

AJR - Kaedrich Olsen 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 Kaedrich Olson on the show with us today. Kaedrich's an author, speaker, teacher and paranormal expert with over 30 years of experience helping people navigate their supernatural and spiritual lives. I'm curious to hear what it was like growing up in a haunted house, his take on ghosts and what makes the Nordic approach to spirituality so powerful in his work today. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Kaedrich. Kaedrich, welcome to the show. I'm so excited to have you join us today.

0:01:38 - Kaedrich

Thank you, I'm really excited about this too.

0:01:40 - Julie

I feel like I got a real live Viking here on the show. You look the part and then you took a drink. Show everybody your mug. Oh my God, it's hilarious. It looks like a Viking mug. For those of you that are listening, he looks like he's right off the ships. You know just like sailed across the sea and arrived in America. You've connected with advanced beings known as the Whisperers. Who are they and what have they revealed about the afterlife that might surprise us?

0:02:19 - Kaedrich

Ah, great question. Well, the Whisperers are, in essence, my spirit guides, my teachers. They've been with me since childhood. I've you know. I remember being on the playground. One of the other kids were playing with their invisible friends, playing the games with invisible friends. Mine were talking about spiritual matters and how to communicate with spirits and layers of reality, and how to communicate with spirits and layers of reality and how to interact with subtle energies. And, like I said, they started out when I was a kid, on the playground in elementary school, and they have been with me through my entire life.

I don't know exactly what they are. You know, over the years I sort of cycled through various beings. Some have been humans that have had lifetimes and then reach an ascended master kind of phase. Some never had human form, some just never had a body ever. So I just tend to say that they are advanced beings, you know, ascended type beings that impart wisdom into this world. You know they guide me, they give me some input and information. A lot of the teachings that I have is based on what they've given me and then I've tried it out and I've shared it with friends. I've shared it with my guinea pig groups to see the veracity of the information they give me, the viability of it in people's lives at the practical level, and then I go out and teach it. And you're right, they've taught me quite a bit about the afterlife, not only if we had conversations about it, but they have taken me to the other side. It's like an astral projection, out-of-body experiences taking me to the other side.

I have seen the schools that are over there. You know the best way we can kind of describe it is almost like a big university where everybody's there, there's a teacher in the room, there's teaching going on and it's interesting. For quite a few times I've been over there as a student and then a few times I've been over there as a teacher. I've had clients and students in the physical world who have emailed me or been in session with me and go.

I had an interesting dream about you the other night. We were at a school and you were teaching and I'm like, yeah, I had that same dream too. So we've had those experiences. They've shown me what it looks like as a person's crossing over the healing process, the judgment process, which there isn't one. They've shown me what it looks like when people get into their own individual realms for the afterlife, their own personal heavens, so to speak. They've shown me what hell really looks like and it's not what we've been told. And they've told me these whole processes of what it's like as we're moving and transitioning from the physical to the spiritual, what healing and growth and development we get in the spiritual world, and then what it's like when we start to transition back into the physical world.

0:05:12 - Julie

All right, that's a lot to unpack. I have about 15 questions from those few sentences you just spoke. First of all, what's somebody's own personal heaven? What does that mean?

0:05:26 - Kaedrich

One of the biggest rules that I have. I've got like nine, ten rules of interacting with the paranormal, but the one that sticks through everything in all of our paranormal workings is similarities attract and perpetuate. Whatever your energy state is, you draw to you. Well, when you're in the spiritual world, we don't have what I consider to be a commonly agreed upon reality. This physical world is a common reality that we construct through our observation, through our interaction with it, and so it's like a steady state. We all experience gravity, we all experience the physicality of walls.

But when you're over on the other side, your state of being, the evolution level of your soul, your emotional state, your belief state, literally create a realm around you, create a world around you, and it would be an illusion to say that you are in the realm. It's more accurate to say you are the realm and that your consciousness is experiencing the realm from the internal point of view. So when you get to the other side and you go through the transition process, you let go of the physical world, you get over there. You are literally in a world of your own creation. Your own inner being creates that state for you and for some people.

You know it's riding a boat around a lake all the time. Some people maybe they just want to sit under a tree and hang out. Other people have family and friends and it's like a big party all the time. I know when my mother crossed over recently and I was able to visit her a little bit, it was like an office party for her. The place I visited her were people that she knew during her career and they were all hanging out having a big office party and that gave her such delight to be in that and what's?

what's hell really look like it's the same thing, whatever your state of being is, whatever your emotional state is, you go over there and you project that realm for yourself. And this comes about for people who believe that they weren't good people, people that believed that they need to have some sort of punishment, people that believe that they weren't good people, people that believed that they need to have some sort of punishment, people that believe that, for whatever reason, the afterlife is this place of torment for them and in their own world, that's what they're experiencing, but from an outside perspective, it's kind of like a field of people standing there with, like a blank stare on their face. They're tethered in place so they can't wander off, but they're just, like you know, staring off like a zombie. But there are other people around them, watchers, that are hanging out with them.

And the moment that person gets a little glimpse of hope like do I really have to be there? The watcher comes up and goes no, you don't. What would it be like if it could be different? And that gives a little glimmer of hope. They tend to sink back in for a little while. Then they pop up. Well, if there is something different, what could it be? Yeah, would you like to experience what it could be, and when that person is finally ready to move out of their own personal hell, that watcher is there to take them by the hand and say look here, let's go get this healing. Let's go clear this negative judgment that you have of yourself. Let's get some of this education and rising up out of this negative state that you're in.

0:08:37 - Julie

My favorite priest in my whole life, catholic girl, father John Fallon. One time from the pulpit, Kaedrich said you know, wouldn't it be nice if we knew whether we were going to fly or whether we were going to fry when we died? And he was laughing when he said it. He said everybody goes to heaven, which I agree. That's been my experience too, and so I'm thinking of Father Fallon when you're talking about this our own personal hell that we create. And the other thing that it makes me think of is one of my favorite quotes from George Lucas, the Star Wars. George Lucas is we all live in a cage with the door open, and so we create our own sense of well-being or our own sense of suffering, and I think that is a great quote to go with what you just described, and that's so different from our Western Judeo-Christian understanding of what hell is or Hades, of what hell is or Hades. Tell us where do you think that came from and why has it been so prevalent for the last? What about a few thousand years?

0:09:55 - Kaedrich

I have somewhat of a controversial view on that a bit. It's going to be a bit touchy. Fear motivates people so intensely and when we get into a state of fear it is our brainstem that's working, doing the bite or flight response. It is also the lower limbic system generating that fear, and when we're in a fear state the prefrontal cortex shuts down. We lose higher executive functioning. We can't override the emotions we're feeling, and when we're in a fear state we look for a source of authority, for comfort, for guidance, for some sort of hope that we can have.

And the church has 2,000 years behind it of really understanding how to motivate people through fear, how to motivate people through guilt, and so over these years they've really spun this narrative of an eternal place of torment.

It's not in the Bible, it's not anywhere in the primary literature, it's just something that's developed especially through the medieval era and then when it reaches the modern time, and it's been so pervasive in our culture. You know, if we hear something a thousand times from a thousand different sources, we're going to say yes, it's true, Even if we don't realize that those thousand different sources still refer back to the same single source, and so people get filled up with this fear state. They get filled up with that sense of doom and like, oh no, and they look for hope. And the church goes oh, we have that for you. Just come in, give us your tithing, sit here and let us tell you what to do with your life and you'll be saved. So to me, the idea of a hell, of a place of eternal torment, is really social manipulation, social engineering on a mass level to promote the power of a few religious institutions.

0:11:48 - Julie

Do you think, taking it back even in the Judeo culture before Christianity, that a lot of those different teachings were meant to help people stay safe? Do you think that there's an element there of that?

0:12:07 - Kaedrich

Possibly Like if we go back to pre-Christian times we look, I believe it was Sheol that an ignoble person would be taken to Sheol. But remember, sheol wasn't an eternal place of damnation and torment, it was a garbage dump. And so if you led an ignoble life, you weren't buried in the cemetery, you weren't buried in consecrated ground. Your body was dumped in the garbage pit and burned in the garbage pit, which you know it's an ignoble thing. Nobody wants that for themselves when their body dies, and so that was a motivating factor to be a good person. But even still then it wasn't a place of eternal torment. Your soul could find the healing and the growth that it needed still, no matter where your body was placed after death.

0:12:57 - Julie

Well then, those ancient cultures like the Celts and the whole Nordic culture and all of that, the Druids and all those guys, they didn't really have that damnation thing. From what I've experienced, that was something that's more recent, more recent, the last few thousand years. But am I understanding that correctly? Do you agree with that?

0:13:21 - Kaedrich

Absolutely correct and I can speak with authority from the Norse perspective.

The Norse realm of the dead is called Hel, but it's spelled H-E-L, and that word Hel is not only the goddess, but it's the realm, and that word is related to other words that mean health, healing, wholeness, well-being.

And so, yes, in the realm of hell it can be a cold and dark place like the grave, but in that place you are sloughing off your false identity, you're sloughing off the person who you made yourself to be, to fit in and to adapt into the world. You let that part of you go so that the authentic part of you awakens in your own personal heaven. You see, we hear these stories about warriors that die in battle, go to Valhall. It's more complicated than that, but in the Norse stories of hell there are still bands of warriors that cross through hell because they need that healing, they need that growth, they need that clearing away of who they are. And if they really are a warrior, that they're trained, they're disciplined, they have the personal sacrifice for a noble cause, then they go to like a Valhall because that's where they were the entire time when they were alive.

0:14:41 - Julie

And what's Valhall?

0:14:42 - Kaedrich

Valhall is that mythical place where if a person dies in battle, they find themselves in Valhall. It's Odin's hall. Odin is the chief and the high leader, the high god of the Norse pantheon, and in Valhall, during the day, they train in combat. They train in fighting and getting ready for Ragnarok the end of days, the final battle, fighting and getting ready for Ragnarok, the end of days, the final battle. And then they drink a special mead that gives them back life, gives their form, back into existence, and then they feast and party all night long. Then during the day they're back to training and fighting. So it's kind of like the heaven for a warrior mindset, for somebody who lives a warrior's type life, where they're fighting and feasting and having lots of fun. In that sense, Okay.

0:15:30 - Julie

So what's the deal with the Norse spirituality thing? You know I don't know much about the Norse energy and the spirituality components. Does it have something to do with the Aurora Borealis or something?

0:15:43 - Kaedrich

Well, not necessarily, but sort of Okay, you see, rather than, let's say, instead of Viking, let's say Old Norse, because Viking was just a short period of Scandinavian history. But prior to the

Viking period, in the Old Norse time period, like the Vendel period and such, the Old Norse were explorers. They went all over Europe. They served as the royal guard in the Byzantine Empire. They were like the bodyguard for the emperors in Constantinople. They founded Belarus and Ukraine. They were part of the founding organization that started Russia, the Rus'. These were the Goths, like the Ostrogoths, the Eastern Goths and the Western Goths that settled in Spain and settled all throughout, all over Europe, and they brought with them their sense of civilization, their sense of culture, in a sense, which was big and bold, for sure, but it was also more about unifying. They were very, let's say, xenophilic. They loved to explore people of different cultures. They loved to learn from different people that had different ways, and they were openly embracing that and built their civilizations and their cultures about that. And then the environment changed, the climate changed a bit, so they sort of retreated back into Scandinavia and because of the climate, because of the harshness of it all, that's where we get to the Viking period because they couldn't really grow their own crops, because they were having some difficulties trading with the mainland, partially because the mainland was converting over to Christianity and they were still heathen, still pagan. That's where they started to resort to raiding and that's what we see now in the movies and the TV shows were not the tales of the Norse themselves, necessarily, but the tales of the sore losers. You see, we hear so much about the histories written by the winners, not necessarily in the case of the Norse or the Vikings, because they didn't document themselves very well at that time period, but the people who they interacted with and didn't have good experiences with wrote about them and they of course exaggerated and we took those exaggerations and made TV shows and movies out of it. And now you see these, you know, violent, bloodthirsty warriors out to kill everything and everything that goes down and steal everything.

That was a very tiny part of the populace doing a very tiny part of the work, but because it was so impactful culturally it has a bigger show to it.

But for the most part they were just farmers. They were really connected to the land and their livelihood of their home, their families and the continuation of their family, the streams, the rivers, the wind, and they knew that they were living entities in all of those things, and so a big part of their culture was interacting with these hidden people, with the land spirits, so that they could continue their lives together. And an offshoot of that growing on that is honoring their ancestors, connecting with their ancestors in feasts, so they had all sorts of ceremonies that we call necromancy nowadays, or seance, but they would invite their spirits of their loved ones to share life with them, to share wisdom, to share food, to share times and enjoyment with them. So they were very, very connected to the spirits of the land, the spirits of their loved ones and even the spirits of their gods. So they were a very, very spiritual people. It was integrated throughout everything that they did.

0:19:36 - Julie

The spirits in the land. What do they call them? Tomkin or Tomkin or something? What's the term that they use for their little elf? That's one of the words.

0:19:46 - Kaedrich

There are various words Landveter, land spirits, who, the folk, the hidden people, trolls. You know, trolls just means magical beings. It doesn't mean these big scary ugly things, it just means magical beings. Magical beings, it doesn't mean these big scary ugly things, it just means magical beings. Even Svartalfar, meaning dark elves, or Lyosalfar, meaning light elves, Alfar the word that we use today is elf, but they had many different names because there are many different types of beings that had many different roles in their society.

0:20:18 - Julie

Have you ever seen them?

0:20:19 - Kaedrich

Yes, in fact I have, not only here in Colorado where I live. There's definitely land, spirits everywhere. But I remember when I was 18 years old I was hitchhiking around Scotland by myself, in the Highlands and in the Hebrides, the islands, and I would hang out just in the nature all by myself. But I remember putting my hand into a stream and I felt another hand go around my hand. And I was recently in Norway teaching at a retreat there and I've read the stories, I've read the folklore, I'm familiar with it and I do have almost a skeptical mind, even though I grew up around the paranormal, I grew up around the spirits. I still like, let's prove it, let's see if it's real.

So I took all of the folklore I read with a bit of grain of salt. You know this is different cultures, people that didn't understand science the way we do in the natural world they do, trying to explain it with mythological constructs. I was wrong. I was flat out wrong when I was in Norway. They're there, the dwarves are in the caves under the mountain, the trolls, the giants are in the mountain, on the side of the mountain. They're in the air, they're in the water, they're everywhere. They're alive, they're vibrant. They're interacting with people. The stories are real.

0:21:33 - Julie

So I'm thinking of Frozen, the Disney animated movies Frozen 1 and Frozen 2, Disney animated movies Frozen 1 and Frozen 2, and you know all that stuff that's in there with that Norse energy and this has come up before. We had a gal named Tanis Hollowell on the show who really has studied and worked with elementals of all kinds from all cultures, and we talked about how Disney really has kept this history alive, in a way, even though Walt is long gone. He may be in the deep freeze. Some people believe that but some people believe that he froze himself cryogenics and he's going to come back alive at some point. But the thing about I find so interesting about the Disney movies is these elementals, these legends, these tales of all this spiritual stuff is being kept alive for our children and each generation that is born gets to watch these movies. What do you think's up with that, with Disney creating all of that and then his legacy continuing to be created by his successors.

0:22:54 - Kaedrich

Absolutely. Disney's a very interesting place to look for some of these deeper esoteric secrets. Yeah.

Disney's a very interesting place to look for some of these deeper esoteric secrets. Decades ago Disney put out a little movie called Donald Duck and Mathemagic Land and it goes into sacred geometry. It goes into some of these deeper esoteric secrets of like the pentagram and why it's a sacred symbol. It goes into like the golden mean and talks about like these deeper esoteric secrets of mathematics and sacred geometry. So it's already been steeped into that and then over the decades they've kind of kept-

0:23:30 - Julie

Did we find that on YouTube or someplace?

0:23:32 - Kaedrich

Absolutely Donald Duck and Mathemagicland.

0:23:36 - Julie

Mathemagicland.

0:23:37 - Kaedrich

All right, and they did continue that legacy of magic. Little bits of it, little hints of it here or there, and you're right, in the frozen movies. There's some very interesting elements in that. For example, the runes that were used in that movie are authentic. They consulted with a PhD, uh,

jackson crawford dr jackson crawford, who is a Scandinavian studies scholar, and he verified the runes that they were using in that movie.

0:24:05 - Julie

What's a rune and give us an example of what was used in the Frozen movies.

0:24:11 - Kaedrich

I can't remember what they had in the Frozen movies because I've only seen them once each, but the runes in there were authentic. Now, runes at the most basic level are actually letters. Runes are the written form of the Proto-Norse and the Old Norse languages. If I were to show you a runestone that had, like the word sister, mother, father, brother written on it and maybe it was carved a thousand years ago to 2,000 years ago I'd only need to give you a little bit of insight to it and you would be able to read those words with what you know today. And they were pronounced the exact same way 2,000 years ago as they are today. And so letters that we use today, like F, s, c, t, b, l, those are all runes. They have the same phonetic value and they have the same shape as the runes did.

0:25:08 - Julie

So a rune is like a secret code or something.

0:25:12 - Kaedrich

No, actually it really was. Even though the word rune does mean secret, it does mean universal mystery.

0:25:18 - Julie

I didn't know that it meant secret.

0:25:20 - Kaedrich

Yeah, basically it meant secret. Yeah, basically it was the writing system. If we follow the evolution of even the English language, it starts off with proto-Norse, moves to old Norse, gets divided to East and West and it goes through variations and mixed with Latin. So our alphabet and our language is partially runic-based.

0:25:42 - Julie

Can you give us an example of that?

0:25:46 - Kaedrich

Sure, there's a rune called Yera, spelled J-E-R-A. It means abundance, growth, the things that you're working for you achieve. But the word Yera literally means year, and that's where we get the word year from. There's another rune called dagaz. That means change, like the change from night into day, and that G gets softened over the years in different languages and it becomes a Y sound, and so that word dag became day. That's where we get the word day from Day.

0:26:19 - Julie

That's where we get the word day from. So it's not that each letter has its own meaning and energy to it, like in Hebrew. Each Hebrew letter has a meaning in addition to it emulates or mimics the Old Norse language. Am I understanding that correctly? Both are correct.

0:26:53 - Kaedrich

Okay. For example, there is a rune by the name of Fehu. For example, there is a rune by the name of Fehu. It looks like the letter F. It's where we get the letter F from. It has the F sound to it. But just that one rune in itself can mean money, investment, investment of time, effort, energy. It also means value, and so when we look at the rune Fehu, we're thinking value. Like if

I were to buy this crystal, its initial value is what I pay for it, but now I have more of an intrinsic value that what this crystal means to me, how I use it, how it's been helpful to me. That is also Fehu.

0:27:38 - Julie

It looks like a polished piece of coal. For those of you that are listening, yeah, it's a black shiny quartz I even have like an angel or a quartz.

here too, yeah, and that's kind of a yellowish quartz that looks polished as well. So do runes. Are they tools that you use? So do runes, are they tools that you use, and how do they differ from, like, tarot or divining rods or the Ouija board or something like that? Are they comparable or are they their own kind of special thing that doesn't really relate with these other tools that some people in the woo-woo space use?

0:28:19 - Kaedrich

They're kind of their own thing. So, divination with runes, like using runes like tarot cards, I've done my due diligence trying to figure this out. It didn't start until the 1980s with a book by Ralph Blum called the Book of Runes. Before then I cannot find any historical examples, archaeology, literature, anything that runes were used as a divinatory tool. But there is ample evidence archaeologically and literary that runes were used as a transformative tool, like a magical tool to increase abundance, to increase health and all of the various things that we need, and so the way that I use it is sort of that transformative tool. So let's go back to Fehu, for example. We were talking about value, where you can have a monetary value or an intrinsic value for an item. Well, let's turn that inward. What is your Fehu? How do you see your value? What is the value that you bring to the world and that becomes an energy that you output, that becomes reflected in your actions and the words that you use, and it gets fed back to you, to the world around you, and so the world around you, in that sense, is a reflection of your fehu, the fehu that you have. So we can do some inner working, we can go back and look at how you see your value and adjust how you work with your value. We do some shadow work with that. We do some spiritual development, even some inner resource building, so that a person now feels their fehu is at a higher level, that they hold themselves to a higher standard, that they can achieve more. That will affect again the way they think, the way they speak, the way they present themselves. That will be fed back to them and then the more they keep bumping up their fehu, the more the world reflects that around them.

And then we go through that with all of the runes. Like Uruz, it represents strength and vitality, health and well-being. And what do you see your Uruz as? How strong are you? Not just physically strong, but emotionally, mentally strong. What are your strengths? We bump those up, we ant those up and we put that under the world. And so we can go through all 24 runes of the Elder Futhark. Futhark is what the word is for the alphabet. The runic alphabet is a Futhark. So we can go through all of those 24 runes and it will modify how a person holds themselves, the energy that they're putting out and then also the feedback that they get. So it will transform their world from the inside out by the way we work with runes.

0:30:50 - Julie

Back in the day when the Nordic people were working with runes, did you need to have somebody who was a spiritual mentor or priest or something that helped with that, or was that something that just the normal, regular, everyday people were using in their own lives, kind of like? Did they need a spiritual advisor to help them decode all of these meanings and to help them with how to integrate the runes into their lives?

0:31:20 - Kaedrich

Yes, absolutely. Back in those days, only few people knew runes. They knew how to carve rune stones, and by carving rune stones I mean like a standing stone with runes carved into it which

were usually just showing a line of lineage. You know so-and-so died. The stone was raised by his son so that it lets people passing by know oh, I'm no longer looking for the father, I'm now looking for the son. It was just a communication. Sometimes they were shipping tags, sometimes they were just notes passed back and forth. So it was more of an elite class that knew how to read runes as a language. But then it was an even more specialized class. These were the vikis, the fjölkunningr, old Norse words that were versed in the magical aspects of the runes how they can carve the runes and load the runes with energy so that they could create that energy. It wasn't a common everyday knowledge. There were definitely specially trained individuals that had that knowledge that they could impart and help out their communities with.

0:32:25 - Julie

So it sounds like you don't have to be of Nordic descent in order to use them. I would imagine that your clients are from all walks of life and all cultures and different backgrounds. How'd you get into this stuff? I mean, really obviously you're of Nordic descent with your name, but tell us about your journey with all of this. Is your family from there? Did they immigrate to America? What's the story there? And were they into this magical, mystical thing Scandinavian and Nordic stuff as well?

0:33:03 - Kaedrich

That part I don't know about. I do know I have a great-grandfather that immigrated from Sweden and I have done my ancestry and it's all Sweden, denmark, england, germany. You're right, it's all northern European. But how I got into it was kind of by accident. You see, I grew up in a house that was haunted. Spirits were everywhere. It was just a normal everyday thing for me.

I went to a spiritualist church which was like a normal church, but it had transmediumship after the service and it had seances every Saturday night in the church basement. So I grew up with that and my parents were open to me learning about anything. My bedroom was in the church basement, so I grew up with that and my parents were open to me learning about anything. My bedroom was in the basement and the basement was a library. All of the walls of the basement were covered with shelves that were two layers deep of books and I had access to read everything and my parents had books on everything. They even had books about magic and one of my favorite books at that time when I was a teenager was the Secret Teachings of All Ages by Manly P Hall, who talked about the mystery schools all over the world, everything from Egyptian to Rosicrucian and it mentioned a bit of the Odinic Brotherhood.

At that same time I was exploring. I had tarot cards, I had a pendulum, I had a Ouija board. I had all these things I was experimenting with and exploring. But when I did find the Book of Runes by Ralph Blum, runes clicked, they just made sense to me, they just fit into place and from that moment on, because they fit, I took a deep dive into it. I read all of the old primary literature that I could, you know, the poetic and the prosetta, the sagas. I can sort of read Old Norse, so I've done my own translations of Old Norse to modern English and so that just kind of was the deep dive when I was a teenager found those runes, they just clicked and it's evolved over the years, my parents were open to me learning about all of this.

0:35:03 - Julie

So was this while you were in high school and you were playing football and doing just regular high school stuff, or you were really more focused on this stuff? Was it just kind of an interesting aside in your teenage years or was it something that you really were passionate about, more focused on?

0:35:20 - Kaedrich

To me that was my way of life working with the spirits, connecting the spiritual level, doing the Norse practices, studying the esotericism. You know I never did get into any of the sports. I

was more of the musician. You know, I played an orchestra, I had a guitar. I can play several instruments, so I've always had music as part of my life.

0:35:40 - Julie

What do you play? What instruments?

0:35:42 - Kaedrich

Oh, let's see Guitar, keyboard, violin, tin whistles. I've got some Nordic folk instruments here, you know, I've got like a what's called a taglharp, and I've got lyra. Oh, so many instruments.

0:35:59 - Julie

Wow, so primarily Nordic type music, or just like where you play in the Rolling Stones.

0:36:08 - Kaedrich

Sometimes I'll play some Nordic music when I get the Nordic folk instruments out. But with guitar I love to play fast, my fingers just love to go fast. So I look for the fast guitar solos, I look for the fast music. So that's kind of the stuff I really get into playing music-wise.

0:36:26 - Julie

Oh, my goodness, how fascinating. All right, so back to your parents and your family. Are you an only child?

0:36:35 - Kaedrich

No, it's a very interesting question. My brother is 13 years older than I am. My sister is seven years older than I am. My brother moved out, of course, at an early age. He had a different dad than I did, so he had some different experiences. He knew about this paranormal stuff. He knew about it but he wasn't interested in it. He became a doctor, eventually said no, none of it's real, it's all bogus. And then over the years it started coming back like oh, oh, like his wife would tell me every now and then we'll break out the tarot cards. But then they start to get too real and we get scared and put them all away. So they know they just don't do anything with it.

My sister and I remember having the same experiences. You know she'd be babysitting me and we'd be on the main floor we hear our toilet flush downstairs and she'd freak out. I'm like, ooh, what's that? You know a TV would turn on or something would happen in the house and she would get scared to death. Me. I'm like, ooh, what's going on here? It didn't scare me, it didn't freak me out.

So even to this day, like my sister would see me with a Ouija board, and this happened a couple of years ago. She's like no, I don't think so. And I was giving all the fearbased narratives about Ouija boards and I'm like, come on, it's just a piece of wood with letters and numbers on it. There's nothing scary about a Ouija board. She's like I don't know about that, so we grew up. It's very interesting how two people can see the exact same set of circumstances, right, see the exact same moment, but have two completely different experiences of that same moment. And that's the way my sister and I are. My brother just kind of acknowledges it but moves on, so we have very different experiences from the same things going on and I have patents.

0:38:21 - Julie

I have multiple patents on surgical devices. I'm an inventor, I'm a former manufacturer of them. I've always thought I would love to have been that patent examiner, you know, been a fly on the wall and seen what did he see that made him grant that patent. It's hard to get a patent and you really have to have your ducks in a row. You know with what makes this special, and so I've always wondered about that. Furthermore, the Ouija board was not scary until the movie the Exorcist came out, because it's the number one game that Milton Bradley has ever

concocted and I think it may still be one of the top games, and it was used in the Exorcist and that's why, when it started getting you know, kind of an evil, scary, kind of a reputation to it, we used to use it at slumber parties and try and get spirits to come in and we try and get some of us to levitate.

We never could get any of it to work back then because I learned how to do woo-woo. I didn't have it as a kid. So tell us about your parents with all those books. Were they academicians or what was the deal there?

0:39:40 - Kaedrich

My mom loved to learn so much about anything and everything, and so she would just collect books. I can't guarantee she read all of them, but probably most of them. Even up until the point she died she was always reading something, she always had books around and she just loved books, and so that basement was a reflection of her love for knowledge and learning. Just so much in there.

0:40:04 - Julie

Short of TVs going on and off and things like that. When you were growing up in your home, did you ever see spirits? Were you able to communicate with spirits at that point?

0:40:14 - Kaedrich

Yep, and in fact you mentioned the exorcist, and I love that you said that, because that's exactly what I tell people. The Ouija board was a beautiful, wonderful thing until the exorcist made it scary. The Ouija board was a beautiful, wonderful thing until the Exorcist made it scary. But yeah, when I was seven years old I saw the Exorcist at my grandmother's house. It was the only time I stayed overnight at her house and it scared me like crazy. Sure it did. It was supposed to Exactly, and I've always loved horror movies since I was a kid.

But it's very difficult for a child to reconcile what they see on TV versus what they're experiencing in real life. And so where I'd be in my room, I would sometimes be scared because the spirits would be coming through. They would be there on because the electromagnetic disturbance of the TV kept the energy around me sort of disturbed so that they wouldn't mess with me, until I learned how to set up protective barriers and how to clear energies and clear rooms, which the whispers showed me how to do. So a good part of this time I was experiencing the spirit, seeing them, hearing my sister freak out, seeing what the movies were saying, and then having to balance this dichotomy of experience, because where I was sort of scared, nothing scary was happening. It was all beautiful, it was all wonderful and like, but it's supposed to be scary, right, but it's not scary.

And so it took me a little bit to get used to that. To really balance that out, I would say probably not until I was in high school was I able to rectify it and go no, these are all just made-up stories meant to scare people. These are just entertainment and it's just for fun. But yet here's the reality of it. There's spirits everywhere, all the time, doesn't matter if it's night or day, doesn't matter if it's 3 am or midnight or Halloween. They're everywhere all the time. And I'm like oh so it's just a matter of us tuning into it, and it's just a matter of how we tune into it.

0:42:08 - Julie

And it's all pure love. Spirits are all pure love, and so when we're afraid to our conversation you know, going back to our conversation earlier we lose clarity because you were talking about the brain parts that shut down and we're not able to think clearly, and so that's what happens there. You said spirits are always around us. Is that what we tap into? Once something has happened, does it always continue to happen and we can tap into it at any time, because I do instant replays with woo-woo all the time. I can go back to caveman days or whatever, even before, and see scenes of things that we can get historic information and document it with

online data. But do you believe that's what's happening? It's like something has transpired and then it's just continuing to happen and we're just moving on to a different movie. What do you think's going on there?

0:43:10 - Kaedrich

There's a lot of possibilities. The one that seems to make the most sense to me is when the whispers over the years have talked to me about time, that the time we experience here in the physical world is a construct of the brain, and I'm even seeing something about retrocausality being an influence on consciousness now. But linear time is a construct of the brain because the brain needs to experience linear time, and I'll sort of explain that with a near-death experience. When a soul gets to the other side and we've heard so many people say that they see their life flash before their eyes or they get a life review. It's not necessarily a life review. What they are experiencing is their whole life existing all at once. They're moving out of a linear time state mind to just like an overall atemporal state. Now they experience their entire life as a continuum of existence rather than individual moments strung together through causality. It's now just one big existence. Now they have to come back into their body and their brain has to make sense of this. And the brain can only understand linear time, it can only understand linear causality. And so it goes. Oh, I just had my whole life flashed before my eyes. I had a life review.

Well, that's just one container of a life. Everyone has their own container of life in the physical body and then each lifetime that we experience is just another container experienced by, like, the higher self which still exists outside of any sort of construct of time. So we can experience that, but how does it move? How do we get to that? It is all about the resonance of consciousness. So, like if you've gone to any place, let's say like even that church, you know what it feels like to be there, you kind of have a feel for that energy and in the spiritual world, all you have to do is tune into that energy, let your own energy resonance shift and you're there immediately, doesn't matter what time frame it is. So when we're using our subtle senses and I love that you use woo-woo, because I say it too, that's part of it is our consciousness is tuning into that moment, because we can slip out.

And somebody like you that is both physical and has that spiritual awareness, that higher spiritual awareness, you can shift your consciousness through time, what looks like linear time to us, but it's just something always going on. Sometimes it is spirits get stuck in a moment, like if they're in a traumatic moment. They will live that traumatic moment over and over, because they're atemporal beings, until something can intervene and help them out of that moment and get through that moment. Which is why we do crossing over work, which is why we do our trauma healing work, because those little fragments of ourselves come from a traumatic moment and so when we do our trauma work, we can reintegrate that trauma back into us so that we're not experiencing it as a separate being, living that moment over and over, transmitting trauma energy to us, a separate being living that moment over and over transmitting trauma energy to us.

0:46:05 - Julie

Are these different moments in different time periods is all happening concurrently, and are we living multiple lifetimes concurrently?

0:46:17 - Kaedrich

Yes, the whole idea of a past and a future life is a construct of a temporal brain. The brain needs to see linear causality, but from that over-soul perspective, from that higher self perspective, all of those lives are happening simultaneously. And now I'm going to ask this how about this? Instead of past life regression, where we go see in how we died and what gave us some of the trauma that we're now working with in this lifetime, what if we can make an alliance with our other selves in the future, in the past, and have cross-communication where

we don't go to that moment of death, that we find out who they were, what they were doing, what wisdom they have, like if they were an indigenous person, and their culture, their indigenous culture? How do we bring that into that? What if it's a future self living in sometime in the future? Why not open those doors of communication and just start building a cross-lifetime network so that we all together, in those multiple lifetimes, start to heal our trauma, start to heal our pain and rise up together to a higher state?

0:47:22 - Julie

Okay, say more about that. That's a big concept. You just threw out there bud. So yeah, all right. So somebody's got some kind of, let's say, PTSD. Let's say they were in the military and they saw horrific things and they've got PTSD. How do you combine the past lives, present life and the future lives together to help that person heal?

0:47:47 - Kaedrich

It's about getting to that in-between life state. And let's say that PTSD was caused by this lifetime. They're having a difficulty with it. What if in another lifetime they were a healer? What if in another lifetime they had that healing skill and they could communicate to that version of themselves saying, hey, I'm experiencing this pain, what can you do to help me? And then they have this cross collaboration of oh, here are the steps and the skills that you do for healing. But what if that healer also didn't have a lot of personal strength, not a lot of sense of resolve to themselves? They didn't speak up, they couldn't assert themselves to themselves. They didn't speak up, they couldn't assert themselves. Well, this person who was in the military and the warrior aspect can impart some of that wisdom to this other person. So now that they're more of an emboldened healer, they're more outgoing, and so together they're cross collaborating across lifetime to heal the trauma in this lifetime and to build resolve in the other lifetime, so that they grow together.

0:48:44 - Julie

When you're working with somebody and using those modalities, are you hearing the communication between the different entities in the different lifetimes that are all a version of that client spirit, or are you seeing them? Is your client seeing and hearing them? Are you translating them? Give us a sense of what happens.

0:49:09 - Kaedrich

Two different things have happened. I will teach regression methods. I will teach them how to go into a past life and I'll walk them through it, and then we'll share the experience. I'll talk about what they're experiencing, what happens with them At the same time. Every time I'm with a client, my whispers, my guides are here, their guides are here and I'm having like three-way conversations going on.

0:49:31 - Julie

You're multitasking and you're not even a girl.

0:49:34 - Kaedrich

There we go.

0:49:35 - Julie

It's a female superpower, yeah.

0:49:38 - Kaedrich

And so they're in this regression and even when we, especially when we move to the between life state where they make decisions for this lifetime going well, I'm never going to do that again. Oh, screw that. No, I was terrible. I'm like with them right there, the guides are there and we're talking those decisions or feeling those energies back and forth. So I'm right there with

them. And sometimes the client doesn't want to do regression, or sometimes it's just not appropriate for the session or the moment. But one of their guides, one of their whispers, comes and says hey, this is what they were doing in that lifetime, this is what they experienced. Here's how it's affecting them now. So they just by that knowing that knowledge of that, we can start to work with where they are today. So it works in those two different ways with me.

0:50:20 - Julie

Okay, a couple of questions, couple couple of last questions, as we're winding down here. For people that are interested in developing their own intuitive abilities and learning to trust them, are there a couple of simple steps that you can recommend that everybody can do, because we all have intuitive abilities. It's just a matter of developing and enhancing it. So what do you say to people who say I just can't do this? I, you know, I can't communicate with my deceased, whomever, and can you give me a couple of pointers to help me do this?

0:50:57 - Kaedrich

The first is to learn to listen to the quiet in the mind, because the brain is noisy, it just loves to make all that noise, but when we get intuitive, derived information, it's very quiet. That's why I call them the whisperers it's because it's very subtle. And so when you can listen to the thoughts going on between your thoughts, when you can listen to that quiet space, there it is. Or those moments this is what I've seen. So many people have said I've never had a paranormal experience, because they want the banging on the wall, they expect it to be, you know, a disembodied voice or something flying across. It happens.

But those moments when you're just kind of hanging out and you suddenly feel grandma, you remember what it felt like to be around grandma and you're like feeling this love and you're like, oh, pay attention to those moments, because that really is grandma. That's not just your memory, it is your memory, but it's also her saying hey, remember me, this is what I am. I feel like, and the more you can acknowledge those subtle moments, the more you can acknowledge those quiet whispers, the more you're able to pay attention to them, the more obvious they become. They're still quiet, they're still subtle, but now they're more obvious, the more. They're still quiet, they're still subtle, but now they're more obvious the more you're aware of them and the more you can connect with them, just by being aware of that little subtlety, right, great advice.

0:52:11 - Julie

Last question why do?

0:52:14 - Kaedrich

we incarnate Because it's fun. Okay, it's not fun in the moment. I love to use this analogy. Day-to-day life is like being on a roller coaster and sometimes we're going up that big hill. The car is shaking, You're uncertain about it. You see how high up you are off the ground. You're starting to crest that hill and you're wondering about all of the choices you made in life. You're like why am I doing this? Suddenly, the cars start to shoot down that hill. You're holding on for dear life, going no, I'm never doing this again. This is awful. It's awful. Meanwhile, at the end of the ride, higher self was going yeah, that was a lot of fun. Can we do it again?

0:52:51 - Julie

Well, and we think that we're supposed to know what's going to happen, but we're not, because if you knew all the sensations you were going to experience on that roller coaster, it wouldn't be as fun.

0:53:10 - Kaedrich

Spoilers when I'm working with a client. Yeah, because maybe like guides, and their clients and their guides come through, they want to know what's going on here, there, and then the guides

will be like no, those are spoilers. I'm like, but they could use some help here. And they're like but if we told them that they just have the information, they wouldn't have the actual experience of learning that information and they wouldn't understand it. For example, a guy was saying should I get into this relationship? Doing? The intuitive response was like yes, will this relationship be good for me? No, what Should I get into this relationship? Yes, will it be good for me? No, so he gets into the relationship.

It's bad. It falls apart. It leaves him with all sorts of like oh, so we have to unwind that one. And so he was like but how could I have gotten a yes to get into this relationship? We talked about the relationship. We talked what he learned about it, what he gained for it. From Now, it led on to like the love of his life. And I'm like so would you have gotten that understanding, that wisdom, if you were not in that relationship?

0:54:08 - Julie

And he's like no, so yes, that was the right relationship to get into, even though it sucked. Great analogy You're every bit as wise and charming as I knew you were going to be, and what a fabulous, insightful conversation I've gotten to have with you today. Thank you for sharing all of your wisdom from all of your lifetimes, and you're now my favorite Nordsman, and what a delight to get to pick your brain here today. Thank you for making the time for us and being willing to share what you've experienced and what you believe with us. How can people learn more about you and your work?

0:54:59 - Kaedrich

I'm at Kaedrichcom K-A-D-R-I-C-Hcom, but if you use that name Facebook, instagram, youtube it opens all kinds of doors. So just my name searching my name will open those doors for you.

0:55:13 - Julie

Kaedrich.com. All right, we'll put that in the show notes. In the meantime, sending you lots of love from Sweet Home, Alabama, and from Colorado too, where Kaedrich is. We'll see you next time. Bye, everybody.

0:55:28 - AnnCR

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

0:55:42 - Disclaimer

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