

Jon Tyson ([00:00](#)):

The secret of the tropical stuff that no one talks about is that what the oldest son and the youngest son never realized is that they never learned how to live at home. One of them thought it was about keeping rules and the other one thought they had to run away. No one ever learned to live at home. They just didn't learn to live at home. And that was my vision. It's like I want a son who doesn't think he needs to perform and does need to run away. He just learns to look for SKUs. So that was sort of like my vision, you know?

Jon Vroman ([00:27](#)):

All right, gentlemen, welcome to the front row dads podcast. If you're brand new here, I'm your host Jon Vroman. This is the show for family men with businesses, not businessmen with families. My guest today is a man who, somebody had sent me an email and said, you must know this guy. And so I pay attention when I get those emails. Jon Tyson is a father, a husband, and the leader of a church in New York, which we'll get into a little bit more of that. But the reason I was turned on to John and his work is because yeah, put out a program called primal. And uh, that's what we're going to talk about today. It's a program that the way I would sum it up is it's kind of a Rite of passage outline and how he did this with his son and uh, and how you might be able to do this with your kids.

Jon Vroman ([01:11](#)):

And I'm going to say that our primary focus here might be about boys, but this could probably be easily applied to any person that you want to shepherd along or, or be a guide for in some way in life. So, John, welcome to the show. Yeah, man, thanks for having me on. Great to chat with you. This is going to be fun. So let's start with just something light and recent and relevant for you. What's going great in your life right now, man, what could we celebrate with you? What's kind of great in model life is the condition of my heart. You know, a lot of people talk about, um, regarding your heart above all else. But that's something I've taken really seriously. I've been in New York almost 15 years, uh, to city full of horrific idolatry, broken this as well as the best of human culture.

Jon Vroman ([01:53](#)):

So I've always described tried to keep it attend to hot in the midst of the craziness and the chaos. It's just a, I'm just feel very close to God and very full of life. So after being here that long and a lot of folks are sort of on the edge of burnout, feel like I've got another 20 years in may. So I'm very, very grateful for sort of my connection with God. Join my Hoffman. What is the practice that you have in your life that helps you attune? Okay. That's basically what I would describe as Lectio Divina with about [inaudible] hour of walking around New York, pondering what I've read and pray. So like a super slow meditative reading. I'm looking for a key phrase or just some insight and then I'm just walking around just [inaudible] interacting with God around that. That's probably the, the deepest thing. I sort of break my day into three sort of prayer focus is the mornings just intimacy with God.

Jon Vroman ([02:47](#)):

Just the desire is purely to connect times in combination. Just walking around the city, just get God's heart for it. Feel what Paul felt in acts 17 provoked Fort and in the evening it's sort of intercession. That's like time we've got, asking him to really do some stuff. So you know, there's the movements of my day. I love it. Yeah. How much time do you spend pairing messages? Uh, it depends on what I'm preaching. So yes. So if I'm doing a hard passage, Oh man, I did a series called the controversial Jesus, which was Jesus and the gay community. This isn't a transgender community. Jesus politics, mammon,

all the hard ones. Those were like 50 hours, man. Those were beasts to wrestled down. If I'm doing a, like my talk last week, which is actually on the home, how to go to family altar, so where should go?

Jon Vroman ([03:39](#)):

That was probably like six or seven hours. Wow. Yeah. It just depends. Depends what you're bringing into it, but I'm rarely winging it these days. Yeah. Tell us a little bit about your family right now. What's going on at home for you? Uh, yes. So, uh, we're about to be emptynesters, which is kind of amazing and got married really young. So I'll be a 44. My wife would be 40 when we're empty-nesters. Well we don't have much money cause they've both gone off to college, but we will have lots of times. So, um, yes. I've had a son who's in Bible college right now studying theology and I have a dog, so wonderful kids, godly kids. I'm so grateful for him that bring me so much joy. Yeah, very, very different. Very fun personalities. We've got a pretty good family culture, so we enjoy spending time together.

Jon Vroman ([04:29](#)):

Been married 22 years. I have an amazing wife. Yeah, it's a, it's a good thing that the Tyson's yeah, that's great man. Well I'm really happy for you and thanks for so much of the work that you're doing to help lead others. Your program. Primal path was really powerful for me and I've realized after listening to that how much room I have to grow, which is great. And, and this is what I was hoping for with the program. Tell us a little bit about primal path from your perspective. Like what, what is it, how do you talk about it now and do you talk about it a lot? Do you talk about how much of a part of your world is this? Uh huh. Yeah. So the problem will pop is, you know, I, I basically if I was to describe myself as like a, I'm a practical theologian, which is anything that is whatever I'm going to go through, I'm going to read a lot about it.

Jon Vroman ([05:19](#)):

I'm going to try it, turn it into a tool for others. So it's probably like above average in terms of thoughtfulness and depth and hopefully it becomes something that people can use in the world. Hmm. So the primal path is basically, yeah, it's a formation journey for fathers to help bring the kids from adolescence into adulthood. And I basically realized that this doesn't exist in the modern world. You know, I'm in the nut. So the community of men gathering a young man when he's a teenager and initiating, separating him from women. And testing is character and making improve himself and developing over time and then welcoming me to the community of men. I'll say a contributing member, but I see that just doesn't exist in my life. Maybe in the military you get something like that. There's very, very few other places where that sense of comradery, belongings intentionally.

Jon Vroman ([06:09](#)):

So when I had my son, I thought, gosh, how am I going to do this man? I don't have the tools. So I just basically went on a journey of deep reading and then sort of laid out a framework. And then [inaudible] the one thing I've got Ron I think is I resolved in my heart, I am going to get this right with my son. And uh, I basically say this, this five kinds of dads, irresponsible dads, they just Chuck out, no involvement. Often absent, you get dads that is sometimes inconsistent that can be in and out of the kid's life and that that can actually do a lot of [inaudible] I made. You can get ignorant. Dads don't have a clue what they're doing. And I think as society's vision of the best kind of bad is the involved. It's the big things, right? Shows up at the game.

Jon Vroman ([06:52](#)):

Doesn't let the kid get away with murder with mom. You know, it's just like doing their best. But there's a level above that, which is an intentional father, which consciously identifies who was my kid, who may God have them be in the world, and then how do I help them get [inaudible]. Yeah. And that was my vision, was to be an intentional father. So yeah, basically, yeah. Read all the stuff on men's ministry. Realize the dominant theme was broken men whose dad didn't get it right. And I was like, where's the book? Like where's the book on the dad? Who totally got it right. And probably the best book was raising a mother day and night. And I think that's Robert Lewis. That's a clock. I see Keystone, I think on the score a hundred thousand copies of that. But that's skipped. I'd never heard him that, that wasn't, no one around me was sort of leaning into that.

Jon Vroman ([07:36](#)):

So when I read that I thought, okay, this guy's onto something still. It didn't have the depth that I was looking for. You know, it was basically how to be an involved dad, do a camping trip, bring a few men round blessing ceremony. And I was like, you know, a couple of trips in a few words of affirmation are not going to undo the count, the formation that our society has given a young man. Like are we going to just raise the bar? So I basically draw to do that. And then along the way I sort of jotted down what I did and took notes on it. I thought, man, if I am struggling with this, I bet thousands of beds. Ah, how do I develop something that's sort of at least gives them a guide on how to do it. So that was sort of how it was all the [inaudible].

Jon Vroman ([08:17](#)):

My son is 19 now. [inaudible] wonderful governor, young man. If you met him, you'd comment on like, man [inaudible] godly young man. Yeah. And he's confident. It's funny, it's not perfect by any means, but he's got a vision for his life. He's got discipline, he's getting the big stuff right. So he's got a long way to go. I mean, he's just a freshman in college. It was a, it's a joy to be around it. That's great man. So when did you start the reading and the learning and the deep dive? When did you put the program together and then when did you implement it with your boy? Yes. So one of the starting points was, um, when I was a youth pastor in Franklin, Tennessee in Nashville, and I was assigned to basically do campus ministry and I just kept [inaudible] bumping into these high school kids who were head and shoulders above everybody else.

Jon Vroman ([09:04](#)):

That confidence, that character, and they're all moments. So like, what are, you know, I'm a youth pastor, amount of work with young people. What do you do for your young people? And they basically laid out the formation pathway, which is young men have hands laid on them. They're given a priesthood. Then they go to seminary for an hour every day before high school. One year, the son of the old Testament, cement doctrine and covenants in the book of Mormon. Then they go on a two year missions trips and then they have welcome back as you know, members in good standing in the Mormon community. I just looked at what I was doing, which is basically like playing chubby bunny and some hyped up youth events. And I was like, this is not it. So that put me, I've just realized, man, the Christian Church does not have a pathway for this.

Jon Vroman ([09:48](#)):

Yeah. And so then I basically just started reading. My son was about about two at the time, started reading and then said, all right, let's just try and figure this out. So that was like a pretty involved dad growing up. All the typical things, putting my kids to bed at night, reading the Bible, family devotions,

family day, practicing Sabbath together. I was like trying to get the big stuff right. But I knew those teenage years were massive. And um, so when he turned 13, that seemed to sort of be like the cultural universal entering the teenage years. That's when I basically kicked off the primal part. So I worked on a probably seriously, I didn't know for a couple of years before that. Figuring out how do I map this out? Scope and secrets. Like if you have a college degree, +1 0120130140 one graduation. It's logical and sequential. How do you do that?

Jon Vroman ([10:37](#)):

For male formation? Yeah. And so that's basically what I tried to lay out then that's sort of how it evolves. So kicked off into this 13 formed a little cohort of the dads and other sons and did an initiation ceremony out of the beach of long Island. Yeah. And so that took it from there. And we just finished last summer. We are hiked across spine. We did the Camino de Santiago together. Yeah. Oh how many mountains? 500 yeah. Yeah. After he did his Gabby's we came back from his gap year, had 10 days to sort of rest and then we went and debriefed the gap here and the whole problem of path and the problem pops up officially and did it. It hasn't. The last thing we've got to do is get [inaudible] tattoos together, which is coming up in the next week. We're getting the Camino, the Camino, um, path mountain range tightened on the arms but um, yeah, it any with a blessing ceremony where he ran into the water.

Jon Vroman ([11:31](#)):

So I had planned it where he would run into the water off the coast of New York and it would end with him running as a Baptist for off the coast of Spain. So I have that, those two bookends, six years plan and then he'd, sorry, I had all the key men in his life read out like a blessing and an affirmation. I laid hands on him and then ran into the water off the coast of Finnish. They're extraordinary. Holy cow. That's so inspiring John. Cause like a lot of, there's a lot of hard work but it was a lot of fun then it was really good. There's a couple of things I took away from the program and I'm being [inaudible]. It's being reiterated to me now and that is one, I came into this thinking I'm going to sit down and spend an hour and come up with a primal path for my son and then hearing you talk about how you could spend years developing this right years, doing the research years, putting a program together.

Jon Vroman ([12:21](#)):

I think that's really inspiring because these types of things with, you know, in our businesses, for many people listen to this show, they're business owners, they're entrepreneurs that are, there are these guys who they know what it's like to put a lot of effort into titling something for their business. But yet I'm like a broken record when I talk about, I don't think that your only job as a dad is to show up, love your family, put some food on the table, provide. I don't think that's it. I think there's a lot more to it. I think there's a lot more intentionality, like you said. So yeah. My goal was to, I wanted to win my son's heart. Yeah. That was the big goal, man. I don't want it to, when my son's heart, I want it to, when he looked back to say, look, my dad wasn't perfect, but my dad literally spent himself on my behalf to bring me into adulthood and then build a great foundation for an adult friendship.

Jon Vroman ([13:10](#)):

And you know, we definitely have that now. I also wish that my son, he's in school so he can't be on it, but I often wished that I did a podcast when we hiked across Spain. It's on the [inaudible] collective on iTunes. That's basically me and him basically documenting hiking the Camino. And in one episode there's a, it's him talking about his experience in the of path. So it's him sharing like what he got out of it and

how he felt it prepared him. And so that might be, that's sort of like the truth and the pudding, at least with my son, with him articulating what's the problem of pop and that's it. Where can guys find that? That's in any podcast. It's called Farber's collective [inaudible] and me and my son hike hiking across Spain. We'll put that in the show notes also@prodads.com. That's, that's awesome man.

Jon Vroman ([13:53](#)):

How long did it take you to complete the hike? Uh, it took us 33 days, so we had a couple of days on the front end trying to beat jet lag and then a couple of days on the back end basically letting the holes in my feet try and grow back slowly. Yeah. So it was about a six week run. A lot. Yeah. And did you, um, do you feel that when you started the primal path 13 you said, was that the right age? Do you wish you had done that earlier? I felt like that was right on earlier than that. They don't, like I, I did like, uh, tried to basically PR beta test it. Like how would he engage, what level of, so I've spent time with Nate every day as his dad, but I'm trying to sort of introduce content or various studies and none of it would stick.

Jon Vroman ([14:34](#)):

And I realized he needs a line to cross into. He needs this psychological preparation. Hey, it's coming soon, man. Get ready. You know, and are basically you want to, cause sometimes people mock me in this say and the problem promo path that just sounds like such a Midwestern cliché. I'm like, Hey man, this wasn't written for you. Sophisticated adult. This was written to try and get a 13 year old kid to give a crap about malformation. Right? So I wanted something that was like a little, uh, slightly dangerous, a little rugged, you know, like I wanted to put the fear of God in them a little bit. I basically go like a countdown towards it and then told like traded a bunch of mystery around. I've got all this on video the night of his initiation and he's in the car with his friends and they're all just terrified. I said, you will get wet. I don't know if will hurt or how much it will hurt. You will remember this for the rest of your life. And they're all another car like [inaudible].

Jon Vroman ([15:31](#)):

So let's talk about that. I wanted to ask you about this, about the difference between being a, a good Christian man and good at being a man. That was a distinction you brought up in the program. Can you speak to that a little bit? Cause I'm, I'm really intrigued by this stand against the boring Christian Guy in church, you know, seems to have lost his spark in life. There's a book by gun object, Donovan could the way of men. Yeah. And that's his big concept is big concept is a no man wants to be a good man. What is he basically talking about? Why does the Christian men's movement fail? And he said, it's defined by all the stuff you can't do. And it's basically [inaudible] goodness. You can't look at porn. You can't work too hard. It's like don't, don't, don't, don't, don't, it's, it basically exists to temper male passion.

Jon Vroman ([16:26](#)):

And you know, the, the good Christian man is God like a polo shirt, baggy khakis tucked in and awful brand shoes. And you know, driving is, you know, so it's like this beige version. There's no energy or vision or aerosol. Yeah, there's nothing wild about it. So he basically says what young men want is not to be good men. What they want us to be good at. [inaudible] and I was, I was doing the problem path for gosh, maybe a year or so. And it just, I mean, I'm getting made up at five 30 people can do this however they want. It's basically designed to help you design something for yourself. So it's not a template. It is a cost to help you think about how to design this yourself. Yeah. So this just worked for us, you know, based on who he was, who I was, where we were, it can be tough to get a kid out and say, Hey man,

we're going to like do a Bible study together and then we're going to study history and uh, you know, then we're going to work out and whatever.

Jon Vroman ([17:24](#)):

So he'd still want to do that when they're 14 every morning. Right. So I just watched his interest start, it started to complain and then I read, um, the way of men and I realized, here's what it is. Nate doesn't want to be a good man. He thinks this is about like not sinning. I'm trying to help him not sin. And then rather than like live with a full heart. So I read Donovan's book and I changed the whole approach. So I said one morning it was like, Nate, you don't have to get up if you don't want it, but let me ask you a question. Do you want to understand how women think and act in the world and be confident around women? Yes or no? Yes. Did you want to understand how money works and having steward resources so you're not a broker?

Jon Vroman ([18:03](#)):

Yes, I'm interested. Did you understand? Want not understand people's skills, how to influence people? Yes. I said, well, that's what the primal path is. It's not about, I'm not trying to make you a good man. I'm trying to help you be good at it being a man. And that's when we went into the units on like, you know, the six roles, uh, that men have to mask, like doing a whole curriculum around basically skill acquisition and competence in the world and patches changed him. That was like sounded, that was your motivation. Okay. Yeah. You know, it's interesting, John, I'll share just a personal reference to this where I think a couple of years ago I had tried to be a good man and I think it almost ended my marriage because I lost the adventure. I lost the little bit of wildness in my heart. Yeah. I think was very attractive to my wife early on and I played out this, this, uh, this scenario that I've shared with other people.

Jon Vroman ([18:54](#)):

I said, yeah, if we ever got divorced, what would I do? And it was like I would go get new clothes, I would hit the gym. I would probably like, I would do all these things to like, yeah, I imagined the dates I would take people on and how much effort I would put into them to try to win someone's heart. And he said, why am I not doing that for the woman I love the most? Why would I not go clothes shopping? Why would I not hit the gym? Why would I not take her on an amazing date? Why would I not do the things I would do if I was dating somebody? And that's the key to lost man. I mean I think that, um, at the start of travels with the Charlie, which is John Steinbeck story of in his early sixties, I believe, maybe he's late fifties, and he basically decides, I don't know if you've read the book, it's an amazing book.

Jon Vroman ([19:34](#)):

And Steinbeck basically decides to drive around America in his pickup truck with a cab on the back and see what Americans would come. And uh, he's got, I have these actually framed on my wall. It has these two quotes about manhood and uh, I just, I can't read them because it took about six minutes to read, but he basically says, my wife, she said a second child would seem to come on when they take their passions and they surround it with comfort and cotton. They sort of like, and he said, I do not want to give up longevity for intensity. And he basically says, my wife married a man. I did not see why she should inherit a boy. And it's this like this spirit of adventure and drive. And I think, you know, your wife probably wasn't attracted to you because you were nice.

Jon Vroman ([20:24](#)):

The bow nice. You're going to have problems. Yeah. It's the classic line, what it takes to keep her, what it takes to get her is what it takes to keep it. And that is so simple but so hard to, so hard. So hard to do. Yeah. You're on it. And then, Oh, that's cool. Let's talk a little bit about, I want to get into a couple of very specific stories that you brought up in the primal path that I had an interest in and I wanted to talk with you. So you took your son to Australia and I thought that was really great. What age was he at the time? It was the team. He was 13 okay, so that was an Epic trip. And you share the story about surfing. Yeah. And something he said in that moment or at the end of that or I guess after he got up on the board.

Jon Vroman ([21:09](#)):

Can you tell us a little bit about that? Because to me that was such a, that was a highlight moment. I would put that top five of the whole program of when you said that, can you share that is the comment. I don't have a top 10, but if I did this would be number one. Yeah. Uh, so I basically said, you know, the, the problem with young men is they're often separated by distance and attention from the generations that have gone before. And so that I historically, they tend to be very selfish. They don't respect the past. And so one of the things is helping put your son's story in context and there's a line from the movie that I love, it's, there's gonna come a day when you will with all of your heart for your son to know who you are. And I was like, I want my son to know my story.

Jon Vroman ([21:55](#)):

You know, I'm a bit of an enigma to my kids. I'm from Australia, I show up, I meet this beautiful girl in college, we get married young to die, you know? And so I think it's important for sons to have the story putting context. So I took him on this trip to Australia and I basically worked out my own personal core values and I wanted to take him to the scenes where these values were discovered so that I could impart them to it. Um, so the trip was called putting us on story in context trip. And so you basically go back to where you grew up and you're showing your life and who you were at his age. So as a reference point for you as a man in the world. So yeah, we did that and I took him out surfing where I used to go surfing, which was like best parts of my teenage years.

Jon Vroman ([22:38](#)):

And then I was just, man, it was, it's like the perfect moment. We're turning the corner and I've got um, the volcano fire, I vote kind of [inaudible] which is like going to this side project on and the song called tide race and it just, it's like peaking, what is it turning on the beach and we've got wetsuits and boards and our friends lent us all this stuff and we just go out surfing and it's just, yeah, two men in labor may trying to impart one of the greatest seasons of joy in my life. [inaudible] my son who's never experienced this and it's just the stuff coming out of his mouth, but like he was fully alive. I mean he was 100% present, fully alive. I just thought this is it. This is the stuff of life. It was incredible. All right guys. I want to take just a quick second to talk about something really important now and know you're listening to the show because you want to level up your game at home, but if you want to take the next step within front row dads, I want you to do something today which is text the words front row dads to (314) 665-1767. It's three separate words. Front row dads, it's not case sensitive. I want to send you few things right away.

Speaker 3 ([23:46](#)):

First I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning, Howe L rod. He's a father of two amazing human beings and we recorded a

show called the five habits of a front row. Dad, I want to send that to you because I think it is well worth listening to. Second, I want to give you 45 minutes of a mind blowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular. This will rock your world and likely your spouses as well. But I want you to have access to this information. Number three, I want to give you access to 1300 other front row dads inside of our Facebook group where you can ask any question, share any win, and give any resource that you think could be valuable to the community.

Speaker 3 ([24:29](#)):

And lastly, I want to include you in one email I send out each week. It's short, it's to the point and I pull from my life experiences along with the insights for more than 135 members of our brotherhood. I want to give you the best of the best in each email. So all you have to do is just text the words front row dads to three one four six six five one seven six, seven and we will get you started today. Do you ever feel you're measuring one moment against another like that? That's such a great moment. Do you as a dad feel like, dang, it's been a couple of years since we've had one of those moments and am I failing here? Like, how often should I be having these moments with my son? Is it once in a lifetime or should I be doing this once a quarter? You know,

Jon Vroman ([25:16](#)):

I mean there's the problem of, I basically encouraged the promo path, basically like daily connection, do something every day with your son, weekly investment, like dad's school, like man school, get him like a root deposit and then some sort of monthly challenge. They just like keep his heart away. And you know, that's like sort of the basic rhythm. [inaudible] when I talked with Matt and we still talk all the time, you know, what do, what do you take from the primal path? It's often not what you think. So there's some little things that I thought were totally inconsequential, right? That would completely and utterly game changing for him. And this, um, you know, some big things. I thought it would be amazing that were kind of like, no, that's all right. Yeah. So my whole point is like, you don't know, you just got to so generously to reap generously.

Jon Vroman ([26:00](#)):

You just don't know. So be faithful, be present. One of the books I recommend, which is an exceptional book, is the power of moments and the power of moments. What I love about the book is I basically tell you how to create life changing moments. Yeah. Yeah. And if in a few, yeah, it's basically like the psychology and skill of designing powerful moments and they're not. And the other book I would recommend, which changed the way I thought about what a great story was, was the book story with earthy by Matthew dicks. And he says, a story is a five second moment of transcendent revelation. It's not big and exciting details and step moment. Well, you're like, Holy crap. Touching the divine or the transcendent here and that stuff happens every day if you're awake. And so that's a way of looking at life. And so I never felt like I want us to do some Epic stuff unapologetically.

Jon Vroman ([26:53](#)):

I wanted to do some stuff that people were like, I wanted to do some stuff he'd remember his entire life. Yeah. And, but I knew that a lot of it, what he would remember was like did just the faithfulness of [inaudible]. And my presence in my life so we're not trapped. I went through 'em. I was doing my doctorate drink and my graduate work during the promo path. I'd be at school and I'd get him up in the morning. We just do it over FaceTime. You don't know and what does he remember? He's like, even when dad was gone, he tried to be present. Yeah. That's not huge, but yeah, so my vision I think I talk

about, and so I have one goal which was to keep the emotional connection with my son. That's the hardest thing [inaudible] and I want it to be so vulnerable that he would bring me his sin so I can help him navigate life, not hide from it.

Jon Vroman ([27:41](#)):

That was my goal. I was lucky. If you are a son, it's willing to come to you and say all the kids at school looking at porn, I saw a bunch of crazy stuff like how do I deal with this? I was like, that's what I'm asking all of the, the program in essence is there's some, some scaffolding to build that thing. I don't think you get that without the scaffolding. Like there's a reason when you're building you need stuff to come around it. And so the goal of my life is to maintain that, you know the phrase I would say, I want my son to think dad can help. You're with a bunch of friends and you're all drunk at a party and the police show up. You need to think, my dad can help, let me call my dad rather than, Holy crap, I'm going to get killed.

Jon Vroman ([28:20](#)):

You know the secret of the prodigal son that no one talks about, is that right? Well, the oldest son or the youngest son never realized is that they never learned how to live at home. One of them thought it was about keeping rules and the other one felt they had to run away. No one ever learned to live at home. I just didn't learn to live at home and that was my vision. It's like I want a son. He doesn't think he needs to perform and doesn't need to run away. He just learns to live with the father stuff. So that was sort of like my vision. Yeah. So cool man. What were some of those little things you said there were the little things that you didn't know were going to be a big deal. Do you remember what they were? I mean this, that were basically moments of my vulnerability and weakness before my family [inaudible] that my kids mock before.

Jon Vroman ([29:07](#)):

So, uh, I took, we went on a revival to us, so we went to, um, I bet 10, 10 sites of the greatest revivals in history. Cause I wanted my kids to just like have a vision for revival image generation and you know, I'm in Rome taking them to where Paul and Peter were in prison. I mean, it's just, it's Epic stuff. And uh, I've given her like, look man, you're going to get to hydrate. It's a hundred degrees. It's super hot. We're going to be walking through the room. I'm like a tour guide. I've been there a few times and I get completely and [inaudible] some strokes. I mean, I'm out. I can't stand against a wall dizzy. That's all I want is a drink of water. So I snatched the water and I say, give me some fresh, totally like Ross Vivaleas and that's this day my son will say in just random moments, give me some frickin water. Yeah.

Jon Vroman ([30:02](#)):

Just the I, you know, I mean, he, he, he want to know you're human, right? They want to know you. Yeah. It's like, I was talking about this with somebody just recently about how we [inaudible] we love seeing our heroes succeed, but we also love seeing them fail. It just reminds us that they're human. Oh my gosh. Like they can fall down too. Yeah, no, totally. Yeah. There's just so many spending that much time with them. A lot. My son learned what I'm like on the stress. Yeah. And so, you know, it was like moments I can say, Hey, look, now I'm not good at this. This is why you need a tribe. No man's a master of everything. You literally need like a council around you that you need. You need a brotherhood. And they all play different roles in your life and you've got to think through that.

Jon Vroman ([30:45](#)):

And so just, you know, sharing my weaknesses. Some of those conversations you'd say, you know, that like that just really, that's like, that was really humbling to me because he sees me preaching, you know, he sees me going from like, you know, high school dropped out in Australia to come into New York and doing well and, but then he sees me like being mean to my wife. They seem to, they live in like a slob and he's like, yo man, you know, dad, I don't want to Jordan Peterson here, but like clean your room, man. Yeah, just like the humanity and the stress of life. Yeah. This is all that stuff, man. Just what do you, what are you working on right now? You've accomplished a lot. You're a man. Many people look to for guidance and what's, what's something that you want to improve upon in your life right now?

Jon Vroman ([31:32](#)):

Okay, well what am I trying to improve? Yeah. Oh, I'm, I'm trying to get better at preaching. I'm trying to get better preaching. Uh, I love, how does one do that man? You know, watch tape, get feedback. I just went and got a leadership coach. It's going to critique my preaching. Yeah. And um, someone said this to me about John or once he said he never wastes. And I was like, I waste a lot of words, man. How do I get a talk where I never wasted worth the other thing I'm working on. So I've got a daughter who's 17 and uh, I'm basically trying to do a version, it's different, it's a one year intensive, but it's called 50 pieces of my heart, 50 key deposits every father needs to make in his daughter's life. And it's basically just like a little devotional time.

Jon Vroman ([32:21](#)):

And then one sort of date that is like a deposit. So it's like I want my daughter to leave the house and understand money. And so it's like, it's six little devotions on the key principles of understanding money and then like making sure she has a checking account, working saving account, got a Roth IRA up. She's contributing to like what are the [inaudible] basics that you need to get right. And so it's like 50, 50 deposits, sex, money, power, last friendships, time. God. So that's the big thing I'm working on right now. I'm trying to, I have a, I have a wonderful relationship with my daughter. She's a very, she's a lot of fun and amazing and woman. But she said to me like, I don't want him to do a primal equip. And I was like, come on. So the funny thing is she spent three is thinking it was a pastors training thing cause she would wake up and was studying the violence.

Jon Vroman ([33:15](#)):

He's like, I don't want to be a pastor. I was like, if you don't want it to be one, I don't want you to be one. She's like, isn't it like task to training? I was like, no, it's cool becoming like fully human. She's like, Oh well I did not understand that BMS. So here I am with all my intentionality with my son and my daughter thinks I'm trying to turn him into a preacher, not I'm man, you know. So that's, I'm working on those two things right now. That's great. Is your wife involved in that? Are you doing it together? No, this is just like, no, my wife's, my wife's had a whole separate thing she's done with my daughter. You know, it started when she got a period. Yeah. And she had a little women come over and they looked at, you know, it's kind of an equivalent. Yeah. You know, so that's been on their own journey doing this. But I felt like the stellar role of father plays in the dorm is like, it's very unique. And so how do I like, be really intentional with that? And, and I'm trying to make that actually more of a curriculum, which is like literally here's the principles and here's the daily readings.

Jon Vroman ([34:15](#)):

You know? I think because men have been men before, they've got a little more intuition in raising sons, but I feel like they need a little more help with the daughters. I could be wrong, but that's, that's

certainly my experience. Try to make that a little more accessible, you know? Did you have, as a child yourself, I don't know that, I don't remember this part. Perhaps you already talked about it, but what was your experience like? What did, what were things that happened as a kid for you that were either examples or something that you could model in the Rite of passage in the primal path? Where was that lacking? Cause I, I get, you know, sometimes it's our pain. Sometimes it's our, yeah. Yeah, man, I have none. I love that. Nothing. I mean, I, I started working in a butcher shop when I was 14 I dropped out of high school when I was 16 and I definitely got strong male formation in a community of violent [inaudible] predatory men in a meat factory. [inaudible]

Jon Vroman (35:14):

but yeah, those are the kinds of men they were. But it was actually a, I'm so grateful for that experience because I [inaudible] I, I did an actual apprenticeship. So when people talk about being apprentices of, geez, I did an actual apprenticeship, which is I possessed zero skills. And the, I started with the smallest task, which was making sausages. This is after you graduate from cleaning. It was making sausages. So I would just tie sausages the whole days at a time to my arms, like almost froze up. [inaudible] and then once I mastered sausages, you know, they move. So, you know, you can hold a knife and you can do the, you can cut chicken, you know, I mean that's, I just went all the way through to basically, so winning an award for best, best butcher my age in my state. And yeah, I earned the respect through, through contribution to the male community in that butcher shop.

Jon Vroman (36:06):

And I was very grateful for, so I understood the power of malformation, but I just didn't get it from my heart. My dad's a, he's a good, he's [inaudible] good man. He's a godly guy. My grandfather was a missionary in India and totally absent that old school, British missionary where it's like dumpy kids in boarding school, see them two weeks a year if you're lucky. And uh, so my dad basically grew up without a dad and he just didn't have any tools, no tools. And so, you know, still my dad did a lot better. So my dad would take me to the store, one of the stores that's on the prowl pocket and I had no way say this to dishonor my father. And if he'd known that this is what he was doing, he never would've done it. But I was a really good basketball player in my teenage years.

Jon Vroman (36:55):

Absolutely won the state championship, that sort of thing. And I remember my dad being at the game and just reading a book while I was playing the, all the other dads are like yelling out compliments. Like why did they go JT, you know, and I'll look up at my dad and he's just reading book. Cool. And I remember thinking like, gosh, is that book so important? I was like, I had an amazing game. He couldn't even just like watch one guy. And so, you know, I had like that stuff in my heart. I just remember I want to show up, I just want to show up. I want to get this right. And I felt like in some sense I wanted to sort of like break a generational cycle. And you know, my son will say now, he was saying like if I have sons 100% of doing the primal path, they are doing the Camino, they're doing a gap year.

Jon Vroman (37:42):

This changed my life and one of the things I talk about is, you know, women have hope chests and an old concept, but I got this military Footlocker from the best made company and I'd base everything we did in the primal path as tangible artifacts. So he has a chest in his college dorm, all the books. We read knives, I gave him stuff we went to here's a chest full of like his journey into manhood and he's going to have that to take his son through Mike to pull that out and go, Hey man, we're doing this book out of

Sydney for 20 years. You know, so really cool man. That's it. Like legacy. Yeah, that's a cool idea. Yeah, it makes me appreciate something my father did when I was younger. I'll share this cause I just think you'll appreciate it. John. This is right up your alley.

Jon Vroman ([38:33](#)):

So my dad grew up on a Lake. I spent summers at a Lake in Wisconsin. Yeah. And anyway, we would go there every couple of years as a family, but there was a lot of history there. You know, there's um, you know, concrete blocks that make a pathway from one house to the next. There's all these little homes, little outhouses and things like that. This place has been there since the early 19 hundreds and they're, you know, they carve their initials in concrete blocks. And my dad would say there, I was like, yeah, eight years old, there's a wall filled with, you know, people measuring their height. And my dad would say, this is me at five. That's you at five. And now my kids are on the same wall. I mean, there's thousands of people being measured against this wall, you know. And um, he and my uncle created a club called the F H a and the FHA was where they turned to this old ice house into bunk rooms for the boys.

Jon Vroman ([39:29](#)):

The girls had one and the boys had one. There were two bunk beds in either one, so it could sleep four. And when all the families would come, that's where the boys would sleep. Well, my dad, when I was probably 11 or 12 initiated me into the FHA for the course of the week. I had to do all these random things, like some of them were funny and some of them were torturous and some of them were braving the darkness and things like that. Yeah. To call my sister, Oh gracious lady of the Lake I had, I had to do pushups every time my dad said 10,000 art Burks, which is just funny, right? Like it just makes no sense. But it was something I really got into and then he told me what the FHA stood for and it was a ceremony. I'll never forget that.

Jon Vroman ([40:13](#)):

Like that was one of those moments that I hear you speak about, which is creating reference points for your son's life. And I think some of those we create on purpose and some of those we do on accident. Like you looking up in the stands and seeing your dad reading a book. I immediately thought to all the times I've failed, I've done that at games by the way, where I was literally like paying attention and then I would, somebody would text me and I would pick up my phone and look at the text and right then my son would score a, uh, you know, he would, he would score and he would look at me and, and then he'd walk up to me at the end and say, you were on your phone when I score it.

Jon Vroman ([40:50](#)):

Yeah. So painful. You know? So some of those moments I create this life and I don't mean to, and other moments are, are ones where I think I win. But yeah, I love that. I did a thing for my kids before I did the primal path called the dangerous kids club and we had an initiation. They were pretty young and it was like we did one dangerous things. A family or week. Yeah. It's like one week just jumped from a moving vehicle and you have to look and get to Lincoln had break into an abandoned building, just trying to keep these kids alive.

Jon Vroman ([41:32](#)):

That's funny. We call them like, you know, borderline illegal games is word over court. Yeah. You know, my wife is like, she's a seven on the Enneagram man. She's all like fun, experienced stuff. She says she's an EIT with a seven ring, almost indistinguishable. So she's in charge and making sure that it's always

fun. So the, I, I think we can underestimate those and basically mean stripped away I think in many ways. But um, kids don't go to the boy Scouts or sorry this, the BSA, I'm going to know what they're called anymore. The Scouts. Yeah, the Scouts are pretty rare. Awanas pretty rare. Almost all of our stuff has been outsourced to travel sports. And I think that we are literally robbing our kids of so much by hyper involvement with sports. And I know that there's lessons they get obviously, and you can redeem the commute or whatever.

Jon Vroman ([42:24](#)):

But I'm telling you that's one dimensional. And I think there's a, you know, I met, what do you wish your dad had done for you? Who is your son? I'd say use your gifts, use your, wants you to use your strategic planning, you use your ability to make money, use your imagination, design out some crazy stuff. And yeah, I share this to the cost. But the last moment I think I'm a whole problem with puff of me was, um, I was down at, we're down in the basement, we have a house out in the country down in the basement. I had this big chore board with like all the modules of the primal path drawn out behind me. And then one day my son just said to me, I think, I don't know if he looked over my shoulder and just like saw this whole journey of his life that are drawn out or whatever, I think just said, who took you through the problem of path dead?

Jon Vroman ([43:09](#)):

And I said, well, no, no one did, man. And they said, well, where did it come from? And he said, I said, I made it up for you. And he said, you made all this for me. I must've, I invented it, all of this for you because I love you because you're my son. And he just got, and he said, I feel really loved. And I just thought, man, you know, the modules in the primal park, it is honestly just stuff that came out of my head from reading this. So much power in him. [inaudible] meaning and naming moments and creating traditions. That's what it means to be made in the image of God and has the minions. And so use that stuff that's in you for your family and that's how you build a family culture that is unique to who you are basically. And I think that's if men just took [inaudible] hour a week.

Jon Vroman ([44:02](#)):

Um, I'm a big seven habits guy and you know, so I've always like looked over every role in my life, every week, put a goal in it to sort of move the relationship. That has been a reference point in my life that has ensured I'm not falling into that atrophy and mediocrity when it comes to lack of love in my fam. And you know, we still have a long way to go left. You'd still have some [inaudible] pretty tumultuous years. The college years are real years and that's the, you know, they're going to get married and get married and never got all that. I want them to know, gave it his best shot based on who he was. His whole heart was in it. At the end of the day. It can. What else can you really, what else can you really ask for your kids? Recognize you, loved them and gang Ganga to had and the rest is up to God.

Jon Vroman ([44:47](#)):

Sorry John, thanks so much for being here man. This has been such a great chat. Um, I'm really glad we got this time and I recognize how our time, you know, we only get so much of it. So the fact that you shared some here today is very meaningful for me and I know that so many guys are going to benefit from this and I, I really encourage guys to go get this program. It's one of my, uh, it's definitely one of my favorite programs that I've been through for fatherhood. So you did a great job with it. It's quick. It's story-based, you know, you can get through it. It's not overwhelming. It's easy to follow, but yet profound in the same [inaudible] sentence. So thank you so much for giving that gift to the world and

thanks for being here today. No worries, man. Thanks for having me on. John, where do you, uh, where can people go connect with you man, if they want to say hi or thank you or follow your work.

Jon Vroman ([45:37](#)):

John Tyson. J O N T Y S O N at Twitter and Instagram. Okay. That's basically it. Yeah, we've got a church website, church.nyc. Cool. Yeah. Oh, I love it from primal pop.co is the website, [inaudible] dot com. Cool. John, anything else that needs to be said before we wrap? No man, but I just, I just want to encourage dads, man, you know this, but you blink and they're gone. Yeah. What feels like a long time now it will be over before you know it. So invest heavily and you get the compound effect the rest of your life. Thanks John. Sweet. No worries. Man. I appreciate it.

Speaker 3 ([46:16](#)):

Hey guys, if you haven't already done so, go right now to front row dads.com/facebook and join the conversation that's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn and we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to. That's front row dads.com/facebook or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas, and even suggestions on the latest gear that would save you time and help you be more effective. We've got updates on upcoming events and so much more. Go right now to front row dads.com/facebook and join the conversation. I'll look forward to connecting with you there. [inaudible].