

## GDL Wes Gear

Welcome welcome Welcome back to Good day live I'm Michelle Mira Right I'm Kyle Trueblood along with the lovely West Gear I'm very good I'm very good Thank you Thank you Kyle Trueblood What a cool name I wanted to change it too Yeah I thought someone put him onto that No no one put you onto that No no no It's a real last name I wanted to change it though I like it True Blood It's very good I don't believe you We're in Hollywood by the way but that's ok We'll let that one go Yeah Yeah Yeah No one believes me I mean it's a great name It's a conversation starter at least conversation starter So you are a guitarist I'm definitely that I'll just stop talking you uh people that like know you from pop roach corn head Like on the web You're everywhere We're all just trying to live right And we're all just trying to live and be happy And um yeah yeah So addiction is a big part of my story and I'm a big fan of truth and authenticity I think uh we lose so many people because they're afraid to talk about it Um we live in an era where the first rock stars write The Beatles and the Stones and all them We saw people start to OD and like whoa drugs are bad huh Oh maybe you shouldn't do that Now we watch with fentaNYL and our so many kids are dying so quickly that it doesn't take 60 years to drink themselves to death And so we have to talk about it more and more And so what we find in recovery in this era is like people's darkest moments are actually the brightest light that attract others to be helped You know what I mean Like if I tell my story they go ok I I went through that too Hey maybe somebody out there is like I licked weird things off my floor struggling to fight my addiction or whatever we do right Crossing lines And so that's why I share it very honestly and openly I'm sick of seeing my friends die frankly And uh you know I'm a member of a 12 step program and just the other day there's this beautiful girl she comes in she's wears the coolest clothes and we just found out she shot herself took her own life and everybody's like or what you wouldn't know It's a silent killer you know what I mean And so not to be all depressing people but it's this is the world we live in And so that's what I'm here To talk about And that's the work that rock to recovery does fentaNYL It's a it's a whole different world because in the old days maybe you had to drink for decades to have health effects and die Maybe be a junkie Shoot up for a long time before he died with fentaNYL It's so deadly that you don't have to be addicted You could just be you know a little college student I'm gonna OK I'll do a little line of cocaine and it's laced with fentaNYL and you're dead And so now it's a

whole other realm I mean you know we have to test stuff and so I don't even know what to say about that I know it's uh it's a lot it's a lot But uh but again happy that you are sharing and being open and honest and authentic because we are all about good vibes here But we're also all about being open and honest and authentic Um Talk to me about Rock to Recovery You have a book I didn't know this You know I forgot too This is the book This is Rock Recovery That's not me on the cover because that would be just too egotistical Um That's one of my guys Uh So rock recovery I'll explain where it comes from I went to rehab Um Desperate for answers Fine I'll go I didn't wanna go We're drawing pictures with Crans OK Cool I can get down with that We're doing yoga All the guys are farting Nobody's taking seriously I'm like hey I wanna learn this yoga stuff Can you guys stop laughing But there was no music in there right And that stuck with me But you know in the rehab setting we're impatient we're residential So there was like 22 guys and and you know everybody's insecure shame guilt self loathing anxiety all these things going on right So you're like that's my homie That dude's a weirdo I ain't talking to that guy You and you can kick it out right It's all like that I would break out my guitar and play one simple campfire chord in the room would transform And I think in that setting it's even more profound it's even more palpable And so I'd play like do do do I play a little country riff And even the cool guys would start doing a two step and dancing and being goofy I was like damn that's pretty cool you know and that stuck with me So as a result of getting sober I I by the way I had a record deal with Jive Records toured the world for about a decade sold a million records killing myself every night That's what got me in rehab thought my music career would be over But as a result of getting sober and I got really into meditation I started doing this Wayne Dyer so great This a meditation for Manifestation And because when I would see people play in my soul I was like this hurts I I got to play more Not like an ego way Like I'm I'm not done yet So I did the uh I want to get back in a band It better not be some shitty punk band because I want I'm too old for that It better be a good band And within 10 days I kid you not the band Corn hit me up out of nowhere and talked to them in years Do you wanna come play with us The cool thing about that story is being a newly silver guy My brain was like well you can't play music again You never do that That's not for silver people The universe said it said we got the best gig of your life you know ever And what the guys in Corn were saying is we want somebody who is sober We've been down that party road We need somebody who's got experience and doesn't party anymore

That's how I got that gig And I clearly feel drawn in my soul to be a musician How do I help people and make a living And that was the key right Because my whole life it was like yo you wanna buy my CD come to a show bla buy a black t-shirt I was always asking for here It was like how do I present myself in the world in an effort to help people and make a difference And then I remember my time in rehab and how there was no music and I thought maybe I can bring music into treatment So I pitched this rough idea for about eight months and I had people go wow that sounds cool Ok cool You wanna hire me No sorry And I did it for eight months until I got a bite Fast forward Rock recovery was founded on 12 12 12 What did that mean I'm magical Basically That's what that means Yeah Well I am a 12 stepper and I had this idea I mean there's 12 comes up in a lot of spiritual you know you know text and and um concepts But uh it was I had this idea for bringing music into treatment centers and um 12 12 12 K and I called my business manager said yeah we got to make this happen today And so um I founded the organization I launched it in early 2013 and now Fast forward we have about 20 people Uh oh look at that guy He's all right He looked better with blonde hair I think No but um we now do 600 sessions a month with hundreds of treatment programs bringing music into treatment programs And um what we realize is like that recovery any kind of recovery whether whether you're a wounded veteran mental health eating disorder uh addicted mother it's a multi pronged approach And so the more ways we can the more you know hands we could put out in a metaphorical sense to people to have something to grasp onto the better chance of recovery And uh we just got funding this year to start working with Friendly House which is in L A 71 years I wanna say they're the oldest treatment center in Los Angeles and they work with women mostly indigent women straight off the street And the stories there are like homeless woman who's now running industry A lot of their CEO S have been or I'm not sure what they call their leaders but have the directors have been Women have gone through the program So we started working there And what what we hear is the women are like this is our favorite session of the week because it it music acts like a drug especially especially when you're in those difficult times So what we do is we go in and we connect with them and we find a topic to speak on that day which is how music works right What are we sing What are we feeling Let's let's turn it into a song and we get everybody singing and playing and we record it Yeah In in each session we create a song So that's why we're so busy doing 600 sessions a month Amazing Thank you very much Welcome very much It's so

freaking cool There is you know I I've told the story to everyone that's watched our show and um I'm telling this to you Now uh when I would have a heartbreak in like high school I would literally I would just always want to sing Like I would like sing in my bathroom and just like sing What was your heartbreak Go to song It was um my heart is not the first heartbroken My heart is not the first to cry You know that I'm hopelessly devoted to you That was yeah I was like help the to to you So now are you devoted to them after they broke up with you You're like I'm not going away honey I'll be right here You know I'm guilty of that But like no I think that one was that one was the hardest I love that song It's such a good song But it's funny because I was having this conversation with my one of my best friends who's on our chat I think Or maybe she went off um earlier I said it's amazing how like I sing when I'm sad but I sing when I'm in love Like or like happy it but there's no in between for me it's like either or like really feast or famine Yeah Yeah Yeah Yeah Well look at what music does for us It helps us work out better You want to have sexy time you throw on some music you wanna dance you're in a church service the music I took my mom yesterday to go see Handel's Messiah and we're you know hearing hundreds of years old you know classical music and just I mean it it plays such a huge role by the way tiktok nothing without music I mean all these real you know it's a lot of weird dances without the music It's the soundtrack of our existence I like that That's a good way to put it Yeah I I hear that there's a lot of studies being done still about music It's helping people overcome neurological issues and stuff because I think there's something about the connectivity knowing everyone's listening to the same sounds and the same harmonies kind of connects people and wakes up parts of the brain I think that's like a genius Actually it really does They find that uh music and smell are the two greatest things to access memories And so why our music program is different and so effective clinically is when we listen to music which we all would say yeah music is magical It engages half of our brain But when we play music right And you don't have to be Jimi Hendrix or whatever just playing music at any level actually engages our whole brain And what it does is it acts like a psych med right It acts it it releases Oxytocin which is the love molecule that helps with serotonin dopamine endorphins all that stuff So yeah there's a story I tell in one of my first sessions which by the way I wasn't walking in here in there going the session is gonna be amazing I was like there's a bunch of pissed off junkies in here They might throw a tambourine at me and go you dude you're stupid Get out of here you know So this so we're part way

through one of my first groups and this guy comes in he's a junkie right And he's like he just comes in late and he starts going oh what are you doing in here I'm a junkie I'll probably die in the streets shooting dope I'm gonna die and all this and he's in you're here with guitars How is that gonna help me How was guitars gonna help me And I was like let me talk to you man I've been where you're at I you know I understand and this is what we're doing We're writing a song about our life And that day the song was about the challenges of shooting dope and wanting to overcome it So I started all the only instrument I had left was a little pink egg shaker It looked like an egg right So it's like call this gentleman Mr Pink It was like man here's the verse and you shake it like this and we're gonna stop and go into the course And a few minutes later we're into the song and he's like wait wait wait the verse goes how many times Ok He was all all stoked on by the end And by the way this is a guy who is dope sick and most of you probably haven't been dope sick but it's like COVID times a million You you defecate you pee yourself you can't eat you can't sleep you know And it's hell And that's why so many go back to shoot just to get well again And by the end he's like I feel I feel great right now Are you coming back next week And I was like your time out dying and in in clinical world we call this measures of wellness right So now you have hope for the future you're looking forward to the future And then I was like because I'm not you know I don't have letters behind my name I don't have a bunch of data behind me but I have these experiences which have been profound just the elephant in the room I just have to ask uh I think we all know somebody struggling with some kind of an addiction for you if you could not to get too personal But like what was that moment for you that you started looking up and just kept going up and just never looked back Kind of what was there like something that happened or something you decided on or Yeah So um I had uh I had left my first band I started working with my brother in a desk job and I was miserable Like who am I You know and audio gear This is we can I help you I was just like but it was a great job and he paid me more than I was worth But I was just like this is not where I bought So I went and I got really even into deeper drugs then because that's right And so at one point I finally broke down I go bro I'm on meth I'm on heroin I'm coming to work And so we thought that we could like figure out how to do this on our own So I was like he's like just drink and you know smoke a little weed and you'll be cool and stay away from the heavy stuff And that's what I thought I could do But what would happen is I would go a week or so And then I'd be like hey man I've been

hitting the gym every day I'm gonna have a beer and I'd be like maybe have a little Jager and I'd be like that guy's cocaine dealer live across the street and I'd be off on a run Um So you know I basically failed every test to try to control it on my own And then when I went into rehab I learned about this thing we talk about Alcoholics anonymous I'll just name it which is this it's this allergy meaning I'm different from other people When I start putting stuff in me I want more more more people I say what was your drug of choice I say more you know I was the kind of guy I was like what was that What I just take you know Um and so that's what happened you know by the time I got into rehab and I was open to treatment I knew that I had tried every imaginable way to control what I was doing and it was a miserable failure and it wasn't fun anymore You know the first days I'll be honest the first days I got into math it was me and some buddies doing drum machines and playing and painting all night Like great Yeah Let's not ever sleep Yeah You know and by the end it was me and the bathroom lonely and looking like Skeletor minus a few muscles you change the environment changes Right Right Yeah I think with all addiction there's a while there's a period of time it works Right And so if anybody's listening at home you know you might say yeah Well I never did those drugs but it's like you know what about the college student who's do an all too much Or the the mother who has a bunch of kids is like I need three bottles of wine every night If you had my life with these nine kids you know whatever But you know it it works for a while or or you know I'm a writer I need my whiskey you know whatever You know it's like we it works for us for a while and then it doesn't you know um alcohol gave me wings and then it took away the sky you know Well it's kind of true you know you uh you got a guitar here Ok You wanna hear about the guitar Yeah Yeah Yeah Do I have to pick it up I was hoping that you're gonna play something for us I'm not gonna do that unless you're ready to Venmo me some money I gotta I gotta pay the rent Ok So uh so the Rock to Recovery thing this hey you just bought that table Hey it's like price is right I'll take the coffee table for 1100 Um Rock the Recovery We're having our 10 year anniversary party 10 years Uh Thank you very much Thank you very much because remember 12 12 12 so on 12 11 because we ain't having a party on a Monday We're having a big party at the Avalon in Hollywood We we have a bunch a few uh great comedians Gina Ya Sheer David Hill and Dean Del Rey Um So he signed it This is an amazing Epione bass actually was used when he played their encore at Wembley Stadium Wait what's that No he didn't No he didn't do that But you could tell your friends that when

you buy this and help support we're gonna auction this off at the gig Yeah So come on out and we have we have some prints from Shepherd Fairy and uh all sorts of cool auction items Uh Thanks John Taylor I'm gonna come over Sunday and uh to your house and have dinner That's not true but maybe you'll hear this and then he'll invite me over Yeah Awesome man Thank you I wasn't sure if I liked it or not but it's too late now because thank you Ok Can you guys hear that They're they're theme using it music every day on a talk show Thanks for having me over here Thanks for being here Uh Plug away everything you want to say for uh for the 11th rock to recovery dot org You can find us online everywhere Our books on Amazon dot com Anybody that needs hope in this difficult world you can grab the book I'm West Gear you can find me anywhere and I'll probably answer your D MS while I'm stuck in traffic We do not promote using your phone while you're driving Oh no I got a I got a driver outside I'm rolling deep never mind whatever whatever Um We had uh like not only just the most amazing day here healers musicians everyone was healing today so cool Um Make sure to check check out rock to recovery Um And that book on Amazon Thank you Jimmy Bluff Thank you Gear and uh thank you so much for watching We'll see you all tomorrow Have a good one Bye now