# Rohan Marley Reveals The Truth About Health, Legacy, And Rastafari | Ft. Corey Jacobs | Ep. 128 Transcript

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## Opening Health Check and Athlete Ailments

Over the years, you know, being an athlete, we develop a few ailments. Join pain from football banging on my knees and my shoulders and the ankles. Wanted to come up to a liquid Vita, check the vitals, do the blood work, get a full body scan, checked my visceral fat.

How did you feel when you got the results of that? I wanted to cry because… We have Rohan Marley! Let's go! Today we have Rohan Marley, son of Bob Marlee, whose voice defined a generation and now turning that legacy into a global business with Marle Coffee.

We also have our co-host Corey Jacobs. He's the founder of Winnergy. Do you think there's something that people like misunderstand about Rohon? Everybody do.

The biggest lie I ever told was that I slept with Ms. Lauryn Hill's cousin, that her cousin's pregnant, and I was the reason it's big. How do you deal with it, though?

Nah, I use it as like, when you get into this coffee business, but you can't use any chemicals on my land. I said, Mr. Marley, you wasting your time. You know I'm wasting my time, he says, yeah, won't have any yielding you need.

He won' have this, she won have that. So I say, listen, first of all, so every time I come here, i'm gonna have to hear that, oh, it was because of Mr Marly.

We got, if you use chemicals in my property, we're gonna cut every tree down, there won"t be any jobs. How did you define your success beyond profit?

We don't look into success like that. Welcome to another episode of a healthy point of view podcast. I'm your host, Sam Tahata. And as usual, we're here to talk about health, wellness, beauty and mindset.

Today's podcast, We have one of our co-hosts that comes on the podcast you all love them. We Have Corey Jacobs, my business partner, My brother. and today our guests on The Podcast.

He's a legend. he's also the son of the legend Bob Marley. We have Rohan Marley. Let's go. Yes, yes. Oh, pleasure. Pleasure to be on a healthy point of view podcast, buddy.

You know why I'm smiling, bro? Why is that? Because I listen to your voice and You remind me of, like, Howard Cosell. You reminded me… But back in the day when I…

Because I played for the U, obviously. And one of our pod… Not podcasters. One of like our broadcasers back then… I can't remember his name, but he used to call the games.

And you, man, you sound just like it. So you went to broadcast or something. That man went into a broadcast. It's a little acting, too. When you do podcasts and all this content, we've got to put on a bit of a facade.

I love it, well, thanks for having me, bro. My days started out really, really awesome. Obviously, Corey sent me a message at 6 a.m. I'm like, yo, my mans get up.

And what I loved about that, obviously, there's a lot going on, a lotta business ventures, you know, A lot of good living, right? And my man, he likes to live in the moment.

So I hit him, and he was up seven o'clock in a morning, like yo what you talking about? I'll be out of here at nine, I be there at 10. Facts. He was there, at ten, because obviously we talking our health, Super serious.

I don't care what he's doing. He did his thing He's he did what you're supposed to do guy down there So how was how did you feel today? Obviously you went through the liquid Vita?

Yeah, because a lot of people they don' even know what we're talking about right so seven o'clock in the morning So for everybody the listeners of viewers Rohan made a commitment, came to Lickle Vita today to do his VITA journey.

Facts. Right. Seven o'clock in the morning. But this actually started way before that. You know, Cory and I have been friends a good while now. And just recently this year, I met Sam.

I think the first time was at the DJ Khaled golf event. The golf, yep. Yeah, we met at DJ Kaled's golf even. He does we the best. They do that thing every year.

So, Simon and I met there because obviously Corey introduced us. But Corey's always been, Corey thing, ever since I've met Corey is about winning, you know.

Winnergy and then Corey pass in terms of what he's been through and what it means in the sense of longevity. So he came over and told me that he wanted me to speak to you about, the things you've been doing.

## Rohan Marley Introduced on the Podcast

all of your work over the past so years and then when we met and got into it about your fireman past and your fitness life and how now you're bringing those worlds together between the fitness and health and just health, and wellness in general.

I mean, that's what triggered me because obviously, Over the years, being an athlete, you develop a few ailments. And I got a couple of joint pain from football banging up my knees and my shoulders and the ankles.

We know that motion is everything. So I wanted to come up to Liquid Vita to get that going, to check the vitals. Do the blood work. Do with the physical work, you know, do the breath work go on the table and go in the magnetic table, and get a full body scan.

Check my, I love this word. What's it called? The visceral fat. Visceral Fat. How did you feel when you got the results of that? I wanted to cry. I want to try because I can't believe I waited this long to not take care of myself in terms of the things, the inner self, right?

Inner physical, not the inter-spiritual, there's a balance, even though we're inner strong and we have a good inside, we do good things. We say good thing, We have good soul, you know?

You also got to get the inner organs and it's an inner self. The inner-self is a physical inner which is the organs, the bloods, lungs, kidneys, all these things.

Your bone, marrow in your bone. All these different things that you need to stay fit and healthy. I felt like I needed to check on that. And after doing all the testing today, going through, seeing the numbers, the keys, like you said a very important thing, Courtney.

I mean, Sam, you It's in terms of quantifying said measurement, you know, without measurement you can't know your achievements, right? So the measurements like even you don't even know what you're doing without measuring what your doing.

You can even fix it. Because you didn't really know where you were at to even administer the right, whatever solutions to whatever issues you may have or may not have.

So I felt like today gave me a compass point meaning gave My measurements, not just my waist measurement, but my life measurements. Things that, how are we going to further the measurement?

How are going further our achievements? You know, How do we get there? So coming up to Liquid Vita, I get a chance to kind of see a pathway knowing precisely what is it that I'm working on, knowing what it is that i'm trying to achieve and understanding from a medicinal perspective what you need to get those things done because you know being a Rastafari, obviously I don't eat meat, I dont drink, i dont do a lot of these things but that doesn't mean that It's all right still, you still need to check.

You still gotta check." And then today, how I felt, I'm like, wow, as vegan as I am, i'm still way off the mark. I still on a downward spiral in terms of the health.

It doesn't matter. Visibly you're not fat, right? Visible, but there it is. Vistral. We're talking about the visceral, right? So the visual fat, for those of you guys who don't know what it is, it's the fat that lines your organs, which is a harder fat.

It's a little bit of a hard fat to get rid of as well too, but if you have a high percentage of that or you're ranging on the high side, its indicative of cardiovascular disease, type 2 diabetes.

Its the worst fat you could have. That's why I call it a downward spiral. That is true because 53 years old, where you end it now, you're like, that's it?

You're going to go down now. No more up. We're just going accept that it's a down word thing. I came to realize that it's not like that because psychologically speaking, they give you lifespans and these things.

And then, you know what, I'm 50, what I got, 20 more years? Nah, nah, no. I need another 50. Then I get another fifty. That's why I think I can get this 50 in me, this other 50 that I needed to work on because the 50 I went past is what did in the past.

Now the future 50 is when I want to do and the things I wanna do is take care of myself first. And that's about the return to self, the line or the movement.

So talk about how I felt today. I feel very much now aware of myself, aware the measurements that I need to achieve the marks now, right? Because yeah, I'm on the downward spiral side, which is like, They're not good numbers, I don't like my numbers.

I need to fix those numbers." So we're gonna do something together. Oh, 100%. And Rod, listen, you need- No, wait, no, we ain't done yet. Wait, Cory, We're going to do some- We gonna to something to get the meaning like this.

That's what I love about you. You- You a beast, you know what I'm saying? You serious? We gonna do this together in terms of like, all right, we got our numbers today, right?

And those numbers are the measurements. You talk about that, Sam.

## Liquid Vita Testing and Visceral Fat Results

We talk bout measurements, so we gonna measure these numbers. Sam, how much time I got to get my numbers where I need to be on the upward pathway. We need show the beginning numbers when we complete a certain pathway, but it never stops.

But at least to show The rejuvenation. Absolutely. Because it's about re-juvination, it is about childhood, returning to self. Self is everlasting, ever-living, every-faithful, you know?

Ever sure it. That's self, but you can't kill self right? But you have to join self you, have be self and be one with self

And the only way we can be with one self is by health and wellness.

Right, right. Now, the first phase is going to be 90 days. 90 Days. Three months. We can see some tremendous change. 3 months we got. Yeah, 3 Months. Ron, you've been to the regular doctor.

You've seen doctors. How many doctors have actually checked this or that? Can I tell you something? I know the answer to it. No, let me tell ya something.

Let me say the funny thing is, So I developed a thing where sometimes I get a high level of uric acid and it causes like the crystal to form, become hardened.

So that's some of the main reasons I don't even, at least I used to like to partake in the alcohol. But that was one of reason I even had to stop doing that because it just hurts too much to call gout.

I was fighting that little battle. So when you talk about my purpose, you know, and I kind of lost what I was going to say, because I forgot your question.

I'm saying you've been to the regular doctor. Yeah, sorry. That's what's talking about the doctor and we're speaking about a doctor, but what happens to to see is this that every time I see a Doctor, it's the most amazing thing in the world because they never touch you.

It's like going to a psychologist. They talk to you. And when they're done talking to, they give you a piece of paper to go to somewhere else. Where are you going?

To the pharmacy to pick up medication. So I was like, man, damn, that's it? So wait, oh yeah? Yeah, I'll just take one of these. I said, what, really?

Like, ah. Like I say, like I mean, it just can't be. It gotta be another way. Like you said, going into the office today, you're going to the center today.

It's a different experience. Being in your place, I mean, first of all, beautiful, friendly staff, they're all open-hearted because, like I had one of my friends with me and I try and let him know, man, this is medical, it's just a little bit personal.

You can't be filming me, what you doing? You're putting on my information on the world, man. I got to get right first, you know? So it's very personable.

So what that means, You need people that are open and friendly and that can get you to speak about some of your issues, right? Because everyone has ego and everyone's a little shy, even myself.

So it's nice when you meet a friendly staff. So the key is really finding these alternatives, measures that can really help you further life. And I feel like when I went to Liquid Vita, that's what I get.

You know, and then speaking to Sam, I mean, Corey, you've been preaching this winery thing a long time. It's about winning of self, so it is nice to go up there and it different than a doctor's office because It's not a prescription.

It is really an action. You have to really, to achieve these things, you have work at these thing, not just take a pill. That's the truth. Well, earlier you kind of glazed by it.

I don't think there's nothing to glaze by. We talked about lying in order. When we mess with each other back and forth, we can be on social, when I see him, I'll see a lion.

And the lion that represents to me is just, and we talked about it at the house, but I would love for you to explain what Lion Order is and expand on why that means so much to you.

What have you built with that? Yeah, all right. Lion order, what is lion order? Line order has a long type of interpretation, I would say. Because line order is the spirit of man.

It's the mirror of your ego. You know, it's yourself. Man's mirror. There's a different form of a mirror, you know? It is a memory that don't look back at you.

A memory you got to observe. So line orders, like, seeing yourself from the outside in, you know? So that's why when we talk about Lion Order, it's about returning to self.

But we feel like man has lost its way and lost their way, and so have the woman. So have child, because without the leadership and the parenting, everyone's lost.

We feel that Lion order now is a movement have a way of life, a teaching, right? With non-denomination because sometimes they say Rastafari, we say, oh we're not Rasta Fari.

But Lion Heart is another way of saying Rastafari. It's a liberty, it's principle, you know? But it is an eye and eye principle. Its a really return to self.

And the term lion is real because I went to Africa and I was in a safari one time. Safari, yeah. Because I wanted to go see lions. I loved that. You got lions all over the house.

You see his face. I think we want to talk about that. So I was riding in the open back Jeep and I saw a lion coming across the pathway of the Jeep, so the jeep stopped.

And I saw the lion just on the way. The lion, he did not break his pathway. He just turned, you just realize there's an object in front. You just turn and went home like he's just walking home.

But when the line crossed the pathway of the Jeep, Everything beyond the lion was still the gazelles, the antelope, there's like hundreds of other animals just grazing.

So it was about five o'clock, 4.30, five O'Clock, so it's sundown time. The lions, they don't hunt, you're in sundow times. But everyone, it doesn't matter.

the line was going about its business. but every other living creature was in a still position until that lion walked past. The lion did not look left nor right.

He didn't care who was around. It wasn't roaring, he was just being himself, but everyone was still. So what'd that tell you? It's more about yourself than it is about everything happening around you.

Because when you're yourself, people recognize you for who you are, you know? That is lying order. Lying order is a return to self. And that self is being king of self, queen ofself, the prince and the princesses that we are.

Right? So we talk about family. Lion order is about leadership, fatherhood, motherhood and children. Listen to your parents first. That's the first thing.

So that's his lion order. And then if you want to really know, you can just watch the way of the lion and you study the line and see that the land is family first and that father leads the household.

You dig? That is lion orders. Return to self, king of self. Okay, yeah, I love that. I mean, we can go there, you know what I'm saying? Listen, look, when we was at the house with you, right, and we were just talking about the legacy, by you having your children, since we're speaking about your kids and family and legacy having two incredibly famous, powerful parents, How did you teach your kids to be grounded with such an incredible legacy?

Because obviously we talked about some of that stuff. You know what I'm saying? How do you, as the lion, you know I am saying, man? It's easy, it's really easy.

Because I come from it. I came from a powerful father, powerful family. But I was never so powerful. My brothers, like it was no different than watching my brothers Excel in music industry and the singing of my father, but I have to be humble that I'm not a singer, I am an athlete.

So it's being humble from time, you know what I mean? It's humbling and it's really same as within my own children because not all my children are from Miss Lauryn Hill.

I have 12 children, I get 12.

## Lion Order and Returning to Self

So they also are humbling because it is not because you name Molly why you're supposed to be anything, no. It is about you yourself and how you carry yourself, the things that you believe upon as a person, right?

So children have to also be humble at that. I know that that's just how it is. It's not because of anything, it's because the work, the results you get is from the works that you put in.

So you ain't got nothing to do with being anything. We learned that because I saw my brothers and sisters, they were working from an early age. Stevens and Ziggy Marley and Sadella Marle and Sharon Marlee, The Melody Makers, They've been singing since 1978. They have been performing Ziggy and Stephen Marley still today performing since nineteen seventy eight.

So, you know, like I never know my brothers not to work. I've never seen them not work when I was in school in Jamaica. I lived in Spanish town and sometimes I run out of money, run outta bus fare.

It's my brother Steven that gave me some money because he was working, so he had a couple extra dollars that he'd give me money to go back home. So it was always like that.

We never learned. a way to be more than we are. We always accept what we. And the teaching is what is the most important thing. How is this teaching a reflection in your own life?

So you can't come from all this good and not be good. Meaning in terms of The message is not to say we're perfect people, but the message, is what is the perfect part of the person, right?

What is that message of that person? That's what we want. We don't want the imperfection, we wanna perfection part, of a person because we all have that balance.

But we wanted the other side of balance, you know what I'm saying? Not the positive and the negative, We want a positive side. You know there's some negative things that take place in life, that just has to happen.

I mean, in terms of interpretation, but we always want the good. It's no different than you stub in your little toe and start crying when you have nine other toes.

No, let's make that breeze off and just keep it moving. You know what I'm saying? Yeah, yeah, it's spreading the positivity too. Not keeping it upon yourself is taking that positivity and bringing it out to the rest, to rest of the people that you surround, right?

Yeah, I want to bring this up too, which was like really when we was at your place and you was talking about how, and listen, let me say this about the surroundings, right?

Super peaceful, super serene, it's an energy, a frequency that's in this place that just is like, yo, this is home, that I see a lot different than other people's, you're living.

You know what I mean? And we can go into that. But part of that is the part where you said, when people come up to you, obviously your father is who he is, and there's different ways to deal with that, right?

When a person say in a typical situation would come up to him, be like, oh, your father, do something or another. And you would just take it all in and embrace it.

What are you supposed to do? You know, you embrace and show the love, right? I mean, You got to. A lot of people at your level, they don't necessarily do that.

They put on this big shield. Well, know what? The part is, I may not see myself at that level. I'm like, that person hugging me up is probably a bigger level than me too, you know what I mean?

So I might want to hug that one person more than that. That person might wanna hug me because my father's on that other level. I said, yeah, let me get that hug then, man.

Let me go ahead and get the hug for dad. You know, what am I saying? No, but listen man, lemme tell you something. Am a Gungites. And what is a gungite?

I am Tuff Gong. My father name is Tuf Gong and we're all gongites, And Gungites, we have to be the answer to our father's message. We don't come with the same song.

Come with a revelation. So that revelation is, you know what I mean? We have be answer. You know what I mean? Never the problem, the solution. So when I'm out there, obviously I know that I'll always be Bob's son.

That's just the way it is. And Bob will be forever young. That's the way it is. Bob is forever young. You see Bob? Still Bob, young Bob. And we are just Bob's sons, no matter how old we get to be Bob sons.

So we know that. We know when the persons see I and I, they never had the opportunity, like a kid younger than me, never the had opportunity to meet my father.

I was like, hey man, I heard you're Bob Marty's son. Man, can I hug you? Is it okay? I say, yeah, I mean, of course. Because why? Why am I saying, no, don't hug me?

No, he don' want to hug, man. He want a hug. A little piece of Bob. Like, you know what I'm mean? Yeah, if I can give him a little peace. If I have something that, If can't give a touch of that.

Yeah. Here you go. That's enough. Yeah, man, all right. All right, good. Respect. Yeah. I'm just going about my business. That's school. It's nothing.

You know what I do? I mean, there's not many people bumping to you all the time, and yet they were strangers. So what's the difference? You don't need to be handshake.

They don' matter. People are people. A lion. And the lion part, meaning we can… Meaning, if there was a situation, I can take care of myself. So I'm in no fear of anything.

I could hug anyone at any time at, any place. And because sometimes I want the hug. You dig? Like I told you, the person that may be admiring myself because of Bob's son, I'm admirin' that person because who the person is.

So that's what I mean when I say, hey man, it's no different than going to the Grammys with Miss Lauren Hill. seeing other artists who love Ms. Lauryn Hill, but they love my dad too.

And like, yo, what's up, Ro? They love, they was, Yo, man, boom, amen. I know your brother Ziggy Bamba, I like yeah, you know? I knew your Brother Ding, and I known Brother Steven, know Kimani and know Julien.

They know the family, they know your sisters, so I'm like, yeah, I just the guy that's out there. I guess you'd call me the Family Ambassador. So I have to be that guy.

That's right. Do you think there's something that people misunderstand about Rohan? Is there something?

Everybody do. They tell our lies. I mean, the biggest lie they ever told was that I slept with Ms.

Lauryn Hill's cousin and got her cousin pregnant and I was the reason. It's a big lie. And so, but it's okay because if it not that, it is something else.

Right, right, no matter what. If it isn't that it something. Was there a time that you had to work through that to get to a point? You know what the good thing is?

I don't work to know that shit because I dont care. How do you deal with it though? I don't deal it. I spend my time like nowadays, it's been 55,000 years.

But nowadays I'm like, I say something like shut up, you idiot. You don' know what you're talking about. Yeah, but you weren't even there. Tell me something that you were in there, so I'll joke around now because I am a little bit more jovial now.

No, use it as like entertainment and you know, obviously, They say, you know, let's keep it going, content. It's for his content, just talking. I know I'm not mad anymore.

But it, how it affect me, it didn't affect in terms of like my way of life because it's, I almost spend my time thinking about things that don't exist.

You know what I mean? So it was not like something where I was like, nah, like. you Know what i mean. Let's tell, as I just tell mommy Zion, miss Lauren Hill, say mommy, come on, now you gotta say something.

She's like, all right, one of these days, I don't got time for that shit. She was like bro, not time to be talking about no stupid shit, like I'm like well yeah, but I know.

But the good thing is we're best friends, me and the children, the mothers of all my children. We're not all, we ain't best friend to all of them. Some of em are, right?

That's what I like about you too. You're always uplifting people. He's drinking the coffee. Y'all got the wrong cup and the right coffee! I wanna actually talk about that because when we were at the house and I want to talk the Rastafarian way of living because there's a lot of natural eating, natural things.

And one of the things, when we were at the house, you were talking about the history of The Coffee. You showed us the video, and you're talking how a lot of some of these corporate guys got there and were talkin' about putting pesticides so it could grow.

And you are very serious about that.

## Family Legacy, Humility, and Public Misconceptions

That actually hit me in the health and wellness space. As I was speaking about family, because when I speak to Ms. Lauren Hill, she was part of that instrumental part, of driving me into that entrepreneurial space, like a house husband kind of guy.

Nothing. If I didn't play football, I'm like, oh man, well, guess that's it. I guess I wouldn't be a daddy at all. You gonna make the money, ma'am? She's like uh-uh, you gotta find something to do.

Dude, You too good. you need something do, my man. What's up? I said, all right, let me figure this out. So when I stumbled on a piece of property in Jamaica, It's about 52 acres.

I bought the land, but when I brought the lend, I asked the community, you know, what is the committee known for? They told me coffee. If it was coffee like oil, they said, yes, Mr.

Marley. What was on my property? So that moment, when they said that to me, I extended my hand and said, all right, we're in the coffee business. But then again, not knowing anything about coffee, and not know anything, about farming.

I only have an ideology of farming, only a concept because my granny talked about farm all day. My father said when he stopped playing music, he was going to return to the farm.

And being that my father had passed on in 81, listen, this is the way to fulfill my dad's dream to going back to farm, like I can't sing. So I might as well take up farming.

But if I'm going to take a farm, it's got to be worth something, like industrialized. So what is it I am going do? All right, Blue Mountain coffee. I don't know nothing about farming, but what I do know, I'm Rastafari.

What is RastaFari? RestaFarai means I am ITAL. ITal means that I won't deal with pesticides, herbicides, any sides. No sides at all, matey. I have no side chick.

So no sides, really and truly. That means, that's all the farms will say, listen man, here's what we're going to do. We're gonna get into this coffee business, but you can't use any chemicals on my land." He said, Mr.

Marley, you're wasting your time. I said I'm wasting, what do you mean I wasted my time? He says, yeah, You won't have the yielding you need. You don't wanna have this, I say, listen, first of all, I started calculating in my mind because I'm like, wait a minute, if I want to do this and I get into a coffee business and they have to use chemicals, they're going to get sick.

And I don't live in this area, I live around town. So every time I come here, it's because of Mr. Marley. I said, before I do that, never. So right then and then I said, listen, I don't care.

I say, if you use any chemicals on my property, i'm going to cut every tree down and there won't be any jobs. So if want to work for me, first thing i said I'm gonna double your wages.

How much y'all get paid? I didn't have no budget. i just had to find ways to motivate people. That's how much you get payed. $6,000. Well, all right, $12,00. They have not budget, but you know, so you motivate because I mean, how about you in my pocket?

I can pay that. Let's do it. Everybody, let's go. So I did that, encouraged the community to not use chemicals, became one of the first organic farmers.

And also I learned about what is sustainability. I realized that Being that at the time I'm living in New Jersey, between New jersey and Miami, et cetera, that I realized that this farm didn't belong to me.

I only had access to this land, which the land belonged to the community. And I was just a person that was given this pathway to take this part of land out of this big community with more land than mine, Which is one, two, any amount of, land.

But I can't take that land anyway. So I realize that that only a part the stewardship of the That's the way I begin to understand what is sustainability.

I started to build a sustainable movement in terms of the farm, take care of that paper, the people, they get a farm. And then I was able to start a coffee business, but it wasn't that easy, you know?

Couldn't export for time, so I had to move to Africa, moved to Ethiopia a little bit, discovered that Egypt was the birthplace of coffee. When I discovered I decided that I would use my farmland as my inspiration of the reason I got into the coffee business.

So I started- You seen the videos? Yeah, you seen them. But obviously, he had a whole other look in the video. He

was looking like, I don't even know what it is.

I'm young and fiery and searching for the most style within self. Seeing all those things happen all together. Because once we move in, we're moving with the Almighty God.

We're never not without that. So everything. What you just said there, how did you define your success beyond profit? We don't look into success like that, and we don' want to get on the profit we know as Isis, God Almighty himself, the prophet, priest and king.

And we won't think about profit in money terms because what is profit, you know what I mean? I mean, it never ends. Like, what is profit? You know, things like that.

We know that we're doing business that, we can keep it going and such, and then we generate some revenue that the goal is, if we say we have 100 hospitals, that's profit.

If we build some schools and some vocational schools, then that is a hit. That's where the success is right? That sounds like a smash. I don't want a prophet.

I love the way you think about the people. That's prophetic. Yeah, yeah, that's the purpose. What the prophets say. You have to do what the prophets say.

I know that obviously football was a major part of your life. Still is, still is. He's got battle wounds to go with it too. We were working on them today.

You know, that. Y'all saw everything. Did you ever feel pressure while you was playing to stay in the game? I mean, I see you were punishing him. Look at that footage of Rohan Mali at Miami.

He was serious. And all of that beating that you took, was it a time where you're like I went in a game but you knew it could potentially affect your long-term health?

Yeah, yeah. I remember. Was it that self-pressure or did you feel pressured just from the team, the system or anything? My own self. Okay. After I left University of Miami, I wanted to be in the NFL, but I wasn't able to get drafted because when I declared from school I was ineligible for the draft because I'd left school too late.

I didn't understand what a supplementary draft was. So I just went, pretty much I retired out of college and went on the road to Be A Roadie with my brothers while I's on a road.

The CFO gave me a call. I didn't want to go there in the first place. I don't like that. That's not my level of football at the time, but I did end up going two weeks later.

But while I was there, I always living in like a hotel room to begin with. So I'd ride my bicycle all the and I befriended the Jamaican community there.

so I would be playing, or practice the American football in a morning and then I'll play soccer with the Jamagans at night. And then as by myself, so always read my Bible all So, and I'm, you know, Rastafari, I am learning and thinking what I want to do for the rest of my life.

So when I play football, before I get into the game, used to have to spend three hours in my locker before. And I breathed for three hour like this. For three hrs.

When game time comes, still breathing. And when I'm running at a hundred miles, now I am still breathing some control in my breath. Because when i played, I played to hurt people.

I play to break your bones. i wanted to damage you, take you out of it. You know, i want to destroy you. That's how i play the game. But i used to have to put myself there.

And I used have get there, you know. It takes three hours for me to get in that place. So then I come down. After the game, I ride my bicycle back to my house and I came down a little bit.

Then again, so I'd come for the games, then have practice, which is kind of the same intensity because I'm a bit smaller than these guys and they're fighting for position.

And in Canada, it's not as stable. I used to have to be this energy. And like I remember, I was reading my Bible all the time and I'm meeting with my Jamaican friends.

And one of the guys was an elder Asta man that he would spend the evening building these boats. He built them with his hand. I'd sit and watch him build the boats and he'd teach me about soccer.

He would tell me about football, which I already know the game, but he was teaching me a way to kick the ball. And every day I'd just listen to him. I just listened to talk about Football and he's teaching in the games.

So I wanted to all I ever wanted do was play for the Jamaican national soccer team. One day, I decided that that was it for me with football because I didn't want to go there anymore, you dig?

And it also took me a while for it to get out of my system because I did not realize what it was doing to me as a person because, trust me, I was like that as a human being, like I'd fight all the time, you know?

So it took a while for that to burn out of me. And the only way it could burn outta me is through Rastafari and understand humility. I had to learn how to get rid of ego.

It took me a long, long time though, it wasn't easy. Because I'm always used to conquering physical.

## Coffee Farming, Sustainability, and Organic Principles

You know, I conquer you physically. If you talk to me funny, and I take your nice, slam you, if you disrespect me, I'm gonna break you, you know? So I did things in a physical manner.

So, I had to figure out how then not to be so physical and can I use the same drive in business, in anything. But I have to learn how to do that. I didn't know.

The only way to that is through Rastafari. and will and the will is the Will of not being tempted by the things of, not to do, you know, the certain fasting, learning how to pray, those steadiness, to be steady.

So the strength comes from that. And that's where the within strength came from. It really is that, and then being around my brothers again. And my brothers never left that way, you know.

My brothers, Ziggy and Steven, they're the teachers. And, my sister, Sadella, Mama Rita, are the teacher of Rastafari to I&I. So, I was able to write and then I jumped off that and I went to my brother's because I need RastaFari.

for my life. So, and is it, you know, that's the church, Ethiopian Orthodox Church. And that is what we needed, so that the only way. It took me five years to get it out of my system.

How important is being in the right community to accomplish exactly what you just mentioned? The community is family and family is two types of family.

You have your family that your mother and father you come from. But then you have a mother-and-father family, that wants to be a higher family. A super-consciousness family right?

A God-Consciousness Family. So not only do your families have to attain a certain consciousness to really attain this unity. It's not easy work. Because it's an alignment you know?

And we give thanks for our father because our Father We give thanks for him because what you see here is work, he meant it, you know? And to have that stewardship in life, it just keep us balanced.

So I would say the community is family and it's Rastafari. And it is a God thing, but it was not a god thing like what we see in the churches around the ways.

It's a good thing within self because it you, if your actions, your steps, is your ways will come out of your mouth, words sound as power. So the God thing I'm talking about is the discipline within self.

That discipline that mother and father try to teach their children, not what they teach others, but that discipline you get from mother or father, where your mother, and your father have to be connected to the Most High, you know what I mean?

And the most high is a living God. And to I and I, this is our closest way to life, is really seeking the Almighty God within itself and within this manifestation of the flesh.

I hear you. That's the community we need to be in. And I see that and the importance of that. Rohan, you know, going back to the football days, right, and thinking about the long term impact physically that football has done, a lot of these young guys that look up to you, what is the message that you can give them on taking care of their health now versus waiting later?

You know? Well, It's hard to give a young person a message because there's so much to learn. There's too much trial and error. But the only thing I can say to young people, man, know that The self matters, like what you put inside your structure, right?

Don't fall victim to outside influence, substance, at least you can do right now. You don't need it, stay away from substance. Stay away form the things that chemicals.

Try to live a healthy, natural life now. Like think about you now, like for instance, big thing in college football and just college sports is NIL. Take that money, nutrition.

Proper water, proper juices, fruits, use your money for your longevity. Come out and see Liquid Vita. Look, now look, I know you have such a close ties to obviously Miami, to like just football, still in general you love the sport.

How many friends do you still like connect with that you used to kind of be in football that your still friends with today? You still keep that bond tight?

Nah, I don't have any friends. I dont keep friends because either brothers or nothing. Friends, they let you down. So what individuals would you say are brothers?

Have you cultivated relationships? My brothers are my brothers. My blood brothers, that remains first and foremost. What about your… I know there was like a stellar…

But the University of… No, but I mean I have some good friends, some friends long term. Because there were some epic, there where some icons that played…

Ray Lewis, Warren Sapp. I mean, I can't even name, it's not cool to do it because there's too many names and we talk every day. We have a group chat that we talked every, we have the hurricanes, the group chats that speak every morning.

So the hurricane family brotherhood, outside of my brothers. I have a brother from my mother's side, his name is Chris. He has a son that plays for Georgia, number nine, Chris Cole.

And I'm telling the boy, he should be at Miami, man. What's wrong with that? Whatever, you better, hey, if I got a message for anybody, it's all I've got to you.

Well, yeah, brothers, University of Miami, Brotherhood, the Marley brothers. And I have some brothers that I haven't, this is my life in the street, when I say I'm a street boy.

Yeah, you know, for me, I was really kind of just saying, like, obviously in sports. Names? What do you mean? No, I was just saying like a lot of times we might leave sports and sometimes these sports outside of like whatever it was, create a bar or whatever.

They're still the same people. Yeah, yeah, same. Same people and I have some new friends. Okay, okay. I mean, because it's business. There's always someone there to help me because there's something I don't know in that field I'm in.

There is always a better person. So I am always going to find new friends. My new friend are people that are better than me. I want to learn. Humanity is my friend.

The whole universe is I and I, brothers and sisters. But in terms of personal things, I don't have too many personal people. My woman is my best friend.

And every time I see you, you're together. Yeah, she's a good woman. and you still seem very happy. I always have to be.

## Football, Long-Term Health, and Community

Rohan, I want to ask you, man, watching your child emerging as a successful artist and really the next generation carrying that legacy, how does that feel?

Zayin Mali, Silla Maly, sorry. Niko Marley was the first one because he went to Tulane, he got a shot in the NFL. He played one preseason season in an NFL with Washington Redskins.

Eden Marle, my first child, she's a lawyer. She's married with three children, made me a grandfather. Her, Zion and Joshua made my grandfathers. But in terms of my musical family, Sara is getting ready to go to college next year, hopefully in Miami.

John's in St. Johns University, graduating this year. Eden graduating from St Johns in Hofstra, LA. Selah, she went to NYU. She models, works. Nico obviously, and then the rest of them are all young, but to see my children succeed at what they love to do, I have to give it up to their moms, of course, because mothers play a great part in any child's success.

So success, like I can speak of success in my But I would never want them to measure themselves as success. But success means you're on path to what is it that you gonna do for the rest of your life.

So once you get in your lane, just perfect that lane. Just stay in it, stay it. It's beautiful to see because Joshua Y. G. Marley, I mean, he's been on stage since he was 14 years old.

His big brother, Zion, has been stage before him. You know, so it's just, they're it! their moms is Miss Lauren Hill. I mean, Sela and Sara, every day they wake up to a woman that is a master what she does.

You know, so they have no choice but to be great because they are around the great mother every, they're with me, you know. They're me from time to time because I live with mommy and they come see daddy in these times because there they like the cold.

Like, I cannot do that cold stuff. So we have to big up to moms because mom really, you know, moms and the legacy, me, just push them forward. And I'm just proud daddy and give whatever I've learned throughout my age and years with my brothers and sisters in the music side and my father and everyone I know in music world.

I just give them that content. You know? We're so proud, being a proud father. As I am proud of all my children,

And the ones you guys love to talk about are the singers, because that's the one you hear about most.

But I'm proud of all of them. And singers make me even more proud because they are to be singers. They come from a singing family. Now, you had a big responsibility taking the Marley legacy, the family legacy.

But seeing your own kids do it now, it's kind of a different feeling. You know, when you think about, I mean, my biggest thing is proving to my brothers and sisters that I'm a good guy.

Like, the biggest thing for me is my brothers and sisters, man. Like the elder ones, you know, because they're like their mother, to me, they are my mother and father.

They're the ones that, like, They are the one's, men. The big brothers, and sister's they the ones that you really like. We the Marley brothers & sisters and brother, The Marle family.

Like, we look up to the big brothers and sisters because they hold it, they never falter. So, for me, like, even when I was in Miami, University of Miami playing football, I never want my brothers to see the back of my shirt with dirt.

That means I got ran over or someone put me on my back. Because they're going to ask me. Yo, what happened? I never want my brothers to hear anything about me like, hey, what are you doing out there?

What's going on? There's many things, man, that it's because of my brother's and sister's, because they live such a, like if you check the elder ones, Ziggy and Stephen and Sadella, mainly, Sodella and Zigy, the head.

You go to their homes. But it's order, you know? So you have somewhere to learn from. And you have someone to look up to. It did, because remember, our father passed on very early age.

I was nine years old. My mother, she had me when she was young. She was 16, and she did her best to raise me as much as she can. And I left her at a young age, at about 12, to Miami.

So we see brothers and sisters as our parents. We give thanks for grandmother. Give thanks to the uncles, cause Uncle Richie had to pick up My uncle's car, they are part of my autopsy.

So that all the people that are stewards in my life are the People that came before me and they're all family. Nah, listen, my brother. I mean, I think that's it.

Personally, uh, um, happy you're here. You're the lion. Thanks. Want to see that lion do another 50 years. That's the main purpose. Winner G, you said it, he said, roll, we got to take you over to Sam.

Sam, the lesson roll. Sam, don't waste this time, bro. This man got like 45,000 clinics and he's taking time out of his schedule to have you come up there.

The whole entire team. And what it is about us winning together, right? And bringing, there's a lot of this stuff that we're doing on the alternative medicine side.

It really hasn't really been available for the culture either. You know, it's really being for like only the bridge and phase. If you check the cultural, culture-wise, you know like, We're survival.

But survival means, what you have to eat? Give me that. You don't even know what's in it. Belly full. We are savages culturally. And we just eat for fuel.

Yeah. No, no. It's like we're like one big garbage can. One big, garbage, can, come on. When I came over, I didn't know even what chitlins was. I said, What are you eating?

I mean, you know, because the rest of our people don't eat meat in general. So when I see my brothers and sisters having those things, but it doesn't even matter anymore because even myself, like we're going back to our health

and wellness vibe, visceral has nothing doing anything besides fat around your organs.

And everyone can have that. Whether you eat meet or you're vegan or whatever you are. I suggest that everyone should have a health awareness. But it's more than you going to get your little checkup from the little hospital guy.

You need to go to the extreme health where There's a science to health also, right? There is a health in science, which is where you find health and wellness, because there's the science of the wellness.

Not everything needs to be done by a chemical pill, a pill or pharmaceutical. There are other alternatives. We're not going to tell you that it's to cure, but it is an alternative medicine and it a way that you can really further life.

And that's what I'm about. Because the reason I am saying this, Because I developed a thing called plantar fasciitis one time. And because I had to take this painkiller thing because of so much pain, it caused another issue, even though it was an ailment.

So the best thing is to stay off the pharmaceuticals because they help in one thing, but they'll cause ailments in something else. That's the truth. You see, I'm talking about, you see?

I mean, maybe you spend on doing that a little bit because we see a lot of that. Yeah, a lot of people, when they go to the doctor, all of a sudden you get on one pill and then requires you to get another pill.

And it just offsets your whole biochemistry within your body. Yeah. That's the magic. The magic is being healthy. We go back to our youth. If there's a message out for our Health is wealth, you know what I'm saying?

Facts, yep. You can't even enjoy, like obviously you can get this money, get that N. I. O., get all this, but if you cant enjoy your money and your quality of life- No, don't be like, health is well.

And it's about longevity. Longevity. Now Ron, we know you're big into the cannabis space, and today you were able to try the CBD that's for intravenous use.

## CBD IV, Healthy Living, and Final Advice

Oh, I am so excited about that. One of a kind. How was that experience? For me, it's a breakthrough. Just to even be able to say you can get an IV with CBD.

What? What's it called? The Pico? Yeah, PICO, CBD, IV. Yeah. For Wow, and then you mention why because how it's absorbed in the body because of what it needs to, you know, to bind from, just the solitudes binding together and from a molecular structure.

It's amazing because it is the only way that these things get to where they need to get, right? And to do it in such a level where You know what I mean?

They give you B12 and stuff. People do these vitamins to get CBD through like that. It's amazing, man. And the healing properties, unbelievable. My gosh.

I'm excited about it because your lady, the nurse there, she told me I'll be able to sleep 12 hours tonight, so I am looking forward to it. There we go.

Looking forward a good night rest. Now, Rod, you talked about making sure you're eating pesticide-free and all that stuff. And right now, we've been living in a very toxic world, right?

And, now there's a big movement that's happening to make America healthy again, and they're talking about removing a lot of these things. What's your input on that?

I mean, come on, man. We gotta eat to live, man. We can't just live to eat, you know? So it matters what we're

putting inside our system. And I'm so excited that people care.

I don't want my kid getting $5 and vaccinated. So if they gotta get that because of what you're feeding them, Why don't we cut out the feeding part first till we don' have to get this part to fight against what you're giving the kids, you know what I'm saying?

Why you gotta, I don"t want that. You're creating your own fight. I didn't want to be in your wars. No, no, let us take care of our youth the way you like, and let's try our best with the most natural way first, man.

Kid ain't even born yet and so much, like really? What so you're telling me this here is different than the air over there because those kids don't think nothing over here so why am i forcing all this stuff on my kid because what you say that you know you don' So I'm for that, I am for a healthier world, a healthy life.

And a healthier world means not just people running around the block, no. What you're putting in the food, what you are feeding to society, What your selling to your consumers on your grocery shelves.

what's going on? What's in these burgers? Yes, get it out of there. Out! Yeah, Maggi. Cut them out, maggi! Crush them, maggi! Everything out! Leave it to Adilwood.

Get rid of them. That's the truth. So, you know, as we start wrapping up here, and if there's someone listening, Rohan, to this podcast, who really resonates with today's message, what is that one thing that you can really leave them off with?

I would say, look in the mirror. And when you look the in mirror, take your time. Look at yourself. Look in your own eyes, you know. And if you can see yourself, see your self, look at yourself.

Are you happy with the life that you're leading? Are your happy the with life you are living? Those are honest questions you ask yourself but you gotta look in the mirror, gotta looking through your eyes.

You gotta see you self. Gotta be still though. Cause if your being still you cant see. Ya gotta be look through you eyes and ask youself. Question yourself, because what you see out of your mind first, what's pertaining to you first.

So check yourself. Dig. You know what your trying to achieve. We talk about the measurements. See it? That's the part I love. Listen, my God, amazing.

see yourself looking in the mirror and see your true self. And that's a powerful message. You actually killed it. I think this is a whole nother level.

You know what I'm saying? I knew who was the… You're full of knowledge, Cory. No, I listened. We needed you down here. And Sam, man, you guys, thank you, guys for bringing me onto the podcast because obviously…

I, myself, I have my own journey, too. You know, Lion Order, which is a cannabis business, as well as a lifestyle movement. I want Lion order to represent the cannabis industry as supreme represent, the skate industry.

That's what I went for LionOrder. I have Marley coffee, which is from my farm. And, you know my hope is that come this year, we'll open up our first coffee shop in South Florida.

I'ma close that with this. Celebrating the Marley family 50 year anniversary here in South Florida. We got here 1976. I got her in 1984. After they tried to assassinate my dad in Jamaica, he decided that he wanted to move his moms from Delaware to Miami, and he want to be a little bit closer to Jamaica.

But he started to call Miami home in 1976. So this is our home, South Florida. It's all about you, baby. Yes, yes. Listen, appreciate that. Incredible, incredible.

Rohan, it was a pleasure having you on a Healthy Point of View podcast. This message, I believe many people will

resonate with. I appreciate it. Thank you so much.

Awesome. Guys, you heard Rohon. Health starts with self. Look in the mirror. and tap in, make that adjustment. That's where it starts with self. Listen, if you resonate with today's podcast, or you know someone who's going to resonate for todays podcast make sure you share it, like, comment, subscribe, do all that fun stuff, and we'll see you for the next one.