

AJR Simon Bown Transcript

0:00:01 - Anncr

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

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have a returning guest, my friend Simon Bowne, on the show with us today. Simon spent many years doing a deep dive into near-death experiences, the afterlife and other spiritual mysteries. In his powerful new book he shares 30 NDEs backed by irrefutable, verified facts. These aren't just compelling stories. They're evidence that challenges everything we think we know about life, death and what comes next. Whenever I talk with Simon, our conversations include a multitude of spiritual topics and are always illuminating. You're going to love this guy. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Simon. Simon, welcome back to the show. I'm so thrilled that you could join us today.

0:01:50 - Simon

Yeah, it's great to be here. It's always nice to talk to you.

0:01:52 - Julie

Well, you know, you're one of my favorite people on the planet, so I've been excited all day, waiting for the opportunity to get to chat with you, my friend. All right, let's get right into it. Is there any proof that there's really life after death?

0:02:09 - Simon

Yes, there is stuff, isn't there. There's all sorts of what you might call puzzle pieces that we can look at that are kind of very strong evidence. And then I feel like, for me personally, when we bring them all together, it is a proof. Personally, when we bring them all together, it is a proof whether it's near-death experiences, children with past life memories, deathbed visions, mediumship, shared death experiences, and it's that thing of um finding little verifications here and there, whether it's something that's come through from a medium, children who have these past life memories that are verified.

And then the thing that I've written about near-death experiences that are verified, and what I mean by that is when you have a near-death experience and you have an out-of-body experience as part of that and you see something happening while your body is clinically dead and then report it later and people say, yeah, that did happen, but you were dead when that happened. And that can come from people seeing stuff not just in the room that their body's in, but maybe in a room down the hall in the hospital or something happening miles away from where their body is. And it also seems sometimes people say that while they're out of body they could have been with their sister and their brother and their mother all at the same time, and so it's quite an amazing thing that happens to consciousness, and quite often I would ask them, but that must have been overwhelming, you can't process that. And they say, oh, when you're in that state it's easier, you just do it. So for me, there's lots of places where we can find this verification of proof of an afterlife.

0:03:51 - Julie

And I always say you just can't make this stuff up. There's no way that the correlations and the validations are so plentiful. I agree with you. In the work that I do, I mean every day, there's something usually more than one thing that comes up and I'm always in the back of my head going Ryan, you can't make that up. It's so fun, isn't it? How do you verify an NDE? Tell us about your new book and tell us about some of the verification techniques that you used to really assess whether or not these stories were legit.

0:04:36 - Simon

The book is called Verified Near-Death Experiences. I got the cover there. Almost everybody in the book has been a guest on my podcast and so I talked to them like the interview for the podcast, and then when I wanted them to be in the book, I had further Zoom calls with them and when I finished the chapter that they're featured in I sent them that so they could check it for accuracy, and so what's in the book is exactly what happened according to the near-death experiencer. There's other cases in there which are quite famous, and this one in there that's got all sorts of researchers talking to the doctors and it got Dr Bruce Grayson involved with it and Jan Holden and all sorts of people talking to these people and they were getting all these verifications.

0:05:26 - Julie

Are they scientists that study near-death experiences?

0:05:31 - Simon

Jan Holden is with the International Association of Near-Death Studies. She's a doctor and Bruce Grayson is a professor at the University of Virginia and he's been studying near-death experiences for decades and there's even a thing called the Grayson Scale which is named after him for analyzing near-death experiences. So mainly I got my information from the people who had the experience and they verified everything that I had written in the book. And there's some really powerful things that come through, because in the book I don't just talk about the verification events, I talk about the whole near-death experience, the whole spiritual side of it, the life review and might meet spirit guides and deceased loved ones, and it gets very complicated the more you get into it.

0:06:19 - Julie

Do you find that there's a difference between near-death experiences and other hallucinogenic experiences that people report when they're perhaps using plant medicine like ayahuasca or something like that, perhaps in a surgery? It seems to me that there are similar nuances that cross over into the near death experience where they're in a hallucinogenic kind of a state, whether that be under medication or plant medicine or lack of breath. You know if somebody has coded.

0:07:05 - Simon

Well, one thing is that when people have a near-death experience, they say that their perception is so much better than normal. Their eyesight, their hearing, it's like they can think a lot faster. It's the thing they kind of say. I just think of the question, but before I even get to the end of thinking of the question I have the answer to it. And we don't see that in hallucinations.

Another thing is one of the guys in my book was in hospital with COVID and he was on all sorts of drugs and he said that he was lying back on his bed watching all these panda bears dancing around on the ceiling.

And he had another hallucination that the doctors were out in the hall playing with all his dogs. And then he had his near-death experience and he said the difference between the

hallucination and the near-death experience is so huge, so obvious, there's no way you could confuse them. And I think that's when he's seeing something, that he's in a room and he sees something in the room. But with, I think with ayahuasca, you can be taken to a whole different kind of landscape. You're no longer in the space where your body is. But from what I've heard, that as a dmt, that that experience is not like a near-death experience. There was one uh woman that I did an episode about and um, her name is candy, I think, and after her near-death experience she experimented with drugs to see if she could replicate the near-death experience. So she had psilocybin and dmt and mushrooms which might be psilocybin as well, and a couple of other things, and she couldn't get close to what the near-death experience is.

0:08:50 - Julie

Have you found that it's almost like the experience is in super high-death the colors are more vibrant, the senses are more heightened, the recall is dramatically improved, kind of like what I equate to a visit in a dream from, let's say, from a deceased loved one. People will tell me about an experience. I'll say I had this dream of my mom and she came to me and they were describing it like the colors and all of that, and I said that wasn't a dream, that was a visit. Have you found that to be something that's similar in the NDEs that you've studied and heard about?

0:09:33 - Simon

I haven't really. I had a dream a few months after my mother-in-law died and that was a very vivid dream where she came and visited me. But I could still tell that was a dream. With the near-death experience you're actually there in that space and it seems like when your consciousness is released from your physical brain it's no longer hampered. It's like your physical brain is dulling down everything. People say near-death experiences. They see colors that they've never seen before and we know our human eyes have a very limited spectrum of what we can see. So I think that's you know. You're released from your human eyes to your soul's eyes, so to speak, and so you can see all that ultraviolet and infrared and all sorts of other things. Dr Eben Alexander said to me he views the brain as a reducing valve for consciousness.

0:10:29 - Julie

Ooh interesting. I love that the human eyes and the soul eyes are opened up when somebody is experiencing that. Were there unexpected facts that you uncovered in both listening to all of these NDEs on your show and then also in doing the research for your book and talking with the experiencers?

0:10:54 - Simon

I don't know. I've been reading books on near-death experience since the 80s, when I first read Raymond Moody's book, and so when it came to talk to people I pretty much already knew what it was and how it worked and these experiences. It was only getting into the finite details of each person's experience that stuff would show up that I might not have heard before.

0:11:17 - Julie

Can you think of any of those nuances that showed up?

0:11:22 - Simon

Yeah, it seems that the near-death experience is tailored perfectly for the individual. They're not all exactly the same, but they all have the same basic kind of structure and they some people can have really extensive near-death experiences and other people not so much. Also, there's distressing near-death experiences. There's kind of neutral ones, there's ones that are very loving and it's just strange. Things show up like I talked to a guy and there were three different sections to his near-death experience. One of them, the second part I was the first part.

He was working as an IT support guy in an office in this big office block and I said to him so what were you doing there? He goes. I just go to people's computers and fixing stuff and I said but did you work nine to five? Did you have an apartment? Did you go home? He goes no, 24 hours a day fixing stuff at desks.

That's what my near death experience was. And then from there he jumped to what he called the bar and grill, where it's like a bar that served burgers and things and he was there for eternity and people were coming over and have drinks and things and there was a weird time when these children came through and he couldn't understand it. But he heard later that I think it was a teacher that knew him I'd got all the children in our class to pray for him and he's wondering if that's why the children were there. It was a kind of a connection with the prayers.

And there was a guy found himself in a kind of dystopian uh city that looked like there'd been a nuclear war a hundred years beforehand and the city was all destroyed and there was this big metal egg about six feet tall with all these holes in it and you could look inside and there's all these gears and things whirling around. It was all mechanical and he realized that this represented his life and he could spot where the nasty gears are, like the bad things for his life, and he could reach in and pull them out and then the mechanics would realign itself to continue whirling. Okay, and he started taking all these bad things out of there and then thought hang on a second, if this bad thing was to last 10 minutes, have I just removed 10 minutes for my life, will I die 10 minutes earlier? And he'd taken all this stuff out. So these things are really, you know, unexpected, these details of their experiences, but at the same time, they're just as impactful as everyone else's.

0:13:51 - Julie

What compelled you to get into the whole NDE space in the first place? In the 80s, you said you started reading about them. In the 80s Did you have an NDE?

0:14:02 - Simon

No, I haven't. I remember when I was 10 years old going to the local public library and getting out whatever books I could and I'm showing how old I am now. That would have been about 1976. And I would just get things, books out about UFOs, bigfoot ghosts, all sorts of things.

And so over time, as I got older, I just continued reading and my interests kind of changed into two different things, which was about the afterlife and UFOs. And so when Raymond Boone's book when I found it, that was perfect for me reading on that. And over time, you know, more and more books came out, but they were a bit scarce first of all, like through the 80s, and there was a kind of boom in it in the 90s and also in the 80s. I went to the college of psychic studies um, not as a student, but you could go there and pay a little bit of money and the students could practice on you because they were learning mediumship and clairvoyance and channeling and trance and all sorts of things. So that was me investigating stuff. Even back in the late 80s I'd go there every couple of weeks for months on end.

0:15:11 - Julie

And this was in London, right? The school's in London and it's still there. Is that correct?

0:15:16 - Simon

Yeah, it was set up by the Society for Psychical Research about 140 years ago, so they've got a great library there.

0:15:25 - Julie

That's amazing. And there's a London Psychic Society or something too that I've read about. That was kind of like one of those old-time gentleman clubs where you know you had to be a

upper crust kind of a guy to go there. I imagine they were all smoking pipes and cigars and drinking bourbon or something. Is that still in existence too?

0:15:49 - Simon

I don't know. That might have been the Society for Psychical Research, because they were very posh.

0:15:55 - Julie

They were top scientists in the country and Sir Arthur Conan Doyle was a member, and people with Sir at the beginning of their names and you know people with sir at the beginning of their names and it's interesting to me that so much of our Western society poo-poops, woo-woo if you will, but really it's been around since the beginning of time. It's in every culture and all those fancy people in London before the turn of the 20th century were interested in it and those societies have survived for well over 100 years. What's up with that? Do you think? How did they escape being ridiculed by the scientific and more proof-based community? Or did they have proof and more proof-based community? Or did they have proof?

0:16:45 - Simon

Well, I think they had a lot of stuff, just like we have it now. There's a book that was published in 1922, which was titled Deathbed Visions, and that whole book is about that phenomenon from 1922. And you think, well, what we're still? We haven't made progress since then, Because I talked to a guy called Dr Christopher Kerr, who was a.

0:17:08 - Julie

He's been on my show too.

0:17:10 - Simon

Yeah, he's in charge of a hospice, isn't he?

0:17:12 - Julie

He's the director and he did that research. 1,200 patients a day yeah, big one.

0:17:17 - Simon

And I asked him. I told him I've got this book. Don't you think we should have made progress? And he just laughed. It just seems that it doesn't get, that information doesn't get passed on to the medical profession and I think some of it should, because I've heard stories of people who have near-death experiences and they tell their doctors or nurses afterwards and they get a bad response from them. And really people should be, you know, considerate and just listen to them.

0:17:48 - Julie

Well, so back to what compelled you to get into this space. Sounds like you were interested in it as a child and then it just grew and grew and grew and you got more information from the things that you learn that help you jump into this kind of NDE space. I know your podcast is super successful and it has been number one in the UK, right. I don't know if it is right now, but I know it has been. Congratulations on that. I know how much work goes into this.

But you're also a clinical hypnotherapist and you hypnotized me, Simon, you remember, last summer and we recorded that. It's episode 513, you guys, if you want to listen to it, and out of all the hypnotherapists on the planet, you're the one I trusted the most because I'd never been hypnotized before and I thought wouldn't that be fun to just record that and see what we come up with? And my question was where did my interest in healing begin? And we went back to a star that was 500 billion light years away and I was thinking holy Moses. And it was interesting to me, after having never been hypnotized before, how I was totally coherent of what was

happening and I was able to access this information from a past life. How does the past life thing play in, or does it in your opinion, to the near-death experience?

0:19:29 - Simon

I find a lot of near-death experiences as part of their experience. There's some talk of reincarnation, some way they may become aware of their past lives, or that they're told that well, this life you chose to do this and this is part of your life plan and previous lives, this thing and that thing. And there was a woman in my book who was in this spiritual landscape, this amazing kind of green fields and things, and there were all these people off to her left that were wearing clothes from all different eras of man's history. Some looked like they're from the future, she said. Some of them looked like aliens. They're just beings, is what she said.

And she realized that they were all her past lives. All her other lives would be a better way to say it, because you know, time doesn't really exist. She said she could sense a spark of her soul in every one of them and she wasn't quite sure why they were there and they didn't communicate. But on the other right-hand side was her family who hadn't died and she was wondering about them. And I think the spirit guide said to her that's your family's higher selves, they're here to see you. And she said she realized that if she stayed dead and she remained in that space, she would still be with her family. In a way, they'd still have that connection.

0:20:51 - Julie

Yeah, well, and I see that, and I call that the welcome to heaven committee when all those spirits show up and there's thousands of them, and they're in period dress and their loved ones' spirits are there as well. So we may see cavemen, we may see people from the Renaissance, we may see somebody from the 1960s like Twiggy, in a miniskirt and go-go boots or others, and it's fascinating to see who shows up and, to your point about a spark of herself in every one of those people. They were all soulmates is what I think. What do you think about that?

0:21:31 - Simon

I think that our soul, when it incarnates it, only puts a small amount of itself in each life and as there's no time in the afterlife, our soul experiences all of those lives in the same moment. So when she says she sees the spark in each of them, it's because the soul is there in each of them, experiencing all those lives. I kind of see it like a tree, where the tree trunk is the soul and the leaves are the lives. So you can see a tree is experiencing all the leaves at the same time as a soul experiences all the lives at the same time. That may be one of the reasons we can connect to them with hypnosis.

0:22:11 - Julie

Yeah, so can you fathom? This makes my head want to explode when I hear about living multiple lifetimes concurrently. I'm just going to go. What? Do you have any? I love the tree analogy. Do you have any kind of more evidence-based or scientific thoughts about how that's possible, that we can lead multiple lifetimes at the same time? Maybe not even scientific, maybe mystic or spiritual.

0:22:49 - Simon

There are times I've been taken through past life regressions and I've seen like a life in the 1980s and I've seen another life that would have overlapped with that. And then I had a life in like 1895. I was born and I lived a life where I saw it got up to like the 1940s, but then I also saw myself as a soldier in the first world war. So I couldn't have been in both of those lives unless they were concurrent lives. And I have a really strong image in my mind of being in a churchyard with a woman in a wedding dress and it looks like a wedding dress from I don't know 100 years ago. I'm not an expert on wedding dresses, but she was looking at me with this incredible smile on her face. She looks so happy and so it's a thing I could see in these

different timelines. But another interesting thing is there are people who have comas During the coma. Sometimes they have a near-death experience.

But there's some people who come back from comas and say they lived another life and it's like it was still them, but on another earth, and they may have been in a coma for seven days or a month, and this one guy came back and said he lived 22 years in another life on another earth, and even one year of that was a tour of duty in a war in a Southeast Asian country that doesn't exist on this earth. And they say that that life is just as real as this one. It's not a dream, a hallucination, or they have nine to fives, they go home, they get married, all these different things, and it seems like it may be some kind of connection with the soul into another life and another earth. There was a woman who said she had seven years in another life and when she woke up here she couldn't tell if this was the dream or that was. And people are saying to her oh, it's just the drugs, don't worry about it.

But in that other life she had a four-year-old and that was absolutely real, that she spent all the time a mother does with a four-year-old. So when she came back to this life she'd lost her child. She was really grieving and the people here were no help at all, telling her it's just hallucination, you'll get over it. But she later said when she had her first child, straight away she knew it was that soul from the other universe. She said soon. She looked in that baby's eyes.

0:25:23 - Julie

Have your views about death and the afterlife changed since you've been exploring all of this, and were you a skeptic when you were a 10-year-old? Or were you just fascinated and wanting to learn more?

0:25:35 - Simon

I think when I was 10, I wouldn't have believed in the afterlife, but I was very interested. I grew up in a family that was there was no religion in the family. We just didn't really talk about it. The neighbor I lived in, all my friends nobody was religious. Nobody went to church. We didn't talk about it. So there wasn't any kind of um I don't want to say indoctrination any kind of talk about faith and the afterlife and God and heaven. And so over time I was reading these books. My views have changed and after so much reading and talking to people, it's only recently that I've really come to believe in it. Before now I would probably have said well, 99%, sure, but I remember my mum reading Shirley MacLaine's books in the 80s and then passing them on to me.

0:26:29 - Julie

yeah, yeah, she really was the first one that I heard about any of this stuff. I was like what she's? Her stories were so compelling and she's an actress. So I'm thinking how much of this is a performance and how much of this is really legit? And then when I read her books, I thought this feels legit to me and really really was the first that I was exposed to this stuff.

I mean, short of being Catholic, being raised with angels and saints and the Holy Spirit and all that kind of jazz. The interesting thing too you mentioned earlier that the experiences will show up in a personalized way, and I always use the caveat of how I see angels is how I was taught. Angels look Big wings, tall, white gown, rope, belt, barefoot. Is that what angels really look like? Well, perhaps to somebody that grew up in an indigenous tribe in the Amazon, maybe it looks like a ball of purple haze or something. But we're going to interpret information back to that decoding in our heads. We're going to decode things it's been my experience in a way that it makes sense to us and we can convey it to others if we're having a conversation about it. Have you found that to be the same?

0:27:50 - Simon

yeah, I wonder about if, if it's us that's processing the what's coming to us or that's what we're being given. But perhaps if your spirit guide comes to you, they'll present themselves in a way that makes sense for you. And that might be seeing a wise old man, it might be seeing a middle-aged woman.

I had somebody in a past life regression who encountered a spirit guide in a way. The thing was their horse was there and the horse had died a few years ago and the horse was communicating telepathically, saying your guide is here, but they don't want to come forward because it would be too much for you. So the horse was like in the middle, the between the two passing messages, and when it's, it's a near-death experience that's completely tailored to someone. I've talked to a researcher who says, well, that's, that's your subconscious, that's putting together what you see. But I've thought it may be spirit guides that know you so well that they decide what is the best for you of what you experience. And it's like when people have the life review that can come up in all sorts of different ways.

0:28:59 - Julie

Tell us about that. What have you learned about the life review? Does everybody have one?

0:29:04 - Simon

No, not everybody has one.

0:29:10 - Julie

What have you learned about the life review? Does everybody have one?

0:29:13 - Simon

No, not everybody has one. It's a thing where some people I've had somebody say they saw it like they were in an office in a conference room and it was a hologram on the table. And somebody else said to me it was in a big box and they could look in the box and see it, or. And then another person said it was like a sphere all around them, all these images. But they say they can go through their entire life and it's in an instant.

But at the same time they experience every second of their life and that they may see things where they've been really mean to someone. But they see it from that other person's point of view and they feel the hurt. They feel how that being mean to them made them feel. And also they'll see, when they were nice to someone, how that made somebody feel. And I've had a couple who've said that they, their spirit guide, was sitting with them while they were doing the life review and they might see themselves doing something nice for somebody. But it could have been the slightest little thing, but at the same time the spirit guides were so proud of you for even that small, just being nice to someone, that just little thing that you do for someone, and I think that's why the life views can be really impactful.

0:30:26 - Julie

I think they can be really emotional and that's why some people come back from a near-death experience, change so much do you find commonalities in the stories that transcend culture and demographic, socioeconomic, you know, category, education levels, sex, age, all of that Do you find commonalities, or do you find commonalities within those categories?

0:30:57 - Simon

There's a couple of people in my book. Both describe going to this incredible white building that's so big and it's a place of learning and that's where the spirit guide takes them and they might go in there to see their book of their life and it reminds me of. Perhaps this is the akashic records or something this is. It's a representation. But two people in the books both said they saw that building and one of them said they saw people in clothing from all different eras

coming and going from the building. She said it was like heaven for people who love to learn stuff.

But there's the other thing it seems like your life on earth and your beliefs can't influence in a way, because there's atheists who'll see Jesus and then there's Christians who won't see Jesus and then there's Christians who won't see Jesus or they'll see Shiva, the Hindu god. So you don't know why they'll be given what they've been given. But you probably know um, a pastor called Howard. His second name was Howard. He's been on my podcast, Howard Storm, and he had a terrible near-death experience and he was such an atheist beforehand and afterwards he was a Christian. He went to seminary and became a pastor. So these experiences can really change people and there are basic commonalities going into a spiritual space of light or spiritual space of darkness, and they've described this darkness as being like infinity, going on forever all around you. You can't see anything, there's nothing there, which sounds really quite scary if you just died and you think this is it. But they can say it seems like the most loving, restful, wonderful place to be. So those show up. There's this thing of the tunnel of light that people talk about with near-death experiences, but actually only maybe 15 percent of people have near-death experience, see a tunnel of light. It's kind of a thing that's all different for each people. As well.

There's a criticism. Skeptics say that what you see is tunnel vision and you're in your hospital bed and you've got low oxygen to the brain and your vision starts closing down and your peripheral disappears and it's all black and all you see is the light in front of you. But Dr Bruce Grayson told me that he's had patients who'd seen that and then had a near-death experience where they saw the tunnel and these were completely different things. But I had someone describe the tunnel as massive and they could hear music and they could see other people going up it, and somebody else said they could see people coming down it and somebody else said the tunnel was just big enough for them. And there was somebody who said their tunnel is like being in an aircraft fuselage with all the seats taken out, except it just went on forever in front of you. And there was a seven-year-old girl who said it was like the tunnel was made out of transparent bricks with all these incredible multicolored lights coming through it.

But also the criticisms, I think, of the tunnel where doctors will say, oh, that was just your peripheral vision shutting down. It seems quite patronizing. It's almost like saying if you went on the subway or the underground in London, you're going through a tunnel there. And you might say I was on the underground and I saw this thing happen in a train. And your friend who's a doctor says no, you didn't see that, you were in bed at home. It's such a difference. What are you talking about? You think I don't know whether I was in a tunnel or in a bed and it's patronizing for doctors to tell people it's just a hallucination.

0:34:37 - Julie

Let's pivot for a minute. You, I know, are interested in all things galactic, are interested in all things galactic. So have you come across anything that includes we touched on this a little bit earlier on things that were in different planets and different galaxies and stuff like that that have changed how we think of the cosmic blueprint? If you will, have you run across anything that enhances or negates what we know so far, in the normal zeitgeist of what the galactic whole universe system and all of that is? Have you learned anything that you found to be because I know you're really knowledgeable in that stuff was there anything that surprised you or you just went oh my goodness, this is amazing well I'm as I take people through past life regressions.

0:35:37 - Simon

I've had a small number of people who spontaneously gone to past lives and other planets like me yeah, yeah, but mine was a star.

0:35:46 - Julie

It wasn't even a planet, and I thought how does that work? I mean, don't you burn up when you're on a star? Is it too hot?

0:35:54 - Simon

Yeah, but you were a soul there, weren't you, not a physical being?

0:35:58 - Julie

I was part of the star. I had merged in with the star. It was like a hologram inside the star had merged in with the star. It was like a hologram inside the star. I'm thinking how's that work? Because we think of the sun. You know, the sun is so hot. If we get close to our sun and our solar system, you burn to a crisp yeah, it's that that thing with the universe.

0:36:19 - Simon

There's so much more to it than we know and, as we earlier, our brains dump down our consciousness so we only know what we can see and hear. But there are limits to so much. I had somebody who went to a past life on another planet where they were this aquatic animal, kind of like a dolphin, and it's like a water planet, and there was this huge creature there that it was my client's job in that life to look after them and that they knew as time passed they would get bigger and bigger and become one of these creatures and this creature was sending out very positive psychic energy across the planet and that there were lots of these creatures around the planet and they joined up in a kind of web that surrounded the planet, projecting this positive energy down on it. And we talked to this, this person's spirit guide, and we said how many past lives have they had? And the spirit guide said one. This is the first life on earth. And they said that when they were in that past life on that aquatic planet learning how to spread positive psychic energy, they were in training for their life on Earth because they should have come here to spread positive energy on Earth. That's the purpose of this life here. So that's weirdness that shows up.

I was talking to a guy the other day called Mike Cleland. He's written some great books about consciousness and UFOs and he really gets into the weird stuff, which is what I find interesting. He said he had this experience where he was kind of lifted up because he does what is called ultralight backpacking and he'll go out. It was in Utah, in the desert, and he said he just lays his sleeping bag down and goes to sleep. There's no tent, no nothing. And he woke up and there was this thing parked on a cliff nearby that looked like a ufo, the circular thing with all these lights around the rim and then he was lifted up and carried away on his sleeping bag and dropped into that UFO. But when he got in there he was one of the aliens they call them the greys and he had one either side of him and they led him down this hallway into this room and he said this was so bizarre.

He said I don't believe this place really existed, but it was like a 1970s boardroom with an awful orange carpet and these plastic fold-down tables and there was a long boardroom table with these eight aliens on the other side of it and they brought him to stand in front of them and it was kind of like in a past life, regression in life between lives, progression. You would meet the council of elders that's what it reminded me of and he was standing before them and they said something like we didn't know it would be this hard when you volunteered to come to earth and live this life in a human body. We didn't realize it would be this hard. But they kind of said tough luck, you've just got to get on with it. And they said now is the time to start. But he said he didn't know what the time start, what they didn't say. And he said he felt like a naughty school boy standing in front of all these teachers. So that that weirdness showed up. And there was another one called sev tok and she had a similar experience. But the alien said to her then we're so sorry we we didn't know it would be this hard to be a human. If we'd known we would have prepared you better. So there's much weirdness about amongst all that side of things and it's called high strangeness.

And there's one other thing. I'll just tell you another one. There was a guy who found himself during this alien abduction in this apartment. It was a really nice place to be and he kept on catching a glimpse of someone out of his eye and he'd look around and there was no one there. But in the apartment there were all these photographs on the side and he was in the photographs but everybody else. He had no idea who they were and they was like hugging and the big smiles and they looked like great friends and he just had this impression. This apartment was so familiar but he just couldn't work out what was going on. He'd never been there before and this was almost like a parallel life or another life, another him in the universe. So that goes back to the other thing we were talking about.

0:40:41 - Julie

Yeah, it's fascinating and there's more and more coming out about all of this galactic stuff. It seems that because it's not my wheelhouse by any means, I find it fascinating, but I'm not going to specialize in it and I know you specialize in that and the NDEs, so you're kind of a schizo in that way, Simon. You know you do the UFO, but I think they're connected. I think that's why you do both of them. I believe that's why you do both of them. I believe, through your work, both in the research you're doing and just in talking with people, that you're going to be really instrumental in bridging the connection between lifetimes and lifetimes on different planets. That it's going to be really profound. I don't know how yet or why, but I believe that you are absolutely an integral part of joining those two different schools of thought together.

0:41:48 - Simon

That's interesting.

0:41:49 - Julie

No pressure, Simon.

0:41:51 - Simon

My next book, I think, is going to be about alien abduction, because I've talked to so many people on my podcast. I was thinking of writing a book and I can talk to those people again and make sure I get everything right about their experiences, so that could be interesting have you had her on?

0:42:28 - Julie

Yeah, she's fabulous. Yeah, and she's talked to I don't know 3,500 families where the children from all different parts of the world have all these commonalities in what happened when they were put aboard a spacecraft or whatever you want to call it, and all of it seemed to be benevolent. When I spoke with her, are you finding that to be the case as well? I mean, it wasn't scary, it wasn't. They weren't being tortured or punished or anything like that. It was all loving and kind and benevolent. And have you found that to be the case?

0:43:01 - Simon

No, I haven't.

0:43:03 - Julie

You haven't.

0:43:04 - Simon

I wonder if there's just different agendas, because some people might ask well, if the aliens are here, what's their agenda? If you look at the human race, you say what's the human's agenda? If you ask Putin, it's going to be different to what the British might say, which is different to what the Mexicans might say. We've got all sorts of agendas happening on this planet. I talked to a guy the other day.

I had these horrific experiences when you had encounters with ETs. I've talked to people who have. It kind of starts out horrific but as they get older and older, because they meet them over and over through their lives, it's almost like they get more in touch with them and have a relationship. And also I think and I don't blame them for this they take control of you. You're paralyzed when they might abduct you, but then would you blame them? Are these crazy humans being so violent? You're not going to let them have free reign running around your spaceship. And yes, it seems to get more spiritual as well as people move further down through their life. And I talked to a guy who said he was in Australia and there was one point he found this abduction happening in his room and they hadn't paralyzed him and he said man, I was really swinging, I was punching them, so.

0:44:37 - Julie

But now he's all in love with them and says it's wonderful, especially those that when they thought about it later they thought, okay, well, really, at the end it was more of a benevolent or a nurturing and loving experience, and it perhaps just through their lens initially. I mean, we go into fight or flight when we don't understand something, and then we lose clarity. And then, when we're not in fight or flight, we go back and we can really evaluate what our experience was. We can look at it from a different perspective with clarity.

0:45:12 - Simon

I think a lot of it will be. It is what you make of it. I think if I woke up and there were two aliens standing next to my bed, I'd be very scared.

I'd freak out like yeah, and so I could see how they would want to keep me paralyzed and if they needed to do something. But also, I suppose, familiarity. You get more and more used to it and you understand what's going to happen. You know they are going to bring you back, you're not going to die. They might do medical procedures on you, but most of the time they're not painful, and I've heard of them doing amazing things like removing an arm, taking a whole arm off you and then putting it back again.

0:45:55 - Julie

And healing things as well, yeah.

0:45:59 - Simon

Yeah, and I talked to Steve Neal. He had an x-ray done on his arm because there was a problem and the guy said, well, when did you break your arm? He's like I've never broken my arm. And there was on the x-ray you could see like a straight line, like a laser cut through the bones, and he has no recollection of how that could have happened. Wow, Interesting.

0:46:21 - Julie

A couple more questions as we're winding down here. You're also a science fiction writer and a musician and I know you've had amazing experiences in your musician career. Do those skill sets help you process and express the spiritual and the practical together? Have you found that there's a correlation there between that? Because as a musician certainly you had to learn how to play the notes and all of that. But I've talked to you enough times that you feel the music when you play it. You're not necessarily thinking I need to play this chord and these are the notes that need to go into this chord. You just do it kind of automatically at this point because you've been doing it so long and you play by intuition kind of a thing is my interpretation of it. Do you think that there's some correlation there, that that was preparing you for the work that you're doing now alongside your writing and your musician?

0:47:28 - Simon

parts of you If those things have been part of an apprenticeship to get me to this space it's being on a spiritual path.

It's like being a musician I learn how to use recording software, and so recording a whole band can be tricky, but recording a voice just speaking for a podcast, that's a piece of cake. And then, with the writing, I self-published my own science fiction books and so that taught me how to do that. So now when I write my book now I know exactly how to do the self-publishing and how to format it properly and how I go to the right people to get that kind of thing done. As aj par is a guy who did all the formatting for me and editing and he's got his own near-death experience channel and so he knows this subject really well, so he was really good, the right person to do this book.

And also my experiences earlier in my life when I saw UFOs and had psychic things happen and this experience I had with feathers showing up they were all almost like preparing me. It's almost like you could hear stories from people on podcasts and you feel, oh, I'm not sure about that if that's real. But then if you've experienced it yourself, you don't doubt those things. I mean, there were things a while ago that I thought, oh no, that's just too crazy, I can't believe that. And then something happened to me and I'm like wow, there's something real here.

0:48:53 - Julie

Okay, that's too much of a tease, Simon, when you saw UFOs yourself, you can't just throw that out there without giving us some of the backstory on that.

0:49:03 - Simon

This was early 90s I did a gig in a town west of London and we packed up. It was a Sunday night, it was this blues gig and it got to say 1am. I'm in my car heading home on the motorway and we drive on the left, and ahead of me there was a really bright light in one of these fields and I drove this motorway a lot and I knew that was an empty field. I thought that's weird. One o'clock in the morning it's bright white light and I looked around and there were no other cars on the motorway where I was, which was weird, and so I slowed down and I got to maybe five miles an hour and I thought I'll probably see them doing emergency electric repairs or something. And I got to this point I could see it was shaped like a rugby ball, this craft about the size of a house, and it was about 25 feet off the ground, 200 feet from me, silent, didn't move an inch. The whole time. There were many, many red pin spotlights across one half of the bottom of it and then a really powerful spotlight coming from the other end of it pointed at the ground and I was driving and I was looking at it through my windscreen and then leaning forward and looking over my steering wheel, and then I just kind of increased my speed and went home, which I thought was weird. And when I got home I checked the clock, because there's this thing called missing time with UFOs, and there was no missing time. But recently I was thinking about this spotlight that was coming out of it, and there's this kind of thing in society where UFOs abduct people. They have this big light coming down and it's like a tractor beam lifting somebody up. Maybe I saw an abduction in progress when I saw that light coming out of it, but I've also wondered if they wanted me to see it, that they were showing themselves to me as a part of moving me further down my path like this, this spiritual path. And it was later.

I was taken through a past life regression by this woman who was trained by Dolores Cannon. Do you know Dolores Cannon? She used to work with Dolores Cannon and she was going to become part of her team to do the work. And she said to me she was at home thinking about this, about how it's all going to come together, and a voice came into her head really loud, that said, no, you agreed you'd do this on your own, and so it was that that made her think I'm not going to become part of the Ruscanon's team. I'm going to. You know, she got trained in QHHT and that's how she took me through this past life regression and we got to this point where I saw the past life. I saw the death of that past life, and I was at this point where I was this ball of light looking down on the body and she said to me okay, now just drift away, just drift away from that life, get higher and higher. Just tell me the next thing you see. And the next thing I saw, I was on a table with these aliens around me and I went from zero to 100 and,

terrified, like somebody flicked a switch. And she said afterwards that she saw my muscles quivering and this whole kind of scenario played out there with these aliens. So I don't know if that was real. You know if that really happened. The thing was we were there doing a past life regression.

It wasn't that I'd gone to her and said I think I might have had this et experience. Could you hypnotize me to find it? Because some might say, oh, you were led to it, so it's a subconscious suggestion in the hypnosis. It didn't really happen. You made it up because you were led to it, but I wasn't led to it. It just suddenly there it was in my mind. So it's something I hear too about people who have these ETA experiences. They start learning about themselves and they're always dismissing it and saying, oh, I don't think that was real. But eventually you have something happens. That is a kick. I kick up the pants, I say pay attention, this is real. And you're like, oh man, it's real.

0:53:07 - Julie

Yeah I say, pay attention, this is real. And you're like, oh man, it's real. Yeah, I get that. That experience and that past life regression was real for you. The other thing I heard when you were talking about seeing the craft in this field with the bright light. You know, I get these divine downloads in my head when I'm having conversations, especially spiritual conversations. I heard you're one of us when you said I didn't know if I was supposed to see that craft in the field and I heard well, you're one of us, so maybe it was kind of like an ET phone home and the craft was there, yeah, so when the invasion happens, I'll be okay.

Yeah, yeah, I think you'll be fine. You just, you know, yeah, put your finger up and it'll glow in the dark and summon them, like ET did. What is it about the UFO stuff? And Philip Kinsella was on the show and he calls it. He called himself a ufologist and I said, well, that's a new vocabulary word for me. I hadn't heard that word before. I'm sure you've probably had him on your show too, Charming guy, and he was talking about that.

So many of these sightings and all of that people just are starting to come out of the closet again on them that it's really becoming more and more talked about and more part of the conversation. And certainly there are still people that think, oh, you're just nuts, You've seen too many sci-fi movies. But do you think that there's something, there's a bigger picture there of what's unfolding, Kind of like in the NDEs? Is that increasing our spirituality to let us know that there really is more to life than we just die? The dust to dust thing? Is that happening in your opinion? On the UFO and the galactic stuff, that seems to be more part of the equation, especially in the spiritual space. I'm finding that the two of them are merging.

0:55:05 - Simon

Definitely seem to be merging. It's like people who have near-death experiences have the same after effects as people who have alien abductions, where they become very psychic and they have these incredible synchronicities. And on the UFO side they seem to change what they're doing depending on what we're doing. In the 1890s there were UFOs around but they looked like steampunk airships and people would see them and they were very strange and they would even talk to some of the crew who just seemed like very posh people. And so in the 1940s and 50s people would see ufos and they were all a certain shape and then the abduction thought sort of thing started happening in the 60s and the 70s and people would say what they saw inside the craft and it was almost this thing of. They know it's technology and it's just a bit ahead of what we've got. So it's it's almost like the aliens had their interior made so that the humans wouldn't freak out with this really exceptional technology or whatever. And so then people started seeing flat screens on there, maybe a few years before flat screen tvs were here, and then it moved on to more weird and rare stuff, more spiritual, as this knowledge of spiritual stuff goes around the world and it's like the ETs are adjusting the encounters with

the humans to keep pace with where we are, and so we have some way of understanding what's going on. But at the same time, we really don't understand what's going on.

And there's this whole thing with alien abduction and the hybrid thing where there are women who report being pregnant, and they might be three months, and they wake up in the morning the baby's just gone. Right and they'll see the doctor and the doctor will say it's a miscarriage of this and that and the woman. We could know there was no miscarriage. You know it's not like they woke up and there was blood on the bed or something else happened. Then people who are in the abduction experience, men report having their sperm taken, women talk about having their eggs taken, and so there's this other thing where people are introduced to children that look half alien and half human, that they seem very skinny and white, like there's something wrong, and the ETs are saying to them you have to hold them, you have to give them love, and it's like the ETs can't do that, they don't know how to do it, they can't give the children any love, and people are there and this is coming from lots of people around the world. It's not just one or two people. This is a well-known part of the phenomenon and they get taken to a child and say this is your child, and they may see four or five of them.

So that's the thing that's been happening, and there's different viewpoints on it. There's a guy called Dr David Jacobs who sees it as an invasion they're creating. Eventually, what they want to make is aliens looking just like us and then they'll replace us. Other people who say no, that this is about. The aliens have lost something. They've been cloning themselves and over time they've lost emotion and they're trying to bring that back into their life, their whole civilization, and that's why they're doing it. It's like a connection to the soul and love and all that kind of thing.

0:58:36 - Julie

Yeah, that's what I was getting when you were talking about it, that it was there's a give and take the more advanced perhaps scientific and technological advances that they're sharing with us and we, at the same time, are sharing more of the spiritual, basic human emotion part of the equation, because they don't have it for whatever reason. So it's a give and take kind of a thing. It's a collaborative effort. Perhaps that's what I'm hearing in my head while we're talking about that. Back to the NDEs, a couple of questions. How does an NDE and reading about NDEs how does it influence how we live, how we love, how we connect right here right now?

0:59:28 - Simon

Well, it's a lot to do, I think, with the life review. There's a load of them in my book and these different people talk about how it affects them and it's that thing of seeing how, if you're mean to someone and it could be just cutting them up on the road or being barging past somebody in a shop or you could be a lot meaner. Seeing how that person feels changes you and thinks, wow, I had no idea, I don't want to make people feel like that. And it can change the way you behave and how you treat people. I find a lot of near-death experiences I talk to can be really generous, nice people. They just want to help. It's like with my book. They all helped me so much but none of them were mean about it. None of them said, oh yeah, but I want my percentage or anything like that. I can see how reading near-death experiences can change you because you get that insight.

1:00:27 - Julie

What advice do you have for people who are afraid to even think about or entertain the whole death and afterlife process? Do you have any advice for them about how to navigate that, because certainly we're all going to experience death with our loved ones and we ourselves are going to be there someday. Do you have any words of wisdom for those that just are like okay, I can't even go there, I don't want to hear about it, I don't want to talk about it, and they're afraid, obviously.

1:01:04 - Simon

I don't know if you can help them. It's almost like that thing a psychiatrist might say I can't help someone change unless they want to change. So that person would have to be interested in seeking out this information in the first place. And I talk to people when I'm doing past life regression. We talk to them before the session starts and they've said to me things like well, my father died a year ago.

I didn't believe in any of this stuff, but I started listening to your podcast and they found out about it all. So it's one of those things if somebody's interested, then seek out these kinds of podcasts that cover all this information and also read these books. And my book is on Kindle. It's an audio book so you could just listen to it in the car if you wanted to, and so many of the books are audio books. So that's what I'd say, and I've had people tell me that listening to the podcast has really changed their lives, because they had a real fear of death and it would keep them awake at night. And then they hear this information and it's suddenly oh, hang on a second, it might be that I am not completely annihilated at death and I cease to exist. And there are people who are grieving who have really helped by this information as well.

1:02:21 - Julie

I agree. Last question why do we incarnate?

1:02:25 - Simon

We come here to learn lessons, to work on our soul, so that our soul can progress, and this is a school and we come here for all sorts of different reasons. In past life progression I've seen three different lives that worked on the thing of rejection, and in these different lives I was rejected in completely different ways. So if that's just rejection and there are other ways to be rejected, you have to have many, many lives to learn what it's like, and it seems that your soul can't learn these things without coming to earth and experiencing them. But I also feel that our lives, our physical lives, which are not just earth, can be all over the universe. It's just one small stage of our soul's progress and once we no longer incarnate doing this, we're off learning other stuff in other places.

So, yeah, it's all about progression and they say going back to the source, don't they? Going back to the creator? I talked to a guy called shepherd hoodwin who talked about something called the grand cycle, how you leave the creator and you go through this whole experience of incarnation, all this other learning, you return to the creator and, uh, then you come back out again, you go through another grand cycle. So it's that thing, time doesn't exist, and uh, you could do grand cycles forever, which could be fun, exactly.

1:03:52 - Julie

You are like a warm hug, like in Frozen 2 and Frozen 1, the Disney movies, olaf the snowman. You know it's like a warm hug Whenever I'm with you and talking with you. You're such a renaissance man and you're so wise and you're so multifaceted and knowledgeable about just a plethora of things that all seem to involve spirituality that I find talking with you not only do I learn a lot, but I just feel this sense of comfort and calm and love, and that's what you exude not just to people you know, but to anybody that listens to your show. And so thank you for the work that you're doing and thank you for sharing your wisdom and educating all of us on all these different areas of expertise that you've amassed over the years. How can people learn more about you and your work?

1:04:55 - Simon

Well, my website is pastlifeshypnosis.co.uk and if you are interested in doing a past life regression with me, you can go into my calendar and book a free 20-minute call where we can talk about what you might want to achieve with a past life regression. And my book is Verified

Near-Death Experiences. That's on Amazon and other bookshops. I've got such a lot going on and my podcasts are Our Paranormal Afterlife and the Alien UFO podcast and I checked the other day. I was really surprised. I've done over 800 episodes. I'm gobsmacked.

1:05:34 - Julie

I just didn't know that that's a bunch, yeah, and if you want to listen to Simon doing the past life regression with me in a galaxy far, far away, it's Julie Ryan, episode 513. And, as I mentioned when we first started this conversation, out of all of the people who are certified hypnotherapists on the planet, you were the one that I thought of first that I wanted to take me on that journey for my maiden voyage, and, frankly, you're the only one I'd like to do it again. So you know that speaks volumes, because I've met several of them and have access to many, and you're my man when it comes to that kind of stuff. So, all right everybody. Lots for you to think about, lots to unpack here in the meantime, sending you love from Sweet Home, Alabama, and from London too, where Simon is. We'll see you next time. Bye, everybody.

1:06:34 - AnnCR

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

1:06:48 - Disclaimer

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