

Lindsey Scharmyn 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 Lindsay Sharman with us on the show today. Lindsay's a spiritual and shamanic teacher and healer who uses sound healing, tarot and channeling to help her clients heal. I'm looking forward to hearing how she combines these techniques and figures out which clients will benefit the most from what type of healing. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Lindsay. Lindsay, welcome to the show. I'm so delighted you could join us today.

0:01:30 - Lindsey

Thank you, Julie. It's so good to be here. I'm really honored to be your guest.

0:01:34 - Julie

Well, I'm honored to have you. It seems like you've explored several spiritual cultures and traditions. Please tell us about your journey.

0:01:47 - Lindsey

It's so much to describe, but I have been guided through it. I really feel called through my journey and I feel I try to say, you know, it's not like I really resisted it, it's not like I didn't want it, but I also didn't really go looking for it and sometimes I maybe felt like I wanted to resist it a little bit, a little scary sometimes, a little intense sometimes. But a lot of different traditions have come through and to some degree I went looking for some of them. I was interested, I wanted to read about various traditions and so I had books here and there.

But really life would throw me into situations with shamanic practitioners of various traditions and areas and I would just sort of be trial by fire, right, like just thrown into the mix and sort of trained in some things and brought through some healings and thrust into the heart of it. And so, you know, I've had Native American shamanic teachers, I've had South American Native American shamanic teachers, I've had Buddhist teachers, taoist teachers and esoteric mystery school teachers. So none of it again was just something I was sort of looking to check off, like, oh, now I've got this tradition, okay, on to the next. But this is just sort of how life sort of threw me in with people and what came out of it. And so now I have this really rich background in a lot of these different traditions that I've sort of mixed all together in a somewhat syncretic way, you know, in this mixing pot of my own personal unique brand of spirituality and of teaching and of healing and all of these tools I get to use. So I feel really honored to have been called to it all and I really love everything.

They all have such beautiful aspects of them. All these different traditions are so rich. So I also really love getting to see how they are connected, how they seem to share, you know, this sort of foundation and these sort of echoes that come through each of these different traditions.

And I don't think it's the same as cherry picking right, to just see that in this tradition we have this idea of the four directions being really powerful, and in this other tradition we do too right. And in this tradition over here we have the circle as the place where everyone comes in and there's the center of the circle and the outer ring of the circle and every tradition sort of has this and every tradition has some sort of aspect of the divine spark within us. And you know, you can just start to see these things over and, over and over again and it just helps sink it all in even deeper. You couldn't forget if you tried.

0:04:32 - Julie

Well, that was my question. You answered my question. You must be psychic or something, because I was going to ask you to tell us about the commonalities in those different traditions and I'm interested in you were talking about. Every tradition has a circle. Can you say more about that and also give us some examples?

0:04:53 - Lindsey

Yeah, so there's the idea of the healing circle itself, right, where people might come together and literally sit in a circle and be together. Everybody will sort of go in deeper with themselves, and you might even put a person in the center who is then receiving from everybody positive intentions. You know visualizations of healing. You might do this without putting the person in the center too. You might just sort of mentally place them in the center of the circle. Sometimes you place yourself in the center of a circle in some of these traditions where you're calling in your guides and allies around you, a lot of different shamanic and healers of different traditions. Guides and teachers will do this for themselves as a form of protection before they go do any sort of spiritual teaching or work right. So there's the sacred circle that you're the center of.

There's this idea as well that you know the universe itself is sort of built in circles. Right, we have the Earth globe or flat. There's circular energy involved. Right, we have all of the orbits of the planets that go around us. So we even see some of these things in science or materialist reality as well, not just in these spiritual traditions. In the Native American traditions there's often the again, the directions north, south, east and west are always really important, and the center of the circle is the person or the tribe right, and so there's these ideas as well. When we do things like powwows or these types of things, we also have the larger circle of the audience or the guests right who are there as part of it, and the dancers are also often going around in a circle. You know, the drummers will often be in a circle around the edges too.

0:06:36 - Julie

So there's just lots of repetitions of this and that's just one right, and every tradition sort of has some version of this that's sacred and used in many different ways, angels and the parents or the closest maternal and paternal spirit to the person who's dying form a circle around the person as they're dying and then it opens up into a horseshoe and then a straight line and I'm thinking of I see a lot of vortices in healing and also when somebody's transitioning, which is a circle that's just spinning, I see a lot of circles used in healing that remind me of a picture of the Milky Way galaxy. I never thought about it before, right, yeah, wow.

0:07:35 - Lindsey

Now you're also connecting with the spiral, which is this fundamental symbol that is repeated in all of these traditions as well. But you reminded me talking about dying. You know this is sort of a tangential thing, but one of my chickens I have chickens and one of them was sort of my chicken right, we were very close and I'm close with all of them.

Yeah, it was my pet chicken. Out of all of them, she and I were the closest and so we had a special bond and she passed recently. Later last year, and right before I knew she was headed out, she came in a dream and told me actually, and so I understood that she was leaving soon. It was really beautiful, but her fellow hens and mates also knew that she was leaving and it was

very, very obvious because she would be sitting and they would all sit around her in a circle looking at her and I've never seen them do that before or since with any other chicken. But she was sick and they knew right, and so they were all coming together to surround her.

So it's a natural principle. It's not like we made this up and decided the circle would be important. We see it reflected around us and, like you said, the galaxies, right, and we start to get into other aspects of that spiraling energy as well, which is very significant, especially in movement, transition and energy creation or destruction. So these things we can see them all around us. Nature is actually our best teacher, I think.

0:08:58 - Julie

So what does the symbol of the circle mean to you and why do you think it's showing up in all of these cultures and religions and civilizations?

0:09:10 - Lindsey

It's such a deep question actually, and the circle is, it's so many things. One of my favorite ways of looking at it is that it actually represents totality but also duality, and we don't always think of it this way, but it's actually perfect when we think of this. So you know, the circle contains everything. It is totality, it's all things are contained within the circle, right, this is the whole. But the duality of it is this masculine, feminine sort of aspect is one way of looking at duality.

There's a million dualities we could pull out, but masculine, feminine is an easy one. And that line of the actual circle itself, on that external part of the circle, the line is the masculine right and it holds the line, it is clear, it is distinct, right. And then the center of the circle is the feminine, it's the emptiness, it's the receiver, it's the void, it's the shapeless, and so we can see, even just in the simplicity of the circle, this whole universe is actually reflected in that right. The totality is there, and so is the duality. It's one thing, but even in the one thing, you can see the two aspects that divide each other but also come together to form the whole. So this is the basic of the circle, right? Wow?

0:10:25 - Julie

I didn't hear that you talk so much about circles, but it's fascinating. You've really piqued my interest here. I've got to tell you I keep hearing it in my head the circle of life from.

0:10:37 - Lindsey

Lion King.

0:10:39 - Julie

But it's the circle of life. I'm hearing this song in my head while you're talking about the different circle energy. What are some of the other cultures? I mean, let's go down this rabbit hole just for another minute or so. What are some of the other cultures that use circles? I'm thinking about the Celts, with the Celtic cross, with the circle. I'm thinking about the Druids. What did the Druids use in circles? Do you know Well?

0:11:03 - Lindsey

they had their oh, I'm forgetting the word right now, but it's the arm band, the torque, and so it's a nearly complete circle, right. But it's meant to sort of touch, just sort of like the dragon eating its own tail, or the snake eating its own tail is another version of the circle, and that's also in multiple traditions, and that's that aspect too of that eternal right, the totality like the beginning and the end are also contained in the whole.

0:11:33 - Julie

So there is no beginning and no end.

0:11:36 - Lindsey

That's true, there are beginnings and endings, but they're really all just one thing, right? Yeah, it's also, you know, mathematically significant. But, you know, maybe that came after, like, we saw nature and we saw these circles and it helped us understand reality and ourselves a little bit more, and so we're repeating it over and over again and using it in these ways. It's very powerful. Also, it's one of the strongest shapes, right, it has no angles and no corners, it's just perfectly curved. Every point is equidistant away from each other. So there's all these mathematically interesting things too about the circle which I'm not going to be able to repeat right now. I love math. I'm not a mathematician, but the circle is very significant mathematically, and the numbers of it and all the different meanings they have. We could go on forever if we had a mathematician on the show about the significance of the circle.

0:12:26 - Julie

Yeah, that's way above my pay grade. The other thing that is coming to my mind is the womb. You know you talked about the feminine being the void. Well, that's where creation happens is in the circle, in the womb, for whether it be a human or an animal or seas, most of them are round. Oh my gosh, you've got me going down the rabbit hole, girl. I love it. Wow, fascinating yeah.

0:12:56 - Lindsey

Even a very simple circle. You know we put the bindi, or the dot, right here for our third eye. Well, we can do it for any of our chakras, but that's the one that we're most familiar with. Usually is this dot on the forehead and that's also just a very simple circle, representing Again. We could also make it a sphere, we could make it a spiral, because when we get into it it's representing this energy center here, the third eye, and that energy is going to look to us more like a spiral if we were to see it with our spiritual eye or in any other way that we could perceive it.

0:13:27 - Julie

Is that what that dot is? In the Indian culture, it signifies the third eye. I never knew what it was, but I know that women wear different colors whether they're married or whether they're single, I believe.

0:13:40 - Lindsey

Yeah, I think there's different reasons and different colors and so you can indicate different things, just like we might say Miss or Mrs could just indicate a different thing, but we always have the indicator itself. So, yeah, there's a lot of different ways and there's a lot of different traditions that would use it in different ways too, right, like when you would put the dot on or not have it on, and some people just always do and some people permanently tattoo it there as well.

0:14:09 - Julie

I never knew that it signified the third eye, but that makes sense to me that it does Interesting. Okay, what's orgone energy?

0:14:20 - Lindsey

So orgone energy is a word for the life force energy. It's created specifically by Wilhelm Reich. I believe I'm saying that correctly. Wilhelm Reich created this and he, you know it's his version of describing this. In my opinion, the life force energy has had multiple names throughout all these same traditions that we've been referring to, and there's prana, and there's chi, and there's ether, and there's just love. Love is what I like to call it sometimes. Right, we can call it whatever we want, but it comes down to this life force energy that exists everywhere, all the

time, in all things. So the smallest atom to the largest elephant, you know, to the largest solar system. It is the current of all life, and orgone is one way of describing it.

And also this man, you know, then created a way for people to be able to tap into it more easily. He also connected it to our sexual energy, which is also not uncommon in many traditions again, and especially in the Hindu and the Buddhist and some of these more esoteric mystery schools. Sexual energy is life force energy as well, and that makes sense. If we think about it right. We're creating life. This is part of the purpose of the act, and the energy itself is also therefore spiritually significant, or it can be, depending on your view. And so he connected it with that.

But I wouldn't look, I wouldn't. You know, in the West I think we feel weird about that sometimes. I wouldn't necessarily attach too much to that. If people want to, they can, but if you don't like, you don't have to. To just consider life force energy is everywhere. Our breath is life force energy.

Right, our ability to be animated and alive is because of life force energy, and so we can just go that direction with it and think about the universality of it and we can think about how, obviously, it becomes more or less potent at some points in time. Right, sometimes we feel very high energy and we can run and play and our body feels good, our mind is clear, and other times we're very low, our life force energy is lower, we're recovering, you know, we're sort of trying to store it up instead of use it. So he understood that it exists, that it has something to do with sexual energy and that it can be increased or decreased and also perhaps contained in some ways. And so orgone accumulators are something that he developed. I make my own special orgone accumulators. Mine are slightly different from his exact version and especially the way that other people today are making orgone.

0:16:58 - Julie

Is orgone a mineral or a rock or something like that, or it's just a term to describe life force, energy. So Lizzie's holding up a receiver. It kind of looks like a candle holder to me it is a candle holder.

0:17:14 - Lindsey

I was just going to grab the candle and put it in there as well.

0:17:16 - Julie

Yeah, it's beautiful. It looks like it's made for those of you that are listening instead of seeing. It looks like it's made out of some kind of yellowish glass or crystals or something. What's it made out of?

0:17:32 - Lindsey

of yeah, so I use a resin like an epoxy and that's what most people use. And then most people have crystals, sometimes they have metal shavings, Sometimes they have other bits of organic matter. Wilhelm Reich's idea was that if you layer the organic and inorganic materials, that is what accumulates orgone energy. And that's true. But I will tell you, we are orgone accumulators in ourselves. We don't need a device in order to do this. Again, you can do breathing techniques, you can meditate, you can do things that you enjoy, you can dance and get silly, like. These are all ways to increase orgone energy, or life force energy, and these things that I make are also very good at it, and the things that other people make might be very good at it, but we don't have to have these things. So he said you know, use any medium and just layer organic and inorganic and you will be accumulating orgone. He would make boxes that you could get inside of and close yourself in, and it was layered with organic and inorganic all around you and you were therefore in this giant orgone accumulator. This, what I've made, like I said, is in the resin that I use, and then I have crystals as a layer here on the top sort of

edges, and then I have organic flower matter in between and then I have some metal, in this case gold flakes at the bottom, and so this is the layering that I do. It's a little bit different.

Like I said, I've never met anybody else who makes orgone like this. There's orgone everywhere. If you were to go to like a spiritual fair or something, you would see many, many booths with orgone and none of them would look like mine. They're like a little bit similar in that they use resin, but otherwise they're quite different. I didn't want to make orgone and my guides and allies were very, very pushy about it, and so I finally started making it and I do love it and I'm very glad that I listened. Finally, energy around them and I see how it affects the lives of people who feel called to them and choose to have them in their lives and how they use them. So I'm glad that I did it, but, like I said, I do it under their guidance and that's also why it looks different than anyone else's orgone, because I didn't learn from an orgone creator. I learned from you know non-corporeal entities. So I just do what I'm told.

0:20:04 - Julie

I tell people I almost have been living under a rock or something because I never heard of orgone before. Obviously I mispronounced it first. I said orgone, but orgone energy. I never heard about it. I never. I didn't come across it, I guess, or if I did, I was oblivious to it. But in that candle holder that you made, you said it catches or attracts the energy. What do you see in that? Does it catch it, like in the little indented part, or is it just have this aura around it, or what do you?

0:20:43 - Lindsey

It looks to me like there is a spiraling energy that comes up and it kind of comes to a point right about here and it kind of on the edges too, so you might almost see that whole area around it like a glow.

0:20:54 - Julie

I do. But there's sort of a point. It looks like a Dairy Queen soft serve ice cream cone yes. And it's interesting, the energy that's coming up out of it.

0:21:03 - Lindsey

Right, I agree. Yeah, that's a good description and you know, I've had people. Well, you know, I can just see it, I can feel it, you can see it or feel it. Some people will come test, right, if they're at a fair like this, let's say, and there's all this air, or going everywhere, they'll test it with their pendulum and they will hold it over it and they'll see. You know how much does it move? And when they come to my booth and do this, they're like oh my God, I'm like, I know, I know, right.

0:21:32 - Julie

So you just put it out in your house and it brings in extra energy that helps you and your animals and your family and your plants, and everybody feel better. Is that how it works?

0:21:44 - Lindsey

Yes. So I have a couple different ways that I use it and then how I teach people that I would like them to use it. Although you're welcome to do anything you want with it, it's yours once you have it. But I have planted orgone at the corners and edges of my property so that it's sort of like a boundary and a barrier for me. You know, negative energy isn't allowed here, it can't come onto my property. Also, it's gathering more positive energy for the land here, clearing it of whatever might have happened here before I ever got to this land, just sort of increasing the general high energy of the property itself. So the plants and the animals and everything can be a little safer and a little bit more productive, a little happier, a little healthier. That's what I do outside.

I also therefore, you know, protect against EMF damage and a lot of people use it in this way. They'll put it around their router or their computers and stuff just to keep things a little bit less intense. In our own fields I have pendants that I create. You can wear it and that can also have that effect. But what I really think is important is to train your orgone, train any of your devices, your crystals right. They're all alive, they all have life force energy.

0:22:58 - Julie

You train crystals. Okay, here's another rabbit hole. What do you mean? You train crystals, what is it?

0:23:05 - Lindsey

I've never heard that before. Maybe that's not the best word to use. You can call it whatever you want, but really what they want, they want your direction. They want to know what you want from them.

0:23:14 - Julie

I always tell my husband that he's doing really good in his training and he's 10 years older than I am. He always says you can trade me in on a younger model. I say then I'd have to train him Too much work. Says she can trade me in on a younger model. I said then I'd have to train them Too much work.

0:23:29 - Lindsey

So why don't I tell them that we can train crystals? Yes, yes, and you can place them around your house in the same way and have them do jobs for you.

0:23:34 - Julie

So what do you do? You hold them and set an intention for what you want the crystal to do. I thought different crystals had different vibrations and were used for different things.

0:23:43 - Lindsey

They have.

0:23:49 - Julie

I thought different crystals had different vibrations and were used for different things.

0:23:54 - Lindsey

They have things that they're naturally good at. So same, with these orgone, based on the crystals that are in them, the flowers that are in them, the metal that's used for it, it'll have something that it's naturally better at. The one I'm holding has these mikaite crystals which are better for purification, crystals which are better for purification. The flowers in it are all mostly yellow rose and a couple other high vibration that are good for friendship relationships and just feeling happy, high energy like that, and gold is really good at high level energy as well. That would be more like joy or happiness and also high connectivity. So it can also be good for psychic impulsives and gold's also very purifying physically. So there can also be good for psychic impulsives and gold's also very purifying physically. So there can be some health effects from that too.

Along with this mikaite, this would be a good one, for example, for if you are healing from something or keeping yourself pure so you don't get sick. But even though that's what it's good at, you could also say to it I would like for you to also increase my abundance. Thank you Right, just you could keep it as simple as that. If you want it heard, you it knows, or you can sit with it, you can meditate with it, and this just makes it stronger, it makes your and its connection easier, it makes it easier for it to know what you want from it, and so all of those are ways that you can sort of train it to do what you want. You can do the same with crystals. So

an amethyst crystal might be really good for crown chakra connection, increasing your spiritual gifts, your third eye, et cetera, and also it can do anything you want. They're not just one-sided and they're not mindless in my opinion. They're not just one-sided and they're not mindless, in my opinion.

0:25:33 - Julie

Wow, well, you hear about the talking rocks back in the day.

0:25:37 - Lindsey

The Clayboy mansions.

0:25:39 - Julie

Hugh Hefner had a big, huge boulder and he had this security system in it. I knew somebody that went there one time as a service person and he said you pull up in the driveway and you push the button and you're talking to a rock and they've got the security guard talking to you and saying okay, what are you doing? How can I help you? That kind of thing?

I knew that about silver, that silver has antimicrobial components because back in the day the very wealthy would have silver doorknobs and a lot of them were engraved and we used to see them in antique stores. Now, with the price of silver and gold being so high, you don't see them so much. But I can remember being in just like a neighborhood you know no nothing antique store, almost kind of like a flea market type place, thrift store kind of place, and they'd have baskets of sterling silver doorknobs or silver plated doorknobs. I also I use liquid colloidal silver. If I have a sore throat I'll gargle with it.

I always tell people don't swallow it, just spit it out. But it knocks out any kind of bacterial infection in no time flat. So that's interesting. I didn't know that about gold, but it would make sense that gold would have healing properties as well, because it was always such a precious metal and still is, which is interesting too, because some people can wear gold but they can't wear silver. They get an allergic reaction to one or the other. Do you know people like that in jewelry?

0:27:18 - Lindsey

No, myself, I just have to have stainless steel, gold, silver, something that's like a real metal, a real metal, yeah, I can't have. You know, any of that Cheap stuff will give me an allergic reaction. I didn't know people would be allergic to either silver or gold. Cheap stuff will give me an allergic reaction.

0:27:33 - Julie

I didn't know people would be allergic to either silver or gold.

0:27:35 - Lindsey

That's interesting. Yeah, I've heard of that. Yeah, there's. You know, especially wealthy people used to have silver or gold utensils and plates as well, oh yeah, right, so they're getting the trace element within them, and we don't have that.

I'm not eating gold or silver, I don't know. Like you, I have the colloidal, but they're starting to make colloidal gold as well and this is becoming more popular and people are using it for anti-parasite or anti-fungal and just some of these more pernicious things that might be invasive in people's systems. So it's interesting it's coming back. I just got called to gold. I never wore gold. I didn't think about gold, I didn't dislike it, I just had never thought of it. And then about two or three years ago, all of a sudden again my guidance was like you have to start wearing gold, you have to start getting gold and having gold around you. And I started understanding this is something in the field needed to be uplifted.

The gold brings in this aspect and it is this high conductivity right. It's also really highly protective right. We use it in audio. Again, our producer might know more than me, but in audio it's one of the highest shielding element right, and so it's used in really, really high quality cables and whatnot will be gold plated because it's the highest level that you can get. So there's a reason. It's not just about the rarity right. It's also about the sort of energy or vibration of the I'm going to say soul, of these elements or these crystals or this orgone. Everything has its own information field that we could call a soul if we want to, and I do so yeah, interesting.

0:29:18 - Julie

Let's back up. I have a couple of questions. I want to take a few steps back. First of all, you've referred to the term. You've used the term mystery school a couple of times. What's a mystery school? Is that Hogwarts like in Harry Potter? What's a mystery school? I wish Hogwarts like in Harry Potter. What's a mystery school?

0:29:34 - Lindsey

I wish so badly that they had Hogwarts and I could go to it. Yes, A mystery school refers to a tradition that is hidden, and so you know, wouldn't it be like the church or it wouldn't be like a monastery? It would be even harder to find than something like that. So some people would call some of them secret societies, but not all secret societies are mystery schools. So mystery schools are a more hidden, esoteric spiritual tradition instead of teachings. A lot of these had to go underground in various times and places because of persecution and not understanding you know what was okay, what wasn't, and just being fearful of the unknown, and so there's a lot of them that have been hidden for those reasons. It's not necessarily that they don't want people to have the teachings. In fact, I don't know of a single mystery school that wouldn't want everyone to have the teachings. But not everybody wants them, Not everybody is ready for them, Not everybody would choose them. Yeah, they're called.

0:30:35 - Julie

Don't you think people are called to that stuff? I studied the Kabbalistic healing for three years and that may be considered one of those mystery school kind of deals because it was only taught to rabbis who were married, who were 40 years old or older and male, and there's nothing written on. It was all oral because it's so powerful. And there are many schools of thought that when you know how in the Bible Jesus goes from being 12 in the temple in the New Testament and then it comes back when he's around 30 and people say, okay, well, what happened during those years? And there are a lot of schools of thought that he learned Kabbalistic healing and that helped him perform a lot of the miracles that he was doing Certainly not to negate people that believe that he's the son of God, but that he learned some of the human techniques to help bring in that divine energy. And I find it fascinating.

Yeah, I learned the energy healing and the Kabbalistic healing and it's like you, it's all just mashed in there together, right, you know, with all the different things that you learned. Back to your journey, did you just wake up as a kid and think I'm going to go study all these ancient cultures and their energy and their healing properties and all of that Give us a little bit of an idea of how you came about that. Were you like a plumber beforehand, or what were you doing before you started getting into all of this?

0:32:10 - Lindsey

Yeah, I definitely didn't as a kid have any sort of interest, and I did in a way but it's so hard to describe because I just like knew that God was real and I knew that animals could talk and I knew that trees could talk. I knew that there was something constantly talking to me and that I would just know things that I otherwise shouldn't know. And I didn't know I shouldn't know them until, like adults and other people would seem to get really weirded out when I would say certain things. And so I understood there was a lot more going on, but I didn't have words for

it, I didn't have a frame for it. I wasn't raised by very spiritual people or any sort of tradition. We went to church, sometimes Lutheran. It wasn't a very strong part of our life. We didn't go very often. So, you know, not even that was very strong. But I was sort of just automatically interested in all these things and I think it's because it just resonated with the part of me that knew that that was real. So when I got to, I was a voracious reader, very high level reader at a very young age, and when I would find books about magic I would be suddenly even more interested, like, oh, because some part of me knew this is actually real. This is written as a fictional book. I'm not supposed to think it's real, but I know it's real. So something in me just knew that.

But I also was a very, very skeptical person. I'm a very logical person and I'm a very intelligent person, so I also, the more I learned, you know, math and science and these things, the more I developed that sort of skeptical side of me. So I also was not easily convinced by you know. So I knew that the spiritual was true. I knew that God was real. I knew magic was real and I also knew most people talking about it or doing it were not very real.

Right, there's a lot of fakers out there, I should say. And so I was. I just understood that too. So I had this weird relationship where I was like love, hate and I was like drawn to it and also sort of repelled by some of the more shallow and less real representations of spirituality and magic and these types of things, and so I wasn't that into most of it. But I had a lot of spiritual awakenings, pretty early right after puberty most of them, and in my teenage years I had really profound spiritual experiences, and once you have a sort of awakening or a spiritual, profoundly spiritual, transformative event occur in your life, there's really no going back.

0:34:35 - Julie

Can you share one of those with us, an example?

0:34:40 - Lindsey

Yes. So the most profound, I'll say, and that has echoed multiple directions in my life, is when I was taken to the center of the universe by my spiritual guides and allies. You know, it happened in my experience in the middle of the night and it seemed to me like the most vivid dream you could possibly have, because I didn't have any sort of again framework for being out of body, I didn't understand astral travel, I didn't understand spiritual guides, like I didn't know any of these things. So for it to happen to me, I just thought that that is the craziest dream I have ever had and a lot of really crazy, really intense dreams. My whole life I'm a dreamer. This is part of my spiritual work is via dreaming the dream world, I teach dream walking, and so you know it's a profound part of my life, it always has been, but even this was like blowing me away. I don't really have.

0:35:35 - Julie

Can you describe a little bit of it for us?

0:35:37 - Lindsey

Yeah, so I just in my experience, I floated out of my house, out of my body, out of my house, and and how old were you?

I think I was 14 is my best guess. You know it's all a big blur to be honest, but it was that. You know it's all a big blur to be honest, but that's my best guess. It was somewhere around then 14 to 16, I'll say. And I floated up out of my body, out of my house, I went up into the night sky. I then suddenly understood myself to be in a ship, but I always really stressed that the ship was very much not a ship. It was there for my mental conception to be able to feel safe about traveling through space. It wasn't physical.

0:36:16 - Julie
What did it look like.

0:36:18 - Lindsey
It didn't look like anything. Honestly, it was only there when I needed to look around me and see walls, and when I didn't, it was not there and I was just floating through space with my guides. So that's why I stress this to me, it's not a physical ship, it's just a mental construct. That was helpful.

0:36:35 - Julie
Were you flying through the universe like you're in Starship Enterprise and you were going really fast through the universe?

0:36:42 - Lindsey
Well, first it was very slow. It was probably very fast for most people, but I was able to see everything sort of gradually, like oh, there's Mars and oh, there's Jupiter, and like, look way off in the distance there's, you know, pluto, and eventually look at there's galaxies and there's nebula, and I am just enthralled. I mean, if there were a window, I was pressed up against it just like looking at everything, and just because I mean it was amazing and I'd never seen anything like it. This is, you know, circa 1996. I didn't have the internet, you know, maybe I'd seen a few pictures in a National Geographic I don't know right Like this wasn't that. Did you see Star Wars yet? Or Star Trek?

color clouds of energy and stardust and I don't know, more different than anything I had ever conceived of or thought of or imagined before. So all of my attention was just wrapped up in watching us move through farther and farther and farther. We had long since left the solar system and I was still just watching all of this. Galaxies and what I now know are like star nurseries and nebula and all these things, and I am just immersed in that and we kind of moved outward, away from a lot of the physical material of the universe and we were in sort of an empty, emptier space and things were getting more sparse. And that was interesting too. I was still just fascinated and looking and one of my guides there was three of them there and one of them said you know, look over there. And I looked and there was this center of the universe which I still just have this overwhelming feeling and reaction to, even when I'm just talking about it.

0:38:31 - Julie
I have full body goosebumps right now with you talking about it too. There's some serious energy there. Did you know those spirit guides before this spaceship ride happened, or did you meet them during the?

0:38:46 - Lindsey
Well, Jesus was there, so I knew Jesus was there. But I didn't. It's hard to describe too, because I didn't. They were so in the background of the experience for me that I didn't focus on them until probably years later. I knew they were there and that was about it, and I knew, and now I know who all three of them are, and so-.

0:39:09 - Julie
Who were the other two?

0:39:10 - Lindsey
Jesus was one, Lao Tzu is one. Yeah, yeah, yeah one so random to me but makes sense to me now in my life. And then the other one was me, about my highest self oh my gosh, which I totally I have chills now saying it. I didn't know that until last year actually, so this is decades

later that I realized I was one of the people had you seen those spirit guides before, or was this the first time you'd seen them?

0:39:36 - Julie

or was it the first time you'd seen them together?

0:39:40 - Lindsey

It was the first time I would have conscious awareness of them being together. I had had a spiritual awakening with Jesus, specifically a year or so before, sometime before this happened. But you know that was very rooted in pretty fundamentalist Christianity. For me, that experience, and so very different than this experience Same being right but a very different lens that I'm able to experience it through I'd sort of let go of some of the really fundamentalist Christianity version of my awakening experience.

0:40:16 - Julie

Which Jesus looked like to you.

0:40:19 - Lindsey

He looks exactly like a white person. Would see Jesus in our tradition, right In our culture.

0:40:25 - Julie

The European version of Jesus the.

0:40:27 - Lindsey

European? Yep, and I really don't think that that is necessarily what he actually looks like. I just think that's the way my consciousness perceives him. You know, right, that's how he comes through.

0:40:37 - Julie

But, yeah, spirit's always going to show up in a way that we're going to recognize. At one of my friend's father's funeral, I was sitting with my parents they were both still alive and we were in a Catholic church and there was a crucifix. I leaned over to my mother. My dad was on the other side and I said, oh, that's a beautiful crucifix, but I I really have a hard time believing. Jesus was that much of a gringo. I mean, he looked like he was a Scandinavian it was so pale I'm thinking I don't think so from the Middle East, but it was hilarious. They both laughed out loud. Oh no, it was hilarious. Oh my gosh. Okay, so they were there. They took you to the center of the universe, and then what happened?

0:41:23 - Lindsey

So then I got to see the actual center and it's this incredibly unspeakably large, I thought singular light, but it's actually a collection of infinite seeming lights that are, each of them, probably bigger than our solar system. They're probably bigger than the Milky Way galaxy. I mean, it's massive and indescribable and the light was overwhelming. But just seeing the light triggered in me this feeling, that is also almost indescribable, of homesickness. I get emotional and I almost want to cry when I even think about it, because I just knew that's my home. Truly, I knew there's something there that we don't really have access to when we're physically living on Earth. We do right, but it's not, we're not shown it. But we're not shown it, we're not taught it, we don't share it with each other. It's suppressed, it's hidden, it's not very present, absolutely right here right now, but we're very disconnected from it. And so I was homesick and I was also instantly sad that we don't get to just see that and connect with that and be that, because it's right there and it's God and it's heaven, and it's right there and it's real. And so I was just having this profound sort of like oh my God, and there's my home and there's this thing and I just was like, can we go there? And they were like no, they're kind of like laughing, like, haha, you wish? No, we can't go there, not yet, right. Which was very disappointing, but I

was also still very excited just to be there and just to be seeing all of this. And they said, well, okay, after letting me drink that in for a while and let my soul sort of fill up on that energy for a while, they were like now look back over. And I just saw from that light, from that massive bright light in the center, the physical stuff of the universe the planets, the galaxies, the stars sort of came out in like a cone shape, though, and this happened on either side, so if you can imagine an hourglass on its side, it sort of spiraled out opposite directions in either way and that was all the stuff of the universe. We were sort of out in this void space that is also the universe, but not filled with stuff. And they said you know, down here, almost at the very, very bottom edge of one of the halves of the hourglass, they're like that's where you live. And I was like that's really far, that is so far from the center. And they're like, yeah, that's why it's hard there.

And then they said we're going back now and I was sort of expecting that same, you know slow, or sort of like let's look at everything as we go. And no, we were just there. And then Earth was right in front of us and I was like, oh, wow. So I just had realized that whole trip out was just for. My benefit was just to be able to see all of these different aspects of the physical universe and to see also and understand to some degree how far we are from the center of all things, which is what I call it now and that we're just way out here, sort of in the boonies of the universe. Not a bad thing, but it's pretty far out and it's very, very far energetically as well. It's not actually hard for that energy to reach here, you know, but there is a sort of a higher likelihood of an ease of detachment from feeling connected to that space when you're way out this far.

So then we were back at Earth and Earth was there in front of us and I was seeing it, just like you know you would see Earth and you know globe, beautiful, green, blue weather, all of it, which is stunning enough in itself. And then it sort of developed like an overlay and it was like a billion, trillion, uncountable tiny vortices we're talking about the spiral energy, right and so it looked like I was looking top down at a tornado, except there was infinite of them and they were all over the earth. And I thought is this like a vision? Is this going to happen to the earth? Are there tornadoes everywhere? And they're no, no, no. Those are all timelines for you. And I was like what do you mean? And they're like each of those is a different life. You could live like as Lindsay right now.

And I said, well, I don't understand. And they're like well, you're going to choose one. And I was like how would I ever choose from infinite timelines? Which one is the best? And they said I said can you help me? And they were like yeah, and they said what do you want? And I said I just want myself and everyone to have the best possible, highest possible experience. I just want everyone to be good, happy and well, like which one is that? And I'm like this one and one of them just sort of like. It was like it brightened, it was like it grew and it was like I was sucked down into it all at once. Uh, they were all one sort of thing and all of a sudden I was popped back down into Earth and I didn't understand at all, from that point forward, what was really happening. It was very confusing until I ended up back in my body and woke up and sort of was able to piece it together.

But I was in a city. It was very futuristic, seeming. It seemed like a happy balance of technology which I at the time couldn't have imagined. Very dark future I saw for us. I thought we were just, you know, going to crash and burn. Humans could never make it. The world seemed like a crazy place to me so, and technology seemed like a big danger to me. Even at that young age. Those are the types of things I was worried about. And this was a very happy technological balance. So I was somewhat surprised. I was in a clean, functional, technologically advanced city and that all seemed very strange to me.

And then I also was drawn, my attention was drawn up to one of the, I'll say, like skyscrapers in the city and I sort of floated up to a higher level floor, maybe, you know, 20 floors off the

ground or something and I was just looking at this window as though I was expecting to see something. But I didn't know what I was expecting to see. And I saw this very old woman who was just sitting at the window looking out, seeming very happy and content. And then one of the strangest moments in a series of obviously very strange experiences that I'm describing I was both me floating bodiless, looking at this person, and then I was also that person looking at me, realizing that that was the experience from way back earlier in my own life and that I was about to die. And then I was back as me, floating, looking at the person, and then I was being sucked back in time and so I realized I had come back into the timeline at the end of it and seen myself at the moment of my own death as an old woman. So that's nearly indescribable.

I still am overwhelmed by that experience and I still have skepticism. I still have doubt that I'm going to actually make it to that age, that I'm going to be in that happy at that advanced age, that I'm going to be in a city like that that is beautiful and technologically balanced, like all of those things. I accept them. I definitely accept, they're highly possible. But some part of me is still like, really, is it going to be like that? I don't know, I guess we'll see.

And then I had this strange experience as though I was moving back on a timeline, but I didn't understand that in the moment. I literally saw numbers of years moving past me at high speed as I was going backwards through them and I actually didn't see anything that I can recall before or after 2020. So the year 2020 appeared and all of a sudden I saw scenes and I saw myself doing different things and they were very quick and kind of jumbled and pretty fast and blurred. But I understood and saw, but I didn't have a single thing from after 2020. So that's always been really interesting to me.

Then I woke up. I got closer and closer to 1990, whatever this was 96, 97, whatever and I saw that happening. And then I saw my house getting closer. So then it started becoming like a reversal of timeline, but also a proximity to where my body was still hanging out in time and space. And then I just slammed back into my body and I woke up and again I just thought that was the craziest dream I have ever had. Took me a while to understand Not that long, honestly, it was just a handful of days. But it was stunning and I didn't have a lot of I didn't have anyone to talk to about it, so I just had to sort of just try to integrate it all by myself in this and go to school, you know.

0:50:02 - Julie

People would have thought you were just on some kind of serious drugs. Oh yeah, With that kind of a thing. What did you glean from your analysis of it? Is there a basic point to the dream that you've been able to wrap your head around?

0:50:20 - Lindsey

Well, I've since obviously become someone who talks to my guides and allies frequently and does and has other out-of-body experiences, and so I've had other experiences with this same experience. Like I said, it echoes throughout my life. And again I realized I was one of my own spiritual guides there just last year, because last year I experienced going and being the guide to myself and finding myself and bringing me out to the universe. So I again had this multi-dimensional experience and finally saw oh, that was who the third person was. It was me actually all along and that was its own mind-blowing thing. And around this time last year that I was realizing and doing that work, I understood deeper. My guides brought me deeper into this understanding of what the center of all things really is. You know, because in my experience I went out. I went out from my body, went out into the universe. I saw the center of the universe and you know their teaching and my further understanding of it is that it is the center of all things, not because it is at the center of all the things in the universe, it is that too but it is actually at the center of all things. So that space is at the center of all things, so that space is at the center of you, literally in your heart, in your heart, chakra and all these traditions.

Again, we focus on the heart as the most profound. It's the place where the messages come through. This is the place that you're actually entangled quantumly with every other consciousness and all of the timelines and all of existence, and you're also quantumly entangled there with that space, and that space is the mind of God and it is heaven, and it literally here in your heart. And that is actually the point. That is actually like, yes, you're all the way down there and it's far and it might be hard and you might feel disconnected.

Sometimes you're literally walking around with it as you in you all the time. When people are like I just want to go there, I just want to be there, or I just want to leave here, I'm like, but you are already there. And it's not just a nice thing, people say, and it's not just to get you through life, it's like it is literally true and that if everyone could understand that, I feel like the world would change in a second. It doesn't stop all your troubles, right, because you're still growing, you're still developing and understanding, but it instantly makes it that nothing could possibly matter too much. If you're a spiritual being and you walk around as heaven, with heaven within you, never disconnected from God 100% of the time, that changes everything.

0:52:57 - Julie

That's hard for most people to do, though it's hard for most people to even grasp the idea of doing that. Would you agree with that?

0:53:05 - Lindsey

I would definitely agree with that I you know I now also understand this is a multi-lifetime endeavor to really walk around with that level of understanding of I'll call it knowing. Because you can read it you can hear me talking about it you could conceptually believe and agree with it, but until you actually experience it and recall it and can integrate it into your waking consciousness, then you don't really know it. Integrate it into your waking consciousness, then you don't really know it. And I think the path leads everyone there eventually. But it is like a series of keeping true to yourself and using your will and your intention and your heart to continue to follow that truth that brings you eventually there.

0:53:49 - Julie

I agree. You say our spiritual selves are often ignored in this world. What do you mean by that?

0:53:57 - Lindsey

Well, I don't know about you, but again, when I was a kid, they might say, oh, let's go to church. But it was also clear that even the people at the church didn't really believe anything. They were just there because their parents had gone and there was cookies and, you know, songs being sung Like there wasn't a deep faith, there wasn't a deep gnosis, there wasn't a, you know, a profound understanding of ourselves as spiritual beings, and most people didn't act like a spiritual being, right, they acted like a petty, you know, just like shallow, vain, prideful, whatever all of these you know what we call like the sins or our lower nature. And so I just felt kind of alone, like, well, I know, I know we have a soul, I know this is spiritual, I know there's something beyond this. So why doesn't anybody really seem to know that?

And again, it's not part of our teaching. We don't teach kids to meditate. We don't teach kids about their energy, body. We don't teach kids how to be psychic. Some people do, and I love that and it's amazing but this isn't just an accepted part of our culture.

Even in cultures that are considered to be sort of more spiritual, there's a lot of it that become more about you know, following the steps or checking off the boxes to be a good person or to be a part of your faith, than it is an actual experience of yourself as divine, and so we're just separate from it. We're not given those experiences, we're not invited into those understandings, and a lot of times, if you do sort of talk about it or bring it up, a lot of people aren't very comfortable with it. You and I are talking about it, we like it, you know the people we

talk to are probably into it, but if you just go into a random location and start talking about your soul and God, people are like whoa, crazy lady, right? So it's not just not present, it's also somewhat shunned or shut down. It's disconnected, and even our traditions have mostly been lost, mostly been emptied of a lot of meaning, and we don't even know sometimes why we're doing the things we're doing.

Like we have a Christmas tree, I don't know. We just do it Right. So yeah, which is great too. I'm not against it. It's just it's sort of lost a lot of. It's the reason for it, right, the meaning behind it and the deeper aspect of what's going on here.

0:56:17 - Julie

I agree with you on that. I love to find out where things originate, like the Christmas tree and like the whole Santa Claus thing. There are some scientists that believe that the star of Bethlehem was really a shooting star and things like that. And the wise men were fortune tellers and psychics and what else Healers basically. Yeah, I love to read all that history stuff that really helps us see where our traditions and legends perhaps have originated, or certainly it's part of the tradition over the years. If you will, it's fascinating. Yeah, what's ego death and why do you believe it's important?

0:57:12 - Lindsey

Well, it's actually the exact reason we were just talking about, right? Even that experience I just described has some ego death in it, because some part of me had to realize, like I'm not just a physical clump of cells named Lindsay, like that is not what's happening here, right, and that's ego death. Our ego thinks, oh, I'm a body and I have to protect this body and this is what I am and this is what's most important about me and here's my identities and I'm attached to this and that and this is what I do. I'm into this type of music and I write all of that stuff. Not bad, it's not bad to have an ego. Ego is not a negative thing. It can be if it's out of control. But ego death is when the ego realizes, oh, I'm not all that, I'm in fact none of those things and in fact, all those things I was attached to are nothing and don't matter at all, like at all. And the further I go and the more times it's been proven to me I've experienced and I know that I am not my body and I know that I am this infinite eternal energy or consciousness Instead, that I've had multiple lifetimes and I will probably have multiple more.

The more times I experience that, the harder it is to actually even have much ego, like it's hard for me to care about identities or things or be attached. People say, who care about identities or things or be attached? People say, oh my God, isn't it horrible that this happened? And consciously I know it is, but I don't actually feel that much about it. I'm like it's okay, it'll be fine.

It's actually like and this is the hardest, when someone transitions right, when they pass on, some part of me is like, yeah, good job, and that's not what people wanna hear and that's not. I have enough tact to not do that right. But some part of me is experiencing that where I'm like awesome, that's not right. That's maybe a little too much ego, death, I'm not sure. But even about people who I'm close to, right, I love you and I have the sadness, I have the grief, the ego part of me and the part that wants to hug you more is sad. And also the other part of me is like so excited that now I get to interact with you more on that level and you get to experience this and you get to remember who you really are. Like these are fantastic things.

So you know that's ego death Very scary, I think, for some people, especially the first few times you might experience something that really shows you that reality isn't quite what you thought it was and that you are not what you thought you were. That can be a little terrifying, it can be disruptive if it's done in the wrong way or at the wrong time. So it's a beautiful thing, and I think it is most beautiful when it happens sort of naturally. You don't have to necessarily go chasing it or induce it. You don't have to force it on yourself.

0:59:57 - Julie

Do you have to die in order to experience it?

1:00:00 - Lindsey

No, but that is one way to do it and people who have near-death experiences obviously have that. People who have near-death experiences are the ones who told me that my center of the universe experience was a near-death experience and I was like, but I didn't die. And they're like, well, you don't really know that, you were just in your bed, right, your heart could have stopped, who knows. I was like that's technically true. So they actually invited me to call it a near-death experience, and so I do sometimes, again, not because I claimed that title, but because the people who the people I've talked to enough and near-death experiencers and they tell me that that is what I experienced. And so you can also have a transcendental or profound spiritual awakening or experience, and that can be ego death too. You can also do it with plant medicines, right, and some of these entheogenic substances and psychedelic substances can induce ego death. But that again where I get like you don't have to go there.

1:00:56 - Julie

If you feel called to it, go there, and if you don't, yeah, don't go there yeah, I always say learn, learn, woo, woo, because you can have all of these hallucinogenic spiritual experiences. No drugs needed, absolutely yeah, yep, and if you're going to do the drugs, do them with somebody that really knows what they're doing. We've had a couple of therapists on who do the plant medicine and it helps people with PTSD and other psychological wounds and things like that, and I think there's definitely a place for it. But, boy, that's the thing that they talk about the most is don't be going out in the woods with some guy that says that he knows what he's doing. You need to really double check and verify that this person is either a licensed professional or is somebody who's a shaman, perhaps has been doing it for decades, and you know people that have been on those retreats, because apparently there can be problems that can result as a matter of that, a matter of using those plant-based medicines.

1:02:03 - Lindsey

Right. I mean, even I would say the same with any spiritual work you're doing, because there can be problems also without the plant medicines involved, and you can also, you know, go too far, too fast, or there can be some negative energies that you're just not quite ready to confront, or there can be some too big energies you weren't quite ready to integrate. And so if you're not working with a trusted person, then I wouldn't necessarily do that. And I have a sort of twofold way. You know, because I work with people one-on-one, I do actually do plant medicine ceremonies, although I do them very rarely. And again, I do it because I was called. I do it because that was my guidance to offer them.

But if someone comes to me and they ask for something, I don't just do it because they asked for it. I do it because they asked for it and because I checked my guidance and said is this okay to do with this person? Is this what they need, right? Is this what's good for them? And if the guidance is yes, then I will, and if it's no, then I will say no, we're not going to do that. Thank you, though I appreciate you Be well Right. Or here's this other thing we can do instead, right, why in my spiritual work sometimes there are people who are somewhat frustrated and they're like, okay, but if you do, you know shamanic work do you do soul retrievals? And I say, well, yes, I do soul retrievals, but I don't offer it as a service, because I don't necessarily sit down with someone and say, okay, let's go retrieve your soul. I sit down with someone and we open up the channel in the field and their spiritual guides and allies and my spiritual guides and allies work together to accomplish whatever is best for this person. And many times it involves a soul retrieval and sometimes it doesn't, because that isn't what you needed right now, right, and we don't always know.

Consciously we might think, oh no, I need this, I want this, I want to do this. But our actual soul is like, oh no, I need this, I want this, I want to do this. But our actual soul is like not yet, too fast, too soon, or too big or too much. And I just listen to that guidance because, you know, brain Lindsay, ego Lindsay has a lot of ideas. Like I said, I didn't want to do orgone, but that was actually the best thing for me and for other people. So if I listen to my own brain, my own logic alone, it's not quite good enough. If I also listen to my guidance, then it's good.

And so, whatever tarot, anything you're doing with someone, I would do it with someone who you feel called to, who you feel is trustworthy and is you know. I say too like this person should probably have the aspects, be living the aspects that you are trying to develop in yourself, or they're probably not a good guide for you. Right, is their life looking like the life that you would like? Is the energy they seem to have around them the energy that you would like to be connected with or experience for yourself? And if not, don't go with that person.

It's probably not the best way for you.

1:04:51 - Julie

I agree. What's soul retrieval?

1:04:54 - Lindsey

Soul retrieval is a concept spiritually and it has a different aspect. If you were working, for example, with a therapist or a psychologist, that could be similar and it might be that reintegration of the psyche, right? And so it's this idea that we have rejected parts of ourselves or shattered parts of ourselves or lost parts of ourselves in different spaces, sometimes in other lifetimes, and that that needs to be brought back into the whole and into the flow of the system, right? So the way it looks to me on the soul level is there is literally a version of you somewhere that is stuck and that version is almost always in some sort of pain. They're suffering in some way, they're terrified, they're overwhelmed by grief. You know there's some sort of negative emotion around it and that has to be released and addressed. And then that part comes back and addressed and then that part comes back.

The way it looks to me on the soul level when this happens is the person's soul that is still good and upright and doing fine sees this other part and they connect, they hug and actually until they become one again and they literally merge back together.

Some other shamans I've worked with see it instead like little sparkly bits and you have to go find all the bits and form them into something and then hand it to the person and they have to eat it. There's all sorts of ways that people see it or experience it, but in every way it is an aspect of self that has been denied, rejected, cut off or lost somewhere and we're just bringing it back into integration. So it usually happens in a session with me. There might be an immediate experience the person has, which can be visual or it can be a sound, or it can be a physical feeling that they feel, but then it actually integrates over time. Right, the work that we do in a moment is actually echoing in various directions in time, and so they actually start to see their behaviors change or their relationships change over the next week or months and they start to have synchronicities around it, and so that's always really interesting to see the experience the person has outside of, like the moment of the work itself. It's really interesting.

1:07:08 - Julie

I'm seeing a big jigsaw puzzle like that a preschooler, elementary school child would use, maybe with 15 pieces in that thick, heavy cardboard and there are pieces that are missing and you go retrieve that piece and it goes back into the cardboard puzzle. Not one of those ones with 500 little teeny pieces, but ones with like maybe 10 or 12 or 15 pieces. And it's interesting to me that I'm seeing that because I'm wondering if it has to do with. So many of those parts of the soul that you're retrieving are pieces that became disassociated either in childhood or have

the childhood energy because we didn't understand what was happening, even though we were an adult. Does that make sense? That just came into my head.

1:08:07 - Lindsey

Yeah, it is very frequently looking like a child, even if it wasn't necessarily something that happened as a child.

1:08:13 - Julie

Yeah, yeah, but we're looking at it like a small child or even an adolescent child. Yeah, like, we're like oh, what just happened.

1:08:21 - Lindsey

It's shocking, it's overwhelming, like you might, it's also usually true. So sometimes the soul piece will be in another life and we'll have to travel pretty far my guides and allies and life and we'll have to travel pretty far. My guides and allies and their guides and allies have to travel pretty far to find it. And then we'll see it and I'll see sometimes a little glimpse of that life, or the whole life or something, or even the time period or the place or whatever. And we'll get it and I'll have understood, you know sort of why it happened or what was around it. We'll bring it back and sometimes you have to gently coax it back into the field of the person because they are still in rejection of it.

I mean, there's a reason they left it. They don't really want it. None of us really want this heart back. We do. We just don't know it. It feels like we want to reject it and so we coax it back into the field. But even though it came from a past life, there is often something in this life that echoes it. We almost never don't have a correlate for it.

So when I say, in that life you know you did this horrible thing and you couldn't get over it and so you left it there. But when you were a kid in this life you accidentally hurt a cat or something right, because it had the same energy and you were like rejected that even harder because some part of it reminded you of the thing you really don't want to remember, which is multiple lifetimes away. So some people will say, like, why did this thing affect me so much? It was small, it wasn't that big of a deal. Like I look at it and I go, why was I traumatized by this? And it's almost always something of the flavor of it reminds you of an actually much more deeply traumatizing event from a different time, different place.

1:10:00 - Julie

I see that too. There's a semblance of a script that will and we have many, many scripts that we're exploring and I'll see that repeat in multiple lifetimes Different set of variables, different time, different place, different times. Different set of variables, different time, different place, different gender, different set of circumstances, but same basic script. So I completely agree with you. I've experienced the same thing. Do you believe that we live multiple lifetimes concurrently?

1:10:27 - Lindsey

I. So I did not think that. And then, earlier or sometime last year, I had what felt exactly like a past life memory to me, because I've had, I think, 10 now and it felt exactly the same. It had the exact same qualities, but it was very clear this person was alive right now in Japan. And so I thought what is that? And I can't understand it when I haven't gotten clear guidance around why that is or what that is. It feels like it's a part of me, but it just isn't. So I'm very confused about it still and I don't know that.

I don't think I'm living concurrent lives and I don't think that that's me, but maybe it is. And I don't know that I don't think I'm living concurrent lives and I don't think that that's me, but maybe it is. I don't know what I my closest I can come so far is that that soul has had just sort

of like mirror experiences, like we had the same types of incarnations at the same times. We're having the same sorts of karma and the same sorts of experiences, but in different ways. And here we are and we're just almost exactly resonant. Does that make sense? And I wonder if that's what it is. So I still don't think we live concurrent lives, but maybe it's possible.

1:11:48 - Julie

Last question why do we incarnate?

1:11:52 - Lindsey

Well, I think we incarnate at first because we would love to go through the experience of being itself right. And if we are in that heavenly God space like we don't have that experience, we're just in the one, we're undivuated, unindividuated. There we are, it's all good, it's all nothing really, because if it's all the same, then what is it? And so we don't really experience anything or much, and so we just want to be and we want to experience. And once we do, well, now there is karma and there's cause and effect and there's moving through all the layers of consciousness and we're just really on our way back to where we came from.

Like I said that home, it's a reason. It felt like home. So that's where I'm from, that's where you're from, that's where we're all from, and so we're headed back that direction. So we keep incarnating to sort of have the full experience and get all the way back up and reconnect and re-merge. But I also there are people who are choosing to come. I'll put it this way they don't have to incarnate anymore, but they do to be of service in a different way than they can if they were purely in the astral realm, as a ascended master or spiritual guide, so you can also incarnate for other reasons.

1:13:10 - Julie

Great answer. Wow, what a fascinating conversation, my goodness. I had prepped for this, as I always do, and I had a whole bunch of questions for you. We didn't even get to because we went down the circle rabbit hole and some of these other ones that were really fascinating, really fascinating and I think give us lots of food for thought. So thank you for weaving and curving and going over hills and down in valleys and all of that with this conversation with me. How can people learn more about you and your work?

1:13:46 - Lindsey

Oh, thank you so much, Julie. It's been fantastic conversation. I'm glad and happy to talk anytime about any of this. It's my favorite thing, so thank you for being here and being you and asking all these beautiful questions. People can find me at rogueways.org. That is my main site. You can get my books there. You can book sessions with me one-on-one if you want to work with me. You can see the classes I offer.

I do events every week. I do the lightning oracle round where people can come and get a message from their spiritual guide or ally. I do one day of brightness events every solstice and equinox. I have a retreat coming up this summer in Crestone, Colorado, so there's lots of stuff to check in with there that's going on. You can sign up and be on my email list to get notified of any of that. I also do channel messages from my guides and allies, from I call them the spiritual ancestors and they're the ascended masters that have gone before us, and those messages come out on my sub stack at roguewayssubstack.com and there are also some of them in the books that I write. You can also get those on Audible, Barnes, Noble, Amazon, anywhere else that books are. And, yeah, that's probably enough for people to go check in with. I'd love to see anybody in any of those places.

1:14:57 - Julie

All righty. Well everybody. Like I said, we've given you lots to ponder, so, in the meantime, sending you lots of love from Sweet Home Alabama, and from Colorado too, where Lindsay is. We'll see you next time.

1:15:11 - Annncr

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

1:15:26 - Disclaimer

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