

## AJR Show Alex Ferrari Transcript

0:00:01 - Anncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan Hi everybody, welcome to the Ask Julie Ryan show.

0:00:47 - Julie

I am such a luxury for you. One of my favorite people on the planet, alex Ferrari's with us. Hi, Alex.

0:00:54 - Alex

Hi Julie, how you doing.

0:00:57 - Julie

I'm good. How are you, my man?

0:00:59 - Alex

I'm doing good. I'm doing good Trying to get the word out, trying to get the spiritual word out to as many people as we can around the world. I'm tired but very happy.

0:01:11 - Julie

Well, thank you for staying awake long enough to talk to us today In this little chat we're going to have. I have lots of questions for you. I have pages of questions for you, everybody. Alex is an award-winning filmmaker, he's a best-selling author, he's a podcaster, he's an entrepreneur. He's just an all-around fascinating guy. I know you're going to love him as much as I do, which is why I asked him to be on the show. We were talking before we started recording and I said on my team we say often, what would Alex do? It's like what would Jesus do. We go into what would Alex do, Kind of a thing. Let's just get right into it. It led you to go from making a movie about the mob of all things to interviewing people who have experienced near-death experiences.

0:02:04 - Alex

That's a long conversation, my dear. Okay, I started off in the film industry when I was around 18 or 19. I went to college and I consider that's when I started in the business. So I'm now 30 years in the film industry, or so. I just loved movies, wanted to be a movie maker, worked at a video store for all those kids listening, you could look up Blockbuster, and it was kind of like that. I fell in love with movies and then moved to LA, eventually Started doing more directing, working on big projects with big stars and so on.

And then in 2015, I was kind of lost. I had just got done with a three-year stint as an olive oil and vinegar gourmet shop owner with my wife which is another conversation altogether, where I was kind of lost, kind of burned off from the business. And I read a book called the Four Hour Workweek by Tim Ferriss and that book kind of reignited my love for online business. I had a website in 1998. I was I have, one of the first YouTube videos. I actually I haven't found an earlier one yet, but I think I have the very first movie trailer ever put on YouTube. I haven't been able to find an older one yet. I've looked the closest one is like four months after I released mine. I'm sure it exists, but I'm one of the early ones in 2005, 2005 or 2006, before Google

even bought it. So I was really into online businesses but I kind of lost my way or just found other things to do.

And then, in 2015, I decided to open up a podcast when I thought it was too late. It's too late. Everyone's a podcaster. Now why am I trying? I launched the podcast in the filmmaking space first independent filmmaking space. I started interviewing filmmakers about their process and I started telling the truth about what the business was like, because I had a lot of shrapnel. As you said earlier, I almost made a movie for the mob, which is my first book called Shooting for the Mob, where I almost made a \$20 million movie for the mob. So I definitely had some shrapnel from that experience. And that show, within three months, became the number one show in the filmmaking space on Apple. And then, a couple of years later, I launched a screenwriting show and that one came number one as well, and I did very well with those shows for a long time. The shows are still going on right now, though much smaller versions of themselves than I used to do, but still going.

And then a few years, about two and a half years ago, I have had a spiritual advisor most of my life. I met her when I was in my early 20s and she's been guiding me spiritually for years, kind of guiding me through this whole life, essentially. And then one day she goes Alex, I think it's time for you to start a new podcast. I'm like oh okay, what would you like me to talk about? And she's like well, it's going to be a spiritual podcast. I'm like what Me? Why? Like? I'm no guru, I'm not a psychic, I'm not a near-death experiencer, I'm not a channel, I don't have anything. I mean, I've read, I've obviously been studying spirituality and, you know, maybe have a little bit more information than the common folk, and that says that I've spent a bit of time. But it's not, no way I'm an expert in space. And she's like well, no, you got to do it. And you've got to do it in three weeks. I'm like I'm sorry, you want me to launch an entire show in three weeks. That's impossible. She's like it is impossible for everybody else except you. So in three weeks I came up with a name, or the name was sent to me through a meditation. I asked for it and it came, launched a show, prepped the show, got my first few guests and launched on Easter of 2021.

And then started interviewing people here and there. I knew a friend of mine who was a channel. His name was Darrell Anka. I knew him from the film business. I brought him in, had an interview with the lead singer of Iron Maiden about spirituality and his life. That was an interesting conversation. How that came into my life and a few of those episodes started to take off, but overall was still very, you know, chugging along, very, very small compared to my massive indie film space. It's just so huge. It's like spirituality and stuff.

So then after a while I got scared and then I pulled back because I did not want to lose what I had learned or, excuse me, earned in the film make my career. Essentially Because in Hollywood you really can't talk about spirituality out in the open very often because there's a stigma attached to you can't say God, you can't say God, forbid Jesus, or even spirituality is a general statement. It's just not done, especially for a male in the space. So I got scared and I stopped. I stopped doing the next level, soul. I said I'm going to take a three or four month hiatus. I'm going to rebuild my other sites. I made busy work for myself.

Then, christmas of 2021, I had about, at this point, maybe 700 subscribers or something like that. I wasn't even monetized yet on YouTube and my spiritual teacher is like look, either excuse my language shit or get off the pot. If you don't do this, the universe is going to find someone else to do it, because this has to get done. And I'm like it's a lot of pressure. So I had to come to Jesus conversation. I said I yelled out to God. I said okay, god, if you want me to do this, I'm going to go all in. I'm going to build this little set that you've seen in front of me, in behind me, and I'm going to go all in and I'm going to trust that you will protect me and my family and provide for us, because I'm doing this work. And that was it.

And then I had launched, relaunched it, essentially rebranded it, rebuilt it, created a new website in those few weeks and then started doing two episodes a week, then three episodes a week and now we're at a four episode a week. New episode a week mark, and just started pounding it and grinding and grinding and just didn't even think twice about it, just kept doing it and doing it and I had been worrying about the numbers, not worrying about any money that was coming in. I was just like I'm just going to do it. I'm just going to do it because this is the job. I just looked at it as like I cut wood, carry water, cut wood, carry water, cut wood, carry water.

And then July of that year, of 2022, we had already gotten, I think, up to around 8,000 to 10,000 subscribers. So it started to grow, but it still was still creeping along. We had one video take off. It was like, oh, it was kind of like a hint from the universe going this is what's coming. It's kind of like a little bit of a blip to show, kind of give you. It's kind of like that carrot to just keep you going. They're like, hey, oh, okay, so this can get done. Oh, it's just to show. It was kind of proof for me to like hey, I know you're tired and I'm seeing what you want to see. Here's a little proof.

So we saw that and the numbers changed a bit, but it was still creeping along, but by the time we got to October we were at I don't know 30 or 40,000 subscribers, which was a substantial amount of subscribers for me, because my filmmaking channel had like 80 in like seven years. Then one day October I think it was, I think October of 18th one video exploded, then the next day's video exploded, then the next day's video exploded, and then after that we went from 75,000 views in a month to 1.2 million to 1.1 million, and every month after that it kept growing 1.85, 1.8, 2.2. To now we're averaging around 8 million to 9 million views on the main English channel a month and we're now closing in on 100 million views in such a very, very short amount of time. And now we've expanded to Spanish and we're going to be expanding to about 10 to 12 other languages in the coming year. We have Eclipse channel and we have a lot of other things as far as expanding the business and the message and the mission next year.

But that's how I went to it and now what I was doing in the filmmaking space is so astronomically small compared to what I do now on a daily basis here in Next Level Soul. That is far beyond anything I could have ever imagined. And it all started with trust and faith in God and faith in what I was supposed to be doing here. So that's a long answer to a short question.

0:10:53 - Julie

Well, I think it's really helpful, though, because we're all getting guidance in some form, and when you say you're spiritual advisor, I'm assuming that's a human spiritual advisor or it's a spiritual advisor.

0:11:08 - Alex

I usually preface it yes, she is alive, she's a human and she was still living and she was on the show. I had her on the show recently, so yes.

0:11:19 - Julie

Because we get guidance from spirit in a multitude of ways and you mentioned Four Day Work Week was kind of you felt like a little ping on that Something's coming. I don't know what it is. I think of something's coming, it's going to be good. From West Side Story, you know the song. It could be around the corner, it could be tomorrow, it could be tonight, whatever. But there's something else that's coming and that was the big job for you to go from the movie biz into the spiritual. And it's interesting to me, Alex, that you say that spirituality really isn't talked much in Hollywood, talked about much in Hollywood, because I think so many of these screenwriters and all the creative process is those guys are channeling all that stuff.

0:12:11 - Alex  
All the time, all the time.

And I had these conversations with them all the time behind closed doors. Out front they don't talk about it, but most of them are all spiritual. When I was talking to Bruce, the lead singer of Iron Maiden, he's like I go, what do you think it comes from? He goes I'm just a vessel. It comes through me. Every good artist that I've ever spoken to understands that they are not the quote, unquote creator. They are the vessel that it comes through and it's filtered through them and it's their job to do the work to get it out into the world. But generally speaking, that's all channeling. We're all being channeled.

I mean, when I wrote my first couple of books, I would write down something and then go back and read it and I go who wrote that? Holy cow, that wasn't bad. Like what was that? The same thing. It happens all the time, so it's always happening. But Hollywood is as much as it says. It's a liberal place. It is to a certain extent, but God forbid you say prayer or anything in dealing with spirituality in a public forum. It's just. I don't know why it's like that, but I think things are changing anyway and I truly do believe that people are moving away from celebrity and moving away from Hollywood. I mean, you can just look at the numbers as a general statement, Numbers of box office and things like that. I don't think it'll ever go away and I still have a tremendous amount of love for cinema, but I think it's just changing. Everything changes.

0:13:40 - Julie  
Everything changes Because we're going to streamers and we're going to watch and stuff at home, versus the go into a movie theater kind of a thing. Is that what you're referencing?

0:13:52 - Alex  
Yeah, I'm referencing that as well, but just as a general statement. You know there are no real movie stars anymore. Movie stars don't matter as much. The movie stars that you and I recognize are movie stars that were created 20 or 30 years ago. The Tom Cruise's, the Rock I mean Rock's been doing this 20 odd years. I mean I know he's, I mean he's not as old as Tom Cruise, but he's been at this for a long time. Brad Pitt, Leonardo DiCaprio's been around forever. These are the big name stars. But you know, now you see someone like Margot Robbie or Ryan Gosling. They're both amazing actors and I love them both. But you put them in the wrong movie, the movie dies and they both have those things happen to them in their careers.

But back in the 80s and 90s Arnold Schwarzenegger could have just been reading the telephone book and they would have shown up \$20 million opening weekend. Tom Cruise could have just, I mean, and he made a movie called Cocktail and that made like a gazillion amount of money. Why is Tom Cruise being a bartender? Like it was a different mentality. So I think society is kind of moving away from that because now there's just so much more options. Now YouTubers are big stars.

My kids only know these movie stars that just laid out to you purely because they live with us and we're like, oh, that's Tom Cruise, that's Leonardo DiCaprio from Titanic, oh, titanic, yeah, that's what they know them from. It's like either Titanic or something. But you see what I mean. So it's a completely different thing. I think society in general is moving away from that and I think we're hopefully evolving beyond that, spiritually as well, I think. And then we could talk about the shift in human consciousness and so on that is happening in the world and where we're all going. But I think that's what I mean when a lot of that is happening.

0:15:37 - Julie  
Yeah, interesting. When I was little, my favorite TV show was Bewitched and da da, da da, I could still sing the music for you. Of course.

And when I was little I used to wish I could be like Samantha Stevens. When I grew up and now I am, you know she would call Uncle Arthur and Uncle Arthur would come in, she'd snap her fingers and she'd be in a different reality. And I've always thought those screenwriters were channeling that stuff, and even to the point with JK Rowling and the Harry Potter world. I was at that one in LA, in a universal city, and I was walking through. It looks like a movie set.

0:16:21 - Alex

The whole Harry Potter world, the beautiful world.

0:16:23 - Julie

It's fantastic, and Hogwarts and the castle and all of that. And I remember there were several occasions where I'd see something. I was with my son, John, and then I said I've seen this. She's channeling all this stuff. I've seen this when I've been working with a client or, you know, working with somebody who calls into the show, or I'd read something, and it would be something that wasn't out of one of her books, but it was, or maybe it was. I didn't read the books. I saw the first movie, maybe the second one too, but it was something that I'd heard from Spirit and she was just channeling it. And, like you, when I wrote my first book, until I get 10 minutes I'd write something and then later I'd go back and read it. I don't remember writing that, but it's pretty good.

0:17:12 - Alex

So same kind of thing, Exactly same kind of thing.

0:17:16 - Julie

Yeah, most people have a fascination with the afterlife and with things spiritual, even if they say they don't. When something comes up, it resonates with us as humans. Would you agree with that? Why do you think that is?

0:17:33 - Alex

Oh, because it's the great unknown we're all gonna die. We all know we're all gonna die. So whether people wanna talk about it now or whether they wanna talk about it under deathbed, they're gonna talk about it or they're gonna figure it out, unless it's a tragic accident that takes them away quickly. But generally speaking, in the normal stages of life, you're going to start thinking about it. My audience is not 10 year olds, though I do have some very highly evolved 10 year olds apparently listening, but generally speaking, they're all 35 to 65 and over.

Because when you start getting into your older years, you start like, oh, I've already walked more miles behind me than I have ahead of me, and that's what you start to think about. And you're like, oh, wait a minute, I'm over halfway through, or I'm about to get halfway through. If you just do basic math, even if you use 100 years as a reference point, there's only so many more years that you have to walk the earth. So you start asking deeper questions where, when you're younger, it's all about the physicality, the indulges of the physical experience, whether it is sex, some people, drugs and alcohol, some people food, some people just experiencing all sorts of stuff or conquering your power. If you're a guy, a lot of times there's that energy there. But as you get older, hopefully you're evolving and those things start to go to the wayside a little bit and you start to look inward a little bit more. And that's where I think people, even if they don't admit it, they all have these questions about well, what happened to grandma? What happened to Anne Suzie when she passed? Is she okay? These are questions that you don't generally get at an early age. Generally, unless you have a death in the family, you don't even think about it. Like I, didn't have any major deaths until I was in my mid to late 20s. My grandparents were all alive until then, so that's when they started to pass and that's when you start asking these kind of deeper questions. At least you will eventually ask these deeper questions and some people look into it as a curiosity.

Other people look at it with a tremendous amount of fear because it's the unknown. It's literally the great unknown. But people are fascinated with it and that's why near-death experience stories have become so popular in the zeitgeist, because people are interested in people who died and came back and can prove that they died and came back and what they saw on the other side and I have a very unique perspective on all of this because I get exposed to so many. I mean I've spoken to over 100 plus near-death experiencers. I speak to channels, I speak to psychic and mediums like yourself at all levels. And when you start to put it all together, I mean I have a point of view of like I can see where all the dots are connecting. I can see it.

I rarely run into somebody in my show that doesn't reinforce something that I've already known to be a truth, or they might just have a little bit of different flavor to it, but the core is still the same. So near-death experiences, generally speaking, all have similar things happen, some different flavors than others. Some don't have things, some do have things. Generally speaking, love is on the other side, great amount of love, all these things that there is a soul blueprint, a soul plan, why you're here, why you're learning. We have multiple lives, these concepts that have been talked about for thousands of years. I'm starting to see the lines connect and the more I do the show, the more people I get access to, the more I really have complete knowing of what is what is the other side. Again. I don't know everything about the other side, but that there is another side there's not even a doubt in my mind.

I have no true fear of death. The only fear I would have of death is what would happen to my loved ones after I leave. That's the fear I have, not of me going, and also I would be upset because I have a lot of work to do. I'm like it's not my time. I've got stuff to do, but at a certain point it will be my time, it'll be your time, it'll be everyone's time, but it's not something people wanna talk about. Nobody wants to go. You know you're not always gonna be here. This is a very difficult conversation to start. So, Julie, I talk for a living, so I will continue to talk for another hour. So you need to stop me, so I will stop.

0:22:21 - Julie

Well, I'm laughing about my spirit guide, pope Clement VI, who came in 10 years ago, or Sony. He says you need to teach the world what happens when somebody dies. And I said, yeah, I'm not doing that. And he's like, no, no, you need to, because you see what happens and there's a lot of information about near-death experience and a lot of information about the afterlife and a lot of information about grieving, but not much about what's happening as we're transitioning. And he said it's been so bastardized and people are so afraid that you know, you know what happens, you witness it.

I witness it with clients with whom I work and also being able to talk to any spirit at any moment. And so I think, when you say you're not afraid of death, that's a huge statement and the work that you do and the work that I do helps people not be afraid of death, because when we're going through the end of life with a loved one, not only are we grieving the loss of them, oftentimes in advance, but we're also being faced with our own mortality, like, oh, why, I'm gonna be there at some point and I'm gonna be in the same position. What's gonna happen to me? So that's a profound statement. Furthermore, I have a lot of clients with whom I work that we're talking with a deceased loved one's spirit or spirits several people. The number one question they always ask versus are you okay, how are you doing Right? But I wanna say they're in heaven, it's nirvana, it's, they're all fabulous, but we've been so inundated and conditioned into fearing this oh, thousands of years, yeah, thousands of years of that, thousands of years by religion or organized religion.

0:24:12 - Alex

that's been hell. And, oh my God, did they make it? Or did they eat bacon on the wrong day? And now they're in hell. Like that's ridiculousness.

0:24:21 - Julie

Yeah, yeah, and the whole evil spirit thing too, which I get. All spirits are pure love. It's all about love. You know, it's all love and joy. Did you grow up in a spiritual home? Do you come from a spiritual?

0:24:35 - Alex

family. I'm a recovering Catholic, so I went to Catholic school.

And for most of my youth. I went to high school and I mean, you know, at the church, you know I got. I was scared to death because a priest came in in first grade and said taught me about hell. I'm like what, like it, just like freaked the hell out of me as a first grader. Can you imagine telling a first grader about hell? I tell my children about how they laugh. That's how evolved they are. They just the go. That's ridiculous, like it's just like they understand about the other side and but they're like hell.

Why would? If there is a God and he loves you he or she, whatever you want to call it, loves you? Why would they throw you into, you know, everlasting damnation because you made a mistake or two? Everyone makes a mistake or two here. That's the point of this whole thing is to learn, make mistakes and learn, make mistakes and learn. So you're here to grow and to trip and to fall. It's like when you're first starting to walk you're gonna start yelling at the baby because they didn't get it the first time. It makes no sense. So this kind of dogma that's been kind of thrown upon us generationally is what's causing it.

But I wasn't very spiritual. I mean I believed in God. As I got older I just started to ask questions. Even in elementary school I'd be like so if I kill someone today and I go to confession, do seven or eight Hail Marys, I'm solid and I can go out and do it again and then just go. I'm like it just didn't. Just the point of you know cause and effect even at such a young age didn't make sense to me. These basic ideas just didn't. And then you start to deconstruct a lot of the dogma and you're just like that doesn't make any sense. That doesn't make any sense. So after a while it just was like so.

Then I started to search for other avenues and I just go into Eastern religions and yoga, philosophies and yoga, either Vedic texts and reading autobiography of a yogi, and started to go down those roads and that started to make more sense. I mean going into Buddhism and Taoism and Hinduism and, you know, confuciusm, even all of these different philosophies of way of looking at life. I'm like, oh, that makes a bit more sense. Oh, karma, that makes a lot more sense than this other thing that these guys were talking about. Like these ideas started to make sense.

But that's how I kind of got into spirituality, but it was always something that really just was in me, even at a young age. I was always looking into it, but I had no abilities. I never saw anything, nothing, I never channeled and never did anything like that. That was in my path, you know, early on. Not that I have those abilities at this point, but I have a feeling that I have a little bit more of that stuff going on now on the back end, behind the scenes, that I did before. Yeah.

0:27:46 - Julie

Well, you have a real joie de vivre, you know, you have a joy for life and an infectious laugh, and when you really get going on something that's funny to you, your energy field just gets massive. I mean it expands out like galactically. And so do you believe that the spiritual pursuits that you've been involved with for the last few years are expanding you spiritually? I mean, I know they are intellectually, but just from a spiritual standpoint. I know you meditate, sometimes for long periods, pretty much every day, right.

0:28:29 - Alex

Yeah, meditate at the day yeah.

0:28:31 - Julie

Tell us about that, why do you meditate and how has this been, just from a spiritual evolution standpoint, for you personally, and what effects have many of you seen that's had on your life?

0:28:45 - Alex

So to ask you your first question, absolutely my spiritual understanding, my spirituality within, has grown leaps and bounds. I've become a much more mellow person than I used to be. When I was a young man I was extremely angry at a lot of stuff stupid young man stuff and then I would be very short tempered when I was a younger man. And you know, being married to a good woman has helped dramatically with that being able to. You know, good woman will calm a man down, without question. But overall, in the spiritual side of things, my understanding of life has changed so dramatically in the last six, seven years. I started meditating deeply around six or seven years ago when I was again told by my spiritual God to do so and kind of started going down that road and it was very difficult. I tried meditating so many times in my life but I just couldn't keep that monkey brain down. I couldn't get it. I wasn't ready yet. And it taught me something about evolution and preparedness, like when you're ready, the skill, the book, the knowledge will present itself. Not before. You know, if I would have told myself six years ago that I would be having this conversation with you about my show, what we're doing, or my life. I would have said you're out of your mind, you are insane. This makes no sense. You're gonna be a Spielberg. What's wrong with you? And I'm like, yes, I didn't understand. And I would slap him in the face. I'll go. No, no, calm down. But yeah, meditation for me has really balanced me and I've been able to get answers to life's deep questions.

For me, meditation is a very more of a. It's a spiritual practice as well as a physical practice. I've had a lot of health benefits from my meditation just blood pressure, things like that, calming things down. But for me there's been a lot of mystical things that have happened during my meditations. As you start going deeper and deeper and you practice longer and longer, doors begin to open up in your consciousness, if you will. And, as I've talked to other Tibetan monks and yogis who've meditated for decades, they concur with what I've experienced and I'm experiencing to this day, and it's never ending. But meditation has been such a powerful part of my life that it's something I can't not do. I feel weird when I don't do it. I think my body doesn't feel, it's just I'm off when I'm not meditating. So it's definitely a big part of my life and I advise everybody to try, at least try it, at whatever level it works for them.

0:31:48 - Julie

Can you share some of your experiences that you've had while meditating? That you said were really extraordinary spiritual experiences.

0:31:57 - Alex

Well, one was simply like okay, god, I need a name for this show that you want me to do about spirituality, and if you want to give me this name, that'd be great. And I also need to be sure I have the URL for it and I need to be able to trademark it. So good luck. I'd like challenge the universe of like get me a name that's gonna work, because in this spiritual space, everything has been used. I mean everything. You know this as well. I mean it's been. I mean it is one of those bastardized. So many people have used names in this business. So I was like and then all of a sudden, these three words just popped into my head and a voice just said next level, soul. I was like, hey, that sounds pretty cool. I like that name, let me check it out. So when I got out of my meditation, I was like, oh, all the URLs are open. They check the trademark office. Nope, no one's trademarked it, no one's even close to it. All right, let's get it going so, and that's how it starts. So that's one big thing like that.

I've had visions of things. I've had I don't know doorways opening. It's almost psychedelic in a sense. Not that I've ever had a psychedelics experience, but like the doorways opening to I wouldn't say different realms, but different images would come up. I've seen past lives in my meditations, at least that's what I consider past lives. So I'm like although that's why I'm afraid of heights Okay, that makes sense, you know, because I see something happen there. Oh, that's not afraid of heights, but you know what I mean. Oh, that's why I don't like high places all the time. And oh, that's why that's that I'm like okay, but these little things will pop up here and there in meditations. But I mean there's been a ton of them, a ton of them.

0:33:50 - Julie

Tim, my husband and I were visiting my brother and sister-in-law in Chicago and I was being led to write a children's book and I was laying in the guest room bed. Tim was already up and I heard angel messages for kids. Okay, same thing. I'm thinking, oh, that's not available. And same thing I need to trade market, I need to be sure the domain's open and I need to be sure you know that I can utilize this. And so I did lay in a bed. I checked to see if it was trade markable. Yes, it was. Then I checked to see if the domain name was open. Yes, it was. And I thought okay, there we go.

When do you get these what I call divine downloads, which is you're being led? Obviously, obviously, yeah, and all of us are. When we get these divine downloads, we've got a thought in our head. What's your process to be able to discern whether it's something to follow or not? I mean, especially being in the movie business, where there are a lot of phonies I would imagine in every industry there are but what's kind of your meter that you utilize to say, okay, I'm gonna explore this?

0:35:04 - Alex

Oh, the gut instinct. There's a difference between ego, the egoic mind, and the divine mind. That's even a term that's ever been I don't know, I just came up with it now. I'm sure someone has said that before. But the divine mind meaning that when an idea pops into your head and it's to feed the ego which I've been there and I understand that feeling, having a thousand companies, having a thousand things, having a thousand plates to make yourself look bigger, feel bigger, say things like, hey, I got this project, that project I mean I've gone through all of that already in my life or when you're like, how can this serve the mission, how can this serve others? And if it's coming from that place, you feel differently. It's just a feeling and it's a very difficult thing to quantify. It is something that you feel. It is a gut instinct that you feel where things that are coming in now are much more on mission than they are on ego. And if they are in ego, or if I suspect that they are in ego, I'll sit it on the table or on the shelf and I'll let it percolate there for a month or two. And if it's still there, then I reevaluate it and then I'm like, okay, what is this really gonna do? Is this gonna help? How is this helping other people? How can this help the greater mission? These are questions I ask before I start in getting involved in a new project or a new saying.

I will make a movie, one more movie, probably before I go in this life. It'll probably be the mob movie, because it's something that I wanna do, not for myself, but to help others understand what it's like to be abused and caught up in something that you feel that you can't get out of, and to show people that they can get out of that situation. And I had a pretty extreme one, to say the least. But that would probably be something that would want to do. And that's not coming from a place of ego, because I could care less about the fame or fortune, or I don't care about becoming a huge movie director anymore. If I make movies, I'll make it in service of others or in service of a story that I wanna tell that could help others. But the days of me just doing something for my sake only. I don't know if I might be wrong, it might come back, but right now it's not something I'm really interested in.

0:37:39 - Julie

Okay, so you can't just leave everybody hanging about the mob movie thing. I know a little bit about it, but please share what happened on that movie.

0:37:48 - Alex

So I was 27 years old and I was brought into a movie that was a \$20 million movie for an ex gangster and he was a quote unquote rehabilitated gangster and he wanted to make a movie about his life. So what? By the time I had figured out what was going on, I was already too late. I was already in kind of in the web and I, at 26 or 27, I had no defense against someone like that, like I knew nothing how to deal with a bully and a bipolar, narcissist psychopath, essentially sociopath at that level. I just had nothing I could do against that and I was thrown into the gambit.

I was with that project for almost a year and our offices were in a racetrack. I mean you can't make this stuff up. I mean our production offices were in a racetrack that looked like from the 1950s, like Frank Sinatra be walking down the street at any moment, and the story of that, of us trying to get that project off the ground, getting money, all this kind of stuff, is a great story. But then Hollywood took this psychopath seriously and I was flown out to LA and I met the biggest movie stars in the world, billion dollar producers. I'm at the Chateau Marmon. I'm at the Ivy, I'm at Spagos having dinner with actors. I'm at the Hollywood Hills and I'm like this has to be my shot. How would, why would the universe get me so close? I even got to meet Batman Julian. I went to the which one?

I can't tell, you have to read the book. But one of the Batman's. I went to Batman's house, went to his mansion and I'm there, you know, two feet away from Batman, for three hours talking movies and talking how he's gonna be part of my project and I'm like this has to. I mean this all has to happen. I mean, why would the universe do this to me? And that was basically where it was till I was finally let go, thank God, mercifully, by this man, cause I was just. I was just done. I was wasted.

I was in a depression for two or three years after that. I didn't even make, I didn't shoot anything, I wasn't even in the business. I was selling comic books on eBay to make a living because I was so destroyed, the PTSD was so massive and I almost went bankrupt. It's literally about. It was about two days away from signing the bankruptcy paperwork when I yelled out to God, cause I put myself so in debt dealing with this, I wasn't being paid. It was all this kind of stuff and other stupid mistakes I made along the way as a young man and I yelled out to God and I go, god, if you want me to pay, I want to pay my debts. But I need help. And if you don't get me a job or you don't get me some sort of help, I'm going to sign this paperwork so I can protect myself. But if you send me work, I will do it the next day.

My very first boss ever in the business it was my internship that I had when I first started calls me up out of the blue and goes hey, I don't know if you're looking for any work, but they're looking for an editor up North. I already called them and told them about you and they're interested. Just all you got to do is just drive up there with your demo reel. I did. I got the job and I started working my ass off and got myself out of debt. But that was such a profound experience of yelling out to the universe for help and the universe next day having a phone call made like that. It was pretty powerful. That's happened to me a few times in my life a few times.

0:41:40 - Julie

Asking, you shall receive right. Yeah, well, and that's what happened with the show.

0:41:45 - Alex

I mean, I just said okay, I trust that you're gonna have faith that you're gonna take care of me and my family. I'll go and do the work, but I need help, and help came, as you have seen.

0:42:01 - Julie

Well, and I think that's a really profound concept too, because most of us are taught, especially if we're doing something entrepreneurial, that we've got to have measureables and we need to look at the statistics all the time and we need to have goals and blah, blah, blah and all that stuff. And you're a great example of just stepping out there and going, okay, lead me. And then certainly you're looking at the measureables, but you're not focused on them. You're focused on what am I doing to help the masses? How can I create a better product that serves more people? You know, is that a right? Is that a correct?

0:42:43 - Alex

assumption. I think it is a correct assumption. I think something that people really need to understand as well is that there's gonna be multiple things that need to get done on this planet at certain times, so certain ideas have to be birthed at a certain time. So when HG Wells started to create these amazing books about time machines and Frank Baum created Wizard of Oz and these ideas, those kind of stories, didn't exist. 50 or 100 years prior to that, nothing like that really existed. But those stories inspire generations.

I mean, you know how many people from the space program go right back to HG Wells as the inspiration and that's what started it. So there's these ideas that need, at certain moments in human history, have to come out. So perfect example is for whatever reason, the idea of dinosaurs had to really come back into the world. And what did the universe do? The universe gave that idea to Michael Crichton hey, what if humans worked around? Okay, great. And who did he give it to? Probably one of the only filmmakers on the planet that had the power, ability, talent and experience to create a movie called Jurassic Park and that came out so perfectly in timing. And that idea wasn't given to me as a 20 year old or a 17 year old. That idea was given to people who could execute it. So I think that that is something that, when the time is right, these ideas have to be birth, these missions, these passions have to happen. You know, love them or hate them. People like Elon Musk, Jeff Bezos, these giant millionaires, they're doing things that has changed the way we live our lives around the world, better or worse. It has changed the way we look at things, from Steve Jobs in the tech world to Henry Ford, Edison, tesla, Nicholas Tesla not the car All of these people. They change humanity.

And I was listening to a book the other day called the Psychology of Money by Morgan I forgot his last name Such a great, great book recommended to everybody. They were saying that 15 billion people were born in the last I don't know 2000 years, let's say, on this planet, but in the last 100 years, nine have made the most impact. What? Yeah, nine, the TbPic, nine people that made the most impact on human history Hitler, Stalin, I think, martin Luther King, Gandhi and he just started listing out a handful of people and you're like, well, yeah, it was just really a handful of people that really shifted. I mean, there's a lot of other people doing a lot of other things, but those people were put here to do those jobs regardless, negative, positive, whatever it is. They had the missions to run on a spiritual standpoint.

0:46:01 - Julie

Well, I think too to your point about ideas. There's certainly there are many references to spirits and literature and in every holy text and angels and all that kind of jazz. But also there are ideas that need to percolate, that when it comes up to the perfect time for them to be released, then it makes sense and then all of the stars align.

I would say we meet the people we need to meet, right at the exact perfect time that we need to beat them, and they open doors for us and for others. So back to the NDE topic. Let's go back there and revisit that for a minute. Do you believe people who have experienced an NDE chose that path before they were incarnated?

0:46:56 - Alex

Yes and no. So from my understanding of talking to NDE years, some of them do it's kind of put part of their blueprint. Others, in other words, from my understanding, there's a soul blueprint that you set up with your spear, guides, counsel of elders on the other side and you're like, hey, in this life I want to be born to an abusive family because I need to learn that lesson. But then I'm going to be rich and famous because I need to learn that lesson and all the trials and tribulations that come along with that, and then I would see you learn all that. And also, let's throw a little bit of alcoholism in there, or let's throw a little bit of addiction in there as well, because I want to kind of go through all of that this time around. And they're kind of putting together this list of things that they want to go through in life. And then throughout life, there's exits that they can take. So they're like, okay, let's put out exit, a doorway to exit 32, a doorway to 52, and that's 60. And these are windows that they can take off ramps, and that's when near death experiences happen sometimes. If they want them to happen, if they need to happen, those are the moments where they can kind of go off, be reminded of what they want to do, and that's why there's always a choice Do you want to go back, do you not want to go back? A lot of times there's like you can't go at not your time yet, and they're kind of not forced back, but pushed back gently back into their experience. But from my understanding, you do choose it sometimes. That's the one way of going about it. The other one is sometimes and these are deep, long conversation big conversation. So I'm going to explain it as best I know and I'm no expert that sometimes you've gone off your track so far.

So, like, let's say, I needed to be an astronaut, I needed to be an astronaut in this life. I needed to be an astronaut and I am. Now I am not an astronaut anymore. I decided to dance and I'm just going to dance. I'm going to be a dancer and. But I really need to be an astronaut. That's my point and design. I chose to be an astronaut for whatever reason. I've gone off the trail and now I'm dancing, there's going to be something that's going to a near death experience sometimes is thrown in at that moment to kind of shake you up and go hey, this is your path. Do you want to just clock out and start again, or do you want to get back on road? Because this is what you wanted and that's what the spirit guides and the other side kind of do. That's my understanding of it, my rudimentary understanding of it.

0:49:32 - Julie

You mentioned earlier about some common denominators that ND ears experience. We hear a lot about the tunnel. We hear a lot about pure love. We hear Evan Alexander talk about the heavenly music, the celestial music that each level took him higher and higher. On that, do you find that there's a type of personality that experiences an ND as well?

0:50:04 - Alex

Or is that just all across the?

0:50:05 - Julie

board.

0:50:06 - Alex

It's everything I've had. I've had to have spoken to Dr Evan Alexander, who was a complete atheist and complete logical person, who now is not, to a, you know, a person who was in the spiritual space the entire time and they jumped. I've had educated people have uneducated people. I've had every walks of life. There is no personality type that you can I mean from military people like Suzanne, but military people that have had near death experiences on the

battlefield, after the battlefield. I've had doctors, I've had nurses, I've had firemen, had a diver, a deep diver, a Navy diver, a horse rider, just a girl riding her bike. It's everybody. There's no personality difference.

0:50:58 - Julie

And culture and education, and socioeconomic, all that stuff is just a moot.

0:51:07 - Alex

It's a moot point too. I've had all different and all sorts it tends to. One thing I have noticed is that culturally, at least in the American space, we don't have a lot of Spanish people coming out speaking about it unless they speak English. But in the Latin American space when I started looking at near death experiences in the Spanish space which is what I've been doing now since we launched a channel in Spanish there's hundreds, thousands, tens of thousands, who are in that language. So, even though a lot of people maybe watch a show like mine or something like that and they don't see a lot of other representation, there's African American, there's Asian, there's Hindu.

I've had all walks of life, but it definitely skews more American because we're in America. But if you're in another country, there's going to be, I argue, the same amount of people in that language or that culture. That's having them as well. But also culturally in some cultures. It's just that spoken about, they're not caught up to that point yet. To be honest with you, it was taboo 10 years ago, 15 years ago. This conversation doesn't happen. 15 years ago, Julie, you wouldn't have a show 15 years ago, not like this, and that's so open and not so many of them out there like this. My show wouldn't have existed 15 years ago, not at the level that it is now. People are ready and wanting to hear about this information now.

0:52:37 - Julie

If you had to come up with a percentage of the population that experiences an NDE. Do you have a number that floats into your head?

0:52:44 - Alex

I think the number that I've heard floating around is like 2%, 3%, 4% of the population. It's a substantial amount. It is a substantial amount of people. We're talking about millions and millions and millions of people because our methods of resuscitation have gotten better. That's why there's so many more of these. That's the bottom line. It's the only reason there's more is because we can resuscitate people back from the dead. Where there is records of this in the Bible, there's records of this in Greece, there's records of this in India, but they're just few and far between, because it's just they just didn't have CPR back then. They didn't have basic things to resuscitate somebody. It's a substantial amount now, very much so.

0:53:27 - Julie

Yeah, interesting. Why do you think we're in a situation now where people are hungry for this information?

0:53:37 - Alex

There's a spiritual awakening happening on a planet. There's no question about it?

0:53:41 - Julie

Talk to us about that. What do you think is going on?

0:53:43 - Alex

there. I think that the consciousness of humanity is growing. We are becoming more aware of ourselves. People are leaving organized religion in droves. People are looking for different answers and they're becoming more critical of the answers that have been given to them by

institutions that have been around for hundreds of thousands of years. People are just starting to look and search more because they're feeling it. They're feeling it within the planet. They're feeling it within the consciousness of humanity.

A lot of the negative things that are happening in the world today are a direct relation to that awakening. In other words, if there is something that needs to be healed, it needs to come out into the light. It is not a pleasant experience. This is what has been told to me by so many different channelers and psychics and near-death experiences and people that have been on my show. I always ask why is this? We're in wars with beefs from thousands of years ago. Really, are we still arguing about this stuff? Can't we just be human with each other? It has to come out that way, people to just go. I'm not going to let that happen anymore. We have chosen not to do it.

If anyone questions that, just look at the way we treat ourselves now as a species, and how we treated ourselves 200 years ago. 300 years ago, you could have killed somebody for a bad game of poker and no more would it look twice at you Now. That's not acceptable anymore in the society that we're in. One day we'll look at what we're doing now and go my God, they were barbaric. Not everyone didn't have healthcare. You could bankrupt somebody because they get sick. That makes no sense. What school used to cost? How much? That doesn't Just an example. I promise you, 100 years from now, they'll look back at this time and they'll be like the absolute barbarians Absolute barbarians. As advanced as we think we are, we still have a long way to go, but we have come a long way From the days of Jesus. We're not crucifying people generally speaking, not crucifying people Now. We crucify them on Twitter, figuratively not literally Exactly.

That's also something that's going to change as well. As we continued before. We're going to be good. This is not enough. It's enough of this anymore. We can't do it. It's happening. This new generation coming up, the kids are being bored. They're coming in wired, so differently than my generation, your generation did. You can just see it. I have kids. I see them in the way they approach life, the way they look at life, the way they just look at things that are happening. Racism doesn't make any sense. I'm like, yeah, it doesn't.

They're like no, but at a core level they understood it At a very deep level. My generation understood it. It gets that water down but a little bit more evolved from where my grandparents God forbid, great grandparents how they thought about certain ideas to where we are now. I mean, we were walking around Italy and we're going into churches and my wife had to put a shawl on because she had a T-shirt on or a tank top on, a normal looking non-sexy tank top. She was wearing shorts, so she had to put some sort of something wrap around her legs and put a shawl on to walk into the church. That's how barbaric of an old idea. They were still walking around, like women can't show off a shoulder. This is a Catholic church. I was just shocked that. I was like, wow, these guys are still beating that drum. Okay, good luck to you.

0:57:44 - Julie

Exactly Well, and the kids come in knowing so much more. Each generation is wiser and more evolved, no question. I can't even tell you how many times I've seen a toddler that knows how to use an iPad way better than I do. They're not even verbal yet.

0:58:01 - Alex

Exactly no, question you talk about they're wired.

0:58:05 - Julie

Yeah, they're wired for electronics too. I don't know that irresponsible. I think it's short-sighted when we say, well, these kids that are playing video games all the time, they need to be studying something, something, whatever. Yet I've read the stories about how it lays the neural

pathways in the brain that allows them to think differently and problem solve differently than those of us. Perhaps you probably play video games with your kids, but those of us that don't do that, and yet we look at it, and I think every generation does that. My parents hated rock and roll and they were all about Frank Sinatra and the classics and stuff like that. Then you come into the punk rock and you go into the whatever. And then you go into the rap and you you know each generation saying, oh, this is music's terrible.

0:59:06 - Alex

Well, I mean, there's always something new. The music today is terrible. I mean, let's just put it out there. Um, I'm just, I'm going to be the old man. No, no, I'm joking. There's some great music out there now, but some of it's just horrible. Um, like I'm, I'm a.

0:59:17 - Julie

I'm a share has a new Christmas album out.

0:59:19 - Alex

You know, I heard you seen she can't go wrong with share, but uh, but yeah, I'm a purist, a rap purist. So I love rap, uh, I love hip hop, but then, like the stuff that's going on today, I'm like this is not what is this? I'm the old guy now, but this is not real rap. And back then rap was like the crazy, you know, outlayer, outlayer kind of thing. But yeah, they are definitely coming in rewired. But look, I, I played video games when I was a kid. I don't play them now anymore. They don't have the same interest for me. But when I was a kid I played Nintendo. Like, oh my God, I mean I used to. I I would go blind, like my eyes would blur out because I played so much video at so many video games. And I'm okay.

Yeah you watch TV. You turned out, I turned out okay. I mean a lot of these myths, you know. Just just try to try to support your children in any way, they what interests them, and try to find the good and what they're trying to do, hopefully, and and help with that. Um, that's the way I kind of approach things. You know, my kids now roadblocks, love roadblocks, love roadblocks. It's just like this new video game building worlds, and they'll sit for hours watching how somebody else is building a house inside of this place and I'm like, well, they're learning construction. Yeah, I mean they're learning. I mean there's, there's, there's, there's stuff they're learning.

1:00:40 - Julie

I I heard a Air Force general I believe I forget what branch of military say that the, the kids can fly the helicopters now because they have those neural pathways in their brain that allows them to deal with the onboard computers and everything, whereas somebody my age or perhaps even your age, we wouldn't be able to do it because our brains wouldn't get it, cause we didn't have the neural path is laid.

1:01:07 - Alex

I just saw a movie. Yeah, I just saw a movie yesterday called grand Teresa Torino not grant Torino, but grant Turismo which is a game, a true story about a game simulator of the grand prix of racing and it's like the most accurate representation simulation game ever created in the racing, in the racing world. And somebody had the crazy idea of allowing the best video game players ever to try to actually race in a real race. And how these kids long story short, it's based on a true story they won, they, they played so many of these tracks so many times, they knew so much that they played, they had thousands of hours in the simulation that their, their pathways were just rocked in and everything physical they learned along the way, but they just, they just literally became unstoppable. It's pretty remarkable, yeah.

1:02:06 - Julie

Well, that's what pilots do, right? They go in the simulator, correct, and they have to. They have to do that a certain number of hours a year in order to get their licenses renewed. Yep, you say we're here for a short time to do our souls work. Never allow fear to stop or slow down the process. Within yourself, you'll find a deeper connection to the universe. This is all the strength that you will ever need, and I said that.

I said that. You said that, see, oh yeah, that's not bad. That's not bad. I doubt it. What do you see as your souls work? Like if you had a mission statement, what is it? It's what I'm doing right now.

1:02:45 - Alex

It's what I'm doing right now. My job here is to share this information of spirituality, of different avenues of spirituality, of different avenues of the human story, the spiritual story, and place seeds around the world to as many people, to the billions of people around the world, as I possibly can, through interviews and through other media Strategies that I'll use in the future. But that's what I, that's what I'm here to do, it's what I'm happiest doing, and there's no mistake or coincidence that I came in from the film industry. The amount of knowledge and experience I have in media and post-production, in storytelling, and not only that. I've also been able to do a lot of research in storytelling, and not only that, I've also interviewed a thousand, literally a thousand, of the biggest filmmakers and screenwriters in history, understanding their process, breaking down their stuff. So all this information is kind of in me.

It was kind of like a perfect storm to create the version of Alex that you see in front of you right now and I was wondering, like, why did I have to go through the film business? If this was where I was supposed to go, why did I go down that path? I could have gone down a thousand other paths. I could have been a monk, I could have been this or do that, but like no, this is the path I needed to walk to get to this place and to go where we're going, for that's how I was able to launch a podcast about spirituality in three weeks, because I already have all this.

1:04:22 - Julie

To be able to package it so that it's well received by your audience.

1:04:28 - Alex

And I also had to do a thousand episodes of another show for five or six years to get to the point where I could literally take the ball and run with it so quickly, starting this new show, because I just had, you know, a thousand hours under my belt of interviewing people and understanding that process and understanding the show and all that stuff. It's all perfectly set up. You start looking back and only once you look back can you understand the perfection of all. When you're in it, it's difficult to, but when you look back and you go, oh, thank God I didn't go out with that lady. Oh God, thank God I didn't marry that chick.

Oh, thank God I didn't take that job. I mean, you know, and at the time it might have been the worst thing that ever happened to you, you got fired. But because you got fired, you started your new business. When you started your new business and that turned into this, this, this, it all works exactly the way it's supposed to and if you can understand that and kind of Allow that to happen for you as opposed to to you, your life becomes a lot easier. I agree.

1:05:32 - Julie

And I think it's important to also say that you don't have to do a thousand interviews in order for your message to get out for somebody who's a stay at home Mom. That is taking care of kids and all that all those skill sets that you get being a mom, being a housewife, being a whatever all are leading you on your path. And everybody's path is the same. I agree with you.

1:05:58 - Alex

It's not to say that you can't do what I'm doing because you didn't walk the same path as I am. It's just going to be different. No one's going to compete with me and I'm not going to compete with anybody else. I can't compete with being a stay at home mom. That's not my skill set, meaning that I don't understand that world. So they could bring something through their life experience into a show. If this is where they wanted to go into a show that I could never in a million years to just like. When someone's trying to compete with me, they're like you're losing, it's a losing battle. I can't compete with you. You can't compete with me because we're two very different people. We have very different life experiences, so we just have different paths to walk.

And trust me, from someone who idolized so many different filmmakers along the way, like, oh, I wish I could be this guy because he got that and I tried to walk down that path and it didn't work. And I tried, I studied all of these guys and then I got the years later, got a chance to speak to many of them on my show and really understand the inner workings of what happened. And until only until I started to make my own path did I start to gain any sort of success in anything I did in life when I stopped trying to chase somebody else's path, because there is no way you can follow someone else's path. You could be inspired by somebody else's path, but you really need to figure that out, your path out. And, by the way, I was inspired by other podcasters as well who I've now met that I idolized when I was growing in this side of the business, and now a lot of them are asking me what to do and I'm like what, what? Really? Yeah. So it's fascinating how the world works I agree.

1:07:38 - Julie

One last question as we're winding down here. Why do we incarnate All? To learn, to grow, to experience things here.

1:07:48 - Alex

We grow faster here than we grow on the other side. We will grow on the other side, but it's kind of like an intellectual exercise versus a physical exercise. I can teach you how to. I can talk to you about how to cook, but until you get into the kitchen and you start cracking an egg and putting seasoning together and testing it and feeling it and feeling the heat and burning your hand and cutting your finger because you were chopping onions until you get into that experience, you really aren't going to learn. You learn so much faster by being in it, then talking about it or intellectually thinking about it. So on the other side there are lessons to learn, but here this is the PhD. This is the highest level schooling in the universe, to my understanding. It's very difficult down here and you're going to learn so much faster.

I was talking to a near-death experiencer. It was such a great story. He was a great teacher. He was a great teacher. He was a great teacher. He was a great teacher. He was such a great story. He's walking around heaven and this other spirit that he knows walks up to him and goes what have you been doing? I want what you have. He goes oh, I've been spending time down on earth. And he goes oh my God, I want a piece of that. He goes be careful, it's not easy down there, it is rough. It's kind of like when you see an old friend from college and they look fantastic. They get shredded. They got a six-pack, they're all beefed up, their skin is perfect. They're like what are you doing? And he goes I've been eating right and working out. He goes oh, I want whatever you've got. I'm like well, it's not easy eating clean and working out every day and it's a lot of work, but this is the results of it Same thing here.

We come down here to learn multiple lessons in a lifetime. Sometimes our lifetimes are five minutes long, sometimes lifetimes are 100 years and we learn lessons. They don't have to be grand missions. It could be as simple as to help another soul out, teaching another soul be the other soul's mother, brother, boyfriend, girlfriend, sister, brother, whatever that is until that soul's job's done. Maybe their death is the next last lesson. They're like oh, I'm here to teach

you empathy because I'm going to pass and this is a lesson you want to learn. So I came down here to do you a solid and then we can talk about soul groups and things like that.

But you're here to learn, you're here to learn, you're here to grow, and I truly believe that we are God's algorithms in many ways, that we are, because an algorithm in its nature is pre-programmed to do a few things, but once you let it loose, it kind of does its own thing in a predetermined direction. How it does it, it really is up to the algorithm. So I think that's very much us. We are set down here as with a plan, a soul plan, but how we get there there are points on the map that we got to get to, but how we get there is really truly up to us, with our free will. So it's a very exciting, scary and dangerous and fun and exhilarating experience. Life is the ultimate journey, the ultimate path, the ultimate party, the ultimate funeral, the ultimate everything. It's all encompassed in one thing. But we are here, at the end of the day, to learn and to grow and to be just to learn lessons, and I think that's and you keep coming back to learn new ones, and learn new ones Not because you have to, because you want to, because once you get a taste of it down here, you want to come back down and you want to learn.

Maybe you take a break. I've heard of vacation lives. I don't know if you've heard about vacation lives. We're like you know, I had this little last three lives have been rough and I just be like I don't want to think about anything. I just want to kind of like, sit on a yacht somewhere and eat and drink in the Mediterranean. Is that cool? Can I do that? I've heard of these lives. I think that's fantastic. I'm not going to learn a whole lot this year this time. I just want to kind of enjoy Earth. Can I do that? So there's those lives as well. Yeah, I'm sure people listening are going. I want one of those lives right now.

1:11:57 - Julie

Yeah Well, we're here to create. You know, we create, create, create. And then what do we do? We die, we go back to heaven. Then we do, we create our next life of what we want to experience and explore Next round. How can people find out more about you and your work?

1:12:14 - Alex

Best way to go is [nextlevelsoul.com](http://nextlevelsoul.com). I'm not difficult to find [Nextlevelsoul.com](http://Nextlevelsoul.com). If you type in Next Level soul on Google, our YouTube page comes up, which is where all of these interviews are housed. If you listen to audio, there are all the major podcast platforms Apple, Spotify, google, all those places but [nextlevelsoul.com](http://nextlevelsoul.com) is kind of like the hub of everything, so you can go there.

1:12:37 - Julie

And I got to be on your show, which was so much fun and such an honor, so I'm delighted that you took the time to return the favor and to be on our show and share some of your wisdom with all of us.

1:12:51 - Alex

Of course.

1:12:52 - Julie

I hope everybody's sending you lots of love from Sweet Home Alabama, and from Texas too, where Alex says we'll see you next time. Be well.

1:13:03 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at [AskJulieRyan](https://www.instagram.com/AskJulieRyan), and like her on Facebook at [AskJulieRyan](https://www.facebook.com/AskJulieRyan). To schedule an appointment or submit a question, please visit [AskJulieRyan.com](http://AskJulieRyan.com).

1:13:18 - Disclaimer

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