

AJR Hans Wihelm Transcript

0:00:01 - Ancr

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.

0:00:44 - Julie

Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Hans Wilhelm with us on the show today. Hans is a mystic bestselling author and illustrator of more than 200 books that have sold over 40 million copies in recent years. He's brought his mystical insights to life through a series of short hand-drawn YouTube videos explaining the spiritual laws of the universe. I'm eager to ask Hans what led him to share these teachings visually, whether humanity is misinterpreting core spiritual truths, and what he hopes to accomplish with his work. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Hans. Hans, welcome to the show. I'm so delighted you could join us today.

0:01:41 - Hans

Julie, thank you for inviting me. I'm honored and I'm very happy to meet you personally and be on your show.

0:01:48 - Julie

You call yourself an illustrator of spiritual laws. What does that mean?

0:01:54 - Hans

Well, it was not my choice really. It happened through my father, who was actually dead, and he spoke to a medium and suggested that I share my spiritual understanding with the world, because it helped him when he died. You see, my father, when he died he didn't believe in life after death and he was quite happy to die, even if he believed his consciousness would no longer exist. But he knew that I believed otherwise and so just before he died and he couldn't speak anymore, I told him about what might happen on the other side, so that he is not surprised that if he isn't dead, so this may happen, so don't be shocked. So I and he smiled then and then a few days later he died. I totally forgot this. It was sort of four or five years later I was in a bookstore. Some stranger comes up to me. Roland Comtroty was at the found out and he said, introduced himself as a medium. And he says when I came into the bookstore my father came right to him and asked him to please go up to me and tell him to thank me for the information I had given him, because everything I said was true and it helped him so much on the other side. And he says, and he is now working on the receiving end of souls which have passed on or died, and he sees the utter, utter confusion of so many souls who have no idea what happens at death or even they are aware that they are dead, for instance, and he says would I please share my information, which have accumulated for the last I think, 50 years and so on in books.

And I decided, not so much in books, I decided to make videos because I wanted to reach the young people particularly. It's tough to teach an old dog new tricks, but young kids, like I myself, when I was young, wanted to know. So what I do is I use my talent as an illustrator and I sort of draw out the characters here, like, for instance here, the law of karma Somebody does

something awful to someone else, it gets recorded in his soul, in his body as well as in the person he is harming, in the Akashic records and, most importantly, in the repository planets from where eventually, this or a later lifetime, it will return. And when you see this visually, all these spiritual laws are so clear to me. And I make this video largely for myself, to understand these things much better. And when I'm done with it. I share it on YouTube.

They are totally free and you don't have to join anything. There is not even a request for donations, and neither do they have advertisements. I put them on as a gift, because I have been using these informations for the last 40 years. They've changed my life. I have overcome a lot of other things which were not so pleasant, and I see the world differently. It gives me the inner peace which I was looking for. So that's what I'm doing right now, after I sort of slowly faded out of my career as a writer and illustrator of children's books.

0:04:56 - Julie

How do you know about these spiritual laws If your father wasn't into woo-woo or spirituality? Was your mother into wo-wo or spirituality? Was your mother? Did you grow up in a home? Did you talk about?

0:05:06 - Hans

this stuff. I was the odd person. No, I couldn't believe what the churches were preaching when I was young. And they said so there's a loving God. And then I saw people in starving and hunger and pain and war and I just couldn't put these things together. There can't be a loving God when all these people are doing horrible stuff to each other and suffering. And it took me a while until I suddenly, when I think I was 19, when I came in first time in contact with Edgar Cayce and for the first time I heard that Christ was teaching reincarnation. And suddenly, with the concept of reincarnation for me everything suddenly makes sense. I suddenly understood there is a loving God and the stuff we do to ourselves is because we have done bad stuff to other people in the past and we are just learning. The karma is coming back for us to wake up from our selfishness and our unloving ways and suddenly make sense. And so I've been studying the spiritual path for at least 60 years now.

I've had many different teachers, many different paths, but for the last 40 years I am very much attached to the teachings which came from Germany, a woman, gabriele, who died last year. For the 50 years she gave the word for absolute reality. Many books behind me are all from her writings and here's, for instance, a very important book, the Great Cosmic Teaching from Jesus of Nazareth to His Apostles and Disciples who could understand them. This is a very profound book, like all the other books, and why I love them so well? Because not only because of the information, but because they're so easy to understand. If anybody had read Edgar Cayce, it's tough to read. You have to read the sentence three times to understand it. This is very clear, straightforward and there are no secrets. And Gabi always said God is ingenious simplicity, everything is very simple, there are no secrets, and even returning back to divinity and becoming loving again is actually a very straightforward, simple way. It is not complicated.

0:07:11 - Julie

So when you hear a concept from Gabby, from the late Gabby or another teacher, how do you know that it's really a spiritual concept versus somebody's airy-fairy opinion of something Excellent?

0:07:24 - Hans

question yeah, no, I have had airy-fairy opinion of something. Excellent question yeah, no, I have had airy-fairy ones I've met in my life. No, the proof is in the pudding. For me, having done other paths in the life and so on, this one the moment when I read it and so on, it's very clear and I applied it in my own life and it made changes in my life. So I don't believe in this. I know it and the knowing comes from me because I have personal experience with these

teachings and how they have changed me and how I look differently at the world. So therefore, one thing I want to make very clear Julie I have zero interest to missionize or tell anybody what I know is right for them. I merely offer it freely on YouTube for anybody who's interested. It's.

I am not a teacher. I am a student on the spiritual path. I'm trying to work it out myself and I fully accept that other people have other paths and other teachers and they have to follow their path. This works for me and it seems to be very attractive to a lot of people I don't know what 20 million viewers and so on. So apparently people do like the material and it works for them, because I think it's the simplicity and the clarity. What is the most appealing thing and the other most important thing is there is no organization to join, there is no organization you have to become a member for, or something like this. Because Gabi says this is a path of freedom, which means it is only between you and God and no one else in between. Does that answer your question?

0:08:57 - Julie

It does. Can you give us a couple of examples of things that you heard from her or from another teacher or somebody who studies spirituality that you applied in your life and then you noticed that that your life improved or it changed something in your life?

0:09:14 - Hans

I think the most important one and I wish there were teachers at school, and it's not, it doesn't only come from Gabi, I think everybody on the spiritual path knows is the law of rejection or the law of relevance and so on, that the outside world is nothing but a mirror of ourselves. And when I suddenly realized that the person who upsets me there is nothing but mirroring back to me something which is not loving in myself, that simple law and I made a video on the law of rejection changed my life tremendously. Suddenly I stopped blaming the outside world because I realized that the outside world is only there to serve me, to make me aware of the still unloving things within myself. I always use this little toy here, this little guy here. It's the other way around, and wherever he looks, he sees a mirror himself. And this is basically our life. Wherever we look, we basically only see ourselves, and anybody or anything that gives us an emotional charge is a message for us to look into. What is it? It can only resonate in us because something similar is in us. Have I been a brute? Have I been angry? Have I been lying, cheating, whatever the other person was doing? And that, I must say, Julie was probably the most powerful practical tool and it took me a long time to accept, and the other.

The funny thing is when you are beginning with this law and you always find excuses oh, this can't be the case. I mean, that person is an alcoholic, I have no desire for alcohol, but he annoys me, et cetera. Yes, the law has no exceptions. There is something in the alcoholic person that really is there vibrating with you and you have to find out what that is. There is no exception to that law. Anybody or anything that upsets us in ourselves is in us. The whole universe is in us. Christ said the whole kingdom of God is in us. It's not out there. The whole universe, and as Christ said, the whole kingdom of God is in us. It's not out there. The out. There is Mary to help us along, to become, to get in. In is the only way out.

0:11:14 - Julie

Okay, let's unpack that for a minute.

0:11:22 - Hans

When the kingdom of God is inside us. What does that mean to you? I have made a video on the holographic universe. Everything, the all is in the all, which means the smallest particle contains everything. The all of creation is in the smallest.

This is not easy for us to understand because we are working with a three-dimensional reality. The absolute reality is seven-dimensional and that's a very different concept which we can't

really wrap our mind around. But everything is in everything. In me is all of creation. Why? Because I evolved through all stages of creation, of evolution, from the mineral kingdom to the plant kingdom, animal kingdom, nature being to the spirit being. I myself, like yourself, we went through this whole phase and therefore everything is in us. We have experienced everything. And the kingdom in god in us is because the god spark is also in the soul, in a, at the, at the center of our soul. We can say so. We are always in connection, and connection with divinity. Divinity is in us and we are in it. We are in it, we are in God and God is in us. I sound like a preacher, but I really mean it. I really understand it.

0:12:32 - Julie

I know a priest we had a priest on the show a couple of years ago named Father Sean O'Leary, who is an Irish fellow and he's got advanced degrees in math and he's got his PhD in counseling. I mean, he's amazing, but he was raised by his grandparents and his grandfather was a Druid and his grandmother was a mystic.

0:12:56 - Hans

Wonderful.

0:12:57 - Julie

And so he, you know, and then he's a Catholic priest. He's retired now, but he says that we all have a fractal of the divine. We are, we are all a fractal of the divine, which sounds like what you're talking about as well, and I and I always think of those little like fractals of iridescent energy that we can see. I'm sure you've probably drawn many of those in your illustrating career. But what does a fractal of the divine look like to you as a brilliant artist and illustrator?

0:13:33 - Hans

I don't know, I don't have the skills to really illustrate the divine spark of God. I'm using Sharpies in blue to make the point. I think it's difficult for anybody to illustrate, but I think we can reach it in a deep meditation and I've had that. I'm sure you have that too. When you close your eyes, you go within and you can enter into this inner light which is in us, this wonderful primordial light which can fill us, and I think that is all I think we can experience and how. I have experienced that light. But I will not be able ever to show it visually in any way, because the way to go in this world is to go within and that's where all the answers are for ourselves, as well as also the old solutions, and our whole life is in us. Basically, we get lost somewhere. Our ego gets lost in the outside world. All the attractive things, the advertising, what else, everything orients us to the outside world, but the peace, the harmony, the unity is in us.

0:14:37 - Julie

You mentioned that you want the young people to hear these different concepts and to visualize them, and I think we, at least in the Western world, we're very visual creatures. Most of us learn visually, some of us auditorily and kinesthetically, obviously, but I think the majority of us learn from a visual perspective. Do you find that the younger people today are less inundated or less conditioned with the rules and regulations that perhaps our parents and grandparents and great-grandparents and other ancestors had? Do you find that there's a difference in what's being taught or they're just more amenable to hearing new concepts?

0:15:27 - Hans

Julia, I will be honest, I have too little interaction with a broad range of young people directly to make any judgment on that one. Of course the young kids are strongly distracted, like we all are, from so many forms. Now with the iPhone, it's difficult for them to really focus on one subject, even on one path, and I think the danger is more that that it's for them to really make. They must make a much bigger effort to focus on one teaching only or one kind of path, whilst we're still a little bit less attracted to these toys, to these iPhones and so on and we might find it a little bit easier. So I don't think I can give a visual judgment on the young people there. But I

do know to these toys, to these iPhones and so on and we might find it a little bit easier. So I don't think I can give a visual judgment on the young people there. But I do know, and I think I did it, because when I was young, wanting to do the answer, and there was no internet and there were no books on karma, there was just nothing available.

I grew up in Germany after the war. Things were limited, so I understood how it is when you definitely want to know and you question the religion of your father, of your parents, and there isn't really anything else around you because everybody else is of the same religion. I just got a wonderful email from somebody. I had a talk given in Indonesia to a totally Muslim kind of audience and we spoke about reincarnation. If I would have lived in Indonesia they probably would behead me because you can't do that as a Muslim, but they were so open and they thanked me. I got so many emails back from them because they can't discuss it within their own family, these questions, because it is immediately something which causes major persecution in the family. So therefore, I think people are so isolated with these dialogues they have, these questions they have particularly in very strict religious environment.

0:17:17 - Julie

Well, it's been my experience, Hans, that each generation comes in smarter than the last. It's like what we're learning and experiencing. They already come in and it's already hardwired into them. And an example of that is think of a toddler who knows how to use an iPhone or an iPad better than you or I, and they can't even speak in sentences yet. And you think, how will that work? How can they know how to do all of this stuff? But I think they do. I think they do. I think they're more technologically advanced. I think that they are more open to concepts and less just willing to believe what they're taught without questioning it.

0:17:59 - Hans

You have more contact with young people. I'm sure to know that and to see that than I have.

0:18:06 - Julie

Yeah, yeah, so that's interesting. What's a law often misunderstood, and why does it matter so much?

0:18:15 - Hans

I don't know which law Everybody but any particular law jumps to my mind at the moment. I think the law of correspondence is probably the one least known. People always keep blaming the outside world and the other person. Correspondence is probably the one least known. People always keep blaming the outside world and the other person for whatever goes wrong in their life. I think that is probably the most misunderstood law that we keep blaming the outside world, our politicians, etc. Etc. For everything. That is not right, what we think is not right. But do we know what's really best for us? Does our ego know what is best for us? So I think that is probably the most unknown and maybe misused kind of law that we really blame the mirror image for not smiling. But we understand the mirror image will only smile. If I start to smile, then the mirror image will start smiling back, and that is a teaching which I think most people are not aware of.

0:19:08 - Julie

What do you say to people who say, oh Hans, come on. It can't be that simple. If something really bad is going on in the world, and if I smile more, it's going to help it be better?

0:19:18 - Hans

I fully agree with them. There is something really bad going on in this world, I will not deny that. But the end of this story is freedom. We have to focus. Like a fairy tale, it starts with love and some major dramatic appearances, but in the end they are happily married ever after and we are going through a very stormy area and it becomes much more stormy. But the end result is it

is all an outflowing of karma, an outflowing of all the burden which we have created collectively and individually over generations of eons, of eons of time. And now the planet, mother Earth, is saying enough is enough. You have much to tell me, long enough. I'm shaking you off. Whatever may happen.

I don't want to go into details because I do not know the details, but definitely things are going to change and what this means is that we may experience, individually and collectively, painful times. There's no question about it. But pain is the karma, and once it's gone through us, we are free and these weights which have held us down and have put us back to incarnation, one after the other and another and another, gone. We don't need to come back to planet Earth anymore. We can finally progress on the other side. That is a celebration and that's what we want to focus on, that eventually it's exactly like giving birth, which I have no experience in, but I understand.

It's not easy and it's very painful. I remember when our daughter's first baby says to my wife she says this is the only grandchild you will ever have. I'm not going through this again. And two years later, guess who was pregnant again? So, yeah, I think that is very difficult, but the result you forget about the birth pain and the result is amazing. And that amazing result, this happy ending, is for all of us. Everyone will be eventually returned back to divinity, direct home to God, whatever the concept of that may be, and that is a beauty to focus on and that helps us in these dark clouds and they may be very, very dark that eventually there is the sun. Whether we stay here on this planet Earth and start a new life or whether we are in the spiritual realm, it doesn't really matter, but the result, it's cleansing, that's all.

0:21:44 - Julie

What's your definition of karma?

0:21:47 - Hans

Karma, anything, what is against the law of love? What I have felt, thought, spoke or did is against the highest vibration which I am made of. I am made of love. Love is my core vibration because we are all made in the image of God and God is love, pure love, unconditional, unlimited, all-inclusive, selfless love. That is you and I and everybody else's true origin.

But through many things which happened and I've added in my videos what we call the fall, where some of these angelic beings left the absolute reality and caused this temporal reality in which we are now, the causal reality. Causal means a causal of karma. Karma means cause and effect. What Christ says is sowing and reaping, which does not exist in the absolute reality, because there is only the permanent now, the eternal now, and there is no time as we know it here. So we have here karma.

I do something bad and something bad comes back to me, not as punishment, but purely only to reflect wow, this is bad, this hurts and I've done this to someone else. Why I have to go and apologize? Because the main thing, why we are here is to ask for forgiveness, to forgive each other and to unbind these ties which we have created for over a lifetime or lifetime through unforgiving bad stuff we have done to each other and we have to let go of it. That's one of the major reasons why we come to planet Earth over and over again to free ourselves. It's always the path of freedom free ourselves of these karmic burdens, which include also our beliefs that we have, which we are so attached to, and other ties like vices, etc. Etc. All of this to let go and return back to our pure essence, which is unconditional, unlimited, all-inclusive, selfless love.

0:23:48 - Julie

I agree Beautifully said, which is unconditional, unlimited, all-inclusive, selfless love. I agree, beautifully said. What do you think is behind humans being so stuck in their beliefs that oftentimes people they can't even begin to hear a different opinion on something because no,

it's this way, period, it can't be any other way. What is that all about? Why do we humans do that?

0:24:12 - Hans

It's our ego. Imagine if I tell you all the time that my mother-in-law is the worst person in the world. You will never want to meet her. She is awful, awful, awful. And one day I realize that why she's the most lovely person. Because I now suddenly see her from an evolved perspective and suddenly I see her beauty and we have solved all our problems. It's difficult to go to my friends and now say now she's a lovely person, she's a lovely person. We rather buckle up in our opinion and we see that now tremendously.

You are probably referring to the political situation. Even if you show that certain things are not right here, the person who believed it initially will not say I think you're right. They will buckle up, they've doubled down. They double down on their beliefs because it would be such a blow to their ego to admit that they may have been wrong. And there's the ego which forces us not to admit when we have a mistake. It's also our ego which sort of doesn't want us to ask for forgiveness if we have hurt anybody. That's where the problem is. Our ego keeps us from making us free again.

But I think most people do not want to see a different perspective or a wider perspective, because their identity, their field, their identity is where there are beliefs in their things, so, for instance, religious beliefs and so on. And I'm just certain the letter I mentioned earlier. The husband writes about his wife. She has read all the past life books and so on, but she is a fundamentalist, a grown-up fundamentalist Muslim, and she says I can't believe it. I can't believe it. I understand it, it may be true, but I am afraid because, whatever happens there, if I change my mind, the scariness. We are so conditioned by our environment and we believe in it because we are afraid, and most of it, I think, is because of our ego.

0:26:10 - Julie

Well, and the ego I've read many times is here to protect us. But the ego oftentimes is about the age of an 11 or 12-year-old child, and when we grow up we need to figure out. Okay. Well, maybe there's more to the story here than what I was thinking when I was 12. Have you come across any of that in your spiritual laws?

0:26:34 - Hans

Well, I don't know where you get the idea that the ego is for protection. The ego is here to protect our body. Well, I don't know where you get the idea that the ego is for protection. The ego is here to protect our body, our identity, our personality. Right, yeah, that I agree, that I agree. But once you understand that I am not my body, I'm not my personality, I'm more, then suddenly the ego is only the ego is like driving a car it protects the car, but I'm not my car. And so, as long as I make the distinction here that I am not my body and I'm also not my personality, which I've created. So that is where you are right. It tries to protect these things because the ego doesn't want change. Also, the ego is afraid of death. The ego doesn't know about death and anything that's fearing death, because it's like ending of our life, ending existence of the ego and that's what the ego is so afraid of.

0:27:32 - Julie

Yeah, I agree, I was talking with a woman recently and we were having a conversation with her dad's spirit in heaven and she wanted to know what he was doing. So he was telling us he said the great thing about being in heaven is nothing has to materialize. You think it and it's instant and you're in the middle of it. So the morning I might be skiing the Matterhorn and in the afternoon I might be fishing at a lake and I might be, you know, going hunting or doing something else. And she said my father wouldn't do any of that stuff. And I said well, you're coming from your father's personality. As you knew him and the spirit, he can do whatever he

wants and get to experience anything he wants. Just what the thought is what I've heard from spirit. Have you run across that?

0:28:24 - Hans

Yeah, definitely, you create everything. It depends on how far you evolve. Not everybody can do that right away to manifest their thoughts, but yeah, sure, that is basically the end idea, that we just create whatever we want to create. There's a wonderful I don't know whether you know Jürgen Siebe. Have you heard him on the show? He made this wonderful, wonderful book here. It has out-of-the-body experiences and then he just makes, he uses AI and recreates these images of all the various levels and also, which includes also the, unfortunately, the astral spheres, where he meets souls which are on a lower level. That's sort of an interesting concept and his works are quite amazing. So, yeah, it's a sort of there are many, many levels. Where we land up depends very much how we behave here on planet earth, because it's everything, is nothing that energy and vibration that Einstein says, and god is nothing than energy.

0:29:20 - Julie

It's energy, it's love, energy, you and I are energy right and it's pure love and it's not like you're either gonna fly or you're gonna fry, mean it's just here to when we die. Right, it's here as an experience is how I see it. It sounds like you're saying the same thing, hans. You say a person's aura is a repository of their thoughts. Can you explain that and how, or even if those thoughts affect our health and or our lives in general? First of all, how is our aura a repository of our thoughts?

0:30:00 - Hans

Well, I'm taking the teaching from Katharina. I cannot see auras. I want to be very clear about it. I'm basically repeating the teaching and the way she explained this to me. It made total sense because our aura is who we are at this moment. I mean, we know that it comes, people can see the colors, but basically she says it's, it radiates from our soul through our body and out and mostly, basically, what we are is all our beliefs, our thoughts, our vices, etc. They are vibrations and these vibrations send out and they create something like pictures around us, because we only think in pictures. So these pictures are basically around us like a bubble, very similar like this guy here, and that is the aura and that is only we can basically see and talk about, because we basically, wherever we look, we basically, as I mentioned earlier, see ourselves. We cannot see really through the aura. Really we can see through the aura, but whatever we see through the aura, it's highly tinted by the image that we have, by the belief system we have, by the belief system we have, by the concept, by the vice, whatever personality, whatever word we want to use. So the aura is who we are at any given moment, and not only that, also from our past. So these are vibrations which surround us like a cocoon, like a plasma, and it's all pictures. And these pictures reflect back to us who we are, like a plasma and it's all pictures. And these pictures reflect back to us who we are. And wherever we look, as I said, we see ourselves through the aura and see everybody else through these kind of very specific images which we have projected.

And if we have negative thoughts, these negative souls are basically influencing the energy which flows through us and they flow through the seven centers in our body and if there is a constriction in one of these centers, certain organs in our body don't get enough life energy, through our nerves mostly, and the result is very often illnesses. That can be through our thought, but can also, of course, through lifestyle. I read that 95 of all our illnesses are lifestyle oriented, which means drinking. But you know, everybody knows what that means, and so when we change our lifestyle, we immediately allow more the flow of energy going through us. But the main thing, main cause, is still our thinking. If we are continuously negative thinking, we basically restrict every cell, every organ, every nerve and the energy cannot flow through us and we basically harm ourselves through our excessively negative thinking. Self-pity or

whatever, hate-pity, etc. All these thoughts have an immediate effect on our body and on our aura.

0:32:50 - Julie

So I understand that the thoughts and all of that can affect us from a spiritual standpoint for our health. How does it affect our overall lives and our life experience?

0:33:07 - Hans

I think our thoughts we basically have. We think all the time nonstop, but there are 50,000 thoughts a day. So if they are negative or self-pity and so on, of course we see the whole world through a self-pity kind of image and we haven't really learned in our society to self-control our thoughts and it's not easy to do that. But thoughts are the one, I think, which keeps us continuously in a problem. Whenever we are facing a difficult situation, something traumatic has happened to us, it is our ego, our thoughts immediately sort of hijacks the situation and blows it up and suddenly all the fears, the troubles etc. We blow it up in our mind and that's the ego usually trying to survive again. But deep down, intelligence knows exactly that what is happening right now is something that you have probably agreed to prior to your incarnation to face because you are strong enough to face it. Now. This is the same kind of karmic burden which you have caused once to another you right now experience so that you know this is not good to do so. From the intelligence which we are also, god is nothing but ingenious intelligence we know that this is good for us, as Bayer C Katie would say. How would that serve me. Look at the problem how does it serve me? Because everything is here to serve me, everything is here to bring me back. Or, as Byron Katie also says, nothing happens to us, everything happens for us.

But our intellect, our thinking pattern, will not accept that initially. We sometimes have to be really lie down. Take pattern will not accept that initially. We sometimes have to really lie down, take a deep breath, meditate maybe to understand that, wow, nothing on this planet can happen without the positive element. And if I focus on the positive element, find three elements why this negative situation can actually serve me. Then the energy changes. But I think it's our ego which keeps us continuously thinking, thinking, thinking, because we are in a constant survival mode yeah, I agree.

0:35:16 - Julie

What are the five components of the body and why are they important?

0:35:20 - Hans

the five components of the body actually basically is sensing, feeling, thinking, speaking and and and acting. So these are the things with which we create our karma. So that's basically the function of our body. And all these five elements, basically all these five tools which we have to communicate with the outside world. We have to sort of watch that they are not getting too negative and too self-destructive, because everything is self-destructive because it all comes back to us. So basically we have to watch what we say, what we think, what we speak and what we do.

I think it's very important to keep an eye on that one and what I find, again what Gabi also suggested very helpful is, in the evening to really, like a bookkeeper, look at a journal and write down and say what I think went right and what went wrong. To really look at each day as it passes and has passed. What are the things which I shouldn't have done? Maybe I should do better next time. Where can I still ask for forgiveness or make amends? Who can I contact? This for me has been a very powerful tool which I'm doing for years, so that I do reflect on the day and don't just rush with my thoughts and to the next day with the same thoughts, same thoughts. Sit back and look at the thoughts. What is always what has driven me today, all the time? What anger, what kind of upsetness, sadness, etc. What is it what I felt? And if I do not

sit down in the evening or earlier, if I find half the time and opportunity, then I will go to bed with it. I sleep with it, it affects my sleep and the next morning I'm probably still in that energy and I'd never give it a chance to look at it, because all these things want to tell me something, and it's very easy.

Very often we get the answers which we really take the effort to sit down and say why am I so sad? Why am I so angry? Why am I so sad? Why am I so angry? And just if we're honestly looking at it, we find the answer very easy. There are no mysteries and we have always our guardian spirit next to us, we have Christ next to us, we have God in us. These are all energies which want to help us to make this lifetime a successful lifetime. They all want us. This is our last incarnation. We are not supposed to come here back over and over and over again and do the same mess. We are here to clear it up and move on and have a better life. Like the God explained, go on to do hiking or whatever it is in the spiritual world and have some fun. It's time for us to do the same thing.

0:37:54 - Julie

I've heard you say when we get overwhelmed by spiritual advice, to just quote throw out the rules. What do you mean by that?

0:38:04 - Hans

I'm not quite sure in what connection that was quote throw out the rules. I think the answer to everything is we are easily in our head and our thinking and putting it, comparing it. Our body tells us exactly what is right and what is wrong. All these things are in us. So when I say scripture, the old rules and so on, maybe it's worthwhile to just ask ourselves quietly what is going on here, what is here happening, and don't take all the programs and lessons we have to learn from the past, because the answer is always in the here and now. So if I really have a problem right now and all these wonderful spiritual teachings have not helped me anything, go within, sit quietly, ask God, ask Christ, ask your guardian spirit. Can you help me to find the source of it, the answer and what I shall do next? Irrespective of whatever I have thought about it before, and when we are truly open, free of all these kinds of rules et cetera, we will be definitely able to receive some form of message, maybe in words and images, time. They are here to help us. They are so desperately.

The highest form of love is service and divinity. God, christ, god in spirit, and so on, the highest thing they want to do is they want to serve us, they want to help us. This makes them happiest. One day we will also reach it, that service is the highest form of loving. One day we reach it too, and we will understand. It's the most joyous thing to do, and I'm sure you have added in your kind of work whenever you really could be of service. I'm sorry and help them. It makes you feel good, isn't?

0:39:42 - Julie

it Right? Yeah, I agree here to serve others, yeah, yeah, and serve ourselves in the meantime. Yeah, it's all part of the same thing. You talk about guardian spirit. Are you referring to a guardian angel, to what we would call a spirit guide, our deceased loved ones, our friends? To whom are you referring as the guardian spirit?

0:40:06 - Hans

Yes, yes, yes, yes.

0:40:09 - Julie

Is it all one figure?

0:40:11 - Hans

No, it can be. It can be actually a relative. No, we all have got a spirit guide at least one, sometimes more a relative. No, we all have got a spirit guide, at least one, sometimes even more. And that can be a soul who has been a relative in a previous lifetime, even in this lifetime, if they change. But they are always here with us, not always next to us. They are connected through a spirit cord, a connection with us, and whenever we have got something happening, they instantly are with us because they have to do their own work. They are on the other side as well to grow and progress and move on, evolve higher. So they are connected to us and whenever we need them, whenever there is a danger, they are instantly there to help us and they want to help us.

But they are not genies, so we can't say, look, I want to have this Rolls Royce and so on, I'd like to have that one. They're not doing that, they're only helping us, they remind us, they keep us on the path of our soul, to which we have agreed to prior our incarnation, where we have seen sort of an outline of what we will expect when we incarnate all the difficulties, the people we may meet, we may marry, etc. And we want to stay on that path, and they are not 100% happy. If we want to deviate from it, and really strongly, then let it happen. They'll allow it. But for the most part they are gently keeping us on this path and staying with us, particularly when this path is difficult and has really needs some challenges. But if we suddenly decide I want to become an alcoholic, I don't want to deal with anything anymore and I want to drink, drink, drink, drink, they will remind us for a long time.

But if we eventually decide to become an alcoholic in this lifetime or anything else, they will let that allow as well, because we always have the free will. This is the highest gift we have. So we are not like little robots following an old plan From moment to moment. We make our own choices and the guardian spirit, just a little bit, is there, and the one way when this guardian spirit is not with us, close by is when we are sending out negative energy, like fighting, anger really, and being enraged, because that sends out so much negative energy from our aura, from who we are, that they cannot be close to us because they will be affected by that, and that's the only time I'm aware of that. They have to separate themselves a little bit for their own protection, because anger and all these negative, extreme emotions have a tremendous energy potential which we are sending out, a negative potential which they don't want to be affected by.

0:42:54 - Julie

In your videos you show how all the dots are connected. How can we as individuals begin to recognize those connections in our own lives, especially during difficult times?

0:43:08 - Hans

And I think that is the idea, to understand that there are no accidents in life. Wherever I am right now, even in the most difficult situation, this difficult situation is here to serve me. Byron Katie has another wonderful line in the story, which I'll read If this difficult situation you are having right now is the only thing for you to return home, would you accept it? I love that line and because then we sort of are more open to it, because all is here to serve us and to help us.

So we may not be able to connect the dots and and know we mostly do not know why certain negative things happen in our life, because it's often related to past life, to other things. We do not know that Right. So there we don't see the dots connecting. Sometimes it comes with trust and eventually when we return to the other side we say, wow, now I know why these things happen. Yeah, because we suddenly see Maria von Trapp said it's wonderful, life is like the wrong side of a carpet, but one day when we die, we turn it around and it says and we see it makes a perfect pattern. So I like that.

0:44:23 - Julie

Speaking of the deep South, I'm thinking of Scarlett O'Hara in *Gone with the Wind*, and she says tomorrow's another day. You know, there's always hope that something better is going to happen, and it always does. That's right. That's right. You say that there are no mistakes and that truth even when we feel like we've made a mistake when we understand the truth that it brings peace. Can you tell us more about your thinking along those lines? How does truth bring us peace?

0:44:59 - Hans

As I said, we are facing situations. Our life is on rewind. Whatever we're experiencing is basically a movie which we have created in the past coming back to us. All the kinds of negative instances, which are karmic instances, are coming back now, one after the other, so that we can solve them, either to expiate them, feel them, or we are asking for forgiveness and solve it that way. So forgiveness ends with expiation, basically. And so all these things we have created ourselves. That's why there are no coincidences, there are no accidents. We are the ones who have created our own life and we are also the ones who have created our own life and we are also the ones who have created how we look at our own life.

If we are involved in our egoistic thinking and feeling, we are suffering. If we see ourselves as somebody who is in this world, but not of this world from a much higher perspective, a lot of this heaviness will disappear. We can say oh God, this is great. Oh God, don't let me have it. I remember the example of the roller coaster. My wife hates roller coasters. She would scream and I love it. What happens both of us is the same, but we both interpret the feeling differently. So it's up to us of how we interpret life that we are facing, and the dots are always connecting in the end because there are no cracks. It would be an unfair life if anything happens to us which is not for our benefit and which is not created with our consent, and therefore it is all well balanced. Now the one thing is important we can't say to another person oh I'm sorry that you're in a wheelchair, it's just tough luck, see the good about it, etc. We can't do that.

What I'm talking about is only relating to myself. What other people are going through whether it's in Gaza, in Ukraine, in a wheelchair or whatever it is is between them and God. I'm only here if I can help in that instance. That's the purpose why I'm here. Or there can also be a form of reflection for myself. Why am I upset about it? So that I can recognize something within myself. Why do I hate war out there so much? Why does war make me angry? So my immediate question is where am I at war with myself as well? So the outside world, the outside war, can be a fraction of my own war within myself, so I can use that for that. But otherwise I'm not here to speculate on other people's karma and why they're having certain lessons. I'm only here to love. The only thing I'm here to is to love. That is the only thing. Sometimes it means to forgive me, sometimes to make amends, but it is only to love, to love, to love. There is nothing else.

God is ingenious simplicity. There are not many rules. We are given the Ten Commandments, very simple, forward. We're giving the Sermon on the Mount and you can all put it together in the golden rule do unto others as you want to do unto yourself. It's just so simple. The whole life is simple. It's the religions which have made it so complicated and give us the rules, the dogmas, the traditions, the rituals, et cetera, et cetera. It's all bullshit. Sorry, did we? Can I say that?

0:48:22 - Julie

What? Why do we have that? Why are the religions and the cultures like that? Is it all about controlling the masses, do you believe?

0:48:32 - Hans

Precisely. Don't forget, they're all run by males.

0:48:37 - Julie
Yeah, true.

0:48:38 - Hans
True, and they all immediately put the woman as second-class citizen. An old major religion. Women are all second-class. Take the Abrahamic religion, Hebrew, Jewish, Muslim and Christian. They're all. Women are not as good as the men, and it goes in others as well. But there's another topic. I made a video on that one.

0:49:00 - Julie
No, but I think most women are like yeah, whatever, that may have worked for you a long time ago, but not now.

0:49:08 - Hans
I don't believe that. No, of course not now. But that is behind the whole religion. The control, yeah, yeah.

0:49:19 - Julie
When they're reading of you know, the woman has to obey her husband or whatever comes up when we're in church. I'll laugh at my husband and I'll look at him and I'll go, this is just total nonsense. And he'll laugh. He'll be like, okay, down girl. And I'll be like, yeah, I don't buy any of this stuff. And then I'll say to the priest at the end of mass I'll say you did a good job navigating that. I was looking forward to hearing what you had to say about that. They'll talk about how that was written during that time period and here's how we can interpret it today, in our current lives. But yeah, how important is joy and laughter into our individual spirit's evolution?

0:50:02 - Hans
I think joy is another word of our true existence. Like love, joy, this is our basis. And laughter too, I know from the spiritual side. Well, they laugh a lot. On the other side they have a really fun the spiritual, the highly voice-bearing.

0:50:13 - Julie
I know Spirits are hilarious.

0:50:15 - Hans
Yeah, and we don't do that because, again, our jokes are very often on the expense of other people. Our jokes are pretty dicey here generally and also laughing, it's not. Yeah, we are too timid, too tied up and so on, particularly about the Western civilization very much. If you go to Africa, where I lived for a long time, you see much more laughing faces and it's a culture thing. Here. Many people are unfortunately baptized with lemon juice.

0:50:50 - Julie
Baptized with lemon juice. I've never heard that. What do you mean by that? Well, they're sourpusses.

0:51:00 - Hans
You go to the major cities and so on. Everybody goes. You know you don't feel smiling. You're in Alabama. It's a little bit more happier there, I think is sunshine.

0:51:08 - Julie
Yeah, but I've lived in LA and I've lived, you know, I mean, I've lived in big cities and I'm always smiling. I heard somebody say one time, this woman. She said you know, when you smile, your brain thinks you're happy. No, it's the good, it's perfect. Yeah, that's true. Yeah, yeah, when

you smile, your brain thinks you're happy. So that should be the golden rule. And then when you're happy, then you're going to be happy around other people and it's not going to be a slog.

And I agree with you about spirits just being. I find them to be hilarious. And if I'm talking with a spirit of a deceased loved one with the family, and the family is just all bereft and they're, you know, they're suffering because they're missing their loved one, and certainly, yes, that is appropriate. But what I'll find, hunns, is that their loved one in heaven's spirit will say something totally out of the blue that's hilarious, just to lighten them up and to get them laughing, and then that helps the communication flow, because laughter and joy and love are high vibrations. And, hunns, as I always say, spirit don't communicate as easily on the I feel crappy channels because the vibration's too low.

0:52:23 - Hans

Yeah, yes. So, yeah, that's good yeah.

0:52:27 - Julie

There's that, yeah, I agree. A couple of questions, a couple more questions as we're winding down here. Do you have a couple of tips you can share how we can uncover our soul's purpose?

0:52:41 - Hans

tips you can share how we can uncover our soul's purpose.

The first thing which comes with a soul's purpose I would be very careful to find the soul's purpose I personally would say with the general purpose for most of us there are exceptions is to to clean up our own act, which means be aware of all the stuff which upsets us and reflect on this one and see where it is, just what we can do about it. I think the main, main purpose for most souls incarnated is to clean up their own act so that they can go up back home to the higher vibrations. But to do this and one of the most powerful truths I found in my own life is gratefulness. Always remember any day, any moment you can thank you for the sunshine, thank you for this, thank you that I can walk or sit here or talk with Julie. This is at any minute. The gratefulness brings me in a totally different vibration, into a higher vibration, and a lot of the negativity falls away when I focus on so much. We can be grateful.

You mentioned it's a simple thing. You want to live there, like Scarlett O'Hara, but with air conditioning, you know. I mean, think about air conditioning, a simple thing we take for granted.

0:53:45 - Julie

Yes, until it's on the fritz. It's not working and you're thinking oh my goodness, yeah, exactly, exactly, I agree. Last question why do we incarnate?

0:53:57 - Hans

Well, I think for most of us it is to really undo our karma, but there are also many others who come here to help in these particularly negative times, difficult times, which we are facing, soon, already facing, in many parts of the world.

We always mustn't forget that so much is suffering out there and there are so many helpers who have come here to see, like midwives, to help this earth getting into the new vibration, into a higher kind of density, and a lot of people need help and guidance. So what you are doing there, you're helping a lot of people with your weekly programs to find themselves. To find themselves, I would say that's basically the answer To really know what's about and change their lives. So I think there are a lot of people who have come here for that purpose as well.

They may not have all much karma, but they're coming here to service, because service is the highest form of love and we may even want to come back one day to incarnate again, not because we have to for karmic reason, but we want to help our brothers and sisters.

0:55:13 - Julie

Lovely answer. You are every bit as wise and charming as I knew you would be. Oh, you're so sweet. Thank you, Julia. Your videos are amazing. They are for those of you that aren't familiar with Hans' work and I want you to tell everybody how they can find them here in a second. But they're so simplistic. They're so simplistic and you're talking and you're drawing these different illustrations of how it all works and you're hitting it on a bunch of different learning levels, so it sinks. I find that they sink in in a different kind of a way, instead of just hearing it or watching a movie about it or something. The way that you're presenting these concepts and the way that they are absorbed, I think, is why you get 20 million views on a lot of these which is a feat in itself.

Congratulations on that. That's amazing.

0:56:10 - Hans

Yeah, thank you. Yeah, no, I feel so too. Sometimes it's just a simple way of drawing things. You don't have to have big AI and all this kind of stuff. Sometimes it's just a simple way of drawing things. You don't have to have big AI and all this kind of stuff by simple drawing and explaining this, et cetera, and we understand it. And because a text, when I read a book, it doesn't always clear in my head and when I draw it out that's why I'm an illustrator it makes more sense to me and I'm happy to share that and I'm happy that.

0:56:36 - Julie

So many people respond to it. Well, thank you for doing this work, because obviously you've been led to do it and it's benefiting people all over the globe and, who knows, maybe in galaxies far, far away too. But it's just thank you for taking that step to really follow where you're being led and use your skills as an illustrator to make things more understandable and also to share the guidance that you've received.

0:57:08 - Hans

That's resonated with you yeah, yeah, thank you, yeah, yes, I will continue, like you will continue. We will see where it takes us. And anybody benefits who benefits from it is great, and those who can't handle it, that's also great.

0:57:23 - Julie

That's fine, too right. How can people watch your videos? How can they learn more about you and your work?

0:57:29 - Hans

Easiest for me. I think you go to YouTube and you punch in my name, Hans Wilhelm I'm sure you see it somewhere here on the screen and then you will immediately guide it to my YouTube channel. But I also have the same videos on my website. It's called lifeexplained.com. And there you have got also some history where I make it and some other stuff and testimonies etc. If you're interested in that and anybody is welcome to write to me I usually answer all the emails I do get. They may not be answered within the same week but eventually I get around to them. And if you have questions but before you have a question, I suggest you watch, you go to the index and you see any of the videos, because most likely the question you're having I have already answered in my 170 videos on all kinds of subjects. But again, if you can't find the video, I'm happy to guide you to it.

0:58:23 - Julie

Wonderful All righty. Hans, thanks so much for sharing your wisdom with us today. In the meantime, sending you all lots of love from Sweet Home, Alabama, where my air conditioning is working fine, thank you very much and from Connecticut to where Hans is, and I hope your air conditioning is working well up there.

0:58:42 - Hans

Yes, we need it today. Thank you, Julie, lovely to meet you.

0:58:45 - Julie

Thank you, bye, everybody. See you next time.

0:58:48 - Ancr

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

0:59:03 - Disclaimer

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