

AJR - Josie Thomson Transcript

0:00:01 - Anncr

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

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. Josie Thompson's with us today. She's a two-time cancer survivor who experienced three NDEs. She's now committed to helping others unleash their full potential by combining neuroscience and energy healing. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Josie. Josie, welcome to the show. I'm so delighted to have you join us. Thanks for getting up early to talk with us. I'm happy to be here because we were chatting before we started recording and it's 8 am where you are, so I get to talk to you real time in the future. It's like a sci-fi movie. It's 5 o'clock my time, so it's already the next day where you are. In Australia, more than 20 years ago, you were given six months to live. Tell us what happened.

0:01:53 - Josie

So that was actually 1993. So that's 31 years ago. So you know, for me the thing that comes up around that and I'll look back to the story is that just because you get given a diagnosis, we must realize that we always. It's not about having false hope, but it's about really accessing the will that we've been burst with. And I believe, given all the experiences I've gone through and I'll share those with you today that they have been initiations and invitations for me to connect with that thing that we all have within us. That only becomes more apparent when we have to dig for it, when we have to go within and we have to dig deep and we realize who we really are, beyond this physical form. Right, and I don't know that we can actually have those initiations without, you know, having significant challenges and adversities that awaken our awareness to that.

But in 1991, I was diagnosed with cancer the first time and it was in my throat area and I was 24. I was really fit, I was healthy, I'd never drank, I'd never smoked and no one in the family had ever had cancer. And in fact, Julie, in those days and it's not that long ago you didn't really hear the word cancer very much right. And if you did, it was one of those words you didn't want to hear because people automatically assumed that it equals death. And so here I was, lying in the hospital, not expecting anything bad just have this lump removed, you know. And then the doctor comes in near midnight and you could see that he'd been emotional and he said to me Josie, I don't know how to tell you this, but it is cancer, it is malignant, it is stage three and we have to do another surgery as soon as possible because we need to go in and remove, you know, the other lobe of my thyroid.

And I remember, when he said the words, I had no, it was like I was having an out-of-body experience. It felt surreal. I heard the words and it was like there was like this buffer between hearing the words and having a reaction to it. I was just in this in-between space and he was puzzled and he said to me do you understand what I've said? And I just nodded. And he said do you know what malignant means? And I just nodded and he said so, when do you think that we can do this second surgery? And without even thinking, Julie, these words just spilled out

of my mouth and I said if you don't do it by first thing tomorrow morning, I'm never going to let you touch me again.

And I knew I didn't need time to think about it because I would freak out, I would have a reaction and I wouldn't be able to think clearly. But this voice just came out with this, knowing that it needed to be done swiftly so that this physical body didn't go into panic. And, needless to say, I didn't sleep at all that night with all these thoughts racing through my head. It was a real crisis of meaning. Thoughts racing through my head. It was a real crisis of meaning, you know. Like starting to question everything that I'd ever believed in. You know, if there is this God and he loves his children, then why would he do this to me? Like everything that was up for negotiation and that was really the beginning of my quest to become a seeker of my own truths.

0:05:51 - Julie

Oh my goodness. And at 23,. You know you had so much wisdom right.

0:05:56 - Josie

Well, exactly, and I had, like I had not read anything esoteric. I wasn't, I was more religious and spiritual. And then, for the two days following the surgery, actually, I was in intensive care for a significant amount of time because I'd lost a lot of blood and I was in and out of consciousness. But I had two near-death experiences while I was in intensive care, where I literally flatlined and an aspect of my awareness was up at the floating, up at the ceiling level, looking down at my physical form, and I had full awareness that I was here and I was here. I could see my physical body and I was here floating in this beautiful, blissful, serene space and I could see the equipment with the flat line on it and I could see the nurses racing in trying to awaken my physical form. And I'd never heard of a near-death experience. I'd never. I didn't know anything about any of that. And then, while I was there floating, looking at my body, this big, booming male voice came in and said it's not your time yet, and so I was back into my physical form. And then the exact same thing happened the next day and I heard the voice again.

And then, you know, I eventually came out of hospital trying to make sense of that experience. I wouldn't dare to utter any detail about it because I wasn't sure if it was real, if it was the drugs, if what people would think, you know. But then someone gave me a Louise Hayes book called you Can Hear your Life, and then I started reading more and then I came across this idea of a near-death experience and it was not dissimilar to what I'd been through and I'm like, okay, so I didn't make that up. So what does it mean? Didn't make that up, so what does it mean? So that was really the beginning of my spiritual awakening, if you like.

0:08:12 - Julie

You're bringing a thought to mind and it's completely different, but I hadn't thought of it in this context before. I have five grandsons through marriage and one of them Max. His middle name's Ryan. After me, the wicked step-grandmother which I thought was a score, I thought that was pretty good. When he was two, he choked on a chicken nugget and turned blue, turned purple, wasn't breathing. The paramedics were there. Wasn't breathing. The paramedics were there.

I was here in Birmingham, my husband was out of town and my son-in-law called my husband, he called me and I, of course, scanned Max Ryan. I call him Max Ryan and I said Max Ryan, you get back in your body right now. And he did. His little spirit was out of his body. And I said Max Ryan, you get back in your body right now. And he did. And then I was in the downtown area. So I met them in this. When the ambulance got to the hospital, I was. I just walked in there like I owned the place. I was on the loading dock when they backed him in and so I was

right there when he got to the hospital. But I never thought about that before. You were just saying. That voice said you this is not your time. Get back in your body.

0:09:39 - Josie

Yeah, yeah, well, I mean, I can relate to that. Who do you think the voice was? Oh, I know who the voice was. I know who the voice was and the voice I tell you yeah, tell us belonged to the angel that was with me from my childhood that after many like I, would sit down as a child and I would always have an empty chair beside me and I would not allow anyone to sit in that chair beside me because I would actually explicitly say you can't sit here, my angel's sitting here. And then it got to a point where I'd start going to school and I was catching the tram to school and I wouldn't let people sit next to me because I'd start going to school and I was catching the tram to school and I wouldn't let people sit next to me because I'd say my angel's sitting here and people would just completely dismiss it. Tell me, I was stupid and eventually got to a point where that connection disconnected consciously and I forgot about connecting with my angel because it got to a point where it wasn't being honoured and acknowledged by those people around me and I felt shamed, I guess, and I felt wronged and wrong. And then all of a sudden, this voice came back.

And then, Christmas Eve 2009, I was diagnosed with a lesion on my frontal lobe of my brain and I was having surgery on the 28th of January 2010. And I had a month to do something. I was freaking out and I didn't want to tell any of my family because I didn't want to disrupt their celebrations for Christmas and New Year. So that was a really tough time because they could tell I wasn't quite there. I was preoccupied, but a girlfriend said you need to go and speak to this spiritual healer in interstate because she would really be able to help you. And something in me said yes, you need to go and speak to this spiritual healer in interstate because she would really be able to help you. And something in me said yes, you need to go and speak with her. Anyway, I gave her a call and I said look, can I have an appointment with you within the next four weeks? And she started laughing and she said oh love, I'm booked out for two years. I don't think that's going to happen. And she's looking at her books and she said oh, hang on, I've just had a cancellation for the 26th of January, which was two days Now. I didn't tell her anything about my situation. So I took of course I took that it was a five hour appointment and it was a two hour flight.

So I got down there and I've never been with someone who trans-channels, and so what that means is that, you know, she does this thing with her neck and then all of a sudden, her physical body changes form and different voices come out of her mouth. And I was very skeptical. You know, I'd never been to anyone like this. I'm like, yeah, okay, whatever, you know, I'll listen.

And the she did this thing with her head and the first voice that came out of her mouth I recognized immediately it was that voice. And the voice said you know, in two days time you'll be given a choice, but you must decide. And I said I don't know what you mean. And this voice went on to explain in two days' time you can decide whether you wish to return home to my choir, where you belong, your home, or you start to do your work in earnest. And I'm like and then I asked, I said, and he said other things, and I said, and I asked, I said who are you? And then there was this pause and then the words he said I am Archangel Gabriel Wow.

0:13:45 - Julie

I have goosebumps on that girl. My whole body just went yeah.

0:13:50 - Josie

Even me, Lydia, actually saying that to you, all the air of my body standing up. And the second those words were uttered, I just felt enveloped in these great big wings of unconditional love and I was just sobbing, you know, just with tenderness, because I could feel the love coming

towards me. So that was the voice that spoke to me and continues to be with me every single day now.

0:14:20 - Julie

It's very common that little children, we all come in with the ability to communicate with spirit and little children are told as you were oh honey, that's just your imagination, that's not really real. And or by friends saying, oh, you're just weird, there's nobody sitting there, but could you see him? Could you see the angel?

0:14:42 - Josie

when you were little, see him? Could you see the angel when you were little? No, I could just sense him. I sense him and I know, I just know. And since you know that awareness becoming more conscious for me, that connection's becoming stronger and stronger. And I had a another experience earlier this year just a month ago actually and making his present even more visceral and more real for me.

0:15:16 - Julie

How so you can't just give us that tears and then leave us hanging?

0:15:20 - Josie

I know Well. So in January this year I had this reoccurring dream of a cave and I had it four nights in a row. And on the fourth evening I woke up and I said where is this cave? And I got the answer immediately and it said in Delphi, in Greece. And I got online and I went right, I'm going to Greece to find this cave. So I went to to Greece and I started asking some of the tour guides if they could tell me where this cave is and they said no, there is no cave. You know, there is no cave in Delphi. No, there's no cave. And I'm like, yes, there is. And then they're like no, there's not. And then they were like no, there's not. And then they were like, how do you know? And I said because I dreamt it, and of course I thought I was a loony, but I just had this, knowing it was calling me, and for the first time, Julie, I did not get into analytics about it Like what is it for? What am I being called for? I just went, I'm being called, I'm going, and it's the first time in my life that I have the circumstances of not having children to look after or anyone else to attend to that. I could actually do this for me. So I did.

I went on a plane and went to Delphi and started asking people you know, where's this cave? And I was directed to different caves and I'm like no, no, no, that's not it. And then I found this elderly woman and I said do you know where this cave in Delphi is? And she looked at me and she said why do you want to know? And I said and I told her about my dreams. And she got up and she opened a drawer and she showed me this hand-drawn map which I have somewhere, and she said this one. And as soon as I saw the name of it I went that's it, that's the one, that's the one. I said how do I get there? And she started doing this on the map. It was an old goat track to get up there. It was an 18 or 17 kilometer trek up the mountain. So Delphi's about 600 meters above sea level. The cave was about 1300. So it was quite a hike. And I said, okay, so how do I get to the track? And she told me so that afternoon I thought, well, I'll find the beginning of the trek and I'll see how difficult it is. So I found it and it was really hard. I was falling and slipping and I'm like, okay, I need some help. So I went and found the woman again and I said is there a way to get a bit closer? And she said, look, if you're able to find a driver that's able to take you up and around and stop, at this point you'll be able to walk about three kilometers. And I thought, well, I can do that. And I found a driver that could speak a little bit of English, who was prepared to drive me up there and leave me for six hours and then come back and pick me up. So all of it was a real. You know, I needed to have trust and faith that everything was going to be fine. So he drove me out.

I ventured up, I saw the cave. The second I saw it, Julie, I recognized it immediately. I walked into the cave and it was magnificent, it was huge, and I just kept saying I'm here, I'm here, and

the resonance, the echo in there was extraordinary and it was like I could feel the heartbeat of the cave. It was just was expanding and contracting around me and it was just literally incredible. So then I was directed to go to the far one of the corners of the cave, right at the back, and it was very damp and slippery and, you know, very uneven. But I got there and then I sat down and I was in complete darkness. I couldn't see the light coming in from the cave way down the front. And then all of a sudden I started seeing these colours in the darkness that I had never seen with my eyes before. I'd never seen colours Like even I'd never seen colors like, even talking to you, my whole body's starting to shake. I hadn't seen colors like that in my life and I closed my eyes and opened it and I could still see the colors that were everywhere.

And then I started meditating and I started chanting just listening to the sounds coming back. And then I said to the cave I brought you a gift and I had brought some crystals with me and I was going to leave one with the cave. And all I heard was I want the green heart. And I was like that's my meditation crystal. Like no, I'm not giving you that green heart Because it was a big green opal heart that I would use for meditating. And I said, no, that's mine. And then I heard again I want the green heart. And I went, but that's my meditation crystal, I don't want to give you that. Then I heard it again I want the green heart. I took it out of the bag and I held it in my hands and I could feel my attachment to it and I thought, for goodness sakes, josie, you've come halfway across the world to find this cave and if the cave wants this heart, give it to the cave. And I was like fine, you can have the heart.

So it was a battle, though I could feel this tearing of detachment from belongings that we have that have such a hold on us, right? And I was like of course you can have this heart, you know. So then I went to put it down and I was directed to go to another space in the cave and the second I put it down it was like there was this energy that just sucked this stone down this crevice at such velocity that it literally frightened me. The speed and the sound of it was just so startling, because I became aware of the magnitude of the energy that was in there and I was like, and I was shaking, and I sat down and I put my hands on my heart and I was just trying to calm myself down, you know, and I said I'm scared and I could hear this voice say there's no need to fear, we are. And I said I'm scared and I could hear this voice say there's no need to fear, we are here. And I'm like I wasn't game to ask who it was just yet. It was just calming down. And then every cell in my body started reverberating. And then my hands you know what pins and needles feels like times a thousand in the palms of my hands. And I'm just sitting there, breathing, calming my body down, and just inside, saying thank you, thank you, not knowing what was going on, being grateful.

That lasted about 15 minutes and then, as I realized, I needed to stop moving because I needed to get home in daylight, and so I was in the cave for about two hours and the whole time, Julie, I did not see another human at all. And the caves said a few things to me and then, as I was leaving, said you must return next year with a circle of eight. And I looked back and I said I'll be back. I've already booked my flight. I started walking down and I could feel my body was different.

So before I'd gone to the cave, I had been experiencing something called primary dysautonomia, so a dysfunction of my autonomic nervous system, which had a whole bunch of symptoms that I've been managing over the past 12 months, and one of those was chronic pain, particularly around my chest cavity.

Chronic pain particularly around my chest cavity. And I was walking down this hill and I'm like and I was talking on my phone, you know, videoing and trying to make sense of what occurred and I'm like I'm feeling different and I'm putting it all together and I'm like I think I received a healing in that cave and it kind of made sense to me. I heard the call, I answered the call, I surrendered, you know, my heart and I was gifted this healing and I've been back three and a half weeks now and I've gone to see my specialist, my GP, my doctor and another energy

healer that I work with, and so far they're saying we can't explain what's happened. So I'm in the process of going back to hospital getting the Western tests done to support what I know has occurred, so that I can actually stand in truth and authenticity and say that I have been healed.

0:24:55 - Julie

All right, that's a lot to unpack. I got some questions for you on that. First of all, let's go back to when you said you were having your NDEs and you realized who you are. Who are we?

0:25:10 - Josie

really Well, I'll tell you we're not. We're not this physical form. So you know, you said before about your grandson and you also mentioned that you know children being connected. We're born connected right, we're birthed from the seed right and then we're born into physical form. But that spark of the divine is what lives within this physical form, is what lives within this physical form. So last year, when I was hospitalized for treatment for my condition, they were treating me with something called ketamine, and ketamine needs to be very, very carefully monitored and administered.

0:25:56 - Julie

Tell everybody what that is, please. Ketamine is a very potent drug.

0:26:04 - Josie

It's a street drug as well, and it can be used for treating neurological disorders, but it has to be very, very carefully monitored when it's administered in the body. And this is a post-COVID hospital admission and the hospitals here are still adjusting to the post-COVID care, and so there was limited staff on the ward. So when I was in the hospital, I started getting really significant pain just underneath my right breastplate, significant pain just underneath my right breastplate, and that was my liver screaming, because the dose that they were administering 24-7 through this device that was attached to my stomach was too high. And I was complaining to the nurses. I said please call the doctor. There's something wrong. This is not right. You know, this is painful. And they were calling the registrar doctor, who looked like 16 years old and didn't know what he was doing, and said no, no, you'll be fine, your doctor will be back on Monday. This is Saturday, and I said I can't wait till Monday. This can't. You've got to take this out. It's not right. They ignored me, gave me more pain relief and I was in this space of I can. Can I rip this out? I didn't know what I was allowed to do. You know what was the consequence of that? Anyway, that evening my body went into toxic shock and luckily, one of my girlfriends was there and she rang my closest friends who came immediately and held space because they could see that my body was failing and I was wrapped in one of those foil blankets to try to bring my temperature up. I was going, and it was interesting, for those five hours not one medical staff member came into the room. Wow, it was horrific.

Anyway, this body went into toxic shock and I lost consciousness and whilst in that state, I was aware and could see this beautiful golden grid rising up out of my physical form, grid rising up out of my physical form. And then I saw this white Taurus field light coming into the room to collect this grid and I was like, hang on a minute, am I dying? Because it wasn't a possibility for what I went into the hospital for, that wasn't meant to be a consequence of this treatment, and I was able to say wait, I need to go and say goodbye. So an aspect of my awareness, like I knew my physical body was unconscious I could see that I was also in this other space of awareness where I could see this soul grid coming out of my physical body and this white torus field coming down into the room to collect the soul. And I was able an aspect of me, was able to leave the hospital room and find my parents, interstate, to say goodbye to them. I found my brother, my sister and my two children, and then I was able to come back into awareness in the room, into this in-between state, and then I said, okay, you can take me now. And I was literally ready just to completely surrender and go into the light.

And then this other almighty voice rose out and said not so fast. And I was like it was quite scary. And this voice said you've used me, you've abused me, you've exhausted me, you've pushed me, you've ignored me. And it just went on and on and I could feel myself like crying and people in the room could see that my body was lifeless. But there was tears coming out of my eyes and this voice said it's not you that gets to decide when you go, it's me. So when I decide we go, that's when you can go. And I was like, who's that? And it was the voice of my body. Exactly, it was your spirit.

I had never, ever heard. That's not true. I often hear my body but I ignore it. Yeah, oh, yeah, yep, I've got to finish that off today. I can't go to bed until that's done, you know? Oh no, I can't go and enjoy time out for me until we do all these other things. Well, for the first time in my life, I got to appreciate what the words house of God actually means, and since then my relationship to the body has never been the same it is. If people actually knew what this flesh suit actually represented and its function, we would never treat it so meanly and unkindly ever again.

0:31:14 - Julie

So give us the cliff notes on what it means and what's its function notes on what it means and what's its function.

0:31:21 - Josie

So it's our vehicle to transport and express our soul in this life. So we're given one vehicle to be the expression of all the gifts that we've been birthed with, to be able to discover what they are. You know, without the body we can't have the experiences that the soul needs to remember who we really are. So we have to look after this body to enable us to have that, remembering those moments of synchronicity and deja vu. We go hang on. Wow, why does this light me up? Why does this contract me? What does that mean? And then we start asking bigger questions like who are we? Are we this body? Actually, no, the bodies are big. There's something magnificent within us that's realizing itself while we have all these experiences and we start to awaken in consciousness.

0:32:30 - Julie

Okay, so let's go back a step or two. Why do you think you've had all of these dramatic health issues in your especially young life? What, when you look back at it now, is there? Is there a path that you can recognize where you were being led to get to a certain understanding? If you will, and because these are, these are serious things. And back to the sepsis, when you were wrapped in the foil blanket and all of that. That's the number one killer of people around the world. Most people don't think that that's the case, but it is, especially here in America is by far the number one reason why people die, and it's usually in a hospital.

0:33:24 - Josie

Yes, yes, yes. So in April this year I had my first ayahuasca experience. So ayahuasca for those people who don't know is a root medicine, comes from the Amazon, it's highly hallucinogenic and it's known to connect us with the quantum field and some people will journey to past lives, some people will journey to their cosmic home, some people will get visions, predictive visions, all sorts of things. It can't kill you, but it's highly hallucinogenic and a lot of tribes and indigenous people would use something like ayahuasca to connect with spirit, with spirit to guide them in their lives, you know, and how they are to lead their lives and their people, and how they are to commune with the earth and one another. And anyway, it's something that I've always been curious about, but frightened more than curious. And then at the beginning of this year, around the same time that I was dreaming about the cave, this idea of ayahuasca kept coming into my mind and I'm like, why am I even thinking about it? You know, everyone I'd asked about it said no, no, don't do it, it's really bad for you, it's going to ruin your auric field

and, by the way, these people were people that had never done it Right. And then one day I was having my routine lymphatic drainage massage and the lady that was doing it said oh, I'm putting together a sacred women's circle to do an ayahuasca ceremony, but it's only going to be for women. And I went oh, that sounds beautiful. And she said, yeah, but one of the ladies has dropped out and so I'm going to find someone else and I'm thinking this is the opportunity and I said, well, I'd be happy to do it. And she said really. And I said, yeah, I'd really love to do it. So, again, it was synchronicity and it was so seamless it just came about.

It was a two evening ceremony. The first evening was, I will say the word, brutal, because it really was brutal. How so? Well, when you drink the medicine, because it really was brutal. How so? Well, when you drink the medicine, the body has a reaction to it. What does it taste like? Yuck, really yuck, the worst medicine you can imagine.

It's very minerally.

0:36:16 - Julie

Do you have to drink like a certain amount based on your height and weight and size and all that?

0:36:30 - Josie

or does everybody get the same amount? So some the medicine man will administer the exact same amount for everybody in circle. This particular shaman that we went to is very spiritual and gets guidance from his spirit helpers, who lets him know what amount people should be administered, so he doesn't do a one size fits all. And when he came to me with my little cup he said Josie, I've been told to give you a quarter of the usual dose because you're highly sensitive and you will not need a full dose to go where you need to go. And in one mind I'm thinking I feel ripped off. And the other side of me said good, because I don't want it to be too crazy, you know. So anyway, it was beautiful. There was this amazing tribal music on. It was done under a big white open tent under the stars. It was just gorgeous. And there was four women. We're all dressed in white. It was highly.

There was a lot of ceremony involved candles, incense, everything, drums, and we all drank it. So we all set an intention. We all had our own unique intention, and mine was to remember. That's all I said. I just want to remember.

And so I took my medicine and then the body just started having like, felt like convulsions, like a lot of movement, physical movement in my body. And you know, some people get violently ill, like will vomit and there's beautiful little buckets beside you. For that I didn't vomit at all, but my body had a real reaction. But I sat upright for six hours allowing this energy to just move through me and I was seeing every psychedelic color and pattern in my awareness. And then I was given visuals, and one of the visuals I was given was sitting around a big, looked like a big brown stone table, massive, massive, and all I could see was these light beings and I couldn't see the top of them and I couldn't see the bottom of them. They were just like pillars of golden light, they were just beautiful. And there was a number of them around the table and I was at the table. I couldn't see myself, but I was just looking at every one of them and they were saying so in this next life incarnation, would you like to learn about this? And all I could feel was this body going yes. And the next one would you like to learn about this? And I'm going, yes, would you like to learn about this? I'm going, yes, would you like to learn about this and I'm saying yes to every single one and I'm here going. What are you thinking? No, no, I'm trying to say no, that's too much. But I was saying yes to all of that and I'm in this body, you know, still going like this.

And then I had a vision of some kind of a. She looked like a medicine woman wearing a long Hessian dress and she was being burnt at the stake, but not vertical, horizontal, and so she

was strapped like this and her face was like here to me, and her hair she had long black hair and it was on my face, like really annoying me. And her face is like within this, close to me, and I'm lying down at this point my body's still going crazy. And she opens her eyes and her eyes are just bright blue flames and I'm like this in the bed and she points her finger at me and she says you remember? And she points her finger at me and she says you remember?

And then, all of a sudden, all these golden little glyphs, like little symbols, start raining down on my body and I'm opening my mouth. You know, like when you go to a fair and there's a clown and you put the ball in the clown's mouth. I've got my mouth open trying to catch all these glyphs. With my mouth what's a glyph? Sparkles Like little symbols, okay, like they look like. I don't know what they are. They could be like lines and shapes and geometric patterns and they're just raining down on me.

0:40:57 - Julie

Was that your spirit in a different lifetime? Do you think that woman oh?

0:41:01 - Josie

Oh, definitely, that was definitely a past life.

0:41:05 - Julie

Yeah, that was a past life. We were being burned at the stake.

0:41:15 - Josie

Totally yeah, and anyway, I was collecting all these patterns and so, as well as so, there was four women in ceremony. There was the shaman who was administering and supervising, and on top of that there were two spirit helpers, so two other women supervising, and it was done so beautifully, so carefully, and at one stage I needed to leave the tent to go to the bathroom, and there's no way you could walk by yourself in that state, so you just put your hand up and the two women would come and escort you to take you to the bathroom. And anyway, we got outside the tent and I was looking up at the stars and all of a sudden my body was still shaking, but all of a sudden my head started doing all this movement and I could see not just the stars, I could see all the lines connecting all of the stars and patterns. And I'm just going like this and the girls are like are you okay? And I just went.

I'm remembering and I was just downloading all of this information that completely bypassed my conscious awareness and went straight into unconscious. So we went and I went to the bathroom, came back, completely bypassed my conscious awareness and went straight into unconscious. So we went and I went to the bathroom, came back and I just said just leave me here and I just lay on the earth looking at the stars, just taking it all in. You know, eventually they came out and took me back into my bed and I was able to sleep and just rest. So it usually lasts about eight hours. The medicine lasts about eight hours. And then we did it again the next night. And how different was it the next night? It was very different. It was not as the word I used before, it wasn't as brutal. It was very, still very psychedelic, but my body didn't go through the same effect as it did the first time and it was just a calming, a much calmer experience.

0:43:18 - Julie

Yeah, a calming, a much calmer experience. Yeah, were there any takeaways that you can share from the second night? That were something that you would consider to be profound.

0:43:29 - Josie

There was a lot that came out of that. I think the main message is that we are connected to all there is, that we are connected to all there is and we only remember when we awaken and some of us are destined to awaken in this lifetime and some of us won't, and we all have our

own unique path, and it's important that we allow people to have their own path. But it's also important for those of us that have been chosen to have these experiences to actually bring to light what we know, and so it's no accident that I went and studied neuroscience and did my Master's in neuroscience. It's no accident that I've been able to defy medicine. It's no accident these things have happened, but, more importantly, that I've walked through them and become more of who I really am, so that I can share that wisdom and that light with others, so that they may do the same without having to go through all of that experience themselves.

0:44:46 - Julie

Well, that's a perfect lead-in to my next question, which was going to be you're a neuroscientist girl and you're doing all of this, and how does the brain process this information so that it can really enhance our lives? How does the brain process the spiritual? Because we tend to go to analytical. You especially, being a scientist, you're going to go to analytical, but you obviously have been able to bridge both the analytical and the esoteric, or the spiritual, and merge them into one. I've done the same thing. How does that work for you and how have you seen it work for your clients?

0:45:31 - Josie

So I started my working career in finance. So I've always been analytical. So give me a sheet of numbers and I'm like a pig in mud. I love it. I love analyzing numbers and I remember in grade I can't remember what grade it was, I think it was grade A I won a bursary for an assignment on Pythagoras' theorem. I was a nerd and I loved it. For some reason. I just loved the theorem and I loved triangles and pyramids, hence my incredible connection I have with Egypt. I'm going back there in October for the third time. And then I left the corporate world and got into the realm of executive coaching, and this was when the world of neuroscience for leadership was born. There was this aspect of neuroscience called neuroleadership that was developed by the Neuroleadership Institute, and I was one of the first cohort to go through their master's training. So I don't practice as a neuroscientist. I was using all of the neuroscience to apply it to developing leaders in corporations because it was so powerful to be able to.

If you want to really change people's thinking, if you can give them the science that underpins their behavior, there's less resistance to change because we don't like change. Change is perceived by the brain as a threat, because it means getting out of our comfort zone. It means getting out of the familiar space that we operate in our patterns. But here's the thing, Julie, there is no growth in our comfort zone, so we actually have to inch out. So I found that by learning about neuroscience and teaching people about the fundamentals of how this thing works either for us or against us and that we actually have believers in our hands through the way we focus our attention, all of a sudden you become a sovereign being and a conscious creator of your reality. So you are no more the victim of circumstance. Will horrible things happen around you? Yes, but you always have choice about how you respond.

0:48:20 - Julie

Our thoughts create our reality, our thoughts create our reality.

0:48:25 - Josie

But who creates the thoughts? Who plugs those programs in and how do you reprogram them? Can you reprogram them? Who?

0:48:33 - Julie

plugs them in. Where do thoughts come from in your opinion?

0:48:37 - Josie

Well, I mean, we're born into this life with this incredible openness and curiosity and invincibility. When you're little, you can be anything, any time, any space, any, you know, and

it's amazing this limitless possibilities. And then adults start interfering and start projecting their beliefs and programs and fears. You know, I think when we get to about seven or eight, we start realizing self-consciousness. You know this comparison with others, whereas before that it's all about me, me, me, me, me. But it's not me, me in a narcissistic way, it's just me, because I'm so present in this moment and it's all about me, me, me, me, me. But it's not me, me in a narcissistic way, it's just me because I'm so present in this moment and it's all that exists. And I might hurt myself, but then I'll get up and I'll be full of life and joy again. You know, there's no holding on to an experience of the past, even though the past was like two minutes ago. Like kids know how to live in present time. Yeah, and I'll recite this story with you.

I'm ambassador for a beautiful charity called Childhood Cancer Support and it's basically providing support services for families whose children have to travel significant distances to get treatment for cancer. And I just have this. I have a real affinity for children and I have a real affinity for elderly people, like the beginning of life and the end stage of life. They're just such precious, precious stages of life.

And there was one child I met and he was diagnosed with cancer in his foot and the doctors didn't know how much of the leg would need to be amputated. Anyway, he and his mother went into the hospital and they amputated just above the knee, so his whole knee down was taken off and the mother was obviously very distressed and upset. And the little one was only about six or seven years old at this stage. And he wakes up from surgery and he looks down at his legs and then he looks at his mom and he looks at his leg and he says mom and she says, yes, son. He said mommy, the cancer's gone. Like that story just gets me every time it's all about the perspective.

All about the perspective. And then, you know, he would often I'd go and visit and we'd chat and you know muck around and he'd say you know, sometimes I feel like my leg's still there. You know the phantom feeling. And then he was given a prosthetic leg and he was learning to use it and he was really good. And when I used to go and miss it he'd say I'll give you a run, I'll give you a race to the letterbox. And I said, listen, there's no way you're going to beat me because I'm faster than you, he's like, but I've got a bionic leg. Now I'm going to beat you. And he used to beat me every time. And then I saw him about three years later and I didn't recognize him.

I was at a gathering and this kid comes and runs. He's a bit taller. He comes and runs and he puts his arms around me and I went who are you? And he said his name and I said how are you? And he said his name and I said no, you're not, cause I didn't recognize him. He had hair. And he said yes, it's me. And I said it's not, it's not you.

He sat down, he pulled off his leg. He said see, I went okay, you win, you win. But do you see what I mean? Like they, they don't harbor um regret and resentment and blame and anger and live in the past with that. They get on with it. And we can learn so much from these beautiful, innocent children about how to live life in present time. And you know what, Julie? There is one aspect of us that lives life in present time, and it's the body. The body is the only aspect of us that is always present here and now. The mind is there, there, there, everywhere, but the body is always present and giving us feedback. If we would only pay attention.

0:53:15 - Julie

And how do we pay more attention to what the body is telling us? How do we pay closer attention telling us?

0:53:22 - Josie

how do we pay closer attention? It's very, very easy. It's very easy. So you know the spidey senses you get sometimes, the intuition, the visceral information. That's information. The

body's communicating with us every second of every day. And there's two energies there's expansion and there's contraction.

So when something doesn't feel right, it's because it's not right. Do not argue with it. When your mind tries to make sense of a sensation the body's giving to you, it's like the body's speaking Swahili and the mind is speaking English. They don't understand each other, but there's an aspect of you in between that goes my body's giving me information. My body's giving me a sense that something's not right here. So don't intellectualize it, just acknowledge and honor it. Your body's giving you information. So say something doesn't feel right right now. What do you think it is? So you don't have to try to solve it, just acknowledge it. And the second you acknowledge it, the body goes oh, thank goodness she knows. Thank goodness she's tuning in.

I'm trying to let her know this isn't right. I'm trying to let her know that person's lying. I'm trying to let her know that person's lying. I'm trying to let her know that this is not a good idea. But then the rational brain goes. But why wouldn't I? You know it's a great opportunity. But notice, I'm frowning. My body's saying no, no, no, no, no, no. But I'm trying to intellectualize my way through and I'm going to learn the hard way, aren't?

0:55:02 - Julie

I Well, and that's what most of us do, because that's what we've been taught to do, you know bypass that internal GPS known as emotion and just think of it from a rational mind. And that's where oftentimes we get ourselves in trouble, because we're not following that gut feeling.

0:55:28 - Josie

I was dating a man who I thought was just amazing. I met him under the impression and belief that this was a very spiritual person, who walked the path, was very conscious and was good living ethics and all of this. And he lived interstate and we had a distance relationship for a period of time and there would often be reasons why he couldn't speak to me on every evening before, you know, going to bed or whatever, because he was preparing for work the next day and I had no reason to distrust him, unless you give me reason to distrust you. You know like I'm going to trust you.

But my body was like inside, my gut was like this, and I couldn't sleep and it was like something's wrong and I'm like, oh, josie, don't be so silly, you know, don't be insecure. You know it's fine. You know he's got a really busy, demanding job, surely you know. So what if you don't get to talk every day? You know, blah, blah, blah. Anyway, find out years later, while we're still in relationship, that he's he'd been having all these other relationships with other people and my body was trying to warn me the whole time. You know these, these red flags sometimes appear orange or yellow or subtle, but these flags nonetheless, never ignore them right.

0:57:03 - Julie

Do you think most people think of themselves? Do you believe most people think of themselves as victims?

0:57:14 - Josie

I think people I'm going to use the word ignorant rather than victim they don't know what they don't know, and sometimes you won't really know until you've had the experience to then know for certain. So there are two paths that, when any experience occurs, you can either look at the experiences happening to you therefore you take the path of victim or you can look at that experience as happening for you. Therefore you take the path of, I'll say, student. What can I learn from this? How can I grow from this? What can I learn from this? How can I grow from this? What am I being invited to learn?

When you see something is happening to you, you're not thinking about growth at all. You're coming at it at a very fixed perception this is happening to me and I've got no choice, and this is really horrible. So there's a lot of judgment, and this is when we start to harbor, you know, resentment, anger, whatever, and you become bitter, whereas when you start to look at something as an invitation to learn something how can I grow from this? What am I being invited to learn? Then, all of a sudden, you become better. So bitter or better is a choice that people make, sometimes unconsciously, initially. Sometimes we become bitter initially because we get angry that life's not meant to be like this. This shouldn't have happened to me, to them. We're so full of judgment, whereas when we loosen the grip on judgment and just observe and say, hang on a minute, let's just acknowledge reality where it is. Did this happen? Yes, it did. Do I have to like it? No, I don't. So what am I being invited to learn here? Do I have to like it? No, I don't. So what am I being invited to learn here? Maybe it's that I need to appreciate life more. Maybe I need to embrace life more. Maybe I need to tell people I love, that I love them every day. I don't know what it is for you. I don't know what the experience is.

I lost a very dear relative two years ago. That absolutely crushed my heart and broke open my heart and I realized one of the things that came out of that second ayahuasca ceremony for me was my uncle. I get emotional when I think about this. He was a second father to me and my brother and my sister. He raised us for the first seven years of my life and we were very, very, very close and he died, I'll say suddenly, from a very aggressive cancer and I didn't get to spend that time with him. At the end, I didn't get to talk to him before he passed away. I did.

He was unconscious by the time I got there, but it wasn't the same. I know he heard everything I said because he told me in ayahuasca ceremony but one of his soul contracts was to teach me that death is an illusion. The pain and the grief and the suffering I had when he died it was like how can you leave me? I just felt this void. But now what I feel is this eternal connection with him and he said my contract was to teach you.

I had to give that life away so that you could realize that I'm never far away from you, that I'm always with you, that we are eternally connected. And now I feel him as this warmth. It's like cheek to cheek and I feel him there all the time. And he was there at the cave with me in Delphi as well, and I could feel the warmth on my cheek and I was like, wow, okay, you're with me all the time, you know, guiding me, keeping me safe, and it's just an incredible, incredible when you can realise that we are eternally connected to all of those that we think we've lost in human form. But we realize that the veil between where the souls reside and where we are is very, very thin, that we can continue to connect with that love.

1:02:03 - Julie

Yeah, absolutely. A couple of questions as we're winding down here. How can a person start on their own journey to find their own personal bliss? If you will, for lack of a different word, Are there a couple of pointers that can pertain to everyone?

1:02:28 - Josie

Yes, absolutely, I think, the two greatest leaders. Well, there's three. One is forgiveness. Forgiveness is an incredibly powerful mechanism for opening the heart and taking away all of the barriers and layers of protection that we've placed over the top of it that stops us from allowing love and light into our being and reinforces some of the self-defeating narratives that keep us contracted. So, forgiveness for self and forgiveness for others, that we are all innocent finding our way in the world. Are we going to make mistakes? Yeah, we will, but we need to learn and we need to grow and we need to become better versions of ourselves, not bitter. So I would say forgiveness is number one.

The second one I would say is gratitude is to find things to be grateful for, even simple things like this breath. To be grateful for Even simple things like this breath, this moment, having a roof over my head, having clean water that I can drink, being able to see, being able to hear, being able to have an able body, whatever it is, just doesn't matter how big or small just starting to amplify gratitude the more grateful you are, the happier you are. And then the third lever I would say is, as much as possible, to practice being in present time, just observing and being here now, fully here, in this moment, and allowing everything to be the way it is, without judgment, without criticism. You don't have to like it, just observe it, just experience it. Have the experience. You can't control everything. That's the ego giving you an illusion and that creates a lot of battle. So just have. That's what this soul's designed to have is all the experiences to help you remember who you really are.

1:04:52 - Julie

Beautifully said again why do we incarnate?

1:04:59 - Josie

I believe there are levels of ascension of the soul. So some souls for lack of a better word are kind of young souls starting out on their evolutionary journey, and then there are those that are wiser and older and have done their rounds a few times and they come in for different lessons. You know, it's kind of like having a matrix with all these little colors on it and the idea is to fill the whole matrix so that you say, yeah, I've done that, I've done that, I had that done that, you know, learned that. And you come back each time to complete that matrix.

And when I actually saw my soul grid coming out of my body, I could see lines on this grid. I didn't know what it was, I didn't know at all. Like I've seen a birth chart with lines on it, but I've always seen it done in a round shape. But the shape of the soul grid that came out of my body wasn't round, it was more square or rectangle, but it had all these lines and it was like that's the soul contract for this life. So I believe that that one becomes more complex every time we incarnate. I have a lot of lines on mine.

1:06:30 - Julie

Well, I'm picturing the tablets that you know Moses got from the burning bush. That it's a tablet shape, almost yes, that you know. That's what you were seeing as it was coming out, which is interesting because you know, certainly the Ten Commandments that were given to Moses on the tablets were basically a roadmap of how to live a blissful or an enjoyable life and a good life. I'm using that in air quotes, but I'm seeing it as a tablet kind of a place. I think that you could be starring in a movie like National Treasure or one of those kind of Indiana Jones or one of those you know or one of those kind of Indiana Jones or one of those you know when you're in caves or going to Egypt.

Interestingly enough, those pyramids that you're so fascinated with and the triangular shaped items that there are pyramids all over the world and I find that fascinating and those are energy generators. Yes, oftentimes they have water running through the bottom of them and people can go in and spend an hour or so and they come out and they're healed from whatever that malady is that's causing them grief in their lives. That you're on your next Indiana Jones mission to go back to Egypt to find things. Why do you think that stuff is there, more so in those areas, in those ancient cultures? You know the Greeks have it and every culture has it all the indigenous people but it's sometimes just portrayed in a different way, but it's all the same thing and I think that's what you touched on when you were having your ayahuasca adventure.

1:08:35 - Josie

The indigenous people are the keepers of the stories, you know, and we learn a lot through storytelling and they hold a lot of the angel wisdom in their stories. And if you think about the horrible things that were done to the Indigenous people, I'm going to say because they know

they know a lot more than we know, than we're being allowed to connect with, and if we actually spend time with the cultures, we'll soon realize that a lot of the disease that we experience isn't actually physical, it's spiritual. Yes, ma'am.

1:09:22 - Julie

There's always a spiritual component. That's been my experience in working with thousands of clients and thousands of people over the years who've called into my show and there's always an emotional component that's in place before any kind of physical manifestation.

1:09:40 - Josie

Well, the one thing I did learn in studying neuroscience was that our mental and emotional experience over time will become physical. So my whole thesis was around the how I called it. The empower model was like how stress, this good stress and this bad stress? We need some stress to be able to optimize our performance and outputs. But when stress reaches a tipping point and no longer is perceived as motivating, it becomes overwhelming. What's called U-C-U stress the Greek word for good Good stress turns into distress and anxiety is the first symptom of that.

And then, if that is maintained and the stress levels continue to grow, things are not resolved, then that distress will turn into dis-ease because there is so much cortisol in the system. The body was never designed to contain that much cortisol in the system, so we need to get outside, we need to spend time in the sun, we need to move the body, we need to start looking up instead of down. The second you look up right and smile. Try it now. Look up and smile and actually show your teeth when you do it right. Do that now.

Look up, smile right, the tiny. Your eyebrows shoot up and a tiny burst of dopamine gets released into your prefrontal cortex and straight away. It shifts the mood just a fraction. Look, is it going to solve all your problems? No, but it is going to shift your mood and sometimes that's all you need to get out of a bit of a funk that you might be in right, just look up, start to smile and you start to feel a little bit of expansion and your mood starts to shift and hopefully you have a better day.

1:11:48 - Julie

Yeah, I love that. How can people learn more about you and your work?

1:11:53 - Josie

Oh, my website, josiethompson.com. I'm on LinkedIn, I'm on Facebook and I'm in the process of writing. I think it's about four books at the moment.

1:12:04 - Julie

Oh my gosh, yeah, all at the same time. Well, thank you for taking the time to join us and share some of your adventures with us. I'm sure that there are many more, and when we have the opportunity to read your books, we'll learn about those, I would imagine. So thanks for taking the time. Everybody. That's it for today, sending you lots of love from Sweet Home Alabama, and from Australia too. We'll see you next time.

1:12:39 - Anncr

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

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