

Interview Rebekah Louisa Smith

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SPEAKERS

Rebekah Louisa Smith, Brad Miller



Brad Miller 00:00

Our guest today is going to help us in several of these areas. Her name is Dr. Rebecca Louisa Smith. And she has a new book called born to do it. The subtitle is becoming a leader in the in a business niche niche be using powerful spiritual techniques. She comes from the world of filmmaking. She is a doctor of film studies she's worked in, she's in the UK and based out of there and has worked produce movies and in Wales and other countries, and especially in the horror film genre, which is one of my favorites. And she uses her knowledge of the film festival business to help aspiring to other people. And she has an innovative company, the film festival doctor, and she's using her business skills in conjunction with spiritual techniques to help people like you to find your way in business and to grow your business. And her book is called born to do it and she can be she has her website is Rebecca, Louisa smith.com. Rebecca, Louisa, Welcome to Beyond adversity.



Rebekah Louisa Smith 01:13

Thank you so much, but really, really nice to meet you and to be on this show.



Brad Miller 01:17

Well, that is awesome. And it just so glad to have you. With me today, I just love to have creative sorts of folks with me here on beyond beyond adversity, because so many people

get stuck in life and in whatever situation they are in. And so they have to take creative thinking and creative folks such as yourself to help us to do that. And you you have had some experience with your own life, and helping others to kind of break through a little bit. But the theme of our of our what we tried to teach here is helping people get beyond adversity. And I just got to feel in your life that you may have had some time in your life, when you were a little bit stuck or had some things to face that you had to make some decisions, maybe an aha moment. And I just like for you to share a little bit maybe out of your own experience kind of what led you to write this book out and maybe some experiences that you had.



Rebekah Louisa Smith 02:06

Yes, so that's a really good point. So the book talks about how to tap into your sole purpose, which in other words, is what you were born to do with this earth to do. And then it teaches you how to start your first business using spiritual techniques and business practices. So this occurred to me when I tapped into my sole purpose, it came all by accident, I didn't know I did it until someone told me later on in life. But I was sitting with my PhD in Wales in Aberystwyth. And I was enjoying it, you know, it was like it was it was work, it was a thing to do when it was part of what I thought he needed to do. And then a friend of mine who works at theater, and to me, I've been asked to produce a horror film festival, do you want to help out because I'm not really sure what to do at the moment. It's all new. And I was like, Yes, happy distraction. Then when I was doing that, producing the festival, I'm really enjoying working in the festival world, had this aha moment. And I sat down and thought, My heart is not in academia. This is not what I want to do in my life, I spent a lot of time into it. I want to complete the PhD, but my heart and my soul is really living in the world of film festivals. That's what I'm supposed to be doing. That is suddenly sit down and thought Am I am the funny turn. And went through it again and had weeks just debating it. But the more that I was involved in the festival, the more I was hands on, and everything and just being involved in it with filmmakers and doing my thing there is actually my thing was my sole purpose, it's what I'm supposed to do. And then that's when my business was born. When I found a gap in the market, using my PhD skills for PhoneGap were in the market in terms of there was nobody at the time really helping filmmakers get their films seen at festivals. And I began to get this knowledge. In fact, I could do a business. And that was because that festival allowed me this is what I supposed to do with my life. Not.



Brad Miller 03:52

So you're on track to be a professor to be in the academic world as a film, studies professor, and then realize that you are getting you're getting more joy, more fulfillment

out of really hands on the process there.



Rebekah Louisa Smith 04:10

It was, it was a case of actually, when I woke up in the morning, I just couldn't wait to get to the festival. And sorting out the films and getting everything organized and welcoming the filmmakers working with the guests, but also helping them get their film seen further and giving them tips. I thought I think I'm doing a business. But secondly, I don't feel the same euphoria like I do from a PhD. I'm doing on it. I love my thesis. I mean, yes, it's something that is quite passionate. But it's not the same type of passion, something I could do for the rest of my life to become and publish it and then be like an author in terms of academia and go to conferences and start teaching that actually really hated teaching. I didn't get the extra cash at the University at the time. thinking this is not me. It's not actually this academia world is not making me lose all sense of time and it hit the nail on the head. One of my friends said to me at a conference, don't you think that academia is the best thing in the world? Now as I know,



Brad Miller 05:09

that was the moment that was the moment. So



Rebekah Louisa Smith 05:11

it wasn't that much of a job to say,



Brad Miller 05:13

No. Yeah. But Rebecca Louisa, the the one of the things that I find interesting about your story, and so many people have this story, they get into a track, they get into a career track, whatever it is, it could be working in a factory, or it could be, you know, as a teacher, or a pastor or in, you know, lawyer or something. And they get kind of pigeon holed that way, or they kind of get stuck in that groove, or I sometimes called the malaise of mediocrity, you just get stuck there. Yeah, but most people stay stuck there. They get obligations they get on track, it's hard to break out of it. What do you suggest either happen to yourself or to others to what are some bold actions? What are some things that that you have to do to try to break out of whatever this track is to get onto what you are, as you say, your sole purpose as you s o ul, your sole purpose? What are some actions that you took, or maybe you suggest people can take to, to break out of that?



Rebekah Louisa Smith 06:14

thing I kind of the key advice I've given anybody is to really ask yourself, what you feel most drawn to? And what makes you feel alive. So a friend of mine had a similar situation to what you just described. He was doing what he called the dog's body or the dead end job. Do you enjoy it? And he said, No, but it pays the bills, right? What is it that you really love to do? That isn't what you do for a job? But what do you really love doing? And he said, Well, I actually do like, creating candles and doing arts and crafts. That's a hobby. And what is it a hobby, because if you love doing that, and what you have created is great. Is there a business there to do this full time? Surely there must be. And then eventually, it became his business. And he said, I felt like I lost all my life. And that job just being sucked out. I mean, nine to five, you know, not on a routine mundane, nothing inspiring and creative. Now I'm quite nice candles and selling them. It's kind of like a big thing on Instagram. So that was incredible. So it really is something that makes you feel that you are actually living your life to the full degree to its full potential, the best version of yourself, you don't feel like it's work, either it kind of feels like just part of your identity, part of your life, part of what you do. It's not like a job, you know, it is work. But it's not.



Brad Miller 07:31

One of the ways that I think it's interesting in one way, or the way looking this whole thinking here, Rebecca, Louisa, is that if you're on a job, it is his energy draining meaning if it's this area where it is not fulfilling, but if you're doing work that is fulfilling, it is energy producing, and it fulfills you. And that's a good thing to do, as well. And one of the things I think is interesting about this is how we need power to do things. And I'm just interested in what you would consider a source of power, perhaps any power even beyond yourself that helps to energize us to make these decisions. This could be a spiritual thing. It could be meditation, something along that line, perhaps, but tell me about about your life? And what do you think are some ways people can draw on a power greater than themselves to help facilitate this change?



Rebekah Louisa Smith 08:27

One of the things I recommend is, when you wake up in the morning, is how does your body feel? Like Is that something where you just pretty much when you do start something like this something like to do, or just all kind of time passes? That's a step in the right direction to unlocking like, your sole purpose. And one way to do that, actually, is to actually ask someone else. So a friend of mine owes everything to her mom, because she was moping around the house, and not sure what to do. And I said, Well, you like tape TV? Why don't you want to get a job working in TV. And then she did. And she was like, Oh my

god, I never looked back. Because it's just the best thing to do is producing TV shows, something I just worked away into, but I was determined to do it. What people also need to also understand is that we, everybody has a soul purpose, not just something that a few people have in the world, everyone has it. And no sole purpose is identical to each other. It's your own unique blueprint. And it's the kind of thing where once you unlock it, you can just like run with it. And then you'll be on to the point where you'll be so successful, everyday will feel victorious. And it will feel like an absolute joy to do what you're doing. And you start to really care about what you do more, and you have an investment in it. And you don't feel to the point where you have to make money from it. It's not what you do, but it's not like it's just a job about sort of about the money. It's all about the joy that brings to you and other people who then recommend you.



Brad Miller 09:55

Yeah, I love that phrase that you had is the joy of living. Has Victoria. So love that turn of a phrase you just did there. And I think it's so special. And yet we have to, for many people, they deal with this reality, you know, you got to pay the bills and all that type of thing. And maybe you have a obligations spouse or children or mortgage, or whatever it is, you have to do that. And there's a lot of pressure with that. And so what you also help people do is to find a niche, find a brand, find a way to make this happen. And so I'm interested in what kind of process you use to help folks who need your coaching that you do to help people find a brand or a niche that they can make a good living at, and still find this fulfillment. Because you know, that's a rare thing in many ways. So help us a little bit here give us a little guidance.



Rebekah Louisa Smith 10:55

So the first thing to do is when you tune into sole purpose, you know, what it is that you are going to do? Next question is, can you make a business out of this, because I mean, sometimes it could be a case where there might not be a demand for what you do. So for example, there's something rare, like collecting war stamps, or something, you know, something quite very, very,



11:14

very niche,



Rebekah Louisa Smith 11:15

is there a market for it. So there's several processes that I take into account for this. The first of all, is what niche I would expert in. So for example, blogging, buying and selling houses, wealth management, fashion, beauty, and in my case, it was film. So obviously, your sole purpose will guide you towards which needs to is you got to really pin it down and go, Well, what area is it, then you'll know which urbanists you're most equipped to help people with. So say, for example, let's use social media. your social media is quite broad, there's obviously LinkedIn, there's Pinterest, there's Facebook, there's Instagram. So you probably a lot about that. But whatever you know, the most about within that niche. So for example, is it, how to use Facebook, to grow your business, or how to use Instagram to grow your business, for example, or creating video content for LinkedIn. These are all niches so think about the kind of Miko area of your niche that you're most passionate about, and also have the most knowledge about to create a business, obviously, through that, you'll be very passionate about teaching it. And then at that point, you'll also know at this point, how equipped, you know what you're most equipped to help people with. So when you break that down, you probably come to you in a bit and think, right, okay, so I'm really equipped to help people grow their business on Instagram, because that's a niche, where there's not many people doing it, but I know that that area inside out, and I've done it before I can make money from it. So I can use that gift I have and that skill to my clientele. And obviously, there is a market who who wants to use Instagrams with a business, a lot of people try and use it, but sometimes they fail, you can solve that problem with your knowledge, expertise, your sole purpose, helping you create those sorts of problems for your client.



Brad Miller 13:01

And the reality is, you're going to have to, when you start something new, you're going to have to really work at it and really expend a lot of energy on the front end in order to get it up and gone in. And failure does happen, you know, it just does. And you have to, you know, power through that or find a way to get get through get through that. And so one of the things I want to ask you about at this point of our conversation, Rebecca, Louisa is about people and about relationships and is about what fuels you through the challenging times of making this transition. Because one of the one of the susceptibilities we have to a way of one or the other way of life is that it is not, it is a no one we may be miserable, but we're no one doing the track that we are setting out to do. And the unknown is the fearful thing about taking some of these risks that you're talking about. When they can help us an ad is loving, powerful relationships. So tell me about either your own life or people in that you have encountered about how teams, spouses, family, friends, others, co workers, any part of this that may be helpful, coaches that may be helpful to help us get through and navigate. Getting through adverse conditions to find this life of, of victory victorious as you say. I think



Rebekah Louisa Smith 14:27

it's very important that when you set up your first business, or when you've really tapped into the sole purpose, I want to make this work. Don't miss your life is important to have a very strong tribe of people around you. So that needs to be a business coach, spiritual coach in certain aspects, and friends and family who believe in you and you know, can see you going to the end with this business until rest of your life. Now, one thing that I always say with Coach is obviously a business coach is important to help you set up a business and create a very strong infrastructure. But also it's important as I'm mentioned the book is to put in this infrastructure, put in the spiritual techniques as well, because they form part of this backbone. And one of these is one I mentioned the book, which is people not heard of it, maybe as frequently as a manifestation, but it's something else called cosmic ordering. So people probably know bits a bit, but because of ordering is very, very useful in terms of helping you achieve what you want to achieve by asking universe what for what you want. So cosmic ordering isn't like manifestation where you manifest what you want, and you believe in it, you can visualize it with a vision board. I mean, that's all that's, that's manifestation of cosmic ordering is a little bit different. It's where you ask, you ask the universe, what you want, and you place an order, so to speak, literally, and the way that my mentor, and watts taught me, as I mentioned, the book is that she says what you say, as you say, what I really want is x for the good of all concerned. So a good example is a car parking space. So I, as you probably know, whenever any big city, it can be a nightmare to get a parking space. He was telling me, she said, what you do is you say what I really want is to get a parking space upon my arrival to Soho in London, for the good of all concerned, let it go, and then have a nice drive there and a parking space will appear. And lo and behold, it always does. You build trust the universe, and you're co creating with the universe, you the same thing with your business, and to get it off the ground, and even your personal life as well. It's not just bits related. It's everything. So for example, you know, what I really love. And what I really love, is to go into the date with that really hard guy, James, who went out with yesterday, the good of all concerned. And what I do each morning, in my routine is I place my orders each day I want to happen with my business, I always say I really love and appreciate where we want is one of my films to get invited to screening the film festival today, for the good of all concerned. And it go, the order comes through like you're at a restaurant, either an hour later or half an hour late in the day, whatever. But just trust that it's going to come and that and when you have that trust, you can do anything because you believe in yourself and universe. And together you become this team of massive co creation.



Brad Miller 17:12

I know you mentioned in some of your writings, some of your work about a person named Luis and a cosmic order of story. Tell us that story a little bit how that relates to what you're sharing here by the cosmic order.



Rebekah Louisa Smith 17:25

I love that cosmic order. So with him, he's a wonderful, wonderful spirit, beautiful guy. And we met at a film festival because he was starring in a film that I was presenting in 2018, Arizona. And I was back and forth, UK, USA a lot. And he's based us. And we have a very strong bond. And then I was in the US for two months, I really wanted to come over to LA with me to see him celebrate my birthday. So I placed a custom folder. And we're about to see him in an event that evening. And I said what I really love and appreciate what I really want is for myself, and we spend time together on my birthday, for the good of all concerned. Now I'm actually had disbelief with this, because he actually lives in Dallas. But I was in LA. So I was trying to think Well, we'd be in LA that time, or would he come over and all these questions, but I thought, well, let me just place it and we'll see what happens. So I kind of forgot all about it. Because I started to think in my head. Let me think about asking him if he can maybe come over to LA and rent my birthday. And it's a good excuse a good way to party. It's not too far on the plane journey. I had all these like questions. And when I saw him, he got the Uber, as Oh, hey. And he said, Oh, how are you in LA for just under two months now? And he said, Oh, I'm going to be in LA and these dates. And I was like, oh, and it was on my birthday week.



18:47

Oh my god. I



Rebekah Louisa Smith 18:48

said, Oh, are you on this date? My birthday? And he was like, yeah, so then we just met me at a great time. So the order came together. But there was disbelief but it shows from the order that anything is possible. believe that it is leaving when you have that doubt like how the when the hell like can you get there it's going to be free. You know, all that kind of stuff. Those questions came in and put them to one side just floored about it almost disbelief. And it arrived and delivered with me just actually pushing it away that anything's possible.



Brad Miller 19:20

Yeah. So it's kind of a serendipitous type of experience. At hoc, something great has happened because you've had an expectancy and belief and from a biblical perspective where I come from oftentimes we talk about praying expectantly, you're not you pray expectantly, expecting something good to happen expecting something to be in, in your benefit. And so the spiritual realm can come into play, if we allow it to. And so that part of allowing it to and kind of helping set things up instead of just kind of being a haphazard, letting life come to you, you had you you were you were in gauged with you with your life. And that's one way to talk to you about it for a few minutes. Could you talk a lot about in your in your book about techniques? You've mentioned a couple of them. But I'd like for us to unpack that a little bit. A little bit further. Rebecca, Louisa about habits, self disciplined processes, maybe even a morning routine or an evening routine? Or maybe you can unpack a little bit more about the, the cosmic process that you mentioned. But what are some ways that you might be applicable to people that may be listening to our our life right now and maybe feel a little stuck? What are some practical software's once they that they could do?



Rebekah Louisa Smith 20:41

Most definitely would be manifesting. So I mentioned was the cosmic ordering is different to manifesting. But you have to kind of manifest in the right way. So in my book I mentioned about this new way, manifest manifest manifesting. So when I was in university, when I first started to get into the world of spirituality, I was kind of saying each morning, I am strong. I have a wonderful business. I am powerful. So I'm always saying that it was hard for me to believe because I felt like there was something more than I needed to kind of say, or something needs to be reworded. But I kept saying it because that was what magazine said at the time. So I thought, well, they were doing, and that's all good. There's nothing wrong with that. And then when I met one of my team members, one of my spiritual coaches, which is non hard Johnny, who runs quite Life Sciences in Long Beach, he said to me, there's not really anything in these manifestations a little bit General, but they need to be more specific. So I was like, okay, so wasn't a cosmic order. So what he said to me is, okay, I can see what you're kind of wanting to say, but let's like flesh it out, so that it's there. So he taught me want to say, which was to help me be strong. So I said to him, Look, I want to be a really strong businesswoman. I want to really show what I can do and not let anybody who may not doesn't like me, or he's a hater, this book horrible, many people, I want to forget about that and just keep, like, really strong. And he was like, Okay, so let's give it a go. So what he said to me was, you need to really say in a way, where change it from, I believe and trust the universe to it is my intent to have no fear and self doubt within me. And to completely trust the direction universe is guiding me through

for the sake of continuously enchanting and growing my relationships, and business, and myself. Now, when I said that, I was like, Yeah, yes, that's what I was trying to say. a different level,



Brad Miller 22:40

but you had to be coached a little bit to make it more specific and more applicable and more personable personal to your particular situation. And I'm picking up on that this is what you're advocating to people, when you talk about helping people find their sole purpose. It's kind of a double entendre away, it's useful. So ul, your soul is your inner spiritualize, but really has to be your soul. So lie to doesn't it, you know, your personal purpose in life. And you need to sort this out, come to your personal mission statement, your credo, whatever it is, for you. And so that's transformative when you get good on that, isn't it? When that happens?



Rebekah Louisa Smith 23:20

It is because you feel it in your body. And one of the things that he mentioned earlier about routines is that I said that every morning, and my body felt like I was believing it. And it was what I wanted to say, and you start to co create that way with the universe. So it wasn't ordering basically was what you really want to do it in the moment you can do in advance or you know, you can be really Pacific. The same with manifestation everything needs to be Pacific is the way that I find you get what you what you want, and what you and how you want to help other people. And what we do for the unit will do for society. And your clients, for example, just be really specific to really help them to get the best format. And if you have a problem, you ask the universe to help you give you information to solve it, so you know what to do. And that way you're on the right path. That's how I think you surpass and avoid feeling fearful, and anxiety. You know, obviously we all get that. Then when you just ask you to rest and relax and you trust it all comes together. We're saying the manifestation is that you're co creating and you're saying what you want and you're you know, leaving it when you say it and your body changes and becomes a routine and also being grateful as well.



Brad Miller 24:26

It was affirmation was a manifestation of the word manifestation means to make it real stop just to say it it's to kind of make it as kind of a gut level thing make it part of who that you are. And so so let's let's make it real now as best we can, as we kind of bring us full circle here. Rebecca Louisa, your your book is says here, it's called born to do what to

Institute which is an action orientation there to your book. So I'd like to hear how maybe some folks that you've either worked with in your coaching or through your book or through yourself font says, How is your teaching been able to help some people, maybe you've seen someone, or had the experience where someone has been able to manifest something that had some transformation, or maybe they've been able to create a business or, or have some spiritual breakthrough. Tell me about some folks in your life that you've worked with that you may have seen some cool things happen.

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Rebekah Louisa Smith 25:20

That was definitely my dear friend, Holly. So she was one of my, not a guinea pig. But say that I began working with her before this book came about. And she was stuck in a rut like she was doing a job in public relations. And it was for a big kind of corporate kind of in London. And she was going in every day, and she hated it. She said, just not the people were nice. It was just the actual work. It wasn't fulfilling her. It was nice to be in like a big glossy magazine. But the work itself behind the scenes that would it kind of came across on the on the front of the cover of the magazine, she was getting very much like I don't know what to do with it. Now, if you want to carry on, it's just a job, but it gets me in London. So where you can get to learn anytime you have to be in a job to do that you can do it with everyone at an event. So I said, right, what are you passionate about? Because for me, what I see on your social media, your Instagram, is that you know, inside out colors and fashion and how to wear the right colors to attract the right abundance. When you go to work. When I see you at lunchtime, I meet up and you've been in your job for the morning, you wear different colors, you don't know yourself, something's draining from you. So why don't you just do a business or start a business? Do your research to figure out if there's a business here, which you've got a clientele that need help, say personal styling, which is quite a common thing. I'm aware of your area. And she researched it. And she was like, yeah, there's a lot of people that need this through looking at my Instagram and the questions I get asked, and looking online. And there are people that are stylists personal stylists, but I have a bit of an edge, because my kind of niche is bringing in spirituality because I was having the right colors. And I quantum colors, techniques and my diamond does. And also know about how the right kind of harmonize with certain types of jobs, as well, when you're talking about this, you seem extremely passionate, and it's like you're drawn to it. So why don't you just start maybe thinking about doing a business plan for this and see how it goes. She did it. And now she just got it off the ground. And she looks radiant. Like literally she knows all these people. And those are music stars, she has no two people in underground music. And they've all been like, you know, first kind of test clients. This model does work in this niche is working, she's gonna just keep on thriving, she's spiritual, and she believes in educating herself. Now, she's left the old job and has more time to develop it.



Brad Miller 27:30

So she has found her sole purpose, as you see.



27:33

I mean,



Rebekah Louisa Smith 27:34

I was so it was there. And I said, Look, I know that you want to keep coming to London and meeting contacts. But Jonathan, and you do that and you can come to them anytime you want from Milton Keynes, but you know, an hour now and on the train, so wouldn't really worry about that you can come in any time, it's not going to go away, I'm going to get a job for that, you know, and then go into more events, we need to be in that jobs and do that. So now you know how to get you know, to get here, just now follow your soul. And then when she sat down and meditated, it came to her to that.



Brad Miller 28:01

Awesome. And now you've got your book and your your website, which are all helpful resources now to people who want to share what you have to share. So how can people be more connected to you if they want to reach out to you and so on? Tell us what about your whatever you want to say about your book in your website that might be helpful to other people like your friend, Holly, who are out there who may not have personal access to you, but may be able to get connected to the resources that you offer. Tell us about how people can get connected to you.



Rebekah Louisa Smith 28:33

So you can hit me up on my website, which is Rebecca, Louisa smith.com. And also Instagram, which is at born to do it book. If you follow me on that answer the queries there. That's just started up that Instagram, but it's got lots of quotes from the book. It's got reviews the book, if it isn't me doing my sole purpose, so it's really good to follow for daily inspiration tips.



Brad Miller 28:58

Wonderful. Wonderful. We'll put links to all that in in our show notes at Dr. Brad miller.com.

Our guest today it's been a pleasure to have you with us Dr. Rebecca Louisa Smith, and she has had some great contributions to make here. On beyond adversity today with Dr. Brad Miller, the name of her book is born to do it. becoming a leader of a business niche using powerful spiritual techniques.