

AJR - Simon Bown 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. Clinical hypnotherapist Simon Bown is with us again today. He's going to hypnotize me so we can explore my past lives. I've never done this before, so it should be fun to see what comes up. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Simon. Simon, I'm so excited to have you with us today. Welcome.

0:01:20 - Simon

Hi. Yes, we're going to have some fun today, I hope.

0:01:23 - Julie

Absolutely. I thought it would be just so interesting and fascinating if I could talk you into hypnotizing me and regressing me to a past life, because you know I do past life scans where I see the person's past life and get information and all of that. But I thought it would be fun if everybody could watch you do your thing with me and regress me.

0:01:54 - Simon

Yeah, yeah, we'll go and we'll get into it. I'll hypnotize you and we'll step into a past life and we'll see what comes up. And we'll step into a past life and we'll see what comes up. And we've agreed that we're going to see if we can get to the past life. That is the origin point of your healing journey through life, so we'll see what happens.

0:02:14 - Julie

Yeah me as a healer. Yeah, yeah, that part of the equation, and everybody. I've never been hypnotized before, and Simon's my favorite guy in this space. He's been on the show previously and I've been on his show too, and you just are one of my favorite people, Simon. I don't get to talk to you that much, but an excuse to have you on this show gives me a reason to talk to you, and so you have my complete trust and all of that when we're doing that together. A couple of questions just so that I can know what I've gotten myself into here. What do people normally experience?

0:02:57 - Simon

Well, when you're hypnotized, it's like being very, very relaxed, and the whole time you're hypnotized you'll be aware of your surroundings, you'll feel like you could stop anytime you want and you'll remember everything. It's kind of like a deep meditation or that point when you're in bed and you're going to sleep and you feel really comfortable and tired and it's a really nice kind of space to be and tired and it's a really nice kind of space to be and for some reason and I don't think anybody knows this why this happens. But it's when you're in that

state that we can kind of bypass your conscious and get to your subconscious and that's where all the past life memories can come through and it's just amazing what shows up.

0:03:44 - Julie

Okay, so will I be telling you what I'm seeing? Will you be asking me questions and I'll be telling you what I'm seeing.

0:03:51 - Simon

Yeah, because I have the hypnotic induction where I describe everything for you and then when it gets to the point of entering the past life, I stop completely and I have to try and keep my questions very basic can't do any leading, can't suggest anything to you. There's a couple of times where there may be a little bit of leading, but it's almost like say, okay, now take yourself to the next relevant memory or I'll count down from five to zero and you'll move to a significant event in that life. So that's kind of leading you, but it's not saying okay, so you're going to find yourself in the dining room and you're having dinner and there'll be two children there and it's 1964.

0:04:34 - Julie

And you know, there's none of that, okay, and then I'm going to tell you stuff, and so you'll lead me, so we'll get information about that, and then you bring me out, right.

0:04:50 - Simon

You're not going to mess up my brain for the rest of my life. No, I don't think that's ever happened. Yeah, one of the things is, all this stuff comes up in your mind's eye, in your imagination, right, and it can feel like you're just making it up, because that's what we do with our imagination, isn't it? We just make stuff up. But I would imagine somebody with your background, because you know that's what we do with our imagination, isn't it? We just make stuff up. But I would imagine somebody with your background.

You know that you can trust this stuff because you've learned to trust things through what you do. That that, uh, you get an image of yourself somewhere and sometimes it it jumps. It's like you're seeing through your eyes what's going on around you and then other times you could be watching who you are in that past life doing something. You get these different perspectives and I wonder sometimes if that's the spirit guides. They're showing you stuff in a certain way on purpose, to get the message across to you that they'll be trying to help you. They'll show you what's really good for you. They'll never show you anything that's bad for you.

0:05:46 - Julie

Okay, and will my eyes be open or will they be closed, or both?

0:05:51 - Simon

I'll be closed the whole time, okay.

0:05:53 - Julie

All right, so we'll do that, and then I'm trying to think if there are any other questions. Normally there are takeaways from this right. There are commonalities that maybe have something to do with what is going on in my current life. So at least when I do past life scans, that we always look for the commonalities and they're always there. Do you find the same thing?

0:06:18 - Simon

A lot of the time it depends what we're trying to do, but there may I've had an example is there was a lady that came to me and she wanted to know about her relationship with her mother, because in this life it's terrible, and she went back to a past life where it was the same. She was the daughter, this soul was her mother and it was a terrible relationship there. But the way

that relationship worked in that life gave her loads of insight into how, why a mother behaved the way she did in this life. Okay, and she emailed me maybe two or three weeks after the session and she said you know, I went to my mother's for dinner the other night and it's the first time in 20 years I've gone through the door and not felt angry straight away. Perfect, she had a whole different perspective on her mom's behavior. It really helped.

0:07:10 - Julie

Yeah, Will my main spare kite, Pope Clement VI, come in? Do you think?

0:07:16 - Simon

He might do. You know, it's up to him. We'll try and get to that space where we could meet him. Sometimes we get into this spiritual space, the space between lives, and other people show up. I've had people say it's their grandmother or grandfather and they've seen their pets there. Or they say it seems more like an angel than a spirit guide is with them.

0:07:40 - Julie

So we'll just see what happens. Clement always shows up with his Pope hat on, and I tease him about that. Simon, I would say I know who you are after all these years. You don't have to wear the hat. He goes, yeah, but it looks good, don't you think he's hilarious? So, okay, what do you need me to do?

0:07:58 - Simon

Yeah, so I'll be doing the hypnotic induction. You just need to follow my guidance. Okay, you need to get really nice and comfortable eyes closed and it's a thing. When I was being trained to do clinical hypnotherapy, the guy that was training us in the college, he kind of made a joke. He says hypnotists, they always start doing this smooth FM voice, you know, which is kind of dusky and hypnotic. So, yeah, so I take you through this induction. I take my time with it and it's like I slow down in the way I speak and get almost like a deeper voice and closer to the microphone and it's very hypnotic apparently.

0:08:46 - Julie

But you have a smooth FM voice on a regular day, so I'm eager to hear what it sounds like with this and see what happens. So you're not going to hold like a pocket watch and have me watch it go back and forth no no, that does kind of work sometimes.

0:09:07 - Simon

I just yeah, I was just to say I was in the college and our tutor was training us. He put somebody in hypnosis in like one second with a trick he had. It was just amazing. What was the trick.

Well, he went up to the guy and he went out to shake his hand. And the other guy put his hand out and he quickly grabbed his hand and went like this, pushed it at his face and said sleep, and that was it. The guy was hypnotized. Oh my goodness, wow, okay, all right, yeah, I'm ready. Okay, all right. So, if you get comfortable, close your eyes, all right. So if you get comfortable, close your eyes, and so we'll start off, you just focus on your breathing and step through into that past life. So in that space, are you inside or outside?

0:09:58 - Julie

I'm in a different galaxy that's 500 billion light years away.

0:10:06 - Simon

Okay, this is great. So do you find yourself in a location on a planet?

0:10:15 - Julie

I can see this. It's a star actually, and I'm flying through the galaxies. I mean, I can see lots of stars and planets and stuff and I'm flying there. I haven't landed yet, but I'm heading there fast, you know, speed of light kind of a thing, and we don't know about this galaxy and we don't know. I get, it's a star, it's not a planet, it's a star, which is interesting. I haven't arrived yet, I'm getting close and it has this huge energy field around it. I mean it's just massive. The star in the center is really bright, but the energy field around it is just massive. So we're going to come into that first.

I'm not in any kind of a ship or anything, it's just me doing this and Pope Clement, who's my spirit guide, pope Clement VI he always has his shepherd's rod with him. Of course, he's got his pope hat on, but he lowers the shepherd rod when there's a healing happening or, in this case, past life, and so he's lowered it. It's kind of like, okay, that sets everything in motion. I've seen it hundreds of times over the years with him and I'm seeing that now. All right, I'm getting closer to the um. Oh, this is interesting. I just got a um, like a protective shield bubble thing around my whole body and I get it's a heat entry protector. So I'm going through this outer edge and I'm this is looks like a wormhole. I'm going into a wormhole and I'm going down into the center of this star. So let's see what's happening there. So do you?

0:12:36 - Simon

find yourself in that space as a physical being, or are you more like an energy being? Energy?

0:12:44 - Julie

yeah, yeah, yeah, it's my spirit, so I'm going in there. Okay, so I've landed in this space. It doesn't really look like a room, it's just this open space and it's lit. It looks like daylight.

There aren't any lights or lamps or anything, but I can see all these molecules and atoms and quarks and stuff and they're different sizes and they're moving around me really fast, not necessarily in the atom configuration with those oval rings you know that we'll see in an atom that's depicted by scientists, but these are and they're going through me and they're traveling very fast and I'm just surrounded by all these atoms and energy particles and they are just particles of light, but they're in different sizes, which is interesting, and they're going through my body.

It's like they're shooting right through my body. It's like they're shooting right through my body, my body, my spirit body, that's there and what I'm watching is I'm watching my vibrational level, which I'm assuming is my vibrational level is increasing, because there's not only is my spirit body getting brighter, not only is my spirit body getting brighter, but it's also there's like an energy field that's getting very big as these different atoms and particles of energy are spinning through me. Okay, there's a hole that's opened in the top of this room and I can see very bright light. So it's coming down like a beam of light that's over my whole body, kind of like in Star Trek, when they get in that, whatever that machine is, and they're saying beam me up, scotty. That's what it looks like. But it's this brilliant yellowish, whitish light that's coming and it's making the particulates, not so much around me that are flying around me and flying through me, but the particulates that now are in my body. It's making them vibrate really fast, like super fast.

0:15:29 - Simon

Is your spirit guide, pope Clement? Is he still with you?

0:15:34 - Julie

Clement is watching this, but outside of the room. When I got to the garden, he was in the garden with me. Got to the garden, he was in the garden with me and then as I was walking down the steps he was watching it kind of like in a crystal ball, like the Wicked Witch of, you

know, the Wizard of Oz is watching Dorothy and all of them in her crystal ball. He was watching them in a ball like that. And then when I was traveling through time and space to through all these galaxies but I don't remember I didn't go through them. It was like I was just on this straight trajectory to this galaxy and this planet.

0:16:22 - Simon

Do you think it would be okay if I ask him some questions? Sure, First of all, I should ask him. Is it okay for me to ask him some questions?

0:16:34 - Julie

I heard absolutely.

0:16:37 - Simon

Would he be able to tell us what is happening right now? Why is he showing you this?

0:16:45 - Julie

It's divine energy being programmed into my spirit. So in all of my lifetimes, his word, henceforth I'll be with the divine energy at a super high. At a super high, he's using the word capacity, super high capacity. He's saying that's what that yellowish, goldish light is that's come down when that area opened up and it came down on me like a beam of light and it reminds me of what I see now when I escort somebody to heaven. It looks like this big plasma wall and that's what this beam of light. And once it came through the hole, then it expanded, you know, in circumference, kind of like a vibrating. The light is moving. It's not moving like the spotlight's not moving, but inside the golden whitish light it's moving. So it's energetic. Is what I'm trying to say here.

0:18:04 - Simon

So would he say that what is happening here is in preparation for your life on Earth, or does it go back much further than that, for preparation for many lives?

0:18:17 - Julie

Many lives, thousands of them in different configurations, he's saying, in different life forms, on different planets and stars and stuff like that. This round is the human lifetime, but I'm using the healing that I've experienced and explored in thousands of past lives in this lifetime to help people heal both emotionally and physically. And he's saying, too, that the whole concept that I talk about, that there's always an emotional component to healing, is not really discussed, but it's the most important thing and that I know that, and I know that from having done this throughout all of these lifetimes.

0:19:13 - Simon

So okay, if we allow this to play forward, then what happens next?

0:19:22 - Julie

that I am continuing to hold higher and higher frequencies of healing, whether that be doing a medical thing or talking with a deceased loved one and helping the person who's grieving heal or, you know, doing a pet thing or doing a past life thing, whatever. But he's saying that's why I'll see new healings all the time, and it's like I'm reaching higher and higher levels of healing when I'm working with somebody.

0:20:05 - Simon

Would he say that the energy that you have decreases over time. Well, you're kind of supercharged throughout thousands of years.

0:20:15 - Julie

Supercharged. Each incarnation, the energy gets more charged.

0:20:23 - Simon

Okay, so can I ask him if it would be useful for us to see a past life on earth today? Sure?

0:20:32 - Julie

yeah, I'm feeling a little teary because I'm so honored and humbled that I have the ability to do this. And have the ability, he's saying the big thing in this lifetime is not only for me to do it, but for me to transfer this energy to others, whether they're listening to my show or the ones that take my class. Get you know, get really ramped up and amped up with this energy, this divine. He's calling it divine energy, but he's saying that anybody that listens to any of my stuff and he's saying how, when I say that that time doesn't exist in the spirit world, time's a human creation he's saying that's exactly right, and it's also people that listen to my stuff, even many years from now, will benefit from this divine energy that originated in this planet or in this star, when the planet in this star, 500 billion light years away, this is excellent stuff, so I've asked him now if he can transfer you to a past life.

0:22:02 - Simon

On Earth as in the human form.

0:22:04 - Julie

Yeah, he's saying which one do you want to see? He's a character.

0:22:11 - Simon

Yeah, so perhaps if I can ask him to show you the past life that would be most beneficial for you to view today.

0:22:22 - Julie

I'm a doctor, I'm a man. I've got a white, you know doctor lab coat on Do you know what year it is. I get 1958. My name's Jeffrey Skinner. I can read it on the lab coat.

0:22:43 - Simon

Do you know where you are?

0:22:46 - Julie

Cardiac surgeon, heart surgeon.

0:22:51 - Simon

Somewhere in America, or is it Europe somewhere else?

0:22:57 - Julie

I heard Massachusetts. I heard. I live in Plymouth, Massachusetts. I'm working at Mass General. I'm working at Massachusetts General Hospital, which is connected with Harvard. I teach at Harvard. I'm connected at Mass General as well.

0:23:18 - Simon

So you find yourself in this seeing in this past life. So what is it you're doing there? What's happening?

0:23:26 - Julie

I'm making rounds with patients and then I just saw a glimpse of myself in the operating room and I can see the big OR lights and there's an observation deck above where students can watch a procedure and working on somebody's heart. My patient's a man.

0:23:53 - Simon

And do you get a sense of being peaceful and confident in that role?

0:23:58 - Julie

Yeah, everything's running smoothly and it's all working. I'm very innovative. I'm known for being innovative in the surgeries and the protocols that I use with my patients, and they're working. So I'm the type of surgeon that thinks outside of the box, which makes some people upset or uneasy, but my patients have a really good success rate of healing of healing.

0:24:46 - Simon

So do you feel that in that?

0:24:47 - Julie

operating theater, that you have any spiritual assistance there. Oh, absolutely. Spirit surgeons are above my head. What I see in this lifetime? Guardian angels over the head of anesthesia. Deceased loved ones are in the room. Their spirits are in the room too. It's the same configuration that I see in this lifetime In this particular surgery that we're doing right now. There are three spirit surgeons over my head, there's another doctor that's assisting me and then there are several nurses and scrub nurses and techs that are in there helping too, because the patient's having a heart surgery and on an early version of the heart-lung machine, which helps keep the patient alive while they're working on the heart.

0:25:45 - Simon

So if we allow this scene to move forward, does it result in a successful operation? Is it all quite cleaned?

0:25:54 - Julie

up. Yeah, this is a 40-year-old man with a heart valve congenital heart valve situation going on.

0:26:11 - Simon

Okay, so let's allow this to move forward. Then it could be minutes or hours, it could be days or weeks. Just allow yourself to move forward to the next relevant memory, wherever that is. So what comes to you next?

0:26:30 - Julie

I'm in my office and this patient is three months post-op and he's bringing me a big basket of fruit and goodies as a thank you. And he's bringing me a big basket of fruit and goodies as a thank you and it's huge and it's so.

0:26:48 - Simon

I'm sharing it with my staff, and do you feel at all that there may be some I don't know arrogance or, you know, thinking too much of yourself in this, or are you really quite humble in this life?

0:27:06 - Julie

Humble yeah.

0:27:09 - Simon

Believe that.

0:27:10 - Julie

I'm doing God's work, and do you get a sense of having a family, two girls and a boy?

0:27:20 - Simon

And a wife and do you get a sense in that life that perhaps you don't spend enough time with them because you're working all the time or you feel you have a good balance?

0:27:39 - Julie

No, working all the time, but trying to do what I can to spend time with them. Boy's the youngest, so I spend the most time with him, just because he's around longer.

0:27:48 - Simon

So if you focus on your wife and children in that life, focus on their energy, do you get a sense that any of them have incarnated with you in this life?

0:28:00 - Julie

Not getting a read on that. Let me try again. Not as family members.

0:28:10 - Simon

Okay, so in this scene with the patient and the gift, how does that resolve? You play that scene to an end.

0:28:20 - Julie

He's released from care, he's in rehab and he's doing fine. And I tell him you know, if you need me, call me. But you look great, you've healed great, you're doing great. You know, carry on. That patient is my son in this lifetime, my Jonathan. Ah, okay, yeah.

0:28:47 - Simon

All right, we're going to move to another event in that life and I'll count you down from five to zero and you'll move to a significant time in that life. You'll move to an event that's related to your current life. So, moving now with five to another event, four in that lifetime, three that's related to your current life, two, one and zero. So where are you?

0:29:18 - Julie

now I'm on a motorcycle. There's a need for speed in that lifetime. I love fast things, fast cars, fast planes, fast whatever motorcycles. And I'm on a motorcycle and I'm on a backcountry road and I run a stop sign and I'm hit by a semi-truck and killed.

0:29:50 - Simon

Oh, okay, okay. So just allow yourself to leave that body, just let go and notice the relief.

0:30:01 - Julie

I see my spirit coming up out of the body instantly.

0:30:07 - Simon

So are you able to look down on that body now? Do you feel that this accident was planned as part of your life plan? Yes, how do you feel about that life? Do you feel that was a good life?

0:30:29 - Julie

Yes, proud of it. Sorry for the trauma to the family, but experienced what I wanted to experience and I was, and I popped out of my body instantly when I was hit.

0:30:51 - Simon

So there was no physical pain there.

0:30:53 - Julie

No, it was instant.

0:30:57 - Simon

So you feel your soul achieved what it set out to achieve in that life? Mm-hmm, do you get a sense of anything negative coming through, or is it really quite clear and clean cut?

0:31:11 - Julie

Yeah, no negative, all good.

0:31:15 - Simon

Okay, so let's just allow yourself to drift away from that life. Just drift up and away. Just allow yourself to move. Your spirit guide will give you something new. Now Just ask Pope Clement VI to show you another past life. Or perhaps he feels it would be better to take you on to the space between lives. And so do you find yourself in a location, or is it just kind of a space of light? Space of light, yeah. And are there others there with you?

0:32:00 - Julie

They're coming in, they look like light beings. They're all spirit guides and they're light beings, and so the room that I'm in, I can't see any walls, but the space that I'm in let me put it that way it's like I'm in a. I'm in this sphere in Las Vegas, where it's 360 year round images and it's moving very fast. It's moving counterclockwise, and these images are massive and I'm in the middle and I'm standing still, but these images are moving around and they're moving so fast but they integrate into my, my spirit. It's like I'm absorbing them.

0:33:00 - Simon

Do you feel they're images of other lives or is it something else? Yeah, yeah, perhaps I can ask Pope Clement more questions now. Do you get the impression that would be okay? Sure, would he be able to tell you what was the main lesson for you today in viewing that past life as a surgeon?

0:33:29 - Julie

That's where my interest in the surgical devices came in this life, and so I didn't want to be a doctor in this life. I already had done that in many past lives, in many incarnations, in many forms, didn't need to do that anymore, but still wanted to be involved with healing and wanted to be involved with surgery, which is what led me to invent surgical devices and helping people now from the healing work that I do, but just in a different way.

He's saying the stuff that I'm doing now is way more advanced healing than surgery is. Surgery is part of the healing, but the work that I do now, which is divinely guided, so it's surgery. But the work that I'm doing now from an energetic level is what helps the person heal and sets he used the word sets the stage. So it's like been there, done that on the surgery thing, going on to the next more advanced type of healing, on to the next more advanced type of healing.

0:34:45 - Simon

Okay. Would he be able to tell you if there's anything that you?

0:34:51 - Julie

agreed to before you were born, that you're not yet aware of that healing on a global scale. And he's saying I've stepped into it with this and I'm ramping it up and it's going to happen really fast. So the not just the physical, medical healing, but the healing with helping people understand, they communicate with deceased loved ones, with talking about the 12 phases of transition and what happens when we're dying but that's some of the most important work that I'm doing is helping teach people what's happening so they don't need to be afraid of dying and of the end of their lives. And that's unfolding on a global scale and he's saying that it's

going to continue to ramp up and it will continue to spread on its own. He's saying it's like the train has left the station yeah, bring it back.

0:36:00 - Simon

So is he saying that the whole world's en route to a major change that's coming soon?

0:36:07 - Julie

Yeah, enlightening changing Things are happening throughout the world, in all cultures. He's saying in every nook, in every corner, in every it's that the energy. And he keeps showing me the earth being illuminated. It's like the earth has a new energy field that's making it brighter and a higher. I'm getting a higher vibration from that. He just said to me that's right.

0:36:44 - Simon

And would he say that there is a kind of schedule and that we're on schedule, or is it we'll see how it goes and we'll make the changes when we need to?

0:36:54 - Julie

He's saying schedules don't matter in the spirit world. It's schedule is a human thing. There isn't a schedule, it just all unfolds perfectly. There's not a schedule for anything ever. We think there is, but we're delusional when it comes to that.

0:37:14 - Simon

So would you be able to say how much of your soul energy you've brought into this incarnation? Able to say how much of your soul energy you've brought into this incarnation, because I I kind of imagine that we, as souls, are so there's so much energy that a human body couldn't contain it all he's saying all of it, but he's saying, um, that we're multiple places at the same time, all of it.

0:37:39 - Julie

And he's showing me what I talk about the energy field membrane, where the body and the spirit are contained in there, and he's saying that outside of the body, the energy field is just massive. And then that energy field membrane expands and contracts, which is what I've seen with many clients. So he's saying that it's just. He's saying that my energy field is massive. It goes to galaxies, you know, far away.

0:38:10 - Simon

That's fascinating. So can we ask him does he have a message for everybody that's accessing this recording? Does he have a message for everybody that's accessing this recording? Does?

0:38:24 - Julie

he have something for them. Everybody has the capacity to do this. Everybody is a healer. Everybody has the ability to communicate with spirit. There's no nobody's better than anybody else. Everybody's on equal footing. It's where your interest lies, is what helps you expand. And there's great, too, because time isn't a thing in the spirit world, so you got unlimited lifetimes to explore those steps. So there's no reason to be stressed out about a purpose in life or following a soul's plan or whatever. It's just all, just trust. Everything unfolds perfectly. And that we get so serious and so stressed out over things that just don't matter, but we think they do.

0:39:31 - Simon

Okay. Well, we're going to move forward in a moment. I'd just like to ask Pope Clement VI is that okay with him? It's all right for us to move forward now.

0:39:43 - Julie

He's saying whatever you guys want.

0:39:48 - Simon

Okay, we're going to move forward and soon you can come back fully into the room and you'll be feeling great because you've been able to experience this past life regression. So we thank your spirit guides and your higher self for their help. In a moment I'll count you up to five and at five you'll come back fully into the room feeling good. So, coming up with one, aware of your body, with two, into this time and place, with three, four, moving your fingers and toes, with five, feeling good, ready to open your eyes interesting that I got weepy.

0:40:35 - Julie

Yeah, one other, one other thing too. When I was when you had me going into the garden, Simon. It reminded me of my favorite movie, Mary Poppins. Yeah, in the scene where where Bert and Mary and the kids jump into the air on the sidewalk the sidewalk air and they just immediately jump in and then they're in that animated scene. That's what I watched happen and what it felt like.

0:41:06 - Simon

So did you get really good visuals then? Oh yeah.

0:41:09 - Julie

Yeah, yeah, all of them, yeah. And it felt very similar to what I've done when I've been working with my mentor and I and I do this on my own all the time too, I don't I felt like I was very aware your point about that. I mean, I was very aware I was able to. I sometimes feel like I'm a, you know, I'm a phone line, so I'm hearing both Clem and I'm seeing other things. I'm talking to you and yeah, so I don't need to be hypnotized to do that, because I do it in a nanosecond on my own. So it was kind of a combo. It was interesting because I was very relaxed. I was surprised with the emotion that came in.

0:41:58 - Simon

Yeah, I see that quite often and it's also a thing. People aren't really crying their eyes out and sobbing. It's like you're talking normally, but there's all these tears. It's almost like there's some kind of emotional release or something's happening.

0:42:14 - Julie

But it wasn't sad emotion, it was feeling humbled and honored kind of emotion like oh I'm so honored, kind of a thing, especially when I was getting charged up with all those molecules. That was wild, all those molecules that were flying through me. And then when they it was like when enough of them were in my body, that's when the beam of light came in. It was almost like a whole bunch of them needed to get in my body first and that's when that hole opened at the top and the beam of light came in.

0:43:00 - Simon

And your spirit guide's got a great sense of humor. Oh, he's hilarious, yeah. Yeah. I come across this now and then because it's almost like when we're brought up in what you might say the Christian world. You kind of talk about heaven and you think it was all very somber and serious and all that kind of thing, but it's, it's like I've seen my spirit guides doing the macarena and walking like an Egyptian and messing about and you know it's, it's uh, it's, it's not that serious. It's almost like they're saying come on, lighten up oh, yeah, so serious.

0:43:34 - Julie

Yeah, yeah, I don't know what movie it's out of, where the line is lighten up, Frances. Yeah, and that's the thing that I'm really compelled to share with people is it's all about joy. You know, spirits are all pure love and joy. Spirits are all pure love and joy. And when I talk with deceased loved ones, I'll have their family as a client, perhaps a family member, and we're talking to their

deceased dad or child or husband or whatever. Often they will say funny things to get their loved ones laughing. They will say funny things to get their loved ones laughing, and sometimes they're laughing and crying at the same time, because it's pure joy. And that's what I've heard so many times is we're here to live a life of joy and we get so bogged down in the minutia and in what we think is really happening and it feels like it is from our human perspective and yet it's all an illusion. It's like we're all playing in a movie, playing a part in a movie.

0:44:45 - Simon

Yeah, I've been told that if your life on Earth is so short compared to in the afterlife, to the people in the afterlife you're like I'm going to have a life on Earth now and they're like, okay, see you in 10 minutes, but for us it's 70 years.

0:45:03 - Julie

Yeah, yeah, it's not even a blip on their radar is what I've heard so many times. Many, many lifetimes, let's say 100 lifetimes of 100 years may not even be a blip on their radar when we really get down to it, which is interesting.

0:45:22 - Simon

And have you accessed the past life as that doctor, that surgeon?

0:45:27 - Julie

I haven't. No, that was new. Yeah, I have to do some Googling. Yeah, I did see my. I did see a past life when I lived in Ireland during the potato famine and I had a bunch of kids and several of them died because they died of starvation. I couldn't save them and that was really, you know, really a traumatic event, obviously for that. But it was interesting about you know, always like got the extra 20 pounds to lose. And so one time I did a past life scan on myself and I'm like, okay, where's this coming from? And and I got the potato famine thing. So it's like my spirit's going okay, we're going to have a little extra padding on there just in case you're going to do a potato famine situation again.

0:46:29 - Simon

Yeah, I've seen things like that before in past life regressions with people. Yeah, these past lives and the experiences we have, they're all about your soul coming here to experience all this stuff and learn these lessons, and it can be part of a life plan. I say it can be, it's not always, I think sometimes we go off plan.

0:46:52 - Julie

Well, I think the plan is to create is what I've heard many times from Spirit, and we have things that we want to explore and experience and then our free will comes in as to how we can do that exploration. Let's say, you want to come in and be a teacher and maybe you're a teacher in a lot of different ways, even in one lifetime. Certainly I've been exploring this healer thing for many lifetimes and in this lifetime the medical's there and I do that a lot. But it goes way beyond the medical. It goes beyond healing, grief when somebody passes, helping somebody not be afraid of dying, helping somebody in figuring out what the past life was like, what you do. So it seems to be much broader. The healing is a much broader perspective. In this lifetime is what I'm getting Kind of like combining a bunch of other ones and then putting them into what I call my buffet of psychickness.

0:48:00 - Simon

Yeah, and it's interesting, when you were doing the surgery in the past life, you knew that the spirit surgeons were there and all the help was there.

0:48:10 - Julie

And they're in the same configuration that I see now. Who's there? And they're in the same configuration that I see now. So I believe that I've seen it in many past lives. And then when I saw it for the first time in this lifetime, after I learned how to do woo-woo, I was like, oh yeah, that's how that works. I hadn't experienced that before. But that thought is coming into me now Like, oh yeah, seen this before. I'm fascinated with the galaxy far, far away, and it's so far away, 500 billion light years, that we don't have a name for it and it's not known.

0:48:48 - Simon

Yeah, well, you know, the James Webb telescope is showing us so much out there and it's almost like every few months you hear the news and they say well, the scientists say they've got to rewrite the textbooks because we're finding out new stuff and the universe is much bigger than we thought and there's so many more galaxies than we were expecting.

0:49:10 - Julie

I know what is it like 100 million galaxies with I don't even know. The number is just daunting.

0:49:17 - Simon

Well, I saw a thing. They showed a picture and there was like a hundred thousand galaxies and they said if you held your arm's length and you were holding a pin and that's just looking at, that's part of the pinheads through that. Look, if you see what I mean, that's how big the picture is and there's 100,000 galaxies in that pinhead that you're holding out.

0:49:43 - Julie

So it's kabillions. There probably isn't even a number big enough for that. The most fascinating part to this, the thing that keeps going in my head, was the vision, Simon, of being in that room and it was just like regular daylight, like what you look like and what I look like right now. But these particulates that I knew were atoms and molecules and quarks and whatever else. That were all flying around and each time they went through my spirit, a portion of them stayed in there. It's like they were charging my spirit up. That's fascinating to me. I've never seen that before. I've never experienced that with a client. Do you have any thoughts on?

0:50:34 - Simon

that I've never come across that before. Yeah, that was interesting. I wondered if that was before you'd even had your first life anywhere, that this was preparation for you.

0:50:47 - Julie

So before I'd ever had a life, I'm hearing no, I'd had many lives before that, before that time. And then the other thing that's fascinating to me is how that went on. And then I could see my vibration raising because I was getting brighter and brighter and brighter and brighter. And then that's when that beam of light came in. It was almost like my frequency needed to match that frequency so that beam of light could come in at a super high frequency. Does that make sense? Yeah, yeah, that's what's coming into my head right now.

0:51:27 - Simon

Kind of makes me think that they couldn't put that beam of light on you because you weren't ready for it.

0:51:33 - Julie

Yeah.

0:51:34 - Simon

You had to be matched to it.

0:51:36 - Julie

Almost like when you need to brine a turkey before you cook it. You know you got to get it prepared for the cooking thing. What else was something that surprised you or was a takeaway for you that surprised you or was a takeaway?

0:51:54 - Simon

for you. Well, usually just about every past life regression I've done, people haven't really been able to get that strong an identity of a past life. Because you had that full doctor's name and you knew where they were. Most of the time if I say to somebody, okay, what's your name in this space, they might say it's Jeffrey. And I say, oh, do you have a surname? And they'll go, oh, maybe it begins with a W, I'm not quite getting it. So it seems like you knew which hospital. You knew the name, the job, and so I think when people have work or when people do work like you do for you, the veil is thinner, so you get a more detailed connection sometimes.

And also I wonder if our spirit guides show us what we need to see in a past life and our spirit guides might think it doesn't matter what your name is. That's not why we're here. So let's not why we're here. So let's not find out what that is. I'm not going to show you what your name is or let you know, that's not important. You're here to forget healing for this thing here. So they'll give you what you need and what's best for you.

0:53:09 - Julie

But I do that when I do past life scans with people. I'll get where it was when it was. I'll get names, I'll get information. A lot of it we can corroborate with historic documents online. So that's very common for me when I'm working with somebody. So that's not a surprise to me that we got that. But the thing that's interesting is I don't even remember the surname.

We'll have to go back and watch the recording of this because when I'm in different realities, some of it I remember, but a lot of it I don't. And I can go back and retrieve it. If somebody prompts me, like if I do a healing with you, I'm certainly going to remember you or a past life scan, I'm going to remember you. I'm going to remember a little bit about what we talked about, but I don't remember details. When I'm in and out of different realities and I'm finding that's the case I'm remembering some important details with this, but I'm not remembering all the nuances. I do remember chuckling to myself with the Wizard of Oz globe that Clement was watching this scene you know, like in the Wicked Witch and the Wizard of Oz and the Mary Poppins thing. You know jumping into the scene like Bert and Mary and the kids jump into that sidewalk art. Yeah, it's fascinating, yeah.

So that's where the imagination comes in, and I find too that when I'm working with clients and perhaps you do too, and certainly this situation or this experience today which was really fun, by the way, thank you for leading me through this I find that we're going to interpret things for through our own frame of reference, because it helps us understand it more easily, perhaps when we're in the woo-woo space. Do you find that to be the case too?

0:55:09 - Simon

Yeah, yeah, they know you so well and if they're choosing a past life for you, they'll show you the scenes that really resonate with you and will be most informative and helpful. And you know, there's like one thing you saw in the past life, that patient who gave you that gift basket, and you thought, hey, that's my son in this life.

0:55:30 - Julie

Yeah, that's right, I had forgotten that. Yeah, it was Jonathan. Yeah, so I'm thinking, yeah, that's right, I had forgotten that. Yeah, it was Jonathan.

0:55:39 - Simon

Yeah, center of the universe. We call him his majesty. Yeah, I was thinking that Pope Clement VI chose that scene for you. He wanted to show you that and give you that information, right?

0:55:50 - Julie

right, well, and the gift basket was big. It was massive, it was like for a big group of people. Anyways, well, that was so much fun, Simon, what a treat and a joy to have you lead me through that. I am honored that you were willing to do that and, as I said, you're one of my favorite people and I had total trust that you weren't going to mess up my brain in doing this. Two last questions before I let you go. Why do you think we incarnate? Why do we incarnate any of us?

0:56:30 - Simon

I think it's because our soul wants the experience. They want to learn Our souls. I think they're on a mission to experience as much as they can. They want to experience everything there is to be human. And they have lives on other planets and they spend time in the spiritual realm where they're not having lives and they're learning the whole time. Spend time in the spiritual realm where they're not having lives and they're learning the whole time. And I sometimes think you live your life and you work hard and you're going to die. And after you die you think, oh, I can relax now. I don't have to work nine to five, I don't have to pay the bills, I can just put my feet up and it's like, oh no, you've got work to do. You get to the past life. But it's that kind of thing where your soul is loving it, because learning is what it's all about.

0:57:19 - Julie

And they think it's fun, even when we're going through horrific things from our human perspective. I've heard that so many times from spirit and it's just an experience. They tell me there's no right or wrong, no good or bad, it's just an experience and our spirit expands with everything.

0:57:36 - Simon

Yeah, it's that kind of thing where I mean, I know I've thought something like this where you think, oh, I'm not coming back to Earth, this is the last time, because your soul will be thinking this is fantastic, I'm definitely going back to Earth. So you've got your viewpoint of the human side and the soulful side, and it's good to have the human viewpoint. That's what you've got to do while you're here, otherwise you don't learn.

0:58:05 - Julie

Well, what's that saying? Make plans and watch God laugh. Okay, I do want to have you back and I do want to talk about your experience in regressing people with past lives on other planets. I want to get into that and I know that you've researched a lot of that stuff from other planets far, far away, like they say in Star Wars. So I want to have you back and just do a show about that. If you'd be game sometime to come back and share.

Yeah definitely your experience with that. And then, lastly, how can people learn more about you and your work?

0:58:43 - Simon

Well, my website is pastliveshypnosis.co.uk and all I do is I do a free consultation. Call on Zoom so people can go on that site, go into my calendar and book a date and time and we can talk for 20 minutes about doing a past life regression, whether they want it for therapy or they just want to see what comes up and just explore their past lives. And then, of course, there's my podcast, which is called Our Paranormal Afterlife. There's my podcast, which is called Our Paranormal Afterlife. There's over 300 episodes now and each one's an hour-long interview

with somebody who's had some kind of amazing experience or is a researcher on this kind of stuff.

0:59:25 - Julie

Terrific, and I've been honored to be a guest on your show too, which was really fun so all righty everybody. That's it for today, Sending you lots of love from Sweet Home, Alabama, and from the UK too, where Simon is. We'll see you next time.

0:59:42 - Annncr

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

0:59:57 - Disclaimer

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