

Don Wood: If you think about something that happened 10 years ago and you feel fear, I call that a glitch, it's an error message.

Dave Asprey: Okay.

Don Wood: But everybody's dealing with that to some degree or other. Once we get that trauma resolved the mind stops using that... That trauma's being stored in what I call high definition and the mind sees the brightness and intensity to it and thinks there's something happening now.

Dave Asprey: And it's not really happening. What percentage of the population do you think has this kind of programming going on in the U.S.?

Don Wood: Pretty much everybody to some degree.

Dave Asprey: Exactly.

Announcer: Bulletproof Radio, a state of high performance.

Dave Asprey: You're listening to Bulletproof Radio with Dave Asprey. This special edition of Bulletproof Radio is a live interview at Joe Polish's Genius Network Event, which brings together a group of really amazing entrepreneurs, people who are doing stuff to change the world. I've been a member for a long time, Joe's been a guest on this show talking about addiction and trauma and telling a really powerful story, but this is not an interview with Joe Polish. This is an interview with Don Wood, PhD. A guy who's spent many years researching how trauma affects our minds and our lives, and you might have noticed in a few of the most recent interviews, I've talked about trauma really openly because it turns out trauma's not even well defined.

Every single person listening to this, yes including you, had something in your background, in your life that was traumatic. Even if it was a small trauma, and it turns out these can have an effect. It's oftentimes an invisible effect. You want to be a high performance human who shows up the way you choose to show up at everything you do, including your relationships, your career, your community, the things that matter to you, your art, your sport. Well you're going to have to deal with the fact that those are subtle inhibitors of how you show up in the world. I've done a lot of work on my own stuff there and I want to be really clear, that state of human performance that is bullet proof involves looking square in the mirror and finding your trauma and getting rid of it, and that's why I'm bringing guests on to talk specifically about this stuff even though it's a little bit woo. In fact, this interview though is with a PhD, and it's not woo. We just think trauma's that way.

What Don's here to talk about is his more effective ways of dealing with trauma using neuroscience, using proprietary cutting edge techniques that he's developed because here's the deal, no one wants to spend 40 years sitting in a

cave dealing with their trauma, because we actually have stuff to do in the world. Don, welcome to the show.

Don Wood: Thanks Dave.

Dave Asprey: All right, what's your PhD in?

Don Wood: Clinical counseling and psychology.

Dave Asprey: All right, how many years have you been practicing?

Don Wood: We started developing this program almost about 10 years ago, and I started really studying trauma back then, mainly because of my wife and daughter. My wife grew up in a very traumatic household, I grew up in the complete opposite. I had these loving, nurturing parents and never really experienced any trauma.

Dave Asprey: Oh come on.

Don Wood: I mean little trauma.

Dave Asprey: There's a time when your mom stopped breastfeeding you and you were really pissed off about that.

Don Wood: Well I was adopted, so...

Dave Asprey: You never experienced any trauma? Adoption's a little bit traumatic there.

Don Wood: Yeah, but again nothing major like in terms of what she was experiencing.

Dave Asprey: We're talking physical, sexual, emotional abuse kind of stuff?

Don Wood: Exactly.

Dave Asprey: All right.

Don Wood: I've had things happen to me, but what I said was happening is that if things were happening to me I had such a nurturing safe environment that my nervous system kept getting regulated.

Dave Asprey: You were gifted with parents who made a safe space for you.

Don Wood: Very lucky, yes. My wife didn't, so when we got married I thought to myself, "She's going to be living in my world now so that's all going to calm down," and it didn't.

Dave Asprey: Why did you pick someone, and I'm going to be really rude here. Why'd you pick someone who would be bat shit crazy? Because if you were heavily traumatized

and you haven't done your work and you haven't had that safe space you will act crazy. Why'd you pick that?

Don Wood: Well I was 19.

Dave Asprey: Okay.

Don Wood: She was beautiful.

Dave Asprey: The truth comes out.

Don Wood: Yeah, so-

Dave Asprey: And you loved her enough to help her.

Don Wood: Yes, and I saw it very quickly, but she really was operating differently so she was living in fear. She didn't get into addiction, she didn't get into any of that kind of stuff, but she was constantly worried all the time. Then when we got married all of a sudden it's the same thing. I'm like, "Why is she constantly..." I'm not like her father, I'm not yelling, I don't do what he does, but she was still living in this fear. That's when I discovered that what was happening is that the trauma was looping for her. If I said something like no I don't like that. She could respond with, "Why are you mad at me?" I'd go, "Honey, I'm not mad. Why do you think I'm mad?"

Dave Asprey: Why do you say those words?

Don Wood: The reason that was happening though is because her mind was listening so carefully to the way I spoke, because as a child she had to listen very carefully to recognize when dad was starting to get out of range, and if she picked that up in me then all of a sudden it wasn't what I just said, it was all the data from her childhood flooding in, over-regulating her nervous system.

Dave Asprey: That makes so much sense and that exactly matches the type of things that I've worked on myself and even just the neuroscience stuff from 40 Years of Zen where people come in, you say one thing, they hear another.

Don Wood: Exactly.

Dave Asprey: How do you know you're not doing that?

Don Wood: I probably am to some degree, and I may have said it when I said, "No I don't like that." I may have had a little bit of frustration in my voice but I can't recognize it. What she hears is, "No, I don't like that." I'm thinking, "How could she be interpreting what I just said?" She started to cry and I'd be going, "Why am I hurting her? I'm not trying to hurt her." I was trying to speak calmer, to be very careful what I said, but I could still do it. We'd come out of a store and

she'd say, "Can you believe how rude that clerk was?" I'll say, "I don't think she was rude." She'd go, "Well did you see the way she said that when I asked her that question or the way she put the clothes in the bag?" She was seeing it everywhere, not just with me.

Dave Asprey: Wow, so she was hyper aware of other people's nuances and then putting a value or a thought on them that wasn't real but it would have been based on her patterns.

Don Wood: Right, because her mind was bringing in all the data. This is where I say the problem is coming in. The way the trauma is stored in memory, so there's a thing called the time slice theory, and the time slice theory is developed by two scientists at the University of Zurich that said it's consciousness streaming. Most people would say, "Well yes, it's streaming," but what they're saying is that the subconscious actually pulls in the data 400 millionths of a second before you're consciously aware of it. When I read that and I did the research on that I said, "This explains what we're doing in our program."

Dave Asprey: Exactly.

Don Wood: In the 400 millionths of a second your subconscious does a Google search. What does that look like, sound like, smell like, and it starts bringing in that data. The problem is your subconscious operates in the present, just like the animal brain. If it sees something from 10 years ago, 20 years ago, and it sees it in the present, it makes perfect sense it would create a physiological response. The purpose of an emotion, a feeling, a sensation, or a thought is a call for action. The purpose of fear is to escape a threat. The purpose of anger is to attack a threat. If you think about something that happened to you 10 years ago and you feel fear, I call that a glitch, it's an error message.

Dave Asprey: Okay.

Don Wood: But everybody's dealing with that to some degree or other. Once we get that trauma resolved, the mind stops using that. That trauma's being stored in what I call high definition and the mind sees the brightness and intensity to it and thinks there's something happening now.

Dave Asprey: And it's not really happening. What percentage of the population do you think has this kind of programming going on in the U.S.?

Don Wood: Pretty much everybody to some degree.

Dave Asprey: Exactly.

Don Wood: Everybody has it. Again, like I said, I wasn't really traumatized as a child but I had events and experiences, so to some degree I would have had that. As an example, I had something when I was 16, 15, 16, a mentor of mine had a

nervous breakdown. He was a gambler. He used to play tennis and he was a hustler, gambler, and he taught me a whole bunch. But one day before he had his nervous breakdown he was playing in a match against another pro from another club and he never got frustrated, he was very Zen.

He turned around and he said, "This is waste of my time. This guy couldn't take a game off of me." He said to me, "You come in and play him." Now everybody's watching, their club, our club. He says, "You play him one set, same amount of money." I was playing against this other pro and I'm only 15 turning 16. I'm beating him four games to three and Vic calls me over to the fence and he had never done this before. He turned around and he said to me, he says, "Stop messing around." He used another word. "Stop bleeping around, finish this guy off. You're playing too conservative." He had never done that. I lost the next three games.

Dave Asprey: Of course.

Don Wood: I never understood this. I never liked to bet, so I've never bet. We play golf and everybody wants to bet. Every time we bet I never play well and I never knew why. Then one day we weren't betting and one of the guys playing with us said, "You really do play better when you don't bet." My son laughed and joked and said, "Yeah he doesn't like losing money." All of a sudden I felt this pit in my stomach.

Dave Asprey: You felt it, wow.

Don Wood: Yeah, and it all flooded... I was excited because I went home, told my wife. I said, "Now I really experienced it." That was a trauma in my life.

Dave Asprey: Okay, now when you married your wife you were 19, you noticed the stuff going on but you didn't have a PhD in counseling. Is that what your motivation... Is that why you went out to get that is you wanted to figure out what was going on with the person you loved?

Don Wood: Not just my wife but my daughter.

Dave Asprey: You daughter [crosstalk 00:09:49].

Don Wood: It was really more my daughter. My wife wanted me to find an answer for her, so when she was 14 she was diagnosed with Crohn's. They told us you got to change your diet, got to take gluten, got to take dairy, and she ended up having four resections of her intestine.

Dave Asprey: That's pretty serious.

Don Wood: I mean she really had it bad. When I started looking at trauma I said, "I think her Crohn's is because of the trauma." That I believed trauma creates inflammation in the body.

Dave Asprey: It totally does. It's known that trauma will do that.

Don Wood: Yep, but that is affecting the immune system and the neurotransmitters. My wife kept saying, "You got to find an answer." I just started studying trauma, and what I realized is they're not treating it right. They're teaching you to live and manage with the symptoms. You have anxiety, you have panic attacks, whatever it is, we'll teach you to manage it. I said, "That doesn't make sense."

Dave Asprey: It really doesn't if you think about it. Oh I'm afraid of flying, oh the answer's don't fly.

Don Wood: Right.

Dave Asprey: Well you actually need to fly to be functional, but there are a bunch of people who've done very deep biochemistry research on, for instance, gluten, which is one of the lectins that really does stuff to your gut lining.

Don Wood: Absolutely.

Dave Asprey: That is inflammatory even if you don't have a trauma that's behind it. It's probably more inflammatory for people who have the inflammation and the cytokines and things like that who are more traumatized.

Don Wood: Exactly.

Dave Asprey: I mean are you going so far as to say no, Crohn's is purely trauma?

Don Wood: No.

Dave Asprey: It's okay if you do. I mean if that's-

Don Wood: No, so it could be diet but it could also be trauma.

Dave Asprey: Yeah, trauma is a factor, I absolutely believe it. I don't know that it's always a factor, but sometimes it is, right?

Don Wood: Yes.

Dave Asprey: How do you define the word trauma? I've used it in episodes since the beginning, I've interviewed different experts on trauma, but they all have a different way of describing it. The reason I'm asking, when I started this path... Look, I'm an engineer. There's no reason for me to be traumatized, therefore I'm not traumatized. If there's no reason for me to be afraid, therefore I'm not

afraid. Hyper rational sort of stuff, and when someone said, "You're traumatized." I'm like, "Have I been in a car accident? I'm not traumatized." What is trauma the way you're talking about it?

Don Wood: Trauma is a glitch, it's an error message. The way I always explain it is if you think about something that happened to you 10 years ago and you feel fear or anger, you feel an emotion, that's affecting you. Trauma to me is if some people have experienced severe trauma and they're higher functioning. It's what I call your own personal atmospheric conditions. If my atmospheric conditions were much clearer growing up, and then I get into some trauma like I experienced, I'm able to deal with that better because I don't have this flood of data coming in. To me it's all in perspective. My wife, anytime something would go wrong, her nervous system would be totally disregulated because she had so many things that her mind was thinking about. I could have something happen and I could deal with it better because my system had learned how to regulate and I could stay present easier. I think it's all relative depending on the individual and what they've experienced, especially in childhood.

Dave Asprey: I'm glad you said especially in childhood. When is the earliest that a trauma's going to affect you?

Don Wood: I think it starts almost immediately. I believe it can even go all the way back to childbirth.

Dave Asprey: What about before childbirth?

Don Wood: Possibly.

Dave Asprey: Conception?

Don Wood: Yep.

Dave Asprey: Conception or trauma in the womb even?

Don Wood: I believe so, yeah.

Dave Asprey: Now I've got to ask this because it's part of your story. You were adopted. Is being adopted traumatic?

Don Wood: Because of the way I guess... I always understood I was adopted so that was right from the very beginning. My parents were very upfront, they didn't hide it. Now I didn't know my story and anytime I asked my parents about it they would get not upset, but they would get emotional. I didn't understand why. Then when I was 18 a friend of mine gave me a note of a number to call to find out about my adoption. I had no real interest in it because the way I looked at it is people would say to me, "Aren't you mad that your mother gave you away?" I'd say, "No, quite the contrary. I think that was an amazing gift how she did that. I

don't know how she did that." I saw it completely different. I saw it as a sacrifice.

Dave Asprey: Your parents taught you a real secure attachment that's pretty unusual for people who are adopted.

Don Wood: Very unusual, but that's how I always looked at it. If I did even question it they would get a little emotional. Then I found out when I was 18 my mother found that note. Then she said to me, she says, "Okay I'm going to tell you what happened." She said, "Our family doctor," who I knew. He died when I was nine, was actually my grandfather. His daughter got pregnant when she was in medical school, and at that time single mom's pregnant so he went to my dad who was 45, so they were older and said, "I want you to adopt this child." What happened is they agreed to and then the grandmother found out and sued my parents for two years. I never understood why my birth certificate the issue date was two years later.

The reason they got emotional is not because I was asking about the adoption, but the flood of that fear of losing me was coming in. Then it started to make sense. I never had any real interest in finding my mother or finding my father or anything like that because to me if she knew where I was, she had to know where I was. If she didn't reach out I didn't want to hurt her by reaching out to her. It was a mutual respect.

Dave Asprey: The reason I'm going deep on this, I have some very close friends who are adopted and I've worked with a good number of people who've done real intense letting go of things from 40 Years of Zen who go through adoption. Usually there's some part of the baby that's like, "Where's my mom right now." You don't exhibit the typical anxiety in the way you carry yourself that can happen, even in highly functioning, smart, intelligent, good hearted people who just haven't gone through and done this. It sounds like your parents did some pretty Olympic level parenting for you there to let you sit back and do that. I think you were very lucky.

Don Wood: It was really interesting because one of the things I also found out was I used to get these really bad stomach pains when I was really little and I can remember that, and Dr. [Rollie 00:16:07], who was my grandfather, he basically said to my parents that you have to take tension out of this home. The tension from what they... Because it really hurt them financially, they really got... Because they weren't wealthy people.

Dave Asprey: During that lawsuit.

Don Wood: Drawn out, absolutely. They must have been tense, so I think they went out of their way to take all of that tension because they realized, and Dr. Rollie was very naturalistic, holistic. He said, "Tension's creating those stomach pains." He's feeling it. I had no idea. He knew that I was somehow being affected by it.

Dave Asprey: You're a neuroscience researcher and you're working with people to release trauma, but you actually have done some pretty heavy duty work on helping missing kids be found. You've started Child Watch and you've helped to locate 250 missing children over the last 20 years.

Don Wood: Correct.

Dave Asprey: Why that as your mission?

Don Wood: I'm originally from Canada, so when we moved down to the United States-

Dave Asprey: I'm sorry. I left from Canada, sorry my Canadian friends. I had to say it.

Don Wood: That's right, so we did about 27 years ago. When we moved down, before we had moved down there was an organization to look for missing children and we had donated some time to them. When I moved down to the United States we were having to get our citizenship. One of the things that they said is, "Well until you get that what are you going to do?" We started a non-profit foundation, and because we had done work with missing children we said, "Oh we'll get that started and then we'll do other things at the same time." I started again looking at that from a business standpoint saying, "Wow, they're not doing that right," the way they're looking for missing children. The law enforcement weren't organized and prepared to look for missing children.

When I started I went to the Florida Department of Law Enforcement and I said, "Give me some old cold cases and see if we can help." I went and I got my P.I. license.

Dave Asprey: Oh wow.

Don Wood: To add the credibility to it, and what I started doing is starting to do the investigations. We got 12 cases from FDLE and we solved 11 of them.

Dave Asprey: No kidding.

Don Wood: Not because we were doing anything that law enforcement couldn't do, but for example I worked with the Jacksonville Sheriff's Department who had eight detectives and over 3,000 files that they worked on.

Dave Asprey: They just don't have the bandwidth?

Don Wood: No, so unless a lead came in they weren't following it up. I could track down and work with the families, find the leads, and then be able to help them.

Dave Asprey: You were just doing this as a non-profit?

Don Wood: Yep.

Dave Asprey: Wow, whoa, well thanks for doing that work. That's a pretty big thing to bring a child back to their parents.

Don Wood: Very rewarding.

Dave Asprey: You ended up starting... The reason I wanted to interview you really is you talk straight up about clearing trauma to improve performance.

Don Wood: Correct.

Dave Asprey: It's not about just stopping suffering, which is actually really useful because spending your whole life suffering is a waste of time and it's unpleasant and it's what a lot of people do. You're calling it The Inspired Performance Institute, which is a very different mindset on trauma than most people. Your trauma's leading to your addiction. Yeah, that might all be true but don't you want to kick ass? Kudos for nailing why it matters. After you spent years looking at your wife as the ultimate guinea pig.

Don Wood: Right.

Dave Asprey: Right.

Don Wood: Yep.

Dave Asprey: You also had something happen to your son Tyson, had some serious head injuries as well. I mean are physical traumas a part of your thing? Or was this more emotional trauma is [crosstalk 00:19:27]?

Don Wood: More emotional but I also learned something from him because we thought maybe it was emotional. He off the monkey bars when he was in elementary school, he hit his head on a wall at middle school, and he ended up with retrograde amnesia. He hit his head on a Wednesday, on Friday he was playing baseball. They're getting ready to start the game. He was at short stop and he broke out crying and screaming, "How did I get on the baseball field? Did somebody hit me in the head?" He repeated it for 30, 60 seconds over and over and over for hours. What they said is that he hit his head on Wednesday and woke up on Friday. To him and all of a sudden he's in a baseball uniform.

Dave Asprey: Unbelievable.

Don Wood: Yeah, and then he started... We saw him starting to regress and then he ended up, when he was a teenager in high school, he bought marijuana from somebody and he owed him \$5 and the guy sucker punched him and knocked him out and that was the third head injury.

Dave Asprey: Wow.

Don Wood: Then we really saw him go downhill. Everybody who we took him to kept telling me he's got major depression, we just need to medicate him. I said, "I think he has traumatic brain injury."

Dave Asprey: Good for you.

Don Wood: I could not get a neurologist to write me a SPECT scan. Dr. Hyman, who you've worked with, is really big into those. I kept saying a SPECT scan will show us what we're looking for. It was like, "Well no, we'll do an MRI." I said, "An MRI's not going to give us the detail."

Dave Asprey: No.

Don Wood: Finally we went to Dr. Harch in Louisiana.

Dave Asprey: Mm-hmm (affirmative).

Don Wood: We drove him up there.

Dave Asprey: [crosstalk 00:20:57].

Don Wood: Yep.

Dave Asprey: He's been on the show.

Don Wood: Oh has he really?

Dave Asprey: Yeah absolutely, so okay, beautiful.

Don Wood: We took him up there, Dr. Harch did a SPECT scan, did a dive, did another SPECT scan and said, "It's definitely TBI." We have our own hyperbaric oxygen chamber now.

Dave Asprey: I do too, for me.

Don Wood: Really?

Dave Asprey: I also interviewed Mark Gordon on the show about a year ago who flat out says he does not believe that you can have PTSD unless you've had a traumatic brain injury, which is pretty extreme, but he had some interesting cases there that when people can't let go of a trauma and they get really obsessed on it there's almost always a corresponding brain injury, even if it's from 30 years ago. I do know 90% or thereabouts of people who come through the 40 Years of Zen program we look at 24 channel EEG scan, you can see. "Did you hit your head?" "No." "Did you hit your head?" "Oh, yeah when I was two." You have to ask them a few times before it even comes back because it's there. Certainly you

can see where I've hit my head and I did have amnesia the last time I did it. I took a knee to the head at a recreational event at Burning Man.

I came back and I swore like a sailor and I couldn't play go fish with my kids, my memory was shot. I had amnesia for a few days where the doctor looked at me and said, "You have bleeding in your brain and you need to deal with this. This is a big deal." I looked him right in the eye and I said, "Okay, so I can fly tomorrow? I got a conference." I couldn't compute. My wife being an E.R. doctor she just rolled her eyes and she looked at the guy and she said, "I've got this, don't worry." She's drug and alcohol addiction, she knows what she's doing. Having experienced it firsthand what do you think of that theory? Is PTSD, which is an extreme form of trauma, is that tied with brain injuries or any other physical injuries or is it something else?

Don Wood: I haven't heard that, but that doesn't sound crazy.

Dave Asprey: There's some relationship.

Don Wood: There's possibly. I worked with Dr. Maxfield, who's another pioneer in hyperbaric therapy out of Tampa, because I had him look at my son's MRIs, and fMRIs, and he said that... He says, "I can see that he's got traumatic brain injury." I said, "Well how do you see it and these other neurologists and radiologists aren't seeing it?" He says, "Well you go to know what you're looking for." He says, "A lot of times these veterans who are coming back from war are being diagnosed with PTSD and they actually have TBI."

Dave Asprey: That is so common.

Don Wood: Yes.

Dave Asprey: From all these explosions.

Don Wood: He says, "Yeah, the concussion, the intensity of the bombs, even though they don't get hit with anything, the compression on the bombs are actually creating the traumatic brain injury. Then what are they doing? They're flying them out." Which is the worst thing that you can do.

Dave Asprey: Yeah, no oxygen for a little while right when you brain needs hyperbaric.

Don Wood: Yep.

Dave Asprey: We see the same thing, Daniel Amen's been on the show a few times and his work... I credit him very openly with helping me to see. I had a hardware problem before I thought I was just a moral failing. I'm failing out of Wharton here guys, what do I do here? That gave me huge hope. It's funny because we're here at Genius Network, Joe Polish's event and I actually met Dr. Amen for the first time here. I'd benefited from his work for more than a decade, but I hadn't

actually connected with him in person. We've become good friends since then. Just this idea that our brains are way more delicate than we think and we're taking these kids and putting them out on the field, like your son, after they've been injured. I feel like maybe the work you're doing around glitches, there's a tie in with this brain injury.

Maybe there isn't, sometimes it's not a physical injury, it's a learning that oh, every time I do this, which is a normal behavior for a kid, I get yelled at or hit or whatever that also. It may not show us a physical injury but you'll see electrical changes in the brain. Parts of the brain will become overactive or inactive. Dr. Amen can see it, we can see it with an EEG, it is actual neuroscience. Now talk to me about what you do at the Inspired Performance Institute in order to clear a glitch? We had an example from your wife. You would say I didn't like something and she would say, "Why are you mad at me?" I'm like, "I'm not mad, I wanted my salad with less dressing." It doesn't correspond here. What's your technique?

Don Wood: Well basically what I did and that's the reason we called it a performance program as opposed to trauma therapy because nobody wants to go through trauma therapy.

Dave Asprey: Let's face it, if you have trauma you probably don't know it.

Don Wood: Right.

Dave Asprey: I mean the vast majority of people on who will insist that they have nothing, they do.

Don Wood: My wife was high functioning, so if you had met her... She didn't get into addiction or anything. If you had met her she's great woman, great wife, great mother, taking care of her kids, but she had nightmares constantly and she was living with that. I could see that and I could see how it was affecting her, but she presented so well and I was sworn to secrecy. Nobody could know what happened to her as a child because she kept saying this is a reflection on my family, on who I am.

Dave Asprey: There was a shame component.

Don Wood: Shame component. I kept saying, "No there isn't." I loved you, I married you, it had nothing to do with the way I saw you, but that's not the way she thought.

Dave Asprey: Interesting.

Don Wood: Now she can talk about it to anybody.

Dave Asprey: Okay, so she lost the shame over it entirely?

Don Wood: Yes.

Dave Asprey: Which is such a powerful thing to be able to just say.

Don Wood: It's the same thing with addiction. I say the same thing is that we're treating it wrong, we're shaming them, we're guiltting them, as opposed to saying... What I say to them is I understand why you got into addiction, is because you had emotional pain, you found a resource that stopped the pain temporarily, and because you repeated it you built a code.

Dave Asprey: Yeah. Now it's funny, my wife might... She might get pissed at me for saying this but she'll be cool with it, it's for a good cause.

Don Wood: Go ahead anyway.

Dave Asprey: Early on when we got married she broke a blender, the pitcher. Sometimes we drop stuff, it doesn't matter and just started crying. It was the old thing just like you're describing, some old thing from, I don't know, when she was a kid something happened and I'm like... Looked at her, it's just a blender. It took actually processing for her to just realize oh I'm highly emotionally reactive to this making a mistake. She did the work on it, unfortunately because of her background in drug and alcohol addiction, emergency medicine, and counseling she could identify, "Oh yeah, this is what's going on here." We had a conversation about it and she was able to work through it. The thing is though, the techniques to access they're not rational. In that this is all the realm of feelings and emotions and patterns, which is why it's so hard I think for smart people especially to deal with this because it doesn't make any sense. How do you, in your program, go through and help a smart high functioning person who wants to be higher functioning, deal with stuff that doesn't make sense?

Don Wood: Well I spend probably... We do a four hour session and in that four hour session I spent about the first hour and a half going over the science of what I've discovered, the time slice theory, how our mind is storing this information, how it's creating the glitches because your subconscious mind's in the present accessing data from 10 years ago trying to protect you against what it perceives as a threat. Once they have the concept down of what we're dealing with then what I say is that when you had that traumatic event, that was being stored in a beta brainwave state, a very active high definition state. We're going to spend the next few minutes, I'm going to get your mind to get into an alpha brainwave state, very, very relaxed.

Dave Asprey: It should sound familiar to people who've heard any of my interviews about neurofeedback.

Don Wood: Yep.

Dave Asprey: Okay, got it.

Don Wood: While I've got them in that alpha brainwave state-

Dave Asprey: How are you putting them into the state?

Don Wood: I just basically take them through a process. I'll have them close their eyes, they listen to my voice for about two minutes so I get them calming down.

Dave Asprey: NLP, visualization stuff, okay.

Don Wood: Yep, and so they're just sort of calming down and I can recognize when they're there, and then what I'll do is then I'll say, "Now let's take two or three different events in your life and you can pick any order, whatever one you want." I says, "And I don't need any details of it. If you want to share the details of it that's fine. If you don't want to share the details that's fine." They'll say, "Well what do I need to do?" I'll say, "If you can share it I'm looking for a two to three minute description of that event. As you're doing that I'm going to run some techniques with you as you're going along. If you don't want to talk about it we can do it just visually. I'll have you see it, I have no idea what you're experiencing but I'll use the same techniques."

Or three, and I do this a lot with rape survivors is I'll say, "I'm going to teach you a new language to talk to me in and it's called flowing. There's only one word in the flowing language and it's flowing." Instead of saying, "I walked into the room," you're going to say, "Flowing, flowing, flowing, flowing, so every word is flowing." In order to even say flowing they have to go into memory, and as they're in memory seeing the details of the memory I've got them in alpha brainwave state and I believe what we're doing is just providing a counter frequency. The memory that was stored in beta comes back into an alpha brainwave state and is reprocessed.

Dave Asprey: Unquestionably the idea that you can take someone into alpha and use that alpha state to do forgiveness processing. That is a core part of three of the five days of the neurofeedback stuff that I do as well. I have a device right here actually on the desk in front of me. It's a cerebral electrical stimulator, and this is a consumer grade one, we use a clinical grade one when I'm doing stuff at the facility. This thing is called an Oasis, and it lets you run a shaped current back and forth across your brain and you can tell I went alpha. It'll put the brain in alpha whether you want it to be there or not because there's a current going from one ear to the other a certain number of times a second, you'll be in alpha even if you're fighting it. Does that work? Can I just use electricity to let go of my traumas?

Don Wood: I don't know about that but if you get into the alpha brainwave state then we can reprocess, and that's why I say we do two or three then the mind applies what it just learned with everything else.

Dave Asprey: By the way, that's not how I do it either. I know you can dial up an alpha state with sounds, you can dial up an alpha state with electrical current. You can even do it with magnets. We do those things for neuroplasticity when I'm working with people, but you're talking about doing it with just words.

Don Wood: Just my voice.

Dave Asprey: And your presence. Is your energy a part of it?

Don Wood: Yes.

Dave Asprey: Are you putting yourself in a meditative state so they're resonating with you?

Don Wood: I believe it has a lot to do with my voice, my pacing, the structure, so even in the hour and a half when I'm talking about the science behind it, I'm telling stories in there and the subconscious mind responds to stories, symbols, and metaphors.

Dave Asprey: You're working it the whole time.

Don Wood: They're already in alpha state pretty much from the beginning, and then I do the exercises just to take them through that, and the I'll say, "Okay, let's take one of those events, you can do it visually, you can talk about it, or we can do it through flowing." Then as they're going through it I'm keeping them present in the room with me while they're processing it, and the mind just updates it. We're doing the opposite of what they did with the Wizard of Oz and took it from black and white to color, we're taking it from color to black and white and the mind stops responding because it realizes there's no threat, this is just information. It's just a glitch.

Dave Asprey: I'd like to get your feedback on this. One of the things that I've noticed through... Geez, I might have picked this up in a book somewhere years ago or it might just be from talking with a lot of people, but when you're playing back an event in your mind that may or may not have been traumatic, every time you see yourself from outside your busy, as in you're the guy behind the camera and you see yourself in a room or something, pretty much by definition that means that it was a traumatic event because you left your body. True or false statement?

Don Wood: I don't know. I haven't experienced that because one of the things that we do use is one of the techniques is disassociation.

Dave Asprey: Sure.

Don Wood: To bring them out of that experience so that they do see it from a distance.

Dave Asprey: Oh, it's useful if you're using it as a tool to say let's look at this from your adult mind what happened when you were a child, but if you go back to a memory and it's a memory that's non-traumatic... In my experience and I'm asking you to shoot holes in my theory.

Don Wood: Okay.

Dave Asprey: If you're saying what did it look like when I looked around? I remember the sky looked like this color and it felt so warm and snugly and there was the crisp leaves and they smelled like this, you were in your body. But if you say, "What was it like?" Immediately you're seeing yourself from outside your body it means you disassociated but it wasn't done consciously. Usually when people describe that I'm like, "All right, you might have some work to do there. Feel into that, think about that, what were you feeling at the time?" They're like, "Oh actually I was really scared." All right, there's probably a trauma there.

Don Wood: Yep.

Dave Asprey: How does your tip method from your institute, how does it differ from something like EMDR? This eye movement dissociative response that some therapists are using, I've talked about in a few episodes before.

Don Wood: Yep, EMDR works if it's done by the right practitioner, but it just takes a lot longer.

Dave Asprey: Okay, so the results you're seeing, one four-hour session. How many traumas do you clear per hour?

Don Wood: Three.

Dave Asprey: Three, okay.

Don Wood: Not even per hour, just three all together.

Dave Asprey: Okay, and so you're seeing just three is enough for most people to have a profound difference in their performance?

Don Wood: Yes, because what happens is that when they go to sleep at night the brain goes into that theta brainwave state and starts processing what they just learned. I worked with a lady who had really bad sexual abuse as a child, we cleared three traumas and she said to me, she said, "We're going to be here all night because I got a lot of these." I said, "We're not going to do anymore." Your mind's going to process everything else. The mind and body are designed to heal. Once it got this process down it's going to apply it.

I ran into her about a month later at a store and she ran over to me and she says, "I got to tell you something." She says, "There's no question that those

traumas we worked on were clear. I could think about them, I wasn't feeling the emotion." She says, "But when you told me my mind would clear the others," she said, "I didn't believe you. But I was at Universal Studios on the weekend with my daughter and my husband and I was riding on the escalator and I was looking over the railing. She says, "My daughter said mom, look at what you're doing. I never told you I had a fear of heights, we never discussed it and it's gone. I could go up to the top of the escalator and look and watch people walking underneath the bridge." She says, "That was impossible before." Whatever event created that also cleared when it learnt that process.

Dave Asprey: Have you noticed a correlation with people's general health, what they eat, their exercise, their sleep quality with their ability to process trauma?

Don Wood: That I don't know. I definitely know it affects health, so if we have this unresolved trauma then we're definitely going to get sicker because the trauma's creating inflammation, which affects the immune system, neurotransmitters, and people are getting sicker and they're feeling bad. The current solution is we're going to teach you... If you got anxiety we're going to teach you how to live and manage and cope with it. What I say is it's an error message, why would you want to live and cope with it?

Dave Asprey: Yeah, let's edit out the-

Don Wood: Let's eliminate it.

Dave Asprey: Yeah, get rid of the errors so that you don't pay that cost.

Don Wood: Yep.

Dave Asprey: The reason I'm asking is you said a couple things. One you'll go into alpha. If you're not making much electrical energy because you have Crohn's, you can't absorb food, or you have any of the mitochondrial issues I've talked about ad nauseum, you'll actually have less electrical energy to make alpha brainwaves. Part of what I evolved into the work that I do it's like look, let's turn up your energy production so you have enough leftover energy to do reprogramming work. That means that if someone is better able to make alpha brainwaves they can respond more strongly. Actually measured it and you get about two and a half times more of the focused work on resetting before people hit the wall. You know what I mean?

Don Wood: Mm-hmm (affirmative).

Dave Asprey: Okay, I've done my three and I'm just exhausted, I got nothing left. We could stretch that, but what triggered me to think about this is for many years my sleep was crap, and you look at the percentage of the time that I would have theta states when I was asleep, it was vanishingly small. Now I interview the guys from Life Cykel, they make this Lion's Mane Australian mushroom extract,

and if I use that... I mean last night I slept six hours and six minutes and I got an hour and a half of REM sleep, which is the theta state that we're talking about. If haven't taken that stuff I'd probably go back down to a half hour, so when people are doing trauma resolution and they have poor sleep hygiene are they getting the same benefits?

Don Wood: What I found is that when people left after they've gone through the four-hour session they sleep like a baby.

Dave Asprey: Okay, so their body will force them into theta because they need it [crosstalk 00:37:41].

Don Wood: They need it, yep.

Dave Asprey: Okay, got it.

Don Wood: A lot of people will say I can't sleep. I got two text from two people just went through the program last week and in both of them they just said, "I slept like a baby."

Dave Asprey: I have definitely seen that if I do a lot of trauma clearing work, from any of the different disciplines. I'm a tourist of that occult. I'll train you that stuff once whether it's your drumming sounds, energy work, I don't know I'll give it a shot. That night it's usually going to be a much higher percentage of either REM or deep sleep, and I find I can enhance it with turning the lights off before I go to bed and just the things that make you sleep better. It's true, you will be pulled into a deep sleep. You find with your clients they just go to sleep.

Don Wood: Go to sleep and that's why the mind gets so much work done.

Dave Asprey: Okay, what advice would you have for someone who wants to get a deeper understanding? By the way, you wrote a book *You Must be Out of Your Mind*, which has some of the stuff. Other than read my book is there an exercise, breathing, an awareness? What would you share for someone saying, "Ah-ha, I wonder if I have trauma. What should I do about it?"

Don Wood: This is the way I sort of relate to it. Somebody says, "Well I'm not really..." I had a lady say, "I don't really remember anything that was traumatic to me," and I said, "Think about any kind of event or an experience." She worked at a church, super Christian, all this kind of stuff and then she says, "Well okay," she said, "I remember when I was little," and she started to describe that when she was in church she started talking and her grandmother took the hairbrush and hit her on the head. She was sobbing as she was talking about it, and as we discover, what she discovered she says, "You know what? I lost my voice that day." She had never recognized it before. Her grandmother wasn't trying to hurt her or trying to damage her.

Dave Asprey: No, there was no intent in a lot of this.

Don Wood: Yeah, it was just like, "You don't talk in church," so she hits her on the head with it. To a six year old child who doesn't have any life experience that's traumatic. I can tell a six year old that a guy in a white beard and a red suit flies around the world overnight delivering packages and that makes sense to a six year old. Because they don't have enough life experience they start putting meaning and attaching meanings to these events. What does it mean about me that this happened, and then that gets stuck. When I work with people, I worked with a guy from business, he just couldn't get his business off the ground. He says, "I'm thinking about everything, I'm trying everything and nothing was working."

Really what it came back down to is he grew up in a household with parents that were very conservative, who believed that in order to be successful you got a job, you got a pension, you bought a house, and you retired. Every time he would do anything that had any risk, and business as we all know is entrepreneurs is full of risk. He would change his plan, he would go in another direction, trying to avoid to stay away from the risk. Once we got him through the program he did \$1 million worth of business that year because we reset his mind.

Dave Asprey: Wow, I really think the bigger your business or the bigger your goals, your business is a direct reflection of your energetic state and if you're walking around with a bunch of unconscious trauma you're going to mistreat your employees, not because you choose to, not because it's a conscious decision, but specifically because it's invisible, it's an unconscious decision. Then you'll wonder why all the fit hit the shan and it's very frustrating and confusing and most people sabotage their careers this way. I see it over and over, and it's almost like the way you want to hire someone for your business if you're an entrepreneur is you want people who've done enough work on their own trauma so they're aware of their reactivity patterns so that they can show up consciously to work instead of reacting unconsciously at work.

Well okay, here's another question. You've worked with CEOs, executives, world class athletes, veterans, I used to believe that pretty much everyone, when you get rid of all their traumas, is a good person. That's our fundamental human nature.

Don Wood: Right.

Dave Asprey: I'm pretty darn convinced now that around 4% or 5% of people are actually sociopaths and psychopaths, and maybe even after you clear all the traumas they're still assholes. Am I right?

Don Wood: I don't know. I tend to be more optimistic thinking that we're pretty much born pretty good, but that could be something from genetic malfunctioning or something like that.

Dave Asprey: Like the bad seed or something?

Don Wood: Yeah.

Dave Asprey: There probably are a few genuinely evil psychopathic, sociopathic people who know what they're doing and they do it anyway because they get a little thing from it. Maybe they were traumatized, maybe that's just who they are. I'm on the fence about that. I like that. I also wonder if I've been a little bit naïve throughout my path of evolution where really a lot of people who I would have perceived as hostile jerks or whatever, they're actually just traumatized people and they're working on becoming better people and that's our core drive. I don't know, I'm asking a bunch of experts in the field. Are the true sociopaths and psychopaths, are they fixable or is this just institutionalization timing?

Don Wood: Well the whole premise that we start off with our whole program is that there's nothing wrong with you and there's nothing wrong with your mind. Your mind works perfectly fine. What's been interfering with it performing at its highest level. My experience has been events and experiences that your mind filters through. If I had a filter and I pour water through the filter, the water's going to come out clear, but if I stuff it full of mud and I pour water through it, it's going to come out muddy. There was nothing ever wrong with the water, it's just filtering through, which I call atmospheric conditions. My wife's atmospheric conditions were dark and stormy so her thoughts are going to be filtering through it. Her thoughts are not going to be clear.

Dave Asprey: That statement that there's nothing wrong with you is a really big thing. I had become super convinced there's something wrong with me because I want to do certain things and it doesn't work. It was Dr. Amen's work that was like, "Oh there's nothing wrong with me. However, I have a hardware problem, there's something wrong with my brain." I did a bunch of transpersonal psychology work and work on my own traumas. I'm like, "Oh okay, there's a bunch of things that are occluding the real me that are in the way," that filtering analogy or you can be a bright shining light but if there's dead bugs all over your windshield it's not going to come out.

Don Wood: Yep.

Dave Asprey: Whatever the metaphor is just those words there's nothing wrong with you even if you're doing stuff that you're ashamed of or that you don't want to be doing, there's a reason for it. I think that's incredibly liberating.

Don Wood: That's how I start with the whole program is I say, "You couldn't have done it any other way based on the way your mind produces thoughts. If your mind is filtering through all this garbage to come up with a thought, it couldn't have come up with a different thought." Once we clear that filter out it's going to change the thought process. One of the things I do is we set a target, and what I say is my target for you is when you leave here today your mind's going to be

updated, rebooted, refreshed, and adjusted, which will now allow it to operate clear, calm, at peace with understanding, which then produces thoughts that are beneficial, appealing, and possible. That's my intention and target for them when they come in. When their mind makes those updates, it changes its operations, which changes its product.

Dave Asprey: People come in, they go to Florida, and they spend one four-hour session with you.

Don Wood: Correct.

Dave Asprey: They sleep at a hotel, they fly home, and everything's-

Don Wood: Then they listen to a series of audios each day for about 28 days.

Dave Asprey: Okay.

Don Wood: We have 21 days of what we call walking out behaviors because we're dealing with two memory systems. We're dealing with the implicit memory, the way we store all the details and data, and then we're dealing with the procedural memory, which is what we learn through repetition, the same as the animal brain. That memory builds codes and that's what I say addiction is. Addiction is if you had... I had a lady come in who had been on heroin and she said to me, "I have self-destructive behavior." I said, "Really? Why would you think you're self-destructive?" She says, "Well I'm sticking a needle in my arm with heroin, don't you think that's self-destructive?" I said, "No, I think you're trying to feel better. I bet you when you stuck the needle in your arm you felt better." The substance you were using was destructive but you're not, and because you repeated it your subconscious mind doesn't know the difference between good or bad or right or wrong, it's literal.

Because you repeated it your mind said, "This must be important for our survival," and it built a survival code connected up to the substance, that's why it's so hard to stop. If you're continuing to loop in the trauma, your mind's going to continue to activate that code. We first work on the implicit memory to break down the trauma that stops looping, then we want to start building a new code. We're getting a lot of success with addiction because of it.

Dave Asprey: What do you think causes addiction?

Don Wood: I think it's pain originally and that they want to stop the pain.

Dave Asprey: Pain okay. [crosstalk 00:46:40].

Don Wood: Emotional or it could be physical, so if they're in emotional pain and then every time they think about it or are in an environment that's keeping them in that active loop they want to feel better. The mind and the body are constantly

reaching homeostasis, so if we can take a drug and it can stop our mind from feeling the pain that makes perfect sense. I say to people, "The reason people use drugs and alcohol is because it works." They weren't intentionally trying to go out to be an addict, but their mind built the code, and so once we get their mind to stop looping through the trauma, then all we have to do is get the mind to understand that code.

I say if you walk everyday two miles to get food but there's snipers and land mines everywhere you're walking and trying to get the food but you get there and back every day. Then somebody says, "Why are you going that route? There's 100 yards down the road, there's a big supermarket, well lit, it's really safe." Your mind won't go there instantly because it doesn't know that route. You're going to have to show that route every day and repeat it and go down one yard, 10 yards, 20 yards, and what I say is repetition is like research for the brain. You've proven to it that this is a better code.

Dave Asprey: That's why you have these audio files as part of your program.

Don Wood: Yes.

Dave Asprey: What's going on? Are you using NLP, are you using binaural beats?

Don Wood: Binaural beats, we have Tabla music, we have flutes, we have wind chimes, all that as I'm talking and taking them through.

Dave Asprey: It's almost like a hypnotic experience.

Don Wood: A very meditation, very quiet, peaceful, keeping them in alpha brainwave state and basically then they answer five questions everyday along with the audios. The questions are designed to start saying, "Is this the behavior we want? Is this who you are?" It's questioning because when we get into a habit and a behavior, our mind stops thinking anymore, we're just operating. We want to challenge the operational system each day with the questions as you're listening to the audios and then start thinking about new ways of doing things.

Dave Asprey: Okay, and so people are spending one four-hour in person thing. Does it work over Skype? You ever do it over Skype? People do it from home?

Don Wood: Yeah, I've done it on Skype, Zoom. We also have an online version of it that they can do online and I've done groups. Do you know Shanda Sumpter? She's out of San Diego.

Dave Asprey: I've heard of her but I don't think we've met.

Don Wood: I think she's in the Genius Network.

Dave Asprey: Okay then we've probably connected. I've met everyone in Genius Network at least once, but it's a big group.

Don Wood: It's a big group, so I went to her a few months ago and she had 140 people. I took the whole group of 140 people through the session.

Dave Asprey: Wow.

Don Wood: People just said it was transformational. We cleared trauma. What I did is I would bring one person up, I would do a demonstration with that one person. There's something really exciting about a group because there's an energy. When you start watching people transform right in front of you and clearing a trauma then I take the group through the same technique, then I bring somebody else up, we do another demonstration of another technique. We got phenomenal response, people absolutely loved it.

Dave Asprey: There's pretty good data that if you're in a room full of people in alpha brainwave state, magically your body's going to resonate with that and do the same thing. We've seen it with heart rate variability, there's more data now than there used to be and there's even more studies happening on that. This sounds a little bit like what would happen at a Tony Robbins event. I've spoken at Unleash the Power Within, there's 15,000 people, but when Tony gets up there on stage he'll lead the entire group through trauma release processes and a room of 10,000 or 15,000 people is pretty mind blowing. What's the difference in that approach versus what you're doing in a group like that?

Don Wood: I think it's pretty much the same thing, so we're just taking them through a technique and then the mind just updates. There's something special about a group like that, there's an energy in the room. When you watch somebody go through that and you see them transform it's very powerful.

Dave Asprey: I actually don't think you can do the deepest level work without a witness because the defense systems in the mind will almost immediately start erasing your memory of the healing work you do, but when there's a witness or ideally several, your mind knows that it'll get caught because it's been seen so it won't self-sabotage it. That's why when I do the 40 Years of Zen it's a group think. It's only four, five, maybe up to 10 people but you have to say, "Oh yeah, I worked on this and once you do that it's like your auto-erase feature, the thing that made you not notice the trauma pattern, it disables that. Do you do something if you're just one on one with someone? Is there something in the tapes? Is there something you're doing that allows people to not forget the work they're doing?"

Don Wood: I think it's really probably just... As maybe what you're saying is maybe I'm the witness to them going through it. I've created this very safe environment that there's something about my voice, the pacing, and this is why people say, "Well why don't you train other people to do this?" I said, "I can't train them to

speak..." You know how long it would take them to learn this? I developed the online program that people can use to facilitate them to go through it.

Dave Asprey: Got it, and I mean you have a PhD and you spent years learning how to do this, you've studied NLP, and it's the same even with some of the breathing exercises that I've done. I did a recent interview about Art of Living and I wrote a forward for a recent book about that. Art of Living's a set of breathing exercises done by 10s of millions of people around the planet. I did it every day for five years and when you go to do it in a group you actually play, at the time it was a cassette tape from Sri Sri Ravi Shankar, the guy who invented this. I'm an engineer, why do we have to sit in a room and listen to this guy go, "Sohum," which is what he says when you breath in and breath out. The bottom line is because he's doing something in his voice that matters.

Don Wood: Exactly.

Dave Asprey: Do you think we'll get to the state where we can quantify that, we'll be able to have Siri incorporate that stuff so when Siri talks to you it'll be NLP superpowers?

Don Wood: I believe that's probably possible, with AI yeah I think that's probably very possible. That's the problem, like I said, I'll go to these trainings, say an EMDR training, and I'll know people will be leaving there going, "Oh I'm going to do this." I'll go, "They have no clue of what they're doing." Then people will say, "Oh EMDR doesn't work." Well EMDR works if you've got the right technique.

Dave Asprey: It's the same with acupuncture.

Don Wood: Sure.

Dave Asprey: You take someone, "Oh I'm going to go stick some needles in you." It's probably going to hurt and it's probably not going to work because both the location of the needle and the healing nature of the acupuncturists themselves are variables that really matter.

Don Wood: Right.

Dave Asprey: Do you think anyone with enough study can do what you do or do you think that you have a genetic gift of superpower energy?

Don Wood: That sounds arrogant because I never really like saying that but I do believe there's something about my voice, the inflection, the tone, the pacing, and I think I learnt it from my wife because my wife was so sensitive that I learnt to speak a certain way, to be very careful how I was saying things, the pacing I was using, the inflection I was using. My wife really probably trained me on how to do this technique.

Dave Asprey: I've studied so-called superpowers, the people who can do it, and I've seen enough quantified brain states. I firmly disavow what it says in the Declaration of Independence, Constitution, all men and by extension women are created equal. Look, there are people who have powers I do not have. Their brains can do things that I can't do, and I've had a Native American shaman on the show and asked the question straight up, is this from your genetics? Can anyone do it? She says, "God I don't want to say this but yeah." That's part of it, this comes from my people. Some people are healers and some people are doers and it's okay. You can take a doer and you can make them an adequate healer, but will they ever be a super healer? I don't really think so. You think I'm right?

Don Wood: I do.

Dave Asprey: Okay.

Don Wood: Yep.

Dave Asprey: Yeah, and what I found makes a big difference for me is I have learned how to meet really good healers and I have some abilities there but that's not my primary mission in this life. Find someone who has a skillset, someone who can help you there, and ask for help. That'll let you do whatever your greatest gift is, and when you talk about inspired performance I don't think you find people who come in who are amazing artists and healers and saying, "I'm going to teach you to be a great Chief Operating Officer with spreadsheets every day."

Don Wood: Right.

Dave Asprey: It's not in their nature.

Don Wood: Well it's like I say, I worked with a guy Marko Cheseto. Marko's a double amputee but he's a marathon runner. They wanted him to improve his time because they say he's the potential Olympic hopeful but he had hit a plateau. By working with him clearing his trauma, what I said to him, I said, "You're already a world-class athlete. I'm not making you a world-class athlete. I'm going to give you an edge by keeping your mind present," which like you said, releases the ATP in the cell, you have more power, more focus. After he went through the program, nine days later he ran in a race and he took 15 seconds per mile off his time, which is huge.

Dave Asprey: Holy moly.

Don Wood: Then he said, "It was all in my mind." He's speaking at the Spartan Leadership now.

Dave Asprey: I should mention, by the way, it was Joe De Sena who's been on the show before from Spartan Races and who's coming back on the show who recommended that interview. Thanks Joe for doing that.

Don Wood: Yeah because he heard Marko speak. The next race he ran in was the Boston Marathon, he broke the world record for amputees.

Dave Asprey: Incredible.

Don Wood: Then three weeks ago ran in the Chicago Marathon, broke his own record by another five minutes.

Dave Asprey: That's a big difference.

Don Wood: It's huge, and I believe what it was coming from is he said... The way he explained it was really simple. He says, "When I used to run I would say I got 20 miles to go, I got 15 miles to go." He said, "What I found myself doing is saying oh I'm at the 10 mile mark, I'm at the 15 mile mark." It sounds subtle but it was present. All that energy within the cell is available because he's staying in the moment, his mind's not leaving and going into another space. I worked with him, and I think that's what Joe was saying, I worked at the World Championships with Rob Killian, and Rob Killian went through the program on Friday and on Sunday ran in the World Championships and won by a minute. What I said to Rob is, "If I can give you a 1% to 2% increase by giving you the techniques to stay in the moment that may be the difference between first and third," and he won it. I think that's where Joe is very interested in what we're doing.

Dave Asprey: Getting rid of those barriers internally just lets people show up at whatever they're going to be amazing at doing. Does it though actually turn on abilities people maybe they thought, "I'm too disorganized I can't really do this," and it's a trauma because someone yelled at them for being disorganized and it sat the wrong way? All of a sudden they wake up the next day and they're masters at being organized? Do you see changes like that?

Don Wood: I think they can improve it.

Dave Asprey: So it improves.

Don Wood: Because if their trauma is coming from maybe they got in trouble because they did something and their mind is associating that with it, then they're not going to want to go that way. I don't believe the mind is trying to sabotage them, I think it's trying to protect them because it thinks there's a danger in doing it one way or another. It's basically how to work around what it's done for years. This way we get that block out of the way and all of a sudden they can start doing it. We're not going to make somebody who can't draw all of a sudden be able to draw. The idea is what's interfering with you performing at your highest level within your own abilities?

Dave Asprey: Okay, I'm getting it. I think there's just great value in looking at these traumas. I wish we had an extra four hours at Genius Network now because I'd say, "All

right, run me through this. Let's see if we can find something in there that I haven't already rooted out." It's funny because there's probably 150 million downloads on Bulletproof Radio. New York Times recent book and all that.

Don Wood: Congratulations on all your success.

Dave Asprey: Thank you, I'm not trying to brag here. I'm just saying people do, some of them, look up to me and they'll put you on a pedestal. I'm just saying straightforward I still have patterns like that even though I've erased so many of them and I've progressed. Every now and then you don't know why it's there.

Don Wood: Exactly.

Dave Asprey: This stuff is going on and that's why you work with world-class athletes, you're working with CEOs and they have this going on. If you're sitting here listening to this going, "I don't have this." You probably do because some of the highest performing, most successful, most visible people in the world, including me, have this kind of stuff going on. My belief and yours Don, just from this interview I can tell, say look, you will perform better when you get rid of it. If you're already kicking ass you'll just kick more ass, and if you wanted to kick ass and you never did you might turn that on. This is a fundamental part of being Bulletproof is dealing with your crap.

Don Wood: I love it, it's exactly right. Same thing with golf because I golf, I love to golf. If you took the top 500 golfers in the world and you lined them up on a range and they started hitting golf balls and you didn't know who any of them were. I'll guarantee you could not figure out who was number one and who was number 500 because they're all incredible athletes.

Dave Asprey: Right.

Don Wood: The difference is when it comes down to Sunday who can perform?

Dave Asprey: Right.

Don Wood: Who can stay in the present? The reason Tiger Woods was the greatest of all time was because his mind was so... I talked to a golfer one time and I said... This is in my book. "Do you think you need to be confident to play good golf?" He goes, "Yeah I do." I said, "What if I told you you didn't?" I said, "Confidence is a byproduct of your skill. When you execute your skill you'll be confident, but if you rely you build your base on the confidence as opposed to the skill, I'll guarantee your confidence is going to fall out from under you and then that's going to affect your skill. Reverse it." I said, "If you, 150 yards out from the green and you know you hit a nine iron 150 yards, and so you get your nine out, you hit it, and what happens is the wind is coming down the fairway but you can't feel it yet because you can't see it yet. It knocks your ball down into the bunker."

I said, "I want you to develop an attitude of optimism. There's nothing on the golf course that you have to fear." If it's in the bunker I'll hit the ball out of the bunker, I'm a great bunker player. Tiger Woods could hit the ball in the ball in the woods and hit the ball in between two trees six inches apart because he knew he could do it. If he was trying to be confident to do it, that confidence would fade because he just hit the ball in the woods. The golfer said, "You took all the fear on the golf course away from me." I said, "No matter where you hit the ball just execute your skill."

Dave Asprey: That is fantastic. Don I appreciate you showing up and talking about trauma the way you do, and we just touched on it a little bit but finding 250 lost kids is no small achievement in and of itself as well.

Don Wood: Thank you.

Dave Asprey: Thanks for shining a spotlight on trauma as an impediment to performance rather than a flaw, deficiency, or something wrong with you. I think you're doing great work in the world and thank you.

Don Wood: Thank you.

Dave Asprey: Your website is?

Don Wood: Inspiredperformanceinstitute.com and you can see a lot of the testimonials from people from veterans all the way up to high performing athletes who will talk about Tim Burke, the world long drive champion. He just said he made the finals of every tournament he played in this year after going through the program. Won two of the tournaments and he's now number two in the world. He said, "I give the credit to the program." He says, "It kept me present." Very first tournament that he was playing in, it was actually here in Phoenix earlier this year, and I texted him right before the finals. I said, "How you feeling?" He goes, "Alpha baby, alpha." He says, "I am so calm playing golf." Even the Golf Channel announcers were saying, "Tim looks really different when he's competing," but he stayed present. That's really the key to perform and execute at our best.

Dave Asprey: Beautiful. Inspiredperformanceinstitute.com. If you liked today's episode you know what to do. Figure out what traumas are holding you back and go kick their ass, whatever method you like, appeals to you. This stuff actually matters way more than you think it does. If you're already on the path just keep your eyes open, your mind open to different tools. They're going to let you make more progress there because you can drink all the Bulletproof Coffee in the world. I think it'll give you more energy, maybe enough energy to do something about being a better human being. But that's not enough and you can say, "I've got good sleep hygiene. I eat the right stuff, etc., etc. This stuff was still sucking energy until you get rid of it." You can turn up the energy but what if you turned down the waste, and turning down the wasted energy it matters.

Do your research, do your reading, check out this body of work and you're going to find that there is an untapped level of performance that's within you and that's what this whole show is all about. Thanks for listening. If you like it leave a review, and if you haven't read Super Human yet, it's probably because you're traumatized. It's definitely a book worth reading. In New York Times twice. Even if you're not traumatized, you just want to live to 180 do it, and I got to tell you something, if you've ever been to a hospital, especially when you were young and you saw an older person hooked up to tubes, monitors, disabled, in pain, traumatized, maybe with Alzheimer's disease unable to recognize you, that is a trauma. You have a trauma about aging and if you read Super Human it's going to teach you how to think about aging where it's not a trauma. Do that for you and for every person you meet who's older than you.