

59. How mBraining Helps In Stroke Recovery - Beth Gray

[Beth Gray](#) is an mBraining life coach who *asks the questions that sometimes make others uncomfortable but helps them to solve problems, providing them with security and direction.*

0:00 Strange Sensations in my body

10:36 A dad at 22

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42:28 the benefit of doing inner work

45:55 The problem with a great mindset

Transcript:

Bill 0:00

So from February 2012, I had noticed those strange sensations in my body, you know, the

Beth 0:07

right.

Bill 0:08

My chest was feeling weird. And my belly was doing weird things.

Beth 0:13

Well, of course it was there. there there there making new connections. Yeah, absolutely. And there and they're stepping up to the plate. This is beautiful.

Bill 0:24

I've got no idea what is going on. I just know these things are happening. And I

don't know what they are. I can't like reconcile them

Beth 0:30

that there's not a doctor in the world that would have explained that to you.

Bill 0:33

Not a doctor, not a human, nobody in the planet. And then I'm in the room with these two guys who explain within the first few days exactly what I'm experiencing. And I'm going Yes, that's that's what I'm experiencing. That's me. Oh, my God, you know, I just had all these blinding flashes of the obvious, it was just a surreal experience. And then they take us through the first experience will be good to connect to our heart and connect to our gut. And wow

Beth 1:08

And suddenly, it all makes sense that expanding chest space, that expansion in your gut, absolutely, yeah,

Bill 1:18

the whole entire world changed.

Intro 1:24

This is recovery after stroke with Bill Gasiamis. Helping you go from where you are to where you'd rather be

Bill 1:31

Bill from recoveryafterstroke.com

In this episode of the podcast, I am being interviewed by Beth Gray. The topic that we discuss is the tools that I used to manage the emotional turmoil that many stroke survivors experience after a bleed in the brain or an ischemic stroke.

My experience with emotions meant that I ranged very dramatically from being quite calm, and okay to very angry, or very emotional, and at the time was very difficult to manage that experience and that range of extreme emotions. Now, if you're experiencing this emotional turmoil, it's quite normal. It may not be pleasant, but it is quite normal.

Your'e first time going through a lot of reprocessing of actually, what you've just experienced you're trying to understand what happened in your life, just now that led you to have a stroke. And perhaps you're, for the first time ever considering

your mortality. And all that stuff is normal. That's what I went through.

The thing about it is that this experience doesn't have to be a terrible one. It's new information that's coming to the surface that if you just know what to do with and how to pay attention to it, and how to use it to your advantage, you can actually get a lot from this experience. And you could harness the energy that you're experiencing to serve you much better.

Now, in my case, you'll hear in the interview, I was talking about my heart coming back online, and my gut coming back online, but my head switching off. And if this is something that you've experienced this heart and gut coming back online is your body's way of helping support you overcome the challenges that your brain is now experiencing, or has experienced. And it's supporting you, and it's bringing forward new neuronal structures, new intelligences to help guide you along your journey.

This has been a fascinating experience for me in the last seven years and although it may be difficult for you right now, if you change the way that you look at these experiences, then you may be able to use this as a way to expand and to become more aware person, and to be able to translate easier the messages coming from your body with the emphasis on healing the brain, in hospital and after stroke.

Many of the people that I speak to do talk about not dealing with the emotional trauma, and the emotional distress that they experience after stroke. And that many years pass in their recovery, before they even start to consider whether or not they need to go down the path of some counselling, some coaching, some therapy that's related to healing the emotional trauma of their stroke experience.

I truly believe that the key to my success was that the majority of the work that I did, in my stroke recovery was all on the emotional side of the recovery. Within two days of being released from hospital the first time, I was in a counselling session with a psychologist. And after that, I continue to go to counselling, and then seek the services of a life coach who was able to help me understand what was happening in my body, along with the support of the counsellor, and get to the bottom of how to overcome this emotional turmoil and how to harness that energy and to use it to my benefit.

It's what I would suggest and recommend for a lot of people that are going

through stroke recovery, and have put a lot of emphasis so far on healing of the body, and healing the brain, which I totally get, it's totally fine to be doing that. But at the same time we mustn't neglect emotional intelligence and give ourselves the emotional support that we need to overcome.

What I don't talk about much on the podcast up until now is that I'm a trained coach and I have achieved amazing success with clients from a lot of different backgrounds about overcoming the challenges that they faced in their day to day life. Some of those challenges included stage fright, included overcoming Bulimia, included overcoming the trauma associated to abuse as a younger person, and whole range of other traumatic experiences that we all go through in life that we don't realize, affects us on an ongoing basis as our life continues to evolve, and then add up to become a more dramatic issue later on down in life when there is so many traumatic events that we haven't dealt with. And now they're all coming to us all at once. And we don't know how to overcome them, or we don't know where to start to overcome them.

I've helped people from all walks of life and all different backgrounds. But I truly love supporting stroke survivors, helping them overcome some of the challenges that are associated to stroke recovery. Stroke recovery is an ongoing journey. And it's going to test you many, many times. And if there are things that are coming up, that you're experiencing after your stroke journey, it's likely that they've been with you for your entire life. But you haven't had the resources or the insight to go ahead and tackle those challenges, and deal with them and leave them in the past where they belong, so that they are not really traumatizing you as you continue to go forward.

Being re traumatized by events that have wounded you in the past, while you're recovering from stroke just makes the stroke recovery more complicated. So just before we get stuck into the episode, I'll leave you with one more thought.

How much better would your life be, now? If you were able to overcome some of these long term traumatic experiences that you're reliving? What could you do? That you haven't been able to do? What joy? Could you experience that you haven't been able to experience? And how could you just evolve into a better version of yourself that you haven't been able to yet, because you didn't know where to start to deal with the trauma that you've accumulated throughout the life, let alone the trauma that you have experienced as a result of stroke.

I hope you enjoy this episode of the podcast. And please feel free to hit me up for any questions regarding the coaching services that I offer, and whether or not they will be the right thing for you moving forward.

Now, Beth Gray is a life coach. And she also practices in the modality of multiple brain integration techniques, or mBraining and you can get in touch with Beth at BethGray.coach And I'll have all the links in the show notes. So if you want to find out more, you can either get in touch with myself or you can get in touch with Beth.

Beth 9:24

So I want to welcome today I get the joy of interviewing Bill, Gasiamis? Is that how you pronounce your last name?

Bill 9:34

Beautiful Beth.

Beth 9:36

Okay, now bill is another mBraining, mBit coach, but he's got a really special story because you are a survivor of not one stroke. But I believe three is that correct?

Bill 9:53

Indeed, I do things well, when I do them

Beth 9:56

Yeah, yeah. Right.

Beth 10:00

And what I'm starting to branch out in my interviews in the mBraining series is to go past just chapter nine, and really get into what are different coaches and different people in the mBraining community, really hands on using mBraining for and their individual stories, because there are so many amazing stories within mBraining. So Bill, I'm going to ask you to tell us give us a bit more of your background? And how, how you come to where you are today?

Bill 10:36

Yeah, I'll give you the short version of the background. And Beth because I could talk forever, and people don't want to do that. So in, look, really it started for me

1996, my, my girlfriend at the time, and I were young, I was 21 and my wife, who's my girlfriend, then who's my wife now was 25. And we were expecting the birth of our son. And,

Beth 11:10

Wow, uh huh.

Bill 11:11

Yeah, so it's pretty full on. So if you imagine what's going on at 21 and 25, when people are,

Beth 11:18

right,

Bill 11:19

don't have any reference structures for how to live a life. And then you're bringing this child into the world, what happens is you, you do the best you can with the resources you have available to you.

Beth 11:34

Absolutely.

Bill 11:35

For me, I didn't have a lot of resources. So I was running around the place, I was running around the place, working three jobs,

Beth 11:46

wow,

Bill 11:48

in doing lots of hours, doing a little bit of self care, not really paying attention to my my

Beth 11:57

A little bit of self care is that an understatement?

Bill 12:00

That is I was doing a little bit of self care in that I was doing nothing with regards to self care. I was doing all the stuff that most people get stuck in doing. And then what happens one day is they wake up and they think about what have I been

doing all these years. So I didn't know that I was doing that. But I had started doing that back then.

Beth 12:23

Wow,

Bill 12:23

Later, four years later, our second son came on to the scene. And it was just reinforcing. It reinforced that what I needed to keep doing was all the stuff that I was doing working hard, you know, not doing a lot of self care, not paying attention to my body doing all those things. And then in a property maintenance business, you can really work 18 hours a day if you want to

Beth 12:52

easily Yes.

Bill 12:54

And although I was on the tools for eight or nine hours a day, then there was a lot of paperwork or that type of thing. And I was so in my head that in fast forward. In February of 2012, I experienced a blood vessel in my brain bursting.

Beth 13:11

Right?!

Bill 13:12

And when the

Beth 13:13

So in your head as you say,

Bill 13:15

Yeah, I was so in my head that my pressure was up, everything was up like there was just so much over processing going on. And then what happened was, I experienced numbness on my entire left side for seven days before I did anything about it.

Beth 13:34

Oh because you were too busy. Of course,

Bill 13:36

well, everything was in my head, my head told me that's nothing wrong. There's nothing going on. And of course, I didn't pay attention to my gut instinct. And my heart wasn't on the scene. So it was just, you know, a passenger in this whole thing. And I was working to make it money to provide to have the bigger house to have the better car to do all those things that will do

Beth 13:58

Of course. Yeah. You know, taking care of the necessities. Yeah, absolutely. Yeah.

Bill 14:08

So when it when the blood vessel started to leak, what happened was I went through a process of going to hospital and I was in hospital for seven days. And 14 days after the initial episode, I was sent home and told to not work, not drive, not do anything strenuous not do anything for six weeks until my checkup. And that was to determine whether the bleed was going to be whether it kept bleeding or whether it stopped bleeding, and then they were going to determine a course of action.

So

Beth 14:44

Wow,

yeah, so six weeks later, I bled again. In fact, it didn't stop bleeding in that six weeks, but it bled again, but very dramatically.

Bill 14:54

And that's second bleed was the one where for the first time, I really started to pay attention. And what I noticed was that I couldn't finish sentences. I had a lot of cognitive issues. I didn't understand what people were asking me. I didn't recognize my wife at one point. I didn't know my name. Everything was

Unknown Speaker 15:17

but the really important things. Yeah. Okay. Yeah,

Bill 15:20

everything was gone. So, it was scary. Beth, really scary. Yeah. And I had no real tools to check back in on myself to support myself going forward. I didn't understand how I was going to get my brain back and and, and, and make the

most of it when before I took it for granted.

Beth 15:48

Of course. Yeah. Yeah.

Bill 15:51

It was it

Beth 15:52

because you know what, you know, of all the things I miss the most, you know, I miss my health the most? Yeah, absolutely.

Bill 16:00

Apparently, I was healthy before the bleed. But turns out I wasn't I was doing a lot of things that created a perfect storm to make me unwell.

Beth 16:09

Right.

Bill 16:10

And, and then I

Beth 16:11

noticed on your, on your on your site, you have a lot of articles about all those things and those factors in your lifestyle that we're adding up to that perfect storm.

Bill 16:24

Yeah, absolutely. So I'll put a couple name a few of those things. Most people will relate to these. smoking, drinking, not sleeping enough, not eating properly. not finding a way to de stress or take time for myself. Doing stuff for other people not doing stuff that I found joyous, and that I loved doing just doing stuff for money. So I think I was like the majority of the population I didn't see myself being

Beth 16:58

How old were you when when you had the stroke?

Bill 17:02

So I was I was 37.

Beth 17:04

Wow.

really young,

Bill 17:07

real young. And my children were by then they were 12 and 16. Yeah.

Beth 17:14

Wow.

Bill 17:15

tough days. So I was looking for a tool to find a way to heal. And I had an amazing friend of mine who was kind of somebody that I knew, but it wasn't, wasn't a real friend at the time, they were just on the periphery of my friendship group, somebody I'd met, who said, hey, there's this thing going on in a couple of weeks in this small dentists, boardroom or office somewhere in Melbourne. And it's about this thing called [mBraining](#). And anyway, it's a really good thing. The next thing, why don't you come along and do this course?

Okay,

And I thought I don't know what you are talking

Beth 18:00

you aren't a coach or an NLP coach or anything when you when you went into mBraining.

Bill 18:05

So I had done a coaching certificate. Literally. I would say about eight years before that I had learned how to be a coach because I wanted to use those skills in the coaching environment. But when I came, but for my business, you know, to turn my

Beth 18:24

Yes, yeah, guys into amazing workers. You know,

I did that. I mean, that was that was my whole entrance into coaching was all the training I did was simply for my staff. It was it was really preparing me for mentoring, as opposed to really seeing myself as a coach, I was simply, it was

investing in myself so that I would do a better job as a boss. That was it.

Bill 18:49

That's it. And that's a great thing to do. However, I realized that the time, and I and I realized at the time that I really needed coaching, right, I really needed

Beth 19:00

Did you get it?

Bill 19:01

And I did I went and got coaching and counselling. But guess what? I got a full bed how to make more money?

Oh, of course you did, of course you did. Isn't that what we all start doing coaching for?

I wanted to know how to make more money out of my business I needed to make more money from this And from that, and it wasn't

Beth 19:23

it wasn't about yourself care?

Bill 19:25

No, no, it wasn't. So brain was just doing its thing, you know, and I look at it. Of course, yeah. But I regret that. It's just what it did. You know, it's just how my program was running at the time, you know?

Beth 19:39

Yeah.

Bill 19:39

So

Beth 19:41

when you get into that into of course you, how does that change your recovery process?

Bill 19:51

Well, it does it from day one. It is the most amazing.

Beth 19:55

OK,

Bill 19:56

so I'm in this in concert. I mean, co I'm in there with these two strange guys at the front of the room, a really tall one Grant, and this shorter guy,

Beth 20:08

right?

Bill 20:09

That is kind of Japanese looking, but sounds American.

Beth 20:14

But yes, exactly, Marvin.

Bill 20:18

This is bizarre like, these are the oddest couple ever. But anyhow, come along for the ride. And, of course, I had no idea about these types of events, because I'd never been to one and the first thing they do is they they go around the room and they say we need people to go around the room and introduce themselves.

Beth 20:36

Okay, yep. Standard, standard standard. Let's open up and introduce myself. Yes,

Bill 20:40

yeah. Well, that's a standard for me then. So I just said, I've had a stroke two bleeds by now. And I'm really struggling to understand if my brain is going to come back online. And I started crying. And I said, I don't know if it is going to come back online. Because the first because I took it for granted in the past. Now. I'm wondering if it's ever going to come back to normal, you know, and I remember both Grant and Marvin, I believe, said in their own words, said, well, you don't have to worry about that. Because what you have is you have these other intelligences that can support the brain in your recovery. And that was 15 or 20 minutes in Beth. And I'm like, What?

Beth 21:30

Oh, my goodness, I just got goosebumps. I just got goosebumps. That's beautiful.

Bill 21:38

I could not believe what I was hearing and that I was in the room where the

people were saying that stuff. And I'm like, Okay, now now I'm strapped in. You tell me what's next. I'm on. I'm on.

Beth 21:50

I yeah, absolutely. Yeah.

Bill 21:52

So to give you an idea, the best way that I describe it now is my head had completely switched off. And I had noticed in the months leading up because coach, so it was in November 2012. So from February 2012, I had noticed those strange sensations in my body, you know, the

Beth 22:12

right

Bill 22:13

My chest was feeling weird. And my belly was doing weird things.

Beth 22:18

Well, of course it was there. They're there. They're making new connections. Yeah, absolutely. And they're and they're stepping up to the plate. This is beautiful.

Bill 22:29

Oh, but i've got no idea what is going on. I just know these things are happening. And I don't know what they are. I can't like reconcile

Beth 22:36

that there's not a doctor in the world that would have explained that to you.

Bill 22:39

Not a doctor, not a human nobody in the planet. And then I'm in the room with these two guys who explain within the first few days exactly what I'm experiencing. And I'm going Yes, that's what I'm experiencing. That's me. Oh, my God. And I just had all these blinding flashes of the obvious. It was just a surreal experience. And then they take us through the first experience where we get to connect to our heart and connect to our gut. And wow.

Beth 23:14

And suddenly, it all makes sense that expanding chest space, that expansion in

your gut. Absolutely Yeah.

Bill 23:23

whole entire world changed Beth.

Beth 23:28

Right. That's beautiful. That's absolutely beautiful.

Bill 23:34

Yeah. And, and I'm going to tell you an amazing story that happened that weekend. So I'm experiencing these things. And there wasn't any discussion about entrainment at that point in time and about how I didn't understand completely how, you know, the heart has a magnetic field that resonates out you know,

Beth 23:53

the whole heart app and exactly, yeah, okay,

Bill 23:55

I didn't know any of that. And I've gone into a Kmart in Australia, we have a Kmart and were in the morning because I was overweight. I had, I had taken some some steroid medication, I was overweight. And I was really embarrassed because the T shirts that I had, were too tight. And

Beth 24:14

okay,

Bill 24:14

I hadn't done anything about my clothing, you know, not fitting me for all those months. And then that morning of the second mor the the morning of the second day, I walked to Kmart ust as it opened. And I bought myself a couple of T shirts. I put my T shirts on, and then my one T-shirt, and then I went to training.

But on the way in, I was stopped at the electric doors by this old lady in a frame in a walking frame.

Beth 24:44

Uh huh.

Bill 24:45

And she was just taking forever to go through the door. And I needed to rush. But something made me aware of her. For the first time in my life, I noticed other people properly. And I just stopped. Yeah. And I walked behind her. And she she noticed I was there. And she just said, you can go past. And I said, No I'm happy to actually sit and wait, I'm all good. And then she started telling me his story about how she was never supposed to walk again. And wow,

Beth 25:24

oh my goodness, just breath, just breath

Bill 25:29

She was never supposed to walk again. And she was walking. And the steps that she was taking had taken her some unbelievable amount of time for him to do that and get gain her independence. And I think it took us 10 or 15 minutes to walk to the Kmart. And we just got to know each other. And we left. And again, I was just blown away. There's too many things connecting that

right

I had never experienced in my life. And it's only day two.

Beth 26:00

just happened that. Yes. right then and there. Yep. Beautiful. Absolutely amazing. Yeah.

Bill 26:07

So what happens is we go through the the four days, and I come home, I tell my children and my wife, and everybody and I take them through the exercises that we did there just so that they can experience it and and you know, they are 12 and 16 they dont really care. But they do enough they care enough about dad

Beth 26:27

The care about you enough that let's humor dad. Yeah.

Bill 26:33

So I'd like to say that from day one, they started to get that experience as well. And now they're developing into amazing heart centred, courageous, you know, and compassionate and creative kids that and I've seen them transform from being like I was when I was a kid to being better versions of themselves in this

time. It's been really amazing. So that happened, that started to happen then.

And then Grant, the end of the four days said to me, You need to become a trainer. So I don't know, what does that even mean? I don't even know what to do with this certificate yet. What does it mean to be a trainer? So I did the training. I did the training, and learn, train, and coach and become a trainer. And I I ran three or four coach certifications where we had an amazing experience. And we were lucky enough to have Grant come into our room one day to do open frame at the front of the room. Awesome. Yeah, we I have all those recordings. So they're great. And I've just then, as I as I've started to train mBraining and this is the really important message that I want to get out there is that it starts to become embodied a lot more.

Beth 28:04
Absolutely.

Bill 28:05
Yes. So you have the experience of somebody taking you through an embracing session well, then I took I took an mBraining coach on for about 12 months who who coached me after coach, cert,

Beth 28:17
right? Yes, yeah.

Bill 28:19
And

Beth 28:20
and that is transformational. Because last year, I was doing the inergetics training. And so Wendy, Bruce, Sarah Wayland and I, we got together as part of the inergetics program. And we're like, well, what we'll we'll train each other and inergetics for three months. Well, here we are 12 months later, and we still meet every single week to coach each other.

Bill 28:44
Yeah.

Beth 28:47
And I, that is priceless.

Bill 28:49

Yeah. It is the best part of it is being coached. So if you're a coach that wants to coach people with mBraining, get mBraining coach and get coached. And

Beth 29:00
absolutely,

Bill 29:01

I cannot emphasize it enough. And I say to all of the people who attended my coach certifications was do if you do nothing else, just get somebody to coach you for the next however long you like.

Beth 29:12
Exactly.

Bill 29:13

So training it at the front of the room being coached, just totally embodies and immersed in it.

Yeah, embodies the whole process, the whole procedure, and you find little beautiful, additional bits that come up that you don't expect to come up, you know, emerge up.

Beth 29:34
Yeah absolutely

Bill 29:36

And, and you say connections were in the past, you missed connections.

Beth 29:41
Right.

Bill 29:42

And, for me, I've still got two years to go before brain surgery. So this tool is going to be invaluable in preparing me for brain surgery and what's to come after that.

Beth 29:54
Right.

Bill 29:55

I don't know that at the time, but I am going in and I am checking in with myself. As a result of everything that I've experienced. And all the new awarenesses that I have I stopped smoking. I stopped drinking, I started to change my diet, I started to change the way that I was being in the planet and the amount of work that I was doing

Beth 30:14

and your self care. Absolutely, yeah.

Bill 30:16

And everything turned around. I was I did this crazy one at about, I would say about two or three months after mBraining Coach, certification And I was without knowing it being guided to prepare my body for surgery that was to come in November of 2014.

Right? Yeah. Because then you have the third stroke, right?

Yeah. So everything's going great. The bleed starts to get better, in that it stops bleeding so much. And then one day, I go for a bike ride. I haven't been for a bike ride now for nearly three years. And I decided I'm going to go for a bike started to feel amazing,

right.

And the next morning I woke up and I had this strange burning sensation on my entire left side.

Beth 31:09

Again,

Bill 31:10

I felt like I was in the sun and this left side had been burnt and this side hadn't that was pretty weird

Beth 31:19

do you listen to your body. This time

I did. I drove straight to the hospital.

Bill 31:26

When I got to the hospital. But I told the nurses at triage. I said, quick get me in because I'm having a stroke. And they were like, What are you talking about? And get me inside of me stroke. You know, this stuff going on. I've had a show before. So I know what's going on. They said give us your name first I said there is no time for that get me inside

Beth 31:46

Okay

Bill 31:52

this thing. I gave them my name. They confirmed I wasn't telling stories. And then they took me to CT. And they found that in fact, had another bleed. And then a little while later, my surgeon came in and said and said look, we've managed to avoid surgery for all this time, but we can't avoid it now. What we need is we need to go in and we need to resolve this matter and it's going to be it's going to be an outcome, it's going to be a great outcome because we're going to fix it and it won't bleed again. And that's what we're going to do. Are you up for it? And I said I am up for it. There is I've done all the work I've prepared myself. I know whatever happens can be a fantastic outcome.

Beth 32:38

Yeah. Okay.

Bill 32:40

Wow. So we booked the surgery in for a couple of weeks time.

Beth 32:45

Okay, so wasn't immediate

Bill 32:47

money. And in the week, in the end, literally, three days after I left hospital for the for that third incident after that third incident, I have a phone call with my mother in law. On the Tuesday she finishes by saying I love you and I told her that I love her.

Beth 33:13

Right?

Bill 33:14

And then

Unknown Speaker 33:18

breath and then a couple of days later she passes.

Beth 33:23

Oh, wow.

Importance of saying I love you when you finish a call. Yeah.

Bill 33:37

So it was so now we're preparing for a funeral.

Beth 33:45

And while you're preparing for surgery Yeah.

Bill 33:50

Yeah. So it was tough. And we I needed the tools that I had gained all those years to keep me in the zone for surgery while caring for my wife and our family.

Yeah,

and being able to manage and control all the that stuff. who is that lovely person in the background?

Beth 34:17

Yeah, yeah. Yeah. Yeah. Little Miss five. You know, Mommy, can you talk to me right now? No, I'm still on the call. Okay. So,

Bill 34:30

so what happened Beth was, I wasn't allowed to be a pallbearer. Because I couldn't

Beth 34:36

Of course not

Bill 34:37

risk another bleed.

Yeah. Yeah.

So we went into, we got through their funeral. And that was tough. And we basically scraped through it. And now my wife's preparing for me to go into surgery.

Beth 34:52

Yeah.

Bill 34:52

So of course, I wanted to have a really great outcome. Because I didn't want my wife to deal with anything else in such a short amount of time. Exactly. Yeah. And of course, she's thinking possibly This is going to be a terrible time for us. Because if he comes out, or it doesn't come out of this, well, then what's going to happen? The world changed completely.

So I, I made it the two the three years of work that I had done did really set up for good outcome. So I got to surgery. And I remember talking to my doctors and my anaesthetists.

Beth 35:28

Uh huh.

Bill 35:29

was the best conversation ever. There was because they didn't know what is this weird guy saying?

Beth 35:36

Yeah, I mean, what do they know about mBraining I mean, it doesn't matter that you are a neurosurgeon, and you're going to open my head. What do you know about the neurology of the heart, brain and the gut brain. And

Bill 35:53

so there's a new anaesthetist he's going in and is trying to find a vein, and it keeps missing, keeps missing, and it keeps pricking me and he keeps missing. And he's stressing, and I said to him, Look, don't stress out, it's all good. You're doing a great job, you'll find the vine and you'll get it in there. And it'll, you'll do what you have to do, and everyone will be happy. And I'll be okay. And it doesn't hurt me anyway, so don't worry about it. The other people are talking to me trying to distract me from the needle getting

Beth 36:24

exactly

Bill 36:26

all the time. And I'm saying to them, you guys are amazing. You guys are going to do a great job. Guess what, I'm going to be the best patient you've ever had today. I know that you guys are going to be the most amazing surgeons, and you guys are great team, you know your stuff. And guess what? I know my stuff. But I've practice on how to be the perfect patient. So you guys have the best outcome. Right? So I had done a hypnotherapy session prior to my surgery a day before, about how I wanted my body to react to being pricked, cut open, how to bleed, how to stop bleeding.

Beth 37:03

Yeah.

Bill 37:05

Not to go autonomically into stress mode, just to stay calm. I was doing a balanced breathing for months and months before that. And also in, in the bed before surgery, I was doing balance of breathing,

Beth 37:21

of course,

just getting that autonomic nervous system just into that perfect place of balance,

Bill 37:27

balance, beautiful balance and their chest. They're checking my vitals, everything's perfect. And they're noticing that my heart rate is a bit low. And I have a condition, which is not terrible, but it's a condition called a Brady Cardio. And that means that you just have a slightly lower resting heart rate. So my resting heart rate was at about 45 beats per minute.

Beth 37:50

Oh, as opposed to 60 70. Right.

Bill 37:52

Yeah. They're Wondering.

Beth 37:57

So they're a little concerned

Bill 37:57

Wondering why? And I'm going guys like So good luck with my blood pressure was

Beth 38:03

just normal. Exactly. Yeah,

Bill 38:05

my blood pressure was perfect. And sure enough, we were expecting about an eight hour surgery. And we were done in four. Wow. Yeah. So recovery after that took a while. To come to and to come out of Yeah, all this stuff. And then

Beth 38:25

all of that. Yeah,

Bill 38:26

yeah. And when I woke up, I was going into the I was in, I was in recovery. And my family came in and it became really emotional. And they were going to kick them out. So I wanted to not have them kicked out. So I started to balance breath again to bring my vitals down so there wouldn't be kicked out. Right. So I managed to do that for quite a while. But of course the emotions were all over the place.

Beth 38:54

Yeah,

Bill 38:55

eventually they, they asked him to leave.

Beth 38:58

Right.

Bill 38:58

So when I woke up, I realized that I couldn't walk. Now the way I found out that I couldn't walk was I needed to go to the loo because they ask you after surgery, do you want to go to the toilet? We need to the toilet, we need to get everything moving again. I said fine. And this most sweetest little short. petite nurse came and said to me, I'll help you go to the loo. Hold me. Put your arm around me Hold

me and I'll take you

Well, I couldn't feel my left side because one of the complications from surgery was that they interfered with something that meant that I have permanent numbness on my left side, which means I didn't know where my foot was, and that it was on the ground. And as soon as I got out of bed I collapsed.

Beth 39:46

Of course.

Bill 39:47

Yeah.

Beth 39:48

Of course. Yeah. Because I mean, if you couldn't feel your foot you don't you don't strengthen the leg. There's a whole lot that happens there

Bill 39:56

gone. Straight down to the ground straight after surgery. a massive scar on my head. Yeah.

Beth 40:03

poor woman

Bill 40:03

Poor woman thinking oh my god, what have I done? I've killed this guy.

Beth 40:07

Yeah,

Bill 40:07

I screamed initially. And then I got back into bed and realize like, Oh, well, we'll just have to do this another way.

Beth 40:13

Yeah, the bed pan way.

Bill 40:14

The fun way

Beth 40:19

Oh, yeah. Yeah. So.

Bill 40:20

So then what happened was I've taken I've had all the two or three days worth of reviews, and Okay, we need to send you to rehab Bill.

Beth 40:32

Right?

Bill 40:33

Great. This is amazing what I'm going to go to rehab and everything is going to be better. And when I got to rehab, there was about four or five days delay between when they assessed me and when I could actually get onto when I could actually get on to my feet being supported so that I can start the process of learning how to walk again. Now what I had learned in mBraining and with my so many conversations with Grant and Marvin, was that when you imagine yourself doing something, you in fact firing off the same neuronal structure?

Beth 41:10

Absolutely Yes, you got to visualise first.

Bill 41:13

Yeah, as if you were actually doing the thing that you wanted to do. So of course, I started to visualize myself walking.

Beth 41:21

For those four days

Bill 41:23

for those four days. So I had these heaps of visualizations, meditations that I was doing in the, in my hospital bed, about me walking and how I was walking and how I was holding and how I was moving my foot in the whole.

Beth 41:37

Absolutely Yes.

Bill 41:38

So when I first got up on my feet, I started to really understand that I had done this before. And it didn't feel foreign, even though my legs felt strange.

Beth 41:48

Yeah,

Bill 41:49

it was great. So I did that. With every aspect of my healing and my recovery with bringing the hand to the mouth and picking up a fork and all the things that I needed to regain to get back.

Beth 42:06

Yeah,

Bill 42:08

it was I two months long state at rehab, which I was home in a month.

Beth 42:18

Oh,

Bill 42:21

about a month later

Beth 42:23

doing this for other people. Now, is that part of your coaching practice?

Bill 42:28

Well, I share the story so that people know what's possible when you do this inner work, when you connect to your heart and when you connect to your gut. It helped me get through the the trauma of the two bleeds initially, my mortality,

Beth 42:46

right fear of death absolutely ?

Bill 42:46

becoming a better version of myself, because I really struggled with. If I did die, how would my family think of me when I passed?

Beth 42:59

Okay, yeah,

Bill 43:00

I wasn't happy with what they may have thought. Okay, I did that, for preparing

for my mother in law's funeral while also preparing for surgery.

Beth 43:12

Right?

Bill 43:13

And it was transformative. So yes, now, and even earlier on. Even even after the initial the surgery, even then, I was using what I had learned to coach people to overcome challenges, trauma, life changing experiences in their life. So what we're getting is we're getting amazing outcomes for people who come in, because they have a head brained idea of what they are going to do like you and I both started off, you know, in our early lives.

Beth 43:49

Exactly, yeah.

Bill 43:50

And without knowing that they get this transformational work, because they don't understand the head heart and gut concept. And that's not how I sell it.

Beth 43:58

No,

Bill 43:59

but they can this. And they miss out on the time that it took you and I to connect to our heart and our gut

right

they miss out on all of the other stuff. They just go straight to the heart of the matter, which is they get coaching and then the coaching is transformative, it brings on these neuro neuronal structures into

Beth 44:19

Absolutely,

Bill 44:20

and it transformed their lives. And it happens quickly. The journey is long, but it's still the big awareness happens really, really quickly.

Unknown Speaker 44:30

Absolutely.

Bill 44:31

So how can people get in touch with you? Where do they find you?

Beth 44:36

I know they have a page, a page on Facebook, you've also got your website,

Bill 44:41

they can get in touch with me at RecoveryAfterStroke.com. Okay,

Beth 44:46

and your [Facebook page](#) is also [RecoveryAfterStroke](http://RecoveryAfterStroke.com). Right?

Bill 44:49

It is and they can also find me at [Bill Gasiamis](#).

Oh, okay, right. Now you've also got a podcast. Is that on recovery after stroke? Or is that on Bill Gasiamis?

yeah. It's the recovery after stroke podcast, it can be found there on iTunes, all those places where people get that stuff.

Beth 45:08

Yeah.

Bill 45:08

So yeah, people can connect with me if they want to get out of their head. But they can also connect with me if their head is offline because of a bleed in the brain. And they don't know how they're going to go about doing the rest of their life. We can support them in finding the amazing brilliance of the heart and the gut intelligence and bring them to the party so that they can guide the head to get through this really traumatic time.

Beth 45:37

Yeah. And so you know, it's just using all the intelligence to support that recovery, as opposed to just trying to work your way through it with your mindset. And you know, it makes all the difference, like you say, getting to the heart of the matter.

Bill 45:55

Yeah, well, mindset is a great thing until your mind is offline.

Beth 45:59

Right. Exactly.

Bill 46:01

And then what are you gonna do?

Beth 46:03

Yeah Absolutely

Bill 46:04

So the heart, you know, if people are listening, and that they've said things like, I'm going to follow my heart or trust my gut.

Beth 46:13

Yeah,

Bill 46:14

that's what you do. When you're recovering from stroke, you have to follow your heart First, you have to trust your gut. Because?

Beth 46:20

Because Because this one needs this one needs time to recover. Absolutely. Yeah, I'm sorry. I've got to cut us short. As you know, I've got a five year old at home, and I'm starting to get Mom, you need to come now. And we are well over our half hour. Thank you so much.

I mean, I could talk to you for a .

More, but yeah.

So for those of you that are interested in knowing more about how Bill is using mBraining in recovery after stroke, you can get in touch with them directly. Thank you so much, Bill, I've really appreciated having you on and getting to know you, you're a little bit better. And have a great Friday.

Bill 47:04

Thank you for doing what you're doing. I truly appreciate you and the work that

you do. It's much needed. And it's lovely that you've taken this opportunity to do this. Thank you, Beth,

Thank you for listening to this episode of the podcast. I hope that you enjoyed it and got something out of it. If you feel that this is something that you might be interested in understanding more about or wanting to learn more about, just send me an email bill at recoveryafterstroke.com and I'll answer any of your questions. Also, if you liked this episode, and you think that it is going to be useful for other people to listen to please do share it in your community. Wherever you go and communicate with other stroke survivors please let them know about this episode.

And and just because I haven't been asking, if you enjoyed this episode, please go across to iTunes and leave a five star review. It's going to make the podcast more popular and it's going to allow iTunes to move it up in the rankings so other stroke survivors can find it and hopefully, it can help them too.

Intro 48:13

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