

Caspar (00:00):

Thank you so much for coming on this podcast. And we've known each other for quite a little while. It's been years. And I met you at the center and then I read your book, which was absolutely fabulous. "What's Left of Me" sitting right here next to me. And I want to start off with, with really going back to where you started your story in a place called Rhodesia that I know as Zimbabwe, and I've been, a very beautiful country, but has its, you know, history as well. And one of the first things that I remember reading your book that fascinated me was your upbringing. You know, your father was part of the Rhodesian army and, and even the story of you as a young child wrestling a lion cub, and that's, that's sort of, you know, the, the, that is where you got into that's where you started your story in a sense in this war torn area and everything. Can you go into, what was that like growing in Africa and Rhodesia at the time and how that impacted you and everything to come?

Paul (01:00):

Wow. So phew, so it was interesting growing up as a child in what was then Rhodesia because you're a child, everything seemed normal. Yeah. It's looking through it now with an adult size and having children of my own living here in the United States that I see half from an American perspective. It was incredibly abnormal. I mean, I was surrounded by wild animals and the great outdoors, as you mentioned, my father was in the military. So I was surrounded by soldiers. I would go to school in an armored personnel carrier with armed with soldiers. And the reason we transitioned from buses to armored personnel carriers was because we were getting ambushed. And I can remember life was very much to be cherished in it. It was interesting from an attachment perspective, you, as a child, I remember not letting myself get too attached to people because people stopped showing up and there was a time to laugh, a time to cry, a time to mourn, but it was drive on. It was very much the drive on mentality. So I think that became real formative and I'm not saying positively or negative, but it, it definitely influenced the way I interact with the world. And a lot of confusion. It was this crazy hodgepodge from a racial or cultural or political perspective. It was all over the place. And as a kid, it was nigh on impossible to make sense of we just knew that people were trying to kill us. And that, wasn't a good thing.

Caspar (03:06):

I can imagine that put a lot of stress on you as a child, and you didn't even know it, correct, because you're in a situation where there is there are guns around that people are dying, where it is conflict, true conflict, and you, you have this sense of fight or flight going on. You know, your nervous system is kind of activated. And as a child I think, you know, being in a safe environment is incredibly important, but of course we adapt. Our level of safety is, you know, depending on the environment itself, you became used to that in a sense. But did you attribute any of that sort of fight or flight mentality that you may have been stuck in with anything moving forward in your life and any you know, health issues you may have seen even, or, or did you have any health issues as a child when you were growing up that you could say, well, maybe that was a little bit attributed to being in an environment where it was very, you know, activated and stressful.

Paul (03:58):

I think Caspar and this isn't to cast dispersions on the medical treatment and diagnosis I got at the time, but I mean, it was when I look back at the seventies and the eighties. So for example, I got a kidney disease, which was attributed to a waterborne parasite. But it, it progressed to the degree that it got really bad. 20, 20 hindsight looking through today's lens, you can look at L static loads. You can look at hypertension, you can look at all the things that were going on that would have been influencing. In that

example, kidney function. Outside of that, remarkably healthy, that it was the great outdoors, but that in particular at the time I remember living out of the story that it was a waterborne parasite now speaking to doctors, because we keep an eye on my health. It's like probably had less to do with the parasite than with cells.

Caspar ([05:09](#)):

Yeah. And those are things you can kind of look back in and have some reflection with and be able to say that, of course at the time it's incredibly difficult. And you did listen to the doctors and your journey continued on in the wild there in the beautiful, natural setting where you spent a lot of time on the Zambezi river, something that I read. And I was like, oh, I know the Zambezi river. I swam in the Zambezi river, even before I met you. I remember hearing that you came from Zimbabwe and I was so excited to talk to you. And then I read the book and then I learned a little bit more about your story. And I questioned whether I should have swam in the Zambezi river after that. And can you tell listeners who don't know what I'm talking about, the story of, of why the Zambezi river is such a critical part of your life and kind of how that did dictate so much for you and the events that, you know, really changed your life in many ways.

Paul ([06:01](#)):

Caspar the Zambezi river had been so formative as a kid. My dad had spent a lot of his time up there serving, and I'd go visit him. And I can remember it as a real young kid. I must have been about eight or nine and standing next to Victoria falls and just blown away by just the magnificence and the splendor of it and feeling like a little part. And that sounds corny, but a little part of my soul connecting there. So many years later the country of Rhodesia evolved it became Zimbabwe, and it's kind of settled into its natural cadence. I wasn't really ready to settle so I went to try to find a solution geographically somewhere else and not surprisingly ended up back in Victoria falls on the Zambezi river. Because I think that was truly where home was and the Zambezi for me, epitomized everything that was right and everything that was wrong and everything that just was with Africa, it was raw. It was beautiful. It was vibrant. It's supported life, but at the same time you you've been there. Everything can change in an instant there's symbiotic relationships between all the wildlife between the humans. It's this incredible ecosystem and everyone has their part to play and everything has a season and a reason and either way that made life really easy to live. It was, gosh, it was so much fun. You've been there. It's beautiful. It's fun, gorgeous.

Paul ([07:54](#)):

And then there was a kid in me and we spoke a little bit about my ability to attach to people and Victoria falls was an adrenaline playground. So for me in the way I saw the world, it was perfect.

Caspar ([08:13](#)):

And you went on to give tour guides, correct. On the Zambezi and that's, that was part of your, your life at that time. Right. Being the tour guide, Paul and being outside, being in nature, doing all that, connecting with others.

Paul ([08:28](#)):

Yeah, yeah. I loved it. I was a, probably below average raft guide. But there's phenomenal whitewater down there. I'm an average kayaker, but where I really, my real passion and my real love, and I think where I excel is I love taking people on the river safaris in amongst the flora, the fauna, getting to know

the wildlife getting to connect with and appreciate and find themselves and I loved it. And probably would still be doing that if it wasn't for a really bad day at the office.

Caspar ([09:15](#)):

And you called it that because it literally was a bad day at the office for you, whereas for many people. And, and I want you to kind of tell a little bit of that story, but for many that would be much more than a bad day at the office, but for you, it was a bad day at the office and that's all, you kind of attributed it to, correct.

Paul ([09:33](#)):

It was. Caspar you know, living on the Zambezi and working on the Zambezi it wasn't without its risks. There were some areas that were still heavily landmined. There were a lot of animals that could be hazardous. There were snakes. There were scorpions. I mean, there were a lot of things that could lead to you having a pretty bad day. And I'd been pretty blessed up until that point. I'd run into skirmishes with, you mentioned in the front end - I fought with a lion, and crocodiles, and hippos, and charged by elephants. And I had had my share. But then one day things went a little further and I got attacked trying to rescue one of my apprentices by a really big, really angry hippopotamus. And that very much changed the trajectory

Caspar ([10:47](#)):

Yeah. I mean, you, you lost an arm during that. You were critically injured. I think were you not even at one point pronounced dead, I believe?

Paul ([11:00](#)):

Yeah. So the attack was... It went on for a long time and when hippos attack they try to destroy what they're attacking. And then about three and a half minutes of an ongoing attack, the hippo managed to inflict quite a lot of damage. And when I got to the hospital... First, it was nothing short of a miracle that I ever got there. And that's according to the medics. Apparently the amount of blood I'd lost, which led to the amount of blood I still had in my body was incompatible with life. And so they did what they could. Because I had a lot of head, neck, and spinal injuries, painkillers and certain methods of regulation weren't really an option. They thought they were taking off both my arms. One of my legs. I had a punctured lung. I was a mess. And the closest hospital with a surgeon who could work with me, turned out took about eight hours from when the attack happened to be able to get to the hospital. So there was lots of in and out and turned into quite an afternoon.

Caspar ([12:23](#)):

I can imagine. I mean, listen that is such a traumatic event that the body went through. That you went through. What was the recovery like? Not even from the body's time, you know, the body heals as you are here. You understand very well how the body can heal itself, especially given the right circumstances. But what was the recovery for you mentally at that point, undergoing such a traumatic event in a spot that you cherished and loved and understood? That's the bad day at the office. A very bad day. You know, that that almost lost your life, but what was it like mentally trying to get back? What was your state of mind after that?

Paul ([13:03](#)):

So at first Caspar, there was, there was a lot of guilt. I'd been the guide in charge and one of my apprentices, the chap who I'd been trying to rescue when I got attacked, ended up dying in the attack. So there was a degree of guilt that went with that. There was a degree of anger. I was angry at myself. Coulda, shoulda, woulda. I was angry at the guy who died for dying. I was just pissed. I was angry that my life, as I knew it I was incredibly fortunate. They thought they were going to take both arms and legs. They just ended, ended up taking off one arm, but that still dramatically shifted my life. And I went through a period where for sure I drank too much, felt sorry for myself.

Paul ([14:15](#)):

And was a hot mess for quite a while. For probably the better part of six months. I had a really strong family support and friend support though. And when I would be sitting, feeling sorry for myself, they would tell me to get over it and move on. It was very much that drive on mentality and sitting with a friend we planned before that on canoeing the Zambezi River. The Zambezi had never been canoed from source to sea before. And one day one of my mates sat down and said, let's, we can still do it. And, and with that, I found a prostheticist who could build me a kayak pedal that I could strap onto one arm. And it gave me a reason to live again. So I was able to focus on what happened next. And in a lot of respects, it was great because I can't speak for anyone else, but for myself, I think was kind of a classic PTSD case. It gave me a chance to to drive on and not really deal with the issues at hand. I could keep busy, I could keep what was the classic running away from my shadow, as long as I had a goal to move towards, I can keep moving.

Caspar ([15:37](#)):

And you did end up doing that canoeing right from source to end of the Zambezi, correct?

Paul ([15:43](#)):

We did. It took us three months. And at the time we completed the fullest ascent to date. We skipped, we had to skip a short stretch because some warlords wouldn't let us through in Angola. But outside of that - fantastic trip, phenomenal. And that was great for my mental health too, because I had gone in going disability doesn't mean inability. I mean, I was like a walking billboard for all these cliches. And when I went through a couple of times because I was so determined to do it, I put my team at risk and there was actually two occasions where I probably should've died, were it not for my teammates risking their lives to save me. And so coming to the space of 'just because I can do something doesn't mean I shouldn't do something' started to settle. And this notion of, you know, what, when I get to the end of this trip I maybe need to take a step back and look to recalibrate.

Caspar ([16:48](#)):

And you did recalibrate. And was that the time that you decided to leave Africa and come to the US?

Paul ([16:55](#)):

It was at the time I, I had met an incredible woman and I wanted to be married to her and she didn't want to live in Africa. So we moved to the US and and so began the next chapter starting and building and setting up a life here in the United States.

Caspar ([17:18](#)):

And the next chapter involves writing the book, sharing, becoming an author speaker, you know, inspirational guide. And didn't just a serial entrepreneur. Like I see so many things that have happened

since that, that event that have led to, to, I guess, a sharing of so much inspiration, so much hope. Do you feel that that event was positioned to guide you into that? Do you have a sense of that now that everything that happened led you into writing What's Left of Me, becoming entrepreneur and basically sharing this story to provide hope and inspiration? Or was that something you feel would have happened anyway?

Paul ([18:03](#)):

No, I think it absolutely helped Caspar. Initially I had no intention of becoming a speaker or an author. But when I arrived in America and got married, my wife at the time thought I should have a job, which seemed very reasonable. And it didn't seem that there were a whole lot of employment opportunities for a one-armed ex safari guy in the Metro Detroit area. So at the time I'd set up a foundation a 501(c)(3), and we were helping people who had lost limbs in Africa. And I was invited to go and speak and people kept saying to me, you know, you could actually pay some of your bills by doing that. And so I became the accidental speaker and then writing the book was kind of cathartic. So between standing on a stage, sharing my story and trying to extrapolate lessons for me that I was able to share that was incredibly healthy and helpful, and I'm writing the book the same, so extremely grateful for them, but it was it wasn't buying into. And when I look back at it now I think it was training wheels for what was to come what I thought that was going to be my life lesson. I had no idea that that was just preparing me for what was to come.

Caspar ([19:44](#)):

Yeah, I think so much of a, you know, what we go through prepares us in the, if we let it be that correct. And, you know, I've spoken to so many patients that have just gone through so much different struggles, so many different struggles, trauma, and, and, you know, years and years of suffering that look back once they get through and say the same thing, those were the training wheels. I could bless those events in the past. They set me up for something bigger and also for taking on the challenges that were to come in a sense. And for you, you know, you, you started a company OPUS dynamic that you founded or CEO of, and it's a CBM, which is a commitment based management company. Tell me about that commitment based management, because I'm in business and I understand many different approaches the business and, you know, the non-for-profit everything, but what led you to start that, Opus dynamic?

Paul ([20:38](#)):

So I was, I was incredibly blessed when I, when I came to the US just through a series of really crazy coincidences. I ended up getting a job with a guy who actually was the founder of that ontology, that methodology. And he, his company business design associate, he was a chap called Fernando Flores, had a lot of really, really smart people working with him. And they were looking at how do we build high performing teams? How do we enable people to show up more fully to take care of their commitments to themselves and to each other, and Fernando was quite brilliant and the teams that he had quite brilliant. And they were looking for people, Practitioners to go and take this out to the world. And I was just real blessed and real fortunate that I was kind of a test tube baby.

Paul ([21:36](#)):

They were looking for people who had done things that were a little out of the norm climb mountains, paddle rivers who could engage and interact with people and who were kind of an embodiment. So I felt I really appreciated that, that that the team thought that was me. And I learned all about, I got deep

dive and learned all about this commitment based management stuff. And it was fantastic Caspar, it was predicated on the position that as we interact with each other, we make commitments. And the way we take care of those commitments and the way we take care of ourselves and each other, there's a direct correlation between that and success. And there's a number of very simplistic moves and simplistic ways of being, and doing things that we can learn that we don't just inherently come whizzing into life with, but then we can learn and we can apply and we can adapt and we can generate a lot of value.

Paul ([22:37](#)):

And over the years it was magnificent. I got to travel around the world, work with teams, a lot of Fortune 100, hundred Fortune 500 companies. As my career escalated, I ended up doing a lot of executive development, executive coaching executive team coaching. We've used this methodology with professional sports teams, did a bunch of work with the military. Anytime you've got individuals who want to function as a high performing team and really take their work to the next level. This commitment based management work is at first blush, extremely simple. But once applied its incredibly effective

Caspar ([23:24](#)):

And I love that because once you make a commitment, you have a goal, you have purpose. And like you said, when you have purpose, you have drive to drive on also, and to all be driving on in the same direction with the same focus and same intensity and same energy, positive energy, hopefully. And I think that's, what's incredibly important for health in general. I think people that, you know, having purpose or, you know, anything in the realm of spirituality and mentality really dictate health when it really starts with, you know, the physical side, whether that is what you eat, how you work out. Whereas I think, you know, our approach a little bit more, it is much more of a holistic one. And it does have a, a very large section of that is what is your purpose? What is your commitment to life? Where are you finding joy and where are you finding that passion and everything. So I love to take that and apply that to business because I don't think that's just good business. That's good for health as well, in general wellbeing of everyone. Don't you agree?

Paul ([24:26](#)):

Oh, I agree. Wholeheartedly Caspar. And I think that's why when I came to work with you guys at the New York Center of Innovative Medicine when I got sick having, because with CBM, it's extremely, codafide, we have a way of doing things that is guaranteed to produce results. You do this, it will produce the result. If you eat this, you will experience that. And so coming to work with you guys I already had that orientation, you know, one of my clients once when they finished a program I asked them, what did you get out of it? And he said, you showed me how to take care of myself and who, and what I care about. And when I came to NYCIM, that's kind of what you guys said to me. We're going to show you how to take care of yourself and who, and what you care about. So there was this incredible connection. So again, strange coincidence, I think not.

Caspar ([25:31](#)):

No, no, no strange coincidence in this world. Not that I believe in, but it tells us a little bit about that. Cause I of course ended up NYCIM, but what was it like, what was the journey like you got sick. You didn't just start and start here. I know that you, you did go elsewhere. Correct. And you tried to navigate as so many, do the medical system and try to find the right solution for yourself. What was that like?

Was it a long journey before you ended up at our doorstep at NYCIM? And, and kind of, what were the steps before you got here? Right?

Paul ([26:07](#)):

Oh, so the journey started with really getting rundown, not feeling well. And it progressing significantly and not feeling well meant I was feeling dizzy I was losing my memory. Eyesight was going there was blood coming out of places it shouldn't be, there was a lot of pain and it was progressing. And I ended up getting sent to see the folks in nuclear medicine, where they take those cool scans and then they have a look and my body lit up like a Christmas tree. Everywhere from brain, lymphatic system, lungs, liver, kidney, you name it, pancreas, bowel. It's just, the list went on. And I remember I had a business trip I was supposed to be going on. And the head of the nuclear medicine group came through and said if you were my husband and I would tell you to go home right now and get your affairs in order and get them in order quickly.

Paul ([27:14](#)):

There was very little ambiguity. Then things got confusing because then I would go, I went to see another doctor and they had a different story. And then I would go see another doctor and they'd have a slightly different story. And then I remember for me, I was getting frustrated because people would keep asking me what was going on. And I couldn't tell them because I didn't know, and I remember going to see a pulmonologist cuz I was really having a lot of problem breathing and came out of it and the doctor told him there was nothing wrong with my lungs. And I asked him except well I can't breathe. And I just was getting passed on and I kind of hit a brick wall. At the same time my wife had decided that she didn't want to be married anymore.

Paul ([28:23](#)):

So she announced in the middle of it, all that she wanted a divorce and I kind of just kept going. So I got my affairs in order. And then thought what the most responsible thing to do was I have a pretty strong faith. So first I went to Israel and I went and went to Jerusalem, I went and prayed. I went to, I just needed to clear my head. And then I headed off to the Himalayas and spent some time with the [inaudible] and was very blessed to get an blessing there before we headed off into the Himalayas. And spent some time there. Gained some incredible insights.

Paul ([29:26](#)):

And then I came and met with you guys and went through my testing and it turned out that finally there was some clarity, the results of the tests that I, you guys ran NYCIM. I wish I had gone to right after the nuclear folks, because it actually tied up cleanly with the very initial prognosis. The difference was you guys had a solution. And, but before I started with you, I headed off to the Amazon and I spent some time with a shaman and went for some un. And the interesting thing was when I got to New York to work with you guys, between the time I'd spent in Israel and the time I'd spent in the Himalayas and the time I'd spent in the Amazon, what they had to say lined up perfectly with what you guys had to say. So in each of those places, I'd be living out of the question, how do I get healthy?

Paul ([30:40](#)):

I want my health back and their answer had been, Hmm, maybe start with being grateful, maybe start, go from there to being kind, to yourself and to others. And then focus on doing the next right, what you eat, where you put your attention, the way you engage. And that ended up being the path I ended up

going down. I came to you guys and you were saying the same thing. You, you had a plan. It was orientated around me putting my head in my heart in the same place. And just doing the things that were going to build health. And I remember I would come and see. I was living in Chicago at the time and I'm flying to New York twice a month and spend a week there and deep dive into treatments. And it was incredible a little over a year after being told, get my affairs in order really quickly. And kind of, not really seeing much of a future. I remember sitting in my apartment in Chicago and getting a call from Dr. Tom Szulc, your father. And we had just run some tests and he said, you're good to go.

Paul ([32:16](#)):

It's not a sign of, I mean, at first there'd been, I remember the ABC's the amoebas, the bacteria, the cancer, and then there were flukes. And then there were all these pathogens and these toxins and I'd been such a hot mess. And now I had a clean bill of health and I was healthy, it was incredible.

New Speaker ([32:38](#)):

Well, I know he loves giving those calls and I know I love hearing the stories of those and everyone. And, you know, again, I hear this story and I hear your story. And I just think of so many people that are going through the same, up to a certain point of that frustration of being passed to the pulmonologist and saying nothing here. I could see, but doc, I can't breathe. You know, there is something here and then, you know, you're, you're made to think, is it in my head? Is it something, you know, I'm, I'm not sure of. And there, there is this level of, of complete frustration from so many about the medical system, but I love the fact that you traveled the world and you heard from different experts, whether they be shamans, monks, spiritual people, anything, something that was very similar to what we believe medicine should be, because we believe it is about a worldly view, a truly holistic viewpoint of the patient and where they can start their journey of healing, not where the doctor can start healing them because the doctor never heals anybody.

Caspar ([33:39](#)):

That's that's the problem. I think of the mentality of so many it's that doc heal me where it should be. Doc, tell me how I could heal myself and starting with your levels of consciousness, going into gratitude, going into that, more of that joy in kindness is a, is a great starting point of healing yourself. And then from there, of course, there are catalysts that we have assembled from around the world to help and personalized to each patient. But I think it starts with that mentality of seek what is out there that is different, that resonates with you, that allows you to heal yourself. And I love the fact that you were able to heal yourself and see that this worldly approach and hear from so many others, that this was the approach because I do feel so many need that in this day and age, and I would be remiss to not bring up, you know, what's going on today and how so many people are in a state of fear in a state of anger in those states that are probably, if you traveled to some of those shamans would say, well, first off, get out of those states.

Caspar ([34:42](#)):

How do you feel? You know, how do you feel we should navigate knowing what you know, so much having this worldly view, meeting so many different people, getting yourself out of so many challenging situations. What are some of the things you would tell people today going through states of fear or even states of disease and discomfort to do in these times that can absolutely help themselves?

Paul ([35:11](#)):



I would share what's worked with me. I've discovered that I can't be grumpy and afraid and grateful at the same time. It's impossible. I know that experientially and I've done a lot of work and looked at a lot of the science, just the brain and the heart can't do it. And where you put your attention, your energy goes. So as corny and as simplistic as it might sound taking a few minutes a day to just even focus on being grateful. The advantage to that being A, it feels good. And B given this environment, this world that we're all living in at the moment, we all have such high cortisol levels. It's such a high level of cortical inhibition, and we all have these L static loads from this continual stress. What people don't realize is that just by engaging in a little bit of gratitude, it sets off a different set of neurochemicals and the neurophysiology shifts and changes.

Paul ([36:27](#)):

And you're actually setting yourself up for success to be able to actually thrive in this environment, to take care of yourself and the people you love and care about. So you're giving yourself a shot by just being grateful. And one way to leverage that is also to find a way just to be kind and two dimensions to be kind to other people it's pretty easy. It can be as simple as a smile in the store or holding a door open or whatever you want it to be. But bringing intentionality to being kind once a day, it's not that difficult. And here's the one that's a bit of a kicker though, once a day, finding a way to be kind to yourself, like real intentionally. If it's I'm going to actually eat some fruit, or I'm going to drink some water or I'm going to get nine hours sleep or just intentionally being kind to myself. And that takes care of the third thing, do the next right thing. So if we can do that, if we can focus on some gratitude find a way to be kind and do the next right thing. That would be the council. I think.

Caspar ([37:36](#)):

Yeah, I can absolutely echo that. I think that idea of being kind to yourself is of course self-care self-love and a healing response to everything. And then you do prioritize your health when you have that kindness to yourself. And I, I could absolutely get behind that idea of being kind to others, even in the face of them being unkind to you. I think that's the challenging part. These days, we have such a polarized kind of view on things and so much back and forth and animosity towards others that may not think like us or do something bad to us. I think it's in those moments that it's critical to find kindness and compassion for others. I think we've lost that a little bit. We just snap off right, someone cuts us off and suddenly it's a road rage incident. Whereas in the past, we should be allowed to say, maybe that person is rushing to see someone that's dying right now.

Caspar ([38:28](#)):

Maybe they have their pregnant wife in the car and need to get to a hospital. And they didn't mean to cut us off or maybe they didn't, but who knows? You don't know that. And I think having that time to reflect and just say, be kind instead of the outrage and sudden impulse to go to something negative and, and harbor on that throughout the rest of the day and stay in negative fields of energy in a sense is really something that's so critical these days. And I see less and less of it right. Less and less of that time to take a deep breath and remember gratefulness, kindness, say those words to yourself and just let it go because in the end, it isn't, it so much better for you and the other person. It's not even about the other person that it's really about yourself. You're doing an act of kindness for yourself because otherwise you'll just be stuck in a very negative state based off something that you have no control over. That person already cut you off. That person already said something you don't like, maybe that's okay. And I feel like that's really necessary. I don't know. Do you agree with that?

Paul ([39:32](#)):

I agree wholeheartedly there, Caspar, you know I'm blessed. I got two teenage kids and they're a lot smarter than I am and, and we'll get into these conversations and they roll their eyes. Cause I'm like take a deep breath. It's real easy to get right to be right to need to be right about things. And they go, oh dad. And I'm like, no, do it. And they go, what difference is it going to make? I say, here's the thing when you react the way you do, that's not you, that's a bunch of neurons firing. There's a neural pathway that when you're in your fight or flight response is going to be purely focused on your survival. You're not interested in taking care of yourself with people that you care about or being a kind person the, who you really are, when I speak to my kids is, you're a good person.

Paul ([40:33](#)):

You're committed to taking care of yourself and each other. Why not give yourself a shot and don't be run by your neurochemistry and your neurophysiology. Because it's an excuse I think a lot of people can hide. Well, it's just me. Yes, it is just you. But you know what, how about you bring some intentionality. Again, my kids roll their eyes. I'm like just for one month, the start of your day, take a few breaths, focus on what you're grateful for. Find intentionally once a day, be kind to someone, especially when they you off. So when there is the opportunity for road rage or you see someone who you're judging, maybe just take a breath and go, what does the world look like through their eyes? And I think it's these little practices to echo your point Caspar. We've got to start somewhere.

Caspar ([41:23](#)):

And it is truly in the simple acts. People think it has to be complicated. That it's such a challenge to start to heal or start to, you know, overcome whether it's disease or old habits that they've had or things that, you know, they want to get rid of in their life. And I think when you make it a challenge, it becomes something that you put off. Of course, something oh it's going to take so much time to change that, oh, I'm overweight. It would take, you know, this and that. No, it starts maybe with one deep breath starts with one little act of kindness to yourself in the morning for 10 seconds. Even that's how simple it could be. And it doesn't need to be expensive. People think, oh, it's so expensive. I need to join the gym. No you can take a walk anywhere up and down the stairs if you want.

Caspar ([42:02](#)):

That's how simple things can be if we allow it. And I do think nature runs in that way too. And the universe loves simplicity. I think we like to make things chaotic and we like to complicate them. And then of course give excuses as to why certain things happen. But I don't know, in, in studying even of, you know, quantum physics, it's, it's sometimes it's, it's the simple things that really make the most sense or the most logical and it can help us the most. And so I, I do love everything that's that you're putting out there with the kindness gratitude, because I believe that's the number one medicine. It's not, you know, what happens here is, is a secondary level. If you don't have that kindness and gratitude, all the procedures and IVs and different technologies, they don't do too much, really they'll help, but they won't really guide you into longterm healing. So you got to embrace that as well. Now.

Paul ([42:56](#)):

Could I, could I just echo on something? Absolutely. Caspar. So all of this, and I think what you're pointing to, and it's something that you guys very much kept at the foreground when I was in New York, was living from a position of choice, like how empowering that is. And I'm sitting here, I was looking forward to our conversation and I went and found the quietest place I could find in Michigan and set it up. And we started this call and a construction crew moved in like 40 yards away. And I felt my body

kicking up, like getting kind of stressed about it. Like, should we cancel it? Should we, I don't know what to do, but sitting, looking at you and listening to the conversation and engaging it, isn't that what life is though, like stuff happens and we get to choose what happens next.

Caspar ([43:49](#)):

Everything's a choice, isn't it, everything. And we don't think it is right. You're thinking, well, that's not a choice that, that construction crew just showed up. Like what, where's the choice in that? The choice is in your response, correct? The choice is me not even hearing that at all, not knowing it, it has no impact on this whatsoever. The choice is in your response to it. And I will say, I did not see any sort of frustration in you. I did not see anything come out of that. So I think you made the smart choice in ignoring it and staying captivated and in this riveting discussion here. So thank you for that.

Paul ([44:27](#)):

Fantastic. I'm relieved to hear you can't hear all these machines.

Caspar ([44:32](#)):

No, but that is funny that you're like, I need a really quiet place and it's suddenly, you know, boom. The whole construction crew decides to show up right then and there, that is a test of the universe right there. I believe you pass, sir. Listen, you got a lot of things coming up, Paul. I mean, I love the first book. I was always waiting. And now I see you do have books coming out. Correct. Can you tell us about that?

Paul ([44:58](#)):

Sure. The next book -which will come out next year is called Marked for Life. When I, so last year started in life was interesting and then COVID arrived and it got a whole lot more interesting. And then shortly after that, my daughter, Erin, who was 15 at the time, she had a seizure and she died and really trying to make sense of life. And like, like I mentioned earlier I think everything that had led up to that point had been training wheels. Now, I'd never been a huge fan of tattoos, but when I got really sick a few years ago in my adventure, I create, I have a bunch of tattoos now and each of them has a meaning. Some of them are in Nepal and some of them are in Hebrew. Some of them are from my childhood and it turned into this mantra and this mother almost, but when Erin died, I had this real crisis of faith.

Paul ([46:16](#)):

And fortunately I have this really good friend, she's this incredibly sassy, provocative, theologian. And we started talking about part of my catharsis in navigating the world of COVID was how do, how do I keep moving forward? How do I be grateful? How do I be kind, how do I do the next right thing? And so this first book Marked for Life finding grace and grit, where you least expect it is it's a story about my journey and it's based on the tattoos and it's very much anecdotal. People who've read it some of the early writings are like, oh my gosh, I can't wait to see how people react to this. Because it's very Caspar the listeners don't know this, but I would say I'm a creature of the universe. I'm a little bit church, a little bit jungle and a little bit everywhere in between. And Rebecca, my co-author in this work is very much church, but in a way that's incredibly engaging and enthralling. So it's a series of stories as we navigate COVID and the lessons we've learned.

Caspar ([47:44](#)):

Wow. I can't wait to read that. And I think that idea of the tattoos and the symbology, and to act as a totem, and I know you were a fan of, one of our programs called empowered healing that we put out

there a long time ago. And yeah, and it's, it's, it's on the shelf now, which is waiting to come back to the world at the right time. But one of the things we, we always advise patients that are going through treatment that are going through the challenges to have, to have a totem, to instill some power in that something where you could either hold it, look at it, see it, and, and have that feeling and have that and those neurological kind of reactions to it. And neuro-linguistic programming almost through that to look at it and feel that purpose, feel something there, feel the message to it.

Caspar ([48:31](#)):

And I do think that what you're describing in these tattoos is, is your totem. They are your totems, right? They are something that, you know, grounds you, that brings you back to something that shows you those message, even in those hardest, hardest of times. So I think that's, that's incredibly fascinating. And I'm really looking forward to that book and you're not just challenging yourself as an author and, and writing about these things. You're also challenging yourself as a runner too, and, and you're doing a marathon, correct. Coming in 2022 to raise charity. Also, can you tell us about that? The charity and what you'll be doing?

Paul ([49:10](#)):

Yeah, the, so a couple of years ago, so my daughter, Erin who died she had fairly profound, special needs, and I have a charity foundation of 501C3, and we have a program called Erin's Light and we take early intervention programs to kids living below the poverty line. And it's, it's predominantly focused on chronically and terminally ill kids and their families and special needs kids. And I had this idea a few years ago to run the marathon. Desalvo, it's a, it's a, I think six marathon, six days through the Sahara desert with everything on your back. The cool thing is you have a cut off time, like day one, you have a little bit short of a marathon and there's a camel that goes, and you have like 10 hours. So you run through the dessert for 10 hours, as long as you get the camel you've survived day, one day two you do it again.

Paul ([50:13](#)):

Then the next day you do a double marathon and the next day you do another one. And so by the end of the week, you've run quite a long way. And you've I think got to meet yourself. And my intent with that is to raise as much money as I can for Erin's Light in my daughters Erin's memory. And because it's, it's just a good thing to do. It's the next right thing. This, this COVID has been tough for all of us, and I know the programs with the families and the kids that we work with with Erin's Light. I mean, just take a moment, imagine what it's like, you're a family with a special needs kid living way below the poverty line trying to navigate COVID.

Caspar ([51:04](#)):

Hmm.

Paul ([51:06](#)):

So yeah, it felt like the next right thing. And we were supposed to do it last April. It got canceled because of COVID pushed back to October. Go Canceled, pushed back to April, got canceled, pushed back to October, now, which they're going, gonna run, but I blew my knee out a few weeks ago. So after training for a couple of years now, my entrance has pushed back to March of 22.

Caspar ([51:32](#)):

Well, I'm sure you will heal up in time and I'm sure you will push yourself and get that completed and get it done. And it's just inspirational to hear, everything you're doing and how you push yourself and have you gone through these challenges and how you've handled them. And I mean, where can people learn more about this and kind of read your stories, learn more about Erin's Light, everything.

Paul ([51:55](#)):

I think probably the easiest place to find this information would be paultempler.com.

Caspar ([52:02](#)):

Yeah. Go there. Paul, thank you so much. I mean, honestly since day one, you've been an inspirational figure even in the background when you didn't speak, I sometimes look at your book and of course, think of all the chats we had in the conference room here and over the phone. And, and it's always been inspirational and kind of made me see things through a different light, you know, and, and that's what I think is so important is to, to shift perspective sometimes of, you know, what's going on in the world where you are focused on health, happiness, all these positive things. So I can't thank you enough for all that you do.

Paul ([52:39](#)):

Caspar thank you. And I was really looking forward to this conversation. We all get by with a little help from our friends and, and I am real clear that I probably wouldn't be here if it wasn't you and the team at NYCIM. So thank you.

Caspar ([52:59](#)):

Our pleasure to see you continue doing what you do. That that's incredible. And best of luck in the marathon with the books and everything. And I can't wait to help you know, promote it, do anything I can from my end. And so keep doing what you're doing. Paul, love it all. Thank you again.

Paul ([53:15](#)):

Thanks Caspar. Much appreciated.