

AJR - Dr Linda Backman 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.

0:00:44 - 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. We have Dr Linda Backman with us on the show today. Linda is a licensed psychologist and regression therapist. Now most of us understand the concept of reincarnation, but not necessarily how past life details can help heal physical and emotional conditions. You know I'm going to be asking her about all of that. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Linda. Linda, welcome to the show. I'm so delighted to have you join us today. Thanks for making the time for us. Thank you, Julie. It's a pleasure to be with you. Wow, my pleasure is all mine. What's soul?

0:01:38 - Linda

regression. What is soul regression? Is soul regression? Wow Okay, small question, big answer Soul regression. So maybe to so people understand, soul regression includes regression to understanding past lives, obviously for the client, and then at the end of the past life we follow that natural journey during the regression. We follow that natural process that happens when we pass, when we complete every life, that slice of our soul that resides within our body, that basically functions on autopilot. The client experiences that slice of soul basically elevating and returning to their higher self, and then we work at the higher self level of the client.

0:02:31 - Julie

Okay, Can we distill that down to about a first grade level? First of all, we all live a lot of past lives. Some people don't believe that. I know it for a fact because I've seen many of them with my clients and with myself. So can you start there? Do we live lots of past lives when you say higher self and when you say a sliver of the soul remains? Can you explain all of that to?

0:02:55 - Linda

us? Yeah, absolutely I can. That's why, when you know you said what a soul regression is like, in my head it was like, okay, Linda, well, small answer, big answer, okay. Okay, maybe the most basic thing to start with, Julie, is that as a soul and as a soul in the greater spiritual realm, we are required to grow and learn. We're required to evolve, we're required to gain skills. So it's kind of like in most states, in the United States, most countries in the world, children need to go to school to be quote unquote educated.

So we, as a soul, learn and grow primarily in body, primarily incarnate, not primarily when we're pure soul and not incarnate. So that essentially, that's a very oversimplified way of explaining why do we live one life to the next? We're growing and learning. We trip and fall. I mean we, you know not well, we might do that literally, but that's not what I mean. We, you know we have free will when we come to earth. So we sometimes don't make the best choices because we're fallible as humans, in our human brain. So, as probably most people know, we get the opportunity to come back or even, within a lifetime, clean up some choice we made, small or

large, whatever it might have been. We can clean it up within a lifetime, balancing karma, or we might clean it up, you know, 50 years later in another life, two or three thousand years later in another life. So that's reincarnation.

0:04:49 - Julie

Okay, and does everybody reincarnate? And is there like a set number that everybody reincarnates, like how many lives? Okay, everybody reincarnates 5,012 lives, or is that all part of what that spirit decides in each lifetime?

0:05:09 - Linda

Yeah, great question. So let me start maybe this. Probably I should have prefaced it in the beginning. I've been guiding regression for 28, 29 years, and that's when I'm saying what I sound like I know it comes from that many years of client after client after client. So it's a little bit complicated. And so, just to make it simple, most souls that incarnate on earth are souls that were designed to come to earth to grow and evolve, and I can, you know, broaden that explanation when we get there in our conversation. So most souls that incarnate primarily on earth as they evolve, and let's just say so, earth as they evolve, and let's just say so.

I always like to make things kind of black and white. Everybody that's listening, think about soul evolution on a 10 point scale. We all were young souls, we all were at the stage of one or the stage of kindergarten, of learning as a soul as we evolve. And if we get beyond, if we're beyond a six, maybe a seven, I mean, Julie, we've probably had hundreds, if not a thousand or more lives on earth. But there's no. I've had clients who come in and they'll say, Linda, I've been told, you know, by whoever that I've had. Well, as you said Julie, 512 lives. It doesn't matter how many lives you've had, it matters what happened in your lives.

0:06:54 - Julie

Good point, Good point. So what happens in that? Did your soul progress? Or are you still kind of stuck on autoplay and you just keep repeating the same things, perhaps in different incarnations, same script, different set of circumstances or variables?

0:07:17 - Linda

Totally. You know, it's funny Often as I talk like this and answer questions, then client stories pop into my mind. And I'll just say this briefly. But I recently was working with a client in a past life and I mean, and to be honest I find the work fascinating, but this woman that I was working with went to a past life a past life, oh my gosh, probably thousands of years ago, and she had leprosy, as some people had. You know, that's a, of course, a real disease to not give on and on and on all the details of the regression. But so in the beginning of the past life she found herself and let me just say people probably know, regression means the client is telling me the details. I'm not giving the details to the client.

So she was a woman, actually a woman about age 30, in a cave with a man, also young, fairly young, young adult man. They both had leprosy and she could describe what they were wearing, she could describe the cave, but the what we might call the presenting issue, or one of the presenting issues in her session was she said. Basically, she said you know, Linda, I've been very spiritual for years and years and years. But even though I'm very spiritual. I'm afraid of dying.

And she said it never made sense to me why I'm afraid of dying. Well, long story short, she died in this cave with leprosy because there was a major storm and the cave filled with water and mud and she died in the cave because of the storm. And you know it wasn't I mean what. I know a lot about dying, only because my clients die in sessions all the time in their past lives. And you know, once your soul has left your body, it's just like from breath to most of the time,

from breath to calmness. But at any rate, her fear was because of how she had died in that past life and that felt very much a relief to know where that came from.

0:09:43 - Julie

So it sounds like it was kind of a combination of being buried alive and drowning at the same time, almost.

0:09:49 - Linda

Yeah, and you know people listening they might go. Oh, you know, Linda, why did you tell that story? That sounds awful? Because she needed to know what the trigger was. Obviously that life was over a long time ago. She needed to know what the trigger for her fear was. Obviously that life was over a long time ago. She needed to know what the trigger for her fear was. And again, I know that when we pass, no matter what causes our passing, whether it's old age and we just go to bed and go to sleep or a disease or you know, natural disaster of some sort, still when breath is gone, our soul is out of the body and there's usually tranquility.

0:10:32 - Julie

Yeah, yeah, instantly, I agree, because I work with a lot of people with that too. A couple of questions about that. When you illuminate, when you she with your help, you illuminate when you she with your help illuminated that dying in the cave when she was, let's say, drowned or buried alive or whatever, did that release the fear of death for her? Or did it take several other sessions exploring other past lives to explore perhaps that script that maybe had transpired in multiple lifetimes in different scenarios?

0:11:09 - Linda

Yeah, that's a great question what her guide said.

So this type of regression, as I said a few minutes ago, this type of regression that I guide means we go through a past life, we go to the final scene of the past life and then we follow that natural what I'll call return journey, as that slice of the client's soul resided within that past life body. That slice of soul basically moves from third dimension, from 3D, and returns back to where the remainder, called our higher self, resides. And so when I do this type of regression then the client experiences their own higher self, their own soul energy, and almost always at least one, if not more than one, guide shows up. The guide said and kind of in response to your question, Julie, the guide said to the client you've had more than one life where you died in a complicated, sort of surprising way, where something happened and that you didn't expect. But the guide said we really feel that this one life will sort of be the key in the lock and will release that trauma that you've been carrying, that you didn't understand.

0:12:40 - Julie

I don't do past life regressions with my clients. I do what I call a past life scan. They're not hypnotized, but I'm led by spirit to go to the lifetime that correlates the most with whatever it is they want to discover, which is what you're saying, and it's so fascinating. I agree with you, Linda, on the past lives are one of the most fun things I get to do, because I always say you can't make this stuff up, that they get and that I get too, because we can corroborate it with historic documentation, normally online. That's available, and I'm not that creative. You may be, but my guess is you're not either. No, and it's just. I just think what. And the first time I was exposed to past lives was God, probably, I don't know maybe 40 years ago on Oprah, back when we had VCR tapes. Yeah, I would tape her show and then I'd watch it at night after work.

Yes, and she had a little boy on who was in the Civil War and he was three. He couldn't even read yet. This kid couldn't read yet. And so he was talking about where his regimen was, who his commanding officer was, what his dog tag numbers were, all this kind of stuff. And I'm thinking what, what his dog tag numbers were, all this kind of stuff, and I'm thinking what. And

in everything that he talked about, Linda was able to be corroborated with historic documentation.

0:14:13 - Linda

Yeah, Absolutely everything. It's fascinating. I mean, I'll just say and I'll make this story fairly brief because it's I think I can make it brief the way I fell into this work, which relates to what you just said, Julie, the way I fell into this work is about 30 years ago this is the way I always tell it. I was minding my own business. I was a psychologist in general, conventional private practice. I didn't even know if I believed in reincarnation.

I had a very dear and close colleague pass. I was in my 40s, he was in his 30s. It was very sad, at least from a human standpoint, that he passed from a type of cancer. When he passed he started talking to me from the other side, which was completely new to me, started talking to me from the other side, which was completely new to me, and when he passed he started showing me in my mind's eye scenes of past lives he and I had shared. Well, it felt real, but it was. Those were new, certainly from a conscious standpoint. Those were new experiences.

So I said to my husband my husband knew my. This was the colleague. The person that died was a colleague of mine. My husband knew that colleague and my husband and I had already been married, I don't know 20 years, 25 years at the time. And so I said to my husband here's what I'm experiencing. Don't you think that's weird and crazy? And here's my husband's response, which surprised me again, because we'd been together a long time already.

So my husband said you know, I think I blocked something out from my childhood. And I said what do you mean? And my husband said well, only now, you know my husband was in his 40s at the time as well. Only now do I remember that when I was a boy growing up in my private time and space, outside, sort of in the countryside, when I was alone, my husband said I remembered my past lives in detail. I knew they were my lines, I knew they were. You know, I knew the details were valid. But my husband said nobody ever talked about that in my world, so I just tucked it all away and forgot. So again, you can't make this stuff up. I mean, I never expected that to happen.

0:16:35 - Julie

Well, and it's fun to hear that story with your husband because you're both doctors, both of you are doctorates, for heaven's sakes. I mean, this is, you guys are well-educated in all these scientific principles and things, and now you're talking about past lives which to a lot of your colleagues probably would just seem like it was almost blasphemous to discuss. That, you know, within the context of being a professional psychologist.

0:17:10 - Linda

Well, that was I mean. Now you're talking about the challenge I went through for maybe a couple of years, after the event I just shared of. I'm fascinated. I have to learn more about this. I want to do this. I'm sure my guides were hanging out sort of saying go for it, Linda, go, you know, be brave, be brave. And I worried, I mean, back then. Most of my referrals came from medical doctors, I'm sure, but I couldn't. I couldn't help myself. I and and I know I know today, today, because that's a long time ago, I know today I was meant to go in the direction I went, but, Julie, I had those feelings you just described. It's like people are going to think you know Dr Linda Backman's wacky.

0:17:58 - Julie

Right, right, well, so what you did was you polished your golden ovaries and got the courage to do something with it. That's what I always say about me, too, because I'm a business woman. I thought people are going to think I'm nuts, and so you know, guys have breast balls, girls have golden ovaries. So you got your golden ovaries engaged there. Yeah, totally All right. Let's go

back for a minute. You mentioned initially that we're required to learn lessons. Who requires us to learn anything? We're required by whom?

0:18:47 - Linda

specific now, what I know now about the higher realm and guides and spiritual realm and who and all that. So the higher realm, the spiritual realm, is coordinated by highly advanced souls and you know, people can call that God if they want. Source great spirit, they can, you know, they can use their own terminology, but it is basically, it is the nature of what a soul is. A soul is not created with perfection or, you know, as perfect. And so think about, think about a newborn infant, I mean, I think we can make the analogy of I have children, I have grandchildren. Think about a newborn infant, that newborn infant, you can't, you know, take that newborn infant and you know, can't, you know, take that newborn infant, and you know, lay them down on the floor of the grocery store and say now go buy groceries.

We teach, you know, we teach our children all kinds of things from zero. And then you know it's time to go to kindergarten. We don't usually just have a kindergartner, get on a bus, we usually walk the child into the classroom and we pick them up from the classroom. Well, a soul's like that too, when souls are created. There's a place in the spiritual realm that my mentor discovered and I have re-validated it with clients. There's a place called the soul nursery and in that soul nursery it's almost like think about marsupials, you know out comes that immature baby, that marsupial baby that has to climb into mama's pouch. And again everybody. I mean we need mamas and daddies. So I'm not just implying we only need women as mamas, but that marsupial is prepared to manage outside the pouch by being in the pouch. So souls are prepared in the same way and we grow step by step by step, and that's the way the universe works.

0:21:03 - Julie

I mean, again, I don't give the information to the clients, they give the information to me and you see many similarities probably thousands of clients that are telling you the same thing, certainly with their flavor on whatever they're telling you, but it's all basically the same information that you're gleaning from listening to all these thousands of clients over the years. Yeah, I get the same thing.

0:21:31 - Linda

That's partly why it fascinates me. It's like, oh my gosh. I sort of heard a similar explanation about how do we plan our lives, for instance. Well, I, and of course I'd learned things from my mentor, who's on the other side now, but that's a long time ago. But I worked with multiple clients a week, most weeks, for about 28 or 29 years, and I'm just fascinated when something I really believed, I already knew, you know, through regression it's revalidated by this week's client. So it must be valid. So, you know, I'll just, I'll add in a piece, I'll kind of stretch us along here All soul let me see how to say this. So it's clear All souls are not designed to incarnate on earth. There are some souls that are conceived, created, intended to incarnate somewhere other than earth, somewhere other than earth, and so I've uncovered the learning that there are three types of souls that can come to earth, but only two of those types come to earth infrequently.

0:22:57 - Julie

Okay, that's a tease, you got to finish that. What are the types of soul? I'll tell you why I'm so interested in this. Because, well, I'll tell you up front a couple of. I don't know, three weeks ago maybe I was regressed for the first time.

I'd never been hypnotized in my whole life, I'll say five years of it, wow, and we went to find out where my healing interest and abilities began, and it began in some star 500 billion light years away. And I'm going what? And so, okay, so you piqued my interest here. What kind of souls

come to Earth? And it doesn't sound like they're all just in a galaxy far, far away and that's their whole existence. It sounds like certainly that's what we got from my regression I was in a galaxy far, far away and now I'm on Earth. So do you see that as well? Okay, walk us through that.

0:23:56 - Linda

Yeah, okay, and I'll walk you through that and try not to make it too complicated. Okay, I think the first piece, and I always want people to try to grasp this, so let me try to make it as black and white as I can. When souls first began to incarnate on Earth, I mean, obviously I think everybody knows, you know, this is a planet. The planets are created. I am not a physicist, but planets are created and they are normally initially too hot for life to exist and they have to cool. So Earth was created, you know, billions of years ago. It had to cool. Once it cooled, we began to have plant life and what is called single-celled aquatic life.

No, upright beings with intelligent soul incarnation, but when intelligent soul incarnation began, the original souls and it was a conglomerate group, it was a what I call a conglomerate soul group, a large group of souls were. I'm going to tell you what I know and then occasionally and even my guides tell me this at times they'll occasionally say, Linda, that answer is above your pay grade. That's how they put it. Thanks, guys. But bottom line, a group of souls of higher wisdom determined it was time for intelligent incarnation to happen on Earth. And a conglomerate group of souls that came from somewhere, of course, other than Earth, like a star, a planet, an interdimensional space. Likely and almost for sure, based on what I know from inside of what we call the solar system, the solar system we live in. The original souls that came to earth came from outside of earth to incarnate and then many of them, probably the bulk of them, stayed and continued to incarnate over and over and over, sort of ad nauseum, on earth. So that's the original soul group.

But as I guide clients and I learned this through my clients, um in to, in today's era, this today's time on earth, current chronology, um, there are souls that come to earth, that don't often come to earth, and they come from other planets, other stars. Um, there truly are ufos. They have shown up many times in my regressions with incredible detail about the workings of the inside of the spacecraft, and so there are what I call this is the term that was given to me interplanetary souls. Now, everybody listening, you can exchange that with ET. Souls means the same, star, seed means the same.

So there are souls at times that come to Earth to aid humanity's evolution. They don't regularly come to Earth. The only reason they come to Earth is they come from advanced cultures in the universe, come from more advanced cultures than our human culture, right, and then lastly, and I'll just say this and I can expand on it if you want there's a third type of soul that at times comes to earth. It comes to earth and that's an angelic soul. That's a soul that comes from the angelic realm that supports source or works directly with source and the archangels and those, at times, are my clients, angelic realm souls. They're fascinating people.

0:28:10 - Julie

I agree. We had Rachel Campos on the show recently who claims to be one of those angels that has incarnated this round, and it's fascinating to listen to her talk about everything. And we had her channel the angels on the show and it was just spot on and I thought even the best actresses on the planet I'm not sure could speak in such an easy, free-flowing manner, at such a high vibration that I was able to resonate with like she did. Yeah, so it's gotten a lot of controversial comments from people about well, you can't be an angel and blah, blah, blah. So it's really interesting that you're saying this and that you've experienced this with other clients.

0:29:09 - Linda

And I don't, you know, I don't go looking for clients that I think are angelic souls. They show up in my practice that I think are angelic souls. They show up in my practice and then I learn a lot about what's an angelic soul like. What are their gifts, what are their skills, why do they come to earth, what are their challenges? What do they struggle with by coming to earth? And both interplanetary souls and angelic realm souls have some both physical, emotional, spiritual struggles, often more than earth-based souls do. Why do you think that is, do you think that is Easy answer, to be honest, because angelic souls, what I call angelic realm souls and interplanetary souls, they don't have a lot of experience in these bodies, these human bodies on this planet, and so they might be especially interplanetary souls.

They might be diagnosed on the autistic spectrum, they might have sizable allergies, they might and as people listen, underscore the word might, not for sure. It's not going to, they're not going to have this whole. You know, check, check, check, check. They might have autoimmune disorders because they're not used to both our environment and our physicality.

0:30:43 - Julie

Well, that makes total sense. All right, I want to talk about your mentors, because they are the pioneers of this whole niche. So I want to get to that in a minute, but first let's back up a couple of spaces. You talk about that. You can communicate with your guides and other spirits. Did you grow up having dead people chase you as a child, or do you come from a spiritual family? How did that come about?

0:31:08 - Linda

Yeah, that again is a great question. Well, I often say, Julie, and I say this to my clients I say and this is really true, when clients come to me, they come in two possible flavors, is how I put it. So flavor X is the client that comes to me and says, Linda, when I was five years old, my deceased grandmother that everybody talked about but I never met, from the time I was five years old until I was 18 years old or whatever, that deceased grandmother periodically showed up in my bedroom at night to give me advice. And so flavor X, of the two types of clients that I end up working with, flavor X is that person, that sort of what you said, Julie, that there are people who, as young people I mean maybe teenagers they knew they had spiritual experiences.

Flavor Y is Linda, and these are many of my clients as well. Flavor Y is falling into the awareness, or coming upon the awareness, of soul reincarnation. What happens when we die? Where's my best friend that passed when you know she was 23 or whatever. I'm flavor Y. I didn't fall into this until I was 46 years old.

0:32:49 - Julie

Well, and obviously with your doctorate you're research-based, so for you to get that degree you had to write a dissertation and you would be able to prove all your hypotheses and all of that. So I would imagine that you, as Flavor Y, all of that was training to help you get into this, and then you were led to where that validation and that research was basically proving that what those different people were telling you was true, and there's lots of it out there, but people just don't know about it.

0:33:32 - Linda

Correct and you're totally right. I asked my guides at one point. It's like so why did I have to be 46 years old to get into what I've now done for basically 30 years? And they said pretty much what you said. No, Linda, we wanted you, you know. So people will think you're credible because you're a psychologist, but it's some of the fascinating pieces. I'll just share this briefly.

When I was getting my master's degree and then my doctoral degree, one of my key area of focus in my research was gender differences and looking at why we don't have more gender equality on this planet, or why do we make such an issue about. Well, men should behave this way and women, you know, blah, blah, blah. That was my research from a very black and white grounded perspective. But at this stage of my spiritual work, I know that one of my responsibilities as a soul and a soul and body on earth is to help obliterate that's how I'd like to put it to help obliterate these assumptions we make about, oh, where you're too soft because you're a man or you're too assertive because you're a woman. It's like to get rid of those biases.

0:34:56 - Julie

Yeah, absolutely. Well, the interesting thing about as children many people are able to communicate with spirit. That's what prompted my children's series of books, because I've had so many moms and grandmothers over the years. Linda come to me and say can you help me explain how little Tommy you know, talks to his deceased great-grandmother, who was dead 80 years before he was born? And can you explain how my child knows things from past lives that we can corroborate with historical documentation available online? And lastly, my favorite is when we tell little Susie who's three. Well, you know, grandma's in heaven now and you can talk to her. And all of that Little Susie's going. No, she's not. She's asleep in that box up in the front of the room because they're at the funeral home for the visitation Right.

It's been my experience, and so my belief, that we all come in with the ability, and little children don't know any differently until somebody in their lives says, oh, honey, that's just your imagination, that's not really real. Or they have a friend that says man, you are just weird, there is nobody else standing here with us. What are you thinking? Have you experienced that as well?

0:36:17 - Linda

Oh yeah, or the opposite, because I have sometimes, you know, I? I mean, I started doing interviews of clients long before I got into spirituality. I love to do interviews because, as I'm doing an interview before I guide regression, I'm getting hits. You probably do the same, Julie, it's like, and I zip it up. I don't because I want the regression to be neat and clean, but I'm getting hits as I'm listening to the clients. So at times clients will say to me you know, Linda, when I was 13, 14, 15, you know, my mother or my father or my aunt or my uncle or whoever, handed me a book about Edgar Cayce's channeling. And I read about Edgar Cayce when I was 14 years old and that fascinates me. I mean, my mother would never, well, my mother didn't know who Edgar Cayce was. But so yeah it's. We either foster it and support it or we put the child down and then their interest goes underground. Or with my husband's story, no one made fun of him because he never said a word, because he thought nobody would understand, right?

0:37:33 - Julie

Well and it's very rare at this point that I have people give me a hard time about this stuff I just say if you don't want to talk about it, great. What do you want to talk about? Football, the weather, whatever, it doesn't matter. I don't need to convince anybody, but every once in a while somebody will want to have a conversation about it and they'll say now, I don't believe that you can talk to spirits. And I'll say now, I don't believe that you can talk to spirits. And I'll say well, do you pray? And I'll say, well, of course I pray. And I'll say great, to whom are you praying? Jesus, god, whoever? And I'll say, great, do you get answers? Yeah, I do.

Okay, well, does that mean that Jesus is sitting next to you on the couch having a conversation with you? And they'll say, well, no, of course not. And I'll say, oh, you're talking with Jesus, a spirit, and their eyes get wide and they get it right away. I said you're talking to a spirit and

you're getting communication telepathically from a spirit. We do it all day long. We're just not aware of it because we're not taught about it. Would you agree with that?

0:38:40 - Linda

Oh, I totally agree with that. It's like people will say, well, I got a hit or I received a sign. It's like, well, where do you think that came from? And you know, and I'll say to people, the hits and signs either come from your own soul, your higher self because our higher self is always one of our guides or the sign comes from a guide that is not your own soul. And whether we want to say that guide is God or Jesus or Buddha or Susie Q, it doesn't matter or Susie Q, it doesn't matter.

0:39:23 - Julie

Yeah, I agree and I believe that we're all spirit. We're all a fractal of the divine and the divine source, spirit, whatever you want to call it communicates through us or with us, through maybe a deceased loved one or a spirit guide, because it's more fathomable to us in our human minds that we're talking to someone instead of God or you know source or something like that. So it's been my experience and I'd love to hear your take on this that spirit's going to communicate to us in a way that we can understand it and grasp it from our own human perspective and what our own perspective is based on, what we've experienced so far in our lifetimes. Does that make sense to you?

0:40:07 - Linda

Yes, that makes sense, and because of my years of regression and because a couple of people in my personal life are very capable channels, so I sort of have both going on in my life. I can get information. So I might do a regression session, find out something fascinating and then go and check it out with one or the other of these people that I trust that I can ask questions to and I get information back Right. And so I've learned a lot, both from clients and capable channeling, about what is our higher self doing, what is our soul doing when we're in body? How is the spiritual realm coordinated? There is coordination at the higher realm with guides and that sort of thing, and I've learned this partly because I'm fascinated, but also, more importantly, because as humans, at times we're affected by activities at the soul level. Say more about that, just to give an example. I mean there's a lot of things I could share, but let me give an example. And sometimes spirit, my guides, my soul, pushes me through an experience, something I need to experience so I can understand it and I can talk about it with clients, right, I agree. So you know it's like the female OBGYN that's had babies. You know she knows what it's like to birth a baby. So they push me through experiences. So, as an example, sometimes I'll go through a day, three days, four days, maybe as much as five or six days of feeling really agitated, having a lot of sleep disturbance, just energetically affected. It took me quite a long time to figure out what was going on. But so I go through a period of daytime agitation and nighttime agitation and it just kind of pops up out of nowhere and then it will calm down. But because either I can talk to my own guides or I've learned how to talk to my guides and my higher self and I can ask questions to a couple of people that are capable channels.

What I know is that at times we as souls in body, we as humans, we're I like to call it an upgrade. Just like we upgrade a program on our computer, we're upgraded energetically. We're upgraded in order to take on greater responsibility on the planet. You know that greater responsibility it doesn't have to be somebody like you or me, Julie, necessarily that's out there with a public persona and you know doing things publicly, or speaking or writing or whatever of an ill family member and they need to make the decision to maybe cut back on their paid work or type of work and have the gift of walking the journey with an ill family member. We might be upgraded to do that but we are at times, and we always as a soul, at the soul level, agree to the upgrade. It's not forced on us.

0:44:03 - Julie

So the upgrade is not part of our soul's path when we incarnate, rather, it comes in, perhaps midlife kind of that is an upgrade. Or do you think it's all part of the master plan and then it's up work in the road and the upgrade is okay, I'm going to go right instead of left. Is that part of the free will thing? I think it's up work and the road and the upgrade is okay, I'm going to go right instead of left. Is that part of the free will thing?

0:44:23 - Linda

I think it's yes, and yes, I think it's. I suspect I'm almost sure about this that my guides and probably my agreement before I was born, as Linda, was I was going to have this opportunity to step into unique kind of work work. You know what I do now. But on the other hand, there are times when it's on the fly. It's like, okay, you know Julie's doing, Julie agreed to do a podcast and write a book or whatever, whatever it might be, but we want to expand that. We want her to do more. The planet is badly in need of more of what you offer, Julie. And so it's like we're going to. I call it being pushed through a keyhole, because when it's going on it's challenging. It's like why am I so edgy? Why do I feel so uncomfortable? But what I know, because I've gone through it far more than once, is then it just eases off and it's done.

0:45:33 - Julie

So it's yes, and yes, I live in the deep south, so they would say now, darling, you're being led. You're being led to do that. That's what they say down here. All right, I want to talk about lives between lives. But first you, girlfriend, have been educated by two giants in this space, Drs Michael Newton and Brian Weiss, and they're both pioneers in all of this past life stuff and they got all that alphabet soup at the end of their names, like you do, you know, with all those fancy degrees and everything. So please tell us about these extraordinary men, how they impacted your life and how you even got in touch with them. How did, how were you led to them? How did you get into the space where they could lead you personally? Not just by reading their books, but you. You trained personally underneath these guys.

0:46:31 - Linda

Yeah, and let me just clarify that, though I do know Brian Weiss, the bulk of my training was with Dr Michael Newton, and not primarily. I highly respect Dr Brian Weiss, obviously he's a seminal teacher in the field, but primarily my experience, and very deep and personal experience, was with Michael Newton. So tell us about him, yeah, and I'll just say, and because I want listeners to think about this, these opportunities, and I'll explain how I connected with Michael Newton, but these opportunities are at times, and probably oftentimes, created at the soul level and then we as humans decide what to do with them. So what happened? Long story made short, I have this experience, obviously with my colleague dying. I become fascinated with this type of work with soul and regression and past lives and evolution and all of that. And initially I got involved. There used to be the organization is gone by the wayside there used to be an organization in the United States of regression therapists and I became involved with that initially and took training with that group. But then so Dr Michael Newton, who wrote the original, again seminal books in what he called Life Between Lives, spiritual Regression Michael's first book came out in 94.

I found it in a bookstore, I bought it and read it and decided I needed to find a way to meet Michael Newton and so I wrote to him through his publisher, which became my publisher when I started writing books. I wrote to Michael and he said and I used to tease him about this Michael said Michael was in his late 60s at the time. He'd been doing this work for years but he'd never written about it until 94. And he said Michael was in his late 60s at the time. He'd been doing this work for years but he'd never written about it until 94. And he said oh, Linda, this is great, I'm going to train people in my work. Would you come to my first training at this professional conference?

Well, I went to the professional conference, met him in person he gave a two-hour talk met him in person, he gave a two hour talk, which is not training. And I said after that he and I chatted and I said this training needs to be days in length, not two hours, and over time. That is what led Michael to create a full blown, days at a, you know, days in length training. And that's how I and then I worked closely with Michael and once I trained, started doing the work. Then I ultimately co-taught the work alongside Michael, and so but'll say I know that opportunity was handed to me and I had to decide what to do with it. So that's the way that works at the soul level. Michael was a fascinating person. Um, he was old school. He was very black and white. It's this way, not that way. But he was also very gifted in what he brought to the planet.

0:50:07 - Julie

Oh, you catalyst you to help him create his training. Doesn't the University of Virginia have like a whole department of people that study this stuff, do research on it and teach the past lives?

0:50:22 - Linda

The famous person you're thinking about is Dr Ian Stevenson, who was in the Department of Psychiatry at what we call U of VA. I used to live in the South myself I don't live in the South now, but I have lived in this and so Dr Ian Stevenson was on the faculty the psychiatric faculty in the men's school in Charlottesville at UVA, and he's the one that started doing the research on children's memories of past lives children in Pakistan and India, where those lives could be validated through talking to neighbors and saying oh yes, there was a woman that died and she had a child and there was a fire, and blah, blah, blah blah. That was Ian Stevenson. And then, when Ian Stevenson passed, dr Jim Tucker at University of Virginia took over Stevenson's work. Their work is about children's spontaneous past life memories.

0:51:23 - Julie

Well, and Dr Weiss too. Didn't his story begin when he and he's a psychiatrist, correct, and didn't he have clients or patients for him as an MD? He had patients that came in and he was in therapy with doing therapy with them, and all these past life stories started coming out and he was going what is this? And it led him down his path Is that? Am I remembering that correctly?

0:51:51 - Linda

He was you know as is the case for a lot of psychiatrists, and especially older psychiatrists hypnosis training. I don't know if it still is, but hypnosis training used to be an automatic part of med school for psychiatrists. So yes, brian Weiss was using hypnosis to help his clients with current life problems and spontaneously he had clients start telling him about past lives.

0:52:23 - Julie

Right yeah, Talk to us about lives between lives Is that between lifetimes and we're in heaven. I'm using air quotes and we're kind of going okay, well, that was interesting what I experienced in that life, so maybe next time let's tweak it a little and I'll be born here with these parents and blah, blah, blah, and we come up with our next incarnations kind of basic roadmap of what we want to explore and experience. What's it mean when you talk about lives between lives?

0:52:59 - Linda

Yeah, I've said this a zillion times. When Michael Newton created his term life between lives, spiritual regression that was Michael's term. It's a little bit of a confusing term and I still use it slightly. I call that type of regression that I do between lives soul regression. It's a misnomer and here's why. So the regression that Michael Newton created and I even though I've tweaked it a bit because I studied with Michael over 20 years ago it really means that the client in regression is going to experience their soul level. They're going to connect with their higher self. And between lives simply means connecting with our soul energy. Maybe here's a better way of explaining it.

When we're incarnate, we bring you know, think about a pie, an old-fashioned pie. When we get ready to be born, we bring a slice, a holographic slice, of our soul energy into our body. That causes us to live and breathe. The remainder of our soul energy is our higher self that resides. Call it heaven, call it the spiritual realm, call it the celestial realm that resides at a higher frequency, where our guides and loved ones reside. So when Michael used the term between lives, he really meant soul level. We're going to work at your soul level when I guide that kind of regression and also when Michael did too, then the in a between lives, what I call between life soul regression the guide of the client will bring forward benevolent information for the client that the guide feels the client needs to move forward in their current life. It might be about past life, it might be about the purpose of current life, how we planned our current life. Who are souls we've known before and so why do we have these relationships with souls we've known before.

A major part of the type of regression that I guide, that Newton guided, is soul level and at our soul level what needs to come forward in the regression comes forward spontaneously, and I have clients bring personal questions to the session. You know why have I had this health problem? What does that mean? I've always wanted to become a musician, but I've been an accountant for 25 years. What do I do about that? Why didn't I decide to come into body? Where do I come from? Why do I? For interplanetary souls? Often interplanetary souls will say why does the night sky fascinate me so much? Why do I wish I was out there versus here? Those kinds of things.

0:56:16 - Julie

Weeks ago when I was regressed and you know, I brought a question to the table and I said where does my interest in healing originate? Because I'm an inventor of surgical devices sold throughout the world and a former manufacturer and nine companies I found it from scratch. Half of them were in the medical industry, not as a provider, but giving providers what they needed to help. And then I get into all this energy healing stuff, and so that was a question that I brought to the table where it made sense to me and I would imagine this is what you explore with your clients is okay. Well, that makes total sense if I've had all these past lives when I've been doing healing stuff and in this lifetime I've explored healing from a multitude of ways in different companies that I founded, and now I'm doing this woo-woo stuff.

It's the most fun thing with healing I've ever done, right? So yeah, it's fascinating how we can explore all these things. Back to the past life thing what's the bottom line here for your clients when they know what their past life has been? Do you see that it relieves emotional trauma? Does it help them heal from a medical condition? Do you find that it's an instantaneous kind of a solution that's presented, does it require multiple sessions that can unfold over days, weeks, months, even years. What are you seeing?

0:57:51 - Linda

Boy? I mean that again is a question with lots of different answers. For some clients they discover something that happened in a past life and the symptom, the worry, the fear, the obsession, whatever it might be, it's just gone. Because regression is not just a left-brained tool, it's an energetic and a right brained tool. So it it serves excuse me, it serves our consciousness. It serves us at the soul level as well as at the everyday human left brain level. For some clients it gives them an explanation of, let's just say, their fear, and then the fear may not fully go away, but when it arises, they understand it and then they cope with it rather than putting themselves down for, oh, what's wrong with me? And you know why can't I stop having this reaction? Blah, blah, blah. So it it. It varies a lot. Quite often I work with clients one time, and one time only, and they gain what they need and I don't work with them again. But that's not to say that I don't have clients that I've done repetitive regressions with. So it really varies.

It depends on the issue. It depends on what's their path in this life, what is their own soul and their guide calling them to do in life today and how to move forward with that. So you know.

A quick example here's one that I remember from a client I worked with last week. She discovered a great deal about who she is as a soul, why she's in body, what her life purpose and intentions are, and she found that very useful. A few days later she wrote to me and she said, Linda, I've since the regression. And she said, you know, thank you, thank you. You know, there was a lot of fascinating and important information, but I have felt like I've had a mild case of the flu ever since the regression.

You know, Linda, do you see that? What does that mean? Blah, blah, blah. And I said to her. I said, yes, I think now you're going through a cleansing. Now you're going through a release of energy and memories and challenges that you knew nothing about, and now your body and your soul are doing a bunch of letting go. I mean, we often, you know illness, especially sort of minor illness like a cold or mild symptoms of a flu, is a cleansing to release. And she said she wrote back to me and she said you know, somebody else told me that very same thing. So I'm pretty sure you're probably right.

1:01:10 - Julie

Yeah, great analogy. A couple more questions for you as we're winding down here. More than 25 years ago, you founded Ravenheart, a mystery school for advancement of the soul. What a great descriptor there. Kudos on that one. Tell us about it. Please tell us about it.

1:01:33 - Linda

Well, let me so. Maybe a lot of people know this and I'll tell you about that in two ways. You know, in ancient times, particularly in ancient Egypt, there were mystery schools. People can track this on the internet. There were mystery schools, you know, thousands of years ago in various places in the world, including ancient Egypt, and I'll just say I'll just insert a quick comment Egypt is one of the three oldest civilizations on the planet and it's the most advanced civilization, and it is a place where I co-led a spiritual journey with a group this year with an Egyptologist colleague of mine, and we'll be doing that again in 2025. But so these mystery schools, they go back thousands of years. These were teachers and groups of people learning about the soul, working on understanding the soul. So that's where the term mystery school comes from, where the term Raven Heart Center comes from.

When my colleague passed I'm glad you asked me this. Sometimes, people, it's kind of an interesting story when my colleague passed and he's talking to me from the other side and I know it's him, but it's surprising to me where we were living at the time. To me, where we were living at the time, I needed to go find somebody who channeled. I needed to find a person who would help me verify or, you know, invalidate what I was receiving from my colleague. And one of the pieces of one of the things that my colleague was telling me is there was something metal that he wanted me to retrieve. There was something metal he wanted me to have. So I found a person who channeled in my community and I scheduled an appointment and maybe a week later I went to see her and she began to channel and she began to channel. And the thing about the metal uh, the metal item is that, um, I needed to get the key to our joint office space back from the wife of my colleague. So that's the thing about metal. But then the channel, the woman who channeled, said Linda, your colleague is going to show up as a Raven. Your, your, your, your colleague is going to show up as a raven. Your colleague is going to show up in odd ways in your life as a raven.

And I'm sure people know that indigenous culture believes that animals serve as signs and guides and that sort of thing. Well, sure enough. I mean, I had a lot of different experiences after that with the raven, but one of the kind of surprising and very kind of strong and overt examples was a few months later. I was leading a spiritual workshop for some women at my

home on a Saturday and before the workshop started this particular morning, one of the women that was coming to the workshop called me and she lived kind of out away from outside the community in a rural area and she said Linda, you're going to find this the weirdest request.

She didn't know anything about the raven for me. She said I woke up this morning I walked out on my front porch and there was a wounded raven on my front porch and she said so I gently picked up the raven, put it in like a cat carrier cage thing and she said I'm going to feed it and I think if I leave it by itself all day it might die. And she said I know this is crazy, but could I bring the raven in the cage to the workshop?

And I said you absolutely can bring that raven, we need the raven. So anyway, the raven was quiet but sat off in the corner in my house where I was teaching the workshop.

1:05:39 - Julie

So yeah, wow, and what do you do at Ravenheart?

1:05:42 - Linda

Well, you know, Ravenheart Center is simply the name of the work that I do and also the work that my husband does, and so Ravenheart Center is the name of you know of our business, if you will, where I guide regression, I train people At times, we take groups places, I teach courses. My husband is a very capable channel and he does private channeling sessions. So the Raven Heart Center is the name of our work.

1:06:17 - Julie

Okay, and that's where you do your training too Exactly. Yeah, interesting Last question's where you do your training too Exactly. Yeah, yeah, interesting Last question why do we incarnate?

1:06:27 - Linda

I mean, as we've talked about, to grow and evolve, to gain greater wisdom and understanding and, you know, come from more healthy perspectives, whether it's humility, whether it's supporting others, where we learn to not come from our sort of what we might call an ego perspective. We come from how do we aid others, how do we aid humanity? So it's how we evolve as a soul.

1:07:01 - Julie

Great answer, wow, you are just extraordinary. You are fabulous. What a just beacon of wisdom you are. So thank you for the work that you're doing, for helping educate the world and helping people really understand a little bit more about this spirituality thing, that it's much bigger than what we've all been taught, certainly in religions and through other cultures, that maybe we've learned about in school. How can people learn more about you and your work?

1:07:41 - Linda

So people can find me on my website and, as we just kind of talked about, it is the name of my work, so it's all run together Raven ravenheartcenter.com.

1:07:55 - Julie

So everything is there on my website All right, and we'll have that in all the show notes as well, so it will make it easy for people to find you. All right, everybody. That's it for today, my gosh. Lots to unpack, lots of food for thought for all of us Sending you lots of love from Sweet Home, Alabama, and from Colorado to where Linda is. We'll see you next time.

1:08:23 - Annncr

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

1:08:34 - Disclaimer

please visit AskJulieRyan.com this show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional. The Ask Julie Ryan Show, Julie Ryan and all parties involved in producing, recording and distributing it assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.