

## AJR Lynne McTaggart Transcript

0:00:00 - 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.

0:00:42 - Julie

Hi everybody, 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. What if the next frontier of healing isn't medicine, but the mind? Is there an invisible field connecting all living things, a divine matrix that responds to thought and emotion? Well, my guest bestselling author and consciousness researcher, Lynn McTaggart, returns to the show to reveal compelling evidence that intention, prayer and focused awareness can transform not only our bodies but our entire world. Join me as we explore how universal energy bridges science and spirit and why your consciousness is far more powerful than you've ever imagined. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Lynn. Lynn, welcome back to the show. Returning Champion, I'm so delighted you could be with us again today.

0:01:52 - Lynne

I'm thrilled to be here with you. Thanks so much for having me my honor.

0:01:57 - Julie

Do our thoughts create reality or do they simply tune us into a version of us that already exists?

0:02:14 - Lynne

Ooh, what a question. Well, if it tuned us into a version that already exists, that would mean that there is no agency in the world, that whatever is going to happen to us is already set in stone. I don't believe that. I believe that we live lives very much like a quantum particle, in that it's a potential of something, and with quantum physics, we all know that subatomic particles aren't an actual something, they're a potential of something. They're every possible self all at the same time, and what collapses it down to a set entity is an observer. And, as with subatomic particles, our lives are affected by our intention, our attention and our intention, which is like observation every moment of our lives.

0:03:08 - Julie

I completely agree, and that subatomic particles and potential and all of that is way above my pay grade. So that's why we appreciate people like you who can understand it and translate it into understandable languaging for the non-scientific mind like me. Thank you so much. That was beautifully said. You say thoughts are things. What's actually happening on a quantum level when we focus on an intention?

0:03:38 - Lynne

Very much what I just explained, which is subatomic particles of which we're all comprised. You know, our nethermost level is a vibrating packet of energies constantly changing and shifting, and all a potential of something. But what collapses? That is our observation. What shifts them into a particular direction even more is our intention, the idea that our thoughts are

an actual something with a capacity to change physical matter and even change the course of our lives. We all have this gift. It's not anything unusual, although some people are better than others. But everyone can be trained to use intention, and that is a great deal of my work is training people in how to use intention, particularly in groups.

But there are four really important points about thoughts. Number one thoughts are light. We see from the work of the late Fritz Albert Popp, a physicist in Germany. He discovered that all living things, including human beings, sent out a tiny current of light and this light is synchronicitous with other living things. We're sending this back and forth like a conversation in light. But what he also discovered through a lot of experimentation, as did other scientists, is that light increases when we send intention, that light when healers send healing, intention increases significantly. So somehow light is tied up with thoughts and he saw that lights are almost like a conductor in the body, this particular light, very light, current, very small current, called biophoton emissions. So that's number one.

Number two thoughts are global. There's new evidence that this light goes through the scaffolding of every cell, and if I could show you a picture of this, you'd see our cells are filled with this scaffolding. So just think about that. If they're going through every cell, all of this light which is in some way attached to thoughts, then we're drowning in our own thoughts at every moment. Third thing to understand about thoughts is thoughts are trespassers. We're all leaky buckets and our thoughts go out into the world. They affect other people, they affect other things and since we have about 80,000 thoughts a day, it's kind of scary to think about that, because most of those thoughts in almost everybody I meet are not positive. They are things like they're a constant inner narrative my bum looks big in this, I hate my hair, I hate her hair, her bum looks big in this and so forth and it's negative, negative, negative all the time. And that all of those thoughts, every last little mendacious thought we have, becomes an intention and essentially, collectively, they become our life's intention.

0:07:17 - Julie

Why are most thoughts negative?

0:07:20 - Lynne

Because we are. I think it really has a lot to do with the scientific story we're told. The scientific story we're told is that essentially, we're all separate. We're separate well-behaved things operating in a very well-behaved universe behaved universe. And also we're all very influenced by Darwinian theories, which is there's not enough to go around, so life must proceed through struggle, and that I got to get there first.

Eat or be eaten mentality is the source of a great deal of suffering all the time because we're never good enough, we're never going to get there. We're constantly fighting and striving all the time, and I think that's a lot of it. So the idea of competitive individualism is really a great deal of the heart of why we're so miserable and why we're all so negative. So that's one of many things I mean. It also has to do with our past, how we were brought up, whether we were loved, all of those things. Do we have friends now? Do we have connection? We need to belong essentially more than we need to breathe. So if we don't have that too, we are miserable. But we're beaming out that stuff all the time and it's a constant broadcast. That's the fourth one. We're beaming out every single thought we have which, as I say, becomes our life's intention, unless we learn to be much more intentional in our thoughts.

0:09:09 - Julie

I've heard from more than one teacher that we have 17 seconds to change our perspective and therefore our thought on something before it has an effect. Have you studied that, have you read research on that, or is that just something somebody pulled out of the air?

0:09:27 - Lynne

I think it's something somebody pulled out of the air. To be honest, you know I don't want to comment on other teachers, but I tend to look at things from the aspect of proof and science. And when I look at things like intention, I prove it. I run 42 intention experiments. Now 38 have shown measurable positive, mostly significant effects. The last one was done February 1st. We sent intention to lower violence in three of the most violent neighborhoods in Washington DC which sit right across the river from the Capitol, and we thought, well, we'll focus on those areas because we can measure whether we have an effect and it might just waft across the river and help those folks in the Congress well, those folks in the Congress. So and we had a positive response you could see violence going down immediately after our intention, just a big dip in the three areas we chose. So I like to approach everything from the point of view of science, of proof, et cetera.

And there are so many urban myths about intention and I try to avoid those. You know, for instance, you better not name something like cancer or you'll get more cancer in your intentions. That is not true. I've done many, many thousands of intentions, as have my students and many of them have concerned healing from cancer and that did not increase cancer. In fact, one of the women in my own Power of Eight group had supposedly terminal brain cancer and we did intentions for all of her stages of healing and she's now completely cancer-free. Doctors thought she was going to die. So I know that's not true. So this is the problem with, of course, this area it's ripe for all kinds of theories, all kinds of thoughts about what works, what doesn't work, etc. And I always like to say everybody's stuff works to some degree.

0:11:52 - Julie

But what I try to do is to try to marry it with what's been demonstrated to work what's been proven to work Well and languaging is so important and that is an outpouring of the thought. Certainly, back to the cancer example. When I have clients I say you're not in remission, you're cancer free. If I went in and had the same test, they would say, oh, you're cancer free, you don't have cancer, instead of I'm in remission, which they're thinking oh, my God, it's going to come back. When's it going to come back? I got to go in and get re-scanned every three months, every six months, whatever. And so I talk to them about languaging, which obviously is predicated by what are they thinking and what have they been told.

0:12:43 - Lynne

I know and I hate that term, remission too. I think that's a really negative kind of thing and you know, doctors are worried about libel, you know, and they're worried about getting sued for something, so they don't want to be positive or encouraging about anything. Which is just crazy, because a brilliant study I saw not long ago showed a 61% difference in patient outcome between doctors who said, yeah, we can handle it, and being positive and saying, listen, this is going to work for you and, yes, you can heal, compared to ones that said, well, I don't know really, we're not really sure what you've got, but we'll give this a go, we'll give this medicine a go and it may or may not work. Go and it may or may not work. 61% difference. So, in my view, I even teach a course called Become a Better Healer, because I was so appalled by the languaging that therapists of all varieties, health professionals of all varieties, use that I thought perhaps they need help, a little course in how to be positive coaches themselves, so that that's what the course is, mm-hmm.

0:14:12 - Julie

Does the universe respond differently to individual versus collective prayer or thought?

0:14:21 - Lynne

I like to distinguish intention from prayer only, because prayer and prayer works, no question, but prayer tends to be more of a supplication. God, you decide, you know better than me, you decide for me, whereas intention is secular and it is a respectful but very specific request. So

you asked if it's more powerful collectively or individually. In my experience it's more powerful collectively for many, many reasons. I think there is the power of group intention, which seems to supersize things. There are group effects. Everybody gets lifted in a group of any sort. It's a collective effervescence, as the psychologist, the French psychologist Emile Durkheim, put it. French psychologist, Emile Durkheim put it. There's altruism, which is so powerful in a group, not just for the recipients but the senders.

I have found many people who are stuck with intention when they get off of themselves, and that's what I will usually say to them get off of yourself, intend for this person over here who needs this intention more than you do, and invariably the sender will experience a big shift in his or her life.

And then there's oneness, which is, I think, the most powerful element. I've certainly seen that in brainwave studies we've done on power of eight groups, as I call them, and very quickly people in those groups. When we've measured them with brainwave measurements, with EEG caps, we've found that very quickly the parts of the brain making us feel separate and also the parts of the brain involved in worry, doubt, negativity, are all dialed way down. And so what people experience and they always describe it in our power groups is a feeling of ecstatic oneness. They have experiences and their brainwave signatures demonstrated. Their brainwaves are almost identical. Those patterns are almost identical to the brainwave signatures of Sufi masters and Buddhist monks during ecstatic prayer, as measured by a neuroscientist called Andrew Newberg at the University of Pennsylvania. So what we see is powerful effects with a group that magnified because of the group compared to individual intention. So individual intention works, no doubt, but it seems to supersize in a group.

0:17:33 - Julie

I have two comments about that. Number one, on my call-in show on Thursday nights. People call in from all over the world and we can talk to your dead grandma, I can scan your cat. We can tell how close to death somebody is. You know, talk to your dead grandma, I can scan your cat. We can tell how close to death somebody is. You know, I'm like a human MRI.

Most of the questions are medical related and so when there's a healing happening on somebody in Singapore or whatever, I'll tell everybody listening hey, focus on what I'm seeing, picture what I'm seeing. We're all sending a healing collectively to that person. And I've lost count of how many people have emailed me over the years saying I had the same thing going on and my symptoms went away. I was healed by just focusing on Susie Mae, who called in from wherever to your point. And I also tell them it doesn't matter if you're listening to this live or if you're listening to it five years from now, because time isn't a thing in the spirit world and it's been remarkable.

Furthermore, oftentimes when somebody is having surgery, I can see in the OR remote viewing, I can read the anesthesia equipment, I can see how many surgeons are in there what they're doing. I'm an inventor of surgical devices sold throughout the world, so I spent decades in and out of surgery and I can tell all of that. And there are always spirits that are in the room that are connected to the patient who's having the surgery. Their guardian angels are over anesthesia, the surgeon spirits are up above and there's always a correlation with how much prayer is being said for them, Lynn, and how many spirits are in the OR suite Always. And if I see tons of spirits in there and I'll describe what they look like and they'll say, oh, that's Grandma Ann and that's Uncle Charlie, and that's whoever.

And I'll say, is there a lot of prayer being said for your sister? Is she on a bunch of prayer chains? And inevitably they'll say yes, and I've seen it so many times now that I just don't even question it. I always say I know there's a lot of prayer being said for your loved one because there are so many spirits in the OR that are there to support them. So there's some

confirmation for you too, that power of the thought of these people. I was on the board of a motherhouse of an order of nuns that taught my son and even today, when there's something big going on, I'm calling the motherhouse in Nashville and I'm saying get them on the big board and they'll send it around the world to where their sisters are and they'll have all those schools and all those nuns praying for whoever and it works wonders. It's amazing.

Were you always interested in the scientific aspects of woo-woo. I'm calling woo-woo a source.

0:20:31 - Lynne

Well, I started out life as a hard-boiled investigative reporter. I mean, my first big story was in my early 20s when I posed as an unwed mother and then as a prospective adoptive parent and broke a giant international baby-selling ring and I had tape recorders and all of that kind of stuff.

0:20:58 - Julie

You were like a secret agent.

0:21:01 - Lynne

So my work was all about hard-nosed stuff from the beginning and I was going to put bad guys in jail. That was what I was planning to do. So that kind of attention to making sure I've got all of my facts straight has never left me. That kind of skepticism that you have to develop as a journalist has never left me. So I have always been interested in esoteric stuff. But I really got involved with this after starting a publication with my husband called what Doctors Don't Tell you and called what Doctors Don't Tell you, and it was only a few years after we'd launched that, in 1990, that I started getting interested in spiritual healing. Because I was looking for good evidence anyway of what works and what doesn't work in conventional and alternative medicine, mostly what works in conventional medicine, what doesn't work in conventional and alternative medicine, mostly what works in conventional medicine, what doesn't work in conventional medicine and what works and is better and safer in alternative medicine. And that really was the focus of our newsletter Now on Magazine. And so I started looking at evidence for spiritual healing and I was amazed to see there had been pretty good studies of this. So I wanted to find out why. How come you could have a thought and send it to someone else and make them feel better.

Onto writing the field, which I didn't even know what I was looking for. I just thought, well, I'll talk to some scientists who could probably tell me there's something like human energy fields or whatever, and I'll write it up and that'll be that. But that wasn't that. What I discovered was a lot of scientists working this area who had discovered one little piece that together compounded into a completely new science, and so that became my job Number one, to piece it all together, and number two, to translate it into plain English, because scientists don't talk in normal English, they talk in math, they talk in code. So that became what I needed to do to write my book the Field, and that really changed me.

But, as I say, that desire to demonstrate that, to demonstrate well, actually, this is really true. I'm not just making this up, there's evidence for this. It has never left, and it's what we do with our magazine what Doctors Don't Tell you. It's what we do in all of my work. It's always and in fact I'm writing a new book that I'll be publishing next year that is also looking at everything, and I'm interviewing people from MIT and Princeton and UCLA and all of those places, because all of this stuff is there and laboratories just hiding in plain sight.

0:24:39 - Julie

I love it. You're amazing. I have learned so much from you over the years and I've just lost count and I want to get to your magazine here in a couple of minutes. First, do negative emotions or fear interfere with the energy of intention?

0:24:58 - Lynne

Negative- emotions are an intention, negative emotions are an intention, and the sad thing about intention is that's a big statement- that's a big statement.

0:25:16 - Julie

Yeah, negative emotions are an intention. Wow, that's profound and nobody thinks of that.

0:25:25 - Lynne

Wow, that's profound and nobody thinks of that. No, and it's scary to think about it. But there have been studies comparing negative and positive intention and the problem is negative intention works just as well as positive intention. I mean, there've been studies trying to stunt a plant's growth with negative intention and then turning it around and doing a positive intention and both worked well. Qigong masters know this when they want to fight an opponent, they use a thing called destroying mind, which is essentially negative intention. So it works just as well.

And thankfully, when you talk about group effects, thankfully there are not so many people who understand that you need to be very focused and intentional and use certain techniques to be effective with intention, or, you know, we'd have another Hitler around. So there still are those negative influences. But what I worry about most of all is just the negativity people walk around with. There are negative emotions all day. Every day are an intention and collectively they become your life's intention. So if you are, you know, constantly thinking those negative thoughts, they're beaming out, as I talked about earlier. They're beaming out and they're becoming your life's intention.

0:27:05 - Julie

I call that living on the I feel crappy channel. It's just feel bad. And I find too that when we change our perspective and change our thought, you know, because our thoughts create our reality. That's what you've basically been saying in this conversation. It's fascinating how it shifts and it can be instant and you go on the I Feel- Good channel.

0:27:38 - Lynne

Yeah, absolutely, it can be instant. That's the thing about. That's why I said, well, not 17 seconds, it can be instant, it's instant. I've seen people instantly heal and, with a change of thought, with a different intention.

0:27:53 - Julie

Fascinating. Was there a moment that first convinced you that consciousness might not just influence matter, but actually create it? Can you think back to when you first stepped into this wormhole of consciousness? Was there something that you thought, whoa, this is really real, even before you read the studies, or maybe during the studies?

0:28:22 - Lynne

I wasn't sure what I was looking for when I first started the field. It wasn't like I had a preconceived notion of anything. I just thought, well, there's something interesting in this whole spiritual healing thing. I'm not sure what it is. Maybe there are energy fields in the human body, but I'm not sure about this. And I approached it.

You know, to be a really good journalist, you shouldn't approach anything with a point of view, and that is the problem with all journalists these days. When they're reporting on political

events, they don't report on it. What they do is opinionate about it. You know, they have an opinion about Gaza, they have an opinion about Trump, they have an opinion about everything, and that becomes a broadcast, and it's not the way it used to be. So you know, in the days of good, old-fashioned journalism, you just report on what you find, and whatever that is, whatever that is, you have to be okay with that conclusion.

So for me, when I start a book, I may have an idea of what I want to do, but I have to be open to going wherever it takes me. And so I did not know what I was going to find and I didn't know what kind of science there was going to be, and so the research was a journey of discovery, as it has been for my recent book that I've recently completed. That'll be out next year. It's called the God Notes, and it was the same thing. I wasn't really sure what I was going to find, and my mind was blown all the time. So it's always blown when I find stuff, because I don't have a preconceived idea of what I'm looking for.

0:30:26 - Julie

And don't you love it when science catches up with woo-woo? Woo-woo's been around since the beginning of time.

0:30:32 - Lynne

Oh, absolutely, and that's really where my work sits.

0:30:36 - Julie

It sits in proving the impossible and living the miraculous, essentially, I get to do that every day too, and it's so much fun. That's the thing that surprised me the most about this work is how much joy is involved in it and how spirits are just hilarious. I mean, they're just hilarious. I don't know why. I didn't expect that, because it's pure love and joy, so of course it's supposed to be fun. But oh my God, some of the stuff they come up with just is a riot. Can intention alone heal the body, or does it need to be combined with emotion and belief?

0:31:22 - Lynne

Emotion and belief are one of the areas that need to be cultivated when you do intention. You know I teach in my masterclass, which is my Power of Eight Intention Masterclass, which kicks off in the beginning of the year and runs for an entire year. I teach 13 keys to intention mastery, and one of them is infusing it with emotion. It's not an intellectual exercise. Doing an intention, it's a heart-based one, and I help people learn how to open their hearts with intention, and belief isn't essential to getting an intention, and I'll give you an example of that. I have many examples of that. I have two that I can think of that are fun. One was a talk I gave at Mile High Church a few years ago and I had an audience of 700 or so and I put people in power of eight groups at the end. Those are my small group healings that we always do for anybody who doesn't know what the power of eight is. So I put people into groups of eight or so and I had them do a healing intention for a member of the group with a health challenge. Now, one of the members of the audience was a woman called Faith who had no faith in me. She didn't believe one word of what I had just said in my whole talk. And she went along probably because of her friends with this Power of Eight group and she didn't intention for someone else thought the whole thing was BS, except that she had really bad excuse me back pain and by the end of this session she had no more back pain. So that kind of blew her mind because she was skeptical of the whole thing.

And the other example I have is a young boy who tried to commit suicide. He was 15 at the time because he'd broken up with his first serious girlfriend. His parents called me because he had gone to the hospital. He threw himself off a 40-foot structure onto hard ground and he broke every bone in his body and he had nerve damage, brain damage, et cetera. Doctors didn't think he was going to live. So I had my community, my master class at the time send him, excuse me. So I had my community, my master class at the time, send him healing

intention on successive Sundays and his parents sent a running commentary to me about how he was responding. Lucas, his name to all of the intentions we were sending and he was immediately improving after each one and upshot is he got out of the hospital in record time and now, some years later, he's a really healthy young man in his early 20s.

Now the interesting part about this, though, is Luke did not believe one word of what we were doing. He said okay to getting intention said for him, but, like most adolescents, he thought his parents' beliefs about everything, including this woo-woo intention stuff, were complete nonsense, and so he didn't believe it at all. He thought it was all pretty stupid. Nevertheless, he got healed in record time. So belief isn't necessary. It always helps, but it's not absolutely necessary.

0:35:14 - Julie

For those of you that are interested in learning more about the power of eight groups. We talked about that in length when you were on this show before, so we'll put the link to that conversation in the show notes and then, certainly, whenever anybody goes on your website which we'll talk about in a minute they'll find it there too. But you and I had a wonderful discussion about what goes on in those groups, and it's almost miraculous, based on what your research has shown. Let's change directions for a minute. What's the field, and is it scientific, spiritual or both?

0:35:56 - Lynne

Okay, great question. The field actually is an entity, a scientific entity out there that every quantum physicist understands and knows about and has known about for more than 100 years. Subatomic particles, as I say, aren't particles at all. They are vibrating packets of energy, trading energy with other subatomic particles. So there's a little game of tennis going on between all subatomic particles and in that game they create a little virtual particle that stays there for a blink of an eye, less than a blink of an eye, and then disappears. Now that coming in and out of existence of all those little tennis balls, subatomic tennis balls creates a giant energy field called the zero-point field. Energy field called the zero point field. It's so energy dense that if you were sitting a yard away from me, the energy between us would be enough to boil all the oceans of the world. So that's energy dense. I mean, it's got more energy density than a neutron bomb neutron bomb. But here's the interesting thing about it it's called zero point because even at temperatures approaching absolute zero, when all things are supposed to stop moving, these subatomic particles continue on with their little tennis game, sending it back and forth, sending it back and forth. And the reason why there is so much energy is that it's every subatomic particle in all the things in all the world. This is just this unfathomable amount of energy. Now you asked, is this spiritual? Well, there's two big spiritual implications of being part of this field. We are all part of it. Our subatomic particles are sending this energy back and forth. They're having tennis games with all the other subatomic particles in the universe too. So we're part of it. When people say how do I enter the field, I say you don't have to, you're already there. You're already there. But there's really interesting implications.

Number one subatomic particles are also waves. They're called particles but they're not. As I said, they're waves and those waves theoretically go on to infinity and they're all part of this giant field. So if we're part of it, we are. Essentially we have access to all that information in the universe, and here's why. Subatomic particles have well, subatomic waves have a near infinite capacity to store information. If you took the Library of Congress and you put it on a subatomic wave, you could fit it in the area of a sugar cube. Remember, the Library of Congress has every book in English ever written. It could fit on a sugar cube. Wow. So that's how much information can be put in a subatomic wave. So theoretically we have access to all the information in all the universe. The zero point field is essentially a library of everything that ever was, and if subatomic waves are all part of this field, we are theoretically connected to everything else.

And I have seen this in my intention experiments, when I've run them, experiments from, say, Sydney, Australia, to a target in Tucson, Arizona, 8,000 miles away. We still have an effect. We also have an effect when people are doing these experiments in front of their computers, isolated from each other, sitting in places around the world. They still have an effect. So that is like a psychic internet and that is likely because of the field. So there's a spiritual component as well as a scientific component and I always like to find that place where both meet and that's really pretty much where I like to sit.

0:40:31 - Julie

I want to go to something different here. When you were on the show last time over a year ago and I really got to do an in-depth conversation with you, I subscribed to your what Doctors Don't Tell you magazine. I want everybody to know about it. It is superb. It is one of the best resources I've found and seen in a long time. I get it online, but I also get the paper version, this newest what do you call it?

This month's one is called A Good Drug Turned Bad Natural Alternatives to Antibiotic Dangers. And in your editorial here at the beginning, I love when you say you know some drugs are used for a multitude of things, and antibiotics they are the prom queen. I laughed so hard when I read that. Lynn, that is so fun, but we all have taken antibiotics. God.

I was on antibiotics four and five times a year for the first 40 years of my life and it ruined my gut, which caused all kinds of other health issues. So that's the latest issue. The one before I love, too, the lazy bones issue, and it's all about how we can increase our bone strength and how can we do that without some of these harmful medications. So, having said all that, first of all, bravo. It is just extraordinary. The magazine is really, really, really terrific. I think you guys all need to subscribe to this. As a co-founder of what Doctors Don't Tell you, which is such a great name, did you just wake up one morning inspired to start a magazine, or was there a catalyst that really led you on this journey?

0:42:28 - Lynne

Oh yes, there was a catalyst, that's for sure, which is I got ill in my early 30s. I married Mr Wrong and I made a bunch of bad choices. I chose the wrong job, I had all kinds of things that weren't the right choices, and I suddenly got ill and nobody knew what was wrong with me. And, by the way, when I say I married Mr Wrong, it's not my current husband, who we just celebrated our 35th wedding anniversary. So this was my starter marriage, as I like to call it. Here's your practice round.

0:43:07 - Julie

Here's your practice.

0:43:08 - Lynne

Yeah, it was my practice round, absolutely. So I got ill. Nobody knew what was wrong with me. I was getting all kinds of symptoms and I went from conventional doctors to the very outer rim of alternative doctors and practitioners and still nobody could figure it out. I mean, I was learning things about my relationship with my mother, but I wasn't getting better. So I finally thought, okay, if I'm going to get well, I'm going to have to research this myself. I'm going to figure it out. So I researched what I thought I had and I found a nutritional doctor, a real pioneer, over here in the UK. I had moved over just a few years before that and together I went to him and I assumed what I thought I had was maybe what was a very new thing at the time, which was candida. I thought I have a bad gut and it turned out to be true. I did have a bad gut and we worked together for about a year to get me completely better. So I was very inspired by all of this and I started telling everybody and I started getting boring on the subject. I think and my husband, my new husband, who is Brian, the guy I'm still married to 35 years later is also a

journalist and he said don't tell me, tell the world. So he suggested why don't we kick off a newsletter? So we both founded this and we were also inspired by.

Years before, I had been the managing editor of a thing called the Chicago Tribune New York News Syndicate. I worked in what was the Daily Planet, the building for the Daily Planet for Superman and I was the managing editor of all of their columns. And one of the columns I helped to launch was a column called People's Doctor and it was a column by a guy called Dr Robert Mendelsohn, who was like your kindly grandfather and he was on the board of licensing for the state of Illinois, and what absolutely blew me away was he was savaging modern medicine and just saying this doesn't work and that doesn't work and talking about how medicine wasn't a science, it was a religion, and that actually influenced me to start researching. Some of the stories I did tended to move toward health issues more and more, but it wasn't until I got ill that I really thought you know what? We need a publication, and it really is my husband who pushed it.

We need a publication that's going to talk about alternatives to conventional medicine, which for anything other than antibiotics, and I challenge everybody out there if you can tell me any drug out there besides antibiotics that actually can cure you, actually cures you rather than maintains things or lessens symptoms or something like that. Stop whatever you're doing and write me immediately, because in all of the time that I've been doing this since 1990, I've only been able to find one drug that actually cures things, that actually completely and utterly eradicates things. So what I felt was really important was to find lots of other medicines that are out there that actually do cure chronic illness, and that's the one I'm talking about. I mean, I think conventional medicine for emergencies is brilliant stuff. You know, if I get run over tomorrow by a bus, I want the best of. High Modern medicine falls well behind a lot of alternatives, and we've been researching them and finding the proof for them for now 35 years.

0:47:40 - Julie

I see so much yeast overgrowth when I'm scanning people. I mean it's just every day I'll have somebody and it's really the root cause of so many symptoms that modern medicine doesn't believe are related because we're so siloed. You got the neurologist and the gynecologist and the whateverologist and it's fascinating. Inside the body Again, I'm like a human MRI In some people. I saw this in a woman yesterday. It looks like a roux when you mix flour and water together to form, you know, the base of a gravy or a sauce. Her whole GI tract was like that and then I can see the leaky gut. And so we work on that and it's fascinating how much of it is. It's so commonplace and it's caused by overuse of antibiotics and other things too steroids, but antibiotics for the most part. Studies show more than 60% of people don't trust their doctors. Why has the gap between patients and their doctors widened so much in the last what 10 years or so?

0:48:53 - Lynne

I think there's several reasons. Number one doctors can't really cure chronic problems. And remember, too, modern medicine. We call it modern and we call it, you know, we think of it as medicine, the only medicine. But what we consider modern medicine, as in drug-based medicine, is really only come about since around the 40s, 1940s, with the advent of antibiotics, with the advent of steroids, and let me just point out that both of those drugs were life-saving and are life-saving Still are.

I wouldn't be here if it weren't for antibiotics, because my mother had a life-threatening infection and was developing something akin to sepsis and she was getting last rites and everything and then the doctors at the last minute pulled out what was then rather experimental, an antibiotic, and it saved her life and I have to thank antibiotics for my existence. But it's just. The problem is it was a good drug and it's now turned bad because it's used for everything, even a cold. When antibiotics which tackle bacterial infections are used for

viral infections like colds and for anything, they're used as a just-in-case medicine and that's what's made it dangerous. Same with steroids when they were used for life-threatening things and conditions, they were great medicine and now they're used for everything. You got an itch, you get a steroid. So I think that's why people have come to distrust their doctors, because the drugs in the main don't work. They just maintain symptoms, perhaps, but they come with a load of other symptoms. You know, and when you look at we're just finishing up an article that is looking at you know how many, what percentage of people who went to the hospital to have something treated come out of the hospital with a complication or something else, a new illness, a new condition. So this is the problem. People are now realizing that it's not the doctor who's the problem, it's his tools. The other thing they don't like about their doctors is this doctor has forgotten how to be a cheerleader for possibility, and that is what he needs to be.

And I'll give you an example of this in my mother-in-law. My mother-in-law, at the age of 79, had end-stage breast cancer. She'd hidden it from everyone. Her breast was like raw meat. Her general practitioner examined her when she finally was in pain and had to see him and said to us I'd get her things in order because she's only got three months to live. So it was too late for her to have chemo or radiotherapy and all of that.

And we convinced her to come to a doctor we knew of who was a medical doctor but was treating cancer differently and wasn't losing many of his patients. He had over 2,000 patients and they were in the main living and so we brought her up to see him and his name was Dr Patrick Kingsley, and I was in the room when he examined her and he looked at this breast that was raw meat that her doctor had recoiled from and he said we can handle that. And he was right. He handled it. He gave her high dose, very high dose, heroic doses of intravenous vitamin C and a cocktail of other supplements. He changed her diet so she was taking out sugar and a few other things and within three months that breast that was raw meat was completely healed. She lived for many more years. In fact her husband died before her.

So I think that where the real healing occurred in that examining room, when Patrick said to her we can handle that, because to me the greatest medicine of all is hope. Hope is the best medicine there is and we see it over and over and over again with placebo studies. When a doctor tells a patient, even if the bottle says placebo on it, if the doctor says to them. This will take care of it. It often does, and that is all about hope and belief, in other words, an intention. It's about your thoughts.

0:54:14 - Julie

And that's when people come to me and my graduates to say they've exhausted their regular medical Western medicine as we know it and they're thinking, well, heck, I don't have anything to lose with this energy medicine stuff. And then, when they're paying attention to what I'm describing, that I'm seeing in my mind's eye the healing that's happening. They heal and it's spirit working through me and with me to help them heal themselves, because nobody ever heals anybody else ever. No doctor, no healer, nobody. And I like to use the example of you got a big cut in your leg and you, on your leg, you go to the emergency room and they stitch it up. That doctor doesn't make your skin grow back, you make your own skin grow back, and that's one of the things that I love so much about.

Your magazine Lynn is like just on the, the antibiotic topic, we hear, well, you don't, you don't need to be on antibiotics, but then okay, so what do you do? And you've done all the legwork and all the heavy lifting and you have this huge index just in this issue alone, let alone on your website for the magazine of okay, this is going to take care of this problem, this is going to take care of that problem, and it's always a combination, as I see it, of Eastern medicine, western medicine, energy medicine. It's all part of the healing equation and you really have just streamlined it for people. And this is just one topic. You guys and I promise you I'm not on her payroll, but that's how impressed I am with your magazine A couple more questions as we're

winding down here. How can we become smarter consumers of information? There's so much out there. You touched on, really, the journalism bias that happens routinely in this day and age, not to mention the AI-generated stuff. How do we discern between what's real and what's not? Can we?

0:56:14 - Lynne

That's a really good question. And also, should we be living in a constant diet of negativity, which is the nightly news? It's biased negativity which is the nightly news. It's biased now biased politically.

I would say there are several ideas. One is watch things from different perspectives, sometimes not just your own, not just your own political beliefs. Don't just listen to echo chambers. Try to get information from both sides and then make your own, find some credible sources. So what we tend to do, what I tend to do in all my work, is reference it.

So the magazine itself, our magazine what Doctors Don't Tell you, has scientific references in there. They're in little, small boxes and just so. The magazine is consumer friendly. We write for consumers, so there's no complicated notions in there. But if you want to know about where we got this stuff, it's right there in black and white, and I think that's really important. I do that in my books too. I've got the references and you don't have to read them, but they're there if you need them, and it's to demonstrate to people. I'm not making this up and I'm not coming at it from a political point of view or a strong bias, because, as I say, I'm one of those people who I became a journalist because of Woodward and Bernstein. I watched them when I was a young kid and I just thought, yeah, they took down-

And that was the Watergate scandal for those who don't know.

Yeah, yeah, that's true, but I just thought, wow, that's a great thing to do and that has never left me to that responsibility. So I would say, be very discerning about where you get your information, and not just over the internet, not just over TikTok, and certainly not just on some of the nightly news. We're shocked at how biased the BBC is, for instance where I live over here in the UK. So I think it's really important Look from several points of view, find a place that is as neutral as it can and, you know, don't drown yourself in the news, because you know a lot of modern news is written to shock you, upset you, entertain you and that's considered entertainment Now. So try to get yourself from your information from more neutral sources so you don't take it in too, because I think that is also really important. It's not good for your health.

0:59:21 - Julie

I could talk to you for forever. Last question you say the future of medicine may not come from hospitals but from homes. Is it a back to the future kind of a situation? How can we create healing environments in our homes so we don't have to go to the hospital?

0:59:39 - Lynne

Well, that is a really good, important question. I like that a lot. Well, be mindful of what you've got in your home. So your home is a potential source of enormous illness. Number one use ecological stuff, you know. Use stuff and natural products. Look over all of the toiletries you're using. They're filled with unbelievable chemicals, and we cover that in what Doctors Don't Tell you too. We always provide information about healthy resources and products that are not as dangerous for you. Look at the EMF waves, the electromagnetic frequencies that you've got in your house. Turn off your Wi-Fi at night, if you can, so you don't sleep in it. Think about trying to avoid as many chemicals as you can with your carpets. If you get something rebuilt and it's made of things like MDF that outgasses a lot of stuff, so do new carpets.

1:00:56 - Julie

New cars, you can do new cars. You get in the car and it's like, well, the window's open.

1:01:05 - Lynne

Do not use air fresheners. They're filled with chemicals. They're really bad for you. Avoid that stuff and just try to be mindful of as much as possible. You know we live in a Wi-Fi soup now, so it's not possible to not be part of that. But just think about how much time you're on your phone, on your computers or whatever, and try to limit that. Use blue light glasses. There's all kinds of things like that where you can minimize your exposure. And also, nobody can have enough nutrients without taking supplements. Now Our soils just aren't full of enough nutrients to fully sustain you, so think about taking some supplements and eat organic Eat as much as possible. So those would be some of my rules for living, and they've held me in good stead too, and my husband too.

1:02:14 - Julie

Well, every time I see you, you look like you're aging backwards. I think you look fabulous, and speaking of fabulous, you're just extraordinary. You're brilliant, you're a gift to humanity and I, on behalf of the whole world and the population of the world, thank you for the work that you're doing, because you're making people's lives better and you're affecting not only our lives but our generations, our future generations of lives. So, thank you, bravo. Please keep it up. How can people learn more about you and your work?

1:02:44 - Lynne

Thank you so much. First of all, just on, what Doctors Don't Tell you, it's [www.wddty.com](http://www.wddty.com). For what doctors don't tell you, [com.wddty.com](http://com.wddty.com). For me it's [lynnmctaggart.com](http://lynnmctaggart.com), and we've got many courses coming up. I've got a Heal your Past course where I work with my husband, Brian Hubbard, and we help people get over trauma of every variety trauma for everything, from your teacher screamed at you when you were a kid or your parents did two really serious traumas, and we have a live and interactive five-part course that we'll be starting October 25th but it's also running. It's also recorded.

If you come in late, and soon after that I'll be announcing my signature course, the Power of Eight Intention Masterclass, where you can learn really in-depth skills for intention mastery with a live and interactive course with me. You meet me for two hours for six successive Saturdays and after that I put you into groups according to your time zones. We put you into groups and you work with them for an hour a week. I have mentoring sessions with people through the year and you become an intention master by the end. So you can find out more about that and my other courses and Heal your Past on [lynnmctaggart.com](http://lynnmctaggart.com), and we'll be announcing that masterclass very soon and we'll have all those links in the show notes for everybody, just to make it easy on you.

1:04:44 - Julie

Thank you for taking time to be with us today and sharing your brilliance with all of us, in the meantime, sending you lots of love from Sweet Home, Alabama, and from London to where Lynn is. We'll see you next time. Bye, everybody, thanks for joining us.

1:05:01 - Annncr

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](http://AskJulieRyan.com).

1:05:15 - Disclaimer

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