

Connecting With Your Spiritual Identity With Alexandra Trevisan

SPEAKERS

Alexandra Trevisan, Emily Merrell

Emily Merrell

Welcome to the 60 degree podcast, the podcast where we grill our guests about the things that make them tick and find out how human connection plays a role in their life. I'm your host, Emily Merrell. Hello, and welcome back to the sixth degree with Emily Merrell, the podcast where we grill our guests about the things that make them tick, and find out how human connection plays a role in their life. I'm your host, Emily. And today I'm very excited to have my dear friend Alex trevathan, of spirituality as our guest. Alex, welcome to the show.

Alexandra Trevisan

Hi, Emily. Thanks so much for having me. This must feel really weird for you to be a guest on a podcast versus hosting a podcast. Yeah, it's my first time I'm in my, my podcast, little nook. And I've created this environment for myself for recording. And now I'm on the other side of it, I found it really hard to be a host of a podcast because I was always the guest of the podcast. So and then, once you flip it again, you're like, This is so weird, being a guest of a podcast. Exactly.

Emily Merrell

How did you know, jumping into your podcast? How did you get started with creating the periodicity podcast?

Alexandra Trevisan

So I was working as a chiropractor, and I still am a chiropractor. But I'd always had this fascination and interest in all things religious and spiritual. And I actually majored in it in undergrad and religion, the academic study of religion, as well as psychology, and chiropractic, when I was, you know, working as an employee, it was great. And it checks so many boxes for me, but there was this one intellectual stimuli box that wasn't that it wasn't being scratched. And you know, chiropractic is very black and white. And in the umbrella of sciences, you know, science in general is very black and white, it doesn't necessarily go into the nuance and the shades of grey of things. And that's really something that I'm drawn towards. And so I was considering going back to get my PhD and academic study of religion, I was like, before I jumped the gun, let me interview some professors, some health that, and I started doing that just on the phone. And then I was like, Well, why don't I just talk with them about their research and record it and a podcast, and this can be my little intellectual outlet of the office?

Emily Merrell

Oh, my gosh, I love that I love that you were able to use your curiosity for bettering or growing your own personal career, you're like, I think I should get a PhD.

Alexandra Trevisan

So extra

Emily Merrell

Oh, it's so good. It's so perfect. And I love I love the fact that you didn't just, I don't want to say that you wasted the conversations like you were able to do so much more with the conversations and you were realizing the worth of them, to share them with the your greater audience. So what was where they kind of shocked when you ask them to be on the podcast or like confused?

Alexandra Trevisan

Well, academics, especially in the academic study of religion are just huge nerds. And so they love talking about their niche. And so when someone else wants to talk about it, they're like, yes. Oh, my God, like, let me let me share. And so once the conversation flipped from, you know, what's it like to complete a doctoral program in this field? To what are you researching? And why is it important, and how can we apply it to everyday life, they, they got lit up about it, which led me up about it. And then it just became a conversation of two nerds being lit up about something which have evolved into me actually now interviewing more lay people or non academics, because that translates to the audience a bit more, because I can go into the ideology of Judaism as a race and a religion, and as regional culture. But that doesn't necessarily translate to the everyday person and how that they can apply it. And so the podcast has evolved from academics only to people that are just interested and involved with the spiritual community as a whole. I love that. And I definitely need to check out that episode because I am Jewish or half Jewish, but technically Jewish because of your mom. And there's so much about like, the, you know, people talking about it as a race are talking about as a religion, but why can't Christianity be both a race? And then so? Ooh, I love it. And when you can you give another example of the type of conversations you would have, because that one told me. So one that I think is so compelling is, is we talk about the difference in paradigm of Eastern religion and Western religion and Eastern healthcare and Western health care. And so when you think about ancient, you know, the eastern part of the world in ancient times, and you think about Taoism, for example, which is the yin and the yang, that culture has high value on harmony fluidity, adaptability there's a little bit of good in the bad and the flow Enos of the Ying and the Yang. And the Yin Yang is actually a circle. So there's no sharpness and no rigidity. It's this thing that's adaptable and moving. And when you think about traditional Chinese medicine, and Eastern medicine and Ayurvedic medicine, you think about ci, and you think about prana, and your energy, lifeforce, and what elements are out of alignment, and you know, what meridians are blocked, and you just want the energy in your body to be free flowing, which is a lot of you know, if you go see an acupuncturist and things of that nature, and that ideology of healthcare is really rooted in Taoism, from the ancient times of that part of the world, and even other Eastern religions have influenced they're not just Taoism, that's just an example. Whereas in the Western world, when you think about how the pagan gods and goddesses and on on Mount Olympus and the Roman gods are all these chiseled structures, and they're very in shape, and they were very, very sharp, and their strength was viewed through their musculature and their rigidity, and not their,

their strength was not viewed in their adaptability and their harmony, as it was in the Western world, like the gods and Zeus, and this mightiness and not has had its trickle down effect into the paradigm of Western healthcare, that's very cause effect, this is bad, this is how we fix. And so even understanding how we work out like yoga, versus lifting weights at the gym, that's such different energy. And all of that is rooted back into religious theory, from, you know, the beginning of time in different parts of the world.

Emily Merrell

Whoa, I didn't even think about that. And I had never, never even thought about the different health care systems about except the fact that I think ours is really bad, broken.

Alexandra Trevisan

That's another podcast topic. You know, so credit our credit system, like, Oh, god, there's so much broken, yet we're the land of the free and the bad. Yeah. But that's incredible. And I'm very excited to take a deep dive into all of your podcasts, because those are conversations that it sounds like you would have in a college classroom, and that we're not having with someone with our girlfriends right now.

Emily Merrell

So, you know, you mentioned you're spiritually curious person, how did you begin this spiritual curiosity?

Alexandra Trevisan

So I think I've always had something in me drawn to like the metaphysical and like, the energy and vibes, you know, and I didn't know those words when I was in elementary school, but like, I have been an intuitive and sensitive person and that way, like, very sensitive to the lighting around me and to the music that's on and I'm just like, hyper aware, almost, I'm like, Am I good at something wrong. But, you know, tapping into that over time, I, I went to Catholic school, in elementary school, and I mean, I was a kid, you know, I didn't necessarily relate to it. But something even about like the ritualistic pattern of it, and like, how there were candles, and how there was this, you know, little artifacts that meant had greater meaning, like, the very, very loose understanding of that the concept of rituals and ritualistic pattern was something that, you know, lit something inside of me. And then I went on to high school into public school, and I had this weird shift in my perspective of religion, because I was like, Oh, it's something you do, you know, like, my identity wasn't, I'm a Catholic, but it was like, kind of a little bit there. But then I went to public school, and I was around a lot of like, Southern Christians, and they really define themselves as Christians, as opposed to Catholics, where I'm, where, how I was raised. And, you know, it was they were saying things that were a bit intense for me, and their words weren't necessarily aligning with their actions, not like I was this righteous person, you know, but I wasn't out there on the mountain really even talking about my faith, it was kind of a personal thing. Whereas in high school, you know, they had young life, and they had all these things that intertwined social dynamics with Christianity, and it's like, drinking is bad, and weed is bad, and you have to be this puritanical little person. And then these people would then be going and drinking and smoking, you know, on the weekends, and I was like, I don't so this is not for me, like something's off, you know. And again, it was very, like personal Not that I was up and about doing anything about it. But that experience kind of led me to being like, you know, religion is for the weak. It's for people with existential

dread. It's a psychological mechanism to make yourself feel better about dying, like super nihilistic. And I kind of had that attitude, going into college a little bit, and then took a religion class as required by my liberal arts education at Wake and was like, and it was Buddhist. It was on Buddhism. No, I had no, you know, my family's from Italy, Roman Catholic, know nothing about Buddhism. And I was like, this is cool. Like, I'm kind of vibing on this, and just started taking more and more religion classes. And I love talking about religion from a bird's eye view from an academic perspective where it's not theology, it's that they make that differentiation very clear. And so I slowly made my way back to the field of religion, through the study of it, and then kind of on my own path of, you know, my own spiritual turmoil inside and not recognizing my own higher power and being so strange from that. Over time, I have found in viewing religion as a third party thing where you know, you interchange the word God with Spaghetti Monster, right? And you realize they do that. And when you study religion, and you realize the gravity of the word, God, and with doing that, I was like, oh, okay, so like, you know, this can be true. And this can be true. And just because I'm not calling it God, like, in Islam, or Allah, or in Christianity, or the Buddha, or whatever you want to call it, like, I like this idea of interfaith dialogue. And so I had hope, again, in something that was a higher power. And as a means of coping with, you know, this turmoil inside me of I love this topic, I kind of found my way into the spiritual side of things, once I moved to the west coast and getting intertwined with meditation and yoga, and the law of attraction was huge for me. And so now, it's like, I don't even know if to use the word religious or spiritual, because they're the same thing. But there's such a different way that each of them carry in society, I think you should be a professor, first and foremost, just hearing you talk, I could hear you lecture and talk and just explain things for days, you have such a beautiful way of saying it, and you bring up a really great point, too. I feel like on the west coast, I'm based in San Francisco, you're in LA, everyone in their mom is spiritual, and they have their crystals and they light their Palo Santo and they have their morning ritual. And I like what you said about the weightiness the the weight of saying the word God versus Spaghetti Monster, which I will start calling it From now on, I think that's a fun one to refer it to. So it's interesting to think like how those feels so different, because I don't feel like I meet religious people who consider themselves spiritual, it's, it's like, it seems to be one or the other camp. So I find that really interesting. And I find it also interesting, one of the things that you said is like noticing these small little details of religion from a little from a younger age, so being able to the candles and like the totems, and the meanings behind it. So my question for you is, do you think people can pick this the religion they are, and like, redefine who they are? Because, you know, we hear of like born again, Christians or Jews for Jesus, or, you know, people who are Catholic saying, like, I was born Catholic, but I'm nothing now or whatnot. Like, do you think if you went home to the south and said, You were a Buddhist like that, that would be a kosher thing to do? I mean, I definitely think that your religious and spiritual identity is fluid. Like, I do think that you could literally convert from like, Christianity to Islam or whatever, insert religion there. But in going home and identifying, like, as a Buddhist, I think people are gonna just kind of call me on that and be like, are you like, okay, you know, and, and I kind of get what they're saying, because I even meet people. They're like, Oh, I'm a Buddhist. I'm like, Do you know anything about Buddhism? Like, the law of karma is great, but like, Buddhists are like, super celibate, and don't, don't drink and like, if you really look at, like Buddhist doctrine and what, like the Eightfold Path, and it's like, I don't, you know, that just seems to be trendy bro. And so I think there's like a caveat in answering your question. Like, I actually I got confirmed, like, I identified as a Catholic and like, had some sense of subconscious pride around that. And even though I was younger, and now, it's like, I don't even know what I am. I say, I'm spiritual, because I, like I think Jesus was a person, but I think he wasn't

enlightened being just like I do the Buddha. And I don't think that I'm not going to get into the kingdom of heaven, because I'm not bowing down to one of them. And so I have this recognition of, you know, multiple truth in multiple religious ideologies. And so I think that that's a testament to the fact that you can, it's valid to be able to change your religious identification.

Emily Merrell

Well, it's probably easier to change your last name than to change the identification though.

Alexandra Trevisan

You know, in the systems of all the things, all the different hoops you have to go through, but it is interesting how much religion does play such a central role in our country for being a country that it prides itself on? religious freedom and everyone can freedom of speech, you can do whatever you want, but we still in the Pledge of Allegiance, say under God. On our money, it says in God, we trust.

Emily Merrell

So it's fascinating and same thing like when you go to a court, you swear on the Bible, or Yeah, there's just a lot of there isn't that separation of church and state the way that you would anticipate. But yet religion also is a super taboo thing. Where if you bring up religion, or if someone is a Jesus lover, and you're Jewish, I had a girlfriend who told me, I was 10. But she told me that I was going to hell, because I didn't believe in Jesus, I hate that hate that energy. Like, I'm 10 and I, like God, are we allowed to be friends like? So? Do you want to go get lemonade or no? No, do you not want to come over to Passover? And, like, just tell me.

Alexandra Trevisan

So it's interesting that religion too, is something that we kind of, we love pushing our views on it on other people. I mean, I'm still working with periodicity on like, giving a concise explanation, because I'm just not that's not my strong suit. I'm a woman of many words, but when I've tried to explain it before, like, one of the things that comes up for me is, you know, they say, don't talk about politics and religion at the table. And like, I'm here to say, like the exact opposite, like, why aren't we having I mean, it takes a higher level of consciousness to be able to participate in that type of conversation. I mean, especially politics, I prefer to not talk about that, but with religion. And maybe I'm biased because it's my passion. But I'm like, if you can sit at a table and have a conversation that recognizes your truth as valid and somebody else's truth as valid and really tap into the virtue of humility and curiosity and knowingness that someone else's way that they identify with the world and a higher power is just as true for them as the way that you do that for yourself, then a really productive conversation can happen, especially with the emphasis on curiosity, because you can extend your own way of thinking about the world and your own connectedness to everything around you, and really see the humanity and other people, I think a lot of the times, when they say, you know, don't talk about religion, or politics at the dinner table, it's because those things like create fences and barriers, and they do the opposite of seeing the humanity and others, they see this enemy. And However, if you are able to reframe that, and come with an open heart and an open mind, and really, really a beginner's mind, like this is the first time I'm talking about this, what can I learn, then the expansiveness of that conversation can make you feel more connected to yourself, your neighbor and the world around you. And so that's what I'm trying to accomplish with Spiriosity is I want I want us to have these conversations and I want it to be a safe space. And I don't

want I mean, I did an event on Halloween and so you know, Halloween to a lot of Christians is super, like dark energy, don't talk about it. Some religions don't even you know, celebrate it, because it's black magic kind of thing. And I had people on there and in the beginning of the event, I was like, you know, where your name Where you from? And what's your religious identification. And we were able to have a productive conversations with atheists, with spiritually confused people with gung ho spiritual people, and with Southern Baptist Christians. And so I think that it's so powerful to be able to be in that space and, and let your guard down.

Emily Merrell

I got I love that. I love that you had all those people in one room, it starts like, it sounds like the beginning of a joke where it's like, yeah, no one's fed alcohol here. Yeah.

Alexandra Trevisan

That's, that's the harder part. It's, but I love the idea of curiosity.

Emily Merrell

And I know we touched about the podcast and you you really started the spirituality journey with the podcast because of your own spiritual confusion and exploration and desire. Curiosity, I guess, my spiritual curiosity. There we go came to me in meditation. I see what you did there. And then it morphed into this community. And I've been to one of your events, and we talked about, you're gonna say it's so much better than I am. But we talked about I think it was the paradigms and paradoxes of Christmas, or Christmas traditions.

Alexandra Trevisan

Yeah, holiday traditions, holiday traditions. And it's mind boggling when you kind of dive into things and you delve into like, oh, how interconnected it all is get we, we kind of put our own packaging and branding on to it and make it very nice to the the religion that you subscribe to. So how has it been building community around religion? And what are some of the like, aha, is that you're recognizing as you bring these people together, so I think it's really important. And I think that this is a skill that I have is to connect the dots and so it's very very easy to go off on a tangent. And one thing when we're talking about something so broad, like the general themes that come up over the holiday season, like that's so broad, right, like themes of merry and bright, and, you know, giving and receiving and things like that, and people then you know, take those broad concepts, and narrowed down to whatever their truth is in that topic. Like I, I feel the contrast of Marian bright because I lost someone this holiday season. So I feel really dark and sad. And then they go down, you know, into their own story, which is very nitty gritty, I think it's important to, you know, let everybody speak their truth in that way and be heard, but then also, for me, as a facilitator, to connect that dot back to the general discourse of the theme of the season that we're talking about, or the theme of the event, and which in some way, shape, or form relates back to spirituality and religion. And people don't realize that it's like, I have the sixth sense that like, every every single thing, I could relate it back to a religious theory or spiritual ideology. And but people don't realize that things that are so seemingly secular and so physical and you know, traditional in, in an everyday sort of way, if you really dig deep enough relates back to something more spiritual, and or religious?

Emily Merrell

Do you have an example of something that we can identify in our day to day life?

Alexandra Trevisan

So I have different if you take the what's your spiritual archetype quiz on the website, there's like different types of archetypes that you can find out where you fall in how to identify and one of them is the secular spirit. And so the secular spirit is, you know, not overly religious, not probably not meditating, probably not like having a crystal or talking about the universe or anything like that. But they have a skincare routine. And their skincare routine is this form this ritual, if you will, of repetition that's done repeatedly. That's done for a purpose, a higher purpose than just that General, you know, surface level, like, yeah, okay, maybe you don't, you want your skin to look better, but there's an energy behind you wanting your skin to look better. You want to exude youth and radiance, and light and positive energy, that's what it comes down to, like your own way of tapping into good vibes, if you will. And I'm doing the little quotations with my hands. Because that's, that is a ritual and a ceremony that gives you that those good vibes for yourself and it is transcendent, and anything that can tap you into transcendence. I mean, literally walking your dog is, is transcendent, in a way, you know, and like going when you're rushing to get your coffee in the morning. And because you don't want to be late for work, and you're going on a walk in that capacity that's different than when you're going to walk your dog and you're going to do that from two different energetic points. And people, you know, I sound super woowoo I said energy like 10 times in the past two minutes, but that is such an example of how and that's more of how things relate back to spirituality as a whole getting into you know, religion would be a bit more nitty gritty and need to be threaded out more. But everything that's happening in the physical realm somehow relates back to the non physical realm and you might just be super strange with that which is fine, but it's everything you're doing is serving light or dark energy in some way so you know you that that makes me think of like a coffee routine or I love Yes, ritual more. Yeah, your morning your morning routine at all the people ritual, your shower, even how you take a shower. What is your lift is tied to my shower, spiritual earth element, water elements, smells, vibes. That's what it comes back to. There's a word in Spanish for good vibes called buena onda, I always think of that when I meet certain people like that when we went on that he got really good vibes.

Emily Merrell

Oh my gosh, I need to start using that I overkill the word vibes so much. So we went on the vibe instead. But I honestly almost named Six Degrees society went around, because that's what this idea does exude that. So good job. Thank you came full, full circle all the degrees. But one of the things I was thinking about is, you know, you have a lot of these people who you mentioned are secular are not tied to a religion, they have these rituals, and they're in place already. They just don't recognize them as a stronger connection to something. Do these people, or should these people or how can these people incorporate more spirituality into their lives?

Alexandra Trevisan

I think that will one come to a Spiriosity event, of course for your first event is free. But I also I think that having some sort of self reflective process and some alone time and asking yourself some questions like, even in goal setting, but tapping into your feelings and tapping into your emotions and having this internal barometer of this makes me feel good. And this doesn't make me feel good. And trying to

actively do more of the things that make you feel good is, at the most basic level, what spirituality is. And I mean, you're, you're, my belief is that you're born on this earth, you know, to feel good to experience joy and pure positive energy is what is the energy of love, you know, what Christians might say, is the most powerful energy in the world. And so if you don't want to deal with all that mumbo jumbo, and you just want to start thinking about your spirituality, start thinking about what makes you feel good, and start doing more of that and seeing what comes your way. Because because of that, because you're going to be on that path that makes you feel good, your energy is going to be more feel good, going to be more lit up, and then you're going to attract more things that feel good, and that are more lit up on your way there. And so of course, I mean, if you have an affinity for certain religion or, or the opposite, that's valid as well. And I mean, spirituality tries to give some basic information about all of the different religions and some general exposure, and I don't think that you can get that a lot of places because it's hard to be like, I'm interested in Christianity without talking to a priest to being like, this is how you be a Christian. It's like, Well, how do I look at it, but I don't commit to it like I want to, like just go I don't want to apply to that college. But I just want to go on the campus tour, the Poopoo platter of Yeah, like charcuterie like oh, like I don't want like to Salamis I want one, but then also like a pursuit. And so I want, you know, like, I want karma from Buddhism. But I also want love your neighbor as yourself from Christianity like those to resonate with me. And like, some zealots might say that that is a disgrace, if you will, or, you know, sacrilegious to that religion as a whole. But I'm in the camp that differs from that opinion. And I think that it's so liberating to be like, you're allowed to pick and choose to Allah carte menu, your religion and your spirituality, because it's like, thank God, the pressures off like, I don't have to be full blown this are full, full blown that like I resonate with this, and I want to use that. And I don't resonate with that. And I want to leave that. And I think for millennials, who are so estranged from religiosity as a whole and religious doctrine, it's so important to open the door for that conversation. Because when you tap into your spirituality, your better person, you haven't met a successful person who has no recognition of a higher power. Yeah, I think that's such a great point. And, you know, you see the influencers who put like Jesus in their bios, or like Jesus loving or so I think it's extremeness of religion, that kind of frightens people. Yeah. That frightens people from taking a stand on turn off. Yeah, it is a turn off. It's also like dating someone who's overeager, like, you don't want to it's like too much. Or then, you know, join a cult, like people are seeking out community, and like the essence and the good things. And that's why they join organizations like six degrees, and it's periodicity because they still want that, that community and collective brainpower feeling

Emily Merrell

So wow, Alex, I can talk to you for like 12 hours, and we're gonna we're gonna try to keep this podcast not to 12 hours. But switching gears a little bit. First and foremost, listeners definitely take Alex up on her offer to attend a periodicity event. It was one of my favorite events of 2020. And we hosted 158 events. So it was so impactful, and I felt truthfully, like, selfishly Alex, I left just feeling smarter. I left feeling like empowered to be able to articulate an opinion and to stand up for what I thought, and I feel like you've said it earlier in a way like we're so good at regurgitating what, what is out there and are fearful of differentiating opinions and thought I really enjoyed how you curated that experience and let everyone reflect on their own path. So switching gears to something a little bit more fun. I love doing a six fast questions to get to know our speakers a bit more. So first question Alex is tell us an unknown. Fun fact about you.

Alexandra Trevisan

I really, for the most part, I am grossed out by condiments like ketchup, mustard Ranch, like not, not the olive oil in my blood. That's it. No, no sour cream on your tacos. Never.

Emily Merrell

Oh, okay. Okay. To bring any of this stuff to your barbecues that you have. I love my husband hates ketchup too, but I

Alexandra Trevisan

Oh my god a fellow there's so few of us

Emily Merrell

Like disgusted, look at the ingredients that is kind of gross. So you're you're not wrong. Who would be a dream person to be connected with? I believe in the idea of putting that out there into the world.

Alexandra Trevisan

I think I'm gonna kind of cheat on this answer. And I'm gonna say the agricole twins. They're twins. So it's two people, but Mickey and Radha Agra wall, are have been so inspiring to me. And I actually have read almost all of their books. And that is something that really helped me form the way of periodicity. And when it was not even a thing just helped me get in tune to the concept of, you know, there is something else, you know, just that general idea. There is not just the general path. So, cheating on that and saying that girl twins, I think it's a good one.

Emily Merrell

And I love playing the connection game live. I have a friend who went to college with them. So Oh, my God, let's go. Your hotel. three degrees away. Yeah, two degrees away from the Agra wall twins, basically. I guess I'm no, you're three degrees are empty degrees away. So we'll make that happen for you. What show Are you watching and you can't stop talking about right now? Um, have you watched in the last year?

Alexandra Trevisan

I hate to say this, because I'm so the same as everybody else. But Bridgerton.

Emily Merrell

Yeah, exactly. I was like, when was when? The Duke though?

Alexandra Trevisan

Yeah.

Emily Merrell

Listeners, if you're having your 10 don't watch it with your mom. And you might want to watch it with the blinds closed? Because it's Yes. Equivalent inside a candle? Yeah. That's a wine making. Yeah. What book are you reading currently?

Alexandra Trevisan

I'm actually reading I was writing a post about this today. The number one ladies detective agency. So it's a fictional book. It's really a love letter to Africa, specifically Botswana. But it's, it's amazing. It's a British book or a British author. Yeah, he's, uh, he lives in Scotland. Now. I was reading up on him today because I was doing that post. And but he was a professor. And it was either Zambia, Zimbabwe, I think Zimbabwe, but there's like 14 of them. But a patient recommended it and I I studied abroad in South Africa for a couple months. So I had this affinity to that part of the world. And it's such a good book. That's so funny that you mentioned that book. I own the book. I was oh my gosh, I was gifted the book by a British gentleman. I was friends with years ago, who I'm still friends with. And he gave it to me when I was like a teenager. And for some reason I never read it. So when I go back Oh my god. The main character's name is moto Matsui. And they say it's so slow every time I'm listening to it, and so good.

Emily Merrell

Okay. Okay. Good to know. Good recommendation. Um, what is your favorite emoji that you use the most off?

Alexandra Trevisan

The Dark Moon with the eyes?

Emily Merrell

Whoo. That's the first time we've read that one. Oh, my God. Really? What? Tune into that emoji? It's so good. There's a lot of hug emojis that are trending and heart emojis that are trending. Those have been the most popular emojis used as part mine. Just so you know, is the facepalm Oh, yeah. Yeah. I feel like that. And the like, I don't know is interchangeable for me. What is your favorite meal?

Alexandra Trevisan

My favorite meal is definitely pizza with you. And you'll you can do tomato sauce.

Emily Merrell

Just no ketchup.

Alexandra Trevisan

Yes. Yeah. Oh, good to know.

Emily Merrell

And then lastly, what is the movie of your life called and who would play you in the movie? This one's hard.

Alexandra Trevisan

But I'm gonna say the movie of my life is called, it's going to be called keep going. I know that that is short and sweet. But I'm going to keep going, you know, all the way. cradle to grave. And who would play me would probably be like, Penelope Cruz. Ooh, Penelope Cruz, after her Donnatella I need that energy around me.

Emily Merrell

I love it. Well, Alex, how can listeners find out more about you more about your podcast and you're in person or your online events one day maybe in person events.

Alexandra Trevisan

So everything is on the website. It's spiriosity.com. It's exactly how it sounds. And there's, you know, a tab for events. There's a tab for podcasts for blogs and all of that. And that can all be found in one place and then Instagram as well which we kind of give a bit more live updates on what's going on that week. And that day and same name. It's just at spirit. Fantastic.

Emily Merrell

Thank you so much for joining us on today's show. I feel like I learned a lot. I'm very inspired to go do some reflecting on my own listeners. If you liked today's episode, please give it a like, share it with friends and leave a review. And thank you so much again for being here.

Alexandra Trevisan

Thank you, Emily.