



**HIDDEN TRUTH SHOW WITH JIM BRESLO**  
**AA KILLS**

**AVAILABLE ON ALL PODCAST APPS**



1  
00:00:04,470 --> 00:00:11,110

[Music]

2  
00:00:16,010 --> 00:00:13,400  
spiritual counseling is beyond

3  
00:00:17,960 --> 00:00:16,020  
traditional therapy it's beyond the mind

4  
00:00:20,000 --> 00:00:17,970  
because most people use drugs because

5  
00:00:23,210 --> 00:00:20,010  
they want to quiet the mind right mm-hmm

6  
00:00:25,009 --> 00:00:23,220  
what does the mind do it goes the past

7  
00:00:27,529 --> 00:00:25,019  
and the future it's monkey mind it

8  
00:00:31,099 --> 00:00:27,539  
drives people crazy what drugs do it

9  
00:00:34,310 --> 00:00:31,109  
stops it so there's another way to do it

10  
00:00:36,080 --> 00:00:34,320  
besides drugs it's learning about the

11  
00:00:38,270 --> 00:00:36,090  
computer and the body that we have the

12  
00:00:40,549 --> 00:00:38,280  
gift that we have we've been tricked no

13  
00:00:42,979 --> 00:00:40,559

one told us about it no one really told

14  
00:00:46,520 --> 00:00:42,989  
us what we're made of so walk me through

15  
00:00:48,650 --> 00:00:46,530  
how it works at seasons with you are you

16  
00:00:50,959 --> 00:00:48,660  
treating everyone at seasons or is it

17  
00:00:55,610 --> 00:00:50,969  
only people that are interested in

18  
00:00:57,860 --> 00:00:55,620  
everybody we have four houses now right

19  
00:01:00,979 --> 00:00:57,870  
we have four houses four different

20  
00:01:03,319 --> 00:01:00,989  
programs and I basically get to see

21  
00:01:06,350 --> 00:01:03,329  
everyone so that's how it works the four

22  
00:01:08,800 --> 00:01:06,360  
houses meaning there no four different

23  
00:01:11,780 --> 00:01:08,810  
houses there's a professional program

24  
00:01:13,850 --> 00:01:11,790  
there's a mental health program there's

25  
00:01:17,330 --> 00:01:13,860  
regular seasons and then there is sort

26

00:01:19,910 --> 00:01:17,340

of a there's one in Agoura if you want

27

00:01:21,710 --> 00:01:19,920

less of a program and you you see you

28

00:01:25,609 --> 00:01:21,720

just want to I wouldn't say it's an

29

00:01:27,350 --> 00:01:25,619

outpatient but it's less intense okay

30

00:01:30,080 --> 00:01:27,360

the one that we're all familiar with the

31

00:01:34,130 --> 00:01:30,090

typical breat what they call rehab is a

32

00:01:35,539 --> 00:01:34,140

what 30 day 90 days 30 days 90 days is

33

00:01:37,730 --> 00:01:35,549

the magic number

34

00:01:40,609 --> 00:01:37,740

you know why you ever ask yourself why

35

00:01:44,630 --> 00:01:40,619

because the brain gets over a habit in

36

00:01:47,149 --> 00:01:44,640

90 days it needs 90 days many are going

37

00:01:49,310 --> 00:01:47,159

just for 30 days exactly and that's a

38

00:01:52,760 --> 00:01:49,320

problem we will maybe be seeing them

39

00:01:55,850 --> 00:01:52,770

again so why why is it all based on 30

40

00:02:00,620 --> 00:01:55,860

days it's a very expensive program and

41

00:02:06,950 --> 00:02:00,630

how much is it now it could be 70,000

42

00:02:10,490 --> 00:02:06,960

I'm not really sure about that well you

43

00:02:13,250 --> 00:02:10,500

get a lot you get a lot you see it's not

44

00:02:13,760 --> 00:02:13,260

just an AAA program at season's you have

45

00:02:20,500 --> 00:02:13,770

you

46

00:02:23,410 --> 00:02:20,510

there's many different modalities

47

00:02:25,910 --> 00:02:23,420

imagine working with a lot of different

48

00:02:28,360 --> 00:02:25,920

modalities and practitioners you get the

49

00:02:31,700 --> 00:02:28,370

best of everything so you know if

50

00:02:33,380 --> 00:02:31,710

beautiful place I'm gonna guess yes but

51  
00:02:35,150 --> 00:02:33,390  
it bothers me when people make fun of

52  
00:02:37,220 --> 00:02:35,160  
that like it's some kind of like you

53  
00:02:38,930 --> 00:02:37,230  
know social club because there's real

54  
00:02:40,730 --> 00:02:38,940  
healing that goes on and I'm really

55  
00:02:43,670 --> 00:02:40,740  
proud to work with my team because this

56  
00:02:45,860 --> 00:02:43,680  
is no joke if you come in and you meet

57  
00:02:48,080 --> 00:02:45,870  
us you're gonna get it man you're gonna

58  
00:02:51,350 --> 00:02:48,090  
get it at the deep dive level that you

59  
00:02:53,480 --> 00:02:51,360  
guys call deep dive it's a deep dive and

60  
00:02:56,510 --> 00:02:53,490  
you better be ready for it now does

61  
00:02:59,690 --> 00:02:56,520  
insurance cover some portion of it I

62  
00:03:01,880 --> 00:02:59,700  
presume yes but otherwise you got to

63  
00:03:04,670 --> 00:03:01,890

have a bit of money to be able to get

64

00:03:06,200 --> 00:03:04,680

into your average person yes I've had

65

00:03:09,860 --> 00:03:06,210

the privilege to meet some really

66

00:03:12,710 --> 00:03:09,870

amazing people stars celebrities CEOs

67

00:03:15,440 --> 00:03:12,720

and guess what money doesn't buy

68

00:03:21,140 --> 00:03:15,450

happiness yeah how do you like that you

69

00:03:24,680 --> 00:03:21,150

could see that everything everything in

70

00:03:26,750 --> 00:03:24,690

the world people I was you know would

71

00:03:30,380 --> 00:03:26,760

look up to I had the privilege to meet

72

00:03:32,990 --> 00:03:30,390

and we all suffer and we all suffer the

73

00:03:35,090 --> 00:03:33,000

same and that is the truth why is it do

74

00:03:36,860 --> 00:03:35,100

you think that celebrities seem to have

75

00:03:38,900 --> 00:03:36,870

a higher percentage of issues with

76

00:03:43,460 --> 00:03:38,910

addiction that is the greatest question

77

00:03:44,150 --> 00:03:43,470

because they get so into the BS they

78

00:03:48,230 --> 00:03:44,160

need it

79

00:03:49,850 --> 00:03:48,240

there's the outward praise and

80

00:03:51,770 --> 00:03:49,860

everything and you get really addicted

81

00:03:53,630 --> 00:03:51,780

to that and what happens when it ends

82

00:03:55,760 --> 00:03:53,640

that's why I've also met some really

83

00:03:57,250 --> 00:03:55,770

amazing sports people you know when

84

00:04:00,920 --> 00:03:57,260

their careers over they're drinking

85

00:04:02,840 --> 00:04:00,930

because they need it so there it becomes

86

00:04:05,600 --> 00:04:02,850

about a spiritual journey because you've

87

00:04:08,720 --> 00:04:05,610

got to keep it real right so I call it a

88

00:04:12,290 --> 00:04:08,730

return to the authentic self we all are

89

00:04:15,050 --> 00:04:12,300

on that journey right the return to the

90

00:04:16,699 --> 00:04:15,060

truth of who we are and believe it or

91

00:04:19,099 --> 00:04:16,709

not whatever people think they're doing

92

00:04:21,560 --> 00:04:19,109

buying houses getting married we're

93

00:04:24,530 --> 00:04:21,570

healing and we're all the same in that

94

00:04:26,660 --> 00:04:24,540

do you see a commonality of addicts

95

00:04:30,730 --> 00:04:26,670

having issues and from

96

00:04:35,060 --> 00:04:30,740

yes and what is absolutely in trauma

97

00:04:39,620 --> 00:04:35,070

pain reality can't deal with it that's

98

00:04:42,170 --> 00:04:39,630

why I cannot stand the shaming around

99

00:04:44,090 --> 00:04:42,180

drugs and alcohol it's the worst thing

100

00:04:47,570 --> 00:04:44,100

that could happen because there's a

101  
00:04:49,370 --> 00:04:47,580  
reason why are you using no I mean if

102  
00:04:52,310 --> 00:04:49,380  
you've been sexually abused if you've

103  
00:04:54,080 --> 00:04:52,320  
seen violence maybe the drugs help you

104  
00:04:56,720 --> 00:04:54,090  
live maybe you would have killed

105  
00:04:58,940 --> 00:04:56,730  
yourself you see so it could be a gift

106  
00:05:01,430 --> 00:04:58,950  
it's a great it's a great because yes

107  
00:05:04,310 --> 00:05:01,440  
people for some reason what's popping in

108  
00:05:06,260 --> 00:05:04,320  
my head is gay in how people talk about

109  
00:05:07,460 --> 00:05:06,270  
that oh it's a choice it's not a choice

110  
00:05:09,140 --> 00:05:07,470  
and this that and the other and

111  
00:05:11,650 --> 00:05:09,150  
everybody now at least has recognized

112  
00:05:13,670 --> 00:05:11,660  
that gay is not a choice and I think

113  
00:05:15,140 --> 00:05:13,680

that the same thing is true with

114

00:05:18,380 --> 00:05:15,150

addiction that addiction is not a choice

115

00:05:20,480 --> 00:05:18,390

these people aren't choosing to drink

116

00:05:22,760 --> 00:05:20,490

gallons of alcohol or all these drugs

117

00:05:24,920 --> 00:05:22,770

they have an addiction problem because

118

00:05:27,530 --> 00:05:24,930

it's something associated with something

119

00:05:30,140 --> 00:05:27,540

in their childhood that some traumas

120

00:05:32,840 --> 00:05:30,150

that they're trying to overcome and they

121

00:05:34,640 --> 00:05:32,850

don't want to be an addict right they're

122

00:05:37,610 --> 00:05:34,650

not I don't think they're choosing to be

123

00:05:39,860 --> 00:05:37,620

an addict am i correct but there are

124

00:05:42,440 --> 00:05:39,870

also other reasons you know that's one

125

00:05:44,780 --> 00:05:42,450

is the trauma and the abuse well but let

126

00:05:47,060 --> 00:05:44,790

me stay on trauma and abuse because you

127

00:05:48,650 --> 00:05:47,070

agreed wholeheartedly with that do you

128

00:05:50,870 --> 00:05:48,660

think that's something that you see

129

00:05:54,590 --> 00:05:50,880

across the spectrum of all addicts is is

130

00:05:56,810 --> 00:05:54,600

child is some childhood trauma yes okay

131

00:05:59,090 --> 00:05:56,820

and I call and I it doesn't have to be

132

00:06:01,100 --> 00:05:59,100

like huge trauma it could also be

133

00:06:03,380 --> 00:06:01,110

criticism do you know that being

134

00:06:05,840 --> 00:06:03,390

criticized as a child is the worst thing

135

00:06:08,360 --> 00:06:05,850

that could happen to someone why I call

136

00:06:11,360 --> 00:06:08,370

that the soul wound we all have it it

137

00:06:14,000 --> 00:06:11,370

happens young and you have to track that

138

00:06:16,040 --> 00:06:14,010

and what happens is here's the thing

139

00:06:17,000 --> 00:06:16,050

it's not what other people do to us

140

00:06:19,490 --> 00:06:17,010

that's the problem

141

00:06:21,230 --> 00:06:19,500

it's what we do to ourselves because of

142

00:06:23,000 --> 00:06:21,240

it so what happens is when you're

143

00:06:26,300 --> 00:06:23,010

criticized as a child you left yourself

144

00:06:28,250 --> 00:06:26,310

you actually split from yourself and you

145

00:06:30,500 --> 00:06:28,260

criticize yourself and there's a

146

00:06:33,230 --> 00:06:30,510

separation so the work that I do is a

147

00:06:35,719 --> 00:06:33,240

soul retrieval bringing back the part of

148

00:06:38,120 --> 00:06:35,729

yourself that got separated and divided

149

00:06:39,869 --> 00:06:38,130

because in spirituality you need to be

150

00:06:42,209 --> 00:06:39,879

aligned with yourself

151  
00:06:44,760 --> 00:06:42,219  
you know in power so when you split off

152  
00:06:49,320 --> 00:06:44,770  
they do this in politics to split people

153  
00:06:51,209 --> 00:06:49,330  
right east west north south good bad and

154  
00:06:53,059 --> 00:06:51,219  
divide the people and then you get to

155  
00:06:55,999 --> 00:06:53,069  
control them right so think of it it

156  
00:06:59,429 --> 00:06:56,009  
inside when we split off from ourselves

157  
00:07:02,519 --> 00:06:59,439  
we're gone and until that piece is put

158  
00:07:05,189 --> 00:07:02,529  
back we have the same problems over and

159  
00:07:07,889 --> 00:07:05,199  
over again do you know that it's really

160  
00:07:09,719 --> 00:07:07,899  
one problem that just repeats no I I

161  
00:07:11,730 --> 00:07:09,729  
think what I always say with children is

162  
00:07:14,040 --> 00:07:11,740  
you could never give them too much love

163  
00:07:16,980 --> 00:07:14,050

or too much discipline and what I mean

164

00:07:18,419 --> 00:07:16,990

by love obviously is unconditional love

165

00:07:20,429 --> 00:07:18,429

from the parent so that they know that

166

00:07:23,309 --> 00:07:20,439

the unconditionally loved you and then

167

00:07:24,839 --> 00:07:23,319

discipline is just teaching a child that

168

00:07:26,699 --> 00:07:24,849

you can't always get what you want so

169

00:07:28,949 --> 00:07:26,709

you're at you're at the toy store and

170

00:07:30,959 --> 00:07:28,959

they want this toy and they're going

171

00:07:32,309 --> 00:07:30,969

nuts for this toy and a lot of parents

172

00:07:34,859 --> 00:07:32,319

will give in because you just want to

173

00:07:36,989 --> 00:07:34,869

shut the kid up but for the child to

174

00:07:39,209 --> 00:07:36,999

experience the feelings of not getting

175

00:07:40,109 --> 00:07:39,219

the toy walking out and then realizing

176

00:07:41,820 --> 00:07:40,119

that you know what the Sun is still

177

00:07:42,989 --> 00:07:41,830

shining and you're onto something else

178

00:07:45,600 --> 00:07:42,999

and you've totally forgotten about that

179

00:07:47,249 --> 00:07:45,610

toy to deal with your emotions of not

180

00:07:48,929 --> 00:07:47,259

getting what you want because life is

181

00:07:50,309 --> 00:07:48,939

about not getting what you exactly and

182

00:07:52,589 --> 00:07:50,319

would you bring up another reason why

183

00:07:55,739 --> 00:07:52,599

people come to rehab they are spoiled

184

00:07:58,079 --> 00:07:55,749

there's too much money and in the Kabala

185

00:08:01,829 --> 00:07:58,089

they call it the bread of shame it's not

186

00:08:04,469 --> 00:08:01,839

your money when you take something

187

00:08:07,409 --> 00:08:04,479

that's not yours you will pay the price

188

00:08:11,879 --> 00:08:07,419

you understand so that's what that is

189

00:08:15,029 --> 00:08:11,889

too much money too easily and you become

190

00:08:16,889 --> 00:08:15,039

really spoiled in the soul but if you

191

00:08:19,499 --> 00:08:16,899

you know my theory be if you were raised

192

00:08:21,389 --> 00:08:19,509

with proper discipline and sufficient

193

00:08:24,059 --> 00:08:21,399

love you can balance those things there

194

00:08:26,159 --> 00:08:24,069

are celebrities who manage to manage the

195

00:08:28,409 --> 00:08:26,169

money okay and manage the celebrity okay

196

00:08:29,999 --> 00:08:28,419

they're probably in a minority but I

197

00:08:32,730 --> 00:08:30,009

think when you've come from a very

198

00:08:34,499 --> 00:08:32,740

strong good foundation of an upbringing

199

00:08:36,329 --> 00:08:34,509

you probably can handle the fame and

200

00:08:38,309 --> 00:08:36,339

fortune a little bit better than I agree

201  
00:08:40,620 --> 00:08:38,319  
with with without that background I

202  
00:08:44,090 --> 00:08:40,630  
agree because you're learning spiritual

203  
00:08:47,879 --> 00:08:44,100  
principles right gratitude appreciation

204  
00:08:51,480 --> 00:08:47,889  
you know working hard knowing where it

205  
00:08:53,580 --> 00:08:51,490  
comes from all that that's a character

206  
00:08:55,140 --> 00:08:53,590  
stuff that doesn't really have

207  
00:08:57,840 --> 00:08:55,150  
to do with money at all that just is

208  
00:09:00,660 --> 00:08:57,850  
so-so addicts have some deep-rooted

209  
00:09:04,770 --> 00:09:00,670  
issue you would call it a spirituality

210  
00:09:06,090 --> 00:09:04,780  
issue isolation soul issue going back to

211  
00:09:07,890 --> 00:09:06,100  
childhood but but there's some

212  
00:09:08,910 --> 00:09:07,900  
deep-seated thing and that's I just want

213  
00:09:10,950 --> 00:09:08,920

to go back to your point about not

214

00:09:13,950 --> 00:09:10,960

shaming them again because I do think

215

00:09:15,510 --> 00:09:13,960

it's so important and you know they

216

00:09:18,450 --> 00:09:15,520

talked about the tough love and oh my

217

00:09:20,250 --> 00:09:18,460

gosh he's using again you know we're

218

00:09:22,680 --> 00:09:20,260

kicking him out of the house because

219

00:09:24,810 --> 00:09:22,690

he's using again he's hiding it he's

220

00:09:25,890 --> 00:09:24,820

lying about it he's using again and

221

00:09:27,600 --> 00:09:25,900

we're gonna kick him out of the house

222

00:09:30,810 --> 00:09:27,610

leave him on the street I just saw that

223

00:09:32,730 --> 00:09:30,820

movie beautiful boy solved yeah I really

224

00:09:34,590 --> 00:09:32,740

related to it it's like a stuff I see

225

00:09:35,580 --> 00:09:34,600

all the time you know there was no the

226

00:09:38,520 --> 00:09:35,590

only thing I didn't like about beautiful

227

00:09:41,220 --> 00:09:38,530

boy is it shows how you know these

228

00:09:43,140 --> 00:09:41,230

12-step programs can can not work for

229

00:09:44,310 --> 00:09:43,150

many people they show the father

230

00:09:47,460 --> 00:09:44,320

struggling with it

231

00:09:48,840 --> 00:09:47,470

the kid is out on the street begging to

232

00:09:50,340 --> 00:09:48,850

come home and the father thinks he's

233

00:09:52,650 --> 00:09:50,350

doing the right thing by not accepting

234

00:09:56,040 --> 00:09:52,660

his own child who desperately needs over

235

00:09:58,320 --> 00:09:56,050

Oh many times did he do that how many

236

00:10:00,450 --> 00:09:58,330

times did you ask you his son many times

237

00:10:02,460 --> 00:10:00,460

but I would risk I mean let's have a

238

00:10:04,590 --> 00:10:02,470

conversation about that because I think

239

00:10:07,290 --> 00:10:04,600

he should continue to rescue the son

240

00:10:10,950 --> 00:10:07,300

because to our point there's no shame

241

00:10:13,710 --> 00:10:10,960

this person has a deep problem and in

242

00:10:15,480 --> 00:10:13,720

the 12-step programs going to AAA and my

243

00:10:16,860 --> 00:10:15,490

opinion doesn't address those

244

00:10:18,600 --> 00:10:16,870

deep-seated problems it sounds like what

245

00:10:20,820 --> 00:10:18,610

you do is trying to address those

246

00:10:23,970 --> 00:10:20,830

deep-seated problems did that kid in the

247

00:10:25,980 --> 00:10:23,980

beautiful boy have a psychologist

248

00:10:27,930 --> 00:10:25,990

psychologist spiritual therapist

249

00:10:30,030 --> 00:10:27,940

whatever you want to call it who helped

250

00:10:32,040 --> 00:10:30,040

him work through deep childhood issues

251

00:10:35,430 --> 00:10:32,050

well not according to the movie that

252

00:10:39,990 --> 00:10:35,440

never happens right well I'm sorry had