

AJR - Jon Labman Transcript

00:00

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.

Julie

00:43

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 Jon Labman with us on the show today. Jon's a transpersonal therapy and liberation counselor who survived child abuse, religious cults and multiple traumas in his early life. He now works with people to alleviate their suffering and realize how to live the life of their dreams. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Jon. Jon, welcome to the show. I'm so delighted to have you join us today.

Jon

01:30

And Julie, I'm so delighted to be here and I want to thank you for that and prompt your audience to please give you five-star reviews and like you, because you're doing so much for the world and giving so many people an education they don't get in school where they should have gotten it. So I want to thank you for that and say to the audience please like this lady and give her lots of thumbs up and give her lots of love.

Julie

01:54

Okay, can I hire you as my PR agent?

Jon

01:57

No, I'm too busy, but thank you.

Julie

01:59

Oh goodness, you call yourself an energy healer and liberation guide. What's that mean?

Jon

02:08

So I even formulated a different term. Since I sent that to you, I call myself a liberation therapist, and what that means is that I think that the spiritual world doesn't have enough of the human skills in it, and neither does the psychological world. That often, you know, when I was studying energy medicine in the 1990s with a student of Barbara Brennan's you know, Barbara Brennan wrote Hands of Light I just was told over and over again you all want to go up and out of your chakras. Right, you want to go up and out of your body. We need to be down and in the body.

02:50

But the problem with being down and in the body is nobody taught us how to do that. Nobody taught us how to feel our sensations, feel our emotions, know where the emotions came from, vet the thoughts that automatically generate on the left side of our brain. So we don't know how to be human beings first of all, and so I try to combine all of that now, the psychological, the spiritual and the basic human, so I actually could help anybody at any stage and to go as far as they want to go from, you know, even from really severe trauma I work with that's one of my specialties trauma treatment, but even from wherever they're starting to go, whatever little distance they want to go or to go all the way to what we call spiritual liberation.

Julie

03:43

We are singing the same song brother. We call spiritual liberation. We are singing the same song brother. First of all, my mentor was a graduate of Barbara Brennan School, which is hilarious, yeah, yeah. And the whole theme of this show, of all of my shows, is we combine practicality and spirituality to help you live a life of purpose and joy. Because I completely agree with you, and I go so far, Jon is to say that our emotions are an internal GPS system that we all possess that guides us whether we're on course or not, and we've got to differentiate between a real fear and a fake fear, and I want to get into that with you in a few minutes, but yeah, we're singing the same tune on that.

04:32

I know you're brilliant. Look at you. Oh, stop. Yeah, it sounds like your early life was really rough. Tell us about your childhood and your early adulthood and how that led you into doing the work that you're doing now, without re-traumatizing yourself, obviously.

Jon

04:51

No, I won't, but at this stage.

Julie

04:53

I mean you have quite a provocative background as a child and a young man.

Jon

05:02

Yeah, thanks for highlighting that. I mean so I grew up with sexual abuse at home, and I wasn't the only one being abused, and it wasn't the usual suspect either. And I grew up with as a result of that. I was very uncoordinated and very unsure of myself because the world was an unsafe place, and so I was bullied relentlessly in school and also I sang soprano, you know, and I had a really a trained voice, and so they made me sing soprano in the seventh grade in front of the whole school. So then I was called every name in the book after that and at about 15, I started.

05:47

I was in so much tension I was coming home with headaches every day and I started to feel like I've got to get out of here. I've got to teacher who was teaching New Testament at the local friend's meeting house and my twin sister came home and said I'm going to go to that. I'm like something leapt up inside of me and said I'm going too. She was like yeah, I don't want you there, I'm like I don't care. So I did that. I was also having a lot of psychological problems by that time. So I started seeing a therapist. But the other thing that happened was somebody came to our 10th grade high school class and showed 750 of us a film about an international high school on the south coast of Wales in a castle that had been owned by William Randolph Hearst of all people, and something again leapt up out of me and said I've got to go and do this. That was a transition point. The other part of the transition is that I got into the school April 1st. They told us that we wouldn't be able to get a scholarship because the parents were middle class and there wasn't money available. And since I was studying New Testament, I prayed every day like crazy God if you exist. I had such hubris in those days. God if you exist, prove it to me, get me into school, get me that scholarship. There was a postal strike. I waited a whole month for that letter. I got into that school.

07:24

I converted to evangelical Protestantism from being a reformed Jewish kid and then I went to school in Wales for two years. But I took my problems with me, my depression, my dissociation, my anxiety, my secret sexual desires, which were not allowed to be public because I'm gay. But I didn't want myself to know that, I didn't want others to know that, and so I finished that wonderful schooling. I got to travel internationally and then I went to college. My first college was Haverford, which was all male.

08:01

At that time I basically had a nervous breakdown we called it then, and then I sort of recovered from that, went to a Christian college called Covenant College, which was a Presbyterian church in America's official school now. It was a different denomination then and I ended up first leaving there to go to a California commune where I got depressed and they put me on a 30-day fast water only because they thought that would cure depression. And I ended up coming back home and I was hospitalized and had electroconvulsive therapy in a locked ward three times a week for four weeks and then in an open ward twice a week, and every time I had one of those treatments I thought I would wake up. Either I would die or I would wake up with no memory at all and no identity. And after that I went back to that same college and my mother divorced her second husband.

09:09

I had nowhere to go, so I stayed at school one summer and the next summer was another transition. I ended up going to a church community that was a cooperative community. The church was a denomination a denomination of the same college, or it was the same denomination. So I felt safe and the woman who really ran the church love-bombed me so well that I stayed the summer there, joined the church and as soon as I joined it there was a schism in the church. The elder that I stayed with that summer was excommunicated, with his whole family and the church. I came back to live there after school was over, but it devolved into a brainwashing cult.

09:54

And the next transition is somebody tried to burn the church down and instead of the elders and the woman behind them saying we must be making mistakes here, they said y'all are in sin. You're all being suspended from communion. You're hiding secret sin. If you don't confess it, by the time you've helped us rebuild the church and funded the rebuilding, you're doubly damned to hell. And, by the way, if you leave and you go out into the world, you're going to hell because you're breaking your vows.

10:28

We made lifetime vows and after I confessed to them that I thought I was gay around my birthday that year, I was 20, was I 29? I think 29. They said, nah, that couldn't be it because you've never acted on those impulses. And of course they didn't know what they were talking about. But at that point I was, as the audience might understand, in a double bind. They gave me two choices. I was doubly damned if I went back to church. I was damned if I left. And, by the way, if I was gay and I left and I acted out on that, I would get AIDS and die and go to hell. Lovely, wasn't it Right?

11:10

So after that confession, that didn't get me anywhere with them, I paced the floors for three or four months every night until three o'clock in the morning, went to my job every day, went to this kind of group awful counseling session every day, bible study every day, and finally exhausted. And as we were moving pews back into the church, I said to

myself something's wrong with this, I've got to get out of here. One day, when the rest of the guys that I lived with were out of the house, I packed up my belongings and I fled. The next day I was in therapy and that therapist saved my life and she totally helped me turn my life around. And you know again kind of audience you have may understand that I did not know that I even had any hope to be alive. I was suicidal.

12:03

At that point she said something to me I'll never forget and I've said many times now. She said you wouldn't be here if you didn't have any hope. You have some kind of hope in there. Can you take a look and see there's something in you that isn't about all this rain washing stuff. And she helped me to understand that I had my own feelings and my own thoughts because for years I had to just conform to what they said. She helped me come out of the closet and she helped me to understand I had to make the decision to be myself, even if everybody hated me.

12:44

And you know this was 1984. So we were in the middle of the AIDS crisis and you know homosexuality was new in the public eye. Anyway, it was not well-respected and you know I was called all the names in high school. So I really was afraid I would die if I was going to be gay. Somebody was going to kill me and that's happened to people. So I know it's true.

13:09

But that experience with her was that really major transition point in my life, because, although I made some of those mistakes again getting involved with, you know, very authoritarian teachers and in communities never lived with one again and I started to listen to that little voice that we all have, that your audience has, that says, I'm gonna say it this way, something ain't right about this, and that I also liked her work with me and I wanted to do the work, but I wanted to do other things first, so I did a bunch of other things, eventually ended up studying the spirituality of the East with students of Sri Bhagavan, roshni Shorosh, and experimenting. I had come out, but experimenting with because of another community leader saying if you have sex with women, you'll get enlightened.

Julie

14:13

Well, every woman loves to hear that. Well, you know, I mean that. That we tell our husbands that all the time, honey, you're around me and you're going to be enlightened. Yeah, exactly. And when my husband Tim says something to me like, oh my God, where's that idea coming from? And I just tease him, I say look, you could be married to some boring woman who only wants to talk about the casseroles she's making for you. Now, come on. And I take it as far as to say, if I get hit by a bus, he's years older than I am. But if I get hit by a bus, I say honey, there are going to be women down here in the deep south. They're going to have a casserole in hand, they're going to be wanting to come feed you. Well, I'll say well, your new wife, miss Cassie, short for casserole, miss

Casserole, and you know you could enjoy that with Miss Cassie. He just rolls his eyes at me but yeah, yeah, I think women enlighten all men. Yeah, I think that's a profound statement, Jon.

Jon

15:17

Well, it wasn't really true for me. As it turned out, I actually did, after coming out, think, okay, I'm afraid of women, so maybe that's been the missing piece of my life, and so this is going to get me enlightened. Well, it didn't work. I even lived with a woman for a half of a year and it didn't work. And then later, when I was working with the Eastern tradition folks, they did a combination of work. They were very holistic in 1988. They did deep tissue massage therapy with elbows. They did breath work, rebirthing, breathing. They did counseling, they taught meditation and mindfulness way before it was ever popular in this millennia, millennium rather.

16:07

And they gave me the second model and I had just been an administrative work. I had an English degree because the cult talked me out of going to seminary and I could type. I was like a hundred word a minute typer, a typist, and I ran a word processing center in the early 1980s when I was in the cult. That was my job and so I really wanted to get into working with people, given my experience with my therapist, with my massage therapist, with my chiropractors and also the actress training that I did, because I did a lot of actress training in New York because I had that trained voice and my Broadway coaches said you know, you can go sing on Broadway but you got to be the triple threat and you got to go to method act.

16:53

But that taught me a lot about being a human being that nobody ever taught me. Huh, how so? Well, because nobody ever said you have an opinion about everything and you have a feeling about everything and, by the way, you can make up a story and have a real feeling in your body. I didn't realize that was a thing that we did as human beings and that later on that was the way to stop people from suffering. Right Was to say okay, is your feeling, is your emotion that you're acting out on? Is that coming from something true, truthful, to three-dimensional reality, or is that coming from some screwy idea in your head?

Julie

17:45

Well, I use the example a lot of people. When I'm working on energy healing with a client or somebody that's called into my show, I always say I want you to picture this, because the body's going to follow what the brain tells it, meaning your thoughts. And I use the example of have you ever watched a movie that you knew was pretend, but you found yourself getting weepy or even crying during the movie, even though your brain knows it's not real? But your body's following what your brain's telling it. Which brain showing it? And I think that's that's what you're saying as well.

Jon

18:21

That's right and and you know so, even the acting training was helpful. But then I really wanted to learn to live in the moment, which is why I started working with these Eastern people, because before that, living in the moment just meant being really alive. When you were on stage doing a scene and they were, they were teaching us that we could be that alive every moment of the day and I'm like all right, sign me up, right. And so I started out. The easiest transition for me to work with people directly was to go and become a licensed massage therapist in New York City, rather than go to graduate school, you know. And so I first got you, I first got a license as a massage therapist. I then went out and worked on Fire Island in the summers, where there was a gay community called the Pines, and I started working with people who had HIV and AIDS, including people with Kaposi's sarcoma and all that stuff. Oh wow, aids, including people with Kaposi's sarcoma and all that stuff. And so after that I took energy healing training. I also took a couple of graduate courses at NYU to become a counselor, but it was rehabilitation counseling was a little too limited.

19:42

When I met my partner and he moved to New York City and he wanted to become a massage therapist. At the same time we both started that energy healing training and we took three-year certification in that and that was thrilling, but I felt like I would be and this was the model of the teacher. The teachers wanted our reverence and they wanted in a sense, our dependence. So I found people a little bit too narcissistic again, because that was the original abuser's presentation Nationality and all along I was going to kind of people who reminded me of the abuser because I didn't remember the abuse until I was 52.

20:31

Oh my. But in the meantime, after this schooling in energy healing, I thought you know, everything I see in energy healing is all based in emotional and psychological problems. So why don't I go get a degree in counseling and finally do all the work that I think I should be doing with relationships as well as careers and using my intuition, very well developed, but not to empower myself but rather to empower them, because the model that I was given of energy healing was the healer is a big deal and you're not right, and that was generally what I always thought, it's spirit works through us to help the person heal themselves.

21:16

I know, but the teacher that I worked with used to sit at weddings and bend spoons and forks, like I learned to do later. Not that I do this on a regular basis, I only did this once. I thought nice parlor trick, what does it do for anybody, right? Yeah, right. But that convinced me to go to school and get the counseling degree, because you know, my massage clients are always talking my ear off for a whole hour and a half anyway, and my partner and a friend of mine said you know, getting older, I was already in my mid

forties why don't you sit down and listen to them talk? So that took me into the career as a counseling psychologist.

22:00

After that degree, though, I went right to yoga teacher training and took a 500-hour cert, because I was so into the meditation by that time, and yoga and all of these tools actually are integral in healing trauma. Drama is, and singing is, and meditation is, mindfulness is, of course, energy healing and psychology. So I was getting healing all along the way for myself, and then I really once I had a real spiritual awakening, what's called Kensho in 2001,. I really wanted to add all of that, and my thesis was about integrating yoga and psychotherapy. So I did that work and I started teaching meditation right after I finished yoga teacher training and this then has developed over time.

22:54

So I know I need to teach people basic human skills like where our feelings come from, what to do with them, where our thoughts come from, what to do with them. Because the audience, all of us, are emotionally neglected. Nobody teaches us any of this growing up. We don't learn it in school. We learn it on shows like yours, right. We don't learn it in school. We don't learn it from our preachers or our rabbis or our teachers. They don't know any more about their emotions than the kids they're teaching now.

23:27

And so I really feel over the time that I'm mostly dealing with emotional neglect as the first primary problem for everybody that walks into my office, and whether they just want psychological integration or they want spiritual liberation, they want to go all the way to enlightenment. They need to start with the human skills Because even if they have these wonderful meditation experiences, if this emotional stuff from their past or their trauma comes up, they're going to be flipping out and I bet people listening have had that experience Like where they're on the table getting a healing and some of this trauma comes up and you're like whoa, I'm sure you've worked with people like that. Whoa, what's happening here? What are you remembering? What are they supposed to do with that?

24:15

And then the people now that are using psychedelics and they come out of the trip and they've like, totally unearthed some big trauma in their life. Working with a guy like that now, who's in central Pennsylvania, I'm like do they need the basic human skills in order to deal with their spirituality and just to be kind of successful human beings? So that's the work I love to do now.

Julie

24:42

I agree and it's been my experience too, Jon that there's always an emotional component behind any kind of medical condition, and we can fix body parts all day long. But if you got a leak in your energy-filled membrane because of some emotional

amount, what's the point when you know it's not going to heal? I want to get in more about thoughts, but first I want to go back to the cult thing. I'm fascinated by the cult. First of all, talk about the people that are running the cults, and are there lots of cults in our modern day world that we don't know are cults? That's my first question. My second question is what kind of person? Is it normally somebody who has been abused or suffered some kind of trauma that gets sucked into the cult? And is that who the cult leaders prey on? Are people who are abused or have had traumatic situations, and I would think most of the time in their early lives? Say more about both of those parts of the cult equation.

Jon

25:54

The simple question for both. The simple answer is yes, people are preyed on as children because they're not well protected by their parents and the perpetrators have a sense about that. There was a local police officer who I know of arbitrarily because of some clients who preyed on some of my clients. Because the parents were not supervising the kids were out until 11 o'clock at night and the cop would see them. Right. So people in authority can see people who are not protected, who are weak, who are confused, who are traumatized. Maybe they don't know the history, but they know there's something about that person. A lot of us end up in spiritual life because we know there's really serious fundamental problem with humanity and being human and if we've had trauma, that's in the equation, whether we know it or not. And I really didn't know my trauma. I knew some of it, but I didn't know all of it until I was like 52.

27:03

The leader of the cult was really a woman whose father was certifiably crazy. Because we met him a couple of times. He would just talk out Latin all this religious gibberish. And I think that often cult leaders are narcissistically traumatized themselves, become narcissists, somehow believe in their superiority as a narcissistic defense and then want to be worshipped because they think if they're worshipped they'll be special, and because so many trauma victims or survivors are traumatized by narcissists. The current buzzword in psychology these days, narcissism right, right that we are attracted to narcissists because we hope to be worshipped ourselves one day. We hope that's going to be the reward that we get for having been traumatized, going through all this, and now we're going to kowtow to somebody and win their approval and praise, and once we win their approval and praise, we will now be on the post. I think that's the dynamics of it.

Julie

28:18

Is there an element of familiarity as well that they're saying okay, this feels really familiar. It doesn't necessarily feel good, but it feels familiar, and it's like that narcissist is a magnet to the person who perhaps grew up with a narcissist or was married to a narcissist or whatever, and then they just rinse and repeat with a new narcissist. Is that a factor?

Jon

28:47

Yeah, so Freud had a great term repetition compulsion. Yeah, so Freud had a great term repetition compulsion, and he taught that we would repeat our traumas until we remembered them. And what I say to people is you are attracted to the familiar discontent or discomfort that you've had. Something about the partner reminds you of your mother, something about the cult leader reminds you of your father or your mother right. And when you fall in love with somebody who's abusive, they also. There's that shiny kind of facade, but there's also the shadow to them. That's so much like the shadow, the dark side of whoever abused you. It's so enticing. We want to fix that original relationship. We think it was our fault that they abused us, so we want to fix that. So we keep going into relationships, whether it's in a cult or otherwise, where we think we might be able to fix that and also win. We might be able to be the leader someday.

29:55

Now the question about whether there are current cults. Absolutely there are Christian current cults. There are Hindu and Buddhist current cults. I've worked with some people who fled some of those and your audience again may be some of those. There's a very well-known Advaita Vedanta cult leader who's been exposed as having sex with followers and taking their money. There are some really, really famous people who've been exposed I mean in the huge sort of Hindu enlightenment world that have been exposed as sexual abusers and or taking people's money. So I know and have worked with people that have come out of some of those groups and I'm very open to that kind of work. I've lived that too right. But yes, unfortunately they still exist and people still fall for it because of repetition compulsion.

Julie

30:52

What are the? Are there maybe three top things that can help people discern? Okay, this is a call In addition to that internal GPS system that we've all been taught to ignore. We've all been taught to intellectualize all of our decisions and not follow our gut or our intuition, and every time we do that we're normally wrong. You know we make the wrong decision, but are there three things that you can say you know, kind of like, if you're having a stroke, you need to?

31:28

be able to say your.

Julie

31:29

ABCs say your name and who's the president, things like that. Are there three or four different things that you can say to somebody? All right, here's you know this is a cult if dot, dot, dot.

Jon

31:40

Right. The first thing is if they tell you to put aside everything you think you know and have learned already which a lot of the Eastern teachers do because they say it's you know, you need to have a child's mind to understand my teaching. But that's really dangerous because you've learned by your pain and hard experience that not everybody is to be trusted. You've also learned some things about your spiritual self. You don't want to ignore those just because somebody says see my way is different and you should just listen to me. That's the first thing. It's like see my way is different and you should just listen to me. That's the first thing. It's like don't believe that.

32:27

If they tell you to give up all of your own judgment, run screaming from the room with your hair on fire. If they tell you that they're the only arbiters of truth and everybody else is full of it, that's definitely a cult kind of statement, even if they're Buddhist or Hindu or Jain or Taoist or whoever they are. If they tell you that you can only be enlightened by giving them all your money which somebody tried with an 80 year old friend of mine he almost bought it run screaming from the roof. If they tell you that you have to give them your body, that sex with them is going to enlighten you or sex with somebody that you don't prefer to have sex with is going to enlighten you.

33:10

But the other thing is if you feel underneath some sort of lingering anxiety, not just because it's a new experience, because that always brings anxiety, but because something doesn't feel quite right. But it's so familiar, it's almost seductive, but it doesn't feel quite right. That's the repetition compulsion. So that kind of uneasy feeling. And you know, cults typically will try to pull you away from your family, your friends, your loved ones, your colleagues and tell you don't associate with these people. They're not like us, we're it and they're not. That's another big danger signal. They start doing that, run screaming from the roof. But I love the expression because it's like really intense Get out of there, you're not safe.

Julie

34:01

Yeah Well, that's classic narcissistic behavior too.

Jon

34:05

That's right.

Julie

34:05

Don't have any contact with your family. You know, isolate the victim, isolate the person who's and I'm not even a psychologist and I know that, so there's that interesting, okay. Well, and then we think how can somebody who's obviously as intelligent as you fall for that? But then when we hear what your childhood and your early adult life was like, you're the perfect prey. You were the perfect prey.

Jon

34:39

Right, I was injured from the time. I think the sexual abuse probably began at around three years old. Oh my, I'm so sorry, thank you. And the perpetrator is now dead. Right, so I do feel safe.

34:54

But you dissociate, right, but the dissociation I've just been reading about this again. It does all kinds of weird things to your brain. So you're not an integrated human being. You don't know how to be a self. In a sense, you don't have a fully functioning brain. Not that your intelligence is offline, but it's not integrated.

35:17

That's why the smart people, even in the audience, could have been tricked into all this stuff. There's so much disintegration in the brain. And so when somebody says they're going to save you, they're going to give you the family that you've always wanted, they're going to love you. That woman at the call paid more attention to me in two hours than I'd been paid attention to in my whole life. In terms of my inner life, that's so attractive. It's like you care about me. When you're abused, you're also neglected. They don't care what you feel or think. They're going to do what they do to you. They might give you all the outer trappings which I got of an education and music lessons and ice skating lessons and, you know, got bar mitzvahed and confirmed and then left the faith, of course, which some of your listeners may have done too it's kind of iffy, but you know, if you're that disintegrated in your brain because of trauma, then you're an easy victim. Because and somebody says they're going to love you and they're going to save, somebody says they're going to love you and they're going to save you and they're going to make your life and you're going to be one with God.

36:25

And that being one with God at a certain point was all that I wanted and it has been. You know all in this path and that the oneness with God is going to end your suffering somehow magically. That's all the elements of cult and that's all the elements of everything a trauma survivor really wants. I want to live a normal. Not only do I want to

live a normal life, I want to be rich and famous, because that's going to make me feel safe. And they kind of are promising all that without saying it like directly. So of course you're drawn in. Even the intellect. I've met so many incredibly bright people in my work. If you don't know what you feel, the brightness doesn't do anything for your overall life.

Julie

37:15

Might give you a career, but it doesn't give you happiness life Might give you a career, but it doesn't give you happiness, right? What about people who live a life of addiction, whether that be alcohol or drugs or whatever? What are the statistics on that of people who've been abused or have been raised by narcissists and all of that? There's got to be a high percentage, and that's how they choose to medicate. Instead of perhaps joining a cult, they zone out.

Jon

37:46

So I worked in private practice until the great financial crisis and then my practice kind of got decimated by that and by my own trauma coming out at the time.

37:56

So I went to work in an outpatient rehab facility where I could get supervision hours for my license and I met a lot of people who were being traumatized and who were addicted.

38:08

And at about that time I met Bessel van der Kolk, the international trauma treatment specialist who wrote Body Keeps the Score, and my agency. When I graduated from supervision hours and got my license, my agency put me in charge of creating a trauma treatment project. But in that time and that learning with a trauma treatment project, we studied with Bessel van der Kolk and his colleagues for 30 weeks, three hours a week, and I later studied with Bessel van der Kolk and his colleagues for 30 weeks, three hours a week. And I later studied with Bruce Perry, who wrote a book with Oprah Winfrey called what Happened to you. It's on the New York Times bestseller list and I learned that most addicts whether it's a process addiction like gambling or sexual acting out or shopping, or whether it's a substance addiction like alcohol or drugs of any kind 50% of men were probably traumatized, 75% of IV drug-using women were sexually abused.

Julie

39:10

Wow, I knew this detectives would be high.

Jon

39:14

And we learned from Vander Kolk that there was a study called the. And we learned from Van der Kolk that there was a study called the Adverse Childhood Experiences Study by a guy named Dr Vincent Felitti and Kaiser Permanente Insurance, and it was done among all white middle class people, like many in your audience probably are, and there was so much trauma in that group and that trauma translated into addiction and it translated also into ill health. People would get really sick because their immune system wasn't functioning well because of too much cortisol damaging various centers of the brain. So yeah, addiction is so often the result of trauma and you know again, the audience listening to a program like yours is going to have some of that background. And no hurt. People get hurt and hurt themselves and hurt other people. We hurt ourselves because the pain is too much and we don't know what to do with it. So we numb it with either a process or a substance addiction and for me you know mine was cults.

Julie

40:24

Is it multi-generational, Jon as well, because I know addictions run in multi-generations my family alone. I chose cookies instead of bourbon. I'm a recovering sugar addict seriously, I've been sugar sober for five and a half years. Good for you. And I treated it like it was a cocaine addiction. I've never used cocaine, but it felt like that I couldn't control it and I have lots of alcoholics in my family and when I thought about it I thought, well, what the heck you know? Alcohol is a sugar IV.

Jon

41:00

That's right.

Julie

41:01

So it's the same thing. I just chose cookies instead of booze.

Jon

41:06

Yeah, food addiction is another, of course, problem for a lot of people, but it's so difficult to treat because you have to eat, okay. But yes, sugar is another addiction and yes, it is multi-generational.

Julie

41:20

The person who abused me was abused by the parent Right, and that parent was probably abused as well.

Jon

41:31

And it goes back generations and at some point, you know, people who are drawn to a program like this are probably at the point where they're stopping that generational trauma, right.

Julie

41:41

Right? Do you believe that by you healing your own life, that you can go back and you can heal multi-generations, going back and your ancestors and also going forward? There are lots of schools of thought of that.

Jon

41:58

I don't have intellectual evidence of that, but I've worked recently in a school called metatronic-lifecom with the Archangel Metatron and in that they have particular clearings of the lineage. But in a lot of the Enlightenment liberation traditions they say that if you get liberated you liberate the lineage. Now again, I can't prove that, but it makes some sense to me that you're sort of the current representation on earth of the lineage and you've got all their karma and DNA and DNA by grace by the divine grace, I would say and hard work to wake up and then to go all the way to liberation. I mean, what's there left of that family karma? It's gone. I think it makes some sense, but I have no validation for that. I do have a validation, for instance, of a past life of my own that happened in an intellectual way that I could totally get behind as a trained scientific materialist before I was spiritual right.

Julie

43:25

Tell us about that.

Jon

43:27

So when I was in healing school, in energy healing school, we did a past life regression day and I saw a scene in my mind's eye and for some reason I knew it was the Aegean Sea. It was just this color blue and it was very, very bright sky and very white and very dry. And I was in a temple, a white temple on an island, and I was a priest in the temple and somehow or other, I had the vision of dolphins swimming from the sea into this temple, around the altar of the temple, and swimming out to sea again. And there were a couple of other visions during that time. Ten years later, not ever having spoken to anybody about this, I was working with a teacher. He's gone from the earth as it is now. His name was David LaChapelle. He's an incredibly advanced soul, very intuitive.

44:29

We were sitting in Hawaii in a retreat center and he turned to me and said I never talked to him about this. Mind you. He turns to me and says I never talked to him about this. Mind you. He turns to me and says that temple that you were in, go and research the temple of Apollo at Delos. I want you to write Greek with your right hand and I want you to look at the statue called the Apollo Belvedere, because that looks like somebody you know. And that afternoon that was a morning session. The afternoon I got on the internet which was a little crude in 2005 or 2006, the temple to Apollo at Delos had dolphins carved all the way around the altar stone Wow, all the way around the altar stone Wow, and the Apollo Belvedere. The profile of the Apollo Belvedere is exactly the profile of my husband, my partner. Wow, and I learned to write Greek in Koine, greek in pre-seminary so I could write some Greek. My right hand was very imbalanced left and right, so he just wanted me to do that as a sort of healing exercise.

45:45

But I mean, I've never been able to deny the just pure fantasticness of that proof. Just like I showed you the bent spoons, you know, I did that workshop and a guy named Eugene Ong taught all of us 50 of us in the room to meld with those forks and spoons, to meld our energy with the molecules and the energy of that object and to move that object with our hands, not with our minds, but to move that object in a way you could never do. You'd break it in half, right. So I know some of these things are possible, but because of the Yoga Sutras of Patanjali I remembered and I was taught go for the enlightenment first. And if you ever do any of that stuff I mean I showed it to you because it's just kind of fun, it doesn't make me special, everybody else in the room did it.

46:41

But don't get lost in making that stuff special or making yourself special, because you can do that. Just that's a distraction. Go for your liberation. Go for your service to the divine. It's not something you want to talk about. Even Most of the people that can do that stuff. Don't even ever let anybody know. But that verification of that past life was so important for me because I'm like such a skeptic now after all these cults. You know, and look your audience, you got a skeptical voice.

Julie

47:13

Use it, yeah that's a good thing.

Jon

47:16

Right. You know, if you doubt that somebody's telling you the truth, go and research it, and if anybody teaches you, if you're deceiving yourself by getting nervous, that's what people can rely on. They don't need anybody in authority over them to know what's true. Might need a little help figuring out their emotional lives and how to get to liberation, but I or anybody in my position should become obsolete if we're telling the truth. You don't

need us. After you've learned the basics, you don't need us. You don't want to rely on us, and any reliance on anybody else is not liberation, it's slavery.

Julie

48:14

So feed somebody fish or teach them how to fish.

Jon

48:17

Yeah, better teach them how to fish. Yeah, better teach them how to fish. That's right, teach them how to fish.

Julie

48:20

I agree, when we were talking about healing the ancestral line. I get what I call divine downloads into my head and it's spirit talking to me and I heard that the healing comes through the DNA. That's when I said the DNA. That's because I was getting a divine download on that and I believe that that's feasible to heal those past traumas through the DNA, because we share it. We're the ones that are current with the DNA percolating through our bodies, whereas those ancestors are in spirit form. But it makes sense too if we can heal the DNA of our ancestors, we can heal the DNA of our children and grandchildren and future generations, because it's all in the DNA, right?

Jon

49:08

They're all going to have the same DNA and we know that certain things environmentally turn on certain aspects of the gene. We call it now epigenetics, and I'm only I'm such a novice about all that I'm not a neuroscientist but that will affect the gene expression, so that makes very good sense to me. Now, unfortunately I don't have my own children to pass it on to, but I can pass it on by iteration to my students and clients, you know.

Julie

49:37

Let's change directions for a minute. Most of us believe every thought that comes into our heads. Where do thoughts originate, and are all of them true? So?

Jon

49:51

thoughts originate by hearing other people speak or reading, and the thoughts originate automatically in our minds. There's no Jon in there cranking them out or Julie in there cranking them out. They originate in Broca and Wernicke's area in the left side of the cerebral cortex, and again, they're automatic. 90 to 99 percent of the thoughts that are generated in your mind are false. That's a big statement. Even even your cognitive

behavioral therapist will say 90 to 95 percent. Now why are they false? Well, first of all, all thought is only a representation of reality. The reality is felt in the senses. So I call thought now non-sense. It's not sense. I love that. I love that it's based in okay, a reflection of the sensory experience, but it's not actually the sensory experience. So if I tell you this water tastes sweet, you kind of get what I'm saying, but you don't have any experience of it. It's just, it's a reflection, right? So thought by itself.

51:10

From the very beginning, thought is only representation. It's secondary truth. But a lot of thought that generates is false, and false thought, whether you're speaking it out loud to a lie detector machine or you're speaking it internally just to yourself or to your awareness, generates an adrenal response or a grief response or a grief response, and so it produces false thought, produces sad mad, scared. And if you act out of sad mad, scared, out of that false thought, even though it creates a real emotion that you really feel in your body, you create destruction and chaos and more trouble in your life. If you act based on an emotion, which Bessel van der Kolk calls energy in motion from a real occurrence in three-dimensional reality that you can verify, is true that emotion is good for insight or for action or both, but you really have to learn the difference. And so, right away, when I'm working with people, these are the two basic human skills nobody teaches us. Is the thought true? No, not necessarily. Is the teacher's statement true? Not necessarily. They want us to think that it's true.

Julie

52:46

Yeah, yeah, well, and I take it a step further and I always say we can't get guidance from spirit when we're in fear because spirit doesn't communicate on the I feel crappy channels, because the vibration is too low.

Jon

52:55

That's great and that's actually true. And you know we have to be discerning about fear. I've noticed and been teaching people that anything new, any new person, place, thing, situation, activity, even if you like it, even if you're dying to do it, like, okay, I want to parachute out of a plane Not me, but some people do Anything new at all is going to create some level of adrenaline. So you want to be careful about that. But intuition, like when I saw the office that I'm in now, which I love, I got out of the car. I wasn't expecting to come here. I had made a snap decision to come and I stood in the parking lot and said this is it, or that thing went off in my and it was totally calm. I looked at a couple of other places but it was absolutely it. I've been here for four and a half years, so you know it's. It's very true that the still small voice or the still small sense as you, as you're talking similarly to that language is spirit right, well, you were being led to that office, obviously.

Julie

54:12

Yeah, yeah, you, you lived in the deep south for a while. You know how. Down here though I say you're being led, that's right. They make led like a four-syllable word. It's a riot. Oh yeah, like lard. Yeah, my husband's cousin, who's from Alabama. She turns Tim into a four-syllable word Ta-dum. It's hilarious.

Jon

54:40

My partner's from Kentucky, so I visit once a year and I have the accent and I'm a terrible mimic. I'm I'm sure they think that I'm imitating them on purpose, but I mean on purpose. But yeah, it's very funny.

Julie

54:49

Yeah, do. Most of us run our lives on autopilot.

Jon

54:54

Unfortunately, yes, and and your audience again there're probably people who don't want to do that anymore, and they're the people that come and see me. And you are people who don't want to do that anymore. How do I make? Well, what did Freud teach? He's making the unconscious conscious. I want to know everything about this and I want to experience that this is actually divine spirit.

55:19

The Hindus say I'll use Sanskrit, I don't know the language, but I know these three words ayam, atman, brahman, which is blasphemy in any Christian, Jewish or Muslim tradition. It is this individual consciousness, is God itself in the body. And Jesus said the Father and I are one essence. Pharisees picked up stones to stone him and he basically turns to them and says you know, y'all are idiots because God says you're all sons of God. In other words, I'm telling you what you are by telling you what I am, and you're trying to stow me to death for blasphemy, but the hand is just saying it directly. You're God in the chair and you can know that. You can know experientially in your body, the experience of timelessness or eternity, the experience of infinity. When the verbal boundaries come off, you can have the experience of infinity. When the verbal boundaries come off. You can have an experience of infinity. Sure, as I'm having an experience of sitting talking to you and that's, you know, that's just beyond the beyond. It's so amazing.

Julie

56:32

I agree. What is consciousness? What is consciousness? Where did it originate? And when you say we're all consciousness, explain what that means. I always say we're a fractal of the divine.

Jon

56:50

Well, yeah, so if you think of the divine making itself into little pieces and putting a little piece in each of us, that's only, that's bound by the sense experience of that body. That piece of God that's bound by the sense experience of this body is my soul or my consciousness. But it's very clear in the Hindu tradition and really if you look at any mystical tradition, the Sufis, christian mystics, teresa of Avila, thich Nhat Hanh. In the Buddhist tradition, or Adyashanti, the individual consciousness is God itself, or the divine or whatever you want to call it, the absolute or Buddha nature.

57:38

If you don't believe in the divine and at a certain point there's no distinction anymore between the me and a God, that's just a verbal distinction. It's like okay, and yeah, I still and I've heard some of the shows very good, because you talk about duality. So we live and know that we're eternal and infinite and we have to walk around and talk and live as if we're three-dimensional, time-bound human beings. It's a little bit of a tricky act, but that's the integration in the end and that's where I hope anybody who, who wants to go there, who's listening, that's what I hope to be doing much more of as my life progresses. Now I'm almost 70. I'll be 70 in march, so I'm like I just want to do that yeah, and does meditation help one get there more easily, do you believe?

58:33

It does because it breaks the fixation. Or here's the primary addiction, julie, it's to thought. Thought is our first and foremost and most favorite way of dissociating from the sense reality. It is non-sense, and a lot of times it's nonsense right, and we're dissociating from the reality of the three-dimensional world. That's unpleasant, and from the feelings, the sensations in our body that we label emotion, that we don't want to feel. That's unpleasant. And so the meditation breaks the fixation to the left brain and makes you suddenly feel as if you're in a vast empty space. That's what awareness feels like initially, but then, of course, that's a concept. Now I'm in this vast, now I'm awareness, and awareness is aware of everything arising, all sensual experience arising and all thought arising.

59:37

The buddhists say that thought is the sixth sense. I call it the eighth sense because I add proprioception in the vestibular to our, to our five senses. But this is the primary problem is that this is mostly untrue and unreal and nonsense. So when you meditate you learn to pull your attention away from that and now you're in touch with all this other awareness through the senses, and that's also where you begin to feel in your body the

felt experience of timelessness and of spacelessness, if you will, or no distance. And so, yeah, meditation is critical and mindfulness.

01:00:24

And, by the way, meditation can be done riding a bike, playing golf, fishing, hunting, sewing, cooking, washing dishes, and that meditation is sometimes called mindfulness practice. But it's all. I'm involved in the senses and I'm not listening to the nonsense up here. I'm not worried about the future, because all my thoughts about the future are lies. I'm not worried about what other people are thinking, because I can't possibly know what they're thinking, doing or saying and most everything that I've been taught about myself is also a lie. So the meditation just separates us from all that thought, gives us finally a little bit of space to say is that thought really true? Because 90 to 99% of the time that thought is somewhere or another false.

Julie

01:01:16

Okay, all thoughts in the future are lies. Never heard it put that way, but how profound is that. Jon Say more for a minute along that. And then, is there a difference between meditation and prayer, or is prayer a form of meditation?

Jon

01:01:37

Interesting. Yeah, so we are not the whole of the divine, so we do not have the capacity to know every potential outcome of every moment which takes quadrillion factors to produce, moment which takes quadrillion factors to produce. So any thought we have about the future is almost always going to be false. We might have a general idea that the sun's going to rise tomorrow, but it could surprise us and explode tonight and not arise tomorrow, and we'd all be wiped out. We don't really know. We assume that and that's okay. I mean, I assume the physical world kind of goes on as it does.

01:02:13

All my thoughts about what every other creature is going to do in the future can't possibly be true. I can't know. Now I make an exception if people are relating to relatives, that they know that the relative has not been in any kind of change process, not spiritual, not psychological. The person is bound in their ego. They're probably repeating their behavior and in the future they may do the same thing they did today. So there's a little bit of a wiggle room there. You can kind of predict what some people will do because they don't want to change. Beyond that, though, in general I say you can't possibly know what's going to happen in the next three seconds and you can't experience it. Our ideas about the future are not experienceable.

Julie

01:03:15

And meditation and prayer. Is prayer a form of meditation? Are they one in the same?

Jon

01:03:21

No, they're not. Prayer is the mind's expression of what it hopes to gain from the divine, or what it hopes the divine will do, or an attempt to influence the divine. Now I would say, if I pray, I pray to the rest of it. I think of it in that, in those terms now, because I'm part of it, I'm praying to the rest of it because in this body I can't experience the whole of the divine, but I am the divine. So prayer to me is the mind expressing to the rest of it or to the divine what it's hoping for or wanting. Meditation is coming away from the mind to the senses and just experiencing sensory experience and also the numinous quality, the light-filled quality, the vibration-filled quality of the sensate world. It's full of vibration. You know that as a healer. Does that help? Is that the answer?

Julie

01:04:35

Yeah, Prayer to me is it's a. It's kind of like in football you got the offense and the defense. Prayer is like the offense. You know you're asking for something, You're wanting something, You're putting it out there and meditation is receiving yes.

Jon

01:04:53

That's well said, and meditation is receiving yes, so that's well said, yeah.

Julie

01:04:56

Yeah, yeah, that's my take on it. Okay, a couple more questions as we're winding down here.

Jon

01:05:02

Sure, your method of combining psychology and spirituality and the trauma counseling differ from a regular psychotherapist. The regular psychotherapist may not teach the skills of thought and feeling. The regular psychotherapist also is only trying to work with the ego structure and make it function better, and the fact is the ego structure itself makes us suffer. So, defending an I that doesn't really exist because I is a thought construct, it's a set of thoughts that produce a set of feelings, and so because I isn't really truthful, it's not a real thing, just maintaining it, causes conflict and anxiety, and that truth sense to go weird in us if we go deeply in and look. And so even when I was functioning well as an ego, I never felt complete, and part of that was that my trauma hadn't been revealed to me yet. But part of it is that the ego itself is a falsehood. It's made up mostly of thoughts and most thoughts are false. So I don't think psychology

goes far enough to solve suffering and, as I was saying before, I don't think spirituality makes the human condition obvious and simple enough. I think they ignore the fact that we don't know how to deal with thoughts and feelings. I think they ignore the fact that we don't know how to deal with thoughts and feelings. So I've been starting to feel like what I do is.

01:06:56

I know many people do similar integrative work, but the integration of spiritual and psychological is kind of unique in the world. People don't generally do both. But I don't find the psychological answers to solve the problem of the ego and the fact that the ego itself is a falsehood, and so I don't think it really ends suffering, because if your mind starts chattering at you again about something and you form an identity around that, you're going to suffer again. You know how can you take the divine being like the ocean and create a glass of water or a glass out of words and put the ocean's water into that glass and define yourself as that set of words. You're the ocean, you're not the glass of water defined by a set of words. So I think that in psychology we're just too limited to always dealing with that set of words, and that's why I like to do both if people are willing, and I'll do whatever people want, because I'm not here to evangelize them to liberation. I want to make that very clear.

Julie

01:08:13

Well and that leads to my thought of most religions are not helping us be comfortable with ourselves. It's all about getting better. You've got to do this to get into heaven. You've got to do this to get into heaven. You've got to do that. You're always striving to be holier, to do things to really, you know, to cleanse your soul and whatever.

Jon

01:08:42

It's a permanent self-improvement project, Julie it is absolutely a permanent self-improvement course, aren't we all tired of that.

Julie

01:08:50

But it never gives us the opportunity that I'm hearing you talk about during this conversation. Aren't we all tired of that? Having the human experience? But when we do that, then we can stay in our body and sense things, versus thinking, okay, I've got to do this in order to get holier, in order to whatever go to heaven. I laugh. I always tell people I have escorted so many people to heaven when they're dying, I've lost count. And I have never seen, say Peter at the pearly gates with a clipboard going, okay, you're allowed in. No, you got to go burn for eternity. I've never seen that happen before and I don't think it does happen. Okay, you talk about. You use the word safe a lot in your descriptions of the work that you do. Why is that such an important baseline with your clients? So that they I would imagine most of them have had some kind of trauma. I

know you're doing trauma counseling, but safe seems to be the basis of on which everything else is built. Am I understanding that correctly?

Jon

01:10:16

That's correct. Yeah, because if you're not safe, if people aren't safe in the room with me, their physiology is going to be taking them into adrenaline all the time, into fight or flight. And when we're in fight or flight state in the extremes of that, in particular, the language centers and the logic is offline. I saw PET scans of people who are in traumatic flashbacks. The areas that produce language are black, no energy, and the areas of fight or flight are all lit up like Christmas trees, right? So spiritual work and psychological work all requires a sense of safety.

01:11:02

And I say to my students and clients I don't expect you to trust me when you walk in the door. If I don't earn your trust and you don't trust me, then go and find somebody else. Not that I want to reject people, but just because I'm sitting here and I might be self-considered as liberated or as integrated or whatever, you shouldn't believe that, because anybody can say that. You don't know if it's really true. My experience with cults, right, I'm not going to tell them to trust me, and you know listeners don't trust people just because if they say to trust them, that's really an indication that you shouldn't like them. Better earn your trust. People who tell you to trust them are usually con men or women, right, yeah, yeah, interesting. That's the answer for safety. You can't really progress if you're not feeling safe.

Julie

01:11:57

Right. Last question why do we incarnate?

Jon

01:12:02

I believe we incarnate to learn particular lessons and I have heard you say and have particular experiences, but those, unfortunately, on this plane. We learn the greatest wisdom by the greatest pain. So we're here to have painful experiences, love ourselves through them, live through them and transmute that. I think of it as, like this, we have to eat through seams of coal, the dark and difficult emotions, to get the diamonds that are always found in seams of coal, the diamonds of wisdom and of liberation, and I think that's really why we're here and ultimately, this is about liberation. But everybody's in a different incarnation, working different stuff. But I don't assume that everybody's here in my office to be liberated, and that's why.

Julie

01:12:55

Yeah, yeah, great answer. Well, you are in my book, the Three F's, uh-oh, fabulous, fascinating, and you bring fun into the equation too. Thank you so much. So yeah, wow, what an inspiration you are not only to me but everybody that's going to hear this conversation. So thank you on behalf of humanity for the work that you're doing and thank you for sharing your wisdom with us during this conversation. How can people learn more about you and your work?

Jon

01:13:29

Well, thank you. Learn more about you and your work. Well, thank you. And first, thank you for having me and for your joy and your sparkle and your intelligence and your breadth of wisdom and experience. And, again, audience, give this wonderful woman some kudos and some likes. She's doing this pretty much for nothing, you know, and it's a lot of work, and how people can reach me is very simply because of your generosity and the generosity of all the podcasters I'm working with. I want to give them a copy of my latest book, which has all this stuff about thought in it and much more, called being Human and Waking Up, and they can get that copy just by writing to support that word. Support at simplyawakecom Simply Awake is all one word and that's my web address. So, support at simplyawakecom Just put the word human being in the message and I will send you my book and also an offer for a free 15-minute consult.

Julie

01:14:31

Wonderful. Wow, how generous of you. Thank you for that. What a wonderful gift for everybody that's going to hear or watch this conversation.

Jon

01:14:41

But you know, you're generous too, and they're generous in giving us their attention. So I've learned that generosity is an expression of love and brings me great joy. It's not just because that's what we're supposed to do to get people. It's because loving people feels wonderful.

Julie

01:15:00

And that's all we can do is give love.

Jon

01:15:02

That's right, and we can't make them do anything, and I don't make my clients do anything. That's right.

Julie

01:15:08

Well, they can, but they can't. I say nobody can control your thoughts, so nobody can control you.

Jon

01:15:14

That's right.

Julie

01:15:15

Yeah, all righty everybody. Lots for you to chew on with this conversation, lots to ponder. In the meantime, sending you lots of love from Sweet Home Alabama, and from Pennsylvania too, where Jon is. We'll see you next time, thanks for joining us.

Anncr

01:15:33

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

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01:15:46

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