

AJR Jacob Cooper 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 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 Jacob Cooper with us on the show today. Jake is a clinical social worker, author and NDE survivor who helps people find purpose and conquer their fears about life after death. I'm excited to explore what truly scares us about the afterlife and to discover how Jacob helps people find peace beyond the fear. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Jacob. Jacob, welcome to the show. I'm so delighted you could join us today.

0:01:30 - Jacob

Oh, thank you so much, Julie, for having me on. I'm a big fan of your podcast and your work for many years now. Oh, thanks.

0:01:38 - Julie

I see you have a guardian angel behind you, a statue. For those of you that are listening, he's got it right over his right shoulder.

0:01:47 - Jacob

Literally and figuratively.

0:01:48 - Julie

yeah, oh my gosh. Well, I know there's a story behind that. Do you want to start off with that?

0:01:55 - Jacob

Yeah, well, I have the angel, you know, beyond my shoulder, because really that was a big part of my near-death experience was my encounter with the angelic realm during my NDE, in which I encountered my two spirit guides, primary spirit guides, or some may call guardian angels and so for myself, that plays such a big role in my life, and a lot of challenging moments of uncertainty I always feel them, not just in my NDE but throughout my life, and a lot of challenging moments of uncertainty I always feel them not just in my ND but throughout my life. And so I like to have angels around me, not just for myself but to really send to all the viewers listening to, just to remind themselves how much beauty and just guidance that each and every soul has on their journey here on this earth school.

0:02:49 - Julie

Okay, so you put in the tease that you've had an NDE. So what happened? Please fill us in on all the details.

0:02:56 - Jacob

Absolutely. I was, you know, for viewers, I was just three years old. I just celebrated my 35th birthday just a couple of days ago.

0:03:05 - Disclaimer
Happy birthday.

0:03:07 - Jacob

Yeah, but I was just three years old of September of 1993, in which at this time my parents and obviously myself didn't know I contracted a very detrimental and even fatal condition called whooping cough, otherwise known as pertussis. And when you're an infant or a child, or even adults, that could be very impactful on your physical health. And so I went to a playground just like any other child and just was trying to have a good time and I just started to climb the ladder going up onto the slide when my breath just became very belabored and to the point where I was literally suffocating and there was no oxygen whatsoever. And it was incredibly traumatizing and just the scariest moment of my life. You know, imagine in the body that the breath keeps us going and not have anything to hold on to. It was just very traumatic.

But you know, I just knew kind of what was to come. I knew that, you know, this was kind of it, or so I thought it was, and there was nothing I can do. So instead of struggling against, you know, finding a sense of breath, I just was able to surrender and leave my body and surrender to this breath of eternity that I call it. And I literally left my body and I was able to have this profound near-death experience. And it wasn't scary, it was very familiar, but I just felt myself vibrating into this endless euphoria where there was no beginning, middle or end or limitations on this euphoria that I felt. And I felt a sense of being at home and saw this beautiful shining palace and there were angels, just like you see, around me, all around this palace, and their beautiful sounds were emanating from it and the light was so bright in this beautiful golden palace that I just almost had to shield myself. But I just knew that was a depiction of the, I would just say the centerpiece of creative life force, where all things emanate or created from, and it was so magnificent. In that moment I just felt at home, I felt embraced. I felt all of my fears, or possible fears or questions, dissipate and I just knew, no matter what, there would be a meeting point between myself and my parents and all would work out well. And I just had this peaceful moment of clear knowing that all is well, was well, will be well and there's nothing to possibly worry about. And that's more of a human thing than it is of the soul.

Moments later I was able to see my beautiful like we started the show guardian angels primary guides that were with me at this moment and when I saw them, they were just the most beautiful, immaculate beings. I can't find descriptions or comparatives, but the feeling that I got was, oh my God, like they were there with me this entire time. You know, I think we are living with a lot of, I would say, an increased epidemic of loneliness or isolation and having this experience and we could get into some of the lessons but just for this experience, I wanted to highlight that there's such an illusion of loneliness or isolation. We have so many protectors and love and beauty around us all the time and if we just remembered who was around us, there is no way we would see ourselves as a small being and live a small life, because you recognize, we are a big, gigantic soul with a massive team around us. But when I was able to see my guides and I felt a sense of love, I tapped into the energy and I just saw that the guides were able to look up with the same degree of admiration, love and unconditional respect and love that I had for them and that was just like you know, you'd imagine, some that you have the most tremendous admiration. You think they're like a million times better than you. Like. Who am I to even be in the same sentence as them and imagine those same feelings you have? That same person has to you, and that is really what I felt with the guides and it was the closest extension of my soul that I could possibly have. They were right in the nucleus of who I was beyond just this lifetime.

Moments later, I was surrounded by all the people that went to me on the playground on that day and when I looked at all the people around me, I was able to see who they really were, which was an infinite, eternal spiritual being, and I was able to see their auric fields and their

guides around them and it was just this big angel fest. But it just reminded me that spirituality is sometimes reserved for people like, I don't know, the Dalai Lama or some of these other people, but at our core, phyla, no matter what the human personality is, we all are mystical, divine beings that are very core, and I saw right in front of me all of these angels floating right in front of me and I was like holy, you know, because all these things were around me, but when it's like right, directly in front of me, and I was like holy, you know, because all these things were around me. But when it's like right, directly in front of you and you see it over, it was like right, it's like a thin little dial separating this realm and the angelic realm. They're all around us, not just behind me, but they're all here all the time and I was seeing them, whereas the spirit guides were more concerned with myself. You know, on a personal measure, these angels that I saw to answer a question were just sending energy, were sending love, were sending protection to the whole planet and they were just looking ahead. They had no concept of self, they had no individual distinctions from what I gathered at the moment. They were just there to protect, love and serve, and it was just the most beautiful sight. They were just not wanting anything back, but just to give unconditionally. And I could see the light coming out of them and the love and the beautiful vibrational sounds and octaves. It was amazing love and the beautiful vibrational sounds and octaves. It was amazing.

Moments later, I had what I now call as a soul pod or soul group that came up to me and these were beings that I knew, that were familiar to my soul, that I lived many lives with before, and they came to me along with my own spirit. Guides are with me and all the angels that were around. And I was just asked a collective question, which is what would I do? Would I stay here on the other side and continue there, or would I continue my life? Bear in mind, most people are told hey, there's more karma or there's more dharma that you're here to integrate and it's not yet your time to cross over. On.

The last research that I viewed are told or dictated or even suggested, because there is nothing that the soul will do that it doesn't want to do, that it's not in agreement with. From my experience and I just was not sure I was just, you know, this was such a beautiful place in front of me I didn't know how I could turn this down, nor would I think why would I of me, I didn't know how I could turn this down and nor would I think why would I. But I just said, you know, if I were to continue, you know my life, because I just wanted to know who. You know the biggest question that I'm asked when I present, who am I? You know, why am I here, what's my purpose, and just kind of ask that to all the angels and the guides and my soul family.

I was just shown this life review and I may say, Jacob, that must have been a two-second short film and what I would say is it was not. The life review that I experienced was through the eyes of another and understanding the moments that I shared with my parents, and I always preface to groups that I present with, like Helping Parents, heal that we're a part of, and Forever Family Foundation, that it really is not a matter of the years of your life, but rather the life within those years, and I just saw that there was a lot of life, despite chronologically living a very short time. This life review transcended this particular lifetime and I was jumping from different lifetimes before this lifetime and I was able to see myself in different incarnations spanning the globe at this time. Then I saw myself really speaking in front of a lot of people, and really not just someone who was like better than anyone or different, but rather just a simple reminder, and I was just one with each person that I was speaking with. It was the message.

It wasn't really anything to do with me and I said, you know, at this moment I saw the people that I would meet along this journey and this work that I would be doing and I said, as beautiful as the other side is, you know, this opportunity is something that I cannot ever turn down and with that I agreed to continue, you know, to be here.

And you know the rest is sort of history where with that agreement, I was able to see. You know, all of the guides and angels started to leave my immediate awareness and I, just in that

moment I could feel like, oh my God, what did I just do? I was just second guessing myself that you were created from a beautiful intelligence far beyond our own understanding, to trust that and to have your thoughts really in parallel with the spirit realm and to have a degree of trust. And with that thought I woke up, you know, on a hospital bed, and you know the rest was history after that. But that is a little bit of a short of my NDE experience. It was September of 1993.

0:13:29 - Julie

Did you have a family member? Did you have a parent or somebody with you at the playground?

0:13:34 - Jacob

I had family members. I wasn't with my parents so, to preface, I was with kind of like, let's say my babysitter, more so like my mother's best friends who are with me at this time. So my parents were not with me, but I did encounter my mother afterwards in the hospital when I was able to be transported by the ambulance.

0:13:57 - Julie

The other thing that I find fascinating too, Jacob, is that you're three and you're getting all these very adult insights, which I think is a great example of how our spirit is timeless, even though our human body certainly has an expiration date on it, that you were able to really do all of this processing when you were in heaven, even though you were a three-year-old. Okay, I got a bunch of questions. First of all, you talked about music. Tell us about the music that you heard.

0:14:37 - Jacob

Well, what I would say is on the other side. I'll give an example. You know, the colors that we have are based on, really, the sun, and so those are the spectrum of colors that we have. So it's hard to use the measurements, if you will, of this earth plane when we compare it to the other side. But it was a very high vibrational frequency and I cannot sing. If I did, I wish I could, but it was just some of the most beautiful. I mean, I listened to James Taylor and the Beatles and they're great, but it just didn't compare to that.

But there's a guy that I listened to named Stephen Halpern. I don't know if you know Stephen Halpern. He's a good friend of mine, so he has a lot of angelic choir type songs and so I would say, if you do listen to Stephen Halpern, listen to some of his music, particularly featuring the Angels. It wasn't quite like that, but something along those lines, but just kind of different and higher. Nothing against Steve. He's using all the tools that we have here to try to mirror or replicate you know that and does a really accurate job. But I would say Stephen Halpern's music is some of the closest that I've experienced when I crossed over.

0:15:51 - Julie

I talked to somebody not too long ago that told me that the music they heard during their NDE reminded them of dolphin sounds Dolphin Interesting, dolphin Interesting.

0:16:02 - Jacob

Dolphin. Yeah, yeah, you know, she did a really high.

0:16:04 - Julie

And I said so you were talking with Flipper in heaven, huh? And she said well, yeah, I guess, but those high-pitched sounds that they make and that they can communicate? She said there was that. And then we had Dr Edmund Alexander on the show too, Jacob, and he talked about that when he was hearing the music, that it seemed to be higher and higher frequencies, and

the music was what was carrying him to the higher frequencies. Did you have a similar experience?

0:16:37 - Jacob

I would say yes, but more so the vibrations and you know, music is just vibrations in itself. So I would say that's about right that the vibrations and the vibrational frequencies in the music really helped elevate. But I think the biggest thing was just surrendering, letting go of the struggle that I had, you know, and once I did that, once I let go, I didn't give up, but rather I gave in to the power that's inside of each and every one of us, that divine spark that knows no death, you know.

0:17:13 - Julie

Yeah, how did you know that as a three-year-old?

0:17:16 - Jacob

It was familiar, you know, I think to preface for viewers who may be a little bit perplexed by this, understandably which my left brain was for a bit of time, where I just said I was only three and I had all this stuff, and so I think, really, reality is based on where you're seeing it from. From a linear standpoint, it doesn't make any sense because we associate a three-year-old, associated with its body and very limited in what it can do and what it knows, who has been here many lifetimes. You start to understand that there's a lot of recall and there's a lot more depth that meets the eye, as there is with life and all that we're doing in this industry. It goes just beyond. It goes well beyond the surface of what meets the physical eye. No-transcript.

0:18:45 - Julie

What happened when you came to in the hospital? I'm sure you've heard this story, certainly as an adult. Was your family member the one who took you to the hospital? Did they call the ambulance? What went on? What was the story once you came back?

0:19:01 - Jacob

Yeah, no, I was rushed by the ambulance, you know, to the hospital and I just remembered being, you know, once I was able to really gather my strength because I was still very physically debilitated from this and I had to, you know, for months use nebulizers, inhalers. You know it was really bad and I had a lot of issues with my bronchial cords. After it was, it was a really bad cough that lasted for a bit of time and you know it was a little bit weird, you know, because all of a sudden I had this experience and I just knew, yes, you know, my mother, my father, great people, but I knew that they weren't. They were and they were not my mother and father, if that makes sense in this lifetime.

They were, but as a soul, it's not like they owned me or they were better than me. They were just bigger than me. And I saw that my soul was not like owned by them or stuff like that. I just moved through them, was not like owned by them or stuff like that. I just moved through them, if you will. So, from a human standpoint, they were my mother and father, but from a soul standpoint, I remembered, you know, I have a father, that is in heaven too, you know.

Well, you alluded to and mentioned a soul group. Tell us about your soul group and how did you know it was your soul group? In post-Indy, I remembered having this big charting phase, or people would call a life plan. You know before you get here. That's something that you really plan with your guides and with your soul family as to you know what you're going to do in this lifetime, all of the commitments that you have, and so when I saw my soul family, you know, in this moment I felt like, in a way, like I was aborting that or not agreeing to that. It felt like you're about to go to the army. You had this huge party and all of a sudden, a week or two later, you came back and just like I don't know, I didn't really fulfill what I intended, but that solely

dissipated and it was not at all to preface from them, but it was just a pure embrace, and I just remembered that I was able to really have a lot of different lifetimes with these individuals.

0:21:29 - Julie

You said that you saw guides and angels. Can you tell us the difference between the two, how they appeared to you, how they seem, what your interactions were?

0:21:41 - Jacob

with bar tropes? That's a wonderful question. Guides and I use maybe social work terms here. That's my profession, but if you're familiar with the term micro, which means related to the individual, and more so macro, that relates itself more to the collective, I would say our guides, or primary guides rather, because I do believe we accrue different guides throughout the journey of this life, but before we're born there's an unbreakable contract that we have with our primary guides.

Now I've learned it's not all souls have spirit guides. What I've learned with a lot of teachings from Michael Newton's *Between Life Soul Regressions* and stuff like that. There are different soul types really, and some souls, their guides and through regressions that I've had is just their higher self, and some have primary guides. Those are more earth-based souls, which I do believe I am, but there are interplanetary souls or angelic realm souls which Dr Michael Newton was able to really discover in his regressions. But to answer a question for viewers listening, if you're an earth-based soul, 95% of the time you're going to have two guides before you do get here, who are there with you before you're here and there with you long after, and usually people have one to two, I would say, primary guides. They may have a name that you may be aware of and they may not reveal it. Some people just call them the guides, which I do to this day, which I do to this day, and they're there to really not give us the answers to the test, you know, but to really nudge us along the path, Because, ultimately, if you're given all the answers to the test, there's not an ability to evolve and grow as much as we can, Because that's really, I do believe, what we came here to do.

In this experience Now, angels are all around us. Experience Now, angels are all around us and you know, that's really what I saw very clearly and what do they look like to you? Great, great question. Like you know, the angels came in this bronze, you know kind of veil that I saw in front of me. They were kind of like this bronze, goldish veil and so, right, you know where my body was, on the playground.

I had people trying to wake me up, to ask me if it's okay, and I felt a form right next to it and when I looked right in front of me, they were there floating very peacefully. So it's just like I said before, just this thin veil all around us, and they were very youthful and they were very youthful and they were very young in what I saw. So I don't think these were archangels who were like 100 feet tall. They were kind of small where the spirit guides felt bigger to me. These angels that I saw were kind of smaller but they're literally right in front of me, floating, just looking in the distance, not at me, but just looking straight ahead, just sending healing, and it was just one of the most beautiful sights that I have ever encountered, but just familiar. And it's amazing how we live on this earth and we just see this earth through our physical eyes. If we just tap our frequency just a little bit, it's amazing what's around us here. It's remarkable.

0:25:25 - Julie

You've mentioned bronze a couple of times, Jacob. So bronze, more copper, more gold, more kind of orangey, goldish what's bronze to you?

0:25:38 - Jacob

I would say it's kind of like a deep and dark in gold, if you will. Okay.

0:25:45 - Julie

So like a deep and dark in gold, like an antique gold, almost Kind of yeah, yeah, all right, because it's probably an amalgamation of different colors. I've heard from several people who've had NDEs who've said the colors are just phenomenal and everything feels like it's in high def, and they say that the colors are just extraordinary and we can't even begin to fathom them. Sounds like you experienced a similar situation.

0:26:14 - Jacob

Oh yeah, and like that analogy that I had, like we just don't have, I'm trying to find like the spectrum, but it goes far beyond what we have. But I'm using these words or these terms because that's the closest comp that we have. But when we think of color on the other side it's much different, where color has just a depth and a personality and a clear energy to it. Where at times we see color on the surface, we may feel a certain way or not really know it, but there it's undeniable. You know the color and the amount of depth that it has and how it has a life of its own to it.

0:26:57 - Julie

Have you found that people you mentioned that they're assigned a spirit guide? Are they assigned a guardian angel? I've been told by spirit that our guardian angel stays with us throughout all of our lifetimes. Did you encounter that at all, 100%? I've been told by spirit that our guardian angel stays with us throughout all of our lifetimes. Did you encounter that at?

0:27:24 - Jacob

all 100% that they're with us all the time, and I would say the vast majority of us are earth-based souls, but there are probably select few that their guide may be their higher self, and I have seen that before. But you know, I do think that our vibe attracts our tribe.

0:27:48 - Julie

I love that Our vibe attracts a tribe, Our tribe yeah, our tribe yeah, 100% and so-.

0:27:58 - Julie

I'm going to purge that. I'll give you credit

0:28:33 - Jacob

But, yes, the primary guide that we have, we could have other secondary guides or guides that we accrue throughout you know, this lifetime that may be attracted or find symmetry with their energy and ours, or they may, you know, kind of give us what we need as well. If you're someone who lacks assertiveness, or you know stuff like that, you might need a guide that's more kind of direct with you and you know stuff like that. You might need a guide that's more kind of direct with you and stuff like that. But I do think that there's an intelligence that goes far beyond our understanding and it's not random as to why we have our guides, particularly that that's the most pivotal piece of our lives that we could imagine. So it's not something randomly selected. It's very methodical and purposeful.

0:29:21 - Julie

Do we choose them or do they choose us, or are they assigned to us? Do you think?

0:29:25 - Jacob

I think it's mutual. There's nothing that we wouldn't do, that doesn't agree, you know, with our greatest and highest goods. So there's a mutual agreement that I had and you know, I do believe it's mutual that you know these guides may feel a gravitational pull, you know, to work with us, you know, throughout lifetimes, and we obviously have to agree to that too. So to me there's a halfway point.

0:29:52 - Julie

I would probably say to that Also, do our guides show up when we need them, at different times depending on what's happening in our lives?

0:30:04 - Jacob

Absolutely there's no randomness. I really found that out. Clearly Random chaos seems to be things that happen in the Earth plane at times, but obviously there's order when you're able to really see it from a different vantage point. But on the surface, yes, when I was having my near-death experience, I really saw loud and clear that this life is not random. It comes from a higher intelligence, it's charted and everything is there in its proper time and place, unfolding as it should.

As New Age as that sounds, I can't describe it any differently other than that things are not random. Things are really ordered from the orchestration of the other side and the intelligence there. But that's a part of this life is really learning the value of being, I would say, humble and being able to be flexible. If someone asked me what's the greatest definition of health, or mental health or spiritual health, I would just say adaptation and the ability to just kind of flow with life as it goes, rather than just resisting life and that's something that really was a part of my NDU was just going with the flow and stopping to holding on to struggle or my own kind of pain, but surrendering to something deep inside.

0:31:32 - Julie

Let's back up a few steps. You end up in the hospital. Your family's there. You come home, you heal. Your family's there. You come home, you heal. Did you immediately understand your life's mission when you came back, or did you have to grow up some and then go? Oh well, that's what that meant when I heard this or saw that in heaven it was always there.

0:31:55 - Jacob

But I, you know, I had my doubts. I, you know, I come from a pretty academic, you know-brain, intellectual family and I was very much a struggling student. And that took a big toll on my own personal self-esteem where, even starting community college, I wasn't even allowed to take accredited courses. I was put in the lowest possible level of remedial, not accredited courses. And so for myself, there was a period right in my college years where I really was like geez, like do I have what it takes? Like was I conned, you know, was I tricked? Like what was I thinking? And that was very real, you know.

And then there was a moment in time where, you know, I acted out and kind of went at my parents stuff like that and they just said, all right, you're just going to stay with your grandparents for a little bit of time because you're not. They were right in doing that. And so I just walked around my block and once I was again, I found myself in the playground. I just didn't even plan on it and I just saw in that moment, no matter how displaced any of us feels, we're all just children in God's playground, and that was a message that came to me very clearly no matter what was happening, no matter what we're doing, no matter how much wealth we have or what people think of us, we all are eternal children in the playground of God, here to take care of one another.

And then, a couple of days later, I was in a yoga seminar. I was doing yoga at this time and someone came up to me. I had no idea who this person was, and she just started saying things about me that I had no idea, like a lot of personal, intuitive things. But then she says wow, you're going to be a healer one day. You're going to help out a lot of people. I see rows of people in front of you and I'm like I'm lucky if I'm just like whatever you know in life. But she just reminded me that validation, that I had that validity, that what I saw wasn't just a hallucination, but something that was able to be validated through other people, and so that was pretty cool.

0:34:11 - Julie

Do you communicate with spirit? Now I think the answer is yes, and tell us how you do it. I do.

0:34:19 - Jacob

It's different, like we all. I'm sure you know, Julie, we all have different roads to eternity. For me, I do like to take walks and move, and that's when they come to me. Or even on my runs, when I run around a lot I get a lot of messages. Or just listening to something like Claire DeLune, I just feel my ancestors and spirit.

But it's more so through the depths of my heart that I'm able to connect and through really deeply feeling the essences of life and being very raw and natural that it comes to me. So a lot of it is learning how to get out of the way and quieting the brain and that's when they come. But it's like a lot of clients come to me. They're like oh my God, I've had great dreams when I was sleeping and my grandparents visited me and stuff like that, and I often have to remind them it's not because it's 3 am, you have your salt lamp on, it's an ambient setting that your grandparents come through. They're always there. But our brainwaves are a lot more relaxed and receptive to be aware of spirits and so that's really what I try to do is just to meditate and get more in those deeper brainwave states when I do want to connect.

0:35:33 - Julie

I call it that we go back to the factory preset vibration of spirit when we sleep, because our brains rest and we go back to the.

We all come in on the vibration of spirit and when we're busy during the day, spirit doesn't communicate as easily. Well, they're communicating. We're not receiving it as easily on the I feel crappy channels, because it's just we're too busy and we're stressed and we're doing whatever Picking up the kids at school and figuring out what we're going to fix for dinner and doing the laundry and you know, doing work stuff and doing other family stuff and it's just, it's a lot. Oh yeah, I agree with you on the nighttime thing. You say our loved ones are always trying to connect. What are the most common ways that they reach out to us?

0:36:25 - Jacob

Yeah, and it's something that I experienced when I had my NDE, where I felt myself as a spirit, trying to reach out to people who are with me in the playground so I could understand how they must feel. But they don't lose patience with us. They love us, but they're trying to get messages across in a way. Sometimes we view them as the afterlife, but I would say we are their afterlife, if that makes sense. The lives that we live they're connected to in a way. That's a part of their afterlife. It's not the solo purpose, which none of us have a solo purpose, you know, for instance, I think we could both agree like we're not here just to talk, you know, in front of crowds and microphones. That is a part of it, you know. And there's also, you know, personal relationships and hobbies and there's so many different parts of you know our soul's purpose. That just goes beyond the crux of our work. But you know, I would certainly say we have a lot more tools for them to work with, so it's a lot easier.

And people are now trying to create these voice box type things and I don't know how necessarily I feel about that.

You want to be careful with using some of these Ouija boards or voice boxes, those kind of things. But I find technology is a big one that they try to use and it could be so like hit you right between the eyes and sometimes people just don't pay attention to how clear of a sign that is. So I think it's important for us to just be aware, to pay attention, to not try to come at it with a forcefulness and it's just like this gentle tap on your shoulder and just kind of pay attention, to not try to come at it with a forcefulness and it's just like this gentle tap on your shoulder and

just kind of pay attention to it and just say thank you, you know, thank you for blessing me and telling me that you're there and reminding me that you're with me and watching me. And you know they want us, you know, to continue on our journeys and to live, you know, for them, but more importantly, to live for ourselves and find ways for us to live, you know.

0:38:27 - Julie

I agree. What is the spirit realm most want us to remember while we're alive?

0:38:35 - Jacob

That's a wonderful question, Julie. I would just say, really to remember who we are, to be empowered.

Who are we really? Yeah, the interconnectedness that we have and how you know, this isn't just about us. This is really about impacting the people around us and elevating those that we encounter. You know, a lot of times we get very, we have a life that's based on ego, which is based on all the things of the ego our names, our jobs, our cars, all those things, and those things are great, but if those things are self-serving versus trying to serve a greater cause, then that becomes a bit of an issue. And so I think, really understanding that we're here, yes, to take in, but also really about it's, impacting our surroundings and making this world a better place, quite simply. But also they want us to enjoy that life doesn't have to be a struggle, doesn't have to be so miserable that to indulge in this earth plane.

We came here for an earth existence and so do things that, like I say, when you travel somewhere, do something you can't do when you're home. And so do things that, like I say, when you travel somewhere, do something you can't do when you're home. And so, on the earth plane, I would say, do things that you can't do in the spirit realm, in a way, and the spirit realm. Yes, we could do some of these things, but they're not as like, grounded or dense as they are over here, and so we, in a way, our soul, craves its opposites. When we're here we want that, and when we're over there, we want the physical existence to some degree. So I would say, fully embrace it, enjoy it unencumbered and no limitations.

0:40:10 - Julie

Well, I love what you said earlier, Jacob, when you said we are their afterlife, and I thought I never considered it that way. But, boy, that's a big statement that resonates a lot with me. I think it was on ABC, but she had a book.

0:40:27 - Jacob

that's really based on that premise and so, true, it was something that forever changed my life, but it was very much impactful how, yes, we're always looking outside of ourselves and our loved ones, thinking that they're in heaven and reminding ourselves that they're connected to us. In that same facet, you know that they're really connected to what we're doing and you know we want to find ways to really keep them here. They love when we talk about them. They love when we reminisce about them. You know that's. You know, once we stop thinking about them and talking about them, that's when you know they don't feel like they're here or we don't feel like they're here, if that makes sense too, absolutely.

0:41:23 - Julie

You say that people don't have to wait to get to heaven to see the light that's within themselves, because the inner light is omnipresent. What do you mean by that?

0:41:33 - Jacob

I would say you know our reality. We're always like, focused on the future, something outside of ourselves, you of ourselves, to get joy from and I experienced this this is a young child in an innocent playground that even through suffocation, you could still see heaven, and it wasn't

like a million miles away, it was right within my own backyard, in the depths of my heart. As the way. It was right within my own backyard, in the depths of my heart. But what I would say is, by remembering this stuff and connecting to it, you don't have to wait until the body goes to really experience the home of your soul. And that's what the spiritual practice is all about.

I think a lot of people come to me and they say I want a near-death experience, or I can't wait till I die so I could go to heaven. I said how do you know you're not already connected to it? Maybe when you're sleeping you have these beautiful dreams, and I do think a large part of us, in our higher self, is connected to the heavenly realm. And so from doing this inner work, whether that's breath work, meditation or just connecting to the depth of life itself, I think we are connecting to heaven. And I do think when we're able to live an aware life and a life that we're able to embrace our passions. That's a part of really creating our heaven on earth.

And I think someone would ask me who is God to you and what word in the English language is a best route to God? But I to you, and what word in the English language is a best route to God? But I would say the closest word to the pathway of God is enthusiasm, because you know, to me enthusiasm comes from that Greek word, in theos, which means the divine within, and so when you're passionate about what you're doing, that's each person's connection to divinity. And so we see souls on the other side. Some of them are going fishing, some of them are doing golfing. That's their pathway to joy and that's the unique part of life is we all have different paths up to the mountain, things that really work with us in a soul level, but a similar outcome of joy.

0:43:37 - Julie

Right, let's get to the practical for a couple of minutes, as we're winding down here. You say that you help people improve their cognitive function. How do you do that?

0:43:50 - Jacob

therapist, I firmly believe what Wayne Dyer, who some, if you ask me, like who's a guide of yours, I would say he's certainly, you know, one person who guides you know the work that I do, but he had a reference that said when you change the way you look at things, you change. When you change the way you look at things, the things you look at change. And you know for myself, I would say, a large crux that I do as a therapist is really helping people to shift vantage points and recognizing that two things could be true that, yes, on one hand, that approach that we have towards an event may be very valid and also, I don't say but because, but disqualifies it and includes it and is it helpful, Is it resourceful? And so I certainly believe what Charles Darwin said when he said it wasn't the strongest, it wasn't the fittest that survived. It was those that were most adaptable to shifts and to changes, that were able to really, you know, go on.

And so you know, with clients that I may encounter, what they walked into was most likely not their fault. But the crux of the work is the response and how we're able to develop a space between the stimuli and response. And so that's really the canvas that we try to work on with the clients, and so certainly, we can have all of these thoughts about it and emotions about it. We just have to ask ourselves, okay, is that helping me get through it? It may be valid with how we feel, and also, is it valid at a certain point to help me get through this, and so that really is a part of some of the work that we do. Psychotherapy traditionally calls it cognitive behavioral therapy, but I just say it's shifting our reality, shifting our vantage points, but, more importantly, finding freedom, which is a big lesson of my NDE's, which is the value of beliefs, the value of thoughts and how. I would say, the higher the thought, the more we could be able to see, if that makes sense.

0:46:01 - Julie

Absolutely. Why are past life regressions helpful?

0:46:04 - Jacob

They certainly can be. For me, I would say, how does one find their purpose? And I would say there's a plethora of avenues to it. But one thing that I found is find something that's most painful to you in a big part of your life and work that part out and then understand that what happened to you wasn't meant just for you. It was probably meant for you to be able to relate to someone along your path, as we're all brothers and sisters keeper, and why I say that?

As a kid I had a lot of night terrors of this past life that I lived and I just didn't know who to talk to about it. I just didn't have the words for it and it would just come to me. It would be kind of annoying. I just want to live a life as a kid, but all these memories would come flowing. And then, years later, I read a lot of books by people like Dr Brian Weiss and an individual named Carol Bowman who was on the Oprah Winfrey Show and worked specifically with children who had past life memories and kids often really do, because they have a lot of recall and the amnesia tends to be a lot lessened when you're from that window, probably from zero to five and once you get up to six you tend to forget.

But I would say it's very pivotal for a plethora of reasons. But I would say it's very pivotal for a pl or afraid of the water and maybe you've tried a lot of stops in the train and you weren't able to get the answer from traditional psychotherapy. And so doing a PLSR past life soul regression could help people to understand the why. And if you understand the why, then the rest is easy. You can understand the how and the what in terms of navigating that phobia, that challenge. I think it also could evoke greater gifts. A lot of people that I see become a lot more intuitive through past life regression or they're able to hone in on maybe something that they've collected throughout different incarnations that has been lying dormant or suppressed or repressed in this lifetime. So it's not all just pathology-based it can be, but a lot of it could be strength-based and growth is a big part of any type of past life regression that we try to do.

0:48:35 - Julie

If you could share a message from the other side for somebody listening or watching who's really deeply grieving the loss of a loved one, what would that be? It's a good question.

0:48:49 - Jacob

I would say that you are not alone in your grief, that loved ones on their side are deeply able to understand the great deal of pain as deep love in a way that you have.

And just because you don't have pain doesn't mean you didn't have love, but that can be a way of it.

And I think they also want to remind us that there is life after death. But I think part of the grieving phase is finding life after their death and we can do this through finding meaning, understanding who they were, what their impact was on us and how we could continue to live. Not just a fixation how they left this world, but how they lived in this world and what they were about in this world. And they want us to know that there will become a time where you will think of them and you'll feel a sense of joy, a sense of happiness. It may not be right now, but eventually they want you to really know that what you're doing is perfectly normal it's a part of the human reaction to loss and also to really understand that they're with us. They can never leave you and they are not the body. They are not probably how you saw them, potentially at the very end. They want to be seen as strong as vitality and for you to remember them, the greatest moment that you experienced with them and to continue with that legacy.

0:50:27 - Julie

Beautifully said. You, when we first started talking, were holding. It looked like a crystal in your hand. Can you show it to everybody and tell us about it? Yeah, it's pretty big.

0:50:34 - Jacob

Well, ironically, I have a cousin of mine who also had a near-death experience as an infant and so later in life we were able to really connect and bond. But she has a gem show. She's in the Tucson area and so she sends me here and there some of the crystals from the gem show. So that's why you say, yeah, it's pretty big, because you go to these metaphysical stores they'll charge you like a hundred times. You know the price. But if you go to either the one in Tucson or Munich Germany that's probably the second biggest gem store you could probably gem shows. You could probably find much bigger, bigger deals.

So I love holding on to stuff.

But also when you're really able to tune into the crystal, you recognize how tuned in and amplified it could get your energy and how it has an energy of its own and so, yes, you could read all the crystal Bible books and all these things.

But it's really a matter of what do you feel in holding that crystal and what does it evoke in you? And what does it evoke in you and for me? This piece of quartz, really I try to use it in most of my interviews because I know there may be someone who's hurting out there and just going through a difficult time and I know that words are, in a way, sometimes limiting from the spirit realm, but it's our best tool and if I know that I'm really as connected as possible, that I know that the words aren't coming from me, they're coming through me and you just never know where the worlds of the spirit realm can reach and how they can impact someone who's listening, because some people this may be like the one interview that who knows what, and they're trying to hold on to this conversation. You just don't know where those words can be and how that can change or impact someone who may be listening.

0:52:26 - Julie

I think it's working. You're very eloquent, so I think the crystal is working. I'm glad to know about that gem show, because you know I don't have a tiara yet, Jacob, so maybe I'll take a deal on one there.

0:52:39 - Jacob

That's overdue, Julie. You know we got to get on that.

0:52:43 - Julie

Oh yeah, oh goodness. One last question why do we incarnate?

0:52:48 - Jacob

I think, evolution, I think growth, I think love, remembering who we are All those things are a part of it and, you know, really making this world a better place. Hopefully, you know when our bodies aren't here. But, yes, there's a lot of specific avenues for each soul, but, in general, remembering who we are, spreading the love, evolution, is all a part of, I think, each soul's experiences that we have here.

0:53:17 - Julie

Wow, we covered a lot of territory we have here. Wow, we covered a lot of territory. You did a good job of taking this circuitous route here of questions that I threw at you today. Obviously, when your brain cracked open and when you were talking about that, Jacob, I was thinking of a walnut, because the brain kind of looks like a walnut, you know, with all those little nooks and crannies in it, and when you crack a walnut and it opens up, so it came back obviously with lots of brilliance for you. You're obviously very brilliant, as I mentioned, you're very eloquent and I think you have a great way of distilling down complex woo-woo concepts into understandable language that really pretty much anybody can grasp. And I find it fascinating that you, as a three-year-old, really were able to experience and assimilate a lot of this NDE

stuff into your brain and your body so that when you grew up it was there and it was easily accessible is what it sounds like to me. So kudos to you. I'm just enthralled. How can people learn more about you and your work?

0:54:35 - Jacob

Yeah, Well, they could reach me at Jacoblcooper.com. You know that's my website and I'm on, you know, social medias and YouTube as well and look forward to having you in a couple months on my channel as well. I have a podcast called the Wisdom of Jacob's Ladder and I also have two books available that people could check out the Wisdom of Jacob's Ladder and whoops Life After Breath. These are my two published books. But yeah, thank you for those wonderful compliments. But I'm just a vehicle, I'm just a vessel, but I think viewers hopefully can remember that, yes, on one hand we may see ourselves as ordinary, but we all are extraordinary. As cliché as that sounds, we all have an extraordinary part. We just have to get out of our way and we could all experience this extraordinary awareness that's always inside of us.

0:55:26 - Julie

I agree Absolutely. And we didn't even get to the Jacob's Ladder thing, so we're going to have to. You know we'll have to have you back and talk about that. That was a line of questioning. We got down so many other topics that I didn't get to it. Alrighty, everybody sending you lots of love from Sweet Home, Alabama, and from New York too, where Jacob is. We'll see you next time. Bye, everybody.

0:55:53 - AnnCR

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

0:56:07 - Disclaimer

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