

AJR - Bernadette Thompson 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 Bernadette Thompson on the show today. Bernadette's an intuitive ancestral healer, end-of-life doula, grief and spiritual coach, and she's a genealogist. Bernadette helps people move through their grieving process and I'm eager to hear about how she combines all of her skill sets to help people heal. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Bernadette. Bernadette, I'm so thrilled to have you today. Thank you for taking the time to talk with us.

0:01:32 - Bernadette

Thank you, Julie. I'm excited to be here and share my story.

0:01:36 - Julie

As a good little Catholic girl, I hear Bernadette and I think of St Bernadette, and so when I was prepping for this, I was thinking I'm going to be talking to St Bernadette. And then, the more I learned about you, the more I thought I may be talking to St Bernadette at the end of the day. So, anyways, what's ancestral healing?

0:01:56 - Bernadette

So ancestral healing is being able to look back and understand that what our ancestors have gone through, some of the things that they lived through, the traumas, can be passed down to us, but we also know the triumphs or the resilience can be passed down to us as well. But the ancestral healing comes from that knowledge of what our ancestors have experienced before, and science is now telling us that it actually can change our DNA, and so it is not just something that you know. It certainly is sometimes called an energy. You know healing when people talk about ancestral healing, but we now know that the healing can come from understanding and knowledge of what our ancestors have been through.

0:02:52 - Julie

Is it just family member, ancestors, or is it all humans, like Tom Brokaw's book the Greatest Generation? Because is it that people throughout time have experienced certain things and it's affected the DNA, or is it both?

0:03:11 - Bernadette

Well, it is. It's actually the way science explains it is that as somebody goes through a traumatic experience, so it can be war, it can be all kinds of things. There's so many things that cause trauma and that you know. We'll use the example of the anxiety gene because there's so many that it can affect, but this is the easiest for people to understand.

So the anxiety gene kind of gets turned up so that when somebody does go through trauma, their response tends to be that trauma response tends to come back very quickly.

So, in other words, something that they experience that maybe doesn't need that huge response, they're demonstrating kind of a trauma response to it. And so that gene gets turned up and that when it, when the gene is passed down, it gets passed down in the turned up state, so that when it is so that now it is a descendant of someone and they are experiencing things in their life, but they're giving it a bigger response than it needs to be, and so that's kind of a very simple way of explaining how it is passed down to us in that respect. But we also know that patterns of behavior develop when somebody has experienced trauma, and those patterns of behavior are not genetic but they certainly are passed down. And if I were to ask you, do you have any patterns of behavior you can recognize that may have been passed down? And most people will say yes, you know they'll recognize something. That's been just even the way people respond or react.

0:05:06 - Julie

Interesting because I always thought is that nature or nurture? Yeah, probably a combination of both. Is it the home you grew up in, where you're modeling behavior that you witnessed as a child or through your teenage years or whatever? Or is it a DNA thing? And yet I've read several stories about Holocaust survivors and even people who died in the Holocaust, and they had lineage that lived. For instance, somebody's child who didn't experience the concentration camps, but the parents, and perhaps their grandparents, died in the camps. They exhibit the same kind of behavior their children and their grandchildren do, and they never knew the people who were in the camps.

0:06:01 - Bernadette

Can you say more about that? Yeah, that is exactly what when they're talking about how the genetically it is passed down and actually it was scientists studying the Holocaust descendants that this really became and this understanding really came to light. So, yes, that's exactly what it is. So you are, so an ancestor that's several generations back from you, can experience something that, again, the simplest way to explain it is that gene is turned up so that their feelings around all of those types of experiences brings that same trauma responses as the person, as the generation that experienced it originally. So it's, and you can see it in other, in other areas, in other types, not just the Holocaust.

I'm all Irish, I came from an Irish background and it is from an Irish background and it is when I look back. It is scarcity, because I was, I'm a descendant of many famine families and that scarcity is what shows up in my family and has been passed down through the generations. And you see it that it is. Yeah, it's just very once you understand what it is or what that it could have been passed down, you tend to see it in your family.

0:07:34 - Julie

Well, Irish Ryan, I'm Irish too and I always you'll love this I always blame my Irish ancestors for, you know, carrying excess weight around. I think, okay, I don't process carbs as easily as others because of the potato famine, and I got all those Irish relatives the deceased relatives that were starving during the potato famine, and so they learned to store the starch and store the carbs. So I was getting ready to tell that story that I was. I was chuckling to myself and you said you know, I got all these Irish ancestors. Yeah, I do too. They were probably friends.

0:08:14 - Bernadette

They probably were. Did they come through New York by any chance? Any of them they did, and they were from County Cork. Oh, so yeah, we might have a few that we are. We could be related, we really able to check our DNA?

0:08:24 - Julie

Exactly. Well, just so happens, you're a genealogist too, so I want to touch on that in a minute. I'm fascinated with this ancestral healing thing, though because it's fairly new to me, I haven't really delved into it much. How do you recognize what's something that's in need of ancestral healing, and then how do you do it?

0:08:50 - Bernadette

So I mean there's many ways, because I spoke about in the beginning that some people will, some practitioners, do an energetic kind of healing for people. But in my case, because the way it developed in me was I actually had this interest in ancestry and had gone back, had done my own, looking back into my ancestry and into the ancestry of many other family and friends that you know I would do this. It was a love, it was kind of a sidekick that you know I like to do. But as I began to go through my own traumatic you know things that happened to me in my lifetime, I had some things, some some spiritually transformative things that happened to me that began to open up to me the fact that our ancestors are with us and that knowing about them and that this healing can come just by understanding their stories and this information really was kind of passed down through in a spiritual way to me, to me. So that's where a lot of, but it is, it's how I work in, in helping people.

The energy around ancestral healing happens when you understand the story and then for me they energetically come in and it helps. I'm able to share with those that I'm working with. You know what may, what it may have been that they experienced and what it was that could have been passed down and just how it all developed. And because we have so many, it's kind of, as soon as you start to do ancestry, you know after the first two generations you have a lot of ancestors and so yeah, so it is being able to look through and find the stories and really see what their experiences were and the way Ancestry works these days. Because Ancestry.com is, you know, and all the ancestral research out there, you can find incredible stories about personal stories about your ancestors that you never knew and that give you an insight or a look into what their life was like and why that trauma may have. They may have experienced trauma and how you can, how it can help you heal.

0:11:21 - Julie

Is that the PBS show? What is it? Henry Louis Gates, is that his name? He's a retired Harvard professor that does the genealogy and it's fascinating how he can and I assume this is what you're talking about how he can piece together a story of an ancestor based on where they lived, where they worked, what was going on, from the census records and other types of records I found out. My sister-in-law is really into genealogy and she it's addictive. I understand why people I was sitting in her at her computer in her office in their home, my brother's home and she was pulling up all this stuff about my Meemaw and my Meemaw in the early 1920s, lived in a boarding house for women Before she was married. She was orphaned as a teenager and I knew some of that story. But she uncovered all this other stuff and I thought my Meemmo lived in a boarding house, but that's what they did back then. Single women.

0:12:32 - Bernadette

And going on that story, I discovered that my grandmother was one of five sisters and she died when my dad was very young. Both my dad's mom and dad died from tuberculosis. So, as I was researching their story, the discovery that I found was that they were. Their father had passed away and their mother couldn't care for them, and the five little girls all went into orphanages in New York City and my grandmother was there for over 12 years and it's we. I never knew it. I knew there was no so and I knew her sisters because they were like my grandmothers.

Those were my great aunts, but the story was amazing and helped me understand who, who I am. I mean, it really gives you a, a true understanding. You know, when we look back and just

even thinking the whole of us, there's a little bit of all of our ancestors that comes through into us, and when we discover that they are part of our story, and then, knowing that, you know, when we talk about spirit and how they're on the other side, they're still part of our story and they still come in and they're still with us, along with our loved ones and guides. So it's just this beautiful understanding of ourselves as we begin to know our story as we begin to know our story.

0:14:04 - Julie

I just recently heard an interview with Cher who said she was in an orphanage for the first several years of her life and her mother used to come visit her on the weekends. Her mother she was a single mother, she couldn't take care of her and so she put her in an orphanage. I had never heard that before and I thought that was a remarkable story. To hear from somebody like that, who's a celebrity, that she would be the last person you know as successful as she is.

But is that what motivated her in her career? And she talked about how and this is a case in point. I think that mimics what you're talking about. She talked about how, when they had the Sonny and Cher show, she and Sonny that when she left Sonny in the marriage she found out that he owned everything. She had no rights to anything that they did None of their records, none of the TV shows, none of anything. And she was just flabbergasted and mortified and she asked him about it and he said well, I knew you'd leave me one day anyways. So she called Lucille Ball for advice, who was such an amazing businesswoman, and Lucille Ball said hey, this is yours to negotiate, you're the one that has the talent, not him. And so she was able to, you know, to change some of that. But is that an example of how she? Just she didn't know what she didn't know and she trusted, but then she got to the place where she was saying, okay, we're not doing this.

0:15:52 - Bernadette

Well, I mean it can be, I mean you're able to. When you go through that kind of an experience I mean she having been an orphaned, that kind of an experience, I mean she having been an orphaned child she would, she never would have grown up with the feeling that she was somebody and so it would have been, you know, but it in. I love that Lucille Ball was able to encourage her and say wait a minute, this is you, you are, you are, this is who you are and you are the, you are the talent in this situation. But it you know, it again, it's also just it's knowledge of who we are. I think that when we, we come here as these spiritual beings, as on a clean slate, you know trying to, because we and then learning about, what are, what are we doing here and what are we, who are we a part of? And, and I think you know, do you know much about your genealogy? Do you know much about your, your, your ancestors?

0:16:59 - Julie

I know a little bit about them. I's interesting because I'm a serial entrepreneur and nobody in my immediate family has ever been an entrepreneur. My grandfather, my granddad Ryan, died when I was three and he was a pharmacist and a lawyer, so he had a couple of pharmacies and that's the closest thing to being an entrepreneur that I know about. Certainly, there were entrepreneurs throughout history, because everybody was self-employed for the most part, in most instances down through the generations. But I read an article one time in Forbes magazine and it was called Nature versus Nurture and it was. Is being an entrepreneur a DNA thing or is it a learned thing? And in my world it was obviously a DNA thing because I didn't learn it from the home I grew up in and none of my friend's parents were entrepreneurs, so I wasn't exposed to that. They all had regular jobs in the 60s and 70s and so I thought that was interesting.

And Carnegie Mellon apparently, according to that article back then and you're shaking your head so you're obviously aware of this they found that there is a DNA component that makes people less risk averse people less risk averse. So somebody like me who's founded nine

companies in five industries you know most people are going. Well, why? Why would you do that? How did you have the guts to do that? Well, I guess I got the gene that makes me less, you know, afraid of risk. Have you run into that?

0:18:41 - Bernadette

No, but I definitely, I've definitely heard of that gene. I've heard of that and in your case, you know, I am feeling the. You know your grandfather, you know you were talking about your grandfather. He was a lawyer, he was a pharmacist, you know he. Clearly those are two very different industries really. You know, when you're talking about being a lawyer and so that feeling, that strength, is something that you can feel may have come from him. And that's how, when you begin to piece together the stories and you know what happens, sometimes You'll find a newspaper article that was written about him or you know, or another one of your ancestors that tells a little more of the story, and you start to see yourself in it and you know and that's where some of the magic happens, if you're looking through your ancestry.

0:19:38 - Julie

I just heard a story a couple of years ago from my brother I'd never heard before and that was when my granddad Ryan, wanted to expand to another pharmacy, wanted to open another pharmacy in the northern part of Columbus, Ohio, where we grew up that the KKK so this was in probably the late 50s, early 60s threatened him, burned a cross in his front yard Wow, and said we don't want Catholics in this part of town, you need to stay where you are Irish Catholics, no less. And certainly they were persecuted when they came to America. But I was like what? And so he was being discriminated against. And I heard also from my brother and apparently my father told him this before he died I'd never heard these stories that the parish that we grew up in, st Michael's in Worthington, Ohio, which is the northern end of Columbus, that when the diocese bought that land they had to buy it undercover.

When the diocese bought that land, they had to buy it undercover again because of the Klan didn't want Catholics up in that part of town. And now where do I live? In Birmingham, Alabama, which is like the civil rights headquarters of all of history, and the other thing that I'm connecting to it from what you just said about my granddad, Ryan, is when I got out of college I went to work for a big company that's now Cardinal Health. It was called American Hospital Supply. This was in 1981. I was part of the quota to hire women, so they had these big companies had quotas of how many women they wanted to hire. Because women weren't hired, they were discriminated against. So I never thought about that before, but that's perhaps something that my grandfather went through and then I was going through it in the early 1980s.

0:21:47 - Bernadette

Yeah Well, just even the fact that you ended up in a healthcare kind of company, you know, just there are these when we start to look back, there are these just little sprinkles of connection with our ancestors that we don't, you know, we don't always see. I remember you're talking about just making me think of the healthcare. There was somebody that I was working with, who she was in healthcare, and I can't remember whether she I think she was like a PA or not a doctor, but more than a nurse, a physician's assistant, and she couldn't understand. Everybody else in her family were teachers and she so was mine, Mine were too.

0:22:32 - Julie

All the women especially.

0:22:33 - Bernadette

Yeah, and she couldn't understand where this came from. And then we discovered that her great-great-grandfather was a field doctor in the Civil War and she was overjoyed to find that connection with the, you know, with the medical side of you know. That's where she got it from. In my family we have storytellers. There's a lot of storytellers and writers in my family and

I can trace it back to my great great grandfather. Who's writing Was he an author? He was an author, he was a poet and his writing I have from 1841.

0:23:11 - Julie

Wow, yeah, what a treasure. Yes, oh my gosh. Yeah, you had mentioned earlier, bernadette, that you had a spiritual experience that led you to really get into this ancestral healing area of study. Are you willing to share that with us? Absolutely.

0:23:31 - Bernadette

You know it was a big thing. It was my husband passed away from alcoholism and it was. He had come to me. He had a beautiful soul and I always say that because it's just a horrible disease and in his case he wasn't able to survive it. But he came to me and said I have a problem, that it had become too big. And so if anybody in some of your viewers I'm sure I mean listeners know that you know when you're in a family that has addiction, there's a lot of chaos and trauma and all kinds of things that happen.

And so it was during this time that I went back to my Catholic roots and I started praying the rosary, to just to use almost as a meditation to calm myself down, to just make that connection. And because I was into ancestry, I started imagining, when I was saying the rosary, that my ancestors were all sitting around a table saying the rosary with me. It was my way, my spiritual connection at the time, because I hadn't really opened up. And what happened to me was that and this was while he, while David was still alive, so he was still with us. And what happened to me was I had a great aunt that came to me in a dream as a visitation, and so visitations are a more dramatic dream, so to speak, where you know that the person is really there with you. The spirit is there. So she came to you, did you know her when she was really there with you, the spirit?

0:25:08 - Julie

is there, so she can't-. Did you know her when?

0:25:10 - Bernadette

she was alive. I did know her I have more than one experience but she I didn't know her well, but I knew who she was, so I recognized her immediately and I didn't want to look at her. So I'm looking around so that because I somehow in my psyche, I think I knew that this was not normal, that this wasn't a regular dream. And she grabbed my hands and I almost you know, literally feel like I could feel her grabbing my hands and she looked at me and made me look at her and she said we hear your prayers. And then I woke up.

0:25:48 - Julie

Yeah, oh, that gives me whole body chills. Yeah, oh, how fabulous is that.

0:25:55 - Bernadette

So when I woke up, I knew that I wasn't alone in this and that they were with me and they could see what was going on and and that lifted me so much. And then I had another spiritually transformative experience, where this was maybe a month later, I kind of forget but again I was saying the rosary, using it as my connection, my spirit connection, and it's like you know, beads go across all different spiritual modalities and you know, it's so, they're so common for people, it's so tactile. So I was doing it again and I suddenly and you'll appreciate this I realized that I had an ancestor channeling through me and I began to say the rosary in an Irish brogue channeling through me. And I began to say the rosary in an Irish broke and you know, at first I didn't believe it and I tried to like, literally I was alone in the room and I'm looking around like is this? And? But it was.

I could feel the energy and that she was saying it. The cadence was very specific. I mean, I couldn't do an Irish brogue. If he asked me to do it now, I couldn't do one. And she came back every time.

I said that rosary for months.

Wow. And so it's like she was saying it with you, she was saying it with us, she was telling me we are all saying it with you and I was able to look at my bring up, my family tree, and I knew as, because this was me opening up and I knew that who it was. And it was my second great grandmother on my mother's side, who I didn't know very well, but it was like that energy came right off the page and I knew that it was her. And that's where the ancestral healing, as that, opened up. And as I worked with people on their ancestors, I could feel their ancestors coming in and guiding me and, in some cases, talking to me or they will confirm something, like somebody might say, I heard this story in my family about something, and they will say, you know, they'll confirm it and say, yes, that happened. And sometimes you know, I mean, sometimes I'll hear the clairaudient or you know I'll see them, but certainly in the feeling and sensing that they come in and I'm able to share this with families.

0:28:32 - Julie
Interesting aside.

When I scan somebody who's having surgery, there are the patients on the operating room table, and I'm an inventor of surgical devices so I spent a lot of time in the operating room doing prototypes and testing stuff and things like that, and then in there with my team too, and so the patients on the table and I can see it remotely now, but back in the day I was actually in the room.

So the patients on the table, the patient's guardian angel's, always over the head of anesthesia, there are surgeon spirits always over the head of the surgeon or surgeons that are doing the operation, and at the foot of the OR table are horseshoes like an amphitheater of deceased loved ones' spirits that are in there to support them. And there's always a correlation, Bernadette, between how much prayer is being said for the patient and how many loved one's spirits are in the room. It's amazing to me because when somebody will say, yeah, she's on three or four prayer chains and it's gone global or it's in our community and everybody's praying for this person who's having surgery, it's so obvious and I'll find that out usually after the fact because I'll say to the family boy, there are a lot of spirits in that room supporting your mom or your dad or whomever, is there a lot of prayer, do you think, being said for them and they'll say, oh yeah, you know, they're on several prayer chains that are on that.

0:30:09 - Bernadette

And once it opens up, it's, you know, it's. It's amazing that you know, just um, you begin to realize how much spirit is around you and how they're communicating with you and sharing you know, I often work with people who are trying to open up and help them to begin to understand what these signs are that they're getting, so that they can understand more. But it is an amazing thing when you realize, yeah, just of course it makes me think of my table, with all my ancestors sitting around it, yeah, that they were literally there with me, and at the time it was my imagination, so to speak, I was just imagining them. But then when you understand that this connection is so strong and that they are so close with us, that, yeah, it is such a gift for people to understand that and begin to not feel so alone At the end of life.

0:31:14 - Julie

Those ancestors are all in the room too, family and friends of somebody at the end of their lives, and that happened with my mother and I saw these people who I had saw their picture afterwards and at the funeral home when they run those slideshows of ancestors, and I was

like, oh, that person was in the room, who is that? I can see their spirit. So how do you take that back to how? What's your process to?

0:31:44 - Bernadette

help somebody. What I consider my gift is this understanding of grief and trauma. What I consider my gift is this understanding of grief and trauma, and I did that I worked with. I've worked with the young and the old I actually have my end of life doula, so I've worked with those who God bless you.

Yeah, but yeah, so it is. I take them on a journey and we it is. I work with each person individually. So I, where are they? What are they? Are they wanting to understand more about why their families? You know they're struggling with grief or loss or they're just even life's challenges.

You know somebody that's gone through a divorce or something, and we often take a little bit of a journey back into ancestry. Sometimes we'll take a deep dive if that is something that it feels like it's really, but we'll take a journey into the ancestry just to help them understand a little bit more. Because, you know, those two first two generations back share so much information about who we are, the way we're living today, and you know, if I was just talking or listening to a group talk and they were talking about hearing the car drive in the driveway and that it caused anxiety for people, so I help people to kind of tease back into what, maybe what was going on in the last couple of generations, and at the same time, we're talking about what it is that they have, what's brought with them. Where are they? Where are they now and how is that affecting how they're reacting to things and do they feel that there's this trauma, this trauma connection, because there's also resilience that comes through. And so when we're doing it it's not always a very heavy. You know, when you do your ancestry and we do discover trauma, you know we discover the resilience and we sometimes discover where Uncle Larry got his ears. You know where they, you know so so. So that's where we begin.

But then I try and take them on a spiritual journey If they are wanting to understand how to open up or they've been feeling like they're just drawn to knowing more, and so we will go through where that interest that they have about spirit is. And you know I liken it to an itch that you can't scratch that when you start to open up, that you just wanna know more and you wanna know how to connect and how do I do this? And so we go on that journey as well, and it's been an amazing transformation for some people as they begin to understand how you know we're all connected. You know I always look back to the ancestors because that's the way we're kind of taught and that like we're bringing the knowledge and the understanding forward and that for future generations that this is, that we are all in this line. But then I share with them.

We're really in a circle and that, as you know, that's just simply the circle of life. But as we cross over, we become the ancestors that may be visiting the, you know, the loved ones that have come after us, and that, and just that incredible spiritual connection that we do have and that we were not meant to live our life alone without guidance. And I also share that. People will say to me well, I wasn't given that gift, I didn't get that gift to understand spirit. Well, I wasn't given that gift. You know, I didn't get that gift to understand spirit and I didn't think I was given that gift and yet it opened in me. So I try, and you know, take them on this ancestral healing journey so they can uncover what it is that they're feeling or what they think might be back there, but then bringing them through on a healing journey that helps them to open up more and to understand that they are a spiritual being and that we're very connected.

0:36:17 - Julie

Do you call on certain ancestors of yours to provide help? Do you work with your clients and encourage them to do the same thing? And if so, what do you think is really going on there?

0:36:34 - Bernadette

So I have opened to a spirit guide and that has happened in the last five years. So I have a guide that is with me now and they will help me with, you know, helping them understand also about how to open up. So I use my guide as a catalyst for getting more information and for getting so and I have more that the ancestors also come in. But my guide serves as the I want to say the authority, as the one that will confirm that this information is coming in correctly and that so. But I teach them, you know, as I work with them and you know work with my clients and that guide, they begin to trust themselves because it's all about opening up. I try and say you know, let the window open just a little. Even you know to understand that you do have this connection and you may not be ready to open the window all the way because you don't have that belief system yet or you're not comfortable. Many of us were taught do not go near spirit, you know.

0:37:44 - Julie

Do not touch the Ouija board, do not you know that was just after the Exorcist came out. The Ouija board. I don't know if you know this. The Ouija board is patented, so I would have loved to have been the patent examiner in there watching that thing and what convinced him that it was real first of all. Secondly, it was the best selling game in the history of games ever, and until it was used in the Exorcist, yeah. And then when it was used in the Exorcist, then it became evil and satanic and all that kind of stuff. But yeah, Milton Bradley, I think, is the manufacturer and they're still made today. But every home had one. Did you use one as a kid?

0:38:37 - Bernadette

Oh, my sister did. I was a little too afraid to Bernadette. Margaret Teresa O'Brien was a little too afraid to there you go, your sister, who's also a saint.

0:38:47 - Julie

Yeah, I never got anything out of it, but I learned how to do all this stuff, and obviously you do too. Do you think that everybody has the ability to communicate with spirit?

0:38:57 - Bernadette

I do. I think it needs to be. I think there are steps that you can take towards it and to be. When I started to communicate with my guide, what I was being pushed to use was the pendulum, and I was not interested in use. It was kind of like the Ouija board. I'm like I'm not touching the pendulum and I actually tried it and then I said tell me yes and tell me no. And it did and I dropped it because I was like this thing works. But then I put white light around me and I actually saged a little and I started a conversation and I said are you an angel? And they said no. And I said are you a guide? And they said yes.

And so that began our journey together. They have taken me on, I mean, taught me things, read books together where you know, shared. What's the important part? What should I be taking from that? And then it didn't take too long for me to realize I didn't need the pendulum and that was only a way for them to reach me, so that I understood that I did have this connection. But so I think many of us think that we can't or we're afraid to.

0:40:12 - Julie

Yeah Well, for those who don't know, talk more about the pendulum and what it does.

0:40:18 - Bernadette

Oh, so well. It's funny. When I first started using pendulum, no one told me how to use it, because I think so what is the pendulum? Oh, I'm so sorry, a pendulum? It is a. It's actually. I think the pendulum actually comes from a tool that was used in when you're like wood, wood makers or you know whatever would use this. It was a weight on the end of a string and now

they're very pretty because there's usually crystals on the end of a chain, but they are something that you hold up and there's a weight to it and it will start to move as you ask it questions, and it will go either back and forth. Some people, it goes in a circle and you can buy them online, or you can buy them at a spirit store. Every spirit store will have them and, yeah, they're special. It's. Yeah, they can be special.

0:41:19 - Julie

But it's a good way. I never used one, but one of my best girlfriends, hers is amazing. She'll use hers and then that thing will start going bump, bump, bump, bump in a circle and it's just amazing. Or it will go counterclockwise. If the answer is a no, and she's holding it still, her hand is not moving and that thing is amazing. And for her she says it's her crutch, but who cares? It's a way for her to validate the information she's getting from spirit. And don't you know? Those things have been used since the beginning of time.

0:41:58 - Bernadette

Yeah, and I am such a student of all that old spiritualism and all I mean I have done in ancient civilizations I'm like a geek when it comes to that, so I know a lot of this stuff.

0:42:10 - Julie

Well, and reading the tea leaves and all that. Every culture has that, and it was long before religion came in. And then what did religion do? Religion wanted to be more controlling and control the masses, so they made that evil I'm using air quotes that it was evil, which is nonsense. There's nothing evil about it.

0:42:32 - Bernadette

Exactly, and that's why I tell people that they really we can all do this, and some people obviously do it better. Some people have connections that go deeper and have been around for a lot longer, but all of us can connect with loved ones and ancestors and I tell people and this is very true that the ancestors and the loved ones are the ones that have the closest energy to us, so they tend to be the ones that will come in first and that you will get. You know you will get a hit or something you know and that you will get. You know you will get a hit or something you know. You will get information or feel them around, which is why you know when somebody crosses and it's so, you know, helping to discover what a sign from them would look like or creating a sign that they can give you and teaching them. You know, beginning to teach in that way.

And the ancestors, I just love when they come in. I mean the moment, and I've had some funny ancestors. I, you know, most of the time they come in, as you know, as energy, but I had this one clairaudient this one morning. I'm literally like brushing my teeth and I'm hearing in my, you know, in my psyche head, Bernadette. And I'm like. I literally said to my guide. I'm like, did I hear that? And they were saying yes, and then he starts telling me. He's like I'm Katie's grandfather and he starts talking to me about this client that I had and that they were all trying to help her. He's telling me who's trying to help her on the other side and so I mean they can be very, very funny too, but the ancestors are so close and she had a very, very special relationship with him and she had just shared that with me in the meeting, in the session we had had before. So it was very cool, and when I was able to share that with her, she just was blown away.

0:44:31 - Julie

Which begs the question do they have the ability from heaven to affect things for us here on earth?

0:44:39 - Bernadette

I love that question. I love that question. My belief is two. I kind of have two things.

I think that in our journeys, our living life journeys, that we, that they are here to guide us but not answer all the questions, and my guide, in fact, when I was learning to use the pendulum, they would show me yes and show me no, but if they didn't want to answer the question, they left it still and they wouldn't answer the question, and so, and I would say you're not allowed to share that with me, and they'd say no, so they would tell me that this is something you have to figure out, and then, once I made a decision or you know, then I could ask for feedback and they might give me feedback.

But I also believe that in really stressful times and you know, for example, what I was going through, you know my ancestors came in because they knew that I needed them. Ancestors came in because they knew that I needed them, and so I think that there are things that they can affect from the other side when it's called for and when they have. I think there's a spiritual principle, or you know that they are allowed to intervene at certain times, or that they are allowed to intervene at certain times, but they're mostly here as a guide. At least that's what I'm getting. They're mostly here as a guide, but a good guide, like really helping you to dig into some of the things that you may be worried about or tried to figure out. So that is my take on so more from a guidance standpoint instead of.

0:46:25 - Julie

Okay, I'm going to one of my best friends, married her mom, who's in her early nineties. Whenever they're going someplace and they're looking for a parking space, she prays to her parking angel and a space always opens up and I think that Always?

0:46:42 - Bernadette

Well, because they're so playful. So, you know, spirit is very playful and they will. I mean, they tease me, and so I absolutely believe that that is possible. But it's also they're not going to give you an answer to everything, and so if they feel like this is something, that this is a learning part of your learning journey, they may not, you know, come up with the answer.

0:47:10 - Julie

They're not going to clear the traffic jam on the freeway that's going to allow you to get someplace on time but they're going to give you guidance, perhaps to facilitate calling the people you're going to yeah, with whom you're supposed to be meeting and you're going to be late, and giving you guidance on what to say, instead of I'm, like Moses, coming in and clearing the path in the, you know, in the freeway, but you know I always think spirit can sometimes keep you from being, you know, in the free world.

0:47:41 - Bernadette

But you know, I always think spirit can sometimes keep you from being. You know it's the whole keep you and make you late, so you skip something, so you aren't there.

0:47:52 - Julie

Yeah, yeah, good point. Elizabeth Taylor told this story all the time about her, I think probably her favorite husband, Michael Todd, and he was going on a trip, he was flying somewhere and she had the worst feeling about it and she begged him not to go and then the plane crashed, yeah, yeah, and he died and she told that story for the whole rest of her life that she begged, begged, begged him not to go, and you know that was not a great outcome.

Have you always been interested in helping others? How did this all come about, my gosh? I want to hear more about the end of life doula, or death doula. I want to hear about that. I want to hear about your hospice work, about your genealogy. I mean, it's all in service to others. Where does that come from?

0:48:41 - Bernadette

I mean, it's all in service to others. Where does that come from? You know, that's where I look back and you know, think about myself as a child and the spirit in me back then. I had a few spiritual experiences that I can recognize now looking back. But one of them was I was always of service, I was always the one.

I came from a big family there were eight of us and, yeah, and I was the third from the bottom and the youngest girl, and I was always the one that was trying to keep the peace and you know, that was just part of what I wanted to do and I was always the one that wanted to give my lunch money to, you know, to somebody else. It was just so, you know. I think that I just came in with that, that part of me. And then, as I, the work I was drawn to doing is, you know, I have a psych background and I was working in a middle school actually, with with kids that had were on an alternative team.

They had experienced grief and trauma, and so I worked with them, helping them to acclimate. We were trying to get them back into a regular classroom and help them process what the trauma was and what it looked like, and it was absolutely wonderful because they were hilarious. They were. You know, if they went like that, that was a hello to you, you know like, although no one could see it there, but if you know they and so you're in the inner circle.

0:50:09 - Julie

you're in the inner circle of that happened yeah.

0:50:12 - Bernadette

So I had this very special connection and I just felt called to doing that type of work. And then, when David passed, I was ready for a change, just to do something different, and so I chose. It was very similar when I was doing in the with the, I was working with a mental health team with these children in that were in the middle school, and so I began working in elder care management. So, which is, you know, helping, you know, seniors and their families transition to next stages, whatever those were. And so in that vein, I was in Vermont at the time, and University of Vermont actually the medical college was offering an end of life doula and so, yeah, so, and it was absolutely amazing, I felt very comfortable. I had been working for quite a few years in elder care management, so I'd been around many of them as seniors, as they were getting close to their end of life. But opening up the conversation about death and opening up the conversation about crossing over and just helping them take the fear out of it, because we have this, we're just not, it doesn't get talked about here the way it does in other cultures, and so that has always been a huge thing for me is to open up, that you are going to the other side and that you will be greeted and that loved ones will be there and you and it's not, rest in peace, that there is work for you to do on the other side and you will have more learning and more, you know, raising of your consciousness, and so that has become a very special part of what I do to really help people to understand that.

And I had the cutest little. She was 88 years old, she was about four foot nothing, because a poor little thing had scoliosis. And I asked her oh, we were teasing with each other. And I said, well, when you get to heaven? And I asked her oh, we were teasing with each other. And I said, well, when you get to heaven? And she said, oh, I'm not going to heaven. And I said, yes, you are.

I said, well, you all go to heaven. She said, no, I'm being cremated. Because she didn't understand, which opened up this beautiful conversation between the two of us. She was an only child. Nobody ever talked to her about heaven, and so we had this conversation of what the other side was, and then she started to see beings coming in you know, family members coming in to as she was getting close to crossing and she was confused because she didn't know any of them, because she hadn't seen them before. But she was. It was like what you

were saying in the you know in the surgery that they were. They were coming and letting her know that they were going to.

0:53:12 - Julie

And at the end of death? Yeah, yeah. And university-based research says that 90% of people at the end of their lives see the spirits of deceased loved ones and pets. Yeah, 90%, that's a bunch. Yeah, yeah, yeah so yeah. So just how wonderful Were you with her when she passed then.

0:53:31 - Bernadette

I was not with her at the moment but I was with her right before and I was playing. She loved country music, which was hilarious because she was from Vermont and I'm like, how did you get into it? But she loved it and so I made sure she had country music playing for her and I kept telling her as I was holding her hand and she was not awake, but I kept telling her. I said you're going to go to sleep here and you're going to wake up there and just and you know I shared that a lot with the seniors that I was in touch with as they were very close to passing and you know, just so that they knew that it was, you know it could be peaceful and loving- and you learned that at the University of Vermont.

Well, yes, they confirmed a lot of it. I had already known. It was very natural for me, but absolutely, they confirmed. They take you through just the understanding of that. They now know that we have this consciousness.

0:54:33 - Julie

We know that from your near-death experiences as well, right, right, and that knowledge has crossed over into those that are crossing over, that we know that they're kind of in between you know, as they're getting ready just the last several generations, or it seems to me that people weren't afraid of death until really our medical business got really, really robust and families are so separated just because they don't stay together in a unit like they used to. Everybody all the aunts and uncles and cousins would all be raised in the same town, and now they all go to different parts of the country and sometimes even the world.

0:55:27 - Bernadette

Yeah, Well, you know, it's really funny that you just said that, because what it brought up for me was my ancestors, and they had so much, there was so much loss, my, you know my just so much loss in that family and my particularly my father's family, and they pushed it away, they didn't spend time on it. They didn't my father, actually, when he, when he, when my great aunts passed away all of this, pictures and things about his mom and his dad that he had never seen, were brought down by from the attic, by their attic, by my great uncle, because in that generation it was they're dead, they just it's, you know, we and we move on. And it was kind of like we move on, and I think that they didn't linger on it and they didn't say that it was something terrible. It was just something that we all experienced and it didn't mean that it was something terrible. It was just something that we all experienced and it didn't mean that it wasn't sad and that you didn't work, deeply touched by the fact that they were no longer there.

And so I agree, I think the longer the way that our lives, you know we are able to live longer, you know we are able to live longer, and I think that that being able to live longer has kind of introduced the idea that we want to live longer because we don't want to die, you know, so that we don't want to cross, and I think it's you know, there's so much I, you know, it's my belief there's so much on the other side for us and that, uh, crossing it is just understanding that we've already been there, that that's home and that, um, this isn't the first time that we've been here, you know.

So it is um and I, it's like being able. You know, you were talking before about how you pulled out, like you were able to see, to see yourself, you know, up, kind of away from you know your body, and I feel like that we can kind of begin to imagine ourselves being able to do that, so we can understand this is just a life here and to live it to the fullest, but not to be worried when it's time for it to go.

0:57:48 - Julie

It's like we're starring in a movie, yes, and then the movie comes to an end and the MGM lion roars and we go and we create another movie that we want to star in. And do you find that, when you're able to get this information to people, that they're receptive to it? Or is it and I would think that certainly a percentage of the people who come to you for counseling or assistance have some interest in the spiritual realm? Yes, versus, you're just running into some agnostic or atheist that you're trying to have to convince that there is an afterlife. How does that work for you?

0:58:36 - Bernadette

Actually, I love conversations with them. But the agnostics yeah, that's always fun for me. Most people are coming, often coming because there's a grief or an anxiety or something that they've been struggling with and somebody has suggested that this is kind of an alternative. Or they just come because they're interested in ancestry or they've heard that I can open them up. So I kind of get people in different stages of what? But the healing that happens almost immediately as they begin to both feel the ancestral knowledge seeping in and helping them understand who they are, and as they begin to open. The healing is so strong and they were ready for it and they, you know it is. It is such a gift and you know how, what a gift it is. I mean, it's beyond. To be able to do this and help somebody in this way, is it's just?

0:59:48 - Julie

it's just, it is such a gift, yeah, when you have an ancestor come through and they're giving you information to give to your client, do you then use your genealogy skill sets to look up that ancestor, to kind of prove that, yeah, this person really existed and what they said really makes sense, and here's why, because here's what we can pull up in the records or do you encourage your client to do that? This was one of the main reasons why I wanted to have you on and wanted to talk to you. I've never seen the combination of the genealogist part with the spiritual part, although I've been doing it even though I didn't know it. Because when we're talking about past lives or we talk about spirit guides and we'll get a name and we'll get when they lived and where they lived and that kind of stuff, I'll say, go look it up online. And they do, and most of the time they can corroborate the information with historic documents online. Does that come into play? Are you using that scenario?

1:00:49 - Bernadette

Absolutely, because, well, it's so funny. I was just on a Zoom with somebody this morning and she was talking about seeing a man in her basement as a little child and the genealogy side is like, okay, let's look him up, let's see if we can figure out which one it is, because you can do it and it really depends on what ancestral information is there. But I often help people to do that and it goes both ways. We can discover somebody here and or it feel like they have a great grandfather they really want to know about, or they feel like it's a great grandfather that's been with them and we can go back and look at them and we can go through all of their great grandfathers to see which one is the one that you know that they may feel closest to. And often spirit will take me right there, they'll take me to the one.

But there's definitely a crossover and opening up to the ancestors helps really open them up spiritually. So it's like a doing it together. It's like a twofold that when you begin to reach back and look at the ancestors and their stories, suddenly this knowledge that you feel like they've been around you can come through, and often you might find it in when you look at a picture

and you have this incredible. You look at this picture and you're so drawn to it and that is another way of confirmation that that spirit might be with you, because not every ancestor's spirit will come to you, but there are strong ones that may actually be your guides, one of your guides, who will come in and make themselves known so that you know and that's fun to do, both of that, so yeah.

1:02:44 - Julie

She should think they have kind of like an ancestral review board committee meeting, that, okay, uncle Charlie and Aunt Susie and Grandma and Grandpa, you go help Bernadette. And then you know, grandma, whoever on the other side, and you and you, and you you go help Bernadette's brother Charlie. With what's going on. You think why do certain ones come in, do you think?

1:03:09 - Bernadette

I think that we are part of, and I'd be curious of what you think too. I think we're part of these spiritual groups. You know that we, and I believe that they change as we begin to or continue to, our consciousness elevates, that that we, you know that we continue to grow, and I think that we are, just that there are some that we are just closer to, and because you there's so many, you know it is you couldn't count all the ancestors that you have and I also think it's the ones sometimes that you were close with in life will also be somebody that you were close with in passing. I had this great uncle who I was close with and I started getting this.

I get music a lot where a song comes into my head, and I started getting Billy Joel's the Piano man. This was years ago. I'm like, why is this song constantly playing in my head? And I realized that it was my great uncle, bob, because he played the piano and he played it by ear and I realized that that was his way of letting me know, and this was all around. The realized that that was his way of letting me know that and this was all around the time that David was ill, so he was able to come in and let me know that he was with me.

1:04:29 - Julie

So what a great example of some of the ways that spirit communicates. How do they most frequently communicate with you?

1:04:39 - Bernadette

If it's ancestors, I would say I get, oh, I get so many signs. I mean, I get all different types of you know signs in terms of numbers and you know the cardinals or those kinds of things. But songs have a big, songs have always had a big, and songs and numbers together have always had a big and songs and numbers together. My husband passed. I had this synchronicity where his number was on the license plate in front of me and his song came on and I'd been asking for it and he doubled the synchronicity by having the license plate in front, so that I knew that this was a true synchronicity and a true sign from him.

1:05:25 - Julie

This song just came into my head when you said numbers and music. I heard hey, 98.6. It's good to have you back again. I'm thinking really, of all the songs with numbers in them. That's the one that comes in my head.

1:05:48 - Bernadette

Do you know why it's 98.6. That's the temperature of our blood and you have a medical background that's like a nod from a medical 98.6.

1:05:59 - Julie

I love that. I hadn't thought about that, but I'm thinking really of all the numbers that are in songs.

1:06:06 - Bernadette

And you know what's going to happen. You're going to see 98.6 somewhere again soon and you'll be like yeah, that's hilarious, oh my gosh.

1:06:15 - Julie

All right, so what do you say to somebody? A couple more questions as we're winding down here. What do you say to somebody a couple more questions as we're winding down here. What do you say to somebody that has difficulty in seeing the connection between mind, body, spirit, grief and healing? How do you weave all of that together in the tapestry that you create to help them heal?

1:06:44 - Bernadette

you create to help them heal. That's a wonderful, you know wonderful question. I, you know grief and trauma. I go to the grief first to talk about what grief looks like in our bodies and what it feels like and how it changes. And you know we start there to no-transcript, like how are you feeling it, what is it making you feel like and what did it feel like when this grief first came on? And then start to help them understand that we can grow through that and begin that the body, mind and spirit, that all of them can come together as we open up.

But recognizing those grief and trauma responses and signs is the strongest way to know why we're feeling it all the time. You know, if you and I think that's one of the things that's so hard for people is to understand how it affects them physically and then, as they begin to relax in that knowledge, then we go to opening up the heart and then connecting with spirit and allowing those things to begin to happen. Because spirit really is in your heart, those things to begin to happen because we're so spirit really is in your heart, you know, we're so heart centered and often we can feel them there that that is where you might have almost like a little squeezing or a little, you know, a warmth in your heart and and in partly spirit at least spirit does that with me so that when there are times that maybe I'm not able I've got too much on my mind to hear them or to connect with them that I get this little heart center thing so that they know that they a gentle, keeping that understanding that most of us have been through a difficult time when none of us get out of this lifetime without grief and trauma and being able to be compassionate with ourselves and forgiveness of what our reactions to things that may be related to trauma responses or trauma and grief can be trauma. So trauma doesn't mean that you were in a war. It can be that you lost a loved one that was so dear to you at a time that you just needed them so badly and that in itself can produce some responses that will be similar to trauma responses. So we really do the work and weave in the history and the family you know.

And Uncle Larry's ear there is ears. There is fun to this and I did find the picture that has Uncle Larry's ears. Someday I'll show it to you because they are like huge and we were all. It was like anybody that was pregnant. It was like better not get Uncle Larry's ears.

1:10:06 - Julie

Oh my gosh, that's hysterical.

1:10:09 - Bernadette

Last question why do we incarnate? Why do we incarnate? Here we incarnate? It is a gift Spirit just gave me that. It is a gift that we are given to come here and experience things here that are richer in some ways. And they're richer because and this is going to sound strange, not strange, but because we have the black and the white, because it is not all, you know, when we are in heaven we don't experience trauma in heaven, but here we have, you know, we have all of these experiences and while each one, even though there isn't necessarily trauma some experiences are happier and some are, you know there's all of that mixed together and that brings a richness that helps us move forward in whatever area we were hoping to move

forward in in this lifetime here. That we're given that opportunity and that being able to see, you know, the yin and the yang, the yin and the yang and the black and the white, is why we wanted to come, so that we could experience it.

1:11:37 - Julie

Beautiful. You are so lovely and so comforting. I completely understand why people want to come to you when they want to heal their grief or open up. My goodness, wow, you're just. I completely get it with people saying, yeah, I'm afraid of this. I don't really know if I want to explore it or not, and I'm going to go talk to this Bernadette woman and she's going to maybe help me, and then, when they first start working with you, you're so encouraging in such a loving and kind and nurturing way. My goodness, kudos to you. You are extraordinary, really extraordinary. How can people learn more?

1:12:26 - Bernadette

about you and your work. The best way is my website, and my website is tellmeourstory.com and it is tell me our story, like the child asking the parent to tell me our story, and so that is the website. It's the easiest place. If you put tell me our story in, you can find me on Facebook. I have it as tell me our story, ancestral healing. So tell me our story, or tell me our story, ancestral healing. But the website is tellmeourstory.com.

1:13:04 - Julie

Okay, terrific, and we'll have that in the show notes. Everybody, we've given you lots to think about here, and in the meantime, I'm sending you lots of love from Sweet Home, Alabama, and from California too, where Bernadette is. We'll see you next time.

1:13:23 - Annncr

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

1:13:37 - Disclaimer

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