

## AJR Booboo Garcia Transcript

0:00:01 - Annncr

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.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Booboo Garcia with us on the show today. Booboo is a spiritual seeker, writer and host of the Broader Lens podcast, where he explores ancient wisdom, higher consciousness and humanity's cosmic origins. His journey began in struggle marked by trauma, gangs and addiction, until a profound awakening when he glimpsed nirvana. It's going to be fascinating to hear how ancient texts and personal spiritual experiences shaped his transformation and new way of life. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Boo Boo. Boo Boo, welcome to the show. I'm so delighted to have you with us today.

0:01:44 - Booboo

Thanks, it's an honor to be on. Thank you.

0:01:47 - Julie

You bet you say you've had a glimpse of nirvana. How, what happened?

0:01:55 - Booboo

I also say mystic from the hood because I grew up in the neighborhood in Los Angeles and I had a lot of mysticism come after that event. But yeah, going to Nirvana I wasn't a lot of suffering, I was suffering from alcohol addiction and I was caught up in this thinking, feeling, drinking loop and I didn't know how to get out of it. I was like a prisoner of my own mind and body and I was stuck in this state of being and the only thing keeping me alive was alcohol. But what happened was, like Carl Young would say, there's no coming to consciousness without pain. Or Eckhart Tolle will say at the beginning of all addiction there is pain and at the end of all addiction there is a pain.

And what happened to me? As I was in so much pain, I finally woke up my last night drinking. I blacked out one more time and when I drink I think I'm Tupac, Bruce Lee and Boy George all put together. When I drink, I think I'm Tupac, Bruce Lee and Boy George all put together, joking around. But I was in so much suffering. It was a big shooting, big old chaos like my whole life has been from that point.

And then I woke up in a state of nothingness. I was in a dark place where I was beyond the five senses and I was in a state of pure consciousness, I guess I can say. I want to say I had peace and joy and all that bliss. But I don't remember that part, but I just know I was in a state of nothingness and as fast as I was in that state I snapped out of it and I'm back into the five sense reality and I went back into my suffering. But something shifted in me. I was no longer the person I once was. I knew to the deeper depths of my being that I was no longer going to drink, party and live the way I was living. I had a shift in consciousness. From that point and the

word nirvana means to extinguish or blow out I had a brief moment of ego death and also some of that old sense of self. Those layers were gone.

0:03:49 - Julie

So what do you think happened? Where were you when you were in the nothingness? Can you describe that to us? Was it just like you were in this black room, or what happened? And then, what do you think caused the shift?

0:04:03 - Booboo

I have no idea, Just a lot of pain finally woke me up. But my friend was in prison when I got sober and after like a year of doing this sobriety thing and trying to live on a spiritual basis, he called me from prison and he described what happened to me. And he said he was with me that night and I blacked out. I didn't know what was going on. And he said that I was in the room, I was in my buddy's apartment. He let me stay there because he knew I was homeless and he was in a rehab himself. But he let me stay there and my buddy was with me that night.

Another friend and he heard me in the room and he described it as I was fighting with demons. He heard a lot of screaming, a lot of yelling and then all of a sudden it was quiet and that's all he remembers. He was so afraid to even open the door from the noises he was listening. Maybe I had some entity attachments were leaving releasing from me, I have no idea, but he did hear that silence as well.

0:05:00 - Julie

Wow, Did he tell you how long it lasted the episode?

0:05:04 - Booboo

He did not. We were talking briefly from when he was in prison. He eventually, two years ago, he died.

0:05:10 - Julie

He OD'd, but he was a really good childhood friend of mine. Yeah, tell us what it's like growing up on the streets, in the hood, in LA or anywhere. Tell us about your childhood and what you faced before you reached that nothingness. And and also, I forgot, what's nothingness. Can you describe nothingness to us?

0:05:36 - Booboo

I had a couple of different experiences with being in a state of nothingness where there was no like conditioned state of mind, no thinking really, it's just being beingness. And so I was beyond the senses and I just, it was like in a pure state of consciousness. There was nothing else going on, I didn't even have feeling or a thought of going, I was just. I emerged with the all, the allness of life, like in a pure state of consciousness. I had that experience in Ohio as well, when I was working on a job site. I looked through a flower because there was no restrooms, and I fell into some state where I was in a state of nothingness again and I was out of my body. I had an outer body experience during that time, but I guess the best way to explain it is I was outside of my senses, I was beyond my conditioning and, yeah, I was in a pure state of consciousness.

0:06:29 - Julie

Did you see anything? Was it all dark? Was it light?

0:06:33 - Booboo

When I was in Ohio, I seen me merge into everything, whether it's with the trees and everything. I just merged into it. And it kind of felt like you ever see that movie, um the predator, where, um he's, he's hiding, he's like cloaking into his environment, and it's like you could

barely you could see like this frequency, like this. It's really uh, it looks like the environment, it's clear, but it's just like moving fast. Um well, that's how. That's how I seen everything, but I felt like I was merged into everything. Everything was one.

0:07:10 - Julie

Okay, thanks. Tell us about what it's like to grow up in the situation that you grew up in as a child and as a young adult.

0:07:21 - Booboo

What's interesting is I like calling myself spiritual gangster because I had a spiritual awakening later and I lived the gang life my whole life. My parents, my dad, was shot five times. In two different occasions he was sliced in the face. He looked like Scarface. I was always ashamed of my parents and open house and stuff. In school my mother was sliced in the back over 50 times, always like she wasn't, she wasn't afraid to be violent if she had to and we lived that lifestyle. It was normal to us and you know, growing up it was just rough. I felt like the monsters. You know my family and I was always ashamed. I didn't feel like the normal kids. I already felt different. My dad would beat me and today, you know, I look back and I know my parents did the best they could with the tools they had and if they would have known better they would have done better. But my dad was. He did drugs, did alcohol. That was all in my house. My house was the party place. I would be playing outside with the normal kids and next thing, you know, my dad's friends are arguing and someone's getting stabbed and I didn't know how to process that kind of stuff. I didn't know how.

You know I talk about toxic masculinity and some people try to defend that with divine masculinity and I agree with that as well. But toxic masculinity is when I don't know how to, when I suppress my emotions. You know, boys, don't cry, be tough, be this tough guy, be the best at everything. And what if I can't do that? You know what if I need to cry? And that created that. All that stuff went inside me. And next thing, you know, I need to find ways to get out of myself, just to numb myself. And I found that in first grade when I punched a kid for calling me Yogi Bear and Boo Boo. I punched them and I felt some relief. Then I had to be the best at sports because I felt less then. So I had to portray myself as better then. So you're picking me first when I'm playing basketball, or playing football or baseball or bowling.

You know, abandonment issues, all kinds of different stuff, going on seeing my mother with another man when my dad's in prison, or just going to see my dad when he's busted and going through that process in concrete cells and feeling the energy of people. But what's crazy, living in that environment, is that I've always had this glimpse of remembrance of other lifetimes. I had this deep connection of India. I remember watching Indiana Jones for the first time. Rather, that's a staged environment. I felt like I'd been there before. It gave me some kind of remembrance. Even in watching those old kung fu movies in the 80s on the regular TV and they're translated. I knew I lived in that kind of environment before I had this inner knowing. So when I had my awakening years later, I went back to those teachings.

0:10:10 - Julie

We were watching the Alabama Auburn basketball game over the weekend and one of the Alabama players did the what's his name, merogi or Minogi or whatever the bird pose After he scored like a three-pointer or something that won the game. And he did that and the crowd went nuts and I think that that has been around now for decades with those Karate Kid moves. It's reminding me of that, with you mentioning that, what do they call that bird pose where he? You know what I'm talking about, I know what you're talking about, but I don't know the exact name.

Yeah, he raises his arms and stuff. Were you an only child, boo Boo.

0:10:54 - Booboo

No, I had two redheaded sisters I'm Irish and Mexican.

0:10:57 - Julie

Oh, my gosh.

0:10:59 - Booboo

But you know I look back and when I joined a gang it wasn't because I wanted to be a bad person. I wanted to be loved. I wanted to feel a part of and feel like a somebody, like I meant something. I was somebody. So with that comes all kinds of stuff you know that I wasn't aware of but I just wanted to be a part of.

0:11:31 - Julie

So I put a friend request in the neighborhood and the friend request is not on Facebook, but in the neighborhood is when the guys surround you and they jump you into a gang and they beat you up for several minutes and I finally felt like I was a part of, I was a somebody. Do you think that all of that, all those years of gangs and trauma and all that jazz, has prepared you for your current mission?

0:11:43 - Booboo

I believe so.

I remember having a dream when I was a kid of the Night Stalker I don't know if you've heard of him, Richard Ramirez and I remember having a dream of him telling me to get in the sewer and on top of the sewer was a gate.

If I walked in it would close and it was in dark. It was all darkness and it was rats and snakes and stuff, and he was telling me stuff but I couldn't hear him. But he kept telling me to approach him, come closer to him, and then almost immediately had a back-to-back dream where I see this divine character with a white robe, but I couldn't see the face in it because of the sunlight, and he was in a room. All three sides of the rooms were green and the other side was like the sky, with light, with the sunlight of the spirit, and I had the most active gang members at the time that I knew of were following me to this room. So when I had my awakening, I think that's part of my purpose is just to help people look at things from a broader lens.

0:12:40 - Julie

Yeah, you also talk about that. You had a shared death experience with your father. Can you tell us a little bit about that?

0:12:48 - Booboo

Yeah, my father came back into my life because he left when I was a kid and it was so painful, so much hurt when he left those abandonment issues.

When I was a little kid I didn't know how to process that stuff or talk about these kind of things, so I felt it was my fault. If I would have been more lovable, he would have stayed with us. And my dad comes back into my life and by this time he's a changed man. He had a tattoo teardrop right here and he got it removed and he's talking different, living different. He was a mechanic and he wanted to work on my El Camino one day, but a couple of days before that he was in the emergency room. I had to give him a ride and he laid out his whole life and he apologized for this and apologized for that. We were in Long Beach at the emergency room and we were there for hours and he just laid out his whole life and I couldn't comprehend what he was trying to do at the time until I had my awakening. But I felt death around the corner for him. I felt this death, you know, and I remember calling my sister saying that you might want to

spend time with dad. I don't think he's going to be here much longer. So Sunday comes around, he knocks on my door. I just get home from partying all night and he wants me to go to church with him. I don't do the church thing but I said, come back after church and hoping he didn't come back.

And he came back and his younger brother was finding remote control in the cliffs in San Pedro, California, right on the coast, and it got stuck and we decided we're debating on going to get the airplane. So we walked a couple steps down and we decided not to go. My dad took a couple more steps and he slipped off the cliff and I just seen a pile of dust. And I ran about a mile away where there's a staircase going all the way down to the rocks. And as I caught up to my father, um, I grabbed him and I just remember seeing a real tear in place of his teardrop.

And somewhere along the line I had an outer body experience or a shared death experience. I come to realize and, um, I seen everything outside my body. I was looking at everything from a whole different scene, like if a movie scene just went up to the sky and I could see the whole big picture and I seen the firemen, the police officers, people overlooking the cliffs, trying to look downwards and I seen me and my uncle holding my father and them running to us. And later, when I had my awakening, I started to have a lot of the Hindu scriptures come to me, and the Hindu scriptures talks about how the self doesn't die, and you talked about it. I watched a clip of you saying just as a candle cannot live without fire, man cannot live without a spiritual life, and you touched on that and it made me smile. I love that quote. Quote, by the way. Um, but uh, yeah, so I had a shared death experience with my father where I realized that he didn't die and I think that was his way of showing me and, um, but I was in a lot of pain after that.

I felt double abandonment issues. Now he comes back into my life and now he's gone. I didn't blame like a god or anything. I just I was just really hurt and I didn't know how to process that stuff. So my anger escalated and then I went through more of more, deeper darkness and addiction and, um, I went through that route and a lot of suffering and it finally woke me up. Another experience is when a girl got murdered because of me. Guys were shooting at me and she got shot in the head and it was really hard, you know, and I just really leaned more and more to the drink because I didn't want to feel. I think alcoholism or addiction is not a disease. I don't really agree with the disease model, but I believe it's an attempt to escape human suffering.

0:16:20 - Julie

Wow, big statement there, because I know you've been involved in the 12-step programs for a while.

0:16:27 - Booboo

Yeah.

0:16:36 - Booboo

And that's what they teach, basically that it's a physical addiction. Say more about your thoughts about that. And people don't realize that the Rockefellers had their hands on the 12-step program before the book was even written and they created this education system and this. You know, they rewrote history and they control the narrative and I think there's a recovery matrix that they created as well, and people don't have to agree with me, but where people don't really get well, they just continue to go into this. All these rehabs cost lots and lots of money just to go to a rehab. But the disease model I think it just misses out on the real problem, like our trapped emotions and our resentments. What's deeper within the resentment, the trauma and the trauma imprints and how it affected us at a deeper level. And I think once we heal our traumas, we could straighten up mentally and physically and spiritually.

0:17:34 - Julie

How does one heal their traumas?

0:17:37 - Booboo

I can't speak for everyone but I could share on myself. I went through the 12 steps and I highly recommend outside help as well for people, but for me I found everything through the 12 steps and a little bit more suffering and more looking outwardly and learning from spiritual teachers. I had a lot of mysticism teach me how to love myself, which I never was. Like, I said I was raised, wasn't raised with religion or spirituality. I think the only time we went to church was through a service or, like a holiday or someone you know, a funeral service, but so my parents weren't religious or spiritual. But for me, I was really just learning how to shift my perception.

You know, in step four of the 12 steps I learned, like Wayne Dyer says, when you change the way you look at things, the things you look at change. And you hear people have near-death experiences that talk about this life review. Well, when I went to the fourth step, I started writing down my resentments on people that I had with people, places and things, and then I put myself on stage with these people and I started to. I went into the crowd I pretend there was an audience and I started to look at things from a different angle and start questioning stuff. Where do I feel hurt and threatened and why? How do I want this person to portray act towards me, with this audience looking, and I started to question and see how I created this persona? Or just questioning my parents. I don't know my mother's darkest secrets, but I can only imagine growing up the way she was brought up and she didn't have a father in her life my dad as well. And just questioning and trying to have understanding gave me compassion, and especially when I started to understand how things affected me, my relationship with my environment, from my outer to my inner, and that itself created a lot of compassion and understanding in myself, which I call self-knowledge, spiritual knowledge, spiritual insight. I started to develop by questioning that stuff and so I can try to have more understanding for people, Like when I was in Ohio.

One day I'm at the gas pump and I'm experiencing a lot of racism, right, Not with everybody, with a lot of people, but it can be contagious if you're not aware of it, because now, everywhere you go, everyone's racist. If you're not aware of that because that's how the mind will take you day. I'm at a gas station and people made some comments and said stuff, but I realized what they were. I went into their being if that makes sense, their own mind and I could understand what they were thinking and making assumptions of, when I really understood that. I didn't react to them. I was more. I become more life sensitive versus ego sensitive, if that makes sense, and I don't think ego's completely bad.

0:20:28 - Julie

No, I think we need ego to survive yeah, really, but to be able to change a perspective. A lot of the time gives us a clearer picture of what's going on, instead of just whatever their reaction is, especially if their reaction's in fear. Would you agree with that?

0:20:49 - Booboo

Yeah, I agree with that completely. I always say that ego's not your amigo when you're unconscious of it. I was unconscious of my ego for a very long time, meaning my different identities that you know, different labels that I hold on to and belief systems that created this sense of self, the persona, and so I was unaware of it. I was so caught up in my thoughts and my emotions for the longest until I started to separate myself little by little. But there's always hurt, there's always pain under the drink, for the alcoholic or for the drug addict, and I don't think there's a difference in the 12-step community can be.

It's been hard for me to stay there because of the dogma, and I think I heard you talk about mysticism. You asked the lady what does the mystics, the mysticism, mean to her? And I think it's the mystics move beyond the belief systems and the dogma, and they can. They have that shared oneness. That's why I love that verse. Blessed are the pure in heart, for they shall see God, not a deity, but see the source of life in all beings. And I have so many different experiences with that, just having these mystical experiences.

0:21:59 - Julie

Yeah, back to the SDE, the shared death experience. What's the difference between an NDE, a near-death experience, and a shared death experience, in your opinion?

0:22:17 - Booboo

well, a shared death experience I can only speak on. My little experience is that I merged with my father's spirit, where I can understand, where the Buddha says there's no self, because we're all the self, the self is in all beings. My friend Nicole Lindy, who's a psychic medium, she calls it a soul blending and I blended into my dad's soul. But a near-death experience I'd never had one, so I couldn't really tell you. You hear all these different terms and I almost feel like what happened to just a basic awakening.

These days I know in the near-death experience communities a lot of them talk about a near-death-like, but a spiritual awakening for me is a spiritual death. It is only by dying that one awakens to eternal life. St Francis says, and I think a spiritual awakening is a death. It's not a near-death-like, it's a death. It's a spiritual death in my opinion. But as far as a near-death experience, I have no idea the difference. I just know that I had my shared death experience with my father and a lot of the Hindu scriptures came alive to me when I had my awakening and they confirmed what I experienced.

0:23:31 - Julie

Can you say more about what you did experience? When you look back at it, you said your soul blended with your dad's. Can you describe that for us? Give us an idea of what it felt like, what it looked like, how long it lasted, what happened? Send out questions for you.

0:23:49 - Booboo

Yeah, I don't know the exact time, but because I was like in a timeless state, I guess. But I just seen everything outside of me. I was outside of my body and I could see the whole picture, the whole scene, from a, from a um, elevated state of consciousness and, um, yeah, I, I just realized that there's no such thing as death. Um, we don't die. What happens? Well, it's kind of like the wave hitting the shore. It looks like it's gone, but it goes back to the ocean of spirit, and I think that's what an awakening is as well. It's enlightenment, for the wave is the realization you are water, not the wave. You are a part of the ocean. But when I had that experience, I realized my father didn't die. But it's really just seeing everything outside of me and I think I merged with my father and maybe that's his way of showing me that he didn't die.

0:24:39 - Julie

And that he loved you enough to let you merge with him.

0:24:41 - Booboo

Yeah, that's what.

0:24:42 - Julie

I just got off of that, yeah, beautiful. So you had your nirvana experience. You had your shared death experience with your dad Sounds like you were still using when your dad died and then you had your nirvana experience and then you started getting into the spiritual side of the equation. I'm going to say I really want to do a deep dive into that because I know that you're

into a lot of different areas of spirituality. Can you give us an idea of the trajectory from the time when you had your awakening to where you were led, how you were led, what you experienced, what were the different texts and cultures and religions that you studied along the way?

0:25:37 - Booboo

Yeah, after like a year of sobriety I walked into the 12-step community. You know, after a year of sobriety I started to dabble outside of the 12-step community and Rumi has a quote that says what you're seeking is seeking you. And I had a lot of mysticism just come to me. I had a guru that came, appeared to me in spirit, named Yogananda. I come to find out and I didn't know who this guy was until later. But I felt I remember trying to like cause I didn't know any better.

I just went to a big church in Torrance, California, just. I went to service and I sat down and I heard the preacher preaching and all of a sudden I hear a voice say he doesn't know what he's preaching. And so I went into, I got up automatically. I just got up and went to the gift store and asked for a Neil Donald Walsh book, because a week before that I went, I was in Target and I seen a DVD. Was it a DVD or CDs? Oh, dvd, it was a DVD. And it was like everything got dark and a light was just on this DVD. And so I bought the DVD and I watched it. It was Neil Donald Walsh. So I was looking for his books now. So I was in and he was on the no buy list. They even looked at a list and so and then asked for a Gandhi's, a Gandhi books, and they said they didn't. He was on the no buy list either and I was like whoa.

0:26:54 - Julie

So don't read this stuff.

0:26:56 - Booboo

Yeah, because it was bad or it was evil or it was whatever it goes against the word of God, oh please. So I went to a unity church for the first time and there was a guest minister from San Diego and he started talking about Yogananda and it seemed like there was a period of time. Everywhere I would go, I would hear about this Yogananda guy and then I started to see his image. The first time I went to Self-Realization Fellowship in Pacific Palisades in California. I sat down and I seen the lineup of gurus like Krishna and Jesus, but Yogananda's picture was glowing to me like it was alive and I think that was his way of telling me. You know, it's him and I just had this inner knowing versus the mind. Nothing was telling me in the mind. It was this sense of inner knowing, it was him and I just had this inner knowing versus the mind. Nothing was telling me in the mind. It was this sense of inner knowing, it was Him and I started to get into His teachings. And it makes sense because I always felt like I lived in India at one time and now I'm getting this divine guidance from a guru from India and so I started looking into the Gnostic Gospels.

I love the Gnostic Gospels. Please explain what the Gnostic Gospels? I love the.

0:27:58 - Julie

Gnostic Gospels. Please explain what the Gnostic Gospels are to those who don't know.

0:28:03 - Booboo

Well, they didn't call themselves Gnostics. They went against what the church taught and they challenged the church. There's a phrase in the Gospel of Philip madmen, god in the image of man, and I think that's pretty amazing. But for me, the Gospels, the Gnostic Gospels, like the Gospel of Thomas that came to me it was found in 1945, untouched by man and which, connecting with Yogananda, Yogananda was saying he was bringing back the real teachings of Christ. He died in 1952, I believe, and they didn't translate the Gospels, the Gnostic Gospels, until later. But so Yogananda had no idea what they said in the Gospels, like the Gospel of



Thomas, but they were teaching self-realization. Jesus is telling you to go within. You know, there's a Gospel, I think it's verse 24. There is a light within a man of light and he lights up the whole world. If he doesn't shine, he is in darkness, which goes back to the candle verse that you had with the Buddha. So, yeah, the gospels were about self-realization and I think Yogananda was right on that.

0:29:11 - Julie

Were those, the ones, Booboo, that were found in the jars by like some shepherd boy in the middle of the desert or something. Yeah, in Nag Hammadi Library they called it the jars by like some shepherd boy in the middle of the desert or something.

Yeah, In Nag Hammadi Library they called it and it was a six-foot jar and there was different gospels in there and they believe I've seen some of the fragments, like when they toured the US and they went to different museums and you could go see them on the old-fashioned papyrus and it's amazing that they've lasted that long.

0:29:40 - Booboo

Yeah, it is, and you know they believe that whoever wrote the gospel, the gospel of Thomas is older than the gospel of John and they were competing with each other. That's why the gospel of John made Thomas being the doubter. Like they were like competing with each other. And there are certain parts of the gospel of John and I don't remember offhand that were added much later, like the Trinity part, which I find amazing. So we don't know who wrote the gospels, none of the gospels, pretty much as far as the four gospels, which I find interesting. But for me, what's more empowering is the Gnostic text, because it's really going within and they talk about being our forgetfulness. It's our forgetfulness that creates ignorance, forgetting who we really are.

I don't know if you ever heard that Hindu story about the gods and the human beings, where they hid the divine spark within us, from us, because of the fact that we were abusing our power, our divinity. So they decided to hide our divinity and they were debating where to hide it. Should we put it on the mountain? No, they'll eventually find it on the top of the mountain. Should we put it in the ocean? No, they'll eventually start to explore the ocean, so they'll find it there? Should we put it on the moon? No, they'll eventually find their way to the moon and to the stars, the cosmos. So brahma says let's put it inside them, inside their heart. They'll never find it. Only those that are ready will find it. And uh, and I love that. You know, um, and I think that's what the gospels, the Gospel of Thomas, teaches.

0:31:18 - Julie

Do you find that, of the cultures and religions and mysticism that you've studied, that they're all basically saying the same thing, perhaps just in a different way, and if so, why the different ways?

0:31:35 - Booboo

Because of their culture and the times and their environment and their belief systems, their collective belief systems. I think if Buddha lived in Jesus's time he would be crucified as well, because he was a blasphemous. He was what we call a conspiracy theorist. You know, saying ye are gods, like that's a blasphemous. Who are you to say ye are gods? Yet the Bible says we're made in the image of God, you know. But I think Myster Eckhart, the Christian mystic, said the mystics will understand, theologians will argue, because they tapped into their divinity, they had direct experience with the divine, or source or God. And I think that's what a mystic is someone that has direct experience. I don't believe like people go to all these Bible studies and they believe like there's one meaning to the scripture. And here's an example, if you don't mind me sharing it with you. About a month ago I was walking my two dogs at the lake and I'm walking my two dogs at the lake, and there was a father, a young father and a young, his young

daughter, and he must've been in his probably mid twenties and his daughter was like three years old.

And they're looking at the lake and we're walking the trail, me and my two dogs. So you would have to turn around to see us. So his little daughter turns around and I just seen like pure bliss, pure state of consciousness, looking at life in motion, without any filters. She's just in a blissful state of all. You know, to enter the kingdom of heaven you must be like a little child. Her father turned around and I seen his filters. I didn't know exactly what his filters were, but I could see him looking through his lenses and he had a totally different experience from his little daughter and I'm like wow, and I seen that so clear. I'm like who else has those experiences walking their dogs? But I had so many different little experiences like that throughout my daily life, just seeing him look at through the lens of the filter, going, being protective father and you know just all different, different experience than his daughter. It was such a beautiful way just to experience.

0:33:40 - Julie

I love that you also are really interested in hidden history. What all comprises hidden history in your opinion?

0:33:49 - Booboo

Well, I've always been fascinated with that kind of stuff the Sumerian tablets, as you hear. You know how do these stories connect? I was in Egypt a couple years ago with Tony Browder, who has he was the first African-American to have a site there and he's been digging there since 2007. But he's been going to um Egypt, ancient Kemet, since um 1979. But you know what's interesting is like we hear the Greek terms in Egypt, you know, but what do they mean in the African terms? And like Metanetra means, you know, we hear about hieroglyphs, but what the meaning of Metanetra in the ancient African term meant words of God, and I think that's well. Is that where the biblical writers got God's word? Or in Hindu scriptures it says the song of God?

Or trying to look at like who was Atlantis, who were the um Lemurians, who were the Maya people? You know where do they come from? Were there, uh, ancient aliens that really seeded humanity? Or or or genetically modified us? Like, just asking these questions, uh, I've always been interested in that kind of stuff. Like Noah, who was Noah? Why is he? Zia Sutra in Mesopotamia, you know? Just question, who's holding these handbags? Why are they in Mexico? You know? Why are they in Africa? Why are they in Mesopotamia? Like just something. There's so much we don't know. I think there was so many different cycles of life than we're told, like Christopher Columbus, for an example. You know the Greeks knew about the Americas before Christopher Columbus, or the Christian era, from what Manly P Hall says. So there's just so much that we don't know.

0:35:34 - Julie

So what do you think, what's your hypothesis at this point with the Lemurians and the Atlantis people, and what do they call them? Atlantans, Atlantis people and the starseeds?

0:35:57 - Booboo

and all that jazz. Have you come up with kind of a working hypothesis that you're exploring further? I think, staying open-minded and just knowing I don't know and continuing to search and question the um, the emerald tablets? You hear about the emerald tablets of Toth, the Atlantean.

0:36:11 - Julie

Tell us about those. What are?

0:36:12 - Booboo

they. They were found. Well, they weren't even found. Dr Dorrell kind of, I think he said he channeled them or found them in. I don't know the whole story but we don't have a physical book and they became famous today.

But where's the physical book of the emerald tablets? There's an emerald tablet of Hermes, but where's the emerald tablets? So people are making money off this and there's some profound stuff that's written in there. Don't get me wrong, you can always learn from these writings. But as far as a physical emerald tablets, I don't know that. We have one.

And why does it sound like King James? It sounds like the King James version of the Bible, which if there were 36,000 years ago that these emerald tablets were supposedly written, then why are they sounding like the King James version of the Bible? Why would he even use that verbiage in the Emerald Tablets? But there's some great writings in there. You can learn from it. There's some spiritual insight in that book, don't get me wrong. But as far as the real Emerald Tablets, I'm not sure if there was one, but I just always try to stay open.

Those elongated skulls, you know, looking at some of the Mesopotamia stuff in Ecuador, you know, why is that stuff over there. Why does this ruin look like in Cambodia? Looked similar to the one in Mexico. You know, just trying to just question things and learn I think that's something I love. I live for today is just being a spiritual seeker, so it's just always fascinating to me learning about this kind of stuff. Or even I've heard you talk about the leprechauns and stuff. The Maya people talked about the Alush people, these little beings that come to mainly children and they're little, small, little dwarf-like beings. So I've just always been fascinated with that kind of stuff. I think, yeah, I don't have a mind that just after my awakening people ask me who plays for the Raiders and all that stuff. And you know I love watching the game but I'm not driven to watch it anymore Like I have so much. I have a mind that's always trying to connect the dots.

0:38:28 - Julie

I do think it's interesting, speaking of the little people, the experts call them elementals, I've learned recently and the gnomes and the elves and the fairies and the leprechauns and the you know whatever the other names for the little people. And furthermore, you've mentioned the ruins. I think it's fascinating that a lot of people don't know I didn't know this until a few years ago that there are pyramids all over the world and a lot of them are lined up in latitude and longitudinal coordinates that mimic one another. There's no way that's just random. There's not a chance that that's random. And furthermore, those pyramids a lot of them, especially in the Middle East and in Europe they have water, they have streams or rivers running through the bottom of them and they're energy generators. So I think, okay, what's happening there? For what are they generating energy for home? What's going on with that?

And I've heard some experts, self-proclaimed experts say that they believe that it was kind of like a galactic internet communication system that was used because of those coordinates and the way they were lined up with the stars. Do you have any thoughts about that? Have you looked into that?

0:40:00 - Booboo

No, yeah, I've looked into it. I'm just always fascinated. I just stay open-minded, but there's so much that we don't know and we're not told. So, yeah, I agree with you, but yeah, they can explain it a lot better than I can. I got to recently. I was swimming in the cenotes, where supposedly the meteors hit when the dinosaurs died, and that was a beautiful. I don't know if you've ever been there in the, the cenotes, but there's just so much stuff.

It's in Mexico yeah, they call them the cenotes and um, there's like beautiful turquoise looking water and there's greenery. You're like in a little cave but you like, you could tell like a ball of a meteorite type um thing hit it and it's it's deep down within the earth now but um, you can go swimming it's in Mexico by uh Yucatan peninsula area. Yeah, Chichen Itza, all over the Chichen Itza area, Tulum.

0:40:59 - Julie

So yeah, wow wow, yeah, I don't. I don't understand all that stuff, but it's. I just go to the places. Is it feasible? Yeah it is. If I really wanted to do a deep dive on it, I just talked to the places. Is it feasible? Yeah it is. If I really wanted to do a deep dive on it, I just talk to the spirits and beyond and say, hey, what was going on? Show me a scene and we can do an instant replay of what was going on back then. And we all have the ability to do that to go into the past lives, because time isn't a thing in the spirit worlds. You go frontwards and backwards and, and wherever, and get information. We can talk to anybody we want. Whether we know them or not, it's irrelevant, doesn't matter, because it's our spirit, connected in with their spirit. So I need to teach you some more woo-woo so you can connect with, with all these different entities and find some answers to these different things that you're so fascinated in, because it's certainly a black hole you go down.

That's a fascinating black hole, but an interesting one. What do you find the commonalities, though, and how do they affect human existence, in all of these unseen historic things?

0:42:19 - Booboo

That's a good question. I just think there's so much that they knew that we don't know, and if we can continue to question, I think it connects us back to our oneness. For an example, like the ziggurats in Mesopotamia, why are they looking exactly like the temple of Kukulkan?

0:42:40 - Julie

What's a ziggurat?

0:42:41 - Booboo

It's the Mesopotamia ruins that we don't really hear about and they look almost identical as the Maya temples like. Is there a connection there? Um, again, going back to those, what's in those handbags? Um, why are those handbags in Mexico, just like the um, Sumerian, um, you know? Um cuneiform writings, the text, what, why? Why do we still have these same handbags? And what's up with this kind of pine cone that you can find in Mexico? Or Anu's holding in a glyph, you know?

So it's just, if we can like connect the dots and question stuff and continue to move beyond mainstream archaeology, I think it'll bring us closer to each other. I think it'll bring us closer to our divine oneness instead of looking at each other like white, black, Mexican, democrat, republican. There's so much more to life and I think that's what Blessed of the Pure in Heart is. It's really a deep awakening beyond the labels, beyond the belief systems and the narratives that we create with our own conditioned state of mind and society, and I think that's if we can do that, I think we can start to love each other more and become more united. You know, I think to make America really healthy again and I'm not talking politics, but just in general is really to get the people to love each other again. Bruce Limpton will be quick to tell you that. You know, when we live in fear versus love, it has the opposite of effect on the mind and body, and the more we can learn how to love ourselves, we can love each other.

I was telling Neil Donald Walsh the problem with love thy neighbor as thyself is most people don't love themselves anymore. We're constantly being fed fear, we're on survival mode us against them mentality and it's creating a lot of collective trauma. That's why addiction has expanded far more than we know. There's so much addiction, but it starts with us loving each

other. How we speak to each other, I don't see how we can't. I think these spiritual principles must come first. I think these spiritual principles must come first, and I'm not saying to force people to live on a spiritual basis, but if we can be more kind, more mindful, more aware and question things and try to practice more understanding.

There's a lady in the 12-step community who's a good friend of mine that passed away and she would always say may others treat me tomorrow as I treated others today. And when you actually can try to live that way, we change our reality. We change our, we change everything. You know, and that's why I love the word. You know, in the 12 step it says being restored to sanity. In step two, well, sanity means healthy and insanity means not healthy. And I got to look within myself for what's creating unhealthiness and what's not healthy, what's healthy for me. So I got to watch the way I speak to myself, be more aware of that inner critic, take responsibility for my daily behaviors, and sometimes I'm going to mess up. But I needed to screw up, to grow up a little bit more. Now I don't have to be hard on myself. So I think practicing to love each other and how we speak to each other, how we look at each other and having understanding is probably the most important thing we need today, in today's world. Sorry, I went off.

0:46:02 - Julie

No, no, that was profound. Do you think people are becoming more or less curious about spiritual topics, and why?

0:46:11 - Booboo

I think they're coming more and more curious, to be honest, even though it's still hard to talk in public about these kind of things. It's been hard for me to connect with people in public about these kind of things, but I love these kind of podcasts where I can connect with people like yourself and that I can learn from. But I think we're having an awakening more and more. Yeah, people are starting to question the old paradigms, whether it's in the 12-step community religion you know Christianity A lot of these people are challenging the old belief systems and paradigms.

0:46:46 - Julie

Yeah, I agree.

0:47:03 - Booboo

What inspired you to begin your Broader Lens podcast, to watch all these fear-based movies and news and all this kind of stuff like, let's question, let's look into deeper stuff, you know, let's look at more about history at a deeper level. So let me get Freddie Silva on, or let me get Marianne Williamson to talk about a different perspective on Jesus, or someone that had a near-death experience and share, about that beautiful life review. I wonder if that's like the weighing of the heart of the Egyptians, you know when they would weigh the heart. Is that a life review? So just questioning stuff like that? And yeah, I think that's how we can expand by questioning and trying to understand things without dogma, without taking things too seriously, and just be open-minded with open mind and heart.

0:47:49 - Julie

The Egyptians used to weigh hearts.

0:47:52 - Booboo

Yeah, they have a story about the weighing of the heart, which I'm not. I don't know the full story, but when they would die there would be a weighing of the heart For me. I like to look at it as the life review because you hear it's so beautifully explained by people that have near-death experiences. And that's what I got in the four-step. I was telling you that, just questioning and learning how to live the 12 steps on a daily basis. I learned to have a daily review throughout

my day. I have a life review at night. What can I have done better? Look at all my experiences I had throughout the day and just question that kind of stuff. That's what made me a better and more loving person that I've ever been.

I've I've never been this way until I found the spiritual way of living. That's why I love your quote about the Buddha. Um, the candle's purpose is to light, to, to give light, you know, but it can't give light without fire. Likewise, like in the spiritual, without spiritual awareness, I was just living ignorance. That's why I love the word ignorance, because it's an extension of the word ignore, and the more I ignore my daily behaviors, I became an ignorant person. But for me, spirituality is taking responsibility for my own life. You know, in Buddhism, awareness, mindfulness and wisdom are can be. They're metaphors for fire, and the fire burns away and transforms the ignorance within ourselves.

0:49:17 - Julie

One of my favorite words is woo-woo and woo-woo. I started using that really early on boo-boo, woo-woo. And the interesting thing is, a few years ago my dear friend Sun Cheng, who's a Taoist priest, said well, you know, wu and Taoism mean source. He said so, you were right on it from the beginning. Wu, wu, I just thought it sounded good and it, you know it kind of takes people off of their opinions right off the bat, because it's funny, a lot of people you know you say, yeah, I do woo-woo and they're kind of chuckling. So it reduces that. Oh, you know, she's a bitch or she's a whatever. Yeah, so along those lines, you know, wu means source.

0:50:14 - Booboo

I love that.

0:50:15 - Julie

Okay, that works, and you know, in the ancient Chinese and the Eastern traditions it means source. So who knew? I guess whoever was telling me to use the word woo-woo, the spirits and beyond, From all of the many diverse topics that you discuss on your show. If you had to choose one topic today that intrigues you the most, what would that be?

0:50:43 - Booboo

I would say spiritual awakening. I really love learning about spiritual awakenings and different parts of spiritual awakenings. People have different experiences because it's not just a one-time event. At least for me. I've had little awakenings, broad, big awakenings. But really, how do we understand these awakenings and how do we look at our? How does this shift our worldview and our way of living? I love learning about spiritual awakenings. I think they're not near-death-like experiences, they're death, spiritual death. It's a spiritual death to a new.

0:51:22 - Julie

New way of looking at something.

0:51:24 - Booboo

Yeah.

0:51:25 - Julie

Yeah, do you think everybody has them, whether they recognize it or not?

0:51:29 - Booboo

I think so. I think we all have our own little awakenings. You can call it a psychic change or whatever, but yeah, I think we all have them. I've had a number of different.

I had an awakening watching the Walking Dead the very last episode, watching how they had this shared human experience, their shared humanity, looking beyond the skin colors and the

belief systems. They were surviving and living amongst each other and developed deep friendships. You know, I went into a state of oneness. I was at the market right after I watched this show and I had tears as I'm driving to the market because I could feel that my whole being glowing connected with everything, whether it's the cactus that I'm passing by or the rock, so the people walking in those stores, whether they realize it or not, I could feel it, I could see it, I could sense it. And you know it's just a beautiful experience that I've continued to have these types of experiences, with that unity, consciousness. You know I don't focus too much on the fourth, fifth, sixth, seventh dimension. I just know that we experience these altered states of consciousness and it's just a beautiful thing, it really is, and I wish more and more people can have them.

0:52:45 - Julie

I think people are having them, whether they realize it or not. They are having them. Whether they realize it or not, they are having them. And I often find that screenwriters are really spiritual and there's all kinds of hidden gems in a lot of these movies that we see. Do you find that to be the case as well?

0:53:10 - Booboo

I'm grabbing something.

0:53:12 - Julie

He's grabbing something for those of you that are listening Avatar he's got the Avatar book.

0:53:18 - Booboo

This is a guy I went to Egypt with, but he breaks down the movie Avatar in this and he does a beautiful, beautiful job, Tony Browder.

0:53:28 - Julie

And what does he say?

0:53:30 - Booboo

Well, I mean, just Give us a synopsis Connecting the word avatar, for an example.

You know that's a Hindu word, you know divine God incarnating into this form, right, but he's also sharing that indigenous cultures believed in already. You know it's an, you know sharing the different from Africa, from the Maya people, um, sharing the characters, um, like that lady, what's her name? That's an avatar. Uh, her name's uh, Grace um, Dr. Grace Augustine, and which is named after the um Saint Augustine, and and the story behind her and just, it's just really. Yeah, it's just a beautiful book just to look at. They had to channel these certain things. They're very spiritual. They even Star Wars had a lot of stuff manifesting, you know, and when I was a kid I didn't bring that up, but I've always felt I lived there before in that type of environment and like I just had this inner knowing, like how is all this stuff coming? Like the Jetsons remember the cartoon the Jetsons how do we have the technology now? You know now. Or you hear about the Simpsons, you know, how do they know about future events? You know, just, they had to. They're channeling something deeper, for sure.

0:54:49 - Julie

Yeah, I believe every writer, author, composer, painter, whatever we're all channeling, everybody's channeling, because everybody's had the experience where they'll write something, whether it be a piece of music or a paragraph on a book or something where they go back and they read it and they think I don't remember writing that, but it's pretty good, you know, if you ask them they'll go. Yeah, that happens a lot and they talk about especially novelists. They talk about how the characters come alive and the characters talk to them and they kind of take on a life of their own.

What are they doing? They're in different dimensions of these characters that are coming into being, that they're bringing into reality, on the page perhaps, or on the movie screen, but they have dialogue with these characters that they create in their minds. How's that work?

0:55:50 - Booboo

You're right and you know it's interesting, as Krishna is considered an avatar in Hindu tradition, or Jesus they, some of the Swamis, consider Jesus as an avatar or the Buddha and other avatars. And you know, the Navi people in that movie say I see you, the Maya people, a lot of the indigenous from Africa to the Maya people, they would say in Lak'ech, which meant you are another, me and I am another. You See, they were more in tune to the oneness even in that movie. You know they had that tree, the tree of life. So I don't know, just yeah, just a beautiful spiritual movie.

0:56:27 - Julie

Yeah, interesting.

0:56:34 - Booboo

Last question why do we incarnate? To experience? To experience, I always say, perhaps we are God, witnessing God through the lens of human experience, infinite awareness momentarily shaped in finite form. And I think the more we experience and grow, maybe the God conscious, the consciousness of God, continues to expand. But I think I come to realize that the deepest part about being an alcoholic is being a human being, and the deepest part about being human being is my oneness with God. And the deepest part about my oneness of God is to love others.

You know, Ernest Holmes once said you know we are to look for this God in each other, loving this God, forgetting all else. And I think when we go back to our shared oneness and realize that we're not the waves, we're the water, or I and my father are one, we can see the divine in all things and we can start treating each other. We can create a whole new narrative. But I also know that we need to have our experiences, whether we call them bad or good, in order to continue to expand and grow. I think that's the whole purpose of life is really to experience. And if this is a dream, why not create a beautiful dream?

0:57:46 - Julie

Beautifully said. Wow, you are remarkable, sir. My goodness, what a story and what a wise man you are, and brilliant in so many ways. I love that you're being led to explore all these ancient texts and ancient civilizations and cultures and putting them all together and then relating them to the now, if you will. So you are absolutely on a mission from God. Maybe you were a Blues Brothers in a past life, and, goodness, what a remarkable conversation. My hat is off to you for all the work that you're doing. Speaking of which, how can people learn more about you and what you're up to?

0:58:36 - Booboo

You could find me on YouTube Broader Lens Podcast.

0:58:42 - Julie

Okay, all right, we will do that. We will put that in the show notes. Everybody, there's lots to unpack here. My gosh, what a wonderful conversation, boo-boo. Thank you for enlightening all of us and sharing your wisdom with us, and sharing the rough parts of your life as well and how you've come out of it. I mean that is to be commended right there, if nothing else. So I wish you all the best and continued success on your journey. In the meantime, sending you lots of love from Sweet Home, Alabama, and from Arizona too, where Boo Boo is. We'll see you next time.



0:59:23 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

0:59:38 - Disclaimer

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