

# ANNESTASIS

## PODCAST TRANSCRIPT

### **Annestasis Podcast Episode 11 - Coming of Age While Relocating to College**

**Podcast Description:** Robert went through a typical rite of passage to a strange place with new people across the country. Without anything familiar and a support system far away, he learned to live as an independent young man. We hear from Robert as he unpacks what that process meant to him. He will inspire students and parents alike with his story of a life reborn after relocating to college!

#### **Podcast Transcript:**

Stacey Sade: Hello, everyone. You have reached the Annestasis podcast, and I am Stacey Saed. I am so honored and grateful that you are with us. We are uncovering stories in people's lives, just like you and me, about how life transformations happen through relocations. And you guys are in for a treat. And I have no perspective on the wonderfulness of this guest because he is my firstborn child. I want to introduce you to Robert Ferguson.

Robert Ferguson: Hey, everybody. Thank you for having me here, mom.

Stacey Sade: No problem. And above and beyond the fact that Robert is a wonderful person and my firstborn child, there's a story to be told. And I'm so grateful that Robert would hang out during the holiday break with his mother so he could talk a little bit about what has happened, happened in his life. So we're going to take a quick break, and when we come back, Robert Ferguson, young adult, up and coming fabulous human being majoring in video and movie production. We're going to hear about how a relocation in his life transformed him. We'll be back in just a minute.

Stacey Sade: Welcome back, everybody. I am going to have a conversation, like two grown adults, with one of my children, Robert Ferguson. And what I would love to talk

about, Robert, is, your move that you made just like a lot of young people who are entering college. So this was something that happened four years ago.

Robert Ferguson: Yeah, four or five years ago. Maybe a little more than four.

Stacey Sade: A little more than four years ago. Let's talk about the process of your first out of home college experience.

Robert Ferguson: Well, to kind of give some background to this, I graduated from high school just like all people my age do when they're 18. and it was the choice I had to make a decision about where to go to school and what my passion was. And at the moment of me graduating, I thought it was acting. I've been performing since I was nine years old, and I thought that's where my heart belonged to, was performing. So I was looking at schools, and I landed on one that was in Los Angeles, which is very far away from Memphis, Tennessee, and agreed, and there was some sort of backlash between certain relatives of mine that, they were worried about me. And, they were saying, Los Angeles, it's a dangerous place. And, you know, they were upset that I was going to be so far away, and I mean, I get it. but it was. I wanted to take that leap of faith to go where I think I should go. And Los Angeles was a great place for me to go to acting school because, like, because it's where it's all happening there. And so when we did start the move, it was a scary process because I decided to join going, to the school in the summertime..

Stacey Sade: I knew you were going to go for the summer semester before the fall began. You made that decision?

Robert Ferguson: Yes, I made that decision. So I barely had a summer to enjoy. I just had to go back into work, I guess. And it was a scary move. It was a very difficult move because, we, me and my siblings and my dad, we all got in his car and we just drove across the country. you know, having an eight hour car drive every day just to make it.

Stacey Sade: Wasn't it like 24 hours? It was like a 24 hours drive. Yeah, one way. Yeah, I thought so.

Robert Ferguson: So that drive was incredibly hard. but we did make a lot of stops to a lot of incredible places. We went to see the grand canyon, and that was, that was a treat. We went to Albuquerque, where one of my favorite television shows, breaking bad, was filmed, and there was a lot of place honoring that. And, it was very interesting to see. but when we landed in Los Angeles, there was. It was like, me being hesitant about jumping into the cold pool or something like that.

Stacey Sade: Like, absolutely. Absolutely.

Robert Ferguson: It was very uncomfortable. and I was very abrasive about.

Stacey Sade: It that I completely understand. And, from a little bit of, from a mother's point of view, letting a child go to college of any sort is the first time that we as parents, are able to just allow that child to wake up in places that we don't know about or go to sleep or have things like that. So all along the process, it is a matter of walking through the unknown. And when we come back, I can't wait to hear, from Robert. And I would love to share just a little bit of what my perspective was on what was happening next. But let's hear about the rebirth when we come back in a few minutes.

Robert Ferguson: This is a journey. Let me take you on a journey there will still be when you leave this planet, leave it in a better shape. Then you found it, right? And that's kind of how we live. Watch the journey on the Kazukian network.

Stacey Sade: Okay, thank you, guys. We are back with Robert Ferguson. And Robert is sharing with us his 18 year old journey to, college when he first went cross country from Memphis, Tennessee, to los Angeles. That in and of itself, just even being able to audition for that school, I remember, was a big deal.

Robert Ferguson: Definitely was a big deal. It was something where my young mind thought I could. Just thought it was fine for me to prepare at the last second, which in hindsight, was not a good idea. But, yeah, we.

Stacey Sade: The audition or the college experience?

Robert Ferguson: The audition of getting into the school, yeah, very, very, intimidating process. But I was very fortunate enough to be accepted and they said I had plenty of potential and I felt very grateful for that.

Stacey Sade: Yeah, it was great. To be honest with you, when I saw the low numbers of acceptance rate, I thought, I adore this child and think he is the best at everything he does. But the chances of being accepted are probably not going to be great because, you know, I mean, the percentages are low. And, so there was that I had in my mind that we would be looking at plan B and plan C, all of which were a little bit less, adventurous, maybe. you also, Robert, went into a little bit of the story of driving cross country with your family, with your dad and your siblings. all packed up. I flew out there to meet you, but what was it like, getting your things together? Were you nervous at all? Were you?

Robert Ferguson: I honestly don't remember about being nervous. I think the destination made me more nervous, than anything. because, you know, once I got my things together, traveled and then unpacked, and then you guys all, traveled your back way home, you know, I was in it and I didn't have anywhere if I was, you know, I'm air quoting, but attacked or any sort of way happened where I needed to go back to home place. You know, there. There was none other than an expensive plane ride. so I really had to break through, I don't know if it's my shell or, you know, I really had to adapt to this new environment. I was forced, I was forced to adapt to my new environment, which at the end of it was very rewarding because I wouldn't say it was a perfect, place, but I definitely gained a lot more than, things were taken away. I didn't have a lot of friends in high school, and when I was there with my dorm, I made some incredible connections. People in my class, we all really bonded together over that summer, semester. It's a very small school, too, so it's very tight knit community. It was great. I was so grateful to have that and to have those first experience of having a best friend, calling people, going out to do things, just experiencing life.

Stacey Sade: And you had to learn everything. You literally went from being in my house, where most things were provided for you, to figuring things out for your own. So what were the logistics? Like, let's talk about, you, what was it like, you getting groceries? I mean, that

was a thing. I mean, you're in hollywood. I mean, not even in los angeles. I mean, this school was in old hollywood.

Robert Ferguson: Yeah, old hollywood. So if nobody, knows where we're talking about, it's, where the walk of fame is, where all the stars of the celebrities are. Just kind of where the chinese theater is, that sort of area. yeah. So Germantown, Memphis, very different from Los Angeles. You could drive there, that's for sure. But everything is paid parking. So what most people would do is they would walk to where they wanted to go or take ubers or lyfts, going to get groceries. the closest, the two closest things that were next to my dorm building was a little market and then a Walgreens. And those two places were just, I just had to walk. It took like ten minutes to just get out there and shop and do groceries and then just carry everything all back. you know, and it was, so it was very different than driving to Kroger. That's what I'm saying. and just kind of figuring out what I need, what, you know, it was like I had a lot of things provided to me and now it was time for me to make my own choices and to figure out where to spend my money. And, almost budget, I didn't do a lot of real budgeting, but it was just kind of being mindful of where my expenses laid and what I needed to keep living because there was no meal plan, there was no, you know, cafeteria there. There was like a little cafe area, but other, you're just kind of left to your own devices.

Stacey Sade: So, and to give, you know, some true perspective, there was a great little kitchenette in your room. There was definitely provision for you guys to cook and I. Yes, you were definitely, you know, with groceries, you could do lots of things in this space.

Robert Ferguson: Absolutely. So it's not like we're eating pop tarts, you know, or like chips. Yeah, we had a, we had a space to make food. Yeah.

Stacey Sade: Yeah. So here you are, Robert, you have made the break and made the decision at 18 years old that you're going to go west, young Mandy, and do good things, and you go through the challenges, breaking through limitations and fears of getting out there logistically through kind of really like a vacation was really what it was like. And learning how to take care of yourself in a brand new environment. And I love what you

said, that there were no other choices and that, I think, is pivotal. There was no safety net, essentially, for you in that space. And it really did, I think, empower you to make adult choices.

Robert Ferguson: Right? Yeah, absolutely. I 100% agree.

Stacey Sade: Yeah, I think that that was lovely. And, you know, you look like a hero every time you came home because everyone was so impressed that you were able to navigate this big city. And the truth was, and tell me if I'm wrong, that all urban areas have their challenges, but you also were, surrounded by lots of good people and lots of beautiful human beings and environments.

Robert Ferguson: Absolutely. I was. I, you know, I went to, after, Covid hit, and I eventually dropped out of that school. I went to, a college in Missouri, very, very far away from home as well. But the difference was, like you said, was the amazing human connections that I made and some great friendships were born. And I just felt so grateful I had that, being so far away.

Stacey Sade: Absolutely. Well, may I ask you, so you're there and you're getting your bearings, and you've got your legs beneath you, and let's say it's October of your first fall term semester. What was the type of. Now that your shoulders back, chin up, you've relocated far away. What was the new life like for you? What fruit was born from you making such a bold decision to go so far?

Robert Ferguson: I, honestly, that, that's a good question. I had a lot of confidence in myself that I kind of knew what I was getting into. Going back for the fall semester, I, you know, I, you know, I kept up with those friends I moved in with, I moved in with different people, but some of them, most of them were my great friends that I made. And I was able to, it wasn't so scary as it was anymore. I felt braver, I felt more confident. And it was great knowing how things worked because that was the hard part. But in time, that was what I, in time, I eventually figured it out. Something clicked where it's like, okay, we do this, we don't do this, just the way we live, basically.

Stacey Sade: Absolutely. What about, so I'm hearing confidence. You've got connections much, more courageous. The good c words. what do you think it did as far as, your craft of acting? Do you think the process of relocating to this new space actually increased your ability to be a better actor?

Robert Ferguson: I think it definitely did. I think with a lot of actors, a lot of actors give this great advice, which is to experience things, to have your own opinion about things, to watch different things, to just get a grasp of not everything, but just a large amount and able to make your preferences and decisions. So when I moved to Los Angeles, some people lived in the California porno area, but I was bringing my experience from the Memphis area with me. And when we were doing, when we were practicing for, scenes or plays or improv, that sort of Memphis, experience kind of gave me a strong opinion about a character or, you know, this is how he would feel. Or, I know this situation because I've been in that situation. And, you know, if some actors, they've been performing their entire lives and they're in this box, and it's like they're not human because they haven't done something different, they haven't worked retail or cooked or something like that, they kind of had to learn that for a part.

Stacey Sade: But they haven't had that real life experience of just being ordinary.

Robert Ferguson: Of being ordinary. Exactly. Yeah.

Stacey Sade: Yeah. That is incredible. And here is the million dollar question.

Robert Ferguson: Okay.

Stacey Sade: M if you had gone to a performing arts college in the city of Memphis, and if you had stayed underneath my roof while you did it, what do you, do you believe that you would have had the same transformative experience without the relocation?

Robert Ferguson: I would not have the same experience. It was very different because I think it, I think that was my first breakthrough into adulthood when I was just by myself, in my new environment, where I had to figure where I was, but also myself out and how to

parent myself and love on myself, and, if I was still stuck in that safety net of being at home with you, being in the same city where I grew up in, it wouldn't be as impactful as just to kind of abandoning everything you thought you knew and to accept, and to learn new lessons.

Stacey Sade: I agree. And from a parent's point of view, because you were also getting some negative feedback about the distance. I assure you, as a parent, I was being cautioned by people who love you. I bet you were to say, this is not a good idea. This is not where he should go. He's too young. He's too. Whatever. none of those things are wrong.

Robert Ferguson: Yeah, no, they're not wrong. In their heart of hearts they did love me, and all they want is to see me safe. But I mean, sometimes you just gotta, you just gotta go for it, you know, you can't stay in your cubby forever. You, you know, you can do whatever you want, you can go to new countries and explore and, you know, and your family members, you know, they, they're just looking out for you, you know, they want the best for you. But I, sometimes what they think is the best is you to just kind of stay put and stay stagnant instead of having a rebirth.

Stacey Sade: almost 100%. And that is really, really the truth about Anestasis the company, Anestasis the podcast. It is really about seeing that miraculous event, that new life, that new rebirth, that new thing that happens because we physically pick up and move somewhere else.

Robert Ferguson: Right. And I will say this, for people who want to go somewhere new and somewhere different, I highly, I think you would agree with this, but like, be connected to the area. You know, if I didn't have school and I was just in this city by myself, I would not know what to do with myself. I, I would just spend time, spend time too much, thinking, and I just, I needed a purpose, and that purpose was going to class, doing a good job, making good grades, doing good jobs on my scenes, making connections. so I think being connected to this new area, if it isn't volunteering or going to whatever religious practice you, go or not, just find some community and get grounded. And get grounded.



Stacey Sade: Exactly, 100%. I have always said if I could keep Robert safe in the trunk of my car, then he would just live in the trunk of my car. And the truth is this, there is no guarantee, no matter what. And so for someone to live a life that is small and not in alignment with what we are called to be, to me, is more dangerous.

Robert Ferguson: Exactly.

Stacey Sade: Which is very countercultural. But, your story certainly proves it from my perspective. I saw you, I saw you change into a young man. I saw you going from a scared child into a young man. And I think that climb, that struggle, that distance, that transformation happened because it was such a bold move.

Robert Ferguson: I think I absolutely agree. there are things in life that people need to help you with, but when it comes to your own growth, definitely help matters, but it's all on you, and it's for you to climb that mountain and nobody else can climb it for you. You got to do the work. And. Yeah, I mean, that's all it takes.

Stacey Sade: it's good stuff. I remember even when, after dropping you off, I stayed an extra day not to see you, but just so you'd know one more day that there is somebody in this city if I need them. And you didn't call upon me, and I didn't reach back out to you, and I got on a plane, and I knew you were going to be okay. So, your story of transformation after relocation is truly a beautiful one. And I believe there's so much more to come. I believe we have not heard the rest of Robert Ferguson.

Robert Ferguson: You have definitely not heard the rest.

Stacey Sade: I just think we have not. And, I'm so grateful that you would hang out with your mom.

Robert Ferguson: Oh, yeah, no.

Stacey Sade: For a little while and talk about a story before in a way that, to be honest with you, outside of this podcast, I wouldn't have heard it that way.

Robert Ferguson: Oh, really?

Stacey Sade: Yeah, yeah, yeah.

Robert Ferguson: Well, I'm glad I'm able to share that insight for you and listeners out there.

Stacey Sade: Absolutely. Well, everybody, that's a wrap for our time with Robert Ferguson. We are so grateful for the story of a relocation for a young man, a college student, what that looks like and how bold that can be. And when we come back for future episodes, we're going to have more and more and more stories of life transformations through relocation. So thank you for joining us for the Annestasis podcast. You can find us@anastasis.com annestasis.com. we're on YouTube and LinkedIn and, gosh, Instagram, Facebook, lots of places and anywhere you listen to a podcast. Thank you for joining us, and we look forward to talking to you soon.