

AJR - Lynne McTaggart 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. Hi, everybody.

0:00:44 - Julie

Welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Lynne McTaggart on the show today. Lynne's considered to be one of the world's leading experts on combining science and consciousness. She's written seven books that have been translated into 30 languages, and she's even a character in Dan Brown's novel the Lost Symbol. Yeah, that, dan Brown, the Da Vinci Code one. You know I'm going to be asking her about that. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Lynn. Lynn, welcome to the show. I'm so thrilled to have you with us today.

0:01:32 - Lynne

I'm thrilled to be here. Thank you, Julie

0:01:34 - Julie

you bet You've come up with a formula to combine ancient wisdom and science. Tell us about that.

0:01:43 - Lynne

Okay, well, it started with me trying to figure out why something like spiritual healing works. I have a magazine, then it was a newsletter with my husband, called what Doctors Don't Tell you, and in the course of us researching what works and what doesn't work in conventional and alternative medicine, we kept coming across very good studies of spiritual healing and I kept thinking to myself if you can have a thought and send it to someone else and make them better, then that in itself underlines everything we think about how the world works. So I set out and this was in the late 90s to try to find out why this could be. Is there such a thing as human energy fields? What am I looking for? I didn't even know.

And when I started talking to frontier scientists, biologists, physicists, so forth, I realized each of them were coming across a small piece of what compounded into a completely new view of the world, and each of them had discovered that we are not separate, isolated things. We are part of one greater whole. Now, lots of people have said for many millennia we're all one, but these fellows and women were discovering this in the laboratory. We have all kinds of experiments demonstrating that we're part of this giant quantum energy field and also we have capacities well beyond what we're told in mainstream science.

So that's what I started looking at and when I wrote my book the Field and published it, there was some unfinished business, and the unfinished business was some very good studies demonstrating that thoughts are things that affect other things. So I decided to test it in large and small groups, which is what I've been doing since 2007. That the way to maximize intention is through a program I developed that combined a lot of practices in a variety of techniques and modalities in ancient wisdom, plus some of the latest things that these

scientists had discovered about what works with the power of intention in the laboratory. So I've combined them in what I call powering up in power of eight groups. So my big thing is not only the power of intention, but how it gets supersized in a small or large group.

0:04:44 - Julie

Okay, so that's a lot to unpack. We'll do that here in the next few minutes and go for that. The reason why I'm so thrilled to have you join us today is I'm an inventor of surgical devices sold throughout the world and a former manufacturer and a crazy entrepreneur in other industries as well. But in the late 90s I started learning. Mid 90s to late 90s I started learning how to be a medical, intuitive and energy healer, and so I tell people I'm a businesswoman, an inventor, who learned how to do woo-woo when I'm a buffet of psychicness. Because once you get equi-spirit you can do it all and I get to see the most amazing things in my head, Lynn.

That are healings, that are energetic healings. I see stem cell energy generate new organs. I see all these just plethora of different healings, and I'm working with people all over the world. I'm never with them in person and so I know it's real because the results show up on subsequent scans at the hospital and the doctor's office. So I can't explain how it works, I just know it works. That's above my pay grade, all that scientific stuff, so that's why I appreciate you explaining it to us. How'd you get interested in this in the first place. I know you had your magazine. Are you a journalist by training?

0:06:09 - Lynne

I am. I'm an investigative reporter by training. I started out my career doing things like investigating and busting baby selling rings. I had hidden tape recorders. I was posing as an unwed mother and then as a prospective adoptive parent and that was my first big story and in fact it became my first big book the Baby Brokers. So I was going to put bad guys in jail.

That was the plan, and I was also very interested in the health field and a lot of areas there that were dangerous and unproven. So I came into it trying to expose things that were wrong in medicine. But through that investigation, as I mentioned before, I kept coming across these studies of things like acupuncture, spiritual healing, and I understood the more I got into alternative medicine and the more I recognized that unconventional medicine worked far better than a lot of conventional medicine, emergency medicine accepted. You know, if I get run over by a bus tomorrow I want the best of high-tech medicine to glue me back together again. But in most areas of chronic illness alternative medicine there's so many modalities that work so much better. So it was really looking at spiritual healing and the good studies demonstrating this stuff works and also things like acupuncture, et cetera, that convinced me another system was operating here, another science, and that the science that we were working with was far out of date.

0:08:09 - Julie

Do you think that that's why there were the Salem witch burnings and all of that in Europe as well? Were those primarily healers? Do you think, have you come across that in your research, that were kind of being stifled and silenced? Because I know that's a theory of a lot of people.

0:08:30 - Lynne

I think it's people who have a new idea, a new paradigm in so many areas are ridiculed. Even in modern science, if somebody comes up with a new something, a new view of the world that doesn't fit the orthodoxy, he or she is belittled, is ostracized. All of those things still happen. Now, you know what is a witch? A witch is probably somebody who's trying to heal or do something on a supernatural way, and that the Salem witch trials were a particular kind of mania, madness that overtook that area. And we've seen that same situation in modern times in different areas, where a mania takes hold and people suddenly lose all sense of reason and follow that mania, whether or not it makes any kind of sense, whether or not there is any kind

of science in our culture now. People with different ideas has shown that as well, If you look at the different Celts and the Druids and the whomever every culture seems to have some kind of healing modality.

0:10:16 - Julie

My husband grew up in Southern Alabama and his grandmother had Cherokee in her and she used to go out in the woods. This woman was illiterate and she'd go out in the woods and she'd get a bunch of plants and weeds and stuff and she'd come in and make a broth and she'd make the kids drink it when they weren't feeling well and they hated it. Number one, because it tasted terrible, but number two, they'd get well enough overnight that they'd have to go to school the next day. So I think this, you know, this new science has been around much longer than what we know as Western medicine, even Eastern medicine perhaps.

0:10:48 - Lynne

Oh, absolutely, oh no, absolutely. I mean. So many areas of medicine and ideas that we have were intuitively understood. But now what's happening with frontier science is it's finally demonstrating scientifically what these ancients have known for centuries and centuries. And when I was looking for an antecedent to my power of eight groups? Because in 2008, well, in 2007, I started investigating intention. You know, being the journalist I am by training, I you know, I want proof. So I thought, okay, let's see how far we can take this. Thoughts are things that affect other things. You know what happens when loads of people are thinking the same thing at the same time. Does it magnify the effect? So I set up a thing called the intention experiment back in 2007. And I wrote a book by that name. So the book summarized all the science of intention and there's tons of it. But it also was an invitation to take part in these experiments, because by that time the field was in 30 languages, so I had a lot of readers around the world. But I also knew a lot of scientists who were working in cutting edge consciousness research in prestigious universities like Princeton, penn State, university of Arizona, university of California, many universities in Europe. So I thought, if I just work with one of these scientists. They can set up an experiment and we can invite my readers from around the globe to take part, and it'll be a well-controlled experiment. And we can invite my readers from around the globe to take part and it'll be a well-controlled experiment and we can test it. And that's what we did. And what we would do is, periodically, I would set up this experiment with some scientist, we'd put it on my website or some other platform, we'd invite my readers from around the world or an audience, in case I was speaking in front of them to take part in this experiment. And we've run 41 of them to date Everything from trying to make seeds grow faster to purifying water, to lowering violence in war-torn or violent areas, violent cities, to healing someone with post-traumatic stress disorder and of those 41, 37 have shown measurable positive, mostly significant effects, as measured by one of the number of scientists. So we have demonstrated all kinds of things.

But when I went back in 2008, I went back to thinking about okay, how can I shrink this down so that people can just do this and not just me when I hold a big intention experiment? I was thinking about this, about doing this in a workshop, shrinking it all down, wasn't really sure what to do. I started kicking it around with my husband and other members of our team. I said, oh, I don't know, maybe I'll put people in groups of eight or so and have them send intention to a member of the group with a health challenge. My husband's a great headline writer and he said I love it, the power of eight. And that's how it got started With a workshop we ran in Chicago.

I put people into groups of eight or so. I had them send healing intention to a member of the group with a health challenge. We expected it would be a very mild effect, almost like getting your back rubbed, and we sent them away at the end of that Saturday. They came back the next day and we asked them okay, how are you Feeling? Very mild effect, most likely. That's not what happened. We had a woman who had been limping badly of terrible knee arthritis,

walking normally in the next day. We had somebody else with a bad gut, with bad digestion, say the gut was normal. We had somebody else who said he was depressed, suffered from depression, and that was lifted. And we had somebody else who said she had cataracts and they were 80% better.

So I was really shocked by all of this and a bit disturbed because I really was in science mode let's prove it with these intention experiments and I thought, oh, this is, I'm not a healer, this is going to blow what we're doing. But I kept doing it over and over and over again. Every time I had a workshop, every time I spoke at a conference and it suddenly I suddenly recognized there's really something going on here in our latent human capacity to heal. I've had three people get up out of wheelchairs, one paralyzed from the neck down, somebody else with MS. I've had a woman with a genetic liver disease due for a liver transplant at some point in the future.

I've been healed with one power of eight. I've had a woman going blind. Doctors could do nothing. Retinal damage, severe retinal damage in both eyes. Now has 20-20 vision. Somebody else couldn't hear in one ear due to radiotherapy to kill cancer affected her hearing. Now has her hearing returned, and so on, so on and so on. I've just seen thousands of miracles now and it demonstrated to me yes, this is a long time human capacity. We just are operating according to the wrong scientific story. Our new scientific story must take part and must take our new scientific story, must take part and must take acknowledgement of this latent human capacity to heal.

0:17:15 - Julie

You are singing my song, girl, all over. I have experienced that I do a live show on Thursday nights and people call in from all over the world and I can scan them. We can talk to their dead grandma, I can scan your cat, I can tell how close to death somebody is, and I always tell them, if we're doing a healing, to pay attention and visualize what I'm describing, what I'm seeing from a spirit in my mind's eye, because the power of all of us with the same intention are gonna help those people heal. The other thing that I find fascinating about this too and I'd love to hear your take on it is it's been my experience, Lynn that time doesn't exist in the spirit world. Time's a human creation. So if somebody's listening to this healing on one of my episodes real time, that's great. If they're listening to it five years from now, that's good too. Have you had any experience with that?

0:18:17 - Lynne

Oh, I practice that. I have a technique called retro intention, and first of all, we should acknowledge that every quantum physicist these days recognizes there is one being smeared out now and space is one being smeared out here. So what I've done is, in fact, I have an upcoming retreat called Heal your Past, which I do with my husband, the originator of a technique called Time White, which he developed to heal his own depression from an abusive childhood, and so we combine our techniques and what I tend to do is have people travel back to some trauma, and trauma can be as little as somebody shouting at you or belittling you in class or something very, very serious, physical abuse or anything in between. We go back to that and then I have a whole technique. You don't change what happened, but you return. Your power returns and that's the big problem with trauma is people feel powerless and they can't get over that and it infects their presence and it robs them of their future. They're stuck in this energy of the past. So that is work that I do quite a bit and I found that it works just as well working on something in the past, even something physical. In the past, one woman we did this to had did a LIGO and she started repigmenting right then and there after this technique. So I see this all the time. Time doesn't matter and space doesn't matter too.

We solved that with one intention experiment. That was one of my favorites because it was so well controlled. I was working with the University of Arizona and we decided to see if we could

make seeds grow faster. So they set up four sets of seeds of 30 seeds each labeled them A, b, c, D, and I was going over to speak in Sydney, Australia and I decided to use my audience as the intenders. So we had about 700 in my audience. I had them choose which seeds we were going to take.

We didn't tell the scientists, who were back in Tucson, Arizona, which seeds we did our intention. I called the scientists to say, okay, plant them now, again not telling them which seeds we sent intention to. They planted them and five days later they then measured the outcome and, lo and behold, the seeds sent in intention grew significantly higher than controls, and it was only after they measured that I unblinded the study and told them which ones we sent intention to. Now just think about this for a moment. I'm there with that audience in Sydney, Australia. The seeds and the scientists are back in Tucson, Arizona, 8,000 miles away if you go via California. Furthermore, we weren't sending intention to the seeds. We were sending intention to a photo of the seeds that they had given to us. Nevertheless, that worked and we did this experiment five more times in different locations with different size audiences, including one time where I did it over the internet with my audience around the world. Every single time, the seeds sent intention. We were significantly higher in controls.

0:22:17 - Julie

So is that with Gary Schwartz at the University of Arizona.

0:22:20 - Lynne

It was indeed. And, as you can see, space doesn't exist either. Time and space don't exist. But I was going to mention to you too one antecedent, because we said well, people have known about this for millennia. I was trying to find which groups worked with a circle, that was something akin to prayer or intention, and I found many situations where there was a shaman, so there was a leader present. But with ours they're very democratic, they're just groups.

And I looked and looked and, to be honest, one of the places I found an antecedent was in the Bible, in the Acts Jesus. That was the part of the Bible that was supposed to have Jesus's teachings about how to start the new church. And he, you know these were his instructions to the apostles. And he, you know, these were his instructions to the apostles. And in the King James Version it always says he told them over and over again to pray with one accord. That is a very anemic translation of what was the Hellenic Greek that English came from. And the Hellenic Greek said pray, homosumidon, which is a word that comes from a musical. It's like a musical term, meaning passionately and with one voice. So think of a Beethoven symphony in full flight. And so that's what he was talking about. And when he did, he said you will heal and you will be healed. And I thought, wow, that's interesting because the group effects we've seen is it almost doesn't matter if you are the sender or receiver, as many people heal when they're senders, as receivers, so it doesn't necessarily need one person in charge or even one person as a target.

Many times when people are stuck in many courses that I offer, I find people are doing intention, whether it's for a health challenge, financial challenge, new career. They want new relationship or improved relationship or even a new life purpose. I will usually say to them if they're not getting anywhere, get off of yourself, start intending for someone else and see what happens and invariably something shifts for them, usually something extraordinary. I think of a woman called Andy Spiros who was really stuck when she was taking my Power of Intention Masterclass, which is a year-long class. So I teach the students for about six sessions, live and interactive sessions. Then I put them into Power of Intention groups according to their time zone and have them meet every week and then we have periodic clinics.

And Andy was stuck. She was going through a divorce and she was trying to get work. She had two young children. She couldn't get a job anywhere. She had sold her gift store business

and she was trying to get a job as a coach or marketing person. Couldn't get anything and I was really getting a little desperate about her money situation. Also, the divorce wasn't going well. So in her group they did an intention for her. Nothing was happening. So I finally said get off of yourself, stop intending on all of this.

Intend for this young boy, Luke, who we got notification that this boy had tried to commit suicide. He threw himself off a 40-foot structure onto hard ground because he had broken up with his first serious girlfriend and doctors didn't even think he was going to live. His parents were followers of intention, so they wrote to me. His stepfather wrote to me and told me all about this. So I got the whole master class, including Andy start intending for Luke.

On successive Sundays. As soon as she did it, the very next week she gets a call from someone she doesn't even know offering her her dream job Also. In addition, she managed to create such a brilliant, loving divorce that both lawyers from both sides said will you please give us this blueprint? We've never seen anything like this. So Andy's life moved forward and I've seen that over and over and over again. When people get off of themselves, intend for somebody else, and that's what always happens in the group. You're in a power group, you're intending for someone else seven days at a time and you can heal your life just being a center.

0:27:20 - Julie

Here's my take on what's going on there, because how I work is I raise my vibrational level to the level of spirit. Takes me a nanosecond. I watch a laser beam in my mind's eye hook into you in London or you know whoever and then I envision shooting energy through them. When it's my experience number one that there's always an emotional component involved and always in place before any kind of medical condition arises and we can pinpoint, there's this plastic bag. Imagine like a really thin saran wrap that the energy of the body and the spirit are encased in. When somebody's got something going on medically, there's a hole or a tear in the bag. So I envision going into the bag and I'm shown a scene much like what you're talking about with the work that you do and I'm given where it was when it was.

If it's past life, we'll be given where it was. Most of the time we can corroborate it with historic documents online and then we'll correlate that with what's going on in their own life. As soon as we illuminate it, it eradicates it. Same thing you're doing the other thing on people helping their lives heal by working with others. What I believe is going on and I'd love. Your take on this is when we raise our vibrational level to the level of spirit, it's a really high vibration. When we're worried or depressed or whatever, it's a lower vibration, and so we're attracting different things and I always say spirit doesn't communicate on the I feel crappy channels because the vibration is too low.

But so when we raise our vibrational level we can get guidance, we're led, we're not on a hamster wheel?

0:29:11 - Lynne

Oh, totally Absolutely. I guess, from my perspective and this is probably what raises people's vibration in the work that we do is altruism. I mean, a key piece of the stuff that I do whether it is intention, experiments, or whether it is power of eight groups is working with people who are doing something altruistic, whether it's intending for people in the group or intending to heal something in the world. Now, altruism people usually think of altruism oh, that's a really nice thing to do. And actually when you start delving into the science of altruism which I've done you find it's actually not a nice thing to do. It's a necessary thing to do. It's a necessary thing to do. People who do things for other people live longer, healthier, happier lives. The science is completely clear about that. If you're sick with something and you have some sort of condition, you help somebody else with that condition, you're more likely to heal. And it's you know, it's a bulletproof vest, is the way I like to usually say it, because we were made to connect with other

people, we were made to do things for other people, and when people do, it's extraordinary what happens. I'll give you an example the clearest cut study I've ever seen about this.

Scientists wanted to see how lifestyle impacts immune system. So they had two groups of people and focus on how that affects immune system. So the first group were a group of what they called pleasure seekers. These are people who had all the money they possibly could use, went on lots of holidays, had great food, had a great life, and they assumed that they were going to have a great immune system sort of wealthy people after all and they found their immune systems were terrible. They were shocked to see these people had all of the immune markers for heart attacks, diabetes, Alzheimer's, all of the degenerative diseases, and they were going to drop like flies. Whereas the southern group, they studied, were deaflord but they were living to drop like flies. Whereas the Southern group, they studied, were dezaflord but they were living a life of service and they looked at the Rameon system markers and they were brilliant. These people were going to live forever.

So the idea of meaning in our lives really, in a sense, almost needs to be focused on service in some way. We were born to do that. We were born to belong, to be part of a larger whole. I've studied that too in a book I wrote called *The Bond* trying to answer Darwin. Were we meant to be competitively individualistic? And short answer is absolutely not. We were meant to belong and to be part of a greater whole, and we are miserable when we aren't. We're miserable when our society is frayed. We're miserable when we are ostracized or left out in some way. So I think this whole idea of connecting and giving is really central to the human experience and I think that is one giant healer and that is possibly a fast track into the divine.

0:32:57 - Julie

To that point. This is coming into my head. My son is in the sports business here in America sports broadcasting business and one of his colleagues, a guy named Ben Valenta, wrote a book. I'm not remembering the name of it, but he found that, for instance, nfl fans you know they're not as interested in the game as they are in the camaraderie of cheering for the same team with their buddies and going to the game together and you know doing all of that stuff because he went into the research to see, okay, how can we make the broadcast better? You know, what are people looking for? People are looking to just whether they're at the game themselves or whether you walk into a bar or restaurant and they find out you're a whatever fan. That's what it's all about. Complex, or something like cheering for a sports team.

We just finished the Olympics. Certainly, we saw lots of that going on, you know, all over the world. We were watching the closing ceremonies last night. My husband and I and I was getting the chills when all these people were walking in not just America but all these other countries as well.

0:34:18 - Lynne

Absolutely, and it was so interesting to see the camaraderie too. Even though they were competing, the different sports people were beautiful with each other and it was all. They had their own tribe too. These are elite sports people and that was a tribe, as well as the tribe of their followers, their country, et cetera. We need to belong where we need to breathe, and that is something that is fraying these days. I mean, it's great we do have social media. It's great that we do have the ability to connect in via Zoom and other platforms, as we're doing right now and, in fact, a lot of my as we're doing right now, and in fact, a lot of my members of courses like my masterclass. When they meet, many of them have met for years in PowerBait groups Every week. They've never actually physically met each other. We've had groups that have been meeting since about 2013, and they still have never met each other. But they are like family.

But we need that, and we noticed it even more with COVID, you know, when people were forcibly isolated, we found they needed it more and more, and I had a guy called Jerry who is in my masterclass, and he said at the end of the year I'm going to take this course over again. I said, Jerry, you're going to learn the same stuff. And he said at the end of the year I'm going to take this course over again. I said, Jerry, you're going to learn the same stuff. And he said you know what I felt? More love than I ever have. This COVID year meeting with my group, week by week, I want more. And by the end of the second year he said I really now know what love is, even if it's coming to me via the airwaves. So it is that whole sense of belonging, connection, tribal sense, that is so inherent in the human experience.

0:36:12 - Julie

I concur. For all of my classes we have what I call practice groups and for my big class they meet nine times a week. So people from all over the world, different times, and many of them, have you know, from different countries, will go on vacation together and, to your point, they met via Zoom and I'm doing an in-person training in the fall in Atlanta in November and there's a whole bunch of them flying in from all over the world that are graduates that just want to be there and want to participate, and then they get to meet the people that they see on the Zoom groups weekly or sometimes even more than a week. So I'm experiencing the same thing.

I got one energy question for you and then I'm going to change directions for a couple of minutes. The energy question is when we're sending the intention to somebody, when I'm working with somebody on a health thing, what's happening from a scientific standpoint? Have you gotten into the weeds that much? I mean, is it like some kind of particulates come together in the quantum field and blah, blah, blah, that kind of thing? I haven't delved that deeply into it, okay, well it depends on the healing of course.

0:37:27 - Lynne

So it's hard for me to say definitively this is what's going on in your body. But let me put it to you this way when we think of the body, we think of a slab of meat. Essentially that's got a bit of chemical, you know. It's got chemical signaling and electrical signaling. That's how we think of the body. What we now understand, according to the latest science, is that we are a vibrating packet of energy and we have different kinds of energy. We have electromagnetic energy, we have light energy.

A scientist called the late scientist Fritz Albert Hoppe, a German physicist, discovered that all living things, including human beings, send out a tiny current of light, and other living things are sending out light synchronicity, as though they're having a conversation in light. So we're sending out a tiny current of photons. So that's another energy. We're now understanding that, aside from the electrical energy that we have, we know our brain communicates via electricity, and that is one area of neurons. But we also know that we emit sound. Everything from our cells to all kinds of things creates another kind of vibration. By sound I mean it has to hit a membrane for us to actually hear it and be within a certain range of cycles per second for us to hear it, but basically we're sending out vibrations, and all of those things are waves and vibrations. So we're this cacophony of waves, and the way I think of healing in a very simple way is that when people are ill, the waves are out of kilter. Think of them as being out of tune, and a healer like yourself comes along and puts them back into tune. And so when we're talking about things that aren't physical in the sense of the meat, what we're really talking about are changing vibrations and altering vibrations, and that can be done very subtly and very quickly, and it has nothing to do with conventional medicine.

So when you start thinking of the body as being different and it being this vibrating packet of energy trading energy outside of itself too, that's one other thing that I discovered in my book, the Field, and that scientists were talking about the zero point field, a quantum energy field that unites everyone and everything like an invisible web, and what's happening is our subatomic

particles and every other kind of subatomic particles are having a little energy dance with this field, almost like a microscopic game of tennis.

Subatomic particles will send a little bit of energy to another subatomic particle. Subatomic particles will send a little bit of energy to another subatomic particle, like a game of tennis, and in that nanosecond a virtual particle will get created and then vanish in the blink of an eye. Now that's notable amount of energy out there in empty space, like some giant supercharged backdrop, and we are our subatomic particles are constantly sending out and receiving as well. So all of that is going on and there are many different kinds of modes of healing that affect those subatomic particles, those vibrations in your body, and what they do, as I say, is think of it. The easiest way to think of it is tuning you being a piano being put back in tune.

0:41:40 - Julie

Like a metronome, when they all you know are click, clacking at different levels and then they all synchronize in this same room. Well, and to simplify it, I love the tennis analogy. But somebody walks in a room even little children they know. Oh, uncle Harry's in the room and, uncle Harry's, you know, snarky, I don't want to be around. Uncle Harry. We're picking that up just from our feelings and we're not even aware of it. But we've all experienced that. We experience it, I would say, most of the days of our lives, especially if we're out amongst other people. I always say if your four-year-old doesn't want to be around, uncle Harry, pay attention to that, because they're picking up something that you're maybe overriding there.

Okay, let's change directions to something fun. I am fascinated with Freemasonry and pyramids and sacred geometry and stuff like that. And, girl, you are in a Dan Brown book, the Lost Symbol, holy Moses, and, for those of you that don't know, dan Brown's the Da Vinci Code guy, and Angels and Demons was at his other. I mean, he's written these amazing books that have made and been made into movies and TV series. The Lost Symbol was a TV series, wasn't it? Tell us about that. Tell us what it's some kind of geometry stuff that takes place in DC and tell us what that whole story is.

0:43:14 - Lynne

Well, the part of the book that had to do with me and I did not know this until the book came out. He didn't warn me ahead of time. Did you know him before? I didn't know this until the book came out. He didn't warn me ahead of time. Did you know him before?

I didn't know him. I had never had any contact with him before. So I think he read my book and got an idea about it. He read the Intention Experiment. And I found all of this out afterward because my let's see, it was a couple of years after. I think it was 2008 or so. The intention experiment had come out 2008 or 9. And I got a note from one of them saying the publicists for Simon Schuster say that you've been mentioned in the lost symbol. And I said what's the lost symbol? I've never heard of that. So I Googled it and I went oh my gosh, that's a Dan Brown book. So I told my husband, who rushed out to buy the book. It literally had just come on sale.

And we found me and what he'd done is he'd created a character. He makes these amalgam characters, and one of the characters was based a good deal on me. It was somebody who was doing intention experiments, but he'd also made her a scientist and he said that she was influenced by Lynn McTaggart and very helpfully put my website in there too. So all of this was very cute. He quoted me in the book as well. So I wrote him afterward and just said hey, thank you, but no, it was just he does that. He'll try to find inspiration from lots of different places and then make amalgam characters, and that's what happened. So it was very funny. It was very funny and very strange for a while. Have you met him yet? No, we just corresponded back and forth, but one of my students was one of his neighbors and I think she said she wanted to be in contact with me and he said oh, I know her. So I guess he remembered the contact back and forth.

0:45:40 - Julie

I guess he remembered the contact back and forth. Oh, I love it. So let's segue to the sacred geometry. The pyramids, the DC, supposedly, is laid out on a grid of sacred geometry. Tell us about that. What do you believe that there were plans in many civilizations to utilize the energy frequencies from different latitudes, longitudes, that kind of thing? Have you done any research on any of that?

0:46:14 - Lynne

I have really worked on sacred geometry, but what I have discovered is there are a lot of correspondences in the body and other mathematical things in the universe, whether it is cosmology and planetary rotations, whether it is plants and the way they're arranged, whether it is music. There is all kinds of correspondence and what it tends to suggest, and I certainly look into how the planets affect human beings. I've done a lot of work on that of how we are profoundly affected by the sun. The sun is think about it it's a big old bowl of gases crossed with a lot of magnetic fields. That is a recipe for periodic explosions, and the sun every so often curls this gaseous stuff toward Earth and it gets picked up by the solar wind, which operates 100,000 miles per hour or something like that, and it hits a thing called the magnetic shield of the Earth, which is a donut-shaped shield, shaped shield and what it does, even though it's a very faint energy by the time it gets to Earth, it has a profound effect on life.

And this isn't supposition, it's not woo-woo, it's accepted. When there's a lot of solar activity, heart attacks increase, epileptic fits increase, psychiatric disturbances increase, people get energetically destabilized. But it also evidence shows that it also has a profound effect on ESP. On intention. I mean there was a brilliant study by Dean Radin, a scientist with the Institute of Noetic Sciences, by Dean Radin, a scientist with the Institute of Noetic Sciences, who demonstrated that when there were certain planetary configurations of the sun or the moon, people did better gambling in Las Vegas and it was hugely better. And there are many things like that too, where it can affect the stock market as well. So we are energetic creatures that get affected profoundly by other energy and we're all part of a giant intergalactic super organism.

0:48:56 - Julie

That's the way I like to put it Well. And when people say to me, well, I don't believe in this energy thing with the human body, I say well, have you ever heard of an EEG or an EKG? What are they doing? They're measuring the energy outside of your body, for your heart and your brain, with all these little electrode things. I don't care whether you believe it or not. The scientific proof is there and it's used every day all over the world. Yeah, let's go back to intention for a second. Is it different from law of attraction and manifestation, or is it all pretty much the same thing?

0:49:34 - Lynne

Well, the law of attraction is, you know, if I think good thoughts, good thoughts are going to, good things are going to come to me. If I think bad thoughts, bad things are going to come to me. You know, I attract that which I send out. That's a little different for what I do, and manifestation tends to be denigrated as I want I get. What I have discovered is there are a lot of nuances to both things, and I like to call it intention because it indicates a very strong and focused thought, and that is one really key piece of the work that I do.

As you said, I try to mix ancient wisdom with modern science, and so when I was formulating how do you do intention, I looked at different traditions and while they have very specific things that are specific to their particular kind of modality, they also have a lot of commonalities with other ancient wisdoms. So I took what was common among all of them and I also added things that had been demonstrated to work in the laboratory and that became my program for how to

do intention and, as I said, I called it Powering Up, because we were surprised to find that the brainwave signatures of people doing intention in Power of Eight groups were nothing like those of meditation. We thought they were going to be identical. I worked with a team of neuroscientists and we had seven groups of student volunteers who had never meditated before or done power of eight groups. They'd never done any of this before and we put an EEG cap on one member of each group and we found very different brainwave signatures from people doing intention in a group. We thought, as I say, they were going to be like meditation. They were nothing like meditation, but what they did look like were brainwave signatures captured by University of Pennsylvania's then University of Pennsylvania's neuroscientist, dr Andrew Neuber, who studied Buddhist monks during ecstatic prayer and Sufi masters during chanting.

And what happened was, with meditation, there's an increase in slower brainwaves, like alpha brainwaves, with power of eight groups. There's a turning off of a lot of brainwaves, so, particularly the parietal lobes. They sit in the back of the head, like here, and they help us navigate through space. They tell us this is me, this is not me. They were dialed way down. So, with the temporal lobes, which perform a similar function, and the right frontal lobes, which were involved in worry, doubt, negativity, those were all dialed way down. So these are people, and were people in this study that are in a state of ecstatic oneness. The parts of the brain that make us feel separate were dialed way down, and that, to me, is the secret sauce.

There are a lot of things that happen with power bait groups to create these kind of miraculous healings, but I think the key piece here is moving beyond the cell, getting into a state of ecstatic oneness, because you know we talk about how do I enter the field? I get asked that all the time and I say well, you don't need to enter it, you're there already. You're a little subatomic. Particles are having this tennis game all the time, without you knowing it. But we don't experience life like that. We experience life in separation, as lonely people on a lonely planet, in a lonely universe. And here's a time where you aren't, where you do experience oneness, when you're part of this greater whole, this power of eight group, and that, I think, is the fast track to the miraculous.

0:53:54 - Julie

I got a couple of last questions for you as we're winding down, but before I just had that thought in my head to read you what the number eight means in the Bible. The Bible numbers you probably already know this, but I wanted to look it up for myself. A is regeneration. The eighth is a new first In quotes eight people on the ark, eight days, circumcision. Eight covenants with Abraham it's the new first. So I think that goes perfectly with your power of eight groups, because the intention is to help this person have a new first in health or job or love life or whatever. And I thought how perfect is that. But the Bible numbers are that. But the Bible numbers are actually. Our assistant priest at my parish did a lecture on this and he said that when the Bible was written, of course most people were illiterate and they wanted to keep some semblance of the actual stories, and so that's why there are so many numerals and each number from 1 to 12 has a different meaning. So I'll send you this list if you want.

0:55:04 - Lynne

I love that. I think that's so true. And here maybe there are no accidents. Maybe it wasn't just something that popped into my head. Maybe it was something much, much deeper.

0:55:16 - Julie

Oh, I think it was absolutely. I just got whole body goosebumps on that. There's no coincidence there that you chose eight. Okay, One last question on this intention thing If we're not separate and we're all together, how do people live their own purpose in their lifetime?

0:55:38 - Lynne

That's such a good question. Well, own purpose doesn't have to be sacrificed for a whole. Own purpose can be something that is of service. So we are not the same. It's like that song from YouTube we're all one but we're not the same. But we're all part of a greater whole. So we can have our individuality, we can have our own individual purpose, but it's that we come together, that we serve, that we are attached and connected and engaged and belong, and that's part of being a greater whole.

0:56:18 - Julie

So you bring your own skill sets and your own talents to whatever the greater purpose is. Oh, absolutely, really, absolutely yeah.

0:56:26 - Lynne

And you can. You know again, I don't want to paint this like socialism, okay, it's not like, hey, we're all the same. You know we're not the same. Some of us do have different. You know we all have different talents. Some of us are inherently more talented than others, which some of us just make the perfect chocolate cake. And there's no real hierarchy here. You know, everybody contributes to and the point is to really find your life purpose. Life purpose that's one of the things that I help people with is, you know, find your greater purpose. Your third act. Many people come to me and say, well, my children are not a big worry anymore, they're growing up, et cetera.

I want to find new meaning, I want to find some more meaning in my life, and that is absolutely a respectable and great thing to do. So we all have a divine purpose, and that's another thing I do. I help people when they're trying to find a way to overcome negativity. I have a whole technique that was taught to me by the late, great Dr John Diamond, who really developed behavioral kinesiology, and what it is is all about finding the reason that you were put on this earth. What were you put on this earth to do and when you do find that that's your divine purpose. And it is like garlic to a vampire. When you hold that space, when you're confronted by negativity and difficulty, it can keep you safe, grounded in the hole.

0:58:17 - Julie

Beautifully said. Last question why do we incarnate?

0:58:21 - Lynne

Beautifully said. Last question why do we incarnate? Well, do we, you mean? Why do we, why do we become not reincarnate? Why do we come into the world as beings? Well, I think we're here to learn, I. So we are spirit in bodily form, and we need to be in bodily form to experience life and to learn. That's my take on it.

0:58:53 - Julie

Beautifully said. You are so lovely and so fascinating, and I for one, on behalf of humanity, thank you for your life's purpose and educating all of us on this and with the work that you do to help people really better their lives in so many multitudes of ways. How can people learn more about you and your work?

0:59:25 - Lynne

so much. Well, they can come to lynnmctaggart.com. Check out my many courses and many. We have many free tools. I have a giant intention experiment coming up in February. It's going to be worldwide. I'm working with Gaia TV and we're translating it into many, many languages so you can join that for free. There are free tools for developing a Power of Eight group. You can join my free community and then, if you want to study with me, I have all kinds of classes for people just starting out with intention our big master class, which kicks off in beginning of February with my year-long class where I work with you and then I put you in groups according

to your time zone and I work with you all year. Professional courses for people who are healers. It's called Become a Better Healer, because I found many healers are brilliant at what they do. Their language, their thoughts and words aren't so good, so I work with them on that and much, much more. So check out my website, luenmctaggart.com, for everything coming up.

1:00:31 - Julie

So that journalism degree and those writing skills are coming in handy with helping people with better words and ways to communicate. I love that. I love that. All right, everybody. That's it for today, sending you lots of love from Sweet Home, Alabama, and from London too, where Lynn is. We'll see you next time.

1:00:49 - Lynne

Thank you.

1:00:50 - AnnCR

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at [AskJulieRyan](https://www.youtube.com/AskJulieRyan), and like her on Facebook at [AskJulieRyan](https://www.facebook.com/AskJulieRyan). To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:01:05 - Disclaimer

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