

Multiple Ischemic Stroke Recovery - Bear Herbert

Multiple Strokes: Understanding Causes, Risk Factors, and Prevention

Introduction

Multiple strokes, also referred to as recurrent strokes, represent a critical health concern demanding thorough comprehension and proactive preventive measures. In this guide, we delve into the intricate facets of multiple strokes, elucidating their causes, risk factors, and effective prevention strategies.

Understanding Multiple Strokes

Multiple strokes, characterized by the occurrence of successive cerebrovascular events, present distinctive challenges compared to isolated stroke occurrences. A comprehensive understanding of the underlying factors contributing to multiple strokes is imperative for devising targeted prevention strategies.

Causes of Multiple Strokes

1. Underlying Medical Conditions

Multiple strokes often stem from untreated or poorly managed underlying medical conditions, including:

- **Hypertension:** Uncontrolled high blood pressure significantly increases the risk of multiple strokes by predisposing individuals to vascular damage and clot formation.
- **Atrial Fibrillation (AFib):** Irregular heart rhythm associated with AFib enhances the likelihood of blood clot formation, leading to recurrent strokes.

- **Diabetes Mellitus:** Poorly controlled diabetes contributes to endothelial dysfunction and atherosclerosis, exacerbating the risk of multiple strokes.

2. Lifestyle Factors

Certain lifestyle choices elevate the susceptibility to multiple strokes:

- **Tobacco Use:** Smoking exacerbates vascular damage, promotes a prothrombotic state, and amplifies the risk of recurrent strokes.
- **Physical Inactivity:** Sedentary lifestyles are associated with poor cardiovascular health and increased incidence of multiple strokes.
- **Unhealthy Diet:** High consumption of saturated fats, sodium, and processed foods contributes to atherosclerosis and elevates the risk of recurrent strokes.

3. Medication Non-Adherence

Failure to adhere to prescribed medications, such as anticoagulants, antiplatelet agents, and blood pressure medications, increases the likelihood of multiple strokes. Consistent medication adherence is pivotal in preventing recurrent cerebrovascular events.

Risk Factors for Multiple Strokes

Identifying and addressing key risk factors is instrumental in mitigating the recurrence of strokes:

- **Advanced Age:** Aging is associated with an increased risk of multiple strokes due to cumulative vascular damage and comorbidities.
- **History of Stroke:** Individuals with a prior history of stroke are predisposed to subsequent cerebrovascular events.
- **Gender:** Men tend to exhibit a higher incidence of multiple strokes compared to women.

Prevention Strategies for Multiple Strokes

1. Medication Adherence

Strict adherence to prescribed medications, including anticoagulants, antiplatelet agents, and antihypertensive drugs, is paramount in preventing multiple strokes.

2. Lifestyle Modifications

Implementing healthy lifestyle changes significantly reduces the risk of multiple strokes:

- **Smoking Cessation:** Quitting smoking mitigates vascular damage and reduces the risk of recurrent strokes.
- **Healthy Diet:** Emphasize a diet rich in fruits, vegetables, whole grains, and lean proteins while limiting saturated fats and sodium intake.
- **Regular Exercise:** Engage in regular physical activity to enhance cardiovascular health and lower the risk of multiple strokes.

3. Management of Underlying Conditions

Effective management of underlying medical conditions, such as hypertension, diabetes, and atrial fibrillation, is essential in preventing multiple strokes. This may entail medication optimization, lifestyle modifications, and regular medical monitoring.

4. Education and Awareness

Raising awareness about the signs and symptoms of stroke, as well as the importance of early intervention and adherence to preventive measures, empowers individuals to take proactive steps in preventing multiple strokes.

Conclusion

In conclusion, multiple strokes pose a significant health threat, necessitating a comprehensive approach to prevention and management. By addressing underlying risk

Full Interview with Bear Herbert

Bear Herbert is a stroke survivor with speech challenges and surreal out-of-body experiences, offering unique insights into his journey.

Instagram

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Introduction - Bear Herbert



Bill Gasiamis 0:00

Hello, everybody, this is episode 300. And my guest today is Bear Herbert, who experienced multiple strokes has suffered from spontaneous bouts of being unable to speak, and has experienced out-of-body experiences where he can observe himself from a different perspective. Bear Herbert, welcome to the podcast.

Bear Herbert 0:23

Thank you for having me. It's a pleasure and honor.

Bill Gasiamis 0:30

My pleasure. Tell me a little bit about what happened to you Bear.

Bear Herbert 0:37

It is quite convoluted. However, I had been going non-verbal since quite young, and probably seven was the first time and gone through those things my entire life. My parents would take me to the medical facilities, and they would do testing and say that I was emotionally and mentally fatigued.

Bear Herbert 1:05

And as a seven-year-old, I'm just thinking, I can't talk what's going on here. Fast forward to 2015. Me and my family were back in Central Oregon. And I had a massive stroke and went to bend Regency. I was diagnosed with antiphospholipid antibody syndrome, at that time, a clotting disorder, also known as Hughes disorder, a sticky blood disorder. And then fast forward to 2002.

Bear Herbert 1:45

I went catastrophic, which means producing blood clots, and three or more organs in my body at once. And to that point, for seven years, I had just been spitting up blood clots like Doc Holliday, almost. That's when I got diagnosed with caps, which is a rare neurological disorder in the demographics are so small, that there is almost none available. And it helped me understand I've been having strokes, my entire life of sub different sizes.

Bear Herbert 2:22

And when I went catastrophic, they, I'm able to see things in my way. I'm very much ethereal like we all are, but I understand who I am and where I'm from. And the doctors, I saw their hearts in the way that I can see. And they all viewed me as their kid brother. And so I thought, well, even if they don't know what they're doing, they're not going to try to kill their kid brother.

Bear Herbert 2:49

So I said yes to what they wanted to do. And they saved my life. And when I was in there, I had hundreds of heart attacks. I have a bicuspid valve in my heart, so my heart doesn't close all the way. Also, the doctors came in, and I told them, I was having a stroke right now. And they told me no, you're not your face isn't draping, none of that stuff. And I said trust me, please.

Bear Herbert 3:22

And they left and came back 20 minutes later and put me in the MRI machine. I was in there for an obnoxious amount of time. I can't remember how long he said but it was like six hours or something. And I kept having why they kept me in there so long as I kept having just hundreds and hundreds of 1000s of small strokes everywhere. They weren't able to pinpoint them or account for them so they told me that I've had an innumerable amount of strokes at this point.

Bear Herbert 3:54

And that's kind of how things got more formulated to what's happening. And I've been working with the ability tree. They are an independent company here and Bend Oregon helping disabled people stay independent. And the worst part of my journey was being in convalescent centers and not being with my family. Also being nonverbal in those centers and the bad things that happen from the staff to nonverbal people.

Bear Herbert 4:28

They think they're just invalids, I guess. And so, right now I'm on a great adventure. I have a gift of foresight I've always had and we are going to be producing facilities in Cook County, Oregon. And they're going to be 3d printed with hempcrete. I have one of the people that I've known in the past who does that.

Bear Herbert 4:58

And we're going to print the Is buildings and there's going to be a healing and recovery center for families to be able to go and recover if they want together as a unit. And then also there's going to be a Vocational Center attached to that. That is going to teach basic skills of all the different things I've done through my different stroke recoveries, that have helped me.

Bill Gasiamis 5:26

We'll be back with my guest in a minute. But first, let me tell you about my new book called The Unexpected Way That A Stroke Became The Best Thing That Happened. 10 tools for personal transformation. it tells the story of 10 stroke survivors and the steps they took, that got them to the stage in their recovery, where from a personal growth perspective, stroke transformed into one of those life experiences that on reflection was filled with many opportunities for growth and personal transformation.

Bill Gasiamis 5:56

In the book, there are chapters on nutrition, sleep, exercise, how to deal with the emotional side of stroke, tips and tools for mental well-being, and much, much more. To find out more go to recoveryafterstroke.com/book, to grab a copy from Amazon, in your part of the world, just go to amazon.com type my name Bill Gasiamis into the search bar, and you will get results for delivery to your place from wherever you are in the world.

Nonverbal communication and multiple stroke recovery



Bear Herbert 6:27

And in the healing center, there's going to be a lot of frequency devices and harmonic harmonic healing. So it's the kind of thing that used to be considered woo-woo, not so long ago. But now the science is catching up mainstream to understanding what's happening and needing a Vel Walker. That's why I consider myself leaving this human suit so many times, but coming back to it, I have access to the other realms.

Bear Herbert 6:57

And so I've seen these frequencies and different lights and things that I knew would heal me. And so in 2015, I tried to find some, and I found some, they were red light machines. But I ended up getting an itera care device from Price International. And I use that on myself. And yeah, so that's kind of what it is.

Bill Gasiamis 7:27

All right. So your experience with being nonverbal. You were nonverbal until the age of seven?

Bear Herbert 7:37

No, I was verbal, I was talking at a very, very young age, and it kind of scared my parents. Because I was talking at a very young age, and I told them things and things I saw. And because I'm this way, as born in 83, as a dead baby to a lupus patient with the cord wrapped around my throat preemie. And so I've always had this way of being and it freaked my parents out when I was younger, saying things and telling them what I was, who I was talking to, and all those sorts of things, you know, I can imagine, really just disorienting from them.

Bear Herbert 8:16

But Wednesday the seventh, was the first time I went nonverbal because of some sort of physical injury. I was riding in the front of the four-wheeler with my cousin, and another cousin came over the hill, and we had on and my knees were in the middle. And I just couldn't talk for about three weeks. And then I started talking again, and everybody's talking about I'm just a drama queen.

Bill Gasiamis 8:48

Uh-huh. So then it became just something that happened, something that you did rather than something that happened to you, and then you were better for quite a long time? Did you have any situations where things went off track after that?

Bear Herbert 9:03

There were a lot of times that I had things happen that I went nonverbal sense them through childhood, but as always I was going into the hospitals and then doing tests and saying that I was just mentally and emotionally fatigued. And that's crap. And then so when I was an adult, I made my living in the oilfield drilling gas holds for assholes and kind of the funny vernacular, but I was doing that and operating cranes and heavy equipment and stuff.

Bear Herbert 9:42

And my boss came in one day to the field and picked me up and looked at me and said, I don't know what you're doing. But then keep talking on the phone and you won't answer me. And I answered him, and he's like, you know, words are coming out of your mouth Bear. And it just shocked me, because I was talking to him on the phone, and he hung up on me. But I was 32 at that time, and I went to the emergency room.

Bear Herbert 10:16

And they did the same thing. They did a bunch of tests and stuff. And they said that I was just emotionally and mentally fatigued. And so, at that time, I kind of had to stop working for other people. And so I, this shirt I have on his shirts, decorative concrete, I ended up building for businesses and years. And just every time I go through a stroke, I get on a different savant. Something comes to me in the Val, and I have to know all I can understand about it, or else my spirit isn't satisfied. And I've done all sorts of dogma studies and different things, and blah, blah, blah.

Bill Gasiamis 11:04

So just before we go there, before we go there, let's go back to your employer. Did your employer go and get you checked out? To see why somebody said you were nonverbal? And you thought you were responding, and they couldn't tell that you were responding? Did you go to the hospital? Yeah, go through that process?

Bear Herbert 11:30

Yeah, that's where he took me to the emergency room. And it was Christmas Day.

Bill Gasiamis 11:37

Were you aware that you weren't talking at that time? And did it come and go?

Bear Herbert 11:44

No, I thought words were coming out of my mouth. And then I looked at myself talking to myself in the mirror, and my mouth wasn't even freaking moving.

Intro 11:45

If you've had a stroke, and you're in recovery, you'll know what a scary and confusing time it can be, you're likely to have a lot of questions going through your mind. Like, how long will it take to recover? Will I recover? What things should I avoid in case I make matters worse?

Intro 12:13

Doctors will explain things. But, if you've never had a stroke before, you probably don't know what questions to ask. If this is you, you may be missing out on doing things that could help speed up your recovery. If you're finding yourself in that situation, stop worrying, and head to recoveryafterstroke.com where you can download a guide that will help you.

Intro 12:35

It's called seven questions to ask your doctor about your stroke. These seven questions are the ones Bill wished he'd asked when he was recovering from a stroke, they'll not only help you better understand your condition, they'll help you take a more active role in your recovery, head to the website. Now, recoverafterstroke.com and download the guide. It's free.

Neurological disorder and its effects on the life of Bear Herbert

Bear Herbert 12:59

So there's a weird disconnect with my nervous system and everything is just as pulled away from myself. And it happened again when I was doing my decorative concrete stuff. I was doing proxies. I got USDA approval for indoor labs, horticultural centers, and clean rooms. So I got picked up by the cannabis industry and stuff. And I have researched plant-based medicines.

Bear Herbert 13:35

And it was a selfish kind of a deal, what I could do to help little kids like my little brother and I have to go through the things we went through with our parents if we went unknown, and so we ended up getting cannabis legal agents in the state of Utah for medical use. And then I was doing some floors at home and went nonverbal. And I call my little brother and just kind of web lead out a whimper and he says, Oh my God, give me a pen where you're at, I'm gonna come help you.

Bear Herbert 14:09

So I did, he showed up. And he had a whiteboard with him. One of the markers. As crying little tears were coming out of my face. And he says we can do this buddy, remember Legends of the Fall? And He curled his face up and writes fuck, and starts laughing and I started crying. He's like, don't cry, man. Just write down what you need me to do. And we'll do this. And so we got these floors done and stuff without me being able to even talk. And that happened quite a bit.

Bill Gasiamis 14:47

That happened quite a bit. So at what age was that?

Bear Herbert 14:53

That was starting when I was 32. I ran my businesses for three or four years and kept having more strokes and more strokes and just weird things happening.

Bill Gasiamis 15:07

Did anyone ever diagnose a stroke during those nonverbal episodes?

Bear Herbert 15:12

No, not at all. That's the part that made me so apoplectic. I was just completely

beside myself. And so when I got here to Oregon, again, I've lived half my life in Central, not central, but Northeastern Colorado, not sorry, Utah, on the reservation and half my life here in Central Oregon. And there are better facilities here and a lot better-trained staff, I believe. And that's when I got diagnosed with antiphospholipid antibody syndrome. I was able to understand what was happening.

Bill Gasiamis 15:54

Was that a good diagnosis? From the perspective of Aha, here we go, we've got something to work with, or we've got some kind of an answer. And does that make you feel like perhaps it explained some of your childhood and some of the things that you experienced maybe from a medical perspective when you were younger?

Bear Herbert 16:16

It didn't as far as flesh things out from my youth, that was still that part was still an enigma to me and every facet, however, and I got some basis to understand things and what was going on with my blood and blah, blah, blah. But in 2002, when I went catastrophic, that was the real Keystone for my understanding.

Bear Herbert 16:46

When Dr. Carr came in, and told me, This is what's going on, I believe, he started asking me questions did I have a memory of extremely high temperatures, or fevers when I was a kid, have I ever gone, had a bad infection and different things, and my appendix was ruptured for seven days, my senior year of high school, and I didn't get my antibiotics after I got out. And so my stomach opened again. So there were a lot of things that he could check, check, check. Oh, my God, this is what's going on. And when I got that caps diagnosis, that is when clarity came to me, I'm like, Whoa,

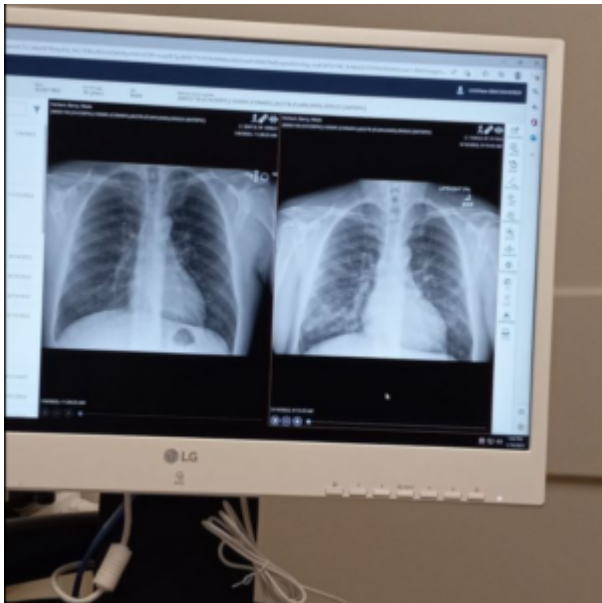
Bill Gasiamis 17:31

What are the caps again?

Bear Herbert 17:35

I had a bunch of stuff pulled up so I could read it all to you. But I'm disheveled. And I haven't been able to right now.

Cryopyrin-associated autoinflammatory syndrome (CAPS)



Bill Gasiamis 17:43

Let me see if I can find it, so is it an acronym C.A.P.S?

Bear Herbert 17:48

Yes. It's a neurological disorder that expresses itself sporadically. And the doctor that I saw he's seen two of us.

Bill Gasiamis 18:02

Let's see if it has a description, CAPS neurological disorder, Cryopyrin-associated autoinflammatory syndrome.

Bear Herbert 18:22

There you go.

Bill Gasiamis 18:23

Whatever that means. Cryopyrin-associated autoinflammatory syndromes. And what does CAPS do to somebody? Do you know that?

Bear Herbert 18:41

For me, I have a super esoteric soul because of what I've been through and the hell so much. But what it does to me is there's a phenomenon in the UFOlogy world, that's called a pythium, the apothem effect. And that's really what it does to me because I feel like my whole life I've lived in this mystic prelude of this

grand mystery of creation. And I've been an intimate orchestrator of set events in my life.

Bear Herbert 19:23

I feel and understand that I've been there and done these things. So for me, I get a disconnected feeling from my body, and I'm here at my neurokinetic therapist's office right now. I'm going to help him do some stuff in a minute. But that was a key for me and my healing was this neurokinetic therapy.

Bear Herbert 19:44

Because I was pissed when I first came because he put me squarely back in my human suit for the first time in my entire life. Because I spend most of my time in the ethereal realm just having fun without filling my body. be okay. And I knew I had to sell my body to heal. And I was like, Oh, no.

Bear Herbert managing symptoms through dissociation and spiritual practices

Bill Gasiamis 20:06

Okay, so let's break this down. So when I searched for caps the symptoms were nowhere there Bear doesn't say you have out-of-body experiences, or you're living in the ethereal realm, what it says is periodic episodes of skin rashes, fever, and joint pain. It says these episodes can be triggered by exposure to cold temperatures, fatigue, or other stressors, or they may arise spontaneously episodes can last from a few hours to several days.

Bear Herbert 20:45

So my whole body looks like I've been burned excessively, all over my skin. And that's when a flare-out happens, and they get big giant welts on them. And it's very painful.

Bill Gasiamis 21:04

And they just occur?

Bear Herbert 21:07

Yeah, and my eyes. Another thing is my eyes, whenever I'm at CAPS flare, my

eyes get bloodshot and painful. And I guess I told you a little bit more than I needed to or should have about how I experienced stuff.

Bill Gasiamis 21:23

No, no, you didn't I understand what's cool. What's cool is that now because I'm such an expert in diagnosing people and all these things, to me what it sounds like, to deal with such what seems like you know, very dramatic, physical experiences and feelings.

Bill Gasiamis 21:49

You've become good at disassociating yourself, from the physical experiences in a way to manage pain, and you, you go out of body, and you go to this other place where you can exist, and you can coexist with your physical self, and not experience what most people would probably have a very uncomfortable time experiencing. So, do you feel that maybe it's a, perhaps an ability that you had, that you've been able to develop? And you've been able to get good at? Because you've had to deal with caps for such a long amount of time in your life?

Bear Herbert 22:37

Yes, and no, I didn't develop it. I was born having this ability. Yeah. But what's been hard on what I've had to work on, mentally, is the key that I got to put into my head, you got to be in this human suit. And that's the bottom line. I realized, that when 2016 When I had those strings of strokes, I went completely white, my hair and my face, everything was white, like I was 115 years old.

Bear Herbert 23:11

And now my hair's got color to it, and stuff again. But the reason why that happens is that when you're in your Merkabah, your human Sue white body, there's no light in your human suit to nourish it. And you can't do that you'll atrophy in one way or another. That's what I was doing and happy to do so. But now I realize I've got a mission, and you better get your ducks in a proverbial roll young man, or you're not gonna succeed.

Bill Gasiamis 23:53

Are you stepping into your body more often permanently? How do you experience, your day? How do you do that? Not how do you specifically do that? But how do you spend time in one place or another place? Or have they combined?

Bear Herbert 24:10

The craziest thing ever is, since I'm very very olfactory driven, and after those first sets of strokes, I was living in a neighborhood and I don't know how people know things or whatever understand. But anyway, the human suits we have been hacked or DNA for profit. And every race has its proclivity to certain neurotoxins, as far as laundry soaps and detergents.

Bear Herbert 24:45

And at that time of that stroke event, when I got out of the nursing homes and stuff, I'd go walking down out of my house and I would start having seizures because everybody's long Read detergent stuff. And so now how I found my neuro kinetic therapist, he's across the thing from a nail polish place.

Bear Herbert 25:10

I came with my elderly neighbor because there's a dentist there too to help her support her to get her dentures but then fingernail polish triggered me and I liked it's I'll I was in the Val I could see colors and different energies and I walked by this office neuro kinetic therapy, and it says multi-dimensional healing neuro kinetic therapy and strength training.

Bear Herbert 25:37

And I went open the door like four times and talked myself out of it and walked away about the fifth time the gentleman opened the door and he was biting. So I'm like, Are you a stroke fisherman I kind of cocked my head like a dog 20 degrees to kind of get a different view, you know? And he's not but he has archeological issues as well. But smells are what will trigger me to just get out of my body whether I want to or not, and I have no control over it.

Bill Gasiamis 26:06

And when you're out of your body, what do you experience that's different? So are you in your body now or out of your body now?

Bear Herbert 26:12

I am in this human suit. I'm very aware of my nose on my face. And I can see you I can see my hands. When I'm out of my body. It depends on where I'm at. I got diagnosed as a cataplexy tick in 2002, as well. I got into a head-on in 2001, I got this little teeny cut underneath my eyelid. And I had a head-on with the 2000 Peter bill and smashed my skull and my sinus cavities in.

Bear Herbert 26:45

And I have not slept but one or two hours a night since then on average. But now I'm able to do more because of all these beautiful things. But when that happened when the doctor diagnosed me with cataplexy, they asked me he said, Do you sleep Ababa? We're talking about it. And I told them, I'm not even here. Yes. What do you mean, you're not here? And I pointed back up to my right shoulder.

Bear Herbert 27:15

And I could see myself sitting up there watching. And he looks up. And he says, What the hell are you looking at? And I said I'm looking at me talking to you. And he had something spilled on his shirt. And I could see it from up there. But I couldn't.

Bear Herbert 27:33

I wasn't in my body to see what was on his shirt. But I told him, he had some mustard or whatever. And he's like, this is creepy Bear. I'm like, sorry, I don't mean to freak you out. Just, I'm trying to answer your questions. I don't understand my reality either. And I'm comfortable. Making love to the mystery, of what all this is.

Synesthesia and mystical experiences of Bear Herbert



Bill Gasiamis 27:57

I love it. I love that you're comfortable with that. Because I believe people when they tell me that they have these experiences, I don't mind. I don't get it. I don't know what it's like, but I'm cool with it. If that's what you're having no problem

with. The cataplexy is the sudden loss of muscle tone while a person is awake. So, you're in your life, you have these interesting things that happen.

Bill Gasiamis 28:25

One of them is you go nonverbal, and there's you're not you don't know your nonverbal and you try and communicate and it's you think you're communicating but the other person can't hear you. You also have cataplexy sudden loss of muscle tone while you're awake. So is cataplexy something that you are aware of you know that it's happened? How does it affect you? Are you not able to stand up? Are you not able to walk? How does it work?

Bear Herbert 29:00

That's usually when I disassociate is when that happens. And that's how that whole apothem conversation and why starting God on was because that's the closest thing I can relate it to that people might understand to grab a hold of, but I just go away from myself, but I'm also hyper, hyper-aware, I have, I have these glasses that I had on my face, and I took them off.

Bear Herbert 29:32

If I have my glasses on, everything is clear to me because they're prescription glasses. If I have them off, everything is a little bit fuzzy, and I don't get hyper-fixated on things. And I'm able to have a conversation with people. So when I go into a business or a doctor's office, I take my glasses off so I can instead of just zoning out on the details of their face As in the colors of their eyes, and just going off on some weird tangent in my soul.

Bill Gasiamis 30:05

Bear. This sounds like a mushroom trip.

Bear Herbert 30:08

It feels quite like one.

Bill Gasiamis 30:11

Okay, because I've had the pleasure a few times, right? So then what that reminded me of was when I've had some mushrooms, what it's done is made me hyper-aware of things, and looking at myself in the mirror is quite an experience. Now, some people listening to this podcast have never heard me talk about this kind of stuff before and they might be going, Whoa, who is this guy? I'm not anyone that I don't have a lifelike bear. But I have had a curiosity, since the

stroke about what life is what else is possible, and what else we can see.

Bill Gasiamis 30:49

And let me tell you that mushrooms, a small amount of mushrooms from the right person, and all that kind of stuff in the right setup, and the right location, which usually is in a dark room in my house. Reminds me of what you're saying. It makes me see colors and sounds and faces and voices and things that aren't there that I experienced that are pleasant to experience.

Bill Gasiamis 31:21

Because it's in a controlled environment. I don't have to explain it to anybody. And, it's quiet. Man, it's like holistic in that you feel your body, your spirit, you know, all your senses. Everything is having the experience. It's just not my imagination. Do you know what I mean? It's beyond my imagination.

Bear Herbert 31:46

I live in that place.

Bill Gasiamis 31:48

Okay. All right. So I understand you. Okay, cool. Well, that's what I'm trying to do understand you. So it's not an imagination thing. It's an actual full experience. It's physical, it's emotional. It's spiritual. It's everything.

Bear Herbert 32:05

Are you familiar with CS Lewis, and his writings? Chronicles of Narnia, or any of that stuff.

Bill Gasiamis 32:17

Oh, okay. Yes. Okay. I understand I know that book and movie.

Bear Herbert 32:22

Yeah, he, was an author at the same time as Tolkien. And they were both theologians. And that's what they were doing writing allegories, and all this stuff. And he's got a great book, it's called Into the Awe. That's where I live. I live in this mystic moment. And have my whole life. And another cool thing. My oldest daughter when she was in high school, did a presentation for whatever it was in school, but I have synesthesia as well, but not classical synesthesia.

Bill Gasiamis 33:03

One second. One second, we need to explain that I'll bring it up.

Bear Herbert 33:08

I'm a case brother.

Bill Gasiamis 33:10

You are man, it's such a bookcase from my perspective. I don't know what it's like to be. Okay, great. That's excellent. So synesthesia is when your brain routes sensory information through multiple, unrelated senses, causing you to experience more than one sense simultaneously. So to give people who are listening an understanding.

Bear Herbert 33:38

Ratatouille, the about the rat? That's synesthesia. When he's tasting the food and seeing all the colors and all it's the closest way I can touch it with somebody that Oh, and if they don't know the movie they watching. Damn, that's pretty fun.

Bill Gasiamis 33:58

Yeah, so will they get the experience of a sense of taste? And they experience it also in colors and movement and perhaps even in sound? And in a different feeling? Beyond just the flavor, it's beyond the tongue. It also happens elsewhere.

Bear Herbert 34:18

In the spiritual realm,

Bill Gasiamis 34:19

yeah. Okay. Sometimes people come and have synesthesia where they were a feeling an emotional feeling beyond an emotional feeling. It has a color, it has a sound, it has a whole theatrical experience that goes with it.

Bear Herbert 34:43

The coolest thing I've ever experienced in that same phase of discovery and recovery, my daughter took me to the Central Oregon Symphony. And it was just the most emotionally, mentally, physically spiritually elating almost orgasmic experience, because every sense that I have in my body and I have a little bit more extra than most was just completely elated.

Bear Herbert 35:23

It was the most beautiful thing. And we came out and there were big giant

snowflakes and the snowflakes were falling with the music I was just experiencing. So it went with me for about four hours into the rest of my evening when we left.

Bill Gasiamis 35:40

Did you pay extra for that event? Because you sound like you should have paid extra.

Bear Herbert 35:46

I feel like I should have. But it was a free cool thing that my daughter was able to get in for us. And it was pretty, pretty enjoyable.

Bill Gasiamis 35:56

All right. I know we've like gone off the topic of stroke. But we're gonna get back there I promise we're going to talk about stroke. But this is way more fun for right now. So how old are you now?

Bear Herbert 36:11

I just turned 40 Last April 29. This April 29. I'll be 41

Bill Gasiamis 36:17

Do you have a family? What does the family situation look like?

Bear Herbert 36:21

I have one son, but that's not any part of my life, unfortunately. And I have four daughters. And two of them are out of the house. And I had the pleasure of enjoying my first granddaughter in November. My oldest daughter graduated from COCC Community College with a degree in automotive. And she's a lead mechanic for the city. And then my 18-year-old is at home with me and my 14-year-old.

Bear Herbert 36:58

My 18-year-old is going to COCC for aviation. So she's flying around right now. I enrolled at COCC myself to get my GED and also to explore things that I know way more about than most human suits just because of who I am and what I've been through, like stones talking to me and all this weird stuff. But I want to learn from the professionals so I can hone my speaking abilities and understand when I need to just shut up and listen and the things I need to say and not say that's my next goal in life.

Bill Gasiamis 37:40

Okay, I love that. So I was going to ask you about how your life has been. Because I imagine that most people are not as receptive to your stories about what you're experiencing as I am. And some people might even think that you need psychological or mental counseling or therapy. So that's why I asked you about your family. Is there anyone else in your family that has some of this experience that you have? Or are you the only one?

Bear Herbert 38:15

Just me.

Bill Gasiamis 38:17

Have you ever met anyone that's like you or similar to you in the world, that you bumped into down the road somewhere? And then they said, Hey, man.

Bear Herbert 38:27

Somewhat, I've got this way of being like I said, and I am a creator's noble heart for whatever that means to anybody. And so one of my jobs, I had my own business. And as going out the door late for work, was my schedule. So I'm only one new as late putting boots on jumping out of the, you know, into my truck. And there was a vehicle running off the road down the road, he was trying to run people off.

Bear Herbert 38:59

And I asked the creator and my guides to give me some advice here. And that's what I always do. I never get scared. I've never gotten scared. But I've been very concerned a lot of times. And that's what I do. I asked my guides and creator to put wisdom in me or angelic human suits that have angelic hosts in my path to help me and that's what happened. But in this particular event, I got in front of the vehicle and was able to stop him and he ran into my truck a few times.

Bear Herbert 39:34

But when I stopped him and got out to talk to him, I could tell he was having a massive stroke. Because my mom had strokes her whole life. My grandpa had stroked his whole life. So I'm very very adept at it. I watched my mom get resuscitated 14 times before I was 14 years old. And this man became a great friend I saved his life and he and my family went on this great hunt and did all this beautiful stuff. So I run into stroke patients all the time. That's divine

appointments.

Bill Gasiamis 40:07

Did you say your mom and your grandfather had strokes? Same condition?

Bear Herbert 40:11

My grandpa had lupus. And my mom did.

Bill Gasiamis 40:16

Okay. All right. So that makes sense. So you have experienced that side of stroke regularly in that you know what to say, You know what, to what it looks like, you know how to potentially visualize it and diagnose that somebody is unwell. Being unwell in that particular way might be a stroke because you've seen it so many times. Were they heavily impacted by what the strokes did to them with a disability? Or did they have deficits that they lived with?

Bear Herbert 40:50

My mom did, my mom ended up with kidney failure, and with the lupus and on dialysis and stuff, my grandfather lived to be 92 years old. And he was the roving mechanic for northeastern Utah. And he was just a billy goat and a wonderful individual.

Bear Herbert 41:13

And he's had deficits and stuff, and I just thought it was grandpa through the years, you know, but I understand now after having so many strokes, myself, and what that looked like for him, you know, makes me have a lot more empathy for, and also empathy and encouragement for the tenacity that my grandfather had. And just the sheer grit of that bastard was just absolutely amazing.

Bill Gasiamis 41:48

Those old-timers are a different breed. And let me tell you,

Bear Herbert 41:52

Yeah, they're pretty amazing. All my grandfathers, they always called me sweetheart. And they came to me in the hospital when I was catastrophic. And, before that, I can get my blood drawn out of my main vein without passing out because of the pressure differential, I can taste it and fill it. And I just saw that I worked with psychologists for years to start taking blood draws without passing out.

Bear Herbert 42:23

And then when I went to into the hospital, that was what that was for was to prepare me for that because I had four IVs, going 24/7 for two and a half months. But I was there the reason why I was there was to be kind of a minister to the disembodied human suits because it's disorienting when you lose your life to trauma.

Bear Herbert 42:49

You don't know what to do. So I was able to be there and help people understand if you want to travel on, feel free, but if there's something you want to stay here for, you're more than welcome to come back. And that kind of lets people pass with a lot more dignity. I think, just being the weird person I am.

Bill Gasiamis 43:11

Yeah. You're a minister for what? For the disembodied human suits. Okay. So where are you doing this work?

Bear Herbert 43:20

It was at the hospital, I was actually on the I was on the cardiac arrest unit floor. And that's the most traumatic floor of the hospital. And my window was a feasting window. So the sun was coming up in my window, and the helicopter would land and the ambulance would show up to unload people. But as they were showing up, I would see their light bodies just poof.

Bear Herbert 43:49

And I'm like, oh my god, this is why I'm here. I don't want to do this. I don't want to do this. And then when they came to me, my highest self and my grandfather's that going on towards the last days before I started having more of those strokes and getting the MRI machine. They told me the reason why you couldn't hear what we said was trying to tell you would use going to face when he's driving here was because we got to work on you.

Bear Herbert 44:16

And we need you to participate in it. I said what do you mean? And they said, Well, I've had cluster migraines my whole life since a child and they said, We're going to take these migraines away through some of these strokes, but we need you to participate. And like okay, what does that mean?

Bear Herbert 44:36

They said, just let your body do what it normally does when you start feeling these odd feelings and work with us. And so I did, and I don't understand it. But I said yes to the mystery of it all. That's the key to a successful life and a human suit. Saying yes to the mysteries of life. And it was rewired. I have had no Oh, no cluster migraines since that day.

Say yes to the mysteries of life - Bear Herbert

Bill Gasiamis 45:03

I love that. That is really good advice, regardless of which realm you live in. It's like, say yes to the, what was it to the? The mysteries and the opportunities? Yeah, yeah. That's another way of saying a bit curious and go with your curiosity and discover and learn and find out about things. Now. Your comments earlier, you've had many, many, many strokes in the form of small blood clots, etc.

Bill Gasiamis 45:34

And I've had three brain hemorrhages. And when I tell people, they look at me, and they go, Oh, you don't look like you've had a stroke. Or, you look great. And all that kind of stuff that you don't look like somebody who's had multiple, many, many, many, many, many strokes. So why is that? Why don't you look like a normal? Suppose a stroke survivor has a deficit. Who has been challenged with things? Why is that? You know, why can anyone tell you why

Bear Herbert 46:09

I can tell everybody why, but whether, they choose to believe it or not, that's up to them. It is because I know who I am. And I know where I'm from. And I don't want to get all esoteric on you. Because there's no point in all of that, however, it's because of my soul, and where it's from, and what my mission is. And I am here to there are a lot of Val Walkers ambulating the face of the earth right now, avail Walker is a person who has lost their life and the human suit, and come back to the same human suit.

Bear Herbert 46:47

There's more of us right now on the face of the earth than any other epoch of humanity. And why we are here specifically at this time, is because of this great ascension that is happening in the cosmos that is affecting the human suits on a

water planet, and human suits are made of water. We are dipole antennas, for Spirit. Therefore, we are here to help the human students ground themselves and get in touch with sources as much as they can to cleave the things that are going to help us progress as a species.

Bear Herbert 47:28

And there's been four bifurcations, that's happened in the last eight years that I've seen and tasted happening. And what that all means for us right now is the old things aren't going to suffice. And ambiguities, misleading things, half-truths, that shit is gone.

Bear Herbert 47:52

And what's going to happen is people that are ambulating with a proper heart posture of truth, clarity, and as almost what you do when you ambulate with a heart posture, you almost and you will ultimately end up activating your clairvoyant mind because we all have clairvoyance, see with us and within us.

Bear Herbert 48:22

And that was part of the strokes. When I thought I was talking, I was communicating with everybody. But they didn't have the same bandwidth to do the telepathy thing. And so that's why I was so befuddled by it all. Sorry, I talk in circles, but they all come together.

Bill Gasiamis 48:40

They do. You do talk in circles. It's interesting to hear. So. Okay, so then that's a cool explanation as to why you don't look like you've had a stroke. But then you know that you've had a stroke? or multiple strokes? Do any of those multiple strokes affect you with the standard face-arm speech type of symptoms?

Bill Gasiamis 49:09

Do you know that it's happened? When do you become aware of it? And then how do you take action around there since you know about stroke, and you've seen people have strokes, your grandfather and your mother? But how do you experience a stroke?

Bear Herbert 49:27

My big one is in 2016 sort of side years after I felt like my face was this right side of my face was a melted pepperoni pizza just dangling. And I'd look at myself in the mirror, shake my face, and see that it wasn't there. But I would fill it with my

hand and I could fill the drippy cheese and all this weird stuff. And now, the whole right side of my body is completely numb. I can't feel my right side.

Bear Herbert 50:00

My body period. And I've had to learn how to walk and talk multiples upon multiples. I'm going back to school now. And so I've had to have been forced to start writing again. And the first time I started writing left-handed to try to do that, but it didn't work. Now I'm just doing it with the math and stuff. And for the first two weeks, it looked like I was writing some sort of Egyptian glyphs of some sort. It didn't even look like words or letters.

Bear Herbert 50:38

I don't understand why. But once I started doing it and the teacher, I was open with her and what I was going through. And she's like, Well, I'll try to write this. And I look at her like, Are you freaking kidding me? And she looks at me like, Yeah, I'm not kidding.

Bear Herbert 50:55

And so I try it. And I'm like, Whoa, and I have a mental palate. And when I do it the proper way, what she was telling me, I can feel and taste those new neurons, neuro pathways connecting, and it's like electricity going right through my hand and everything.

Bear Herbert 51:13

And I'm like, This is my num hand, too. I'm like, and I'll just Woo and she looks at me like, What am I sorry, I just got a job. You got to have fun with life. And we can be crusty crabs, or we can put it on the light side of life and try to laugh through I'd rather laugh than cry. I've done too much crying in my wife.

Bill Gasiamis 51:35

So are you on any medication for the conditions that you've been diagnosed with? Especially the sticky blood, I imagine doctors would want you to want to get a blood thinner.

Bear Herbert 51:48

They I had been on Eliquis for years. And then the doctor went to refill them. And he told me I had to go on warfarin. I said I can't go on warfarin. He said, why? I said because blood will squirt out of my belly button. He said, That's impossible. And I'm like, Well, I'm not doing it. They said, Well, I'm not filling your meds. And

so I took steps to go to the doctor anymore for seven years.

Bear Herbert 52:20

And that's how I went catastrophic. Okay, and so when I went to the hospital, they put me on more friend, and one of the nurses, the nurse, nurse audiologist, came into the room, I pushed the button in the bathroom. So I need to talk to you to show you okay, I said yeah, just need to come in here she came. I said, brace yourself. She just said what's going on? I stood up and opened my hospital gown and blood squirted out of my belly button, and squirted all over her and she almost passed out.

Spirituality, mysticism, and visions

Bill Gasiamis 52:54

And why was that happening?

Bear Herbert 52:57

Because Warfarin is a rat poison. That's what it is. That's how it thins your blood. They use it for rat poison because that's how it kills rats. After all, they bleed to death inside. And I'm just this weird ass amalgam of the human spirit that works way differently than most.

Bill Gasiamis 53:19

But how did you know it was gonna bleed out of your belly? And then how was I heard out of your bag? I had

Bear Herbert 53:24

no idea other than the fact that I've seen it before. And I don't know when and how if it was in a different life, or I have no idea. I don't know how to get congruently in these things. That's the biggest frustration for me is experiencing the mystic all the time, but not having any congruence in it to be able to explain it to other human suits to grab a hold of as a tangible container for them to understand it.

Bill Gasiamis 53:54

Human suits you describe us as human suits. You don't see yourself in the same way. How do you see yourself and how do you see other people like me?

Bear Herbert 54:06

I am a human suit. I am completely anchored in this thing again because of Dave Edlund. But to answer your question more poignantly we are all spirit 100%. And if and spirit has no color. And so in one of my last lives, I was a black woman. And when I was a little kid, I had to drag around this little black baby naked baby doll and my parents would say, Who is that? A said that's me.

Bear Herbert 54:40

And they'll Haha No. And they didn't believe me. And then I found a picture of it and the album's the other day. I'm like, Oh, my God, I remembered it just like it's like, Highlander scene from the Highlander movies. It's a quick I mean, you just, you just get the memory and the light memory of that time and place and so if Bill had his whole Majesty in that beautiful human suit you were around, you cannot hold it, you would burst asunder is too much plasma too much light, you couldn't be able to anchor it in your body.

Bear Herbert 55:20

So you've got a seventh of Your Majesty within your human suit. Also, the solar flares, are plasma from the sun. And they update us as human suits when the people tell you don't give them the sun because it will cause cancer and all this stuff. That's not necessarily the truth. However, the things they sell you to put on your skin are toxic to you, and the water you go in is not good for you.

Bear Herbert 55:53

And so, if also, if the world had more human suits that were fully activated, that's what I do now, I go around activating people, I have a proclivity for Hazel-eyed brothers and sisters because I feel like we have a deeper sense of soul. And so when I talk to people on their Hazel alive, I can start talking to them.

Bear Herbert 56:15

And when I start talking to them, the hairs on my arm will start standing up. And that is a spiritual response to something resonating with your spirit. You have muscles in your skin called erector Pillai muscles. And so when things ping on that your spirit goes, whoa. And so I start talking to these hazle-eyed Brothers and sisters and telling these things, and then they start looking at their skin and it's doing that.

Bear Herbert 56:44

And what I do, I said, can I touch you? And if they say, Yes, I grab their hands. And I tell them, whatever made you feel this way, right now, cleave to that, that is what ignites your spirit, that's what's going to make you the human suit, angelic hosts you need to be to help the people around you. And that's kind of how I live my life.

Bear Herbert 57:08

And if all the human suits were completely awake and engaged, the Earth could handle it, the Earth would burst asunder because there's just too much light energy just for through our bodies. So everything is imbalanced as it should be. Whether it sounds crazy or not, it just is what it is. And I'm just grateful to be part of it. And be able to see these experiences and taste them in such lavish, robust ways.

Bill Gasiamis 57:50

You've always explained in our conversation, you've always explained these things as particular. You know, they seem to be quite positive experiences, does the taste ever become not nice? Do you ever have experiences where the visions or the visual aspect of it and the synesthesia is a not pleasant experience?

Bear Herbert 58:14

Yeah, it's not good. It's not good at all. It's, it's like all that embodies the thought of what evil might be shows up. And the worst part for me was in the convalescent centers being completely nonverbal and having the staff molest and rate me and stuff. Because I was just invalid, that kind of talk from their viewpoint.

Bear Herbert 58:44

And when those things were happening to me, it was the most disgusting, terrible taste on the mental palate you could imagine. It was the closest I could imagine because what it tasted like physically was the second time my appendix hole ruptured all of those things that I experienced these times were the same, they had that green, yellow, moldy, putrid flavor. On the mental palate, it's like your soul has been raped. I do a lot of advocacy for human trafficking stuff too, because of the way I see things and all that stuff, too.

Trauma, abuse, and mental health

Bill Gasiamis 59:35

Were you a kid when that was happening to you?

Bear Herbert 59:38

No, that was actually as an adult, young adult, here in Central Oregon.

Bill Gasiamis 59:44

So you had been nonverbal a few times.

Bear Herbert 59:48

Yeah, a lot of times.

Bill Gasiamis 59:51

And that those times, always ended up in hospitalizations.

Bear Herbert 59:56

99% of the time.

Bill Gasiamis 1:00:00

And then were there was anyone ever able to intervene during those experiences where other people mistreated you? Did those things get sorted and resolved, people get taken.

Bear Herbert 1:00:20

Now, nobody came to task for any of those things. One of the first ones I was an adult, considered an adult, and they put me in a rehabilitation center right here by this building I'm in. And it was a wonderful place, and they had a Zen garden outside and all this beautiful stuff.

Bear Herbert 1:00:42

But four patients were in there too. And they were all women. It wasn't the staff that did that, but it was the patients themselves. And they had come into my room and did those things to me. And then when I got out of those situations, I was a ward of the state and considered they put me in adult foster care.

Bill Gasiamis 1:01:08

Were you nonverbal as well as catatonic or what was your state?

Bear Herbert 1:01:13

Sometimes it comes in and vacillates.

Bill Gasiamis 1:01:17

Okay, so people to take advantage of a situation like that you'd have to be not able to defend yourself. Is that a state in which you're unable to defend yourself?

Bear Herbert 1:01:27

Completely catatonic.

Bill Gasiamis 1:01:28

Just okay. All right. So you're talking about this very matter-of-fact? Is it a matter of fact, are you okay talking about this? Have you dealt with this kind of stuff?

Bear Herbert 1:01:45

I'm cool talking about it, people need to know, the knees, there needs to be a picture that's properly painted, especially for this center that I'm about to embark in. For people to understand what the reality could be without having something like this east of the Cascades.

Bill Gasiamis 1:02:05

Do people find it difficult to hang around with you? Because your conversation goes to so many places, you're the kind of guy, in Australia, we've got this thing that we do, right, which is, when you ask somebody, Hi, how are you? You're not interested in their answer. You just say hi, how are you? And the other person says, Good. And then they say, how are you? And you say, good.

Bill Gasiamis 1:02:31

And then that's considered like a long-form greeting, right? But you seem like the kind of guy if I said, Hey, Bear, how are you? If I asked you that question, I'd get a 10-minute answer. Are you as a result of that? Are you difficult to hang around with? I'm not saying that I wouldn't want to hang around with you or whatever. But I find that many people because I've asked you questions I've tried to make this conversation about stroke.

Bill Gasiamis 1:02:58

It's not going to be about stroke. And I'm cool with that.

Bear Herbert 1:03:02

I'm sorry. Thank you.

Bill Gasiamis 1:03:03

Yeah, that's all right. And then it's like, how do people interact with you? Do people interact with you? Do they struggle to interact? Because I imagine that most people are not prepared to go down this path with you. How do you interact with people? It's so interesting.

Bear Herbert 1:03:26

A poignant answer is the way forward for us now, understanding that and therefore, the people that are close to me in my life like my family and stuff. I wear them thin, quick. However, out in public and stuff, I'm just a magnet to other people. I mean, people come up to me and start telling you some of the most outlandish stuff that's personal to them that they are going through have been going through.

Bear Herbert 1:04:01

Because I am that dipole antenna and my energy is very enveloping, and I am a spirit of unconditional love. And a lot of people get it twisted in their constructs and their own mental space. Some people think that I am an entity that wants to be with them and stuff intimately. And it's like, you know, I just love you and whatever you're going through, I'm here for you as much as I can be.

Bear Herbert 1:04:38

But that's where it stops. So in public, I do very, very well, especially with my devices. I kicked open the door in the ethereal realm again to start the Traumatic Brain Injury Awareness group here in Central Oregon. And I wear a necklace on my neck that has Essential Oil and that's overwhelming to my factories so I don't mess up.

Bear Herbert 1:05:05

But there are people more sensitive than me. So I need to charge my ozone machine and wear it around my neck so that way I can be buffered from all these smells. But still not push other people over the edge. I'm a very considerate motormouth, I guess you could say.

Bill Gasiamis 1:05:26

So you consider yourself a motormouth. And that's probably the terminology that somebody might use to describe. Bear that Motormouth Edge starts talking

anyway and never ends this type of situation. I've heard it a lot. Okay, okay. All right. So you're very aware of yourself, you are quite familiar with how you are experiencing the world by other people, etc. Now I relate to something that you just said, I relate to being in the street, it's a lot of people.

Bill Gasiamis 1:05:56

And then it's like, I get picked out or singled out by the homeless person, and they make a beeline for me. And they say to me, have you got some change, and there's 1000 people around me. And I've it's happened once or twice, and I didn't think anything of it. But it happens all the time. And I've started to notice a pattern.

Bill Gasiamis 1:06:16

And of course, I always go into the central business district with change, because I now know that I'm going to get asked, and if somebody asks, I want to be able to give somebody three or \$4, to buy a coffee or whatever, or to add to the collection of coins so that they can achieve what they need to achieve for that particular day. And also, you're the kind of guy that I run into a lot. And I'm not saying that.

Bill Gasiamis 1:06:47

And I say that because I will stop, something will stop me or I'll have an interaction with somebody that seems benign. And then I'll be going into places with them after I've just met them that I shouldn't have ever expected to go. And when requires having conversations about things that we should never have expected. So I can relate to that part. And I get rather than try and wrap people like you up, wrap you up and say, Well, I'm done. I've gotta go.

Bill Gasiamis 1:07:21

Or I'm not interested in that. I am curious about what they have to say where and where they're at and what they're talking about. And you're not the first person I've come across who has told me about these types of conditions or since they are I call them conditions for lack of lack of me being able to describe them.

Bill Gasiamis 1:07:21

But synesthesia and all these experiences and other realms and out of the body and in body and crossing the boundaries between the two. And then you said something else that's interesting. Which are Hazel-eyed people why Hazel-eyed people why not blue why not green? Why Hazel? And do you know what color my

eyes are?

Bear Herbert 1:08:08

I'm assuming they're Hazel, but I don't know.

Bill Gasiamis 1:08:10

Well, there's a bit of green in the middle. And they're hazel, and they change but mostly, if you look at my eyes, you think they're Hazel or brown people will describe them as brown. If you go be closer you get to see the green tinges so why Hazel?

Bear Herbert 1:08:30

That's the part of the question. And I'm saying that I will go break into deep esoteric.

Bill Gasiamis 1:08:43

Narrow it down, just give me the because answer or the very simple one. Like you said, Why not blue? Why not green? Why not black?

Why the need to connect?



Bear Herbert 1:08:56

The Hazel is more anchored into the great root race that hasn't been truly activated on this plane yet. Has nothing to do with color or ethnicity. It's a spiritual place where it's from.

Bill Gasiamis 1:09:14

Okay, I don't know what that means. And maybe we shouldn't go into it. But like, I had to ask that something was making me ask. That's cool. So why did you feel the need because you seem like you're very able to be adaptable, you're very able to come to terms with things that are going on that have happened to you that you're experiencing. Why did you feel the need to connect with a group of people on an Instagram page, which is about recovery after a stroke? What drew you to there?

Bear Herbert 1:09:56

Everybody who's been through a stroke is just an inspiration to all of humanity, whether humanity wants to realize it or not. But each one of us is a major asset to the whole of humanity because we've been to places that are darker and more disruptive to the soul than 99% of the human suits ambulating the face of the earth right now.

Bill Gasiamis 1:10:20

Wow.

Bear Herbert 1:10:23

That's the short answer.

Emotional recovery and the warrior heart concept introduced

Bill Gasiamis 1:10:24

I can relate to that. I know what you mean. Okay. So what do you feel like a kinship with people who have had a stroke?

Bear Herbert 1:10:35

One more time, please.

Bill Gasiamis 1:10:36

Do you feel a kinship with people who have had a stroke?

Bear Herbert 1:10:41

Yes, absolutely. I feel like they're my brothers and sisters on different levels and other people can't possibly comprehend.

Bill Gasiamis 1:10:50

Okay. I was going to ask you, are they the people you relate to the most?

Bear Herbert 1:10:57

Yep.

Bill Gasiamis 1:10:58

Okay.

Bear Herbert 1:10:59

I get it. Because usually, we're the most looked down on in society as well. Just how things happen, I don't understand it, but I see it and I taste it and with me, how I understand how I affect others, I can feel and taste their energy. And if people are more attracted and want to talk to me, I can feel and hear it a block away. And I've had a choice in the past part of my life to where I could run away from it and I have, and they always find me anyways.

Bear Herbert 1:11:34

So I have decided to stop running from anything. And I needed to know, I know, I'm about to, you're the springboard for me into what I'm walking into. Now, I appreciate this opportunity more than I can properly convey.

Bear Herbert 1:11:51

But I am about to enter a phase in my life of international speaking engagements of different kinds and sorts when I needed to break this ice for myself and my consciousness to say, you can do this. Don't be afraid. Don't be a scary bear. But be that warrior heart that you are, and faith with integrity, and poignancy, and please don't walk in circles there, but I did.

Bill Gasiamis 1:12:29

The warrior's heart is an interesting term that you use to tell me what is a warrior's heart. One of the things that stroke survivors miss in their recovery is doing the work that's related to the heart, the heart, the emotional work. So what they do is because we're such a head-based society, we all do the head-based recovery, it's like, well, we have to fix the brain because the brain has been damaged, which I agree with, it's perfectly fine.

Bill Gasiamis 1:12:59

We get stuck there. And often then people who can't walk or move one of their

limbs, go into a physical recovery. But very rarely do I come across stroke survivors who have had an emotional recovery or heart-based recovery and in my book, there's a chapter called The Heart Brain Bear. So tell me why. Why the warrior heart how did you come up with that term? What does that mean? The warrior's heart.

Bear Herbert 1:13:29

For me, personally, the most poignant I can put it without going into all the rabbit trails that need to be gone into to flesh it out properly. William Wilberforce is the original abolitionist in the modern era. He is the English Parliament Terry that got the abolishment of the clamp, transatlantic slave trade.

Spirituality, consciousness, and personal growth after multiple strokes

Bear Herbert 1:14:01

I am a complete abolitionist at heart. So I have to feed my heart properly to be able to properly ambulate my mission and cute and execute my mission in this human suit because I'm done. I'm not reincarnating in this place again. So I've got things I have to get done. And that puts a lot of fire in my soul and still into my words.

Bill Gasiamis 1:14:46

Your experience, you're out of body out of the human suit experience that you have. Is that a heart-based experience? If you can associate it with intelligence in your body is a heart-based experience because we have neurons in our gut, we have neurons in our eyes, we have neurons in our brain, and we have neurons in our heart. There are neurons throughout our nervous system.

Bill Gasiamis 1:15:22

And I consider them intelligences. The eyes, for example, are part of your brain, and they are the external part of the brain, they are part of the brain that has evolved to be outside of the head to bring in information and allow us to transverse the planet. And to get around and to be safe and to avoid obstacles and all that type of stuff to give us information. So your out-of-human-suit experience is what kind of experience can you associate it with in the human realm?

Bear Herbert 1:16:02

It is connected to the heart, but it is completely other than the heart. People that are very religiously dogmatic, understand it to a very, very, very fine detail because of their dogmas and the different rituals, and the different relations they get from their different religious practices. So it's pure, an unbridled spirituality.

Bear Herbert 1:16:38

For me, it's just I'm living my naked self, my soul bared to the universe, and my heart is on fire, just doing battle in the angelic realms. And that's who I am. I'm a warrior. And I imagine when I was a black woman, I was probably a beautiful Amazonian warrior as well, I'm assuming because that's my soul. You know?

Bill Gasiamis 1:17:11

Why not? What do you hope to speak about when you get to the stage?

Bear Herbert 1:17:24

The enlightenment that needs to come to humans suits their development, and treat each other the way it needs to be done. None of us are more important than the other. We're all super interconnected, possibly way more than we can imagine.

Bear Herbert 1:17:44

We are the universe expressing ourselves through these human suits. And once we grab a hold of that, literally in our minds and souls, that is when the biggest shift for humanity is going to anchor in and new days are on the way. I just need to figure out a better way and polish myself enough to not do my rabbit trail job or drabble that makes people nauseated by talking to me.

Bill Gasiamis 1:18:19

Yep, that'd be part of your training, you're gonna have to come up with a script. Practice that script, memorize it, you know, have an opening, have a middle part, have a conclusion, and stick to it. And then just practice and practice and practice and get to the point where you can just get that out.

Bill Gasiamis 1:18:41

Make sure it delivers the message. And then leave it at that because, you know, those spaces are always limited for time. Deep dives into these types of things are not always possible, but it'd be very interesting to hear you deliver such a well-structured.

Bear Herbert 1:19:07

I'm interested to see what it's going to sound like too. I've never shirked away from anything in my life. The things scare me I jump in. As an adult, I worked on the drilling rigs, I was scared of heights, but I always worked on the Derrick's 300 feet above the ground when things were moving and made to sway because I was scared of it. I've always been scared of snakes. I catch every snake I can see so I'm not scared of it. I was scared of public speaking. And so here I am talking to Dill. Doing the damn thing.

Bill Gasiamis 1:19:43

Yeah, it's good. This is a gentle way to get into speaking publicly because it doesn't have to be too structured. We can go all over the place that doesn't matter. Right? But on a stage, you have to be a little more restricted in the way that you go about, which is cool.

Bill Gasiamis 1:20:01

I noticed when you answer a lot of my questions, you look up and your eyes kind of tend to tuck back behind your eyelids is that something that allows you to access the areas or the places where you need to go to get answers? Or is that just a human physical trait that you just have?

Bear Herbert 1:20:26

No, I'm getting memory and pulling my memory answers down out of my database, because we're all human computers whether we realize it or not. So I look up to grab my information to come back to you.

Bill Gasiamis 1:20:45

That's pretty common because people do that. Most people access their memories, either by looking up to the left or up to the right, most people will look up into the left. But you're just more obvious, you have a very prominent way of going there, you go there with both eyes, and it's almost straight up rather than up into the left and you spend a lot more time there than most people.

Bear Herbert 1:21:12

I taste it. That's I think that's why I'm lingering because I'm getting the flavors and the textures of everything I talk about are so deep and so beautiful. And trying to put that into poignant words is tough, especially for such an elaborate soul as mine.

The three questions for Bear Herbert

Bill Gasiamis 1:21:33

Okay, I get it. So, we're going to ask you the three questions a lot of people get asked in the podcast for stroke survivors as we wrap up the episode. What is the hardest thing about a stroke for you?

Bear Herbert 1:21:54

The lack of empathy the world shows stroke patients is what burns me worse than anything.

Bill Gasiamis 1:22:03

Or enough. What has stroke taught you?

Bear Herbert 1:22:09

Resilience? Tenacity.

Bill Gasiamis 1:22:18

And what do you want to tell other stroke survivors? Allow yourself to go beyond the two-word answer for this next question, which is, what do you want to tell other stroke survivors who are going through something similar? That we've been through or just on their journey or they're a little bit confused, they've found this podcast they don't know how to deal with it, or what do you want to tell other stroke survivors? What would be your words of wisdom?

Bear Herbert 1:22:52

Not only are you important, but you're an inspiration to this world. And to another human suit that has no comprehension of what you're going through. And the lack of empathy that they show you should help foster and grow tenacity in your soul to be able to articulate properly, the depths and beauty of your soul to the world around you. Because you are an asset to this world. Like no other. You got this shit, you're an inspiration to all of us. Kick ass!

Bill Gasiamis 1:23:38

That's awesome. Bear thank you so much for joining me on the podcast.

Bear Herbert 1:23:43

Likewise, brother, I appreciate it.

Bill Gasiamis 1:23:46

Thanks for joining us on today's episode to get a copy of my book about stroke recovery go to recoveryafterstroke.com/book. To learn more about my guests, including links to their social media, and download a transcript of the entire interview, go to recoveryafterstroke.com/episodes.

Bill Gasiamis 1:24:06

Thank you to everyone who has already left a review about the podcast on Spotify and iTunes, it means the world to me. Podcasts live and thrive because of reviews. And when you leave a review, you're helping others in need of this type of content to find it easier. And that is making their stroke recovery just that little bit better.

Bill Gasiamis 1:24:29

Go ahead and leave a review and a few words about what you think the show means to you on iTunes and Spotify. I would deeply appreciate it if we wouldn't have been able to get to episode 300 If people hadn't supported the podcast in the way that they do by sharing it, commenting on YouTube videos, and leaving reviews on iTunes and Spotify.

Bill Gasiamis 1:24:52

So I appreciate it. If you're watching on YouTube, and you comment below the video you'll get a response from me if you'd like to like this episode that helps as well because YouTube then makes sure that other people get to see these videos. If you're a stroke survivor with a story to share about your stroke experience, come and join me on the show. Interviews are not scripted, you do not have to plan for them.

Bill Gasiamis 1:25:18

All you need to do to qualify is be a stroke survivor who wants to share your story in the hope that you are going to help somebody else going through something similar. If you have a commercial product that you would like to promote that is related to supporting stroke survivors to recover, there is also a path for you to join me on a sponsored episode for the show.

Bill Gasiamis 1:25:40

For anyone interested in reaching out to me go to recoveryafterstroke.com/contact fill out the form explaining briefly which category you belong to, and I will respond with more details about how we can

meet via Zoom. Thank you again for being here and listening. I appreciate you. So you're on the next episode.

Intro 1:26:01

Importantly, we present many podcasts designed to give you an insight and understanding into the experiences of other individuals' opinions and treatment protocols discussed during any podcast or the individual's own experience and we do not necessarily share the same opinion nor do we recommend any treatment protocol discussed.

Intro 1:26:18

All content on this website at any linked blog, podcast, or video material controlled by this website or content is created and produced for informational purposes only and is largely based on the personal experience of Bill Gasiamis. The content is intended to complement your medical treatment and support healing.

Intro 1:26:35

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Intro 1:26:56

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Intro 1:27:20

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