

AJR Dr Bruce Goldberg 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 Dr Bruce Goldberg on the show with us today. Bruce is a retired dentist who now guides soul journeys across time, and he specializes in past life regressions and future life progressions. Many of us have explored past lives, but what can our future selves reveal? Could insights from both directions help illuminate our soul's mission and lead us to a more purposeful, joyful life? Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Bruce. Dr Bruce, welcome to the show. I'm so thrilled to have you join us. As I told you before we started recording, I've been a groupie for a long time.

0:01:40 - Bruce

Well, it's a pleasure to be here, my initial interview with you. We're going to be discussing a lot of very interesting topics about taking people into both past and future lives and how they can empower themselves by accessing their higher self and to be able to be their own therapist and to go on with their karmic cycle in a very positive and constructive way, that's right, I have pages of questions for you, so buckle in.

Before we do that, though, I'd like to make an offer to your audience. My most recent book is Exploring the Fifth Dimension. It's about taking people into fifth dimension, teleportation, parallel universes and out-of-body experiences, and if they order that book directly from my homepage, not only do they get an autographed copy, but they get a free CD titled Fifth Dimension Travel, which will guide them into the fifth dimension and allow them to review their past and future lives other than just reading about it or talking about it. But that won't apply to any bookstore. It has to be from my homepage, as I mentioned the interview. Then they will get the offer.

0:02:50 - Julie

Fabulous Well, thank you for that. How generous of you. I appreciate that there's lots out there about past life regression, but you're the first one I heard talk about future life exploration, so tell us what that is.

0:03:13 - Bruce

Well, you can see, to my right you can see the cover of my book, first book, past Lives, future Lives, which was initially published in 1982. So it's the first book ever written about taking people into future lives. And the way this began very quickly I was doing past life regressions. The way this began very quickly, I was doing past life regressions, you know, for a while and then I asked a patient to go to not back to the origin of her problem that I was working with. She went to the 23rd century and she described a future life. So that was the beginning of future life progression. Now, to show you how this works, future lives can actually cause a current day problem because when you enter into a hypnotic level, you're technically out of the

body, in the fifth dimension and you actually can perceive past, present and future lives. So let me give you a good example.

The late Jerry Springer invited me to do a show years ago and on that show he said I'd like you to take me into a past and a future life to see if you can do it. And I said OK. Now Jerry was very skeptical. He's trained as an attorney, he's got a master's in literature or reporting, et cetera. Ok, reporting, et cetera, okay. So I took him into a future life in which his name was Montana Bobby and he was a farmer in about a hundred years, having a bunch of crops being produced on the moon, and he would transfer those crops to the earth. Well, one fine day, while he's making a sortie back from the moon to the earth, his craft crashes into the ocean and he drowns. Now why is that important? Because in the current life, Jerry had two major problems. He had acrophobia, a fear of heights, and hydrophobia, a fear of water. Both of those were due to a future life, not a past life were due to a future life, not a past life. So that's how a future life experience can cause a current day problem.

By the way, another thing about his case was when I did a past life regression with him. He was a knight around 1600 in England and he was patrolling the countryside with his merry men, as I call that, and there was a damsel in distress who was being attacked by a bunch of swordsmen which outnumbered Jerry and his men, and he defended her, but he was seriously wounded during the altercation. He couldn't work as a knight anymore, so she took him back to the castle where she lived and nursed him for the rest of his life, and he lived an X number of years. Now at the end of a life. I asked them I always ask a patient who they knew in a past life if they know them in their current life now. We call this karmic scripting. So I said, Jerry, the woman that you saved and who extended your life, if you know her in your current life as Jerry Springer, who is she? And he said it was his current life, daughter Kirstie. So there's karmic family values.

0:06:08 - Julie

Yeah, and well, we'll go down that rabbit hole in a little bit. I want to learn way more about that, not just about Jerry Springer, but in general. So does that? That in my mind begs the question, Bruce, are we living multiple lifetimes concurrently?

0:06:26 - Bruce

Well, we have what we call parallel lives and this is backed by. See my field is I have a medical degree, I have a master's in counseling psychology, so I'm a scientist. So everything I do is backed by science. So in the field of quantum physics and we actually get this from Einstein theory of relativity there are an infinite number of parallel lives, parallel universes. So right now you and I are living in multiple parallel universes and one of the techniques I do in my practice is to have people elicit their parallel lives and I call that a para-gression. So regression is going back in time like a past life. Regression, progression, like a future life, progression is going forward into a future life, but a paragression is going into a parallel life. Now, the reason why that's important, by the way, theoretically supported there's M-theory, Einstein, theory of relativity, Edward Witten from Princeton, Kip Thorne from Pasadena, Caltech here they all will support the concept mathematically, but I do it clinically. So here's an example of how you can change your life.

Very often, or occasionally, I have patients who have a really bad life, meaning that their life is in the proverbial toilet. There's nothing they can do. They have medical problems, they have maybe a criminal record, maybe they have lost a limb, incurable diseases. So what's the answer? The answer isn't suicide. I never recommend that the answer is lay out your parallel universe and you can switch into your best universe, so to practice what I preach.

Back in the early 90s I did this myself. I was contracted by CBS to do a movie for television on one of my documented cases called the Search for Grace, and that case was a beautiful case

of a woman who was murdered in Buffalo, New York, in 1927. And she was attracted to a man in her current life that was the reincarnate of the man who murdered her in 1927. He tried to murder her on three different occasions and she couldn't break up with him. Okay, you got that. So eventually I worked with her and we did the regression and the information was sent to the right. I was working with the writer with the actual case history, and the network had a lot of political problems. There were producers that were suing them, there was all kinds of junk if you know the media very well and they decided not to do the film. So the writer was a good friend of mine said Bruce, he goes, I got to get this film done, I need money, and I said I will fix it. He said what are you going to do? The network doesn't want to hear from you. And I said I'm not going to talk to those energy vampires. I have a different method. I call it the new you technique. So I went into my own parallel universes and I saw one the one that I'm on now in which the movie aired and on May 17th 1994, search for Grace aired on CBS. It's a beautiful film about a documented case and one of my fans in Northern California uploaded it to YouTube. So if you want to see a beautiful film about a documented case of reincarnation, it's on YouTube now. It's free, so it's a beautiful film. My point is is that I switched into a parallel universe Now, not just the movie airing. Remember this was done in 1994.

I also had people in my life that I was that I didn't know, women I dated. I was working with Ark Bell from Coast to Coast AM. At that time. I didn't know he was going to retire in the year 2000. And I'd be working with George Norrie, who I work with now. All these things were unknown to me. I didn't know who George Norrie was in 1994. He was in St Louis. I don't follow talk show hosts unless I interview with them. So many things occurred over the next 15 to 20 years, so I'm an example of practicing what I preach. It's a very empowering technique because it can give you a new lease on life, and it's also backed by science.

0:10:34 - Julie

Okay, you got my mind spinning here. Let me slow it down a little bit. Let's dissect this. I want to go back to the movie with what you say. It's about Grace, about this gal from the 1920s. You CBS was having their issues. So for those of you outside of America, CBS is one of the national broadcast networks here in America. They were having their whatever drama was going on. So you went into a parallel life that was happening concurrently, where CBS was a factor, and you got the executives at CBS in this parallel life to produce your movie, fund it and put it on the air. Am I understanding that correctly, right?

0:11:21 - Bruce

Well, it was around December of 1993 when I did my technique. And in January I get a call from Television City, which is CBS's West Coast headquarters that's their network headquarters, I'm sure you know them. And a woman on the phone says Dr Goldberg, this is Television City and CBS. We need you to come down to our conference room on Friday because we're doing a pre-production for your movie which will be filmed in Wilmington, North Carolina, in March and we need to go over the details of the case with you. And I said, sure, no problemo.

So I go to CBS with my three-piece suit on and my little folders with all the documentation to the case and I gave it to them and I was on the. Not only did they movie air but they put me on the media tour. So I was doing a lot of network interviews and with radio and TV. In fact, on uploading it on YouTube, they also uploaded my 11 o'clock news interview that I did after the movie. You know the up close and personal here that I did after the movie. You know the up close and personal. Here's the man behind the movie. So that's on there too. It's about a three minute clip. So all that was done in that parallel universe. Now, the other universe that I left was a great universe, but that movie never aired there.

0:12:39 - Julie

Okay, I'm still bummed. My, my Southern gentleman, husband Tim, would say he's bum-fuzzled about that, I'm still bum. My southern gentleman, husband Tim, would say he's bum-fuzzled about that, I'm still going. Okay, so it's a parallel universe. It didn't air on the universe that we're in right now conversing, but it aired on another universe that we're conversing.

0:12:58 - Bruce

It didn't air on the universe that I was on 31 years ago.

0:13:10 - Julie

Okay, so when you switch to the new universe, do you have to stay there or can you switch back and can you toggle back and forth? You?

0:13:17 - Bruce

don't want to switch back and forth, because if you're going, think of it this way If you're going to move into a new house and you saw two houses, one is in a very upscale, good neighborhood, low crime rate, everything is fine and the other is in South Central Los Angeles, which one are you going to choose? You don't want to go back and forth and commute. You want to stay in the good, upscale neighborhood where everything is quality. So people do not, they don't go back and forth. Once they're in that universe, after a couple of weeks they still have memories of the old universe, but after a couple of weeks those memories disappear and they just acclimate to the new universe. Now the reason why I have memories of the old universe is because I developed these techniques 35 years ago. So I'm kind of a different category than most people. But the other aspect here is this is that by switching into a parallel universe you are empowering yourself and the events are always better. So why would you want to go back? You don't, and people don't, they just stay there. Now think of it this way.

You might say this may explain it differently. You say how can the soul do that? We're dealing with the soul's energy. So let's say that you're watching a television show on NBC in your home, whatever your affiliate is, and you got a remote control and one of your best friends calls you and said Julie, you got to go to ABC, there's a show right now, you're going to love it and you don't want to record it. So you take your remote and you switch from your NBC affiliate to the ABC affiliate. So what happened?

Number one television signals are frequencies, just like your soul, your soul is electromagnetic. It's a frequency. Okay, so do people on the NBC show that you just left? Does that show go into a black hole? No, there are millions of people, well in today's, maybe hundreds of thousands these days, who are watching that particular show. You see, it's a different frequency.

So a parallel universe is a different frequency. So your soul that you have here today is more of a sub soul. It's not the exact same soul on your other universes, because you have different experiences. Every, every parallel universe has a slightly different environment. Everything is not exactly the same. Your family will be there. The country you live will be there, but you may have a different profession you may have. You live will be there, but you may have a different profession, you may live in a different city, so it's not exactly the same, but the events are more desirable, which is why people want to switch to their I do universe, and I call this my new you technique. By the way, cases like that are described in the Exploring the Fifth Dimension book that I mentioned before for the office, so if people want to read about it and there are exercises how to do it, it's in the book too.

0:16:09 - Julie

Okay, let's go to the Fifth Dimension for a second, and then I want to come back to the parallel universes. Fifth Dimension to me is the you know, the singing group in the sixties and

seventies, the age of Aquarius, right, you remember them? What is the fifth dimension? What are the dimensions? What's the significance of them? Why do we want to hang out in the fifth dimension? Do we just want to visit it and then come back to whatever dimension we're in, which begs the question what dimension are we in normally? So?

0:16:42 - Bruce

let me first of all, the age of Aquarius is technically not convened to the year 2150. Just keep that in mind. Strong was a mature. Okay. Now we live in a three-dimensional world that we're aware of. Our senses vision, hearing, feeling, et cetera can only see length, width and breadth, depth, so to speak. That's three dimensions, but we actually live in the fifth dimension. But our senses cannot see.

When you do hypnosis or meditation which are both the same, they're both alpha brainwave techniques now you're able to have what is called an altered state of consciousness. Now you can perceive into the fifth dimension. You can perceive a ghost, so to speak, a poltergeist, or you can perceive your higher self or any entity floating around the fifth dimension, like somebody having a near-death experience or somebody doing what I call astral voyaging, going out of the body. You can perceive that when you're in the state, the hypnotic level. So we live in the fifth dimension. Now, when you're in the fifth dimension. So the earth plane is a physical dimension with physical laws. Beyond the earth plane, let's take the astral plane, because that's the one most people know about. The astral plane, the upper astral plane especially. You can connect with your higher self. But when you're in the fifth dimension you're in the space-time continuum and all events past, present and future occur simultaneously. That's how people can read the future. So when my patients tell me about a future life or the future of this life and I'm going to share a very interesting one in a moment what they're doing is they're reading the Akashic Records. The Akashic Records is actually technically a causal plane, fifth dimensional computer chip. It's on a different dimension. We call that the causal plane, and that has memories or records of past, present, future and parallel lives. So everything you've ever done and ever will do is recorded on your chart. So let me give you the example of how, when you go into the fifth dimension, how it can be very dynamic. We go back into the year 1996.

So a woman I live in Los Angeles here and a woman from New York City just graduated from college and she had seen my movie, the Search for Grace a couple of years before. So she wanted to go out of the body, she wanted to learn how to do fifth dimensional techniques. I said fine, so she flew out to LA. This is before I was doing Zoom sessions. Now I do Zoom computer sessions and she's a very bright woman, very attractive, you know, great, great patient. And she says let's do the techniques. I said so what are your plans? She goes, she's going to go to Europe, in Paris, in July. The last test is she just graduated from college. She's going to go to grad school and then she's going to go to grad school in September. I said, fine. So while we're doing the out-of-body or the hypnotic levels, when you go out of the body you can see the future. So while she's in LA, like on a Monday, she sees something that's going to happen that night beyond the session. Okay, next day she comes in for the next session, because I see her Monday through Friday and she goes doctor. Everything came through. I met this guy with a tie-dyed t-shirt. We had dinner and went to a movie, whatever. Everything was fine. So she did this about four or five times throughout the week. So she had a good track record, all right. So now I finish up with her.

She goes back to New York and that's the early June of 1996. You see why the day is relevant. So now we fast forward to the end of June and I'm swimming in my pool with my adorable, pure black miniature schnauzer running around the pool while I'm enjoying myself and the phone rings right. I got my cell phone there and I call her Tammy not her real name and she goes doctor, this is Tammy. And I said Tammy, what's going on? You're getting ready to go to Europe. She goes I have an emergency. And I said look, tammy, I retired from dentistry to get

away from that. What's going on? And she goes I use your techniques. I went, I had CDs that I gave her and I went into the fifth dimension and I see myself taking off from JFK in July. I said, okay, she goes.

The plane goes up, immediately, crashes, everybody dies, including me. What do I do? I said look, Tammy, I don't want to run your life. I believe in empowerment, psychic empowerment. Why don't you just change your flight plans and call me at the end of the summer? So she goes oh, wow, that's really a good idea. I said, yeah, it's brilliant. Okay, so now I end the call and she calls me at the end of August and she says this is Tammy, do you have a minute? And I said sure, she goes. She told me something I never want a patient to tell me. She goes, doc, you saved my life. And I said no, I didn't do that. What happened? She was going to go on TWA flight 800, July 17th 1996, if you remember, the plane left JFK Airport, went up in the air, was going to Paris, immediately crashed 230 people died, all crew, all passengers. She would have been number 231. So by going into the future, which is perfectly safe, I've done it myself many times not only is it not dangerous, she saved her life by doing it.

0:22:09 - Julie

Wow, that's a big one, that's a big story there. Okay, so back to the dimensions. How many dimensions are there?

0:22:22 - Bruce

Well, in my paradigm I have a 13-plane paradigm, so let me quickly describe. We're on a physical plane, okay, every dimension has a sound associated with it. The sound of thunder is associated with the physical plane, the Earth plane. So you don't want to do a technique to go out of the body during a thunderstorm because you'd be like a salmon swimming upstream. You want to wait till the storm is over, because it'll just bring you right back to the earth. The next dimension is the ashwagandha. Why?

0:22:51 - Julie

is that? Why is that that during that thunderstorm, it'll bring you right back to the earth, the sound of thunder will keep you on the earth plane.

0:23:00 - Bruce

It's the sound associated with this dimension. So if you do the technique during a thunderstorm, you're not helping yourself, you're hurting yourself. You see, okay, okay, just wait till you hear me. That makes sense.

0:23:13 - Julie

That's all.

0:23:13 - Bruce

Okay, you don't have thunderstorms that often anyway.

Okay, All right. So the next dimension is the astral plane, which is divided into the upper and lower. The lower astral plane you never want to go to because that's the source of psychic attack. There are nasty entities that live there and they basically hate the human race. You don't have to worry about that. You go to the upper astral plane, which is where your higher self is, which you could use for healing and all the good stuff and your master's and guide there, et cetera. Now the sound is the roar of the sea. It's like putting a seashell next to your ear. That's the sound of the astral plane. So when you're there you will hear that. Occasionally you will hear the roar of the sea. Beyond the astral plane is the causal plane. That's the third dimension. It's a very tiny dimension and that's where your Akashic records are stored, and the sound of the causal plane is like a new age bookstore. It's like a tinkling of bells here. It's kind of very relaxing.

Beyond the causal plane is the mental plane, and the mental plane is where masters would hang out, like your Moses, your Jesus, your Buddha, et cetera. It's a very, very spiritual dimension, Very interesting, and the reason why that's significant. You know you're on the mental plane. If you're driving in a car or flying above it, you could fly in these dimensions and you see an iridescent blue freeway. That's the mental plane. All their roads are iridescent blue and all the houses look like geometric designs and all the residents wear white smock. They look like real angels. It's really cool. I've been to all these dimensions.

Beyond. That is the last dimension of the karmic cycle, which is the etheric plane, and that is characterized by the sound of buzzing bees. I know it sounds annoying, but it really isn't. It's the largest of all the dimensions and the reason why I train patients to go there a lot is because they have these etheric plane surgeons that can operate on your spiritual body.

When you go to the astral plane, you go there in your astral body. If you go to the causal plane, you're in your causal body. If you go to the etheric plane, you're in the etheric body. Why is that important? Because it's the only spiritual body that is mirror image identical to the physical body. So these etheric plane surgeons operate on your etheric body. With whatever disease you have, you can transfer the healing from the etheric body to the physical body upon awakening and people can actually cure incurable diseases by doing that. It's very interesting. It's called etheric plane surgery. Now all the other dimensions, your body, your spiritual body, is different, Like the astral plane. Your astral body is usually taller, thinner and younger looking than your physical body. So women like to go to the astral plane a lot.

0:26:10 - Julie

Okay, that sounds good.

0:26:13 - Bruce

Now, beyond those five, now let me explain those five dimensions the etheric, mental, causal, astral and physical represent the karmic cycle. That's what we're trying to, that's what you have to reincarnate until you perfect the soul. Once you're ready to ascend, you go to the soul plane, which is beyond the etheric plane. It's not part of the karmic cycle, nor is it part of the higher planes, is simply like a DNZ and there you choose your next life with the advice of your higher self, or, if you're ready to ascend, you will ascend into the higher planes and there are seven of those, and that represents heaven or nirvana. The 13th plane represents the God plane and that's where the true God energy complex is. So that's my 13 plane paradigm.

0:27:03 - Julie

Were these just downloaded into your head one day, how'd you come up with a 13 plane paradigm? Were these just downloaded into your head one day, how'd you come up with a 13 plane paradigm?

0:27:17 - Bruce

Well, I got that from my patients, I got that from my own higher self. I got that from accessing other spiritual leaders that are in the fifth dimension. Some of these are like think of them as the dance spirit guides. There's also literature on that. The East Indians use the same names of mental, causal and etheric plane, a national plane. The Mayans have a 13-plane paradigm Interesting in their theology. So I'm not the only one in the world. The East Indians have the seven dimension versus my 13. But you know, tomatoes, tomatoes.

0:27:54 - Julie

All right. So, Bruce, when somebody wants to do a parallel life jump for lack of a better word do they have multiple parallel lives from which to choose? Do they get a little snippet of a

preview of the parallel lives? How do they decide which one's going to be best suited to what it is that they're wanting to explore?

0:28:20 - Bruce

So let me answer it. I need to give a little theoretical background here. First, there's an infinite number of parallel lives. According to quantum mechanics, quantum physics, whenever you have a thought, you're creating a new universe. So instead of doing an infinite number of what I call paragressions, my experience in doing this for the past 35 years is that there are five major categories, or I call them frequencies, one through five. Each frequency has an infinite number of subdivisions. But you don't have to do that. All you have to do is the five frequencies.

So when I ask a patient to go into frequency one, they will describe frequency one whatever their life is going to be like for the next 10 or 15 or 20 years. And then they go into frequency two, then three, then four, then five, and then they choose the best one. Now there is a pattern here. There is usually one frequency that they're on right now let's say that's number one and then there's another frequency, let's say number two, which was below average, in other words, not terrible, but not something you want to write home about. So that's frequency two.

Frequency three would be a really bad frequency that you don't want anything to do with. Frequency four would be pretty good, much better than you are now, but not perfect. They're not perfect, but let's just say good. But then frequency five, in this case, would be the best not perfect, but the most high quality of all the frequencies. So then I train the patient to go from frequency one, in this case, to frequency five, and when they wake up the following morning or whenever, maybe a few weeks later, they're going to be now identifying with the soul that was associated with frequency five. The soul that's associated with frequency five, the soul that's associated with frequency one, is still going on. That frequency goes on, but now they're identifying with, just like changing channels on a TV show.

0:30:27 - Julie

That's what I was thinking changing the TV station. It's still being broadcast. You're just not watching it, Right.

0:30:33 - Bruce

But this is all backed by quantum physics. So this is why I love. Now let me show you how close the universes are. So there is a publication that's meant for the lay public, although it's very technical. It's called Scientific American. It feature article was on parallel universes. They interviewed a lot of the physicists around astrophysicists Kip Thorne and Caltech, Edward Witten, a whole bunch of others, Okay, and this is what they came up with the closest sister universe to us is less than a millimeter away. A millimeter is a 40th of an inch. That's how close the closest universe is. Okay, so close, yet so far. Okay, so back by science. Remember, this is not just you know every theorycom here. This is science, this is quantum physics and astrophysics with the mathematical models that support it. So, bingo, that's what we have.

0:31:41 - Julie

Way above my pay grade, but it's fascinating to hear about. So when you say to your patient which universe seems the one that you want to choose, the most likely of the ones that you want to choose, is it like they're watching a movie in their head? Is it that they're getting information downloaded into their head, into a more of a direct knowing thing? What's going on there?

0:32:06 - Bruce

So there are five different ways in which people receive information Right and applies to doing a regression too, or a progression. The first one is the one that everybody wants, which is not very common. It's called the audio-visual effect, where you get a vision in your mind like

watching a movie, but the sound associated with it that's what I get, that's the way they picture it in Hollywood, but you know, hollywood is not a docu-drama, okay. The second one is what I call the audio-only, where it's just like you're listening to radio. You're getting the audio aspect to the frequency. The third type is when you and this is the most common you get like a quick cloudy impression of the frequency and then information will fill in like a cognitive insight kind of thing.

The fourth type, which is less frequent, is when you get direct communication from your higher self, so you're presented with direct cognition about the details of the various frequencies. And the last one, which is really weird and rare, is you hear like a whispering. It's almost like it comes from your higher self, maybe a spirit guide, probably your higher self, but that is the most rarest, so to speak, of the communication. But most people just get quick, cloudy impressions and a little data coming in like, hey, you know, I'm going to be moving to the city or I'm going to be doing this, and their higher self helps them make the choice. So sometimes the frequencies are pretty close.

Number four and five that analogy I gave you can be pretty close, but there's always one that's the best. But sometimes it's hard for them because they get emotional and you know they kind of like it's like getting ready to go on stage here they get a little anxiety and emotional but the higher self will calm them down and say you know, number five is better or number four is better. And then I train them not programming, but train them to switch tracks, and then they will switch tracks. The higher self is the one doing it, not me. I am the social director on the Karmic Cruise Ship. I'm introducing the soul to the higher self. The higher self does the therapy. I do 1% of the therapy, the patients do 99%.

0:34:24 - Julie

Yeah, yeah, yeah, yeah, yeah. You're the facilitator, you're helping them heal themselves. You're the cruise ship. I'm hearing in my head, the love boat, you know, with that song. All right, so you know. You say these things, bruce, and then I have 15 million questions that come into my head to you know. To go off of those topics, number one can somebody switch to a different parallel universe on their own without knowing these techniques? And do we, and have we since the beginning of time? That's question number one.

0:34:59 - Bruce

The answer is yes, it's more difficult, but I have a CD program that's available on my website called the Custom Design your Own Destiny, and this will go into the various techniques that I use here. Of course, there's no personal aspect to it. It's. You know, everybody gets the same CD, but it's got six titles for you. Play them in order, and the last one is select your ideal future. So it trains them to go into the parallel universe and they can actually select your ideal future. Some of my patients they're not patients of mine, they're customers, because I've never seen them clinically but they've ordered that and they've actually done that. So some people have done that. It is difficult to do it on your own, but it can be done.

0:35:45 - Julie

When somebody is wanting to design their future, are there things that are excluded, that they can't control, such as loss of a loved one and they want the loved one back. Such as winning the lottery and becoming a multi-billionaire, such as you know. Medical stuff, I know. I see miraculous healings all the time, happen energetically, but are there certain things that are outside of the parameters of changing into the parallel lifetime?

0:36:20 - Bruce

Okay? Well, the answer is no, actually, because some of them are very distant, like universes that are galaxies away, so you're not going to be able to get it. But remember, the events are different in every universe. So if you want to attain a certain let's say you lost a loved one that

loved one that you lost on this frequency will be alive on another frequency. So you can go to the frequency assuming the other factors are compatible with your goals where your lost loved one is not lost. They're alive Because, remember, you keep your same family, you keep your friends, not necessarily the community because if you change locations, whatever, but your son, your daughter, your husband, your parents, whatever, they're on the same parallel universe, I mean they're on the other universes, but a lost loved one is not going to be a lost loved one. I can tell you right now, on every universe they will be alive, just like if somebody, if you died in two weeks on this universe, you would still be alive on the parallel universes.

0:37:22 - Julie

Bruce, that's blown my mind here. Do you have patients and clients that have experienced that?

0:37:30 - Bruce

Yeah, let me give you an example. So years ago I was working with a gentleman in Los Angeles, a really nice guy, and he was a businessman. He ran a local business here, and one fine day his 18-year-old daughter was walking home from school and there was a teenager, drunk as a skunk, jumped the curb, ran into her and killed her. Okay, she's dead, 18 years old. That was his favorite daughter. He had two daughters. Okay, she's dead, 18 years old. That was his favorite daughter. He had two daughters, that was the favorite one.

So now he is in massive depression. Right now he can't work. He's staying home, he's just like in bed, just like he's not drinking or anything, but he's just major depression. But he knows of my work. So he calls me. He says can you help me? And I said sure, so, um, I said what am I going to do my daughter? I I'm never going to get her back. And I said um, we can do the new you technique Now. He never heard of that and he said is this real? Are you kidding me? I said look, what do you got to lose? Right now, your life sucks. Okay, I understand that. So let's do it, because your daughter is alive on other universes. He says okay, I'm very skeptical, but I got nothing to lose, let's do it. So I'm working with him and he chooses a frequency.

In this case it was number three, where he's still here. Business, everything is the same. He's got a wife and he's got two daughters. The oldest daughter is still alive. Okay, that accident or incident never happened. So he says doc, he says is this a fantasy? I said why don't you switch tracks? What do you got to lose? He says count me in. So he switched tracks. He says count me in. So he switched tracks. And the next thing I know, I get communication from him telling me that he's with his wife. Because he couldn't communicate with anyone. He got his daughter back on a parallel universe, the one that he left. She died. But I'll never forget that case. That was very heavy, that was a very, very emotional and very complicated case because this guy could have committed suicide if he hadn't gotten that progression or that pargression done and other spiritual advisors.

0:40:13 - Julie

Is it all source speaking through that entity? So it's easier for us to understand from a human perspective.

0:40:18 - Bruce

Yeah, the higher self is the key, because the higher self you understand. The higher self is the perfect part of your soul. You will eventually merge with it when you ascend. That's what atonement at-one-ment means. So the higher self is you. That's what atonement at-one-ment means. So the higher self is you. It's your perfect form. So you are definitely spiritually unevolved compared to your higher self.

Now, a spirit guide is not you. Those are people that you probably knew in past lives, but they are in between lives and they're more spiritually evolved than you and I. Therefore, they can

assist you and advise you. It's your higher self that brings in the spirit guides. Think of it as a general practicing physician who's referring you to a lung surgeon or an orthopedic surgeon, a specialist. The general guy is the one that gets you to your specialist.

So when people try to access spirit guides and a lot of my patients want that they do the wrong technique. You don't just say spirit guides and a lot of my patients want that. They do the wrong technique. You don't just say I want to get a spirit guide. You get your higher self and your higher self gets the spirit guide for you. You see, there is a hierarchy and a procedure that you need to go through. So the higher self is everything. And these spirit, these advisors, the higher self being perfect, and these spirit, these advisors, the higher self being perfect, the spirit guides, are not perfect, but they're much better than us. But your higher self is the main one, because it's the perfect part of your soul. It comes from the God energy complex, or what the spirits will say, the monad, the ultra true God, which is pure energy.

0:41:48 - Julie

And there are many who say we're a fractal of the divine. Each of us and each spirit is a fractal of the divine. So I go back to my previous question. Is it the divine source that's speaking to us through our higher self and through our spirit guides and our guardian angels and our deceased loved ones, on all of that Kind of like in the movie Contact, where she ends up on the other planets and the alien is there but looks like her father looked when she was little, when he passed. Is that what's going on?

0:42:22 - Bruce

Yeah, we have what's called. The term is used as the divine spark within us. You've probably heard the term, now this is what it means. This is the higher self. Is that divine spark? Now, if you really want to learn more about how this works, I recommend a certain philosophy called Gnosticism, which is absolutely brilliant. This is the Sophia, the emanation from the Monad, and Sophia was split up into a billion pieces and all those little fragments of Sophia, which was like an archangel, if you want to use the Christian term. She is within each and every one of us. That's our divine spark, which is really our higher self, and this accesses us to the God plane, and this accesses us to the God plane. So that's without the divine spark within us, we would be cavemen beating each other with a head, with a bone of a brontosaurus or something you know. It would be a problem.

0:43:19 - Julie

There are those that talk about spirit walk-ins, I think they call them.

0:43:26 - Bruce

Oh, you mean walk-ins.

0:43:27 - Julie

Walk-ins? Yeah, Is that what's happening when somebody switches to a different?

0:43:32 - Bruce

Okay, now that's a different thing. Ruth Montgomery from the old days. Ruth Montgomery was an author who wrote about the walk-in. So what a walk-in is is very different. A walk-in is, let's say, somebody's suicidal. They don't want to live anymore, they've had it, but they don't want to commit suicide. They don't want to live anymore. They've had it, but they don't want to commit suicide. They don't have the gumption to take a pill or whatever. So their soul will now leave the body and another soul that's not them, not part of the karmic cycle will take over that body and that's called a walk-in.

And in Ruth Montgomery's work she quotes certain people that were walk-ins. One of them, according to her, was Abraham Lincoln. How's that? And in Ruth Montgomery's work she

quotes certain people that were walk-ins. One of them, according to her, was Abraham Lincoln. How's that? Wow.

Now if you study the history of Abraham Lincoln I have, he was a very depressive guy. He had a lot of problems. I mean he was a big, tall guy, very strong, very bright, but he was majorly depressed. His wife was committed into an institution and I mean there are a lot of problems but all of a sudden his life changed in a nanosecond. And that would be a walk-in. I'm not saying I believe in it, but it's theoretically possible and his history would show that.

Because, remember Lincoln's history he was trying to run for Congress and whatever, he couldn't be elected door catcher. He got into a debate with Stephen Douglas and lost that debate and became elected president. All of a sudden, right Got that Okay, a very major change to his life that occurred quickly and unexpectedly and that would be an example of a walk-in. Harvey Firestone, the tire guy, is another example that she gives and there are others. But anytime somebody has a complete 180-degree turn in their life, two things can occur. One, they can access their higher self and have a nice spiritual epiphany, which I think is most of the cases. But if walk-ins are relevant, that would be one of the ways in which walk-ins manifest themselves.

0:45:38 - Julie

Great. How'd you first get interested in all this stuff? I mean, did you get some divine dream that when you were in your dental practice that said, Bruce, what are you doing?

0:45:51 - Bruce

When I was a kid and I was growing up, I came from a very lower class environment, like a ghetto neighborhood, so I didn't have the affluence that my classmates did. But when I was in school I had to work my way through school, I had to pay my way through three universities and when I was in college I needed money desperately because I had no money and nobody supported me. So I couldn't afford the time to study that I needed and I went probably during the Vietnam War. So I needed to get straight A grades and need to get into dental school. So I had to work, which I didn't have a problem with, but I didn't have time to study. So I tried to develop a technique that would help me study quickly and that was self-hypnosis.

I didn't know what it was at the time, but I developed this relaxation technique which allowed me to read and have like a photographic memory and access my ability to be abstract, reasoning for mathematics, et cetera, my ability to be abstract, reasoning for mathematics, et cetera. So while I was doing that, unbeknownst to me, I was connecting with my higher self. And then, when I was in dental school in the early 70s, 70 to 74, then I started getting direct communication from the higher self to develop these techniques, and that's where I began with doing regressions, then progressions, working with UFO abductees. And then my most recent aspect of my work, which has been around for about 30 years, is connecting with time travelers from our future Our people, our own entity, our own species, from 1,000 to 3,000 years in the future. And I wrote two books on that Time Travelers from Our Future and Egypt Book, which describes how these time travelers actually gave us our technology. So our technology is not due to corporations, not due to the government, not due to your taxes. It's due to extraterrestrials and time travelers.

0:47:43 - Julie

A couple more questions while we're winding down here. I could talk to you for years. Is there a quick, easy way for somebody to access past and future lives on their own?

0:47:55 - Bruce

Yeah, well, like I say, I do have CDs. I have a hypnotic time travel program which has titles about regression progression. But I also do a monthly webinar myself which includes hypnosis,

the second Sunday of the month. In fact, I just did one on going into past lives. But if they go to a future webinar, they can access their higher self and they can scan their own past lives. And some of my attendees, when I do a different topic because I take them into the super conscious mind or higher self contact they do get past life information. So, yeah, that's a good, because you're dealing with me, you can deal with the CDs. There are written exercises.

It's very difficult for people to do that because the attention span is short. It's always better to have somebody working with you, whether it be a CD or an individual that knows what they're doing. It's just better training, because the ego that we're talking to right now this is the beta brainwave level that we're talking to. This tends to block any information from the Akashic records. Your ego does not like metaphysics, it doesn't like anything to do with any kind of spiritual advancement. So the alpha level, the subconscious or soul, is what you want to deal with. So that's why it's very difficult for people to get spontaneous information about past lives.

But I'll tell you about one group that does Children between the ages of two and five they are the most psychic and that's the work of Professor Ian Stevenson, the late professor from the University of Virginia. He spent 50 years under the Carlson Fellowship. Carlson developed the Xerox machine and he documented many cases, fully documented. He was a real scientist. Cases in India, Sri Lanka, Alaska, all over the world. But if you really want to read about truly very detailed, documented cases, his work is boring but it's accurate. So again for people, I would recommend using hypnosis. They can do meditation. It's the same thing, just a different technique. We don't use mantras and hypnosis but again, having somebody work with you is the best and most efficient way.

0:50:02 - Julie

Last question why do we incarnate?

0:50:05 - Bruce

Well, because we have karmic debts, just like when you go through school unless you pass your core required courses, you ain't going to get the sheepskin right. So in order to re-merge or rejoin with the higher self, the divine spark within us, we got to wipe out all the karmic debts. It's like paying off your credit card bills or your mortgages. You got to wipe it out clean and that's why you don't want to reincarnate, you want to ascend. This is a prison, to quote Gnosticism very brilliant philosophy. This is a prison. Think about it. People wake up in the morning and they say another day deeper in debt. They hear negative news items. They're psychically attacked by the lower nationals every day. You know, our species should not be depressed. We shouldn't be overweight. America is the fattest country in the world. 60% of Americans are obese. We have the highest level of type 2 diabetes, the highest level of depression. If primitive man did that, we would be extinct by now. This is not normal. This is based upon, you say, civilization. You know you don't have to hunt and gather. You can order a pizza online. I got that. But it's more than that. It's the way you function as a soul. It's your lack of level of fulfillment. Look at the fertility issues we have today. People go to these fertility clinics, they get the in vitro and whatever A primitive man had to do that, if they had fertility problems we would be bye-bye, just like Neanderthal, homo erectus, homo habilis, homo heidelbergensis, our immediate predecessor, all extinct because of other reasons. We killed them off number one. That's one problem. But also they didn't have fertility problems, they just died because we killed them off and maybe weather they couldn't adopt to weather changes, especially in Europe during the winter. But again, we would be extinct by now if there were fertility problems, primitively, but today lots of. Do you know what the birth rate should be in America to keep the population going? It should be 2.1 children per couple. You know what the current rate is 1.6. You know what it is in China, 1.2. So we're all losing our population. Nobody has 2.1. I don't know any country that has 2.1. Maybe Vietnam, maybe some of the Asian countries, but not China. I can tell you that. So this is not normal. Fertility clinics are not

normal. I understand why they're there, they do their job, but I'm just telling you the principle of having these kind of problems are not normal. These are karmic responsibilities.

So you want to eliminate the karma, and when you do, you will then merge with your higher self, you will ascend to the soul plane and then you will go into the higher planes and meet the monad and meet Sophia and, by the way, you know what's interesting about Gnosticism. So you have the monad, the true God. It's pure energy. So it decided to have an emanation. It created a Barbelos, sort of like God's wife, even though it wasn't human. And Barbelos decided to create an emanation too. The first emanation she created was called Christos Isn't that interesting. And then, when you go down to the other dozen that were created by Christos, the last one was Sophia, and Sophia decided to go against the rules. Sophia means wisdom in Greek. She decided to not have a male version and the approval of the monad to create an emanation. So she said, I can do it myself.

Big mistake. So she created her own emanation, which was an evil looking entity she called Yaldabaoth and she was so horrified by it she threw it down out of nirvana, heaven, et cetera. And that's where we are today. That entity created the earth plane and all the problems that we have. That entity created the earth plane and all the problems that we have and certain archons or certain like entities that help him to keep people in the karmic cycle. Because if we all ascend this, yaldabaoth has nothing to do, so he keeps us in the karmic cycle by negativity, the lower astral plane, the lower level demonics. That's what we have to fight to grow and to get away from this prison. And that was due to Sophia. So she made a mistake. They kicked her out of heaven, but she got back into it eventually, but Yaldabaoth is still here.

0:55:00 - Julie

And he's on the astral plane.

0:55:01 - Bruce

So in closing, on a positive note for everybody that's listening, what are the joyful things that we can focus on in this lifetime to help us ascend of Truths of Buddhism, Just do unto others. It's not a Christian principle. It predates Christianity by thousands of years. But you want to not be a hypocrite. Do good things, have good thoughts and, most importantly, connect with your higher self on a daily basis. If you do that, you're going to spiritually improve. You're going to win the game and the law of attraction. You're going to attract more positivity into your life, and that is the bottom line to spirituality. The higher self is your divine spark within you. It will assist you if you request it. It won't do it by itself. You got to pay will, you got to earn it. But if you do that, the higher self will say okay, you're ready, so let's go on a nice spiritual journey, and then your life will be really positive.

0:55:55 - Julie

Okay, terrific, you are as fascinating as you are brilliant, and this has this conversation has gone all around in a circuitous route touching lots of different topics and and for one have you know really thoroughly enjoyed the opportunity to pick your brain. So thank you for sharing all of your wisdom and brilliance with the Pearl.

0:56:22 - Bruce

Well, my pleasure. We can do other talks on things like slowing down the aging process, looking younger, about ascension, time travelers. There's a whole bunch of topics that we can do that would help educate your audience and help people to grow spiritually, because my purpose here is as an educator. I'm a clinician, I see patients and, by the way, for the benefit of your viewers, I do sessions by Zoom all over the world so they don't have to come to LA if they want to do sessions with me. If they go to my website, all the information's on there, including my monthly webinars, and there's a lot of articles on there.

I have a YouTube channel. They can see my regression of Jerry Springer. A time traveler, contactee, a UFO contactee, is on there. Past lives are on there, future lives, so there's a lot of information. Past lives are on their future lives, so there's a lot of information. And, like I say, I like people to learn not to blindly accept everything I do, but use me as one of your sources of information. Exactly, what's your website, bruce? It's dr for Dr, dr brucegoldberg.com.

0:57:25 - Julie

Okay, terrific, and we'll have that in the show notes too. All righty, everybody, we've given you a whole bunch of material to digest here. While you're doing that, we're sending you lots of love from sweet home Alabama, and from California to where Bruce is. We'll see you next time thanks for joining us.

0:57:46 - Ann cr

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.

0:57:59 - Disclaimer

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