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All right, so the first question is, what did I like about the course and my personal interactions with Captain Nemo? Well, this is Vijay, and let me start by answering the second question first, which is personal interaction with Captain Nemo.

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A lot of my interactions with Captain Nemo focused on exploring BDSM and primal level sexuality. In fact, Captain Nemo helped me get started on that journey.

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I had connected with a very experienced sub and I was in early stages of exploring being a dominant or a dom and he provided a lot of structure as to how to think about that space overall, how to think about BDSM, what role does masculinity and femininity play in it, how do you negotiate consent with a sub.

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the structure that he gave me, the framework that he gave me for negotiating consent. You know, the very first time that I met, she was super experienced. She was in this BDSM journey for 20 years, and she was very impressed how thorough I was in negotiating consent and how natural it felt, because she mentioned a lot of guys, a lot of Doms, when they negotiate consent, it comes across as very mechanical.

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guidance and coaching I received from Captain Nemo, it was very flirty, very chemistry driving, yet negotiating consent, what we'll do, what we won't do. And that went really smoothly. Another area where I had a lot of personal interactions with Captain Nemo is navigating a lot of different types of relationships outside BDSM as well. For example, hey, you

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tough part of relationship with a woman, understanding how to even listen, you know, so how to even listen through the lens of both masculine and feminine, understanding hey, the feminine, you know, speaks in the language of emotion and you need to be able to listen in that language and to be able to incorporate that language in your response versus being completely

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it overall. Another area has been just overall a deep journey into overall masculine journey, exploring who you are at the very very core. And I think that has been the biggest part of my interaction with Captain Nemo and what has impacted me the most is it hasn't been a one and done short-term course or a short-term set of interactions.

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path where literally literally every day I'm spending at least one to two hours. I mean of course it encompasses the whole day every part of it but about one to two hours every day whenever I

have break I actually go and explore these topics around masculinity and it's been it's been an amazing journey. I mean if I were to summarize I would say

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If I look at my whole life, I think the biggest impact that I've had in my life and the biggest impact that I've had in terms of how I look at life and everything has been going inwards and seeing through the lens of this masculinity. And it has helped me bring together a lot of different aspects of my life from spiritual, from philosophical, from rational, from irrational.

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all those different parts together in a cohesive manner. I wouldn't say the journey is done, it's gonna be, it's gonna continue for the rest of my life. Even on my deathbed I'll still be learning something new but that has been the most amazing part and I would highly highly encourage anyone to have one-on-one interactions with Captain Nemo. They have potential to really change your

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outlook, how you look inward as well as outward.