

# Interview with Chuck Cogliandro - A drummer working with children diagnosed with autism and ADHD

September 18, 2012

[0:00:00]

Michael: **[Music]** We got a little technical difficulty here, apologize. Hold on –

Chuck: No problem.

Michael: ...one second here. This is Michael Craig and this is Logical Soul Talk. I apologize I had my microphone muted now. It was going on and on like nobody's business. This is a weekly talk show/program where I get to interview some of the best, brightest and most creative minds, mentors and coaches in the world who will share their valuable experience on subjects that can change your fortune and transform your life.

And during this 30-minute program today, I'll focus on a very special guest. His name is Chuck Cogliandro. I think I'm pronouncing that right but I'll ask him in a minute. A little background, as a chiropractor and a coach for many years, I discovered that most people including myself have an underlying pattern of what I call hidden decisions that we made as small children or picked up from our parents, teachers and even our ancestors.

And these subconscious decisions form our reality and affect our motivation and our destiny. Consequently, these hidden decisions can either propel us to greatness or lead us to self-sabotage and failure.

Now, quite by accident many years ago, I discovered there were different layers of motivation in each person that were not being resolved or dealt with. And using something I called "motivational cybernetics" to get beyond this locked in motivational layers, I found I could change the hidden decisions that affect every aspect of life and bring about amazing results in my own and other people's lives.

And you can get more information on this process from any of my books, *The Logical Soul*, *The Money Matrix Method* and *The Six Figure Coach* as well as from other courses, meet-up groups and more that I'm offering. You can find them all at [www.mycoachtraining.com](http://www.mycoachtraining.com).

Now, the purpose and goal of this show as it is with every show in every week that we have...we have weekly, every Tuesday at 6 p.m. Eastern, a show where I interview some great folks. And the purpose of this is that you walk away with something powerful that you can use

in your life that will help you add to your primary motivation and nourish what I call your seeds of success.

So, listen to the show and take notes. After about 10 or 15 minutes, I invite you to call in with your comments and your questions. Our number is area code 347-843-4544. That's 347-843-4544. And if you're listening to this as a recorded podcast, you won't be able to call in. But, you know, thanks for joining us anyway and I appreciate you're paying attention and listening to the show.

Now, I want to talk with Chuck here a second. Let me bring him on. He's – Chuck is a – are you there, Chuck?

Chuck: I'm here.

Michael: Okay. How do you pronounce your name? Is it Coeg-lee-ahn-dro? Is that –

Chuck: Well, the other way is Coe-lee-ahn-dro.

Michael: Coe-lee-ahn-dro. So -

Chuck: Yes.

Michael: ...the G is silent in the -

Chuck: Right.

Michael: ...Italian way. Okay.

Chuck: Right.

Michael: You've got quite a resume here. You're a drummer. You're a musician. You're an engineer at age 24 and you gave that up, rode around the country on a motorcycle. And you started going with your first love which is drumming. I noticed that you're drumming with children diagnosed with autism and ADHD. You've done commercials. You've played for the Olympic Games. You've done recordings, done a whole bunch of stuff.

Do you want to go in to a little bit about that and how you've got in to this thing called Family Constellations which is what we're talking about today which is one of the reasons I heard from my friend Biatta [0:03:37] [Phonetic] that you do. And she sent...sent me information on you and I got interested because this is some of the work I do as well. And I want to bring you on the show. So, tell me a little bit about – more about your background, how you get started, Chuck.

Chuck: Well, thank you and I do feel like you and I have a lot in common based on the introduction that you gave talking about yourself and how you work with people and finding

the unconscious drive and element that bring people the decisions in their lives. And I'm so happy to talk about that.

But I guess to go back a little earlier to the beginning, I grew up in a family that really was I guess not very supportive of my interest in my music and drumming. They just really didn't know what to do with me. They had not had any music in their families – I'm talking about my parents now. And -

Michael: Right.

Chuck: ...music was something that was okay and nice but not something for a young man to be pursuing at all seriously. Education was really was they wanted to stress. And my dad was -

Michael: Right.

Chuck: ...a teacher. He taught high school for over 30 years. And my mom was very much in support of education and learning and luckily, I was gifted with a good brain. So, school came pretty easily to me and my sisters and you know, we did very well.

**[0:05:01]**

And I ended up keeping the love of music and especially my love of drumming pretty hidden and pretty secret. And eventually, I even sort of hid it from myself. I went in to engineering when I finished my high school and it was something that I could get through but it was not something I love. It wasn't -

Michael: Right.

Chuck: ...my passion. It's a very hard path. And I didn't know that I had any other choice. I really felt like that was to be my path in life. And that was what my dad really encouraged and he had also wanted to be an engineer and academics were a little bit too tough for him to get through the engineering. But I got through it and I was working for GM and it looked down the outside like I would have a lot of success and I was very happy.

You know, I had a good job. I had a great path to a successful career of making great money. But I was miserable inside and I really started split to half psychologically, emotionally, spiritually and I didn't really know why. I thought I should be happy too. And I was pretty depressed and I became since started to disassociate and I had this very important responsibilities at work that I would be thinking a lot about music and drumming while I was at work.

Michael: Wow.

Chuck: So, I ended up feeling the urge to get away from that and really give myself a chance to see what would like be like in music and drumming at least for a while. You know, I never knew if I could make a living doing it. But if you're going to be a professional musician most people

start much earlier. And I was 20 **[Audio Glitch]** when I quit GM and like you said I got a motorcycle.

I've spent about for months in the summer of 1988 wandering all over United States. There was about 40 different states and it was a really blissful experience. So – and I think in some – on your website I saw, you know, **[Audio Glitch]** people that influenced you. So, Robert Pirsig who wrote the *Zen and the Art of Motorcycle Maintenance* was a big influence because I read that -

Michael: Wow.

Chuck: ...for two times by the time I got to college. And I followed some of the paths that he travelled from Minnesota **[Audio Glitch]**. And then Joseph Campbell was another big as in his work in mythology and you know, if you boil down what the thought comes down to follow your bliss which means **[Audio Glitch]** there's so much more to it than that. And their stories and legends and myths from all over the world that talk about people following their bliss through their adventure.

So, that's – yeah, that's what I did. I really gave myself ultimate liberation and I had gone through an engineering co-op school. So, I had no college debt when I graduated which is an – I'm near miraculous has been. I know that's a really big deal for young people now to take on this huge college debt when they go through college.

But I had money saved up because I worked after **[Audio Glitch]** as I was going through college. And I wasn't married. I didn't own a house. I had money saved up so I couldn't **[Audio Glitch]** be ultimately free. And it was on that trip that I decided I was really going to try, see if I could make a life in music. **[Audio Glitch]** -

Michael: Wow -

Chuck: ...start – yeah, and so, I started driving limos as a job to make money which was a great job and I'm playing in bands and I'm playing **[Audio Glitch]** and recording and doing some touring. And then in 1992, I wanted a bigger change. So, I moved from Detroit where I grew up to Atlanta to one of college buddies **[Audio Glitch]** who's still here, one of my best friends, said that I could come down and stay with him and he thought if I want.

So, that's it. And it was here in Atlanta that I first heard the djembe and the djembe is the traditional drum from the Mandinka Ethnic Group in West Africa and has been played for many, many centuries. And when I walked in to that gymnasium in Decatur, Georgia, there's a dance class still going on there sponsored by the Huli [0:09:02] [Phonetic] Dancers every Saturday morning, my life was changed.

The energy of that music and the dance and the singing and that community celebrating an ancient art form together to keep their spirits strong and alive, all of that was something I've never experience in any aspect of life. And it was very different music for me because without being able to describe it at the time, it was connected to something profound and deep and

really vital and really alive. And it was serving deep spiritual and emotional needs of a community.

And like I said, I didn't know that at the time but something really spoke to me about it. So, I started going every Saturday and loving the music. I didn't even have a drum. I just stood in the back and play the shaker or a cowbell and the drummer saw that I was, you know, interested and pretty serious and I wanted to get a drum.

**[0:10:01]**

And they said, "Talk to Brother Yusef." So, Brother Yusef Crowder was my first teacher in the African Music. He's a beautiful African-American man. He's a Muslim. He's very gentle, very peaceful, very artistic and he taught me how to carve the drums. And he said, "I'll teach you how to carve a drum and then you carve the drum and give one to me as payment."

So, I apprenticed with him in the summer of 1992 for 3 to 4 months, I made my first drum. I made a second drum and gave that to him. I went on to carve about 20 drums all together when I was first starting out. And it's a beautiful work. It's very meditative and very deep. And it's a great thing to have that kind of skills and make something beautiful and give it to somebody especially musical experiment.

And then people started to ask me about teaching the music. And I was learning the music. My second teacher was Stone Montgomery, another African-American man. And people started to ask me to help them understand the music and learn it. And after a clear set [0:11:08] [Phonetic], I thought, well, you know, I'll see if I can do that.

I started teaching classes and that grew and teaching more classes. And I became assistant director of a performing ensemble and eventually became director of that ensemble when Stone left Atlanta. And did recordings and this – from this beautiful seed of having a longing to play drums, my whole life really grew.

I started around bringing people together, creating community, having offering a space for people to celebrate, you know, **[Audio Glitch]** really safe, really healthy and fun way. And in a way, it was sort of grafting a couple of different cultures together. African culture is very deep and very old and it comes from a place where done for centuries.

And in America, our music is – a lot of it serves the need for entertainment and stimulation and enjoyment and recreation and bringing people together but it doesn't really serve the spiritual needs of people in the same way. Of course, there are communities of people that do enjoy music in that way but not possibly music **[Audio Glitch]** culture. There's more energy, entertainment and enjoyment. And for me, I found a great depth to it and I ended up learning how to share it with lots of other people.

Michael: Well, Chuck, I was really interested in your – how you got...how you got attracted to Family Constellations and of course, there's some work being done that I first heard about it through the work of – what's the psychologist name who originally came up with it? I believe –

[Crosstalk]

Chuck: Bert Hellinger who created –

[Crosstalk]

Michael: Yeah, yeah, yeah, Hellinger. Yeah, I've got his book on the shelf. I was trying to grab it while I was talking **[Laughter]**.

Chuck: Well -

Michael: But I just didn't have long enough arms. Anyway **[Laughter]**, yeah, it's fascinating work and I read a little bit of that. It's a little bit differently than I would – than where I came from to discover it but I'm always fascinated to find out people – other people doing that type of work.

How did you jump from drumming in to Family Constellations? What attracted you to that and how is the work going that way?

Chuck: Well, it's been an evolution and you know, a little piece of that time and again, there were other people that influenced me along the way. Good friends of mine named Nancy Sanders and Shirley Harty took drumming with me. They both started studying at Barbara Brennan's Healing School at the same time.

I was very interested in that and had been interested in the bioenergy field because I was **[Audio Glitch]**. And eventually, I was fired enough to attend Barbara Brennan School myself and did a 4-year **[Audio Glitch]** in Miami. And it's a very powerful life-changing experience. And I started the healing practice in working with spiritual and energetic healing with clients laying on **[Audio Glitch]** and also kind of – you know, life – I'm not a coach but you know, giving guidance to people spiritually and with life choices and life decisions. And then -

Michael: Uh huh.

Chuck: ...sort of about Family Constellations. Somewhere in the middle of my schooling at Barbara Brennan and eventually went to a Family Constellations weekend which was led by Peter **[Audio Glitch]** Faust. And they were in Boston. Their program is called Constellation Approach and that really took me to a very new, a much deeper place in my – with some of my own issues growing up in my **[Audio Glitch]** family that I grew up in as we all have **[Audio Glitch]** families that **[Audio Glitch]** work with and learn from and evolve through during our life.

And I was so impressed by the word that we – impressed by Peter and Jamy that I ended up study with them in a year-long Immersion Program.

**[0:15:00]**

And my wife now, Kelly, we were in Asia **[Audio Glitch]** and she decided that she wanted to be in too. So, we started the first **[Audio Glitch]**. I studied the second year with Peter and Jamy and Kelly did half the second year and she's planning to finish the **[Audio Glitch]** year.

And the work is really profound and the connections with drumming are really **[Audio Glitch]** to me because Bert Hellinger was **[Audio Glitch]** and he's a Catholic priest and he became a missionary in South Africa. So, he lived in South Africa for I think about 15 years with the Zulu ethnic group. And from that, he learned their world view and he learned all about the ways in which they keep their ancestor memories and their ancestor's spirits alive to **[Audio Glitch]** them, through creating altars, through invoking their names through knowing that with any new endeavor, with any new undertaking, the first thing to do is ask for the help of the ancestors.

Michael: Uh huh.

Chuck: To ask **[Audio Glitch]** to be with you and to support your undertakings. And he begun to combine a lot of his own learning through spirituality that he had studied through his...through his priesthood. And then he ended up leaving the priesthood and he started going in to psychology and other healing modalities.

And he begun to discover these universal principles about certain things and families that sort of occur in every family and they're great things to be aware of that many people all over the world are aware of in the cultures that they grew up in that are more attuned to the earth and more attuned to their spirituality. They're more attuned to nature. Not...not coming from a technological and sped up and mental realm as much as **[Audio Glitch]** in the web. They stay more attuned to those things. And these are things -

Michael: Uh huh, what -

Chuck: ...are things like having the knowledge that everybody has a place in the family no matter what their behavior, no matter what their personality, no matter what happens to them, illness or disease if - and what he found is that if a family member is ostracize for any reason. Mental illness sometimes, family members in century's previous might be put in to an institution and it might be forgotten about.

They - and families might not want to visit them and might not want to be with them. They sort of make themselves forget about that family member but that family member suffers from being cut off. And what ends up happening is the family soul with hold a place for that family member and someone in a later generation will attempt out of love and loyalty to the family.

They'll attempt to honor that person by taking on their symptoms of mental illness, of being ostracized. And a person may carry symptoms of depression or not fitting in or just not feeling right in their life or in their family and struggling with things for no good reasons never knowing that two or three generations back, there was an aunt or an uncle who may have been pushed out of the family and forgotten about. And there's -

[Crosstalk]

Michael: That's very interesting.

Chuck: ...order -

Michael: I've discovered that...I've discovered that in my work through the use of muscle testing just not particularly looking for that but in the course of events beginning to ask questions – the body and the subconscious and discovering that that indeed is the case that there are in fact sciences, you know, these things called junk DNA that we don't know what it's for and how it works.

And a lot of science most or maybe 4% of DNA is understood. And a lot of the stuff is just not understood and the understanding of the ancestors seem to answer a lot of those questions that of course, other questions come up but it's such a fascinating feel. I'm curious, Chuck, what are some of the direct experiences that you had working with people and what are the results that came about as result of that? Can you share that with us?

Chuck: Sure. In our Immersion Program with Peter and Jamy Faust over and over and over we see people set up an issue in their family and the way the method works is you share something that you're working on in your life, something that's a challenge for you, something you're struggling with, maybe you struggle with your whole life.

And a facilitator helps you choose different family members to work with but they're not your actual family members that are present in the room. It's a group process and you choose many times strangers to stand up and represent your family members.

Michael: Yeah.

Chuck: The scientific basis for this you mentioned the DNA and you mentioned [0:19:52] [Inaudible] and muscle testing, Rupert Sheldrake is a biologist and a scientist from England. And he's done a lot –

[Crosstalk]

Michael: Yeah, I know about Rupert.

Chuck: Okay, so he pointed –

**[0:20:01]**

[Crosstalk]

Michael: Yeah, I know about Rupert, yeah.

Chuck: Yeah, the morphogenetic field and this is a collective memory that held by species or in this case in Family Constellations is held by the family. And this is the knowledge of every event that's happened in your family lineage -

Michael: Right.

Chuck: ...going back as far as it could possibly go back to the beginning.

Michael: Right.

Chuck: And so -

Michael: Right.

Chuck: ...what you do in the work is you choose representatives for like the example your father, your mother and your sister. And these people stand up and you go behind them if you're the person working your issue. You put your hand on the shoulder and you simply say out loud the full name of that family member.

When you do that you're evoking the ancestral spirit to come present because that ancestor is definitely connected to you. You are a generation further down from that ancestor. And that ancestor's spirit will come and it will be with the person that's representing your family member. You then move that representative in to the space in the room wherever you are until [0:21:08] [Phonetic] withdrawn. It's not about thinking but it's about feeling where they should be.

So, if your mother and father has good, loving relationship and are still together, you put them close to **[Audio Glitch]**. If there's someone in your family that doesn't really feel like they belong and maybe even they're black sheep, you're going to intuitively place them a little further away. Then you come back and sit down and you see where all your family members are.

What happen is energies from the morphogenetic field **[Audio Glitch]** and your family soul will come present. And it's not just **[Audio Glitch]** feelings that the representatives have but there's a field of knowing there. It's called the Knowing Field. And there's an interaction that begins to happen among those representatives. They begin to feel just like your family representatives feel.

So, if they're someone in the family that you had a very good relationship, the representative for you will feel affection or feel drawn toward another representative in the Constellation. It could be a perfect stranger that they never even met before. And the facilitator begins to feel in to the energies where there's love and light flowing between representatives and where it's blocked and where it stopped. And -

Michael: Uh huh.

Chuck: ...the facilitator **[Audio Glitch]** in to work with the oldest **[Audio Glitch]** and sometimes you have to add new representatives to go further back to find the trauma. They'll find the disturbing event that happen to cause people to have a bridge to cause them to have an interruption then love and light force.

So, let's say, you know, two generations back your grandparents or maybe even great grandparents, maybe one of them abandon the family. Maybe one of them left or very common someone died early and left their spouse with young children. That's a traumatic event which is difficult. And in the past, people didn't have a lot of therapy. They didn't have **[Audio Glitch]**. They didn't have support and they just went on as they could. But the love in that family is **[Audio Glitch]** and it doesn't hold down to later generation.

The children will pick that up and then if it's not resolved, they'll pass that same upset on to their children in the next generation. So, it's -

Michael: It's right.

Chuck: ...**[Audio Glitch]** way of working with older generations to bring healing and resolution even though they may have been dead for many years. The representatives will do the work and bring acceptance of the faith. And I've seen it so many times when the – where the love itself or isn't flowing when that generation comes back together, they can look in each other's eyes with acceptance and forgiveness and even love and all that love begins to flow down to family and down to the current generation.

Michael: That's fascinating, Chuck. We're speaking with Chuck – pronounce it perfectly, Cogliandro. Is that correct?

Chuck: Yes, that's it.

Michael: And we're talking about Family Constellations. Chuck, we've already got...we've already got like 1 minute left. So, go ahead and give a website of way people can contact you and get more information and then go ahead and do that.

Chuck: Sure. And my wife, Kelly Lyn and I are just launching a 7-month program in Family Constellations in Atlanta starting in October and go through May. You can get all the information at my website which is Kumandi.com. That's K-U-M-A-N-D-I, [www.kumandi.com](http://www.kumandi.com). Just click on the link for Family Constellations 7-Session Healing Journey and all information is there.

Michael: Chuck, it's been a real pleasure. It's a fascinating work and I'd **[Music]** like to speak with your further about it and unfortunately, we're out of time. But listen, I want to thank you for being on the show.

This is Dr. Michael Craig. Join us next Tuesday where we will have Jason Oman on the show. Thank you for joining us.

**[0:25:00]**

Chuck: Thank you, Michael. **[Background Music]**

**[0:25:36]**

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