

David Stewart

Hey, Tina. How are you today?

Tina Frey

I'm great. Thank you. How are you?

David Stewart

I'm doing wonderful. Wonderful. It's so good to see you.

Tina Frey

Nice to see you as well.

David Stewart

Before we get into the orb or meditation orb, why don't you give everybody a little background on yourself? Cause you have a really unusual background.

Tina Frey

Oh, sure. I'm happy to do that. So my name is Tina Frye. I started my current company 17 years ago. I'm a bit unusual in the sense that the first part of my career, which I guess is probably about 13 years or so. I actually studied finance and accounting, so I'm a CPA background. I started out at Ernst and Young and worked for big companies like LVMH, Levi's, The Gap, but always doing finance and that was, you know, one of those careers that you choose when you're kind of younger, not really sure what what you're all about.

Tina Frey

I guess accurate. And so I sort of fell into it because it was the safe route and maybe also the route that, you know, you feel like your parents and your friends encourage you to go to, to have a very safe career. You want financial stability, job title, all of that sort of stuff. That was the kind of career path I originally chose.

Tina Frey

But what happened was about 17 years ago, while I was in finance, I worked for smaller and smaller companies, and one of the smaller companies I was at, I had a small exit, so it allowed me to take a short break to figure out what am I going to do with myself. And when I was taking some time off.

Tina Frey

Well, first of all, I guess my whole life I knew deep, deep down that I was always very creative. Meaning? Like I liked to do things that were drawing, making things, sewing, sculpting, knitting. I mean, anything I could make with my hands. And that was really more really who I am. I think at and in my soul of what I like to do.

Tina Frey

So when I took my break from my career, I was like, how do I kind of go back to finding what that is? And so I remember looking at my bookshelf and realizing I had a lot of books on resin, and I wanted to kind of find, I guess, a different career path where I could focus on my creative side.

Tina Frey

And the focusing on the materiality of resin was also one that wasn't necessarily commonly used. And I didn't want to regret not pursuing some sort of creative outlet, because if I didn't do it, I would. I wouldn't want to regret looking back years later down the road and regret not having done it. So I didn't want to have that moment of I wish I had done blah blah blah.

Tina Frey

And so I started my company 17 years ago as a creative endeavor, and here I am now, still doing it. Different iterations of it. Of course, as we keep evolving, which I'm sure we'll get into next.

David Stewart

Yes. So what I specifically want to talk to you about is a creation of yours called the meditation orb or I'm not even trying to describe it. You know, what is the meditation orb?

Tina Frey

Okay, so the meditation orb, I think I have to sort of back up to get to this point, because this probably won't really make sense to say what in the world would prompt someone to create such a thing in the first place? So meditation is something I sort of I got into maybe about 7 or 8 years ago.

Tina Frey

And what happened was when I started my company, I really just, you know, pursued it purely from the heart and was just one of those things. Even though I had a finance background, I kind of had to take the finance hat off and really just focus on doing what I wanted to do, which is creating beautiful things.

Tina Frey

And, you know, if I'd known how much work this was going to be when I started, I'm not sure I would have necessarily like maybe gone into that. But sometimes going blindly into these things is really the only way to go. Because if you start questioning and thinking too much about things, you probably never end up doing it.

Tina Frey

So I delved in and started my company, and, you know, it was just really a joy to. I remember making my first two walls and sculpting them and showing them at, you know, one of the early gift fairs. And that was in San Francisco. And then shortly thereafter, I started showing the collection in New York and in Paris.

Tina Frey

And the collection just essentially grew to hundreds and hundreds of SKUs at this point. You know, the company's chugging along just fine, but I'd say maybe about ten years into the company, about seven, seven years ago, seven, eight years ago, I

hit like a major burnout, like major, just, you know, working myself crazy like deaths, crazy hours, just crazy, crazy crazy.

Tina Frey

And it was so bad at that point that I knew I had to do something different in terms of how I approached my life, how I work, the balance. All of those things. And at the time, I didn't even know how to go about it. I just knew something had to change, or else I was probably going to die of an illness for one thing, or just simply die just from.

Tina Frey

You can't just keep going like that because it's too intense and you know you can sustain it for a long time, but it's probably not the healthiest way to go. So one of the things that I had done was sign up for a silent meditation retreat. And I remember when I signed up at the time, the thought of meditating was like, I didn't know how to do it.

Tina Frey

I didn't even know where to begin. So I remember starting to use an app called the Waking Up app, which was really the one that I think helped me kind of figure out how to learn, like to learn how to meditate. I tried a whole bunch of different apps, but that one really stuck for me. So I started meditating.

Tina Frey

Then I did a variety of other things like, you know, I explored the plant medicine world with mushroom ceremonies and ayahuasca and all of that. But the meditation was always something I went back to because it was a way to sustain that, you know, feelings or things that you've learned or found really beneficial from any of the plant medicine, psychedelics.

Tina Frey

And I don't want to be obviously on plant medicines on a regular basis on a day to day basis. We all have to function in this world. And so the meditation was kind

of like the best core way to get back to finding what that places. And it's I think it's different for different people. For me it was like a grounding, centering peace, inner peace, getting clarity on answers to questions and many different things.

Tina Frey

So the meditation path, you know, I've done other things kind of exploring that, pushing the envelope of how much more intense meditation can you get. And so it led me to do in the jungle in Mexico, what's called a vision quest. I did that two years in a row. And what the vision quest entails is four days in the jungle with no food and no water.

Tina Frey

Now, the first time I heard of that, I thought it was nuts because I'm like, what? No water? You can die. I remember my husband actually was originally going to do it and I was convinced he was going to die. So I was like trying to convince him not to do this, not to do this crazy thing. And I thought really?

Tina Frey

It was like some macho thing and only men did it. But then it turns out he says, well, apparently women are invited to do this too. If you wanted to do it. And so being the adventurous, stubborn person that I am, I was like, really? I didn't realize this was something I could participate in. So I became more and more intrigued and ended up signing up to do the Vision Quest in the jungle, which was an amazing, transformative experience.

Tina Frey

And then I ended up doing it again the next year. Equally transformative. However, sitting in the jungle in Mexico, meditating with mosquitoes can be very challenging. It's the practice and mindfulness in itself. While I was sitting in the jungle, I was like, you know, next year I really want to try this other thing that I've heard of, which is the Silent Darkness Meditation retreat.

Tina Frey

So I signed up for a seven day darkness meditation retreat, and the one I did was actually somewhere in rural France. So it wasn't in the jungle. There were no mosquitoes. And I that for seven days in silence, in meditative practice. And while I in preparation for it, I remember asking myself kind of as, you know, as, as you kind of grow in your age and career and whatever it is, you start to ask yourself sort of bigger existential questions like, what is my purpose?

Tina Frey

What am I doing? Is this enough? Is what I'm doing enough? And as I said in the dark, I just remembered trying to kind of answer these deep, deep, big questions. And when I said in the dark, I, I mean, it was honestly the most luxurious. It let me actually reframe that. The location was very austere in the sense you're sitting in a very simple place with, you know, there's a bed, it's pitch dark, but you have to kind of know where everything is.

Tina Frey

But there's there's a bed, you know, you get a meditation cushion, there's a table in a bathroom. But when you're in this environment and you have the time to actually set aside to do nothing, but to sit in silence, to me felt like the beyond, the most luxurious gift and just the most blissful, beautiful experience I could ever imagine.

Tina Frey

And these feelings of love and joy and just gratitude was just incredible during those seven days. And so I remember trying to keep, you know, going back to my intentions or my questions, like, what is my purpose? How do I am I doing enough? What am I doing? And when I sat there, I started to kind of get visualizations of wanting to create something.

Tina Frey

That was the only way I could sort of translate what I felt into something that the outside 3D world could get a sense or appreciation for. And it felt like to me, energy, just a ball of energy that surrounded me. It felt like a room, and I felt like

there was like energy coming from like crown chakra that one could connect to the beyond and hence this sort of organic orb shape form, I think, came out of it.

Tina Frey

And it really for me, because I'm a creative person that works with clay and sculpting. This was, I felt, the one way I could express what I felt in a way that I could share with the world. So in essence, it was just a way to share love with the world. And that's how this thing came about. So as I was creating this, I knew I wanted to put it out there.

Tina Frey

And so I at the time also had been working with my meditation guide. And I also just asked her, hey, would you like to help me do three meditations, guided meditations to be incorporated in the orb? And she was like, sure. And so they also got incorporated in the orb. And around the same time, you know, I'd done like some workshops with Joe Dispenza on understanding how frequency and vibration and things like Cymatics work.

Tina Frey

I also decided that it was going to be helpful to include some sort of a frequency device in the orb. And so I did find somebody that creates it's actually a sound engineer who builds these sorts of things. And so I incorporated that technology into the device as well.

David Stewart

I want to pause for a moment because I think people are going to need to have a physical description of the orb. So what is the orb?

Tina Frey

So the orb is a giant. It's a sculpted shape round ball essentially. But it's not just a plate. It's not just a sterile round ball. It's sculpted in shape and it's very organic looking. There's a little ball at the top which sort of represents the energy coming

off the top of your head. And there's also like a side little ball on it, kind of adding to it, a bit of a friendlier sort of look.

David Stewart  
How big is it?

Tina Frey  
It's let's see, the main part of the orb is five feet high, so like probably around the same diameter of the orb, but the protrusions itself adds to that. So it's essentially, I don't know, 5.5ft high.

David Stewart  
People go into the orb. This is nothing that you hold.

Tina Frey  
Yes. Correct. Yes. Thanks for clarifying. Yes. You can go inside the orb. Yeah. And it's a very soft cushions inside with the frequency device that you hold on to. And there's headphones with the meditation and the frequency. And essentially you go into the orb to get into a state of coherence and you meditate and you can essentially experience what I experienced as much as possible, which was what I was trying to replicate.

David Stewart  
So I want to tell people that you installed this thing in a shell in a place that's not really known for quiet and peace, which is the gigantic Art Basel Miami extravaganza.

Tina Frey  
Yes, absolutely. And it's really funny because I know Surface Magazine actually did some write up about, like, you know, cupping people, hey, come check out this thing. Because in the, you know, frenetic pace of Design Miami and Art Basel,

there's a place where you can have a moment of silence or quiet, essentially. And that was actually very accurate.

Tina Frey

And, it was it was. Yeah, definitely an impressive place to do something like this. But I feel as though the awareness of the importance of wellness and consciousness is becoming more and more important, especially in the area of design. And I think a lot of times when people think about meditation, you know, they think it's just woo woo hippies from California, which, by the way, I am in California.

Tina Frey

But, you know, people don't actually realize that there is there is some something you can bring that's esthetically pleasing, that's very wound like and comforting. And it has as like, I don't know, a design element to it, that can be incorporated into this space that still has the ability to maybe take you to a place of deep meditation.

Tina Frey

You don't have to be just wing Birkenstocks and, you know, being a hippie kind of thing. It can be really cool looking and design focused as well. So it's kind of interesting to push the envelope, to expose it in a place that's where you least expect it. And but also maybe where people most needed.

David Stewart

I want to get to people's experience in a minute. I want to continue the physical description of what color is the orb.

Tina Frey

So I made two of them. One of them is like a very soft pink, kind of a dusty pink color. Very soothing. And to me the color pink is since I was when I was little. Pink to me represents love more so than red. I know like red is a big valley. Very Valentine's Day color, but pink to me is just the ultimate.

Tina Frey

Like it's a soft pink, not Barbie red, but soft pink. It's like a true representation for me of what love is defined as. And the other one is a white one, and the white one is just more of a simple kind of a cleaner esthetic look. But I really originally wanted to make another one that was going to be yellow, but I sort of ran out of time because one would represent joy.

Tina Frey

And, you know, we thought at first, actually, at first I thought maybe blue would be nice to have peace, but in terms of just, you know, making sure it was still design, esthetic wise, appropriate for my area, I ended up just doing white and pink and red at the time. So, so two of these were exhibited.

David Stewart

And how did you get these things? There's some serious volume here. How did you get them to be these? You made.

Tina Frey

It. Oh that was yes. That was quite the drama. I'm I have to describe that. It was quite incredible and quite the ordeal and quite the drama. So because it was very rushed, I basically had worked on several iterations of this before finally getting to this final state. And I'm very lucky in the sense that the people who helped me put this event together were the same people that put an event together for me last year in Miami, and they were so amazing in Studio Santos and, surface Meg magazine lent their space and but basically, I was so grateful for that.

Tina Frey

They were willing to trust me to do this crazy idea in the first place. But because we were, you know, we had identified this space, I had to just go ahead and make this and finish it. But what happened was the first two iterations of it, I tried doing it in paper clay, then I tried doing in fiberglass, and they just didn't have the organic, soft kind of feel of a sculpted design that I was going after.

Tina Frey

So I ended up going with the third option, in which by this point I was really running out of time. And so I had the pieces 3D printed, but then I had to still assemble it together. And so that involved a lot of fiberglass seeing and bond doing. And just so that it had the integrity, like the strength to hold together so that people could go inside because you can't just, you know, make a thing that's the shape, but it's too flimsy and can't be functional.

Tina Frey

So there was a lot of, you know, of ordeal in my studio, you know, now I know how to do auto body essentially, because that's kind of what I've never been to, like an auto body store so many times picking up supplies and being in like a hazmat suit, you know, piecing this thing together. But so the piecing together was a drama in itself.

Tina Frey

But then after it was done, I knew what the final dimensions were going to be and the destination that it was going to be. It had to go through the front picture window of the location because it doesn't fit through a regular door. If it had double doors, it would have been more helpful. Possibly, but it depends on people's double doors.

Tina Frey

So anyways, the picture window had had to be removed. This thing when it was done was loaded on a giant oversize pallet and it was completely wrapped up in padded, strapped to the pallet. And then the pallet was basically strapped to the inner of the truck, so it was not touching any walls. And it was dedicated to basically transporting these two orbs to Miami over Thanksgiving, actually, because it got there just in time to be installed.

Tina Frey

So the drama is when it got there, the window was removed, and it turns out it was short. The opening was short by a couple inches to get this thing inside. So luckily the window people were very talented, very capable, and they had to get a seemingly it looked like concrete grinders because they had to remove some of the window frame to basically, you know, cut it by about two inches and total little over two inches.

Tina Frey

And it was just enough that this thing could squeeze through and land in its location. And then everything was patched up as though nothing had happened. You cannot tell anything that happened to the window. And that's how it got transported and moved to the site in Miami. So I don't know, getting them out, but they will be there for a little while.

David Stewart

Oh, okay. I could imagine.

Tina Frey

It was drama. A video of this.

David Stewart

What was the reaction to the orb?

Tina Frey

It was amazing. It was very touching actually. So I was there to guide people to experience it, particularly for some of the mornings when I arrived and people would have their first appointments because they were essentially all booked out. People had time slots to book during the design week, and people came out with tears and cried and people were touched and a lot of people were transformed.

Tina Frey

And, you know, I have like a guest book that people could write things. And it was just really, really lovely that people were deeply touched by the experience. And doing this whole installation like this. When I came up with this idea, I remember thinking to myself, if I could touch one person with this project that I've done my job.

Tina Frey

And that's basically what happened is like, you know, I feel like I touched people and they went away feeling like they experienced something that they didn't didn't have before. And that was really the goal of this whole thing. And that's yeah, that's basically what happened.

David Stewart

I just want to be clear on this. Someone would enter the orb and they would put their headphones on, and they would hold the vibration device, and they would be in there for some period of time. How long?

Tina Frey

Yes, yes, they would listen to a recording. And the recording in total was 15 minutes. That had music as well. And it was a guided meditation in the theme of love, peace and joy, because those are really the three sort of, I guess, themes that I wanted people to feel touched with. And so people had a choice, you know, I'd ask, do you want love, peace or joy?

Tina Frey

And people would say, I want joy, or they'd say, I want peace. And then a lot of people would say, I just want love. And so they would go and then just surrender to the experience, essentially, and come out feeling blissed out. And that's that's what happened.

David Stewart

So within 15 minutes of sitting in the orb listening to headphones and holding the vibration device, people would leave crying.

Tina Frey

Yes, yes, people don't come out crying. Yes. Correct. So I think there's actually, you know, if you don't have access to this normally every day like this is quite transformative, right? I mean, I meditate every day and I just know how like moments of just, wow, amazingness, wistfulness. Like, it's just like you can you can be on your own, high in your own supply.

Tina Frey

But if you've never known how to get there before and this is a transformative experience or a first time for them, then, then it's it's nice to be able to touch somebody with this. I mean, it's like, you know, I think it takes scientifically, maybe 12 minutes officially to get someone to a state where it actually changes the way they are like.

Tina Frey

And so that was kind of the reasonable time remnant for people to, to experience something and go away feeling changed.

David Stewart

This blows my mind. I'm sorry, is what you're describing to me is on par with an advanced meditation practice, a very powerful psychedelic, something like like that. But this is happening without that, just within the context of sitting in the orb for 15.

Tina Frey

It's a great, great. Yeah, yeah. Incredible.

David Stewart

Your orb is incredibly powerful.

Tina Frey

Well, yes, I mean, it is. And not everybody came on crying. Let's just say it wasn't like, you know, everybody did. But a lot of people did feel very blissed out. And it is in impact that it's I think, you know, to, to at least have had give people the opportunity to experience something like that is nice to to put that out there like just really it's, it's how do you share that, that joy, that feeling.

Tina Frey

It's really that was the purpose of the whole experiential art installation is just how do you share love, peace and joy? Just to be generous and to give and and to do of that for, you know. Yeah. It's like, how do you spread this? Because when you can spread this, it just it's a ripple effect essentially of positivity.

Tina Frey

And that was really the goal of it.

David Stewart

So did you prepare people in any way before they went in or you just said you're go in there and put this on or what was what?

Tina Frey

You know, I thought it was like a little write up on the wall about the the purpose of this thing. And I think people also knew that this was the goal of of sharing love, peace and joy. I mean, that was really the preface of what this whole thing was about, because I remembered this blissful feeling when I was meditating.

Tina Frey

I really just wanted to try to replicate this in a in a thing in a way that people could experience what I experienced. So and so. Yeah, I guess they kind of knew what they were coming in for in a way.

David Stewart

If I just read some text on the wall and this is this woman did this meditation thing, and so she made this orb, okay, I'm sitting here and then I find myself totally transformed. In the 15 minutes, I would have shocked myself.

Tina Frey

Yeah, there is a science to all of this. Really? Because I don't know, I, I've gone to like, you know, Joe Dispenza workshops and stuff like that. And you really realize, like the power of your own mind and your ability, like, if you can get yourself out of your, you know, default sort of going hamster on a wheel and running like you can actually take a moment to disconnect for a bit, you can really change your biology.

Tina Frey

It is actually proven scientifically that you can. And, you know, I think combined with the frequency device, which puts your body in some sort of coherence with what you're hearing in terms of the music, and it can be substituted with any music, by the way. It can put you into a state of just bliss fullness. So I'm going to try to experiment with that.

Tina Frey

Next to is like, what other sorts of music can you put in there to get? You know, some people, if they don't want to meditate, like how can you equally give them an experience with music and things like that? So there are many, many other ways to do it. But yes, I think the 15 minutes was a very effective way.

Tina Frey

And the person who did the recording for these is actually a trained hypnotherapist background. And so I think combined with that aspect of it really helped to get people in a state of relaxation into a different mindset, mind space.

David Stewart

What is the future of the meditation or where do they go next?

Tina Frey

Yeah, so that's a very good question. I know that in Miami right now, they're not actually leaving any time soon because we've been though. Yeah, we've been told that, you know, they do appreciate having them there. But I do have some inquiries for other places and it might end up going and, you know, I'm also happy to build more of these, because I really do think the concept of spreading more love, peace and joy is just a good thing, right?

Tina Frey

It's good to do that. I think for the world, there's no like big I don't know, it's I don't think about it as like, what did this? I don't put a monetary kind of number on the object itself. It's really about what's the best way for us to get this out there. So more and more people can experience that.

Tina Frey

Essentially.

David Stewart

You know, people go places like Disneyland or amusement parks or roller coasters, right? So you're seeking an experience that's curated in a way to sort of take you somewhere, I guess movies or maybe a little, a little bit like that, too. You see video art, you know, you go to a museum, there's a blackened room and there's a video, and I've never seen anyone leave one crying or, oh, maybe I go to the loved ones, I don't know, I think this is such an interesting thing.

David Stewart

And entertainment isn't the right word, but to be able to transform state in 15 minutes without taking psychedelics and then sort of be in the real world again and not spending lots of time practicing meditation, this strikes me. This is quite amazing.

Tina Frey

Yeah. I mean, I think people who go in are also maybe in an open state of mind and that they're willing to explore something like this as well. I mean, that's not to say I you know, I did see some people in there who couldn't put their phone down and were taking pictures while this thing was going on.

Tina Frey

So, you know, it's not like everybody's in the right state of mind, but if you actually do it in there with some intention of wanting to experience something transformative, then the opportunity is definitely there to do so. So yeah, and I do I do feel like, you know, I think everything has energy and it carries an energy. And I know that when I created this and I put it out there, it really is something that truly came from my heart or the heart.

Tina Frey

And I feel like that that in itself, you know, has some, I didn't know, intrinsic or some sort of a way to transform and touch people. Like I remember when I was inside my orb and standing away on the weekend and like I was exhausted. I remember laying there inside the orb and just kind of like the whole time while I was making this like this, no matter how like tortures and discussing the dust was and everything.

Tina Frey

I just remember while I was doing and finishing, I just had a smile on my face because I so wanted to get this thing out there so people could see and experience and feel this amazing thing. And I remember I was exhausted and I laid back, and I just remember feeling the energy of it and just kind of giggling to myself of lady like, I can't wait to to get this out there and share it with people.

Tina Frey

That's kind of how how it felt. And so I feel like, you know, things are the energy and frequency and, and it's like, you know, if you believe or are aware of this, like we put out energy and love and emotion out there and it is associated with the intention of the piece. And I think that carries with it this emotion when it's put out there.

Tina Frey

So I mean, it really, truly came from the heart to creation itself.

David Stewart

Have you ever done anything like this before?

Tina Frey

You know, it's funny, but I feel as though when I think about all the objects that I've sculpted in my whole, like, career of my company, I think every object has always creators from the heart, but never really thought about it consciously. But with this meditation that I sat in the darkness, meditation I remember kind of asking myself these things like very existential, bigger questions.

Tina Frey

And I've never done anything quite like this or with this scale. But I knew this feeling of being able to envelop somebody in this wound, like space, was something that is powerful, because it's really, I think, a tangible feeling of heart and love and feeling a big hug from this bubble, essentially being in this bubble of love.

David Stewart

Amazing. I haven't been to Basel, Miami recently, but I have been there and I know that it's a very sort of frenetic FOMO. It's just like a week of fallouts I like, okay, see this? I got to get that. We got to go to dinner here. There's this party. Oh, we got this private collection. We got to go to see this.

David Stewart

And it's just like a lot of sort of that vibe. I think this is such a fascinating place that you decided to do this, to give people that space, you know?

Tina Frey

And I also feel like there are interior designers and architects and things that are more and more focused on curating things that are for wellness, essentially, because I know definitely at the event and even shortly thereafter, you know, I've had some great contacts with meeting folks that really appreciate and understand how that is important. I don't want it to sound like a trend thing, but I do think wellness is a big subject and it doesn't have to be just a sterile, therapeutic looking machine.

Tina Frey

I think that it can be incorporated in some way, in an artful way. And that's why I think showing it in this sort of environment was exciting to really show people that, hey, you know, you can have something kind of design and art focused and still experience the states of bliss without being like in a doctor's office or whatever.

Tina Frey

You know, like it's nice that it's an area to really explore, essentially.

David Stewart

Absolutely. And this is the whole thing is really, really quite remarkable, personally sitting in total darkness for seven days. Well, let's go back to the previous one. The four days. No food and water with mosquitoes in the jungle. I think that's a no thank you. And then the seven days. Wow. I understand how that could take you to a different place.

Tina Frey

Yeah, I know it sounds nuts and it sounds probably really challenging. It's like, okay, the equivalent would be you do cold plunges, right? And it is very much like the power of your mind to not get freaked out when you get into that cold water. It's essentially the same thing. So instead of sitting, I know, six minutes or something, when you're in an ice bath, it's kind of a good length of time.

Tina Frey

Let's okay, whatever that is, I don't know how long do you have that three minutes. One minute. Do you just go in and out,

David Stewart

That's up. Depends how cold it is. If it's actually ice and the water is, you know, 33 degrees a minute is a really long time. It's so cold.

Tina Frey

Yeah, it is really cold. So, you know, during design Miami actually they had colder. Was there with their ice baths.

David Stewart

Yes I know. Yes.

Tina Frey

Yeah. Yes. And so they actually had people sitting in the ice cold water for six minutes which to me that sounded like what the I. Right. But essentially I know a couple people, you know a couple of people I know actually did it. And they said it was an amazing experience. And so I think if you're a meditator and you're calm about it and you realize the power of your mind to not freak out, it's kind of the equivalent, right?

Tina Frey

Because most people would be like, hell no, I'm not going in that ice bath. I mean, that sounds really challenging, but it's it's essentially kind of the same mental challenge. So once you've done it, it's kind of the same thing, just prolonged in different ways. And so once you've done one challenge, it's almost like you're more resilient. And other challenges of that sort don't seem so scary anymore.

Tina Frey

So the fact you've done the ice baths thing, it's just another form of mental challenge, just more prolonged. And you test yourself a little bit more and more each time. And when you do the things you told yourself you couldn't do and you realize you can is the most empowering thing ever. Because then you start to question, what else have I told myself I couldn't do?

Tina Frey

And then you realize you actually can. And so when you do, and then magical things also unfold in the midst of it. Beyond the six minutes of an ice bath, for example, you actually a lot of things kind of get revealed to you as you're in these meditative states. That's just kind of mind blowing. And, I mean, I could go on for hours about, you know, what happened in the jungle as well as what happened in the darkness meditation.

Tina Frey

But it is actually quite profound when you actually take the time to really sit with what can unfold when you just sit in silence and and appreciate what there is that that comes about.

David Stewart

Yes, I had occasion to hang out with my new friend Wim Hof talks all the time about, you know, he's like, let the body do what the body can do, that you can just do so much more than you think. Like there are very few people that use their full. Like basically no one uses their full capacity. And some people sense further up there than others.

David Stewart

But most of us, we just deal in this very low, sort of like, you know, five, 10% at the bottom. We don't we really don't. Further. Right.

Tina Frey

Right, right. So like sitting in the jungle, this part with the no food, you know, I think the no food aspect fasting is totally much easier to comprehend. But the

no water aspect was completely like a major mind blowing experience because you're told you can't. So I think during within a certain parameters the four days is actually manageable.

Tina Frey

I don't think they ever recommend doing more than that, but the concept of really sitting through those difficult moments of I am thirsty, I'm thirsty, and then your body starts to adjust to actually taking in water, even through your skin, through the environment. You you realize that as you sit with this, you know these feelings. You work through a lot of fears and you work through a lot of normal, like default reactions you might have that are kind of on autopilot.

Tina Frey

And when you can stop those things from the chatter that goes on, you know, you you really do realize just incredible how incredibly powerful you are to do things that you never thought you could do. And that's only one aspect of it, like the darkness meditation. I wouldn't say it wasn't challenging because I remember I did a week of it, which is seven days, four days into it, I was like, okay, vision quest would be over by now, but holy, I still have three more days left.

Tina Frey

So at the time it was like, this seems really long. And so, you know, it was it was an amazing experience in the darkness. Meditation had some other sort of, I don't know if you call it advantages, but differences in the sense that so in the darkness meditation, you don't see a photon of light for seven days like so.

Tina Frey

When you don't see a photon of light, your body actually starts to adjust, the melatonin in your body starts to build up. And melatonin is a precursor to DMT when it basically processes in your body. And BMT is what gets activated in your pineal gland, which is like the equivalent of being on a ayahuasca journey. But I don't think it was as intense as an ayahuasca journey.

Tina Frey

At least I didn't perceive it as such. But it accelerated or accentuated the meditation itself to something that was like mind blowingly like opening up to these blissful moments. That's why I felt like this whole thing was just luxury, just it just felt like luxury to sit in bliss and just gratitude. Like I just, I don't know what.

Tina Frey

When does one get the opportunity to just, you know, revel in like, wow, how incredibly how incredible is life, how fortunate I am? And what can I do? And how do I, you know, create like, how can I do what what what I can in my abilities to create something. And yeah, it's it's it's a trip.

David Stewart

Yeah. Tina, you are one of the coolest. And I want to say most stylish people I have ever met. You know, we've known each other for a while now. I always enjoy listening to what you're doing. And I just want to say, go to orb now. Like, if you want to see what the orb. But orb now and you will see Orb world.

David Stewart

And I think this is really wonderful, this idea of being able to give people the gift of this thing that you know about, but they don't have to. I just want to say very, very few people are going to sign up for sitting in the dark for seven days, like very few. That that's a pretty strong filter. So if you're able to give people access to that in 15 minutes in an orb like, wow, that's incredible.

Tina Frey

Yes. But I also and yeah, we'll see where this goes. I mean, it's just if more people can experience it, I feel like then, you know, my job is done.

David Stewart

Wonderful. Well, I hope that you're able to make more orbs and I'm sure you'll refine them. And maybe we'll get that third color.

Tina Frey

Yeah, exactly. Yep. I'm already, you know, daydreaming about different versions and iterations and stuff already. So yes, definitely. Creativity never stops.

David Stewart

It's wonderful. Tina, thank you so much for your time today. I really appreciate it. I'm sorry I haven't got to sit. I feel like we'd be in New York a lot more, and Miami's not that far away. I should tell my wife we need to go hang out in the orb.

Tina Frey

Oh, yeah? Well, if so, I need to let them know, because the exhibition officially has closed right now, so nobody's actually. Oh, okay. Actively manning the place. So we have to figure that out next as to how to. Oh, okay. Moving. Yeah.

David Stewart

All right. Good to know.

Tina Frey

Thanks. But you can walk by and you'll see it. It's just a window I want to.

David Stewart

Go in it. You kidding me? I want.

Tina Frey

To get.

David Stewart

A hold of myself. You know what? The headphones. And. Yeah, I watch that.

Tina Frey

Yes. Yes, absolutely. Well, you can get a special entry. I'm sure I can make something work for you somewhere, somehow. If not, maybe even here in San Francisco at some point. It would.

David Stewart

Be wonderful. Thank you so much, Tina Speed talking.

Tina Frey

You're so welcome. You're so welcome. So pleasure.

David Stewart

Take care. Bye bye bye.