



Communicating With Souls Of The Dead And Crossing Them Over

with Rich Ralston - Episode 110

00:01

You are listening to the Exploring Death Podcast.

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Hello, it's Lisa Jones with the exploring death podcast. And today I have Rich Ralston. Rich is a clairvoyant energy worker and healer. His abilities include chakra clearing and energy release instruction. Past life, karma clearing communication with the souls of the dead, as well as crossing them over. He also does remote healing, which is helping others throughout the world. He does this to help others heal and learn, so they may empower themselves and reach a higher potential. He draws from his past religious experiences to help others gain clarity and release unbeneficial beliefs. He helps them find new direction in their lives. Subtle energy and the world we experience is a book he has written to help people understand how to gain clarity for their lives. In addition to helping people gain clarity, he is involved with communicating with souls of the dead and crossing them over. After exploring the realms of the afterlife on Maui, he has recently published a new book after life in Hawaii. He resides in Maui with his wife and daughter. You can contact him at subtleenergy101@gmail.com or visit www.exploringsubtleenergy.com

01:25

Hi, it's Lisa Jones with the exploring death podcast. And today I have with me rich Ralston. Rich and I met when I first came to the Island three years ago and he is an amazing psychic medium as well as, gosh, extraordinary energetic person all the way around. And the stories that he's going to talk to us about today is going to blow your mind. So welcome rich. Well I'm excited to have you here on the show. I actually had you speak to the [inaudible] group here in Maui, I think it was last June and I don't know why, but it now is the time for you to be on the exploring dads podcast and I'm so excited cause I think you have some new stories since last then to, to tell us about, but first, tell the listeners how did you get started in this amazing vocation that you've been pursuing for the last several years started?

02:20

When my father loved God and she was my very beginning with the psychic experience, he would come and knock on our door at night and do all kinds of paranormal, normal activity. And it prompted my wife and I to investigate the paranormal. And then I realized I had all these gifts and I was able to communicate with him. And then he started teaching me about the afterlife. A few years later my mother died and she would come to me and she would teach me about the afterlife. And then when my father was dying, I was in the hospital and I realized that I had the ability to cross souls over. I was actually able to go with them to the other side. So it was, it was like this whole thing has been a learning experience for me. I didn't really learn this from the textbook. It was an experience.

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Absolutely. Well, I'm curious before you go on, I'm just curious before that, did you have a belief in the afterlife or were you total skeptical or what was your belief before

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I was an evangelist that was a born again Christian. I didn't believe in the AF I believed in heaven and hell and all that stuff. So I paradigm shift from religious beliefs to the paranormal, metaphysical understanding. Then I wrote my first book about it because I took trips like I was in India and I was healing people and I was telling all these incredible hearing answers. Think hands on people, healing them, and I was asking, how is this possible? I was questioning everything that I was ever taught, and then I finally got back to who God really was and the source of everything. Well, unconditional love kind of gravitated out of the religious thing into the metaphysical thing and realize that there was much more to learn than what organized really if you could offer. It was a stepping stone to get where I am now.

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And I tell a lot of people while you're at where you should be because you're, you have things to learn. So it's, it's, it's not bad. It's just one of those learning processes are Soulsville true or not. I'm at a place where I [inaudible] have had so many experiences. I'm still learning. Well, I'll keep learning. Exactly. That's why I love to go to your meetings and listen to people with [inaudible]. Sure. It's just because everybody's a little different. They all have their little experiences, but it's all basically the same. What it really boils down to it. My mother would come to me when she would show me and teach me clairvoyant and I could speak. And then my father, he was quite an interesting character and I learned about dealing with karma at clearing karma and dealing with, you know, we are. So I learned about solo groups.

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We're all involved with a group of souls too before we come here and we pretty much have a blueprint of what our souls want us to experience and they're all different. So we don't judge other people by what they do. Try to understand what they're experiencing in their lifetime because everybody's at a different stage of development with their soul. That's why we need to be tolerant of other people, what they believe because they're experiencing stuff. Well, maybe

we've already learned that. We already know that, but it's not that court. We let them experience it. Understand it. Wow. And some people have a hard time with me because I, I can literally cross over and go to the other side if I want to. I've had many times.

06:12

Stay tuned as Rich talks about his near death experience when he had a gallbladder attack.

06:19

And in my book I talk about my near death experience. I had one when I was, I had a gallbladder attack and I'm laying on the floor. I live in Redmond. I thought I was going to die. All right. What was the hospital? As I left my body, I went up to my Hawaiian soul group cause I've been, I've had three past lives in Hawaii. So here I'm on the cover of my book. I have a picture of a vortex with feet with Alliance. That's why I went and hugged all these Hawaiian people. Me. And why don't you stay? I have a family. I am not ready to, I don't want to leave you out. Really nice being with you. But you know, I've got things I want to do here on earth. I came back into the body and went to the hospital. Had an operation and I had several hours before I would've died. The surgeon was able to correct everything.

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Wow. Well, so did you, is that what brought you to Hawaii or what brought you to Hawaii?

07:22

Well, I'd been vacationing here for 10 years before I moved here and every time I came I spent two weeks here and every time I would come, I would do a metaphysical, I would heal people, sit on the beach or communicate with the dolphins or whales and things like that. And I was clearing souls in Idaho where I came when I was working with the native American soul groups, because I have past life as a whole few here. So I would go into places like suburbs that were haunted. People would call me up and say, we can't sleep in our house. We got these people running through in the middle of the night. I'd go in and say, okay, I sit down with a chief Indian chief or something and say, okay, you guys, I have to go back to your family of souls. And I would cross them over. Well, I didn't realize that I had Polynesian connection.

08:16

So every time I've come over here, I would have a stronger draw to come here. So when I moved here, the first, I wasn't here more than a couple of weeks when I had solo groups coming to me that were Hawaiian asking me to help them understand why they were still here. They had died but they hadn't crossed over. So for the following six years, I spent working days and I mean a number of days or every week at least, and evenings just crossing souls. But starting out just doing Polynesian souls can convey a may is group and groups like or, and as I did it, I gained more understanding as to what they went through and how, what they experienced. Ask more questions to ask a question to ask you questions. So I finally got hundreds of stories and put them together into a book.

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What's the name of the book? And then I'm curious as to why they didn't cross over. You know

what's

09:18

Sure on the books called afterlife in Hawaii that's embarked and mobile right now, their whole Ayana go to Amazon. They get it to that. So why don't they cross? There's several ways. Number one is what your consciousness is today. What your belief system is today, what you carry with you when you die. For an example, if you're very religious and you're afraid to go to hell and you're afraid to die and you'll be, you'll be suspended after you die in what we call a fourth dimension, which is kind of a transition period dimension where the third now, and you'll be afraid to go anywhere, you'll just kind of freeze, right? So the state of, I'm afraid to go, I have a story about a soldier, right? They were n't going to go to [inaudible] and they were up in Pula hospital to spend it up there.

10:16

And I went up there one day, explained to them that the Catholic church had changed. There were whole thoughts about purgatory. It doesn't exist anymore. And they said, what? We're afraid we're going to go to purgatory? And I said, no, you've created your own purgatory. You see all these beautiful angels around you. They want to help you go back to your family. So it was like, it was like they were in disbelief at first, but I said, listen, you remember we carry on our consciousness. I've crossed over many religious groups that are still holding on to their religious beliefs. They couldn't understand why Jesus didn't come and take them with them. And I said, well, I could help you find Jesus, but it's about what you expect. That's all

11:07

Right. So I love that because it's truly like we are creating our heaven and hell here on earth with our own conscious thoughts. Is that right?

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Exactly. Yeah.

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And then that carries over into, once we pass to the next realm, then we're still carrying that consciousness level, which then dictates what we'll experience. Wow.

11:29

And when we get to a more soul group, our souls agreed to gather together in a group. Okay. And there are mostly like-minded souls kind of have an ambition of wanting to achieve certain things. We can hold onto those beliefs in the afterlife if we choose to. But we have the opportunity to evaluate. And what we've experienced is we've had many lifetimes. This isn't the only lifetime. This was an experience for our soul. So now there's another reason why it's souls don't cross over. We call it soul shock. Now, this occurred in many of the battles that were fought on the Island, or an example almost up at EO Valley and standing on the bridge, and this warrior soul comes to me and taps me on the shoulder and says, could you assist us? We, you know, we know that you're from the islands can pass live.

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Can you assist us? I said, okay. So we went down into a trail, which is no longer there because of the flood we had, but there were about a thousand souls lined up down along the river there and they were still fighting. The other group of command may be his group, they were still in this consciousness of they couldn't understand that they were dead because somebody ran a spirit through them and all of a sudden they're laying down in the Creek leading to death. They just couldn't fathom the idea that they were dead and a lot of people who get in car accidents, airplane accidents, they're in soul shot and I have a lot of wandering souls come to me off the highways. They walk into my house and they don't know where they are. It's very frustrating for them because they have, they don't understand they're either dead, so you have to explain to them that they died. They're not in a physical body anymore.

13:31

Wow. That is fascinating.

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They don't know where to go and what to do. Then the last reason is it's just basic ignorance of the afterlife. They go on it. People don't understand that they maintain their consciousness when they die and they have a choice, they can go to the other side. They don't really need help. If they know that they can do it. If they're in the majority, I'd say the majority of people that die, they crossover anyway. They don't need help.

14:05

But there are segments that do need help because they're in disbelief. They don't understand their dad can the classics, one is my first chapter in my book called this, God exists. I know my best friend can't. When I lived in Idaho, we were best friends. He was an atheist and I was an evangelist, right? So we, but we were salespeople. We met in a sales meeting so we just liked each other cause we had a lot of things we caught, we agreed to disagree and still be friends. So he maintained that there was no God and I went through this transition from Christianity into better physics, being a psych and all that time I kept sharing with him all the experiences I was experiencing and he didn't believe any of it. But yeah, we still had coffee. And donuts. We were still good friends. Well, unfortunately he got cancer and died several years ago before I published my book. I got this text from his wife and he passed away. So the next thing, I'm, all of a sudden he's in front of me. He's standing in front of me. He goes, rich, what's going on here? Where am I? And I said, can't you never listen to me? Did you?

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Wow. That's amazing. So did you help him find the light or what did you do with, yeah,

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Wait, do, I said all this energy around you is God. Okay? It's, I call him God, the prime creator, you know, creation of everything I said, those beautiful beings around your angel and they're here to assist you. He goes, all this time, I just thought you were just crazy.

15:56

Okay,

15:56

I'm going to send you back to your family, your soul group. Okay. And then after you cross over, you can come back and visit [inaudible]

16:05

Medium.

16:06

Do they connect with their loved ones on the other side? So I crossed it over. Now he comes back and visits me and whenever I feel really down or you are lonely, I just think of my buddy Ken and boom, he shows up what's going on, man? I said, Hey, I need some company today. He says, well, let's talk. You know, so the afterlife is really there. It's just for our, you know, if we just understand, we can access

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Coming up. Rich talks about how to connect with your loved one. Even if you don't feel like you have psychic abilities.

16:45

A lot of people don't have psychic abilities. So they really struggle with this whole concept. But they're, when their loved ones die, they always tell them, look at it, tune into your heart. You know, just feel the presence of your mother or father or your loved one in your art. You can communicate, you'll feel their love. You don't have to be clairvoyant. And Clara, you know, like I just open up your heart to them and you'll feel their love come to you. But everybody has that ability. If they'll just take time to, you know, and it's so fun to see people, they come to me and they sit in front of me and I bring it there. There are other intercepts and like, Oh, now open your heart up and just feel her presence. This is the truth there. She's there to love you. Okay, yeah, I can see her and she's saying all kinds of things to you.

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You don't hear her, that's okay, but just know that she's always with you. It's just a font away. She goes in these other dimensions, there's no such thing as time and space. It's all a, it's all we're connected, you know, through energy. You feel the frequency and all these dimensions to are just higher realms of frequency that we go to and we go up there and we evaluate things and we visit our families. Then we come to a point where we decide we want to come back and experience this whole thing again. We've got to start all over again as a baby, go through all this stuff to finally get to a maturity level that, but now you see children growing up that are communicating with their loved ones at an early age.

18:24

Right. And they're not being shunned and you know, basically told that they're crazy or whatever. Which is I think a lot of what you know, our generation grew up with is that there was

just such a lack of, of openness about these topics that so many people were shut down because we're all born with these abilities. But then they get just kind of

18:44

Children that, you know, they, they understand if you don't shut them down and your love visit their imaginary friends. But they're really talking to those people in their soldiers that just want to be there with them.

18:58

Right.

19:00

Are maybe they have an ascended master or a guide or you know, that wants to help them learn that learn music or learn art or whatever. It's, well, it's very interesting. We're lucky we live in ballet because people are pretty often invited here. There are other areas of the world where you are still burnt at the stake.

19:20

Yeah, absolutely. Well, I'm curious for you rich. So do you, like if you're sitting in your chair, do you actually see the vision like standing in front of you or is it more in your mind's eye or how, how does it, how do you experience these souls?

19:36

Well, usually it's Claire's audience. For me, I hear that my angels always come and they'll say, well, my wife can see images. I see, I can see them, but I don't open up I clairvoyance, I keep it closed most of the time because I don't want to see everything around me. I don't get, I don't want to be distracted. So I closed that down and I just, if there are souls that come to me, I can say, okay, what's going on? And they'll say, can you help me? They'll say, okay, who are you? And then if I feel comfortable, then I'll start opening up like Clare Voyance and say, okay, I see who you are. But I'm kind of careful about not walking around, you know, communicating with every single thing that comes by way. It's too distracting for me. I, I pretty much shut it down most of the time because I have other things I want to do.

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Right, right. You want to be here on the earth while you're here as a human being. Oh my goodness.

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There's also spirits. The earth spirits, we call them Devic spirits ferries and known. I communicate with them too. So that's another realm.

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And what do they generally want to talk about or what's the, what do you communicate with them about?

20:52

Oh, restoring the earth. Restoring the planet, restoring coral reefs or cutting trees. Like I'm a volunteer gardener at Yolo Valley, the nature center, and I'm always communicating with them. The tree spirits of animals stirs that there, when animals die, their souls go back and go back in. And reincarnate is this white cube and the trees, they have their own fields of energy and they go back and reinforce each other. Everything's, everything's a Cosmo energy field. Have rocks had their own, cause you know, if you work, you know all about that.

21:34

Oh my gosh. I remember rich when I went, I think it was one of your first gatherings that I, I came here on Maui and I was at your place and you had rocks and we were getting messages from the rocks and Oh my goodness. I had some funny messages.

21:49

Good. I enjoyed that. That was fun.

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That was fun. Oh my goodness.

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It's, people need to understand that everything has a feel energy around it. So humans do, animals do plants, and rocks. We're all, we're all nothing, but it's just the energy field of consciousness. That's what we are after. Life is not really, we should understand that. There's nothing to fear about the afterlife. That's why I wrote this book. You know, you can prepare yourself for death. So when it happens, you're not in a state of, what do I do next? Everything's gotta be fine. I just need to go back to my solar growth and then I could decide what I want to do if I want to come back or not. You have a choice. You can change soap groups, you can change ethnic groups. I've done it many times. I do Japanese, Chinese coping, Indian, Hawaiian, and European. But here I have a Caucasian male that if you do my DNA died it, you know, so I'm from the Scotland and Wales area, but here I'm in Hawaii connecting with Hawaiian soul. But it's, it's all about our past lives. We've been here many times, so there's no room for prejudice. I really have a problem with that because you know, we've all probably been different races in past lives. We're just here to experience what our souls want to experience this lifetime.

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It's like my book. It's a collection of stories of our lifetime and that's what our life, which is one chapter in our book, and we need to enjoy it and learn from it. Ask questions. Why am I here? What am I doing here? How can I help other people? That's of the main things we're here for is to help other people through the process of life.

23:50

Yes. Oh my gosh. That was one of the things that just a week before my husband died, he died at age 44 after a seven year battle with cancer. And he said to me, wow, I so regret my life's choice of being an attorney where I was basically pushing numbers around on pieces of paper. I wished I had helped more people while I was here. And I felt like that was such a, just a divinely

guided message. And it really just went straight to my heart because it was seven years later when I was turning 44 I realized, Oh my gosh, I'm working at a hedge fund pushing numbers around on a piece of paper. I need to help more people. So thus the reason I quit my job. And then next thing I know, you know, I was doing mediumship work on stages and had a radio show outside New York and now I'm doing this podcast and I feel like this is my gift to humanity, is to help people not be fearful of deaths and, and to, you know, share stories like yours. I mean this is incredible that you've got such access to the other side and that you're helping shine light on death. I think it's beautiful.

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Well, I think it's important that if we have gifts for Sharon with other people like you are now, I wish there were more people that was medium or people could cross over because everywhere I go, I went to Sedona for a couple of weeks crossed over Geronimo's sole group, was it Phoenix and crossed over a whole bunch of Mexican people that had died on the border of waiting to cross over. I mean everywhere we go there's these groups of souls that need help, you know? And here in a Y it's been six years of just crossing souls over day and night and you know, there's still more to come.

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Coming up next, rich talks about Safeway here on Maui and how there were so many souls trapped there and how he helped them cross over. Isn't there a story you have about, was it going to it, was it Kmart or one of the stores here on Island where there was a lot of souls Safeway? Yeah. Can you tell us that story?

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Sure. Well, up there and in Wailuku that Safeway was built on the why of burial ground and the employees that were working there, it comes at work and there would be grocery stacked up and were employees being pushed around in the store.

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So when you say grocery stacked up, you mean like on in the aisles or what do you mean?

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Yeah. Wow. Pick a bunch of cereal boxes and just stack them on top of each other and something just to show them that, you know, there's somebody here and I walked in there, I, somebody told me about this, I thought, I gotta go over, check this out. I didn't even make it to the store without souls all me go, Hey, can you help? Can you help me? I said, okay, I'm not going to do it here. I'm going to come back at 10 o'clock at night. And then a park in the back of the parking lot. I don't want anybody to know that I'm doing this stuff. Okay. So my wife and I went to the parking lot at 10 o'clock at night. We're sitting back there with our camera. We got pictures of orbs coming to us that are three feet in diameter. It was incredibly big.

27:09

It's in my book and they were Hawaiian soul cause each group had who's a hundred Hawaiian, what was in it and they were just totally angry. They're really angry. Well, I, I was talking to him,

I said, you know, I'm going to do what we call hoe phono Pono. I'm going to get a B. I'm the bad guy. Okay? I'm the guy that owns the corporation, decided to build a grocery store on his prime piece of land without even considering the fact that there were Hawaiian salts here. So I'm going, I'm the bad guy. So I went through the process of asking them to forgive me and you know, I love you. Thank you. Please forgive me. So we went through that whole process. I said, because when I cross you over, I don't want you angry. I want you to come back. A bunch of angry Hawaiians.

27:59

Okay? It wasn't a mistake. I'm sorry. Okay. You got to learn to let this go because you've got to know the life coming and you're not going to live the same life. There's no reason to come back with all this negative energy. Remember, you may come back as a European white person in your next life, so you have to understand it. This was just a chapter in your book of experience. Okay, so they all forget they all, they went through the process of forgiveness. Then I crossed them all over and then there was another huge group of Japanese people that came to speak. Then it died down. That was during world war II shows a lot of 'em they were killed. Got it. Natural causes, but you know, they were really upset how they had been treated because they had nothing to do with it before.

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They were just living there, but they died. So I cross all of them over. We did a little phone appointment with them too. So I didn't want to clear the space for this place. And then I brought up all this unconditional love Zuora and I could tell people were talking about how things had changed. Well, I went in there the other day and it was, you know, the energy is fine. There's no, you know, but there are what we call natural doors. Well, here's what we share, the natural vortex in the earth, that soul comes and goes. That's quite an interesting place to be, to take pictures that night because you'll see all of,

29:44

Wow, that's, yeah, we don't, that's a whole nother podcast. Well, I'm just curious, one more question and then I want to pull some cards about all this. What about negativity? I know so many people are scared of, you know, dark forces or you know, if they open themselves up to this kind of thing and they're worried about darkness, what, what do you have to say about that?

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Most darkness is just angry souls that are stuck somewhere. Okay, awesome. Just want help. Now, lots of times, like Mallory Meadows was a prime example. There were souls up there that were angry. They were drawing pictures on people's windows and stuff. You know, just try to get, well they just wanted to know. They want everybody to know that this was their place. Okay. And how come you built this house on my property? So I went in and explained to him that, you know, we'd love you very much, but your time's over with, you need to go. Okay and we're going to send you back to your salt groups and then you can come back and reincarnate once. I understand. But people need to understand that if there's poor guys in their house, there's something going on, there's a soul that needs help. Most of the time they're not there to hurt you. They want you to acknowledge them and try to understand, you know, and sometimes

it takes a medium to go in and communicate what the up in LA Hina, there was a store I wanted to where they literally knock over display case. Wow. Angry. And I went in there and crossed them over to the store owner.

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Fascinating. It's so, and I, it makes sense, right? I mean, especially if a lot of these people don't even know their dad and then they're just looking around and you know, and then they have all this anger and angst about what's happening on their property.

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Yeah. They don't understand that. Why are people coming into their premises and they can't communicate with them? So it's kind of like there are all these people moving into your house and they don't say anything. Sudan, lay down on your bed and go to sleep at night and you're standing there, what are you doing at my house? What happened? And that's why they get so confused. So there's not that they're bad people, they're just really confused.

32:00

Wow. That is fascinating.

32:04

Yeah. And I go to places where people had all this stuff going on within five or 10 minutes, they're all, you know, we called it down. Sometimes it takes a little work on my behalf to get them to calm down because they've been angry for so long.

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Right, right.

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The people that live there, they, you know, they say, thanks Joel. They swear out, don't do that. You know?

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Yeah. That's not helping. That's just adding fuel to the fire. Right

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Up

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Next. I pull some cards for Rich. Well let me pull some cards. I'm just fascinated and I would love to see what spirit has to say about all of this. So let me see. Yeah, no, this is great. Oh my gosh. Well this, it's really so much for you. I mean, so the first card is wisdom, which is the blockage card. And so for me, what I see in your life, you know, is that originally, I mean, like you said, we're on a journey and you are opening up throughout your lifetime as we all are every single day as another step in our awakening and our opening. And so, you know, even though you had wisdom about religiosity and, and your fundamentalist Christian upbringing, you know,

that just was one step and then you, you had more and more wisdom than your action card, his passion.

33:21

And I feel like that's what this has really opened up for you, is that it's just completely, you know, you are just immersed in it and just so intrigued. And then the more that you, you know, dove into it, the more that's been revealed to you, which is just fascinating. Again, I love your stories. I could listen to you all day and your outcome, which is amazing, is opening because that's what you do. You create these openings so that these souls are able to cross over and you're bringing such peace and, and harmony to the, especially right now here in Hawaii where you work. And I just want to commend you for doing all this work. I mean, the soul energy and a universe, God is just like, they're showing me like a standing ovation right now because they're just so happy. The work that you're doing and what you're, you're helping really bring more peace to this, to this world, which is what we all want to see.

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Well, I'm glad to hear that.

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That's right. I know, right? It can kind of be lonely sometimes doing this work. Do you ever feel that way?

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Yeah. People say, well, how'd your day go? I said, well, I talked to a lot of dead people today.

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Yeah. And then people start backing away. And saying, okay, great. That's right. That's right. Yeah. Do you get that sometimes? Are people just like, Oh my God, you're crazy. Or anything overt like that, or is it more just

34:51

Not as, not as much as I used to. I, I'm very sensitive as to what I share with people. You know, I don't go to [inaudible] spiritual meetings. I can talk to the dad. I mean, I don't do that. I let people open the door and then I, I'll, I'll put a little, you know, feed her out and see what they say and then I'll say, well, have you ever come close to dying? And they'll say, Oh yeah, I had this experience. Would you share it with me? And then I'll tell them about your art group. I'll say, come to want a meeting.

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Yeah.

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Do you know you're not going to be judged? I met a guy at a coffee shop this morning. He was telling me about his near death experience. Oh my God. I said, you know, you need to come and share your experiences. You're in a place where you can be welcome with this experience

because it was for a reason, right? Open up your understanding about who you are in the afterlife, and then you could share that with someone else because they're valuable experiences. Near death experience stuff is what changes people. This just like what you had and you, it took you awhile to work through it to finally get to a place where you're willing to say, you know what, I really need to share this, so let me know what you've done to help people.

36:11

Yeah. Yeah. It's really, it is amazing because really for me, it was joining the ions group here on Maui that started putting all the puzzle pieces together for me because again, I thought it was just some kind of random, weird experience. Although it, I knew it changed my life, but I didn't quite know how to talk about it or, or even put it into context of my physical 3d life here. And so, you know, meeting you here on the Island. Again, I think Maui is such a beautiful heart opening place to live because there's so much acceptance and like mindedness of people here that are open and willing to support us on our journey of, of this kind of, again, in normal society. Kind of weird experiences. So yeah, I, if anybody here on Maui, you know, please come to our ions group. We're now meeting the first Tuesday of each month at Trinity church by the sea. And for those of you listening that aren't in Maui, please find an IMS group near you. They've also now got online groups that you can join any, any place. Well, these I N groups are a safe place to share and listen to other people's stories and to help start putting context for people that don't know where else to go.

37:22

And it also helps you if people have gifts. No, they have, yes, I know. Meet somebody next to them. It's just still, I can hear people talk or I could see things and they'll say, you know, I could hear people say things, well, let's get together and let's discover what your gifts are.

37:39

That's right. And most people that have had near death experiences or spiritually transformative experiences, they come back with gifts and a lot of times they don't know what to do with them or how to operate them. And so it's such a,

37:52

They had a, before they had the experience opened the door, but now they've figured it out. Wow. This is an incredible opportunity for me to learn.

38:02

Exactly. Well this is, this has been fantastic. So tell people how they can reach you. I of course will have links below on my website, but, but tell us how they can get ahold of you.

38:15

I have a website called exploring subtle energy.com where you can go to buy books. You're available on Amazon and Barnes and noble. If you want to go ahead, pick up a crop and then my email I might invite, I advertise it. Valley vision, light up more of a, I was writing an article and I know you do too and so you could go to that magazine. Yeah, you can go back to my website. You can read some of my stories at RET. I always write a story every magazine and not all,

most of the time it's not about the afterlife, it's just whatever subjects that they ask us, you know you've done it many times.

38:56

Right, right. Well fantastic. This has been such a great conversation, rich. I so appreciate your time and I look forward to seeing you at next month ions meeting.

39:04

So that's going to be the first week in February.

39:07

Yes, February 4th

39:10

I will be at the Tucson gem show.

39:12

Oh, okay. Well then everybody that's listening in check out. Look for rich at the gem show. All right. Thank you so much and for you listening in, be sure to stay tuned. I'm going to pull some cards for you next.

39:30

Once again, a fabulous conversation with another person about exploring death. So let me pull some cards right now about all of this. I am just fascinated with the amount of connection that Rich has with the other side. As much as mediumship work and connection I have, I feel like, you know, I'm just a kindergartener compared to all the work that he's done and all the souls that he's crossed over because I really don't get that kind of connection. People aren't coming to my window or my door or my house at night asking him to be crossed over. As he mentioned. I guess we all are here with different gifts. So the first card is faith and of course that is the blockage card. And so I think for a lot of people, maybe after hearing his message or his, his stories, it's like, wow, do I really believe this?

40:16

And so the point is you've got to have faith to believe and to let go of judgments and what you think is right or wrong. Because I'm telling you, the more I learn, the more I know. I don't know. And so I feel like that's one of these situations, you know, rich has just some amazing stories and I completely believe him. I'm open to believing anything that people tell me because who am I to judge a action card which I love is a focus and once again it's about what is the truth for you, where can you find the truth in this and maybe it is hard to believe that people can talk to souls or you know mediumship or you know all of this paranormal stuff. Although if you're listening to exploring death podcasts, you probably are more of a believer than a, not a nonbeliever, but even for those of you that do connect or want more like me, I'm like, wow, I'd love to have more connection like rich has.

41:11

It's about focus. It's about actually doing the work. It's about spending the time and taking the time to connect with the other side and getting these messages and the outcome card is action because once you start focusing on that, then it will start happening. But once again, you need to take the first step of focus and what your intention is and how you want to communicate with the other side. And as Rich mentioned, he keeps most of his communication with spirits off during the day, which I can do as well. I, my connection with spirit only happens when I choose to turn it on, which I so appreciate because I think there are some people out there that it people are souls are coming to them all the time and that would be very distracting and very difficult to deal with. So again, if you're interested in opening to those realms, then start focusing and start taking action because that's what's going to happen.

42:06

Spirit's going to say, Oh, this person is ready for more action or we're going to give it to them. So I hope you've enjoyed today's podcast. Again, as always, please share with your friends and family. Please get the word out. This is my passion project and I love sharing this information and the more people that hear about it, the better. I receive so many beautiful emails from people that have said, this has really changed their life, and wow, there's no better situation for me than to receive those emails because it really helps me keep going. And I'm wanting to keep bringing these stories forward for you. So please, again, share with your friends and family and and if you've got anybody you know that would have a great story for me, by all means, also, please reach out. You can reach me lisa@exploringdeath.com All right, until I speak to you next time, have a wonderful day. Aloha!

43:05

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Lisa Jones