

EPISODE 81

***GJ:** I remember, it was August 2011, at 3:43 in the morning. I was like, "Well, maybe it's not everybody else's fault. Maybe it's my fault, because I never, ever took responsibility. I can't change anyone else, but maybe I can change something about me. What can I change about myself?" Then, finally, the tears welled up inside of me. I just said, "Okay. I'm tired of fighting. I don't want to fight anymore. I want to be healthy. I want to be happy. I want to be surrounded by nothing but positive people. I just want to inspire people, and I want to make a bunch of money. I want the money to represent something that I passionately believe in, that I would do for free. Just show me a sign. Just show me a sign. Just show me a sign." I just kept saying it over, and over, and over, and over, and over.*

[INTRODUCTION]

[00:01:03] LW: Hey, there. It's Light Watkins. We are back with another episode of At the End of the Tunnel. If this is your first time listening to the show, here's what you're in for; I interview luminaries, artists, philanthropists, athletes, creatives, and basically, anyone who has gone above and beyond to be the change that they wish to see in the world. Sometimes they start movements, or they create films, or they write books that inspire people. My guest this week has one of the most inspiring stories I've ever heard. At this point, I've heard a lot of inspiring stories.

His name is Garrain Jones. Garrain grew up in Houston. His dad was an abusive alcoholic drug dealer, who was murdered when Garrain was just 12-years-old. As a teenager, he started breaking into cars and houses, and this landed him in juvenile detention. Then, cut to a few years later, Garrain starts modeling and he's writing music. During that time, he got busted in France for smuggling heroin. The story just keeps getting crazier and crazier.

Anyway, Garrain ended up doing time in France for that. Then years later, he lost everything. He's now living out of his car. He's hundreds of thousands of dollars in debt with no connection to his family, or friends, or his daughter. According to Garrain, he hit rock bottom more times and even he could count. Then, he was able to turn it all around. It started with this random encounter with a homeless guy at a gas station, who told him that if he changed his mindset, he could change his life.

Over the next handful of years, that's exactly what Garrain did. He actually became a millionaire many times over. He's now a motivational speaker, and he inspires people all over the world. He has a bestselling book called, guess what? *Change Your Mindset, Change Your Life*. Garrain's story is incredible, and I cannot wait for you to hear him tell it in this episode.

Before we get into the story, I have a question for you. Have you ever meditated for 108 days in a row? If not, are you up for the challenge? Because if you are, then you are invited to join my 108-day meditation challenge. The 108-day challenge is a part of my Happiness Insiders online community, which you've heard me talk about over and over. It teaches you practices, like meditation, obviously, for increasing happiness within.

The way it works is you pay a \$39 entry fee, you get access to my seven-day meditation kickstart, which is going to teach you everything you need to meditate without guidance for at least 10 minutes a day. Then you'll get daily prompts and accountability to help support you in your 108-day commitment. By the end, not only are you a daily meditator, but you're also a part of a larger community of other daily meditators. It's like running a marathon with other marathoners, cheering you on each step of the way.

The best part is, once you cross that finish line, your \$39 entry fee will be credited back to you. We've got hundreds of people who've already successfully gone through the challenge. It's designed to help you accomplish what feels like a marathon to a lot of people, which is finally becoming a daily meditator. To get more information about that, go to thehappinessinsiders.com, and let me help you take your inner practices to the next level. Alright, now let's dive into the backstory of Garrain Jones and find out how he found the light at the end of his tunnel.

[INTERVIEW]

[00:04:40] LW: First of all, your name, Garrain, where's that from?

[00:04:43] GJ: Well, my mom's name is Sherrian. She wanted something close to that. Her friend said, "How about the name Garrain?" She really liked it. That's not the story I grew up with. I heard another story and I think my brother lied to me. I'm just finding this out as of a year

ago. My brother, when I grew up, man, he used to just sabotage me, because I think he was just so jealous of the attention I got.

He told me that my name was originally supposed to be Garrian. That's the name after my mom, Sharrian and Garrian, but the doctor misspelled my name. We didn't have the money to actually correct it. It was just Garrain. I went my whole life thinking that I was a mistake until I found out that some of the greatest inventions in the world came from mistakes. I rewrote that. Then I just found out, when I think my wife asked my mom, she had a completely different story. My mother never told me that story. I just went off my brother's story.

[00:05:55] LW: You and your brother, and your mom and your dad, as a young child, you all were all in Houston, right?

[00:06:03] GJ: Yes.

[00:06:04] LW: In the Third Ward. What are the traits of the Third Ward, for those people who aren't familiar with that area of Houston?

[00:06:11] GJ: Now, it's gentrified. It's way different, but the Third Ward was the hoodiest of the hood, where killings happen all the time, and no one ever found out. I was only born there, but I don't remember there. The only part I remember is when my dad moved back there after my mom separated, and I would go and visit him. I never played outside. My brother remembers more than I do, that it was a very, very, very – one of the roughest neighborhoods in Houston. Hood, drugs, killings, people arrested all the time. That was the norm. My dad was murdered in that same neighborhood, and nothing ever happened. That was normal.

[00:07:01] LW: When you were four-years-old, some guy put you in a dryer, or something like this?

[00:07:04] GJ: Yeah. That's when we were in Sharpstown. We were in Bellaire. It's a neighborhood in Houston. It was in Houston. I remember, I went downstairs, and there's the community washer and dryer. I remember, I used to love Disneyland so much. I'm just like, "Wow, Disneyland." You know what you see on TV? "Oh, my God. It's Disneyland." An adult, a

full-grown man asked me if I wanted to go to Disneyland. I remember just saying, “Yeah, I want to go to Disneyland.” He said, “Well, if you get in that dryer, you will go to Disneyland.”

I remember saying to myself, “That doesn't make sense to me.” We're taught to listen to our elders, and you know what I'm saying? It was like, this is what we're taught. I just remember saying, “This doesn't make sense, but I really want to go to Disneyland really bad.” He lifts up – a grown man lifts up a child, a four-year-old, puts him in the dryer, closes the dryer, turns it on. I remember when that door closed, I instantly, as soon as it turned on, I can instantly feel the heat. I'm just tumbling around and tumbling around and tumbling around and screaming and crying.

A lady ran out of her apartment building and opened up the dryer, because she saw the whole thing happen. She had no clothes on, and she's the one that saved my life. In that moment, I lost trust with people that were older than me. I didn't care about Disneyland, when all these other kids are talking about Disneyland. I didn't realize, this was the reason why I never got excited about Disneyland until six years ago. No Disneyland for me. Didn't care for Mickey Mouse, Donald Duck. Didn't trust people who were older than me. Didn't trust, period. And didn't trust myself, because I took a risk, and that risk almost killed me. In my mind, taking a risk is associated with “I'm about to die.”

[00:09:20] LW: I have a lot of questions about that, but there's so many moments like this in your life.

[00:09:23] GJ: So many.

[00:09:24] LW: We can go too deep into any one of them. Did you get seriously hurt from that, or you just –

[00:09:29] GJ: No. I had burns and boils, literally, all over my body. These big old, you know when get a burn or something? Or, if you ever been cooking with hot skillet grease and that grease pops out, and the bacon, or the fried bologna sandwich, and then it pops out. I had bubbles and burns –

[00:09:48] LW: I think, only Black people would get that reference of fried bologna sandwich.

[00:09:51] GJ: Yeah. This is about the same. For those of you who understand a fried bologna sandwich.

[00:09:57] LW: That pop of the grease on your skin.

[00:09:59] GJ: Yeah. I know. Some of your listeners are like, "I don't think I can relate."

[00:10:06] LW: What is bologna? That must have been one of your earliest memories, because you're four. Did your mom get upset with you, because of that experience?

[00:10:17] GJ: The only thing I remember around that is my brother who was eight. My brother was really big. My brother started puberty in fifth grade. He was really big and really tall, and he could fight. He went to go find the dude. I think, the dude was 18-years-old, and my brother beat him up.

[00:10:38] LW: No way.

[00:10:39] GJ: I remember. I remember it so clearly, that my brother did something to him. He hit him with a stick, and he did some things. Maybe the guy didn't fight back. I just remember the dude getting beat up by my brother, because of what he did to me. That's the only thing I remember.

[00:10:56] LW: You pointed the guy out. He was chilling out in the playground or something?

[00:11:00] GJ: No, no. The lady who saw me. The lady who saw me told my family.

[00:11:07] LW: You know what? I bet you that guy had mental problems. I mean, he obviously had mental problems. I bet you, probably, if this was the hood, he probably had some undiagnosed autism – something that caused him to do that.

[00:11:19] GJ: Sharpstown wasn't so much the hood. I was born in the hood. This one was more of – it was more white people. There was Hispanics. It was more a variety of people. We moved away from what people would call the ghetto.

[00:11:41] LW: Parents separated. Did you and your brother go to the same parent, or you got to choose?

[00:11:46] GJ: Yeah. This was even wild. There's so much stuff to unpack. I was four. This is the same age, four-years-old. I remember, my mom and dad used to fight all the time. My mom told me at four, "Pick which parent you want to go with. Me, or your dad." Because they were separating. I remember saying, "I don't want to choose." Now, I'm going to turn this into a whole lesson, but I remember saying, "I don't want to choose." I remember, there as being – so we have 30 minutes left, get your stuff together and everything. I'm a little kid.

There was the feeling of dread. I don't want to choose. I don't want to go. I don't want to go. At the last minute, finally, I was like, "I want to go with dad." I finally chose. I remember getting into the car, driving away, my brother chose my mom. I'm watching. When you drive away, and the people get small, because you're getting further and further, something just impacted my spirit, what I now know is my intuition. I didn't know back then, but it said, "Go with your mom. Go with your mom." I said, "Stop the car. I want to go with mom. I want to go with mom. I want to go with mom."

My dad drove back. I remember, running up to my brother and my mom and hugging them. Then my dad drives off. I never would have known that, eight years later, that my father would have been murdered in the same neighborhood that I was supposed to live in. However, here's what happened. Every argument after that, my parents, they were separated. Any time they were in a room, they were arguing, I kept saying, "It's my fault." I thought it was my fault, because I chose my mom instead of my dad. I blamed myself for every argument. When my father was murdered, guess who I blamed for it?

[00:13:45] LW: You, because you weren't there.

[00:13:47] GJ: Because I wasn't there. I've been living my whole life was like, "Why do I procrastinate? Why am I often late? Why do I feel like I can get anywhere in the city in 30 minutes, even if it's two hours away? Why do I always wait till the last minute? I don't know." Finally, I discovered, oh, my God. That little boy has been playing the same sequence. "I don't

want to go I don't want to go. Stall, stall, stall." The feeling of dread and make decision at the last minute. That's been the story of my life my whole life, until I realized where it started.

[00:14:26] LW: All this drama is happening in the background. What was your favorite toy, or activity back in those years, those early years? You were eight, nine, 10-years-old.

[00:14:33] GJ: My favorite activity is running. I always loved running. There was sense of freedom. I would always have really happy thoughts. It's like, flying to Peter Pan, but I loved running. My mom said, "I always knew you're going to be a runner, because it normally takes babies 11 and a half months to start walking." She said, "You were full-blown running at six and a half, almost seven months. Full-blown. She said, "It was so odd, because you were so tiny, and you had these little bow-legs, but you would just run everywhere."

[00:15:09] LW: When you say running, as a 10-year-old, what are we talking about? Because people aren't actually running like they run these days? There's not a lot of jogging happening, especially in urban areas.

[00:15:19] GJ: No. I was on the track team. I was on a summer league AAU track team when I was seven, eight, nine, 10. I ran with some of the fastest kids in the world. A lot of them went on to win Olympics, gold medal Olympics. When I was nine, I set a record for the mile in my elementary for a six-minute mile and the record's still there. When I say I was running, I was an avid runner, competition running against people all over the country, and making it to nationals, winning gold medals and everything.

[00:16:04] LW: Talk about your near-death experience at 10-years-old.

[00:16:07] GJ: Which one?

[00:16:09] LW: The one where you almost drowned. Which one?

[00:16:13] GJ: I'm telling you, there's just so many when I go back. 10. Actually, I believe I was in the seventh grade. I was either seven-years-old, or I was in the seventh grade. It's one of those. Me and Derek Duncan and a couple of other neighborhood boys were playing baseball in

a cul de sac. I had been hearing about kids in the neighborhood being killed by these people that were drowning them in the bayou.

When you hear these things of folklore things, you don't think that they'll ever happen to you. I was playing baseball, and I saw these kids that I knew, because they were my older cousins' friends. I knew of them, because I've seen them with my older cousin. They were like, "Oh, there's a big trout in the bayou." In my head, I'm just like, "Alright. I want to go fishing." Derek Duncan says, "Don't go." Everybody was like, "Why are you leaving? Don't go." I was like, "I want to go catch these fish."

I go and follow these three grown men. Then there's these little tunnels. You have this dark bayou water, and these three tunnels that are sucking the current in, and then they suck it all the way to the streets. Anything that goes inside of there doesn't last, because it's going underwater in current, until it gets sucked out on the other side of the street. I don't think anything of it. I'm looking for trout.

I was like, "I don't see any trout." He's like, "You got to look closer." I'm looking closer, and I don't even see it. He's like, "You got to look closer," and his voice changed. You ever see that thing on YouTube, it was like, "It was at this moment. He knew F'd up." In that moment when he said, "Look closer," something told me, "These are the guys that's been drowning those kids." By that time, I was already in the water.

Current sucked me in. By that time, I couldn't swim at all. I'm sitting there, "Oh, my God! Oh, my God!" I'm getting flipped, because of the current and the whirlpools. I mean, literally getting sucked into this tunnel. I just said, it was done. I gave up. I legit dropped my hand. You can't see in the water. Dropped my hand. Okay, here's the tunnel right here. I'm coming this way. My hand is outside of the tunnel going like this. I dropped my hand and I'm underwater, being sucked into the tunnel. Out of nowhere, a hand goes, "Boom." Grabs this, pulls me up, just enough so that I can grab the side. Then I grabbed the side of the tunnel and I pulled myself up. When I looked up, I saw nobody. That was one of the scariest times in my life.

[00:19:13] LW: Still no explanation. Your homies didn't come and try to find you.

[00:19:18] GJ: Still no explanation. I called out the people who it was. There was no proof. It was all these different things. Nothing ever happened. I'm sure, in retrospect, something really did happen to those guys. Nothing ever happened to my knowledge, being a little kid. I just knew that I'm not going to trust when somebody says, "Hey, come do this. Hey, come do that." Another lack of trust when it comes to older people.

[00:19:53] LW: Father is murdered at 12, a couple of years later, a few years later. What is the conversation like in your household with your mom, with your brother? Was she giving you guys any life philosophy? Was she repeating anything over and over? You got to work hard, or –

[00:20:10] GJ: My mom was the number one supporter. She supported every sport that I did, but there wasn't any philosophy talk around the house. If anybody ever gave me philosophy, it was actually my dad, and it was when I was five-years-old. He would always tell me, "Don't ever let anybody tell you you can't do something. If you love it, then you do it. If it makes you happy, then you do it." I just always remember that. I'm like, "This doesn't make me happy. Why am I doing this?"

That was the one thing that I just swirled around in my mind to always use, because it works. Something makes me happy when I love it. Then, I just do what makes me happy, that I love, that brings joy to me. It always, always works.

[00:21:00] LW: What led you to start breaking into houses and cars?

[00:21:03] GJ: This is a whole another thing. Again, I had to take it back into time. Because I've always been a hustler. I remember, I was five, and I asked my mom for a pair of Jordans, to buy me a pair of Jordans. Shoes, expensive as those shoes are. She was like, "When you can make your own money, you can buy whatever you want." She didn't say how. There was no discipline in that way. Not h to make the money. When you can make your own money, you can buy whatever you want.

I did things that was within integrity. I'd wash cars. I would mow lawns. I would do all these things. I would also break into cars, steal things, and whatever. I would do whatever I had to do to make money. Whenever I make my own money, do what you want. Take that time stamp of somebody who's been hustling since he was five. My mother was a hustler. She had no money,

she always found a way to make money. It was like, I literally been hustling to get what I wanted since I was five, however I needed to do it.

Fast forward, me, 22-years-old, and somebody give me the opportunity to make some money driving a car from one border over a ferry to the next border from the UK to Rotterdam. Don't ask no questions. You drive this car, you made £4,000. One pound at that time in 2001 was worth \$2.3. That's \$8,000 cash every time I drove. I did that route, seven day times over a two, three-month period.

I've never seen fast cash like that. I'd always been fearless. Always. Driving a car, yeah, okay. Boom. 8,000. 8,000. 8,000. Imagine, three-month period, 8,000, 8,000, 8,000, 8,000, 8,000. On the seventh time, they had me fly into France. Everything about it felt wrong. When I got to the border, I used to use my modeling magazines. I was on the cover of a magazine. People are like, "Why were you doing all of this when you were modeling?" I was like, "Models don't make that much money, like the supermodels do. Once you book a job, you got to wait three, four months to get a check." I didn't have a lot of money coming in. This fast cash, I can do this this easy, and I can have this as my cover up. I ended up getting caught. They sentenced me to 12 years into prison. I got out in two and a half.

[00:23:54] LW: You also got arrested at 14, right?

[00:23:57] GJ: Oh, is that the one you're talking about?

[00:23:59] LW: Yeah. Juvenile thing, for breaking into cars and houses and stuff.

[00:24:05] GJ: Yeah. It's so funny. I've always been a leader, or someone who can influence people. Somebody had introduced me to opening up car doors. I never really had to break the window, because what we call it, we'd go to the white neighborhood, which is, in my mind, that was the neighborhood where all the rich, white people live. They would never lock their car doors. We would go there, just open it up and take whatever was valuable, and then sell it.

I did that with a guy one night and I fell in love with it. I have a very addictive personality. I just kept doing it. I'm like, "Hey, you want to do cars? You want to come do cars?" Then, it was me

and 12 other dudes that were doing these cars and taking whatever was valuable. Splitting it up sometimes. I just did that for years.

Whenever I got caught, I never lied. I would always admit, "Yes, I did do it. Yes, I broke into 62 cars in one night. Yes, it was me." But I never told on anyone else. That happened to be the time when I got caught, I was on probation. Even while I was on probation, I still kept doing it. Because I got caught breaking into cars while I was on probation, that's when I went to juvenile.

[00:25:26] LW: Were you a sociopath? Or what was your relationship with – you didn't think –

[00:25:30] GJ: I didn't know what that was when I was –

[00:25:32] LW: Right. I'm just saying, looking back now, did you just – You made no connection between, this is someone's stuff, or you just thought, "This is all mine. This is all my stuff. I just haven't gotten it yet."

[00:25:44] GJ: I didn't think about any of that. What I actually craved and still do was recognition. There was a lot of significance in that. Because when I do something fearless, they're like, "Oh, man. You're fearless, and you would do this. Great job," and stuff. If you look at any of my successes or anything, anywhere where there's the most recognition, you will see me excel. I've been like that since I was a kid. I just didn't know where to point that energy until I got older.

Running around, well, wasn't with a gang, but I ran around with gang members and did a lot of stuff that they did. There was lots of recognition in there. Breaking cars, it was lots of recognition. When I was sleeping with a lot of women, they're like, "Oh, man. You get all the girls." There was lots of recognition. It was never the stuff, or the repercussions of it. It was the fact that somebody saw me, because I didn't feel I was seen at home, when I connect the dots looking backwards.

[00:26:51] LW: Right. When you were in juvie, one of the, I guess, correction officers handed you something? You asked him how you could get out of that situation.

[00:26:59] GJ: I was in there. I remember, everybody's saying, because I didn't start puberty until I graduated high school. I was little for a very long time. At that age, when I was 15, I probably had a six size, six shoe. I was about 5"1'. I was very tiny. When I was in juvenile, everybody was like, "Why are you here? You're too good to be – What are you doing here?" Nobody could believe why I was so small and in juvenile.

I remember, I was supposed to go to TYC, which is a prison for teenagers. That was about six hours away from my mom. Mind you, I've never been away from my mom. This, me being in juvenile is the longest I've ever been away, but she could visit. I was supposed to go to juvenile, because I had 62 counts. Anytime you break into a car, it's considered a felony. I admitted to all 62. Said, it was considered having 62 felonies. They were trying me as an adult at 15, and I was 5"1' and a little kid.

Here's what's supposed to happen. I go to juvenile, then I go to prison for teenagers. Then they try me as an adult at 16. I remember dreading going to TYC. I was in line, or we weren't supposed to get out of line. I remember seeing this man, he had gold trimmed glasses, khakis on, he had a little bit darker skin than me, was bald, and in a white buttoned-down shirt. Something told me to go ask him, how can I get it get out?

I wasn't supposed to get out of line. I was like, "Excuse me. How can I get out of here?" First thing he said is, "Do you know the Lord's Prayer?" I was like, "No. What is that?" He pulls out this little orange Bible. He said, "When you learn the Lord's Prayer, that's when you'll get out." I remember saying, that was the stupidest thing ever. I took that little orange Bible. It was literally in my cell for the longest time. I was in there for six and a half months. The week before I was supposed to get out. I was like, "I want to see what's in this. Let me learn this stupid Lord's Prayer." I just started, "Our Father, Lord in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive those who trespassed against us. Lead us not into temptation, but deliver us from the evil, for thine is the kingdom and the power and the glory, forever and ever. Amen."

I did that over and over and over and over and over. Sometimes people quote things from memory. It was almost as if just saying those words with doing something internally inside of me and having me walk into mastery, but I was unaware of what was happening. One day, I

remember not having to remember it. It just felt like it was a part of me. I stood up, and I would just say it every single day.

Then I just said it. I was just like, "That felt different." As soon as I finished, there was a knock on the door. Mind you, it's a week before I leave off for prison for teenagers, TYC. As soon as I finished the Lord's Prayer, when I felt it in my body. Knock, knock, knock, knock, knock. "Jones, today's your lucky day. You're getting out."

I remember looking at the little orange Bible and I'm like – Ever since then, that was the defining thing that supported me in my relationship with – I'm a follower of Christ, and my relationship with God. I wavered so much, but every single time, I go back to the Lord's Prayer, and it just – I become it. I read the book until the book starts reading me. The most magical, miracle things happen with grace and ease. It started when I was that little kid. I've seen so many instances of me being connected to the spiritual aspect, and abundance follows, or miracles that don't make sense, according to how human brains think.

[00:31:27] LW: What was the legal loophole that the universe used to get you out of that place?

[00:31:32] GJ: Nobody knows. It was just like a, "Jones, you're getting out. Today is your lucky day."

[00:31:46] LW: You go back to school, and now you're becoming more focused, but you're still, I guess, breaking into stuff and stripping and this thing a little bit?

[00:31:53] GJ: I didn't start that, until I got to in 11th grade. That one was more freshman, 14, 15. Because see, I didn't know that what I was feeding my mind was causing me to be a different person. I just thought I was lucky. I was like, "Whoa!" I was like, "Wow, I'm so lucky." I didn't know your thoughts create things, and you can create your reality, whatever. Because I didn't really have mentors like that. I was just so clueless. You can't change what you're not aware of.

After a while, I just gave up. I stopped doing things. I remember my probation officer. His name is something Darnell. Bobby Darnell, or Bobby something. He looked at me. He's like, "You know, there comes a time where you hit a fork in the road. You can either stop, do nothing, you

can make a left, or you can make a right. When you make a left, you change your life. You make a right, you go further in, and you'll end up dead or in prison for life.”

He said, “You are heading down the path on the right. You've already passed the point where you can do anything about it.” He told me this. I remember him saying. I wish, I could meet him and say, “Bro, I took a left. I took a left.” That's ultimately what took place. Then high school happened. I went to another school and I just got bored. I got really bored. Every time when I get bored, I started thinking of different things that I can do for me not to be bored.

[00:33:41] LW: It's interesting. You and I actually ended up in New York around the same time, we were both modeling. I was with DNA. I was with Boss for a little period of time. I was with Ford for a period of time. You were with Willamina and Ford. Talk about how you ended up in New York. What was the circumstance that brought you?

[00:33:59] GJ: I started modeling in LA. I was with Ford for runway and Willamina for print. Because Ford had the best runway in America. I was booking all kinds of stuff, all kind of music videos, L'Oreal hair commercial, Gap, Old Navy, doing Tommy Hilfiger stuff. I was booking a lot of stuff. Then, first time I went to New York, they turned me down. Next time I went to New York, I had a catalog full of all of the campaigns that nobody on their walls had. I had more work than a lot of their models. Then I went there, they were like, “We'd love to represent you and everything.”

That's why I was in New York, because I really wanted the bigger, bigger jobs. I wanted to hit that New York market. That's why I originally went to New York, and how I got to New York, because I was – first when I was with Major in New York City, me and Channing Tatum started together. We were super connected boys; me, Channing, and his boy named Lucas were all top models that were on the come up. Me and Channing did Sean John fashion show together, Phat Farm, and stuff like that. That's how I hit the New York market.

Then again, there's not a lot of money coming in when you're trying to – I really worked that market. They just tried to get it the casting directors to see your face and you're going out in a specific season. Me being in New York, I was just like, “Man, I want that big life. I want to drive nice cars.” That's something I always wanted. When the opportunity presented, and it's so wild how it presented. I was at a fashion party in New York. Johnny, something, whoever the

photographer is, I forgot. Johnny Hernandez, big time celebrity photographer. He was like, “I want to get you a picture with Miss France.” Her name was Sonia Roland.

I took pictures with her and we just hit it off. She ended up being my girlfriend and I went out to France to go visit her. She was out of town a lot, because she was Miss France 2001, or 2002, or 2000. One of those. She was always shooting movies, everything. She went out of town, I went to a party. Went out to a party, I saw somebody from LA that I knew. I knew they weren't good people – people that were up to no good. However, it was a familiar face in an unfamiliar place.

When you just see that, your senses just raise up. You're speaking the same language, then that's when the opportunity to, I'd say, drive luxury vehicles from one country to another for a large sum of money, or at least that's what I thought, presented itself. I took it.

[00:37:09] LW: Was it a random stop? Or are they stopping everybody, and you're just at the wrong place, wrong time type of thing when they stopped you?

[00:37:16] GJ: I think I was set up. I later learned, this was later on, two years in, is that whenever somebody gets busted with drugs, they all come over from all of the posts to back that person up. They all come over, it leaves the other portals open for cars to just drive through. The reason why I got out, because after they tested the drugs, they retested him, it was an extensive search. 85 percent of those drugs were fake.

[00:37:51] LW: It wasn't 6.2 kilos of heroin. It was like 1 kilo of heroin and a bunch of –

[00:37:56] GJ: They tested the drugs three times. After two and a half years, it's so interesting. I felt more free in prison than I did when I was not in prison because I was doing everything that I had forgotten that I loved; drawing, running, motivating people, visual arts, and things like that. I started doing all that. I just felt free. I was like, “Man, I stopped doing all of this.” These are things that made me happy when I was a little kid; running, motivating people, all the stuff that we talked about when I was a little kid.

Well, when I felt the most free, it's very interesting how they called me in the office and they said, "Jones." I was like, this reminds me of when I was a little kid. By the way, I was reading the Bible heavily.

[00:38:49] LW: You read it eight times, right?

[00:38:51] GJ: Yeah. I just kept – over and over and over. It felt like it was a part of me. It's so funny, because they called me into the office. They said, "We retested the drugs," and it didn't make sense. I thought I was getting in trouble. It didn't make sense why they retest the drugs. They said, "85 percent of it was fake." It was either 85 percent or 90 percent. It was a high number. I might be paraphrasing. "For the amount that was real, you've already done the time. You're free to go home."

[00:39:24] LW: You must have been thinking, "Holy shit. This Bible stuff really works."

[00:39:28] GJ: I wasn't aware. I wasn't aware. You can't see the picture while you're in the frame. It wasn't until later, until I connected the dots looking backwards, I'm like, "Oh, there's a formula here." When I have a great relationship with God, when I'm doing the stuff that I love, and I'm in my work, something magical happens every single time, and I have so many examples of it. It even happened way away in Europe. I wasn't supposed to get out until 2012. I went in 2002. I mean, 2001. I felt free. "Jones, you're free to go home."

[00:40:12] LW: Did you start reading *The Power of Positive Thinking* in prison, or was that later?

[00:40:16] GJ: I read it when I was 18. A lady, a fashion show coordinator named Shannon Davidson, she gave me that book for my 18th birthday. I thought, it was the stupidest thing, when I used to have a speaking impediment. I never read books. I never read books. I was also in special education classes in high school. Thinking I'm stupid, talking like that, I had an issue with people who spoke eloquently with big words and spoke with passion, like I'm doing right now. Only, I don't use really big, eloquent words. I just talk on top.

When people would talk like that, I would clam up in a shell, because it was such a deep insecurity for me. I originally used *The Power of Positive Thinking*, that book when I was 18, to

over-enunciate every word that was in the book. I didn't read the book for the message that was in the book. I was like, "The other day, I was forgiving my family." I just started reading it out loud and over-enunciating. By the time I was done reading that book, I was talking like – I was like, "Oh, my God." I trained myself how to speak, by actually reading a book. Because I never read a book during really high school, because I cheated my way through high school. That was the first complete book I ever read in my entire life.

Fortunately, for me, it was a book called *The Power of Positive Thinking*. Just by reading the words, and uttering the words, all of these really cool things was happening in my life. Like the modeling stuff, like the acting stuff, like the attracting certain women into my life, that I was like, "Oh, my God. This is an A-list singer. This is A-list rapper. Why does she like me?" All these things were happening, while I was reading this stuff.

[00:42:25] LW: Speaking of which, you attracted a music deal. Some half-million-dollar deal with Ludacris?

[00:42:31] GJ: That was when I got out of prison.

[00:42:33] LW: How did that happen? How did you meet Ludacris?

[00:42:36] GJ: I call him my brother, but he's a really good friend of mine. His name is DeRay Davis. He's a comedian.

[00:42:41] LW: Yeah, comedian. Yeah.

[00:42:43] GJ: He hosts the improv every Monday night for the last 14 years. Any celebrity that comes, any Black celebrity that comes in town, any rapper, any sports star that is in town, they always come to his Monday improv. Well, DeRay gave me an ultimatum when I got out of prison. I had wrote all these songs while I was in prison. I said, "I was going to get a record deal, and I'm going to record some songs, and I'm going to make music for the first time in my life."

When I got out, he said, "I'll give you a free place to stay. I'll buy you clothes and I'll drive you wherever you want to go." He goes, "You want to be a singer, right?" I said, "Yeah." He said, "Don't come home, unless you have a song." I didn't know a producer. I had no money. He said,

“Don’t come home, unless you have a song.” I was like, “Damn.” That's when I got introduced to MySpace. I got on MySpace. Then I just started messaging people. “I'm a singer.” All I had was shirtless pictures. I had no demo.

Then somebody, named John Henry, let me go to the studio. I recorded a song called 'Breathe It In'. Then, I took that one song, put it on MySpace, and I re-approached every single person I hit up, “Oh, I have a song.” Because I had a song, then they saw what I was capable of. Now, I was just in the studio. 30 days, I had 28 songs. When I was done with that, it just so happened that Ludacris happened to be in town, came to the improv.

Now DeRay was the host, so he can put anybody on stage that he wants. Instead of him putting himself on stage, he gave me his time and put me on stage and I rocked the house. Then Ludacris looked over at DeRay, he was like, “This is his music?” He’s like, “Yeah.” He was like, “Does he have more?” 28 songs that I recorded in the last 30 days. Gave it to him. Next thing you know, I'm having a meeting up at Def Jam with Luda and the CEOs, president at Def Jam.

[00:45:01] LW: Kevin Lyle and those guys.

[00:45:03] GJ: No, it was before they were president. Anyways, he was a big player at Def Jam. They loved my music. We went off on the runnings. That's how it happened. With songs that I wrote while I was in prison.

[00:45:17] LW: Was it half million dollars? Is that the deal?

[00:45:19] GJ: \$500,000. I did not get \$500,000. That was – I got a signing bonus for, I think it was a 100,000. Then I would get the rest when my album came out. My album never came out, so I just had the \$100,000 signing bonus. That's what I bought my car, cash, with.

[00:45:43] LW: Cut to 2009, you're living in your car.

[00:45:48] GJ: That same car.

[00:45:49] LW: What the freak happened?

[00:45:52] GJ: I ended up leaving the record label. There was a showcase. I never prepared. I didn't understand. I didn't have the right guidance. I knew how to sound good on tape, but I didn't know how to sound good live, because I didn't understand preparation, like I do now. There was a showcase that had – there was Jill Scott, and there was all these big names showcasing. Then I went out on stage, and it wasn't that good.

Chrisette Michele, she had told me that I did really well, and she loved my music, but it didn't translate. The very next day, Def Jam dropped me from the label. I was still on DTP. I was like, “This doesn't feel right to me. I shouldn't be on the stage rapping with – singing with gangsta rappers. I should never have put out the song, ‘Celebrity Chick’.” I wrote it, but I didn't want to put it out, because it was not my sound. I allowed this to happen, to go further and further and further away from who I really am.

I left, and I went to go do it independent, so that I can make my own music the way that I wanted to make it. I never made any money. No money ever really came in. It was one thing after the next, after the next. It was like, “Man, how long can I keep this image up?” Well, I had a daughter, my mom was struggling. I wasn't making any money. That way is hard on a man. It's like, you can't take care of your kid. You can't do this, and you're putting on weight, your girlfriend breaks up with you, because you can't take care of your life. Your mom is dying in the hospital. All of that was happening at the same time.

The camel that broke the straw's back is, I was in a studio, and I won't name his name. With a major recording platinum artist, writing songs. I came up with a melody, and I contributed to almost half of the song. There were people that were not in the studio that night. I know exactly who was in the studio. When I called their business manager to talk about splits. They said, “He decided to change the song, so it's not going to be on the album.” That song came out. It went number one. It was the exact same song. It won a Grammy. That whole time, I was living in my car, and I had to watch him give credit to somebody that wasn't even in the room. Wasn't even there that night, while I got nothing.

I said, “F you. F music. F this whole industry. I'll go find something else to do.” Then I left the industry. When I left the industry, I went dark. I was depressed. I was stressed out. I was like, “Man, they can take everything they wanted away from me, but they can't take away my car.” Car was only thing I had. I started living in my car. I didn't have anywhere else to go. It was just

like, the pressure of trying to maintain an image, being seen on MTV, being seen in these other things was so difficult to maintain image. I was too prideful to get a nine to five job. Too prideful to go back home, because I told everybody at home, "If I come back home, you know I failed."

[00:49:42] LW: What is that like, living in your car? Because I've also seen you post a photo of a storage room that you were also, I guess, that was around the same time, right? What was that like? Where were you going to the bathroom? Where were you parking at night?

[00:49:57] GJ: I had a membership. I had a hookup membership. You know how those are. You don't pay [inaudible 00:50:03] for that stuff. Major hookup, and a hookup membership over at 24-hour fitness.

[00:50:09] LW: The one in Hollywood?

[00:50:11] GJ: Yeah. On La Brea. No, it wasn't 24 Hour Fitness. It wasn't LA Fitness, the one on the La Brea and Hollywood. I had a hookup there. That's where I would shower. That's where, if I didn't have a girl's house to sleep at, which I was always going to a club, so I can find a different girl whose house I got – It was so much that I got tired of sleeping with them, I was like, "Yo, I just want to sleep. I just want to sleep." I would just find a way.

When it gets to a point where you're numb with emotions, you stop thinking about the monotony of everything that's going around. Just going around, and I was just going down, down, down, down. I'm like, "How did I get myself here? I don't understand. I'm actually talented. There's some untalented people that are doing well. Why am I in the same spot? Why am I getting worse? Why am I hundreds of thousands of dollars in debt from having not paid taxes for the last 10 years, but they can't get you past seven?" All that was from my modeling money stuff, because you had to pay your own taxes. I never paid, it's getting worse.

My girlfriend breaks up with me, it's getting worse. Mom's dying in the hospital, it's getting worse. I used the excuse, because I'm Black, it's getting worse. It's because of the President, I'm getting worse. They don't want to give a brother a chance, it's getting worse, and worse, and worse, and worse. I tried to take my life twice. I didn't even – I failed at that. Maybe I should stop saying, "Can it get any worse?"

I started asking myself different questions. I remember, it was August 2011 at 3:43 in the morning. I was like, “Well, maybe it's not everybody else's fault. Maybe it's my fault, because I never ever took responsibility. I can't change anyone else, but maybe I can change something about me. What can I change about myself?”

Then finally, the tears welled up inside of me. I just said, “Okay! I'm tired of fighting. I don't want to fight anymore. I want to be healthy. I want to be happy. I want to be surrounded by nothing but positive people. I just want to inspire people, and I want to make a bunch of money, but I want the money to represent something that I passionately believe in that I would do for free. Just show me a sign. Just show me a sign. Just show me a sign.” I just kept saying it over, and over, and over, and over, and over.

A week later, I'm at a gas station. You live in LA, it's \$4.59 for one gallon. I have \$2 to my name. I can't even get a gallon, but I'm on E. I'm in Inglewood, and I'm shooting an independent film. I'm in Inglewood. I go, and some homeless person asked me for money and I said, “You have more money than me.” They said, “Change your mindset, change your life.” I don't know what it was about those words. It had resonance to it. There was energy behind it. It was something, and it was like – It made me think. You ever seen the movie *Sixth Sense*, when he didn't even know he was dead and then he saw all these things play out? Same thing happened with me.

I saw all these things played out. I was like, “Maybe my life was a lie, because of how I've been thinking. What if I do different with the same circumstance? Change your mindset, change your life. Change your mindset, change your life.” That became the new broken record, the new song in my head. Change your mindset, change your life.

Also, I just started doing the opposite of everything I wouldn't normally do in areas of my life where I wasn't happy. I wasn't happy with my health. I started practicing, looking at healthy people and getting around a healthy, active community. I used to go to clubs every night, trying to chase a different woman. I started practicing reading books. I replaced clubs, nightclubs, with books and audio books.

I started practicing and doing this opposite. Normally, I'll take the escalators. Change your mindset, change your life. I take the stairs. An object in motion stays in motion. Unless, a stronger, something, an outside force stops it. My motion before was the way that I was living.

By training the opposite inside of me, of just doing the opposite. I staged myself outside of the way I had been living since I was a little kid.

Every day, since it's all – it's been 10 years every single day, when I find myself not wanting to do something. I say, change your mindset, change your life. Get up and do it. Then, once you do it for long enough, it doesn't become a struggle. It actually becomes part of you. It becomes second nature. I didn't realize that health, what I thought was a new thing, was actually part of my nature; having good health, being kind to people, reading books, filling my mind with knowledge, my heart with knowledge, my soul with knowledge. Just like forgiving people, letting go of resentment. That is all to bring me back into who I really am, deep down on the inside.

This was a forever-evolving thing that I pivoted, because of that one homeless person. People say, I wouldn't listen to anybody who I wouldn't change lives with. Well, I think you might be missing a lot of messages. I feel like, good God will put messages inside of the least likely places that you would look. Otherwise, everybody would be rich and wealthy. You got to learn somehow. That is how I got on the path of enlightenment, transformation, understanding. I learned the hard way, and the hard way to the hard way.

I never went to the schools and got all the terminologies and got the doctrines and got the certificates. Let me tell you something, my life certificate, I always said, I'll never go to school for 15 years, so I can get the big money. I paid the price for 15 years. That's when the big money came. That's so crazy. I still had to go to school.

[00:57:09] LW: You had your own place a year later. You were a millionaire four years later. Two and a half years later.

[00:57:16] GJ: Yeah. Two and a half years later, I was earning a \$115,000 a month, range on average.

[00:57:25] LW: When that all was happening, what were you feeling inside that you were not feeling inside, before that homeless person said, "Change your mind, change your life?"

[00:57:37] GJ: Consistent joy, peace of mind, like I actually matter in the world. A sense of purpose, a sense of recognition. Because when I shared my story of me living in my car and

doing all of this. People are like, “Oh, my God. You had a 125 videos out when you were living in your storage? I never knew that. Wow, that's crazy.”

[00:58:01] LW: You had a YouTube channel with inspirational content, right?

[00:58:04] GJ: Yeah. I got my reps in. I didn't know that I was training myself to be excellent at speaking and at panels. You put me on a panel, you put me on a stage, where I don't care who the big name is. That'd be like, “Yo, who's that guy?” Because I'm fairly new to the public. I only left the bubble of the company that I was in, because I was in this part of this health and wellness company for eight years, and I didn't do anything else. It was only two years ago that I say, “You know what? I feel like, this message needs to go public and need to go out and share it.”

That's when I started doing podcasts two and a half years ago. I just like podcasts. Very first podcast I ever did was Impact Theory. That was my first. A week after I said, “I'm going to go public.”

[00:58:56] LW: How did Tom find you?

[00:58:59] GJ: His show producer, some Black dude saw me on another – on some little interview I did for my friend, Kevin, that I've known from the fashion industry and said, “We need a story like that on this platform.” The Black guy had found me, showed Tom and Tom was like, “Yes.” I say all of that to say, I didn't know that, until I shared my truth-truth of everything that really – I mean, naked. Here is who I really am, and here's what I'm really going through. First message I got from somebody was, “When you shared your story, I put the gun down.” I was like, “Oh.” Boom. I have a new recognition.

I poured all of that same – because they gave me feedback of, “You changed my life.” I was like, “Oh. This feels good. This feels different than the other forms of recognition of being seen than I've ever had.” The more and more, people are like, “Oh, my God. You inspire me so much. I love when you shared that. I love when you did this talk. When the greediness came out, when you were speaking, I felt like this whole darkness just left the room, when you had a standing ovation with 6,000 people.” All of that is the same little boy where somebody, “Man. Yo, you're so fearless when you break into those cars.” It's like, “Man, you motivate me so much.”

That was the moment. I was like, I have a mission. I have a purpose. I understand, and I'm so worthy of it. Now, I understand why I had to go through what it seems like 20 men go through, but in one body; so that I can relate to many different kinds of people. I can relate to so many – the spiritual aspect, the freaking gangbanger aspect, the drug dealer aspect, the stripper aspect, the special needs aspect, the sexual trauma aspect.

[01:01:20] LW: Speech impediments.

[01:01:22] GJ: Those are the people who follow me. They don't even share those stories, until I say something about speech impediment. I was like "Damn, I never really shared that with anybody, but I also had a speech impediment." Because I become the permission slip for other people to realize, "Oh, it's okay to be all the way me and to share all the way me."

[01:01:48] LW: What was the motivation behind going up to those 2,000 strangers and asking those three questions? How do I love myself? How to find happiness? How to change my life? When did you do that, and why did you do that?

[01:02:02] GJ: I remember, I was just praying. I was like, "God, send me a sign. What do you want me to do? Would you use me? What do you need me for? I'll do it." People just kept saying, "You should write a book. You should write a book. You should write a book." Usually, when things come in in multitudes like that, and it keeps coming, because I probably ignored the signs early on. When they keep coming like that, it's because something's trying to get my attention.

Finally, I decided to write a book called *Change Your Mindset, Change Your Life*. I didn't know how. I didn't know a publisher. I didn't know anything. While I was in the process, and it was a five-year process to write my book. It didn't take me five years to write it. It was five years, because I was just – I'm trying to write the perfect book, because I'm a follower of Christ. My best friend's Jewish and I have Muslim friends and I have gay friends. I have all these and how do I write a book that fits everybody? That was where the difficulty was, instead of just writing my book for my own story, instead of trying to please people.

I went through that whole process. In that process, I just decided to ask. If you can ask the universe three questions regarding change, and you could get the answer, what would it be? At every event I ever went to, I would just hand out cards. I still have them right now. I have them like this fun edge file in this box, and all my index cards, and it has all these questions. Well, the questions that got asked the most, I felt like I could answer, or support the statistic of the world's questions. Whichever question was asked the most; what's my purpose? How do I find love? You know what I'm saying?

That's a question that millions of other more people are asking, if that's the commonality of a question. When it came to that, that became the questions that I answered inside of my book, because the people asked it. That was the everyday people's guide to understanding the questions that you typically ask every day.

[01:04:24] LW: What is the Youth Foundation?

[01:04:26] GJ: I'll tell you. I have the Change Your Mindset Youth Foundation. When I created it, it's because someone else suggested it. It's something that went on the back burner, because it's not something that I resonated with, right then in the moment. Somebody said, "Oh, you should do – It's time to do a foundation now." I went to go do a foundation now, but it just didn't resonate with me now. It's like, when somebody was like, "Okay. Hey, let's go to church." Well, I don't want to go to church right now. I did it, because I was like, "I don't want God to be mad at me, so I'm going to go."

It's on the back burner for right now, because there's some things that I am taking care of, regarding men, regarding my own life, my family, my new daughter, my daughter that's almost 20-years-old. Change Your Mindset Youth Foundation is a foundation that will support underprivileged youth that came from similar environments that I had. There'll be books and apps and opportunities to connect, almost like a big brother type program with the youth, who need a certain level of education, because they don't get access to it.

[01:05:43] LW: I've been following you since you and I met in Venice that one night. You lived in LA. You have this really beautiful house. You had a mural of the guy pulling you out of the water when you were –

[01:05:55] GJ: That was Black Jesus.

[01:05:56] LW: – a kid. Black Jesus. You would oftentimes post stories at your track practice. You would say things like, “If you're waking up and watching this, that means God is still working on you.” Just really inspirational stuff. You have affirmations at your house before you walk in. Now, I've seen that you and Preston and Stefan, you guys started working out together in Austin, because you all live in Austin.

Just talk about the genesis of this men's Initiative that you all are starting to create. Because what's interesting about it is it's not something that, I don't think you started with this intent in mind, which is about working out, and it turned into this thing.

[01:06:40] GJ: Well, one, I've never had men relationships, just because of the unhealthy – like my dad and my brother. Me and my brother are really good now. Things that I saw them do to women, and the ways that they were, I'm just like, “I hate men.” I didn't even realize when I said I hate men, I was also saying I hate myself. I took more of the feminine qualities. I was raised by all women. I was still rough around the edges, because I was always in the streets, but I still understood. I loved flowing, spontaneity, the arts, dancing and singing, and that's what – I'm still like a little pit bull. I was more in the feminine aspect.

I never had men relationships. Real, true men, brotherhood relationships. I moved to Austin. Now all of a sudden, these men were inviting me to things. I remember telling my wife, I'm just like, “I don't know. It's weird. It's all different kinds of men. They're just invited me to things, inviting me to lunch. Inviting me.” I was like, I wasn't used to that, because I'd never had that before.

I've known Preston for 20 years, but we were never really close. I just known him. He's a fashion guy. He was doing a bunch of stuff that I wanted to do, and I didn't know how to get into the industry. I hated on him for a while. I've also known his wife separately, Alexi for 20 years as well. She's one of the people who used to write me, while I was in prison. I've known both of them separately for a very long time.

One day, he invited me to a garage workout with Stefanos, who I did not know. We just kept working out. I was like, “This is really cool.” This is right when we moved here. We kept working

out. We were inviting more men. I feel like when I was a little kid, I used to ride bikes with my little homies in the neighborhood, and everything, and we used to wrestle and talk trash and everything. Then, we just kept doing it. Then we outgrew Stefano's garage.

Then we went over to my boy, Cal's house. Cal Callaghan. He's a big-time investor. He had just CrossFit set up called The Bunker in the back. Then we just kept working out and we were meeting all kinds of people. Well, I happen to love motivating people. Instead of just the workout, at the end, I would close it with the hurrah, and motivating people. Then one guy walked up to me. He's like, "Man, you have no idea how much you changed my life." Notice the trend. They gave me a form of recognition.

He's like, "Man, my relationship with my wife is better ever since I've been coming. Largely, because of the stuff that you say after the workout." I just kept doing it. I kept doing it. More guys were coming. More people were coming. From that aspect of people coming, we outgrew that back –

[01:09:46] LW: Cal's house.

[01:09:47] GJ: Yeah. Cal's house. He went out of town for three months, so we didn't have a place to go. Then we went to Onnit Primal Gym, and then we outgrew that place. We're going to go to a park. Then Preston called me. He's like, "Hey, man. I got this idea." He's like, "I tried to do this before, but I tried to do it by myself. I want to start a brotherhood, something that's scalable, starting with the workouts, and then have membership, and have retreats that have trauma work, shadow work and everything, but I know I can't do it alone. I love the way you show up in the world."

The first meeting I went to, I said, "Why me?" He said, "You love the way you show up in the world." I was like, "All these people. There are so many powerful people. Why me?" He said, "Because I watched you in your last company. I watched you take a group from zero to 475 people on a beach, working out, playing dodgeball, and I saw you create a movement that turned into thousands of people. There's not many people like you. I'm really good at what I do, but I don't do that in that way." He said, "That's why you, because no one –"

He said something like, cat in the hat quote. He's like, "No one can be more you-er than you." I was like, "Oh, man. Bro. Are you saying, you're pulling a cat in a hat?" We're staying with Stefanos. He's really big in the men's work. I never did men's work, but I did transformation work. I just understand people, period. Same with Stefanos, and we all just formed together. We just kept meeting and kept meeting and kept meeting and then we formed a leadership group of 16 other guys that were the most passionate at the workouts. They happen to be gifted in so many different things.

They're so gifted that if none of us were a part of it, they could run a coalition by themselves. It's not only us. It's 16 other people that are so gifted, and we happen to work together, because we love the mission. It just kept turning into things over and over and over. All we're doing is providing the space for the spillover that authentically keeps happening.

Every man is who we are. Me and Stefanos and Preston, we're the co-founders of MPowered Brotherhood, that's mpoweredbrotherhood.com. You go on there, we have a retreat coming up in January called The 48-Hour Retreat, there'll be ice baths, sound healing, shadow work, but you got top level coaches. Typically, it's one and all the helpers. You don't have grade A masterclass teachers all working together in one space. The elements, and the elevation of what these men are getting, creating a new identity of how man sees himself, and how the world sees man is our mission, to truly help men. That's what it's about. That's how it came about. Wasn't seeking it, but it sought us, and I answered and we answered to the calling.

[01:13:20] LW: Beautiful. I think, that's just a good – it's a testament. Because when I see you, specifically in that space, it's so clear that that is a part of your purpose, right? It's not something you went to Austin to seek out. You may not have even put it on a list of things you ever wanted to aspire to achieve in your life. You just kept taking steps. We could argue obviously, that everything in your life has been leading you to this moment. I think, you're just getting started, man. I think, we're just seeing the beginning of what's to come.

[01:13:56] GJ: I see it all the time. I feel like, God quits the greatest blessings in the areas where we're least likely to look. I wouldn't have never ventured into men's work.

[01:14:13] LW: You just like working out and you like pushing yourself in a workout, all combined.

[01:14:17] GJ: I love pushing myself. Then all of a sudden, here I am as the leader of this. I was like, "Whoa." People are moving from different countries, from different –

[01:14:27] LW: To be there.

[01:14:27] GJ: – cities to be in that energy. They were like, this. There's nothing, because the last people that got men's work, they don't have that workout piece, that primal piece. They don't have the whole spectrum. People are like, "I left this to come here, because I need this." Now, I realize in my own marriage, I didn't know how much I needed it, until I'm in it. Because I'm trying to make my wife all of the things that the brothers, they meet those needs. She can't be all the things. This is how everything happened.

[01:15:08] LW: You guys got me damn near wanting to move to Austin.

[01:15:10] GJ: Bro. Where are you?

[01:15:14] LW: I'm in Mexico City. I was just having a conversation with a friend of mine yesterday about, if I had to go back to the States, where would I go? I was like, "Probably Austin. I'd probably go to Austin." I can't lie, it's because all the stuff I'm seeing online, man, with you guys doing such great work. I've never been a part of a men's initiative as big as the one as you guys have created out there. It's exciting to watch.

[01:15:39] GJ: Come to Austin, Light. Come to Austin.

[01:15:41] LW: I know. I'm going to come and at least visit, and just try to drop in on some of those sessions. It looks amazing.

[01:15:47] GJ: A really single person that has come to visit.

[01:15:50] LW: Stays.

[01:15:51] GJ: Was like, it makes no sense for me to go back to where I was.

[01:16:00] LW: Wow. I love that.

[01:16:03] GJ: Yeah.

[01:16:04] LW: Cool, man. Well, look. I want to wrap this up. The way I typically do that is I loop back around to your childhood favorite activity, which for you, obviously, was running and you mentioned freedom. You felt a lot of freedom in running. I've also heard you in other interviews, talk about the things that you were closest to as a child, usually are, what you are aligned with as your purpose and your path. Obviously, you help people find freedom.

I think, the mistake that we sometimes make is we think about, "Oh, as soon as I become financially free, all my problems will be resolved." Your whole thing is, no. Become free within. Find that freedom within yourself, and then all the resources you need for whatever you're doing in life, you will attract to yourself.

[01:16:54] GJ: Yeah. Because when you free up that space, the resources fill in those gaps.

[01:16:58] LW: That's right.

[01:16:59] GJ: When you take old, beat-up car out of the garage, you can actually put another car in. You create the space, and make a room for your blessings.

[01:17:09] LW: I just want to acknowledge you for not killing yourself those two times. that was the only times I'm happy you failed. For continuing to show up and for continuing to share the more embarrassing, darker parts of your story with the world, in an effort to help those of us, because we all have them. To help those of us feel, like we can relate to your story, and that there is hope. There is hope. We can't let anybody take that away from us. As Andy Dufresne says in that *Shawshank Redemption* movie that you saw in prison that time.

[01:17:41] GJ: Yeah, bro.

[01:17:44] LW: Thank you very much, man for coming on here and sharing your story. Of course, we'll put all of the links to everywhere we can find you in the show notes. Definitely

check out the book, *Change Your Mindset, Change Your Life*. I'm sure you're probably working on the next.

[01:18:00] GJ: We're actually about to put out the audio book.

[01:18:02] LW: Okay, you're going to read it, obviously?

[01:18:04] GJ: I would not have anybody else. You're going to have to get my voice, so that you can hear the frequencies that's coming through. I can't. I like hearing the actual author.

[01:18:17] LW: You know what's great about your story. I don't know. I'm sure, you know who David Goggins is. Have you listened to his audiobook?

[01:18:23] GJ: No, I haven't listened to his audiobook.

[01:18:24] LW: Listen to his audiobook, because that's going to give you ideas for yours. He does a whole bonus commentary situation on his audiobook that inspired me to do the same thing.

[01:18:35] GJ: Does he only have one book?

[01:18:37] LW: Yeah. It's only *Can't Hurt Me*, is the name of his book. The audio is actually read by somebody else, but they do a podcast type of thing, where they talk about, he'll read a chapter, then they'll talk about the backstory of whatever happened in that chapter. I think, I can totally see that for your book as well, because you have such a very similar type of drama. Yeah, I think you should listen to his book, and then maybe consider doing something similar to add even more value to your audio book.

[01:19:08] GJ: Perfect. Thank you. We'll do that.

[01:19:11] LW: In the meantime, brother, thank you so much. We'll hopefully cross paths soon. I will let you know when I get to Austin. Keep doing the good work, man. Keep shining your light.

[END OF INTERVIEW]

[01:19:20] LW: Thank you for tuning in to my interview with Garrain Jones. To get more information about Garrain, I suggest following him on social media @Garrain.Jones. His first name is spelled G-A-R-R-A-I-N.J-O-N-E-S. Of course, his book, *Change Your Mindset, Change Your Life* is available everywhere books are sold. We'll put links to all of it in the show notes, which you can find at lightwatkins.com/tunnel.

Speaking of lightwatkins.com, while you're there, you will see my recent book, *Knowing Where to Look* is available in all versions, including audio, which is read by yours truly, and it has bonus commentary. You definitely want to check that out. You can also get information about my Happiness Insiders Community, which is where you'll find that 108-day meditation challenge. I'm pretty sure that being a part of that community will change your life from the inside out. If you're ready to take your inner work to the next level, just go to thehappinessinsiders.com to get more information and start your free trial.

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Until then, as always, keep trusting your intuition, keep following your heart and keep taking those leaps of faith. If no one's told you recently that they believe in you, I believe in you. Thank you so much and have a great day.

[END]