

## AJR - Jody Long Transcript

0:00:01 - Annncr

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

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Jodi Long with us on the show today. Jodi's a retired attorney who researches near-death experiences, after-death communications and other paranormal phenomena. It's going to be interesting to learn what similarities and nuances, if any, show up in Jodi's research and how her findings help people. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Jodi. Jodi, welcome to the show. I'm so delighted that you could join us today.

0:01:30 - Jody

Oh, thank you, Julie. Glad to be here.

0:01:33 - Julie

As a former attorney, I'm interested in your path from going from the law into researching near-death experiences and other paranormal activities. Can you give us a little bit of a synopsis of that path for you?

0:01:51 - Jody

Sure, basically, what happened is I've been into the paranormal since I was a teenager and I've always had strange things happen to me, so it's not that big of a leap. But yeah, being in law is totally very opposite to being in a you know like, for instance, being in a nice easy job. I mean, it's very contentious and it's probably working in criminal law is probably the antithesis of working in, you know, in a spiritual realm. But you know, sometimes I think it's really important to be able to understand the difference between we're in a two, you know, a three-dimensional world, which is part of the duality, and trying to understand how do you navigate that, where's your boundaries, where's all that kind of information and how can you discern truth. And so being an attorney really helps me be able to turn my BS meter on and say, okay, that just doesn't sound right. Or oh, yeah, I like this. I'll go a little further into that.

0:03:06 - Julie

Yeah, it enhances your intuition. It sounds like.

0:03:10 - Jody

I think so yeah.

0:03:11 - Julie

Yeah, so you were interested in paranormal stuff as a teenager. Can you give us how that even came about?

0:03:18 - Jody

Did you witness something, or Well, when I was in, when I was actually like about actually about seven years old, I remember one time I was sitting out in the plaza wonder if I can talk to her now, and I was seven years old and I said, well, what can we do to see if somebody's out there listening? And so I went and said, oh, I know, well, we'll make it rain, because it's really hot out, 100 degrees plus, not a cloud in the sky. And I said, okay, well, we'll make it rain. And to my surprise I started praying and here comes the clouds and it actually did rain. And after that, yeah, and so after that, that sort of got me going, I mean, as a little child, to have that kind of validation that somebody's listening to you. That makes it really exciting and it just kind of enhances any kind of faith you might have been hearing about in church. But this was, hey, this is real life demonstrations. It works.

0:04:39 - Julie

So it wasn't a matter of you felt like Wonder Woman and you were ready to go put on a cape. You asked, and then it happened, kind of a thing. Is that the case, exactly? Yeah, interesting, okay. So then fast forward. You witnessed some other things as a teenager, and then what made you decide to go to law school? I'm looking for what was the trajectory to get you from practicing law into doing the? You know the spiritual, the paranormal work that you do now?

0:05:12 - Jody

Well, the practicing law came because it was the fastest way to get my four-year degree, because I had taken and changed majors several times. I was actually a nursing major and I decided I really didn't care about wiping people's butts Sorry, you know, cleaning their teeth. I was like, no, that's really not me, and I could be a doctor. And I could actually, and I had the smarts there, you know. So I was like, well, why don't I just be a doctor? We'll make this a lot easier. And so I went through and I got all my prerequisites, you know, like all the science and all the chemistry and all the physics, all that kind of stuff that you have to do. And then I just said, you know, this is not working. And so I took some time off and said, ok, let's go find myself working. And so I took some time off and said, okay, let's go find myself. And lo and behold, after I had done that I said, okay, what's the fastest way to get a degree? It turned out, since I had been majoring in, I had switched my major over to communication because that was the easiest to get to law school. And so I became a lawyer and went to all my bar exams.

And then from there, it was several years after that, probably about 10 years after that, because I'd been working in family law and then working in criminal law and then I met my husband, Jeffrey Long, and he was the one that was interested in the near-death experience. I knew about being able to meditate, I knew about having to, you know, working with different types of energies, working with elementals and working with hands-on healing, working with all kinds of different things, but I never heard of the near-death experience before. And so, working with him, I just kind of looked at his website and said, oh gosh, this is not going to work. We don't like those colors. We have to get it to stand out. We have to move it along here. So I said here I tell you what, you tell me what you want on it and I'm going to make it look pretty and make it stand out. You tell me what you want on it and I'm going to make it look pretty and make it stand out.

And so I started to take over all three of the websites and basically what they are is the Near-Death Experience website, which is the NDERF.org, which is the research foundation for the NDE.

Then we have the After-Death Communication Research Foundation, which is about after-death communication. Then the other one is the Out-of-Body Experience Research Foundation, and what happened there is that website had its own near-death experience where it was like dying, and then we brought it back to life and it turns out that we were getting so many experiences from all over the world. It turns out that we were getting so many

experiences from all over the world they were all different types of experiences and so we said you know, there's a lot more to this consciousness and what we can do that they call paranormal. That's actually normal. And so we started collecting things like spiritually transformative events, experiences. We buy location, we just teleportation. We started collecting all these different things that people do, and so we have quite a collection of all the different types of experiences that can possibly occur in the human realm. So it's really very, very exciting.

0:08:47 - Julie

So you were led, just by helping your husband with the website, into really getting involved with this research and everything. Isn't it interesting how we're led into different areas and different callings in our lives, oftentimes through ways that seemingly are, you know, so far away from getting involved. I mean, you were being led in kind of a gentle way to get into this stuff from a big perspective. It sounds like.

0:09:23 - Jody

I think so, and it really helps. Even though my background was kind of circuitous, you know, I didn't exactly go from point A to point B it really helped to be able to learn the different, the critical thinking, the logical thinking, and being able to put that into voice, to be able to speak it, and to be able to speak it and to be able to teach it, to be able to manipulate the data, to be able to move it, to be able to analyze it and know what the scientific method is and how does like, for instance, it makes it a lot easier for me to communicate with Jeff, because he likes his information in a very particular way and and cause he is the scientist and so, yeah, I know what the scientific method is, and yet I'm I'm still open enough to all the other things, uh, and I've experienced so many of them that it's like, okay, you know. However, I'll talk to anybody in whatever language they want me to.

0:10:27 - Julie

Yeah Well, along those lines you were talking about your BS meter earlier. When you have stories that are submitted to any one of your three research websites, are there some that seem like they're just not credible for one reason or another? Do you have a standard that you use that story? In order for it to be included in your research project, it has to meet those parameters.

0:10:58 - Jody

Actually we do. The most heavily studied website that we have is the Near-Death Experience, and that's because that's Jeff's, that's his specialty, that's kind of what he's known for and because of that he has developed like a criteria. For instance, we use the Grayson Scale, which is the Grayson near-death experience scale, and what that does is just we have there's no universal definition what a near-death experience is, and you'll find that some people will be talking about the near-death experience in a way that can include dreams and other people will use very specific types of what a near-death experience really is and it will totally wipe out all the other things. So what Jeff has done is he has made the criteria. First of all, we have a very stringent definition for the near-death experience and from there he uses that definition and when he does his analysis, you know when you're reading, things are never clear-cut all the time. Many times it could be like a is it okay, for instance, drugs? People die all the time from many, many different things. At what point does the brain, does the drug that affects the body addles the brain, et cetera, et cetera? At what point does that person actually become dead? You could actually see it really clearly when you read the experience, because you'll hear them say look, I couldn't even think straight, and here I was out of my body and I could think. Perfectly, I had universal knowledge. I mean, this person was very clearly lucid. Everything was not like a dream, it was clearly one thing after another, after another. It followed a clear pattern where before they might have been explaining something but it didn't have that clarity. But when they're out of their body and they can say, oh yeah, I was dead, I wasn't breathing,

everybody was having a in a panic mode trying to get me to breathe again. You know, you hear these types of things all the time, so, but sometimes it isn't quite that clear cut.

You'll get something like you know, where you can't quite tell if it's really an NDE or if it's a probable NDE. You know, because, for instance, a probable NDE would be something where you can't timestamp it. That's part of the analysis that we go through, and so to be able to timestamp an experience, they have to have the experience during the time that they were dead. Now, if somebody is in a coma, you can't tell exactly when they're having that experience. Did they have it in the very beginning? Exactly when they're having that experience. Did they have it in the very beginning? Did they have it during a different you know? Did they have it at the end? You really can't tell. So a coma is probably going to be a probable NDE.

Now what Jeff does is he uses a Karnofsky scale, which is a doctor's diagnosis of how dead is dead. Okay, they have many different criterias of how close to death they are. Then he uses the Grayson scale and if the experience scores a 7 out of 10 of the certain elements that are typical of a near-death experience, then he uses those. So it has to be NDE according to our definition, it has to score as a life-threatening event and they have to be consciousness separated from the body. And so these are all during the time of, of imminent life-threatening or or actual death.

And I know people like to play with that. Oh well, they weren't quite dead. Well, that's not everybody, that's a few people, you know. If you look on the scale, you're going to see most of them. The bell-shaped, the bell-shaped curve, you're going to see most of them are right in the center and very few people are way out here and very few people are below the seven, you know, or having just a few of those elements. So he uses solid NDEs and because of this particular way of scoring the experience we can actually say what exactly is a near-death experience and how does that differ from other types of experiences? We haven't really defined or we haven't really gone through and compared them to other types of experiences. At this point it's just getting the NDE down and making sure that your p-value is going to be less than a certain amount and it's actually fairly consistent this way, so that all of the elements in the Grayson scale actually show up very nicely and their answers are very significant as happening correlating with being dead and having this type of experience.

You've mentioned the Grayson scale a couple of times, the Grayson scale talks about things like was your experience joyous or was it just happy? Was your experience joyous or was it just happy, or was it you didn't? You couldn't tell. You know, there's three things that can happen, and depending on which one they pick, they will get a score. So obviously they put no, they're going to get zero. If they pick happiness, I believe that's one. If they pick happiness, I believe that's one. But if it's the joyous, the beautiful, pleasant, joyous answer, you're going to get two. And so there's many questions in there like that regarding time, regarding did you leave your body? Did you see deceased relatives? Did you see any mystical beings? You'll see all kinds of different questions. I think there's like about 15 of them, and so we score them according to how they come up.

0:18:04 - Julie

So when you're doing your research. What are some of the commonalities that you're finding in your NDE stories that have been submitted, that have been accepted into the study?

0:18:21 - Jody

Basically what you see is, you will see that the elements of a near-death experience, the things where people talk about leaving their body where they can, the tunnel, being able to see the light at the end of the tunnel, being able to see the, having a guide, and that guide can be a relative, or that guide can be a heavenly being, or it can be Jesus or God themselves it all

depends on the person, and I think that what people and I that that this is sort of a little bit of an offshoot, but this is the lens through which I view it as and people who go through this experience it seems like they will see it's sort of like a co-creation, because when they go over to this realm, it's to this realm, it's like they're in a multi-dimensional environment and the person will have to take this and interpret this multi-dimensional experience and somehow be able to explain it in a three-dimensional brain. And so I think that what happens over there and how we funnel it and how we remember it and how we communicate it, may be different than what they actually expand over there, because they don't have that kind of fourth-dimension, fifth-dimension language to explain it. They can only say, well, it's like this. It's like love times a million. So I will go back to the elements, like you were talking about, and love is actually love, peace, all knowledge, it's just. Everything is totally expansive over there and we're all connected. It's universal. It's one. You think of something, you zoom right over there. You don't have to worry about walking or you know, unless you want to walk.

But these experiences are things that I've heard people describe the near-death experience. Some people think that that is the end of their afterlife and this is where they're going to stay forever. Other people I've heard them say that this is a way station, that heaven is much grander. But you know, you have to take things in baby steps. You can't just be automatically given all this. You know, like, like something from the sixth or seventh dimension. You just wouldn't get it. You've got to be able to communicate with the human and so many of these things you know, like the um, uh, being able to see your relatives, being able to experience these fantastic emotions, maybe being able to go out into the galaxy.

I love those experiences where they show up and they're like, oh, I'm a star being. It's like, oh, how cool. What is that? You know, and they get to talk about how they feel like one and how they're like this one person. One of my favorite ones is this fellow from the United Kingdom. He goes over and there's this he is a star being and he's in the middle of all his people, you know, but they're star beings too. They're just stars and they can talk. They know exactly what is happening, they know exactly what somebody's going to say, but yet they still communicate by saying it. There is no deception when you talk and they just have this great, wonderful time up there and everybody gets, everybody. You know, I'm like going. Ah, wouldn't it be awesome if we could do that here on earth, have all that joy and all that happiness and all that peace and calm and just belonging. You know the unity. It would be incredible.

0:22:38 - Julie

Yeah, yeah, well, and when you start talking about different dimensions, I think a lot of people are going, huh, what's that? And that's another story, but how I frame it is it's just we have our human perspective and we're trying to describe things that we don't have a frame of reference for in a human way, so that it's somewhat understandable to us. And I think that the work that you and your husband do, quite frankly, is so beneficial to people that have been through an NDE who think am I just losing my ever-loving mind? And no, they're not, because there are others that have had similar experiences, certainly not identical, but similar enough that it gives them a frame of reference for, okay, maybe I really haven't lost my mind and maybe this really is happening and really did happen.

0:23:42 - Jody

Well, the other thing is so many people they don't have that we are immortal beings. We're immortal and we can't be killed. So why are they so afraid of death? And I think a lot of it is because they've been conditioned that way here on earth. But I've had so many people say I am not afraid of death anymore and because of that, instead of people, when you're talking about holistic type of things, I know that a lot of people will come to our websites because they are interested in knowing well what is death. What does it feel like? What can I expect? When I go to the other side and it's basically just absolutely wonderfully beautifully. It's the most amazing place you could even imagine with your human brain.

But you know the caveat yes, there are negative experiences. I mean, I always hate to say that because around Halloween man, everybody wants to know about the hellish experiences and you're like going well, you know, out of all the people who die and come back, you've got probably between 15 and 5% who have a near-death experience. Now, out of those people, you may have 1%, maybe 2, tops 2%, that have a negative experience and you have to start wondering why do they have a negative experience? And you have to start wondering why do they have a negative experience? And I got to tell you there's a couple of things that have been brought up. One of them is that this is sort of like they've gotten off course. They've gotten off of their spiritual course and so because of that they need a course correction. And so sometimes they'll say, oh well, I've gotten a second chance at life and I can make it better this time. Now we do get quite a few of our negative experiences that say that we get another part of the hellish experiences.

I think a lot of that is subjective. For instance, if a person is in an ambulance and they happen to come outside of their body and they see a bunch of angels, me personally, I'd be pretty excited. At least it's angels, okay. But a lot of people this guy was terrified. He says, no, I can't die, I can't die, I have too much to do, I can't die. And so he's terrified, he's going to die because he's got too much to do. Okay, now look at another way.

Some people are very afraid of being alone, and they will be afraid of being in the dark alone, because that's known as a void, and this void some people have described the void. They love it because it feels like a warm, cozy womb. It's like going back to the mother and, oh, you feel so secure, warm, comfortable, happy, loved. They truly enjoy that experience. Other people, they want a lot of other people around them and so they want, you know, they're totally afraid to be alone and that turns out to be a very negative experience for them. And so they want, you know, they're totally afraid to be alone and that turns out to be a very negative experience for them. And so, again, that's that subjectivity that goes on.

And another thing about the negative near-death experiences that a hold of somebody who's gone through an ICU experience a lot of times what they're given is morphine, and morphine causes these hallucinations and they cause the delusions and they cause a lot of things that make people not really grounded in this reality. They'll say, oh, yeah, I died, I had an experience. Well, yeah, they probably did. But then they'll say it's an NDE, not quite.

Sometimes they'll call a REM intrusion, like, for instance, if you hear an ambulance and that's getting through to your subconscious and you hear this ambulance, well, it may turn out in your dream.

It would turn out as maybe a blaring siren. You know, and who knows what you may be dreaming about, but that's not necessarily a near-death experience because it happens in the brain. Now, if you're outside of your body and something like that happens, you may be aware of the siren, you may be able to see it, you may be able to hear it really clearly, crystal clear. Those are a little bit different than if something is happening, where you're perceiving that experience is happening in your brain. We actually have some of those in the near death experience where you can actually see where a person is having an experience. They're out of their body but then they slam back into their body but they still have some of this REM intrusion going on and you'll notice that it's not near as lucid, it's not near as vivid and it certainly is not near as ordered. It gets a lot more dreamlike and so you kind of tell when these types of things happen whether it's actually outside of the body it happens or if it happens inside the body.

0:29:43 - Julie

A couple of points on that. My book Angelica Tendence what really happens as we transition from it is about how we're surrounded by spirits of deceased loved ones and angels and all of that, and it's to help just deal with all the fear that we've been so indoctrinated into in our Judeo-Christian societies, especially in the Western world. You know you're either going to fly or you're going to fry when you die. So I'm on the same path as you guys. You know, helping people understand there's nothing to be afraid of. It's glorious. That's number one.

Number two when somebody talks about a scary or demonic or something like that experience, how I explain that to them is when we're taking an experience in a different dimension and we're trying to put it into our human frame of reference, it can look scary to us because we don't understand it. And when we don't understand something, oftentimes we'll go into fight or flight and then we lose clarity on it. An example is I have a friend who could see a spirit coming through her front door and she said it was an evil spirit. And I said well, tell me about it. She did and she said you know, it was very distorted and the face was big and all this other stuff really scary. So she got her son's golf club that was in the umbrella stand next to the front door and she said you are not welcome on my home, you leave. And she was going to hit it with the golf club.

Well, first of all, it's a spirit. I don't know that that would have done much good, but spirits are always going to leave, you know, if we ask them to. And so what I explained to her was she has a very thick, heavy wooden front door and as the spirit was coming through that dense front door, it distorted the spirit's images as she was perceiving it, similar to back in the movies when the bank robbers would put a you know, a pair of pantyhose over their face to distort their images, kind of a thing. And then we went on to talk with that spirit and found out that it was a spirit of a person that was looking for his daughter who had reincarnated as her daughter, and we got all this historic information that we're able to corroborate and validate with online information. So what I've heard a bazillion times from Spirit is all spirits are pure love.

0:32:19 - Jody

I can tell you we do get some. From a metaphysical standpoint, this is not what the NDEs say, but the earth itself is pretty dense and that layer above the earth is actually pretty dense too. So in order to be able to be a light spirit, people or whoever, they need to be able to have enough energy, enough frequency to be able to come up past that. Because if they get stuck in that one area, it's going to be hard for them to actually find that love and light. So they have to call upon God, they have to find this through other means. If they don't have it within themselves, they have to call upon their guides or their spirit guides or whatever.

0:33:21 - Julie

But there is a darker place. My experience with that is that all spirits go to heaven when somebody dies. A hundred percent Some of them may want to explore and experience that space that you're talking of, to see what that experience is like. And so it's kind of like we can incarnate, we can go to a different planet, we can explore that space. That's my understanding of what ghosts are, ghosts like this spirit that was coming through my friend's front door. This was the spirit that wanted to explore and experience. He had died in the Civil War. I live in the Deep South and this spirit had died in the Civil War. We got his name, we got where he lived, we got all this information that we were able to validate, and so once he was able to reconnect with his daughter's spirit, then he was able to go on into the light. Yeah, exactly so. Yeah, I think we're saying the same thing just in a little bit of a different way.

And certainly all of us have been educated by literature and movies and things like that about. Well, we forgot the Christmas, carol, right, dickens, and so it's in all the literature you know, it's in Plato's Republic and Hamlet, and on and on and on and on, not to mention just the religious

texts as well. All right, let's change directions for a second. Okay, you were previously licensed to practice law in Washington, Louisiana, New Mexico and the Navajo Nation. That's quite a pedigree girl. That's quite a legal swath.

0:35:05 - Jody

That's a lot of law exams.

0:35:08 - Julie

Oh, my goodness, yeah, a lot of studying. So when I was reading that about you, Jody, I thought, all right, what led you to those areas? Because all of them have their own spiritual signatures. I mean certainly Louisiana. I mean you can't be in New Orleans without feeling the spiritual between the voodoo and the. It's an ancient city for those of us in America, certainly not when we go to other parts of the world, where I was just recently in an 800 year old castle, year old castle in Ireland, and you know they look at us like, oh, you guys are just all babies, you know, with your 100-year old buildings. But I want to see if there was something that drew you to those different areas. Why were you licensed in so many different areas?

0:35:59 - Jody

Well, I grew up in Washington State, kind of on the peninsula, and so it was natural for me to be in Washington State right, and I did mainly domestic law, you know, and that was highly entertaining, I bet.

0:36:20 - Julie

What's the spiritual? If you had to say, here's the spiritual vibe from Washington state where you grew up, what would that be? How would you describe that?

0:36:31 - Jody

My well, I look at it as far as being in law, there, the domestic I felt like I was a, I was a guide, because people would come into my office and they would be like a puddle of jelly on my floor, you know, I mean they just were crying, I mean they were so upset and it was just, it was just heart wrenching. But you know, I saw my role as saying, ok, look, you've got your rights, you can do. This is what you can do, this is what you can do, this is what you can't do. And then I could put them together and kind of steer them in a way that would give them hope and let them see that there is life after the divorce. And to me it felt much more like a.

You could use your spiritual guides that way, because you're an intuitive anyway, and so you can kind of see where things are going and how to make something better. Some people accept the changes and other people they just go on and they continue in their depression. But you know, you just do the best you can, you help them along and you just let them know that somebody is there for them in their depression. But you know, you just do the best you can, you help them along and you just let them know that somebody is there for them in that courtroom and they're not going to be taken advantage of.

0:37:52 - Julie

If you can help, it was there any kind of a spiritual vibe, apart from just your law practice about. If somebody said to you, is there a spiritual vibe about the state of Washington? What would that be? Did you notice something or was it? You were too close to it because you grew up there.

0:38:10 - Jody

For me it was the nature spirits. I mean I'm always running around and hugging the trees. I mean there's just something very mystical about being in the forest and being able to just have that peace and quiet. You can hear the birds, you can hear you know, you hear the creeks as they go by and you get to. It's spectacular to be able to see Mother Nature's beauty. And to me



it's sort of like it revives you, it gives you all that extra energy just because it grounds you and it's just so pretty, it's just beautiful.

0:38:47 - Julie

I agree. Nourishing, I agree. So what about Louisiana? That's how they say it in Alabama, Louisiana.

0:38:53 - Jody

There's definitely a spiritual vibe there in that area you really can pick up the voodoo. You can pick up, you go into one of those cemeteries over there and you can really pick up some really interesting things. Yeah, you know. But then again they back in the 1700s they had the scarlet fever and that pretty much. I mean they will tell you that they took bodies and they had like they were like you know, as tall as the buildings. They just stack one on top of the other and it is.

0:39:31 - Julie

I went with a bunch of girlfriends to a plantation, I think, in St Francisville, Louisiana, and it's called the Myrtles and it's supposedly haunted, and we went like 40, not 40 years ago, 25 years ago for my 40th birthday, and so we were there. This was before we had cameras on our cell phones and they had one of those big mirrors. You know, right when you walk in the foyer that the women would check to be sure that their ankles weren't showing, you know, in their floor-length dressings and all that kind of stuff, excuse me. So anyways, they had this mirror and they said that there were always handprints from little children in the mirror and they had changed the glass in the mirror many, many times over the years. Well, we couldn't see it with our naked eye, but one of our, one of my girlfriends, took a picture of it, Jodi, with her camera, and when she got the film developed you could see the hands in the glass in the mirror.

So, just one of many examples of fun things that go on.

0:40:38 - Jody

I thought about it and I can actually give you a very spiritual lesson that I learned down there that I truly love. And we didn't live in New Orleans, we actually lived in a place called Houma, and that's actually southwest of New Orleans, right, and when you learn about the culture down there, the Cajun culture is probably one of the more fascinating ones. They came down from. They started up in the Acadia, which was up there, like in New Brunswick, up in that area in Canada, and that's where the poor Catholics had come over and they were very family oriented and, of course, they're very, very hard working people and so they would come down here and they, they went to Louisiana and what I think is so cool about them is that they have a lot of really neat family values and they will not values and they will not.

You'll find very few of them that live more than 25 miles from the rest of their family. They're very, very clannish, very, very close, and they love to have fun. Everything is a party, so they exercise their joy all the time and I really I did really enjoy that. One thing about Louisiana the hurricanes you can actually tell Mother Earth, you know when you get down there and you start working with some of the elementals down there.

0:42:23 - Julie

It's an elemental.

0:42:24 - Jody

An elemental. These are spirits, Mother Earth spirits, and they're very, you know, like the trees, the earth, the water, the oil. You know these types of things and if you start working with these types of energies, you'll find that a lot of it has been very depleted because of the. There's been so much misery in Louisiana because of the hurricanes and it's really really a very rough

life. These people really have to work very hard to be able to eat the living out down there, but yet through all of it, they still stay very, very joyous and I love that.

0:43:15 - Julie

I think you've been led to all these places because they all have distinctive spiritual vibes to them, and so tell us about the Navajo from a spiritual standpoint.

0:43:30 - Jody

The Navajo are very closed. You know, they'll tell you that the kachina dolls are the toys that their children play with, which is what they won't tell you. What's a kachina doll? The kachina doll, oh, toys that their children play with.

0:43:40 - Julie

Which is what?

0:43:41 - Jody

They won't tell you.

0:43:42 - Julie

What's a Kachina?

0:43:43 - Jody

doll, the Kachina doll. Oh, they're really cool. I have several of them, but they're, you know, like they do look like dolls, but you know, like, they'll have the Thunderbird doing the dance. They'll have different poses. They'll have the Thunderbird doing the dance, they'll have different poses. They'll have the Mudhead head, they have the Coyote, the Cocomelli. You know, they have these different types of beings and what is interesting about that? For instance, they believe in shape-shifting. What happened when? Which is what? Which is what?

0:44:24 - Disclaimer

Explain that Shapeshifting it means they can change.

0:44:27 - Jody

They have people who are humans part of the time, but they can change into an animal. So I had a murder case one time. I was preparing it because it was part of a case that I was working on and I had to prepare it, and you get this oh, the guy shapeshifted into a raisin and he took the knife and flew away. Try defending that one. It's like well, okay, you know, a tragic one had to do with a skinwalker. They really believe in those skinwalkers. What is that? This family had been squatting in a trailer and the guy went outside and he was trying to get enough wood to be able to get the fire to light on the inside. And he went back to his wife and he says there's something out there. There's something out there watching us. And after about three or four times he comes back in and he is so absolutely petrified, worked out of his brain. It is a skinwalker out there.

0:45:47 - Julie

And what's a skinwalker? What's a skinwalker? I never heard that term.

0:45:51 - Jody

A skinwalker is kind of like a I want to say a mangy dog. I want to say a mangy dog, but you know, it's kind of like a werewolf kind of thing. Only if it wants to change shape, it takes somebody's DNA, somebody's blood, somebody's whatever and it kills that person or that thing and becomes that thing. And so they're very much afraid of these skinwalker things and it's part of their thinking.

0:46:25 - Julie

So this is a Navajo belief legend, kind of a cultural thing, yeah.

0:46:33 - Jody

But people say they've seen them, you know. So I don't discount that you know, and I don't know which. The natives, their native spiritual practices are very. Some people would call it superstitious, but others, I think that they're just very intuitive and they can probably see things that a lot of us can't, because of their belief system and because of the way they're raised. Our children are raised not to talk about certain things because it's quote, nonsense or whatever, and as they grow up that imaginary friend goes. But you know the Navajo, I think a lot of times their imaginary friends are with them through life. I never really got somebody to tell me that. I got people to talk to me about a lot of their rituals.

You'll see on the petroglyphs you'll see pictures of star beings. You will see pictures of the ant people. You'll see many types of things like, for instance, the Navajo sun, all these different symbols and these different stories, and you'll see the wildlife. You'll see the handprints of the people. You'll see all kinds of different things on those petroglyphs and a lot of those are actually in places where they don't let. They're specifically native. They won't let. They did show it on ancient aliens. They did have a fellow who showed them what some of these other petroglyphs looked like.

0:48:27 - Julie

Okay, so while you're talking about this, I keep looking out the window because twice now I've seen it there was a being with a wolf head on that's across the street in this kind of wooded area, you know, next to my neighbor's home, and it looks like something out of one of those Navajo ceremonies and my whole body, jodi, is just going. So when I look back now, they're not there. But it was like, like look back now, they're not there, but it was like you know, you'll see that they'll have a mask on or a costume or something for part of their rituals. I mean, my legs are still vibrating, my whole body. So there's something there that's going on with this Be this. You know it was spirit. Obviously.

What do you want Jodi and me and our audience to know? Let's just ask it what the heck? What do you want us to know? That everything that you're talking about is legit and it's just a fraction of what the native cultures have experienced and can see, that that the rest of us don't have the capacity to see because we haven't been ensconced in that culture and that ritual and you know, and all of that kind of stuff. Wow, that was wild. All right, let's go back to the ND&E thing. You didn't expect that. I don't know that I've had that happen before either.

0:50:02 - Jody

Well, it was a very spiritual place. I mean you know that they come from a lineage of very strong, noble people and they just have to remember who they really are, and I think a lot of them have kind of forgot that.

0:50:17 - Julie

Have you found that the NDE experience? Have you heard any of those experiences from Native American or other indigenous cultures and if so, do they differ from the ones that perhaps are submitted by somebody in the Western world or even the Eastern, the Asian cultures? Do you find that it's all the same? Do you find that there are nuances in the different cultures that show up?

0:50:51 - Jody

I would say that pretty much what happens is you're going to see that bell-shaped curve that I keep talking about. You know that goes up Most of them. You're not going to see any differences because they all talk about the same types of things. They're just really, really

similar because they're talking about the love, the peace, the universal knowledge. Even the deep ones are still very similar. When you start getting out like this and you get towards the edges, when you get down to the two percenters, you'll start seeing things like I did have a doctor from Sudan.

She had a near-death experience from Sudan. She had a near-death experience and she was greeted by two guardians at the gate and these guardians are like, I would say that they are more like what you would see, like one of their Valley of the Kings and some of those places you know with these big hundred foot statues. She was actually greeted by one of these big, huge things. You know two of them and they had their swords and they were dressed Egyptian style. You will notice there's one fellow who he was very close with, a fellow he called Grandfather Robert. It was a twist on many themes in the near-death experience because what happened to him was he always had this desire, this spiritual desire to prove himself, to show that he could make it through this evil. He could actually make it through. Now the way that it shows up with him is he actually does go to hell and he says, nope, I would rather be obliterated than come over to your side. At that point he actually did come back.

But you know, during this thing you've got the symbology, which is really similar to Inanna's descent into her hellish realm. And Inanna is a Persian princess, she's actually one of the gods, one of the Anunnaki. She's one of the Anunnaki and she actually does make it down into the hellish realm and she has to go through these seven veils. And his story is very similar. The seven veils is like his seven trials. He heard the bees, which the bees are very spiritual. The grandfather stayed on his side doing the spiritual drum to bring him back from his journey. He had so many things that were almost parallel with Inanna. It's very eerie. So you wonder, is this a realm he actually went to or did he actually experience this in a past life and he's just remembering it? I don't know, but it was really a very fascinating way to say, hey, I am so strong, I am so spiritual I can make it through any of this stuff. Yeah, really fascinating.

0:54:34 - Julie

Yeah, Bottom line. How do these stories help people? Bottom line, how do these stories help people? How do they help people who, in addition to those that have experienced what they consider to be an NDE, how do they help the rest of us who haven't?

0:54:51 - Jody

I think the first thing is you can see how much it changes the near-death experiencer, because those things that we were taught to value are no longer important. Those types of things you know where you have community, you have this love, you have this peace. This is their core being and when people read these stories, it gives them hope. They say look, this is our human nature, this is who we really are and we're immortal. To our human nature, this is who we really are and we're immortal.

So why do I want to put myself with all these people who are trying to take advantage of me, who are trying to use me, abuse me? Why am I staying with these people who are so nasty? I am love, I project love. So then you start getting, you start moving away from these people who are so negative and you start reflecting your spiritual values. So not only I think what's really encouraging to me is the fact that you asked me earlier. You said well, do these change depending on the language, their station in life, whether they have money, whether they don't have money, whether they have things or don't have things, whether they're spiritual or not spiritual, whether they're children or adults, no matter what the demographics are? These people experience the same thing?

0:56:26 - Julie

I agree. Well said, why do we incarnate? That's my last question for you. Why do we incarnate?

0:56:33 - Jody

I think that the ultimate reason that humans incarnate is so that they can have as many experiences as possible. They are trying to master our duality, our world of duality, by using free will, choice, and we are presented with so many different spectrums of choices that some of these consequences of these choices will lead us into a bad life or into a bad situation, and we're trying to maximize our spirituality and get as much frequency and energy and make as many loving choices as we can so that we can finally ascend to another level.

0:57:18 - Julie

Okay, great answer. You are so fascinating. My girl Multifaceted. I think you've had 15 lifetimes worth of experiences packed into this one so far, with the things that you've done and you've had the opportunity to explore. How can people learn more about you and your work?

0:57:41 - Jody

Well, we have our websites reading about the near-death experience, which is the [nderf.org](http://nderf.org) and the [adcrf.org](http://adcrf.org) and the [oberf.org](http://oberf.org). I also am starting a new podcast up, and so that's called Connections and Consequences.

0:58:04 - Julie

We'll put all of that in the show notes so people can find it All right. Well, everybody, thanks so much for joining us, sending you lots of love from Sweet Home, Alabama, and from Kentucky, where Cody is.

0:58:18 - Jody

We'll see you next time. Thank you so much. It's been wonderful. It's been a lot of fun, you bet.

0:58:23 - Julie

Bye everybody.

0:58:25 - Annncr

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

0:58:39 - Disclaimer

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