dope. I've been on it twice.

[00:40:56] It's called man alive. She does that. She does like outtakes and extras. It's like a bonus for her like membership thing. I think that's cool.

[00:41:06] **Drew Stegmaier:** No, just nudge. Yeah. Um, And so, uh, a couple places I wanted to go first, um, there's this idea that, um, sometimes we don't need a crisis, but like crises are great catalysts.

[00:41:22] Right. And as far as I know from, I want to say Stanislav Grof or Stan Grof. He often talks about these experiences as what he would call a spiritual emergency. Right. And it's like, oh, what does that mean? Like you had your health crisis, but like, aside from the health crisis, you know, the hospital, isn't going to treat you for your divorce.

[00:41:42] They're going to be like, Nope. Well, uh, we did your vitals and you're like, no, but my wife and, uh, like, yeah, they don't do spiritual emergencies. There's not a spiritual emergency room there, there's the ER. Right. And they have the heli pad, but when you have a spiritual emergency, you know, where do you go? Um, wow.

[00:42:05] I think there's lots of people who have these emergencies, but also, I guess the, maybe a question I have is for those who are curious and may not want to admit may not be willing to admit, um, because sometimes life smacks us in the face of like, Hey, the house is burning down. What are you going to do? Um, I don't know if I'd call it like a covert spiritual emergency, but someone who might be listening to this who thinks, yeah, yeah.

[00:42:35] I just want to make a change. Right. Or I want to do something different. Um, you know, uh, how do they get into it? And I, I guess maybe to add before asking that something that I, um, I don't like about some of the coaching world, and I think this only happens when a coach is not adept, when they're, um, when they're not skilled is they'll start off an interaction and be like, so tell me what's not working right now.

[00:43:02] It's putting the client into a victim mindset. Tell me how you are broken. And it's like, what if I'm feeling pretty good? Oh, then I can't sell you something. Oh shit. What do we do with this one? We've got a thriver. Hey, we got a thriver. Right. Um, so, and, and for folks out there who don't know, um, you know, you and I have worked together and I would say a lot of the biggest benefits you gave me were what I would call.

[00:43:33] Um, and, and this ironically ties into the psychedelic thing is, uh, psychedelics are great for healthy normals, right? It's like, Hey, you don't have to be traumatized for these to still be really awesome for you. So for folks who identify as healthy normals, right? How, how do they get in into this type of.

[00:43:54] Hmm.

[00:43:55] **Joe Bernstein:** I mean, I don't know. I, I begged the question, like, would they be listening to this if they're not already into it, but that's fair. But, but, but you know, the truth is, I don't know, the truth is each person's unique and what do they want to get into and why? Um, right. What what's, what's the catalyst for wanting to create change?

[00:44:15] I actually have learned over time, not to judge people who aren't doing deep work on their mindset and emotions, and aren't committed to being healthy and who are happy to be unhappy and like a normal job, this soul sucking, but they're like just, you know, resigned to like, this is how it is. I've learned to stop judging that.

[00:44:38] And honestly, if they are content with a way of being and things feel fine, then you know, don't do anything. I mean, that's, that's one side, that's like a very individualistic. Uh, side, but if we wanted to go into like a bigger picture of what I think is helpful for the consciousness and, and, and potentially saving the human race, like, I actually want to push that fucking guy into like waking your ass up and doing some shit to get more conscious, because if they're that unconscious to what's going on in their life, they might be unconscious the way they're harming others in the world.

[00:45:13] But that's the paradox here is I don't think people that don't necessarily want to make a big change, need to make a big change, or I need to find a way to get into the work. Now, if somebody has a really good life, but something just feels off. I would honestly say at that point, you know, just fucking open up, download a podcast like this, like start listening to podcasts in the world of, of emotional health or personal growth or spiritual growth or Penn medicine, or, you know, buy it, buy a book.

[00:45:42] I don't care. I mean, he's not my jam. Like I don't care. It's Tony Robbins. That's the only person you heard of like, just get access to different ways of thinking about human potential and human development and human, whatever psyche soul body, um, you know, if you're curious, right. So, so that, that that's like the generic answer, the real answer is who's the person, what's their situation.

[00:46:04] What is it that they think they want to change? Why do they want to change it? Um, and then we can get into the nitty gritty, but, um, just from a high level overview, just, Hey, if you're curious, start learning from stuff or, you know, if you have a friend who's way into it, let them drag you to the men's group or let her drag you to.

[00:46:22] You know, whatever the breath work class, whatever it is, just give a shot, like go with someone. You know what my guess is, if you're not exposed to this by somebody you care about, um, you know, you don't have to stumble on it usually unless you've gone through crisis spiritual crisis as you put it.

[00:46:39] **Drew Stegmaier:** Yeah. Okay. Um, so a thing, this was actually the first, the first question I had on the list and, um, I'm just going to go for it. What is the difference between being of course that implies the question. What is the difference between being wise versus being edited?

[00:47:00] **Joe Bernstein:** Hmm. Yeah. So one of my coaches and this still sits with me, he simply said that, you know, wisdom is when you turn knowledge into personal transformation and a personal benefit.

[00:47:12] Now, I don't know if I agree with that wholeheartedly. I think that there's ways that you can turn knowledge and a personal benefit. Like, you know, you can learn how to explain the fuck out of people and

turn that into a huge income, which transforms your life. Is that wisdom? I don't know. Um, but, but, but I do like that idea.

[00:47:32] I do like the idea that.

[00:47:35] **Drew Stegmaier:** I'm trying not to cut you off.

[00:47:38] **Joe Bernstein:** Yeah. I mean, I think that there is something about turning information into like wisdom, information becomes wisdom when it creates meaning in our life. And it's not just something we know and it tickles our ego to know it. Right. So, you know, similar.

[00:47:58] Scientists look at science like science is in theory, not that important, but in practice, it's important. If we can use science to make humanity better, to make the world better, to make the earth better, to be healthier. Great. But just to know, science, just to understand complex shit in the world, like that's cool.

[00:48:17] There's something spiritually enlightening about that. There's something exciting about that, but what do we, what are we doing with it? How are we creating more meaning or creating more consciousness or creating more love or doing something with it? Um, the other thing is I think that, you know, knowledge becomes wisdom when it's at a level that's deeper than just our intellect.

[00:48:40] It's deeper than just our head level. So when it's more embodied than the way I walked through the world, right. I know a lot of guys, I can tell me all kinds of data. But damn if they aren't a triggered mess who has got a lot of, I've had a lot of anger issues or not grounded and who couldn't apply anything in what David data has taught them, but they love to be able to talk about it.

[00:49:00] It's the way they intellectually masturbate, like, feel good about themselves and feel smart in front of others. So how do we embody it? How do we make it into a way of being right? That to me is when it becomes wisdom. And ultimately, I also think it becomes wisdom when like other people can experience a shift.

[00:49:20] Other people can experience growth or grounding or love or freedom or whatever, because of the presence that you are. And in many ways, by your modeling of a way of being as opposed to your teaching. Right? So, so there's some system stuff there. I think it goes like really, it has to get to a layer that's deeper than just in the head.

[00:49:43] And that either happens through like being able to apply it in your way of being, and it just emanates from you, or that happens from being able to use it towards something that makes life better. And hopefully it doesn't exploit others. Yeah.

[00:49:56] **Drew Stegmaier:** Yeah. I think that was well said. Uh, one definition I've heard and liked was wisdom is applied knowledge, but then you added that layer of like, well, there's different ways you could apply it.

[00:50:06] And I think, uh, like, like the one you mentioned, with folks exploiting people, I think that often is a mask, right? It's it's like this whole idea of hurt people hurt people. Right. And it's like, Hey, I feel inadequate. So I'm going to acquire resources. Right. Um, but yeah. And then, uh, I wanted to reference two or three episodes ago, the guests, uh, James Prietto.

[00:50:33] He, I love this. I hadn't heard it before, but he said, uh, much of my life I went around and living from the neck up. Um, and I've never heard that before. And it's funny, cause that aligned with this, this vision of like, oh, and to combat death, we're just gonna put our brains in jars and upload them to the AI.

[00:50:53] Um, if that's not living from the neck up, like, I don't know what is and uh, yeah, it just dismisses all of this other, um, I was going to say intelligence, but I like what you mentioned saying it's when we move beyond the intellect and intelligence goes beyond the intellect, it's again to get into the wordplay a little bit.

[00:51:14] Um, I, I wanted to ask that because I would say to me you're a person who is wise. Right. But there's a lot of people. I think that, oh, we all, we all do this to some extent, but we meet someone and then we quickly go to, let me check their credentials. Right. Or let me find some hint of their value as a person to judge what I can extract from them, which is so disgusting.

[00:51:41] Right. And, um, there's something really powerful about saying like, Hey, my value as a human being is not based on some arbitrary list of credentials and owning that, and that is, um, I would call it a skill. Right. It's just, it's a skill for, for me to learn. I have a habit of hiding behind credentials. I have a habit of saying, oh, when I worked for Google.

[00:52:06] Right. And, um, it's okay, let's get out the rulers, you know, and, and measure. Um, and I think you've transcended that right in, in, in a lot of ways. And I hope I'm, I'm on the escalator behind you, but, um.

[00:52:23] **Joe Bernstein:** Thank you. Thank you. And I think there's something, something that I want to say that no, it would be like, um, just, just authentic and in here in this moment and vulnerable is like, in some way I've transcended, circumvented, swam under.

[00:52:40] I don't have any credentials. And I just, I talked about those limiting beliefs in my past. They kept me from even identifying as a person that could or should go grab credentials. Um, as well as my learning difference, you know, like I was labeled at four years old with learning disabilities, I'm gonna call them learning differences.

[00:53:00] Cause a lot of people, I I'm, I'm marrying a PhD, you think some fucking, really smart, so that's something. But anyway, like I don't, I never aligned with academia. I never felt like the way that schoolwork fit for the way that I worked. And so I got off that ramp really early, partially because of some inner knowing of like in here.

[00:53:24] Right. But partially because I didn't think I could, I didn't think I was built for it. And so there's a part of me that's blessed with not ever having identified as someone that should be a high achiever that shouldn't. Titles and degrees and a bunch of certifications. And what that meant was like I had, if I was going to be grounded in my value, in my power in this world, I was going to learn to give gifts.

[00:53:50] I had to prioritize my way of being, how I relate to others, how I can communicate, um, over time I've had to prioritize like just my presence, my energy, my sense of rounding as I walk into a room or walking to zoom, or like, I just think that that's in a way it's an unfair. Unique advantage. If we're, if we're, if we're putting on a pedestal, this like transcendence or call it of, of titles and credentials, then I have an unfair advantage.

[00:54:20] Like I just started life thinking that that wasn't me anyway. And so, um, I've seen other people who've been really successful, quote unquote and Boone really strong academically and have had the ability to rise the ranks professionally and create, generate good income. Like I've seen them struggle to, um, to get rid of the labels and to get rid of the attachment to other people's approval systems and to get rid of the attachment to the credentials and the expertise hat.

[00:54:49] And, um, I don't think I'm better than them. I'm I kinda, they have uneven playing field in some ways, and I have an even playing field.

[00:54:58] **Drew Stegmaier:** Yes. Yeah. Yeah. Like the multiple dimensions of privilege. Right. I don't know if that's a good comparison, but yeah.

[00:55:06] **Joe Bernstein:** Yeah, yeah. It feels like a privilege. I feel like the world's changing.

[00:55:09] I think the world, I feel like a world really rapidly changing and our consciousness is changing. So for me to be a guy that was never super attached to like good looks, income, good grades, fucking a lot of women and all that, all that stuff we do as, as, as, as heteronormative masculine men, blah, blah, blah.

[00:55:26] Like I never, I never won those, those games. Like I never thought I could win those games. So I, I almost didn't even have to dismantle those parts of me. I just had to build a healthy identity and healthy ego with who I actually am.

[00:55:39] **Drew Stegmaier:** Yeah. Yeah. Kind of opting out at an early age. I'm like, Hey, this is not for me.

[00:55:46] Right. Yeah. Yeah. Versus. I mean, I would say I had similar experiences, like many times where I'm like, Hmm, this doesn't feel quite right. Okay. I'm going to just try it anyway. I was like, oh,

maybe, maybe you should have listened to that. Maybe that was some internal wisdom coming out saying like, Hey, this isn't quite right.

[00:56:06] Hey, there's something I'm trying to tell you. Right. And, um, I guess, um, uh, this is just a question I had on the list. Cause it's something I wanted to make sure, um, gets attention, but this, um, I'll call it men's work. Right. Uh, maybe we could first say like, well, what is men's work? And then why does the world need it?

[00:56:30] **Joe Bernstein:** Yeah. Yeah. Um, question one. It's a hard one to answer. Um, Uh, my first, my gut instinct is to say like, man, I don't know that shit like drawing someone old Chris rock. I know that shit. Not knowing sometimes, but, uh, it's hard to frame it. It's it's been, it's a label that's been attached to any like personal growth work that men have been doing together in affinity groups, as people who identify with male gender.

[00:57:01] So that's what I see men's work is it's any personal, spiritual, emotional creation based growth work, healing based work that men are doing together. And traditionally there's been a lot of stuff that's been done based on like the 1970s, 1980s men's mythopoetic movement. A lot of it's been based at times on archetypal psychology or Jungian psychology.

[00:57:29] A lot of it's been based on, you know, I'm just Campbell's hero's journey stuff. Um, But I'm seeing a change in that I'm seeing an emergence of more soul-based work and more embodiment work and more spiritual work and healing work that is not related to those very like, uh, Eurocentric conceptualizations of what men should be.

[00:57:54] Right. So, so it's an expansive term. I think now why the, why the world might need it is really important to me. And this is literally what my mission is about. So, um, I believe we're entering an era?

[00:58:06] **Drew Stegmaier:** The mission, right? Yeah. Sure. Okay.

[00:58:10] **Joe Bernstein:** No, no, no, sure. I mean, if we want to do it in like a very succinct way, Um, you know, at a time.

[00:58:17] So, so, so years ago with most first breaking free from a lot of the binds that we talked about in my transformational journey, my mission became to help create co-create a inspired and empowered world. I wanted people to feel inspired and empowered. I just, I felt so on fire and so gifted by inspiration and personal empowerment, and that I wanted to create that for others and health and wellbeing is important.

[00:58:41] Um, but what's done on me in the last few years as I've grown, as I've changed, as I've learned to deepen. And as I've opened myself up to spirit, spirituality is I've really broken away the barriers around my heart to love and love and like a deep, intimate way. Um, I started to notice a lot more beings in the

world that aren't white, white men, that aren't middle-class white men, you know, uh, I think a lot of us have been aware of and noticing that there is a fair amount of.

[00:59:11] Disparity and privilege, but there's a fair amount of abuse and oppression in the world. There's a fair amount of domination of all of us, and that includes men, but, but there's been domination by kind of like what people might call capitalistic or patriarchal forces doesn't care. I don't care what you call it.

[00:59:30] But the bottom line is that there are many people in this world that are not liberated, that are not, not just, not just emotionally and spiritually liberated, like I want to be, but they're just literally not liberated. They're not given rights. I mean, we're literally in a world right now where there's a fucking state in our country.

[00:59:46] That's supposed to be a quote-unquote free country that has backtrack on female reproductive rights and a tremendous traumatic way like this happened last week. And so we're in a place where the world is no longer going to tolerate and no longer should tolerate the levels of oppression that are out there in the world.

[01:00:03] The levels of disparity and distance between power. Men women, children, people of color non-gender folks, uh, indigenous people, whoever there's it's it's time that we create liberation for those folks. And it's time that we create a more whole version of humanity. And that it's time that we look at the potential that we could actually save human life on this planet.

[01:00:29] If we act quickly when it comes to what's going on with our plant resource flies. And so ultimately I think that there is this power in the potential for healing and growth and transformation of we have for several thousand years really been holding the strings of that domination logic. We've been holding the power and in a way it's time for us to learn to share it.

[01:00:55] But I don't know about you. I tend not to share liberation. I tend not to share wisdom. I should tend not to share joy. I tend not to share resource. Until I believe I actually have them. So there is this key to unlocking the liberation of our world that actually comes with giving transformation that comes with giving depth that comes with giving healing to men in this world.

[01:01:19] So we need it because it's time for the world to change. But if we think that just marginalizing people, who've had the power and putting them to the side is the way that we're going to reach global liberation. Forget about it. They're not people. We are not going to share our power. We're not going to shift resources.

[01:01:36] We're not going to change the systems of the world until we become more, whole more conscious. And we start healing some of the soul wounds that we've experienced as men in this world, because we've experienced as much as anyone else, no matter what creed or color or race or socioeconomic status, the RN we've experienced.

[01:01:55] Pain and liberation or oppression and domination because to be in this kind of like dominant class of beings, we needed to actually suppress big parts of our humanity as Presley parts of our soul. So to me, the keys to unlocking a liberated world is actually with, within helping everyone inclusive of men become more conscious of what's possible when we learn to be in more of like a liberation logic for everyone, including ourselves.

[01:02:27] Oh, that's it. You know, my mission has transformed into wanting to co-create a world of love and liberation because I have experienced a lot of my love and liberation access through men's work. I'll continue to work with men to help them access that love and freedom. So we can even know what it feels like.

[01:02:47] Looks like, sounds like smells like, tastes like and turn around and try and give some to others.

[01:02:52] **Drew Stegmaier:** That's well said. Man I'm, I'm out of the guided questions and there's, I mean, there's, there's volumes. We could, we could cover, I guess, um, as we, as we wind down, um, for folks that might be listening, um, sometimes I say, oh, where's your website, right?

[01:03:16] Or like, where do you want to send people? But I think it feels a little different this time. And I, and I want to say if there is a message you want to leave folks with. Cause part, part of what I was hearing there was, um, what came up for me was this idea of owning your gold. And I'm not talking about precious metals, right.

[01:03:34] I'm talking about, Hey, um, if you don't recognize your own basic human dignity. Yeah. Good luck treating others in a dignified manner. Right. Right. Like, oh, what's the easiest way to be inhumane. Um, if we don't even view ourselves as a person. And we treat others, like we treat ourselves proof. Um, so yeah, I guess to kind of maybe put a bow on this.

[01:04:02] Um, what if the, if any, right. If there's a message you want to leave people with?

[01:04:08] **Joe Bernstein:** Yeah. Well, you know, I don't know if I've got one core message. I do think that we are on, in a time where our world is rapidly transforming. I do think we're in a time where we need more people in the world to feel liberated, to do what they want with their life.

[01:04:26] I do think that we need more healers and coaches and facilitators of consciousness, of transformational work of, of health and wellness. Um, we need a strong, uh, you know, network, not just my Celio network.

[01:04:45] We need a strong network of people who are courageous enough to go. I don't know Lynn and live a life of purpose. To change the world. And so one of the things that I've been working more on recently is how I can personally use my experience and my life and my skills to be a force multiplier for that.

[01:05:06] So for anyone out there, who's been thinking like, you want to go after that, you know, you want to become a healer. You want to become a coach. You want to come on as a guide, you want to teach dance. You want to teach yoga. I don't care. You want to be a plant medicine practitioner who teaches semen retention, signing up for that weekend.

[01:05:22] Gimme take my money. Um, I mean, if you want to go, if you have a dream to go out there and do something you love and do something that's meaningful and do something that's purposeful and do something that will help others, I believe he deserved to go after it. I believe that there are ways to it. And I think so many of us get stuck in the logistics of life and how do we figure it out?

[01:05:45] And so if you have that, if you have that spark, that divine spark, that spark of your gold with. That says I got to do this. Like I gotta go serve. Or if you're the kind of person who already has done like five certifications and training, but you just haven't really launched yet. I want you to figure it out like no judgment.

[01:06:04] If you don't figure it out, go give ghosts or go, he'll go love. You know, life is short and humidity is precious. So I just wanna encourage you to do that. Um, and, uh, and, and frankly, to kind of direct people towards some of my work. I'm working on more and more ways to do that. I've been gifted with fucking bad-ass people.

[01:06:27] Like you have worked with me in the past couple of years specifically. I've had a lot of guys, young guys too, who want to learn how to, you know, make a difference in the world and to get paid doing it. I mean, some of these people are never going to leave their full-time job. They're sure of it, but they know that they're going to do their thing on the side, or they're going to like to put their art into the world or whatever it may be.

[01:06:49] It doesn't have to be like going on land and going full-time as a coach or healer or whatever. But I want to help more people live in that place where they're creating their lit the fuck up life, where they're serving others, where they have a mission or they see that they can give their gold and they see that they would be liberated by helping heal and liberate others.

[01:07:08] And then they figure out a way to find the courage to do it. And, we work on that together. So I'm all about that. You know, people are in that place. And like, hoping, like when's the time for me to go figure this out. Even if you're thinking you're five years down the line, like give Kimmy a goal.

[01:07:26] Like I want to figure out how to help, whether I'm helping you professionally into paying me or whether I just point you in directions or, or a touchstone for resources and whatever. It's just like, we, we, we need that. We need this to happen in this, in our world. So I want to be a big part of that. Wow.

[01:07:41] **Drew Stegmaier:** Okay. Um, I w I want to add one more thing and, um, this is my favorite poem. It's from a woman named Marianne Williamson. And, um, yeah, I'm just going to read this real

quick, please. Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

[01:08:08] We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous, actually, who are you not. You are a child of God, your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do.

[01:08:28] We were born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same as we are liberated from our own fear, our presence automatically liberates others. And thank you so much.

[01:08:49] And, um, I'm going to leave it at that.

[01:08:52] **Joe Bernstein:** Cool. Yeah. Thank you. Yeah.

[01:08:56] **Drew Stegmaier: AD:** Our current medical system is pretty good at treating acute conditions, but when it comes to chronic health problems, we're not that good. In fact, many Americans suffer from chronic health conditions without really knowing why. Not Medical Advice. Yes, that is the name, notmedicaladvice.co not .com. Again, that is notmedicaladvice.co helps you find a holistic healthcare provider near you. You can get a free guide on the website and you'll get a video and PDF to find the perfect people in your area to help you solve chronic medical conditions.

If you've had confusing healthcare conditions, if your doctor has made your health worse, if you've had a lot of bad doctor experiences, like I've had myself where I've lost trust in the system, and if you haven't had luck with holistic options just yet Not Medical Advice helps you navigate the health landscape. Go to notmedicaladvice.co.

[01:09:56] I hope you all enjoy that. One quick thing and closing stegdrew.com/juicy. Steg Drew is just like the show .com/juicy. You can sign up for my weekly musings here on all things like we spoke about in this episode and other assorted weirdness just drop in your email stegdrew.com/juicy. Thank you.