

**EP07:**

## **Mystical Revelations from a Near Death Experience**

With Denise Linn

Colette:

Hi, there and welcome to INSIDE THE WOONIVERSE. I'm your host, Colette Baron-Reid. And with me today is one of my dearest friends, Denise Linn. Now, a little bit about Denise. She's been researching healing traditions and teaching around the world for more than 52 years. She's the author of 20 books in 29 languages. All 20 are bestsellers. She's an internationally respected healer, teacher, oracle deck creator, and world acclaimed expert in Feng Shui and space clearing. Denise has been featured on Oprah, Lifetime, Discovery Channel, BBC TV, NBC, CBS, and NPR, and more. And she's also the founder of the International Institute of Soul Coaching, oracle card certification course. Welcome, Denise.

Denise:

Hi, thank you for having me.

Colette:

Oh my gosh. I am so excited. But listen, before we dive in, I forgot to mention something. I also want to say that Denise is a registered citizen of the Cherokee Nation. You're really interesting, can I just say.

Denise:

Thank you.

Colette:

You're so welcome. And I would like to say too, that I remember following you for many years and buying all your books before you and I got to know each other and we actually talked on the phone for 10 solid years before we met in person. So this is a real treat for me. And I'm very excited to talk to you today.



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So I want to dive into your background a little bit. You are the most woo out there. I mean, literally. You used to do events in front of thousands and thousands of people doing past life regressions and all kinds of things. But your parents were scientists. Am I correct? Were they chemists?

Denise:  
Yes.

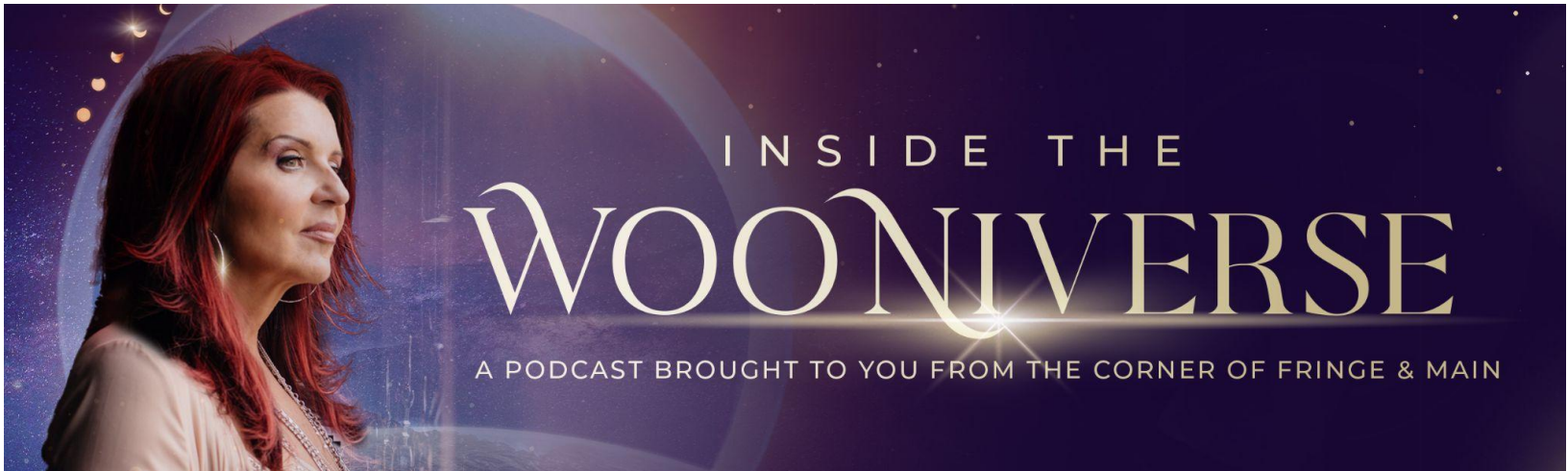
Colette:  
What was it like for you growing up?

Denise:  
Well, like most kids, when you're young, you believe the way your parents believe. My mother is Cherokee, but she was also a scientist. I mean, she was interested in the rights for her people, but not necessarily the spirituality. So as a scientist, if you cannot not prove it doesn't exist. So they were atheists. They said, "You can't prove God. There is no God. It's a crutch. It's emotional." I'm like, "Okay." And so I wanted to be a scientist.

My sister went on to become a marine biologist. My brother went on to become an astrophysicist. My other brother got computers. So everyone went into sciences. I wanted to get into science too. So I did not believe in anything that was not provable, just because of my upbringing.

Colette:  
Wow. That is amazing. So when did your spiritual journey actually begin? I know you've got some great stories around this.

Denise:  
It started in an unusual way. When I was 17, we lived in the farming area of Ohio. I had a little motorbike. I'd saved up my babysitting money to buy this motorbike. I just loved it so much. It was August. I'm on my motorbike and I'm just taking this ride between the corn fields. What I didn't know was I was being followed. It was someone I didn't know, I hadn't done anything to this guy. He comes up fast behind me and then he turns his car into my motorbike on purpose,



and he knocked me off my motorbike. I could remember just sliding across the gravel, like, "Why did this guy hit me?" Because I hadn't done anything.

So I was laying in the gravel and I'm looking up and I can see his car and he's turning around. I'm thinking, "Oh my God, he's coming back to help me." Because he hit me pretty hard. I actually, I think, splintered my spleen at that point. I mean, he hit me really hard.

Colette:  
Wow.

Denise:  
As I was watching him, he rolled alongside and he rolled a window down. Then he pulled out a gun. In those traumatic situations, everything goes really slow or it seems to go slow. It's like a slow motion. I'm looking at the gun and I can't figure out why is he aiming a gun at me? Suddenly there was this loud explosion and he shot me. I was still conscious. I heard the sound of the car door open and close. And then I heard the sound of him walking in the gravel. I heard the sound of a zipper going down and I heard the sound of him cocking the gun again.

I turned to look up into his eyes. This moment, it will live with me in such vividness forever. In that moment, I wasn't afraid of him. In that moment, I wasn't angry with him. In that moment, all I felt was compassion for him. Now go figure.

Colette:  
Oh my God.

Denise:  
The guy hit me with his car and he shot me. I'm sure I was in shock. But my experience was this infinite acceptance and even love for this guy. I mean, he was a bad guy. He had killed a whole lot of women. I mean, he was a bad guy. But as he was aiming the gun at me, I just was present with him. It was like being present with another human being. His arm was starting to shake and I could feel this internal struggle. He really wanted to shoot me again. But he couldn't and his arm dropped and he turned around and he drove away.



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Colette:  
Jesus.

Denise:

But that moment in the worst of situations, even if I was in shock, which I probably was, to be able to find that place of compassion and acceptance and even love. I mean, I still don't understand it to this day. Someone, cuts me off in traffic and I'm like, "Hey, you dude." I get a lot more emotional than I do with a guy who hit me and shot me. But I was found on the side of the road and taken to the emergency ward. It was pretty serious. When I was in surgery, evidently the doctor said I died.

But I remember that moment. I remember leaving my body. I remember it was like everything got really dark. I felt like I was inside this black tunnel. And then it was as if I burst out of the tunnel and there was this light and there was no pain. There was just amazing, beautiful light. And crazily, it didn't seem crazy to me at the time, I was the light. It's like I no longer had a body per se. I was light and there was music. The most beautiful music. We have nothing compatible or comparable here. Maybe [inaudible 00:06:25], but I know nothing.

It was so beautiful, but I was the music and I was light and music. There was this sense of love. Like here, I love you, Colette and you love me, but we're separate. There, there was no separation. There was only love. There was no object and no giver and receiver. It was just love. There was nothing in the universe that was not love. And here's another crazy thing. Again, it didn't seem crazy at the time. Everybody was there. Everybody who had ever lived, everybody who was ever going to live was there.

Amazingly we were individual and yet we were one. I can't figure that out now. I can't figure out. In my mind, I'm thinking, "Well, we are all squeezed together shoulder to shoulder." But it wasn't like that. It was a sense of individual and oneness. And then there was another thing. I Couldn't conceive of time. I tried to think of the past and it did not exist. I tried to think of the future. It didn't exist. The only thing that existed was now, and love, and a universal light and sound.

I was home. I knew I'd been there before. I knew that place in the depth of my being, and it made my life up to that moment, fade. It was an illusion. The same way you wake up and your



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dream fades, and it was an illusion. That was real. I was home and I was really so happy to be home.

Colette:

Oh, what an incredible story. I'm riveted. Keep going.

Denise:

I saw this big river. It was like gold and light river. Just so beautiful. I could see across the river, it wasn't close. It was far, but I could see across the river, and I knew if I could cross that river and get to that shore that I would never need to go back to my life, to my body. So I'd walked into the water and it was this liquid golden light was parting on either side of me.

I was happy. "I'm going home. I'm going home." And then I felt like I got roped. Now, on my Cherokee side of the family, my family had horses and then were involved in the rodeo and they had cattle. So as a kid, I was used to my cousins roping me. They said, "You be the cow, we'll be the cowboy." I'm like, "Okay." But now I know that was like my astral cord.

Colette:

Yeah, wow.

Denise:

I am getting pulled out of the river and I'm frantic to get to the far shore. But there's this voice and the voice says, "It's not your time. There's some things you need to do." And despite how desperate I was to get to that far shore, I got yanked back into my body. And to the doctor's surprise... And my body was damaged. I mean, in addition to losing my spleen, I lost my kidney. I lost an adrenaline gland. I lost part of one lung. I lost part of my stomach. I have a hole through my spine, where the bullet actually went through part of my spine. You can still see the hole on the MRIs.

Colette:

What?



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Denise:

It's like, "There's a hole there." What else? Eventually a tube replaced my aorta, six-inch tube replaced the aorta. And part of my intestines were gone. I was told I would never have children. There was a lot of damage done. And they said, they told my parents, "We don't know how she lived because she actually died on the operating table, but she won't be around for long." But I was healing pretty quickly. And then they said, "Well, she will be handicapped for whatever amount of short life she has." But I kept getting better.

It's like... How can I say it? It's like inside of each of us is an ember. And I believe the ember that remembers that place. Remembers where we came from, remembers who we are in our core, in our essence. My short amount of time on the other side, it was like, what I say, the warm winds of heaven below over that ember and it became a flame. And that flame activated that healing force that we all have. We all have that ability.

My body, I still don't have the kidney or the adrenaline gland, or the spleen. I don't have those things. But my body found a way to be strong and healthy despite that. So the other thing that happened, how I got involved in spiritual.

I began to see things that other people didn't see. I began to see lights around plants and flowers. I remember one time I got pushed in the wheelchair to the hospital lawn. I'm hearing this kind of like a song, not like a... (singing). Not like that but like a... (singing). Like a humming chorus.

Colette:

Yeah.

Denise:

I looked down at the grass and I'm like, "Oh my God. That sound is coming from the grass. I looked at the blades of grass and every blade of grass had light around it and was singing. And then there was this little tree, little sapling tree in the hospital, this kind of sterile lawn. As I listened, I could hear the sound of the sap coming up the tree, and the sound of the sunshine on the leaves going down into the earth. And the light was so beautiful.

Now, I tried to tell people about this, and I started hearing music and they said, "Well, it's the drugs." After I got out of the hospital, I wasn't on drugs and it continued. I knew what I was



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sensing and seeing was real and I wanted to find out more about that. I heard that those in native culture hear the song of the grasses. They sense and hear the sounds and the song of the trees, and they see the light and they feel this connection between all things.

I came back into a world where we're separate from each other. But the other side, we weren't separate. And in native cultures, they talk about this, that we are one. We are a part of a great weaving. So that event started me on a quest. A quest to understand more about what I was seeing and sensing. A quest to understand the true nature of life. And that quest took me around the world to native cultures. It took me to a lot of places. But that was the beginning.

Colette:

Now, I wanted to just step back a bit, because you did mention something that the guy who shot you had killed a lot of people.

Denise:

Yeah.

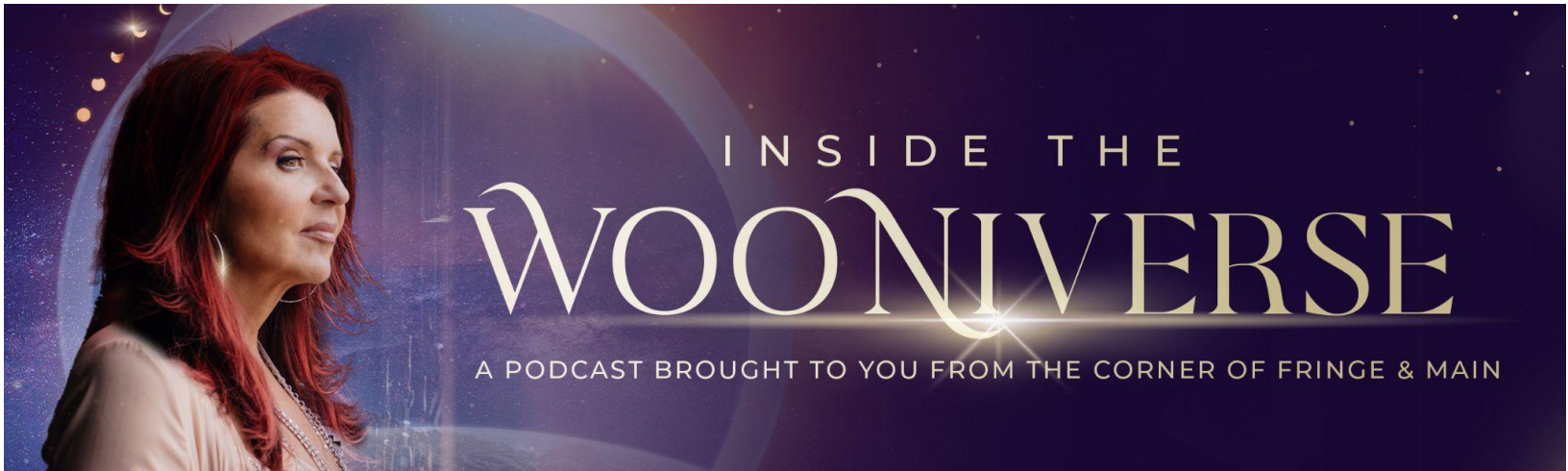
Colette:

Were you instrumental in describing him to... And then you found out that he was a serial killer. Was that what happened?

Denise:

Yes. It is a long story, but yes, I was the one person. J. Edgar Hoover got involved. It was kind of a big case because I was the only person who survived. And because it was such a big case, when he was on trial, these pro bono lawyers from New York came in. Here's this prosecutor in a farming town with a few thousand people and this huge team of black suits and suitcases. The only way they could get him off was to prove that I deserved to be shot.

In those days, if it was in the newspaper, it was true. So I was a class officer. I was a cheerleader. I was in A student. I was like, quote-unquote, a good girl. So in court they said things that were actually lies. They said, "She takes drugs." I'd never even smoked a cigarette. And they said, "She goes to..." I was a virgin. "She goes to orgies with people of other races."



Colette:

What? Orgies with people of other races?

Denise:

Orgies.

Colette:

Oh my god.

Denise:

Oh, well, they actually said blacks and Mexicans. So in the newspaper. Now, this is a very prejudice... They couldn't help, but they were raised that way. But it's a very small-minded community. And then they said that I was a communist.

Colette:

A communist?

Denise:

A communist, yeah.

Colette:

On top of that?

Denise:

Yeah, because in those days, communism was really bad. And he got off.

Colette:

He got off?

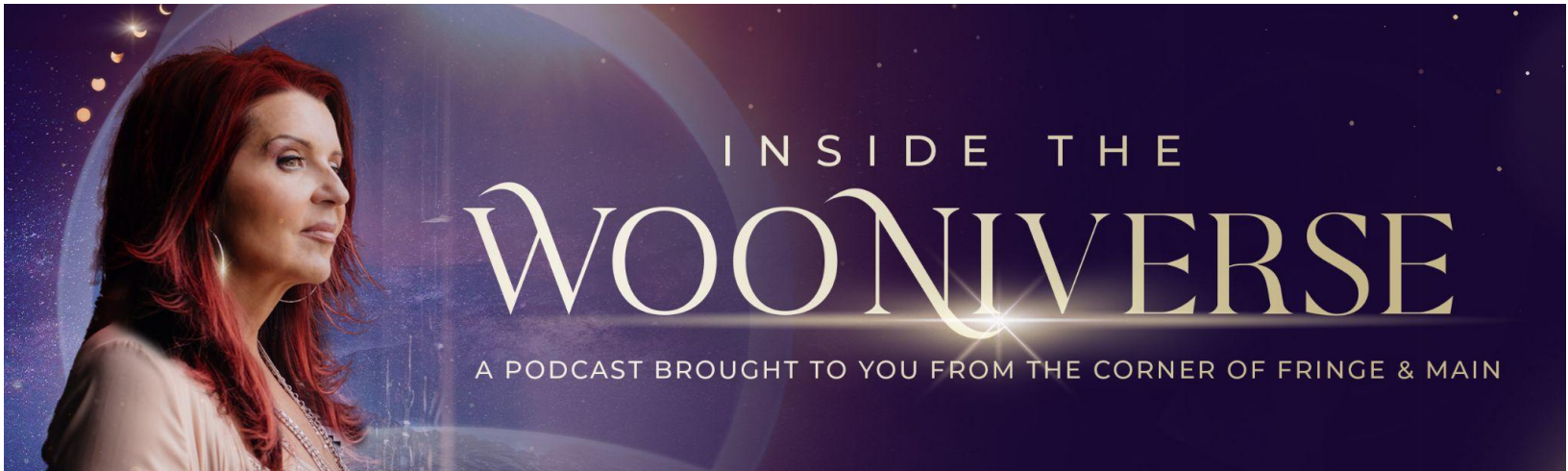
Denise:

And because...

Colette:

Whoa.





Denise:

Yeah. He went and killed other people. And the other thing that happened was, I was rejected by the whole town. They said, "We were there for you when you were shot. We have had cans out of the gas station to raise money, to help your recuperation, and you're a communist going to sex orgies, and taking drugs." Even if someone's going to sex orgies, even if you're taking drugs, even if they're communists, they do not need to be hit and shot.

Colette:

Right. I get it.

Denise:

But that was the strategy used, and he got off. So that's why I had to move because I would walk down the street and people would cross over to the other side. My best friends were not allowed to talk to me. I had nobody. I had nobody.

Colette:

Oh my God, Denise. I'm just shocked. I mean, this is so devastating. You just barely escaped a horrible thing with a serial killer and he gets off, and then you get humiliated. I mean, I don't even know how anybody could cope with this. This is the most tragic story. I'm just in shock. So tell me though, how did you even cope with this afterwards? Where are you your parents and what came next?

Denise:

Just because people are scientists doesn't mean they're dysfunctional.

Colette:

Right.

Denise:

I had a very, very dysfunctional childhood on lots of levels, and pretty much I was on my own. I ended up moving, when everyone else went off to college. And for a while I lived in a trailer on the side of a freeway and worked at a truck stop. And there I was with my visions, and sensing and seeing, and nobody to talk to. So I'm all alone. I'm living in this trailer on the side of a



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freeway working. I was eating cat food because I really wanted to go to college and I didn't have any money.

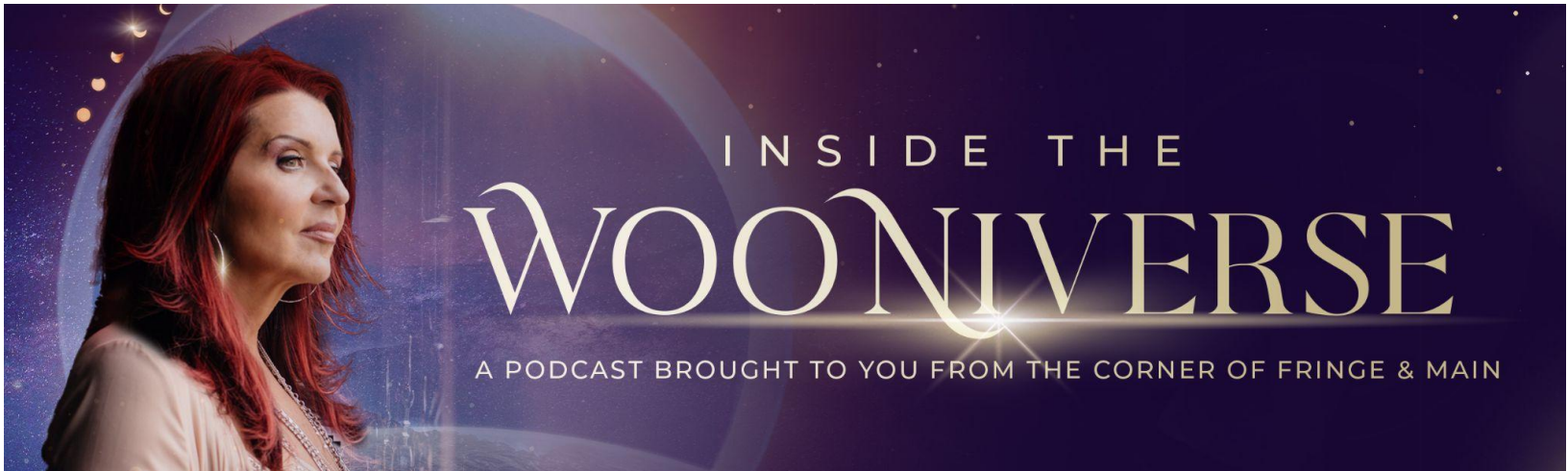
But I did have an experience at that time. It was a really rough time in my life and it was so rough after what I've been through. And the challenges from a dysfunctional childhood all came up. I had nobody to talk to. So I decided one night I was going to kill myself. It was November and there had been a snowfall, but it melted. So there was like little patches of dirty snow everywhere. So in the middle of the night, I left my trailer and I had to walk through a park to get to the river. And the river was called the Maumee River. And there was a bridge in town.

As I walked through the park, there was... You know how they have lights in the park and there was a bench. And on the bench, there was a man sitting on the bench. Now, no young woman should ever go up to a guy sitting on the bench in the park, in the middle of the night. But I figured I'm going to be dead soon anyway. What can he possibly do to me that I'm not going to do to myself?

So I went up to him and I said, "Are you okay?" And he said, "No, I'm not." I sat down next to him and I said, "Well, what's going on?" He started to tell me about his life. And then he said, "I'm on the way to the river to kill myself." It didn't occur to me that that was weird. I'm like, "Oh my God. So am I?" So we just started talking and it was amazing. I felt so good. And he said, "Oh my God, you made me feel so good. You know what? I'm not going to jump off that bridge." I said, "I'm not going to jump off the bridge either." High fives all around.

By that time, that snow, that it looked so dirty and so cold and depressing that the sun was coming up and it made the snow look pink and glowing. I will never forget that. I walked back feeling so good. Now, years later, I realized that was not a chance encounter. I know and believe in angels. And I had an angelic experience in the hospital when I was shot as well. Angels will come in a form. They can come invisibly. I've had those that have certainly you've had those. They can come in lot of ways. But this guy came in a form that I could relate to. A young man, about my age, on his way to kill himself, like I was on my way to kill myself. He saved my life.

Colette:  
That's amazing.



Denise:

And I know, they're angels. I know that they are only a thought away, and that experience was another powerful shift. It was a pivotal point in my journey.

Colette:

Wow. Well, you know that, I believe in angels showing up as humans as well. They're earth angels, and they absolutely come to us at the exact right time. To me, what you're describing is a series of spiritual awakenings.

Denise:

Oh.

Colette:

When I think of near death experiences, as rare as they are, they really do serve as a cosmic initiation into or higher divinity. I mean, it's what gave you access. And like what you said before about the embers and that the winds of heaven blew your embers into a fire. Your near death experience and the series of spiritual awakenings unfold were actually what activated your light and ignited your inner flame into being. And that's what I think happened as I'm listening and taking this all in.

And here's what strikes me most about you and your story, your compassion, your care, your kindness, and your love for people that came without falter or judgment. After everything you went through and endured, it's pretty amazing you turned out this way. It's pretty amazing, Denise.

Denise:

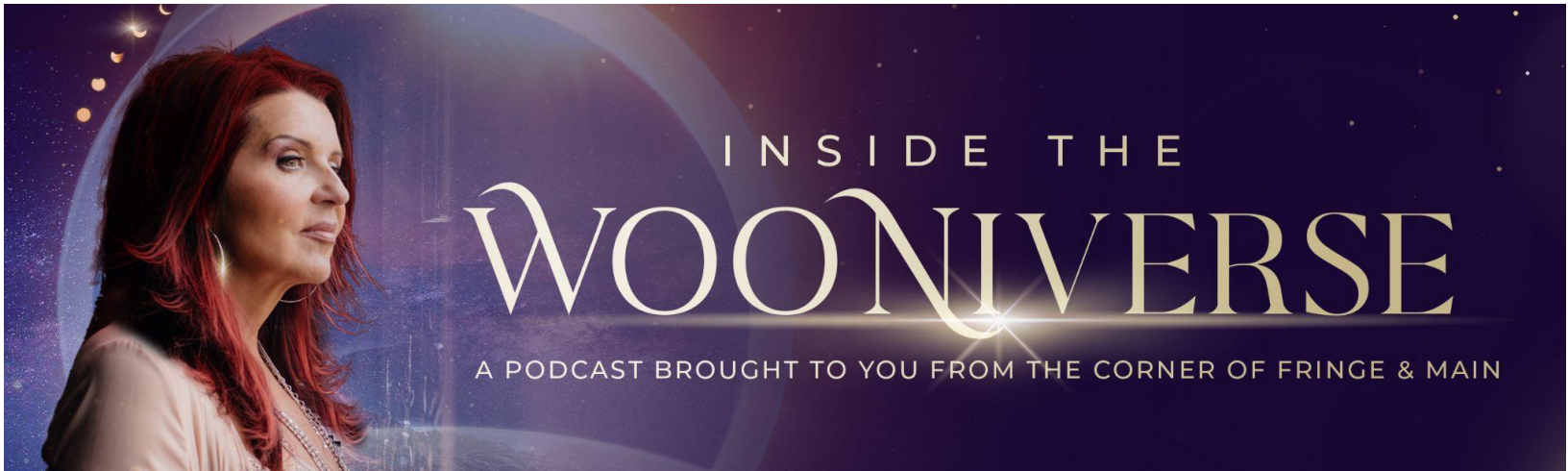
It is pretty amazing.

Colette:

Pretty amazing.

Denise:

How does this happen?



Colette:

Yeah.

Denise:

I don't know. I mean, when I was young, I want to shout out to my grandmother, when I was young, when my family was really going through a lot of tumultuous experiences. My younger brother and I got slept off across the country, a few thousand miles to my grandparents, so I didn't know. For a few years. And I believe that she saved my life. She was a mystic. She was an Oracle Card reader. She was a Tarot Card reader. She was an Astrologer. And she talked to me about Spirit. She talked to me about that this isn't the only realm.

So when I talk to people who have researched, who survived childhood traumas, it's when there is at least one person who believe in them. My grandmother believed in me. And I think she made all the difference. So grandmother, I thank you.

Colette:

So there was the thread that was there. So now let's take that sparkly, woo thread and weave it back into your story. Post trailer, post cat food, you then began your travels. Is that correct? Or did you end up going to college or university first?

Denise:

When I was in high school, after all of this happened, I was offered a full scholarship for being a Cherokee. But this is so dumb. Because I wasn't raised on a reservation, because my skin wasn't dark, I thought I didn't deserve it. My life would've been so different if I would've accepted that scholarship. Because I thought, "Well, I don't deserve it. My skin is not black enough." I wasn't raised on a reservation. Well, now I've learned differently. Native is what's in your heart, and I am registered in the tribe.

Colette:

I understand what you mean. Yeah. It's that sense of unworthiness that there's others that are more... Yeah, I get it. I get it.



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Denise:

Right. So I never graduated because I kept trying to work and go to school. It was just hard. But eventually, I ended up in Hawaii to visit my sister and I had heard about something called Zen Buddhism because I was searching. I wanted to get back to that place. I knew there was a way to get to that place of oneness, that place of light and joy. I wanted to get back there. I'd heard that when you got enlightened in Buddhism, you became one with all light. You became one with all things. There was no past, present, future. I thought, "Oh my God, that's exactly right."

So I went to the Zen Buddhist monastery and it turned out they would usually only have an opening for a woman like once every few years. They happened to have an opening for a woman that had just come up, because mostly at that time Zen Buddhists were mostly men, and that. So I moved in to the Zen Buddhist monastery. I lived there two and a half years and also visited the one in Japan that was Rinzai Zen. Again, that was amazing. I never got enlightened. I sat there. And sometimes we would sit there for 16 freaking hours staring at the wall. You're not allowed to visualize. You're not allowed to think. You're supposed to just stare at the freaking wall. It sounds kind of crazy, but it was wonderful.

Colette:

Yeah.

Denise:

The big thing was, if you were lucky, if you got a seat where there was a shadow of a leaf. And so during the day when it was like one of these [inaudible 00:22:47] 16 hours. You could watch the shadow slowly. That was like, "Oh my God, the shadow is moving across." That was it. So that was a valuable time in my life. It allowed a lot of healing to occur.

Colette:

So from here, you started traveling. So what was the catalyst? Something was a catalyst behind your desire to travel the world and learn about healing with different cultures very specifically. Because that's really where or point of travel began, right?

Denise:

There's a lot of reasons, but underneath everything was my desire to understand more about what I experienced on the other side, during that near death experience. So every culture I went



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to and I spent a lot of time in various native cultures, even though they would have different traditions, different rituals and ceremonies, there was this connective belief that we are all part of this same living universe. Everything has consciousness. Everything is alive. When I would talk about the experiences I had, nobody said, "Oh, that's weird. Or that's strange. Or that's residual from the drugs you had." Nobody said that. They were like, "Yeah. Duh."

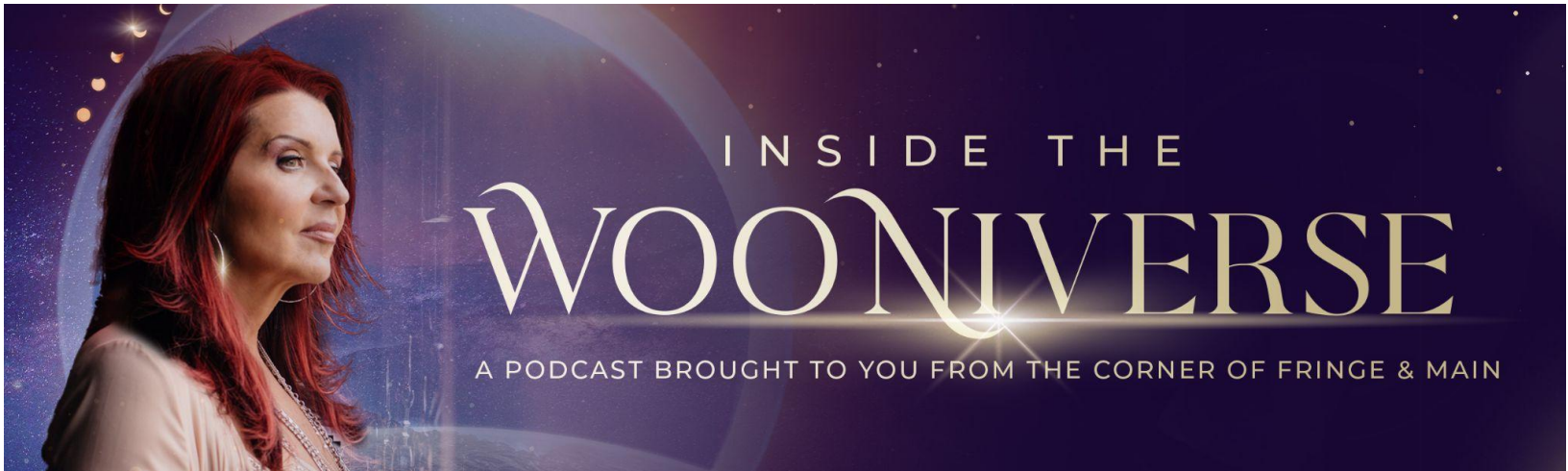
Colette:  
Right.

Denise:

I loved my time with the Zulu [inaudible 00:23:59]. I spent time with Credo Mutwa who is the spiritual head of all Zulu. And he talked about the consciousness of the earth. And the reason why he came up is one of the things he talked about was prophecies. I believe that he's talking about this time now. He said, "We are moving towards a huge evolution of the planet. A huge change." And as you know, we're in the middle of this huge change. And he said, "You will know when the set point is when there are 40 countries have women leaders around the world." He said, "When that occurs, that is the true beginning." Because he said, "What we need now, what the planet needs now is the feminine energy."

He never had any formal education. He's wearing skins. We're in a hut with a dirt floor. I mean the stars outside. There's the tribal fire. He's got bones. And yet, he's talking about what's occurring now, this time of evolution and he's talking about the living spirit within the earth. He also, as an aside, talked about aliens and UFOs. And he said, "Oh, we always are in touch with the UFOs." And I'm like, "Really?" He goes, "Yes, you were kidnapped with your kid." I said, "No, I wasn't. I would've remembered something like that." And he goes, "Yes, you were."

And then he showed me the old art, old Zulu art with the big eyes. He goes, "These are aliens." And I'm like, "Really?" He goes, "Yeah. We have always been in touch. We always have known." And so that was kind of amazing him talking about the idea of it. And then I was with the Maoris, the Maoris in New Zealand. They actually adopted me. They gave me the title of [foreign language 00:25:43] which is kind of an honorary title and lots of honorary gifts. I don't know why I'm talking about UFOs because people will cancel my vote. They'll go, "Okay. I was with her until she talked about aliens."



Colette:

No, no, no. This is my jam. Okay? So we're in the Wooniverse, Denise. If you want to talk about aliens, angels and aliens, and Credo Mutwa. Yeah, yeah. No, no, no. We're going to go to the aliens now. Let's do it.

Denise:

To the Zulu, I'm [foreign language 00:26:12]. They name you. If they're going to share tribal secrets or tribal wisdom... I won't say secrets, tribal wisdom, they name you. I was with the Maoris. I was [foreign language 00:26:20]. I could say that. They talked about so many of the same things that the Zulu did, that Native Americans do. The Aborigines do, the native cultures. This living spirit within all things. And they also talked about aliens. Oh yeah, they come to the house. I mean, like really?

Colette:

The aliens come to the house.?

Denise:

Yes. I said, "You're kidding me." "Oh no, they float around." And it's hard because my Western mind thinks, "You're just making this up."

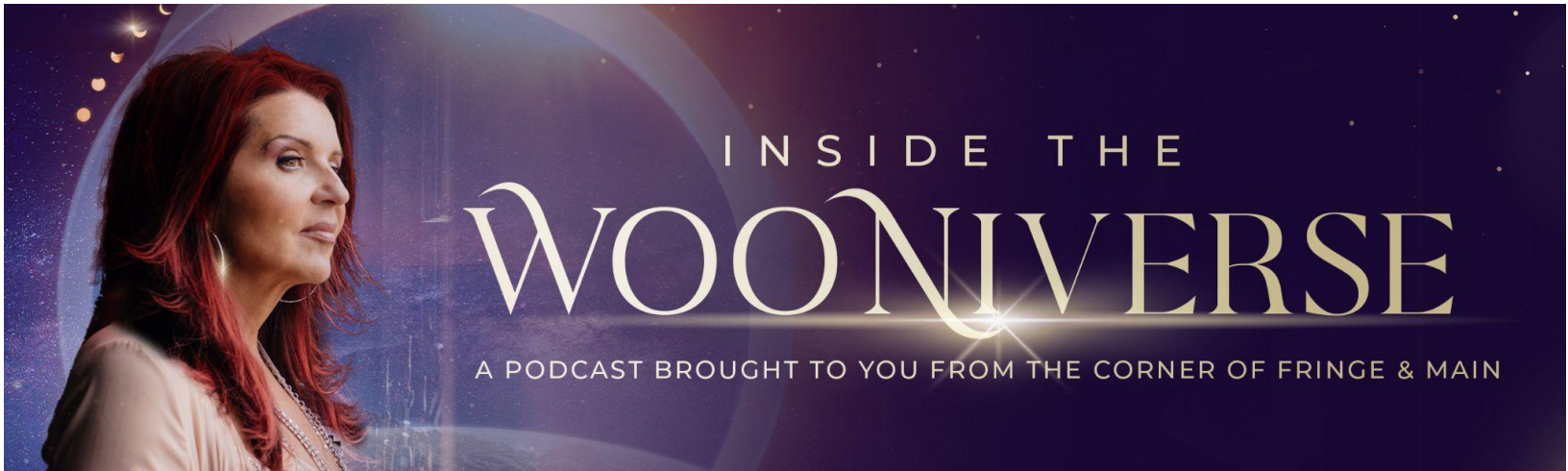
Colette:

Right?

Denise:

You got an active imagination, but actually with my husband, we actually had a close encounter with the UFO. And except for that, it was kind of amazing. That was about 45 years ago. We were driving along the coast of California, above San Francisco. It was late at night. My husband had been fishing and we were getting back. And as I looked out over the ocean, I was looking at the stars. There was one... It looked like a satellite, but it was acting really erratically. It would go straight and then it would make a 45 degree turn. And then it would come back and go straight, make a 45 degree turn.

I thought, "That is so weird." And I said, "David, you're going to think this is crazy," which he did. I said, "I think there's something up there that wants us to turn around." And he said, "I'm tired. I



am ready to go home. I'm not turning around." But I got really insistent. I'm a double Aries, so we can get very insistent. So finally, he turned around and it was on my side now. It was a 45-degree, but it was going inland. I said, "It wants us to go inland." And he's like, "What are you talking about?"

Because he hadn't seen it yet, only me because it was on my side. Not the driver's side. I said, "We have to turn here. Turn here." And he's getting so mad. So we're going there and I'm seeing it. It's getting closer. But David stopped. He goes, "I'm stopping. I'm not going any farther. That's it. We're done here." So he stopped the car and I flew, open the door. I ran out in the field. I put my arms up and I said, "Welcome," like you do.

Colette:

Like you do.

Denise:

Because it was obvious. And it came down. It was absolutely silent. When I tell this story, no one believes me and they say, "Did David see it too?" Like I made it up. Well, David definitely saw it too. We agree on it that we saw the same thing. So it's coming down lower and lower, and lower. And it's hovering over the trees. It's really close. And it's got little lights all around it. I'm like, "Oh, welcome." Whatever it was, I felt like little tendrils were reaching inside of me and I felt like they could hear my thoughts.

I'm like, "Please help me help people. Help me help people. Help me be of service." I could feel that they heard that. And then I keep looking back at David because David pulled out peanuts. He's leaning on the truck eating peanuts. And I am so mad because this is a holy experience. You do not lean on the truck and eat peanuts during a holy experience. And then there was the sound of a plane. And you know how they have the red light and the green light?

Colette:

Mm-hmm (affirmative).

Denise:

All the lights went out, and it put one red light and one green light. And then it just floated. It was absolutely still. It made no noise and it floated off. And then I said, "David, David, it wants us to





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go down this road more." He goes, "We're not going." He gets in the truck and turns around and I am so mad because I know whatever it was wants us to go down that road. I think that was the biggest fight we've had in our entire life. It was awful. But here's kind of the magic. The next morning, we had makeup sex.

Colette:  
Okay.

Denise:  
Because it was a really bad fight. And within an hour I thought I'm pregnant.

Colette:  
Wow.

Denise:  
And I had been told, not only would I never get pregnant that if I ever did get pregnant, I would have to abort it because it would kill me. That's what doctors told me. They said, "It will kill you. Dude, you can never have children." But because we had this amazing experience, I thought I'm meant to keep this baby.

Colette:  
Oh, wow.

Denise:  
But I so much didn't want the negativity of someone in the medical community telling me that I couldn't have this child, that I didn't see a doctor, but I couldn't get a midwife because I was a medical risk. So I went eight and a half months without seeing a midwife, without seeing anybody. And I said, "David, it can't be that hard. I'll push, you pull. People have been doing this forever." Which was so stupid.

Colette:  
Oh my god.



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Denise:

Oh my god. But someone pulled me inside and said, "Denise, I know you can do that, but that's not very nice for David to put him through that." I never thought of him not once. So at eight and a half months, we got a hippie doctor, five hours away. And now I have a beautiful daughter and she has two beautiful children. And it was because of the flying saucer that the Zulus and the Maoris and other native cultures talked about aliens.

Colette:

Wow. I'm mesmerized by your story. This is just fantastic. Okay. So we've talked about the commonalities that you have discovered in your travels and how you got pregnant. This is just incredible. You have so many amazing methods. Let's just go on into some of your books because you have such a huge body of work. But before we do that, let's take a quick break. When we come back, more with Denise Linn. We'll be right back.

Colette:

And we are back. I'm here with Denise Linn on INSIDE THE WOONIVERSE and we're having one of the most fascinating conversations I've ever experienced on this podcast. I can't wait to hear more. Now, Denise, your first book was groundbreaking. Let's talk about that.

Denise:

Let me take a step back. I don't like writing. I don't think I'm particularly good at it. I'm dyslexic and had ADHD. But a publisher came and asked me to write a book and he wanted me to write a book about dreams. I wasn't particularly a dream expert, but he just thought it would do well. So it wasn't nothing to do about my expertise. It was a book that he thought would do well. And this was, I don't know, 45 years ago. It was a long time ago.

But crazily, I said, "I'll think about it." And I thought, "Well, it's a book on dreams. How about if I watch my dreams? And I'll see if I get any messages in my dreams about writing this book." So we had a little cabin up in the mountains, up in Washington State. And in the middle of the night, I had a dream. I've never had a dream like that before or since in my life. And in the dream, I was floating above the houses and I could see down through the roof, into the house and there were two children.



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There was a little boy and then a younger little girl. And they were looking up through the ceiling at me floating. As I got farther away and looked down, as I looked at the whole planet, it was like, the planet was on fire. There was fire everywhere. And there was so much heat. Now mind you, this was 45 years ago. It was so much heat. And the children looked up and they said, "You have to help. We need help. The world is on fire."

So in the middle of the night, I'm like, "Oh my God." I was crying. I was sobbing. I didn't want to wake David up. It was a tiny little cabin. So I grabbed a pen and I started writing and writing, and writing all over this big cardboard box about my dream, about the world being on fire and the children asking for help. And then I went back to sleep and I forgot about it, as you do.

In the morning we're having coffee and David goes out and he comes back in and he says, "Denise, I think a crazy person came in the night." I said, "What are you talking about?" He said, "Someone wrote all these messages all over the box. And there's this box with these crazy messages." I'm like, "Don't call the number," or something. He's bringing the boxes in. And I'm like, "Oh my God, that was my dream."

So I sit there and dream. Because of that dream, and it was so intense, I said, yes, to writing that book about dreams, which it's never got out of print.

Colette:

It is one of my favorite books. That was the first book of yours that I got.

Denise:

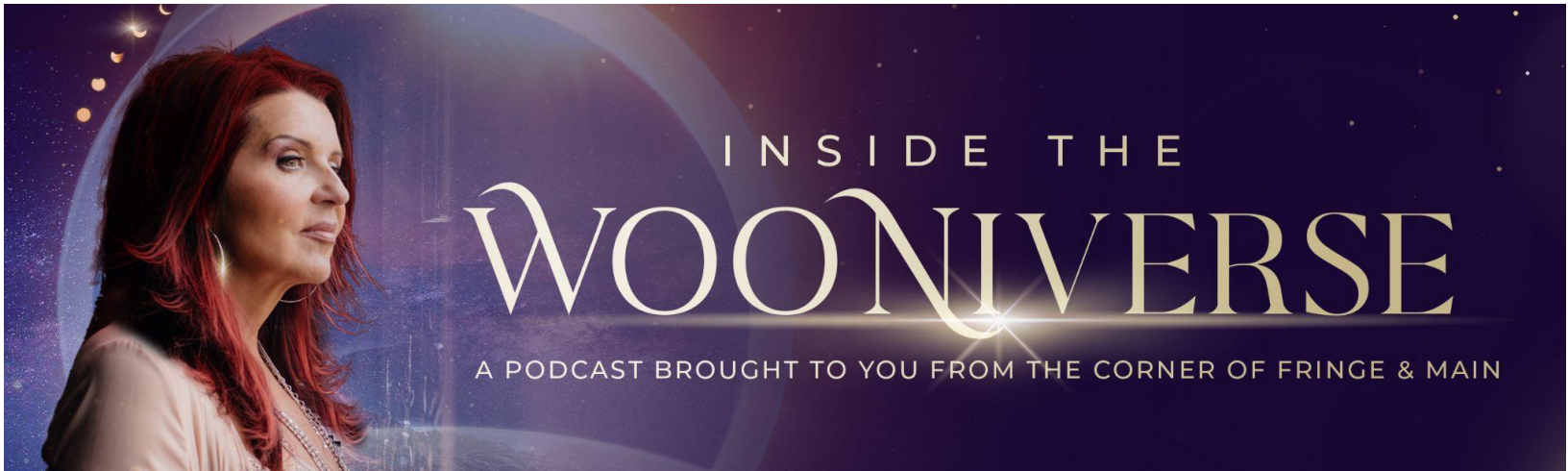
Wow.

Colette:

I think it was in its sixth or seventh printing by the time it came into my hands because I bought your book 30 years ago.

Denise:

Wow.



Colette:  
Yeah.

Denise:  
Here's what's amazing to me. My daughter has two children. She has an older boy and she has a younger girl. They were older in my dream. I just thought, isn't that interesting? I didn't even think about global warming decades ago. It was not even in my consciousness. I didn't even know it was global warming. I just knew that the children were saying, "The world is on fire. The world is so hot." So I don't think my books have made a difference in global warming. I don't see any connection there, but I think it's an interesting coincidence that because of that dream, I wrote my first book. And then another publisher said, "Will you write for us?" And then it just continued from there.

Colette:  
The rest was history. I mean, you've written a lot of amazing books. Now, you have a lot of amazing methods in your books. And can you share some with our listeners, like for example, how to become invisible and how to find your true name, or the power of blankets and shape-shifting? I mean, you have so many cool things. Let's go through them. How do I become invisible?

Denise:  
There's a little story to go along with this who I learned it from. I learned it from a mystic. I told you that I had a six-inch tube replacing the aorta.

Colette:  
Yep.

Denise:  
And one day I woke up and I felt really cold and I was having trouble breathing. I looked on my arms and my legs, there were these long lines of bruises.

Colette:  
Wow.



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Denise:

On my arms and legs. And those are blood clots going through the veins and they're bruising them from the inside. And there were lots of them. So evidently the tube, it started to separate.

Colette:

Whoa. How are you alive?

Denise:

It's a miracle. Isn't freaking miracle.

Colette:

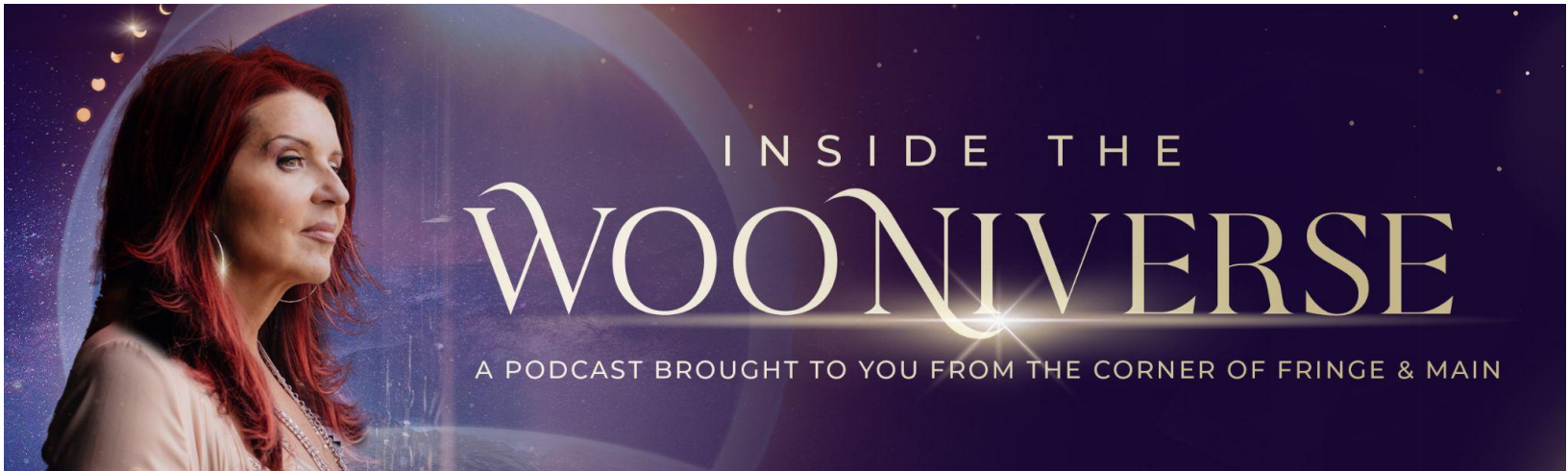
It is a miracle. Yes, go on.

Denise:

So one of my students. I was teaching shiatsu. One of my students was a doctor and he came over and he said, "Denise, this is really serious. You've got blood clots. That's why you have these long bruises. We got to get to the hospital." I said, "I really don't want to go." He goes, "I'm going to go get my doctor bag or something. I'm going to be back and we're going to get you to the hospital." He said, "I don't care. You can die." So while he got his doctor bag, there was a knock on the door. Again, if someone told me this, I wouldn't believe this. This guy walks in. He just shows up. And he walks into the bedroom and he goes, "You're not going to die." I went, "Okay." He goes, "You may have to go to the hospital." I said, "I don't want to go to the hospital." He said, "Well, I'll see what I can do."

He goes, "I'm going to leave, but I'm going to send you some energy." So he left and all of a sudden because I was so cold, I felt like I was turning blue. I couldn't see so well. I could breathe. I was warm. Everything was shifting. His name is Jack Mantos. If anyone ever knows him, San Francisco, I love Jack Mantos anyway. So Jack came back and he goes, "Denise, your vitals have change so much." He goes, "I'd like you to go of the hospital, but I'm just going to keep monitoring you."

I never had to go to the hospital. It took about two weeks to reabsorb all of those blood clots. But this guy was a mystic. He could do full body transfer. He could take his body from here to Iowa and back. He was amazing. So it was secret training. I trained with him for four years.



David and I did. One of the things I learned from him was the art of invisibility. I mean, this guy, he saved my life again.

Colette:  
Yes.

Denise:  
But here's what he said, and I have found it to be true for being invisible. He said, "To be invisible doesn't mean that you're not there, but it means that nobody sees you. To do this, you need to project your energy to where you are going." And he said, "Find a dog that always lurches at you." You walk by, they're... And he said, "As you're approaching before the dog sees you, project your energy to a tree, two blocks down the road or something and the dog will not see you. And I tried it, it worked. Have you ever heard people say, "I just didn't see that car. I just didn't see him"?"

Colette:  
Right. I didn't see it.

Denise:  
And it's often because whoever they didn't see, their energy is not there. It's projected forward. And it's an amazing technique. It's not like you're not there. It's just nobody had seen you. You can go into a party and nobody will see you.

Colette:  
So do you teach this now to other people?

Denise:  
I have in my seminars, yeah. How to hyper time and you know. But see, I don't think... To me, learning mystical secrets and mystical techniques is that's not what I'm interested in. What I'm interested in is how can I love myself more? How can I be more present with life? How can I be more open to the creator? To me that's important. Learning how to work with time. And time is fun. Really, you can stretch it. There's a lot of mystical things. But I've met people that know mystical techniques and I'm not too impressed if they don't have a big heart.



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Colette:

No, I get it.

Denise:

It's all about the depth of your heart, the depth of your love. And maybe even more important is the depth of your authenticity because I think sometimes that trumps like, "Oh, love." It's like being who you are in this moment. That's what's important to me.

Colette:

Oh, that's so amazing. One of your best selling books is called Sacred Space. You teach about sacred space and sanctuaries. How do you make a place sacred?

Denise:

I first got into sacred space, I first got into Feng Shui and I'd been interested in space cleaning when I was teaching in Hong Kong. And I heard of about this thing called Feng Shui. And they said, "If you move things around in your house, you can increase your income. You can get your boyfriend or husband." I mean, and I thought really? I began to, in my travels with spending time with those in native cultures and every culture has its own understanding of how the spaces we live in can impact our lives.

For example, in Brazil, they say you should never go into a space and be able to see out of it. You'll lose energy. And that's something pretty much ubiquitous around the world. That's understanding of how you occupy your space will make a difference in your life. And so I began to take the information I gained from various cultures around the world and utilize them in a space. It could make a huge difference.

It was like magic out of the information I gathered, I put together a book called Sacred Space and later Feng Shui for the Soul. But I've found a few things that make Feng Shui really easy so that anybody. Anybody can use Feng Shui. And by creating your space in alignment with who you are, it can literally change your life. The first thing is, if it feels good, it is good Feng Shui.

If it feels bad, it's bad Feng Shui. You don't have to learn all these rules. You don't have to get out of compass and figure it out. You don't to do all of the numbers on it. Some people are so



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much in their mind, they don't know. So sometimes you have to get really quiet and centered, and even visualize yourself in that space. Notice, how does this feel? So that's the first thing.

Also, there's three really important aspects of Feng Shui that I'm going to share with you, and these are very helpful. So you don't have to work out the right system. Three things, one is your entrance. What is your entrance like? Your entrance, it's the first thing you see when you go home. When you step across that threshold, and when you approach the door, you should feel excited. You're home. Your energy should go up. So you want what's called an auspicious front door. You don't want a bunch of stuff like a bunch of brushes and-

Colette:  
Clutter.

Denise:  
... little baby trees. Yeah. Foliage. You know want foliage In front of it. You don't want to be dirty. You don't want a peeling door. You don't want a squeaky door. You want a front door that feels what they call auspicious. Also, when you first walk in, what is the first thing you see? This is a metaphor for not just for your home, but for your life.

Colette:  
Oh, boy.

Denise:  
You see something that feels uplifting? I remember this guy came to me and he goes, "Denise, in my life, I came to you for Feng Shui because I just feel like I keep hitting brick walls in my life again and again. I said, "Well, let's see your home. Open the front door..." And there was like a brick wall right there. Well, duh, what he's seen every time he walks in is a brick wall. I said put up a beautiful painting with a long view. So do you feel expansive? Something that makes you feel good?

In Feng Shui, it's not what is real, it's what is perceived. So even though there's still the brick wall there. So have an auspicious front door. Also, if you can, when you are standing inside the house, looking out, it should feel like it expands. Not everyone can have that, but that's ideal. And there's ways to create that. So that's number one.





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Number two is have a mountain at your back. What does this mean? A mountain at your back. This means that ideally, you want some height in the back of your house. If you go into a restaurant, don't you usually choose the chair that has the wall behind you? Because it feels safe. It feels protected. And you usually like to be able to see the door. So if you can, have tall trees behind you, have flag poles. Have a hill behind you. This is good Feng Shui but some people are like, "I live in a high rise. I can't do that."

In Feng Shui they'll do things like put a picture of a mountain at the back. Or if you have a chair have a high chair so that you have... It's your symbolic mountain. So you have I guess the two most important things. They're having a mountain at the back and an auspicious front door. And if it feels good, it's good Feng Shui. If it feels bad, it's bad Feng Shui. So remember those three things.

Colette:

When I remove clutter, for example, like I checked the story that it tells me. I had shaming clothes that were like looking at me and yelling at me or too fat. And I would like, "One day, I will fit into that." And instead, I just started pitching everything. If I didn't feel good looking at it, it had to go.

Denise:

Yes.

Colette:

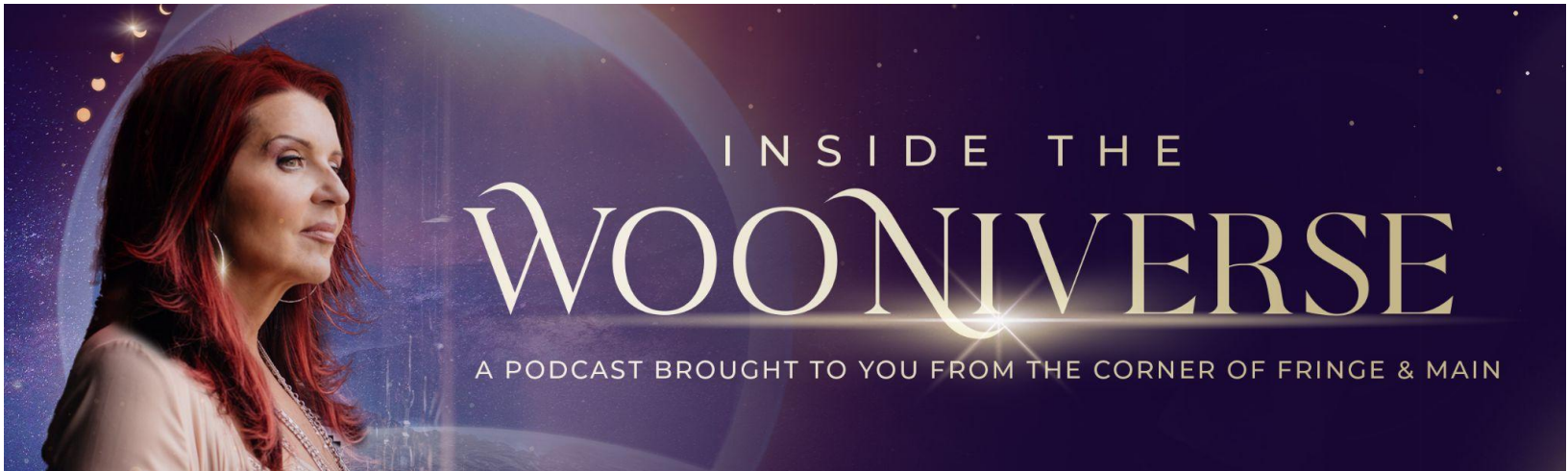
And even with kitchen utensils and things like that. But you did bring something up, which I'm going to talk to Marc after this, which is we do not have an auspicious entrance. We have a lot of boxes in our entrance and clutter in there. So we are going to declutter it and change it up when we get home.

Denise:

Okay. Let me ask you about the entrance.

Colette:

Sure.



Denise:

Is there a hallway there or is it just a bunch of boxes? Is there a hallway?

Colette:

No. There's a nice hallway actually. The entrance looks out. You can see on the other side, by the way, there's a big window there, but we have like these beautiful plants. It's really pretty.

Denise:

That's fine. But when you open the door, can you see the hallway?

Colette:

Yes.

Denise:

Are the boxes in the hallway? Okay.

Colette:

Yeah. The box is on the side of the hallway.

Denise:

People who have that configuration, and this might not be you because everybody is different. Often they aren't able to get enough breath in. They can't-

Colette:

That's me.

Denise:

There's a sense of constriction. So if you want to get more breath, you want to get more flow in your life, get rid of those boxes or move them somewhere else.

Colette:

That is me, shallow breathing.



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Denise:

Okay. Well, this will allow your breathing to open and especially with COVID right now, this is a really good time to make sure that is expansive there.

Colette:

Oh, wow. This is great. Oh my God.

Denise:

Do not have boxes there.

Colette:

Do not have boxes and yes, I will make sure we declutter that entire entrance way. Now, you offer courses on transforming clutter and elemental space clearing. Why is clearing clutter so energetically important like we just talked about my boxes.

Denise:

I look at clutter as modern day alchemy. In ancient times, we had ceremonies. We had rituals. Ever since the beginning of humankind, we have always had ceremonies for the simple reason they work. Now in our modern day, we are bereft of ceremonies and rituals. And the reason why they work is you are giving form to the formless. In no small way, we identify ourselves with our stuff. Someone comes over. Oh, I'm so sorry I didn't clean. It's not who you are, but we identify with it.

So if you have things that you identify with shaming clothes, for example, that is a message to your subconscious mind to feel ashamed all the time. You're not consciously aware of it, but it's screaming. It's whispering. It's saying that to you all the time. Your stuff, if you don't love it and don't use, it's clutter. Clutter isn't the same for everyone. If you want to shift your life, if you want to transform your life, if you want to heal an old pattern, I really encourage you. This is not just you, Colette, this is everyone. Clear your clutter.

Some people say, "I never can clear it all." Literally, one small drawer can make a difference. Five minutes a day, if you have five minutes a day, you take two minutes to start clearing and two minutes to just put back everything. And if you do it with intention, it makes a difference. I got a quick story for you about clutter.



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Colette:

Yes, love it.

Denise:

I had clients and one client called and he said he was calling to say goodbye. I said, "Why?" And he goes, "I'm going to kill myself. But I wanted to thank you for the work that we've done together." And most people I would think, "Okay, this is a cry for help." For him, I knew him. I knew he was going to kill himself and I couldn't get there because of the distance that he lived. So I said, and I don't even know where these words come from. I said, "Tell me about your drawers." He said, "What?" And I said, "Tell me about your drawers." "What?" And I said, "Can you see a drawer?" He goes, "Yeah." I said, "Go over and open that drawer."

I said, "What's it look like?" "It's a mess." I said, "I am coming to your house. So by the time I get there, that drawer needs to be cleaned." I said, "You can kill yourself, but when I get there, I need to have that drawer clear." "Okay." I got to his house, he opened the door and he goes, "What did you do?" He goes, "I feel so different." It was the symbolic act as he cleared out the mess in that drawer, it was symbolically beginning to clear the mess of his life. As far as I know, he's still alive today. So it is powerful and it works in almost mystical ways, ways you can't even begin to understand, but it does work.

Colette:

I know it works. It's amazing. I love hearing you talk about that. So let's talk about past life regression. Now, I've actually been regressed by you in an audience with hundreds and hundreds of other people. And I know are one of very few practitioners who have taken audiences of 3,000 and more through past life regressions. So let's talk about that. What are some of the common misconceptions about it? And tell me a little bit about how you got into past life regression and what it actually means.

Denise:

I got into past life regressions through an experience I had when I was working as a healer. I was a really good healer. Sometimes I was booked up to a year in advance because I would just touch people and they'd feel better. The symptoms would go away. They said it was like magic. But every once in a while, someone would come back and say, "You touched my shoulder and it



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was gone. And now it's been six months and it's back." And I thought, "How can it be back?" And I realized that a lot of the challenges that we have didn't originate here.

Now, they originated in our earlier years, even our childhood. So for those few people that occurred for, I began to take them back into childhood. This was amazing because often they would find decisions that they made, the beliefs that they had adopted about who they were, what they deserved that came from early childhood. And we'd rework it. It felt like reworking it at its source, and it would heal. There would be instant and profound healing.

I was working with a woman and she'd come to me. So she was having some stomach challenges. So I was taking her back to what I thought was her childhood. She said, this is while her eyes were closed in deep meditation. And she said, "I'm being poisoned by my husband's enemies." And I'm like, "What is she talking about?" I knew she'd never been married. What is she talking about? She continued to talk and she said that her husband had political beliefs that she didn't believe in. But in that time, as the woman, she had no power.

He was out of the village for a while. So his enemies came and they forced her to take the poison, and the poison killed her and it ate away whatever kind of poison was. It ate away at her stomach. She had ulcers in this life. It also came up at a time in her life when she felt powerless, as she felt in that life being powerless to do anything and knew the decisions that her husband were making were going to be damaging to him and to her.

So this was a wake up call. It's like, "Oh my gosh." And then I found that by taking people back into these images, into these memories, these past life memories that you could heal something at its original source, that sometimes our challenges don't start here in this life. Sometimes they started in other lives and sometimes they're absolutely real lives.

I've had people do my past life regression. They go to the library. They do research. They find themselves. Which always makes me look really good. But it's not about proving that they're real. It's about results. And sometimes there's things that I call soul dramas that maybe you can't prove. And most past lives, you can't prove anyway, because there's no written history. But it's not so much about if this is historically accurate, but what results does it produce? And by going back, shifting the past, it's like if you imagine a mountain and there's a spring coming out



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of the mountain, and as it comes down the mountain, it gathers debris and it gets down the mountain. It's got log gems.

To change it, you could get in with heavy equipment to pull out those log jams. It's a lot of work, a lot of effort. Or you could go to the top of the spring, move a tiny little stick, a leaf, and you could change the course of the river forever. So what past life regression does, it can change the course of the river forever.

And it can change that fear, that phobia, whatever that challenge is, it's one way and it's a quick way. In many cases that things can shift. I had a woman in South Africa who was blind. She had a tumor that was pushing on the optic nerve. During the past life regression, her eyesight started to come back. She went to her doctor and the doctor said, "Well, we don't know what happened, but this won't last long." She wrote to me three years later and said, "I still could see." And she goes, she was so glad because she had lost her independence because she couldn't drive. And once she got her eyesight back, she could drive.

I've had people who couldn't walk in wheelchairs and they said something magical about me. It is not. It is actually going to the source of where the challenge is and shifting it at the source, and it can make a huge difference.

Colette:

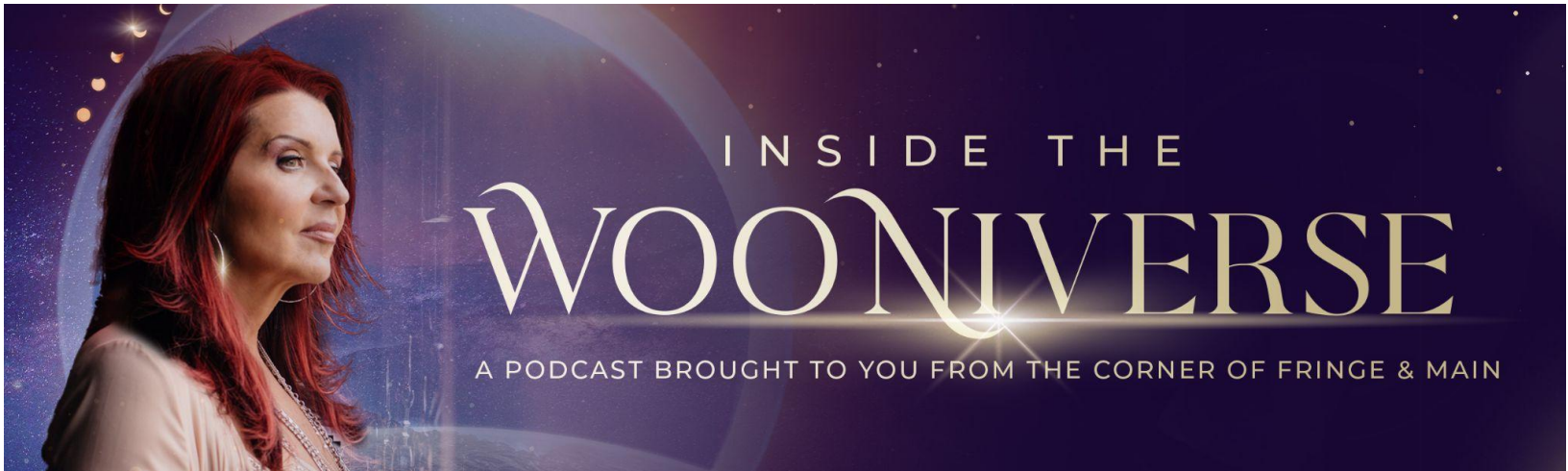
I had an experience in one of your seminars.

Denise:

Ooh, tell me.

Colette:

This is early, early on. Actually just after we met in person, like this is going back to 2005, right? I sat in your room in one of the big rooms when Hay House had their conference, you had about three, 4,000 people in the room. I had a really bad knot in my back that kept coming up around my shoulder. I have a rotator cuff injury. But it was really in a lot of pain. And I wasn't planning on seeing this at all because you took us on the regression and I thought I was going to think about something else, honestly. All of a sudden, I imagined it just came to my memory that I had a sword stuck there.



Denise:

That will do it.

Colette:

I had a sword, and I turned around to look and it was somebody that I knew that was just in my life that I hadn't seen in a long time. Well, I had a very destructive relationship with in my 20s. And bingo, that person was actually a man, but I knew it was the same person who was a female in this life.

Denise:

Right.

Colette:

And I forgave them and they pulled the sword out.

Denise:

Wow.

Colette:

You know what? I haven't thought about this in years until you started talking about these other people and it was profound. I remember sitting there, I thought I made it up. Because even though like you, you and I are both skeptical people, even though we have the most wildest experiences, we're like, "I'm not really sure. Was that real?" But I had felt that, and then there was no more pain. No more pain. And it used to be chronic in this one part of my back.

Denise:

I love those kind of stories.

Colette:

Yeah.



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Denise:

And when people get skeptical about that, you can actually shift things. I remind them about split personalities. It's interesting because a lot of our challenges in life come from our identity, who we believe we are. But in a split personality, you can have two different identities. And people say, "Well, it's psychological." But here's something interesting, and I've talked to people like in the medical field who've worked with it. One personality can be diabetic and the other personality isn't.

One personality can be highly allergic to something, and the other personality isn't, because there's two different identities in the same body. So it's not necessarily the body that you're in that dictates the challenges you have. I would suggest it's your identity. And your identity comes from beliefs and patterns that you have taken on in the past and sometimes in the far past. So I love the fact you haven't had pains.

Colette:

No.

Denise:

I love that.

Colette:

That's amazing. Wow. Are you working on anything new right now?

Denise:

I am working on something. It's going to sound kind of crazy. Well, I'm working on a new oracle deck called the time traveler deck. It's about time traveling.

Colette:

Love it.

Denise:

But the thing that I'm most excited about, and I feel like it's the book I've been meant to write my whole life. And it's about the gift of low self-esteem. But the reason I'm so excited about it is I suffered from low self-esteem as a kid. People could say it was my family dynamics and kind of





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a mentally ill mom. But I worked so hard through a lifetime of courses I took. I mean so much therapy. And I never was able to gain self-esteem.

So finally, I thought, you know what? It's been decades and decades and I still have all these feelings of a lack of self-esteem, so there's got to be some gifts in it. There's got to be something great about it. And the more I look, it is really cool. There is so much to gain by having low self-esteem. And I thought there's other people out there. They've tried everything and then they're judged themselves as a double bummer. You have low self-esteem and then you judge yourself. We're having low self-esteem.

So I am really excited. I thought if nobody takes this book, I'm going to self-publish it because there's got to be people like me who've worked so hard to have high self-esteem and they just don't have it. So look at what's great. And there's so much that's great that even if someone said, "I'm going to give you high self-esteem." I might say, "Wait a minute, wait a minute. I'm not so sure."

Colette:

This is so interesting. I love this. Now, Denise, I'm going to pull a card now with your permission from wisdom of the oracle to see what the universe has to tell us about our conversation. And its breathe.

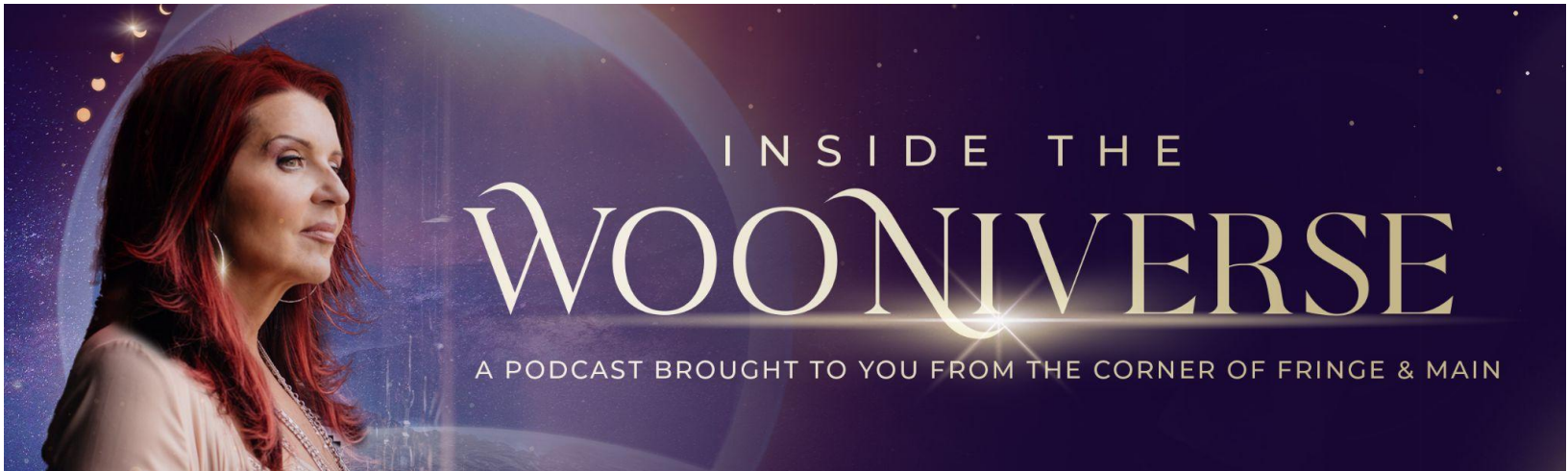
Denise:

Okay. I think breathe is interesting given the hallways and stuff.

Colette:

Right? Given the hallways, yeah. But it's also for all of us. Now, the card breathe was in the protection position and I'll tell you what it means. So when this card is in protection, it talks about the lack of trust that we might have. And I think this is for our listeners, that we don't always trust these extraordinary experiences that we have. And we don't trust the ordinary either, that there's a sense that we have to control things or that we have to be on patrol all the time to check perceived threats, etc.

And when it's in this position, it reminds us that we need to slow down and take a deep breath. And it's about trust. It's about trusting the relationship that we have between each other, the



relationship that we have with all of life, and of course with our higher power. You want to add? Thank you.

Denise:

I love that. I have nothing to add because to me that perhaps is the essence of happiness is just trusting. They say that love is the opposite the fear. I'm going to suggest that trust is the opposite of fear. Trusting that you are where you need to be. Trusting that everything is working for your highest good. Trusting that who you are is enough. Exactly, as you are. I love that.

Colette:

And including with the low self-esteem, right? It's about radical acceptance really, and that we can breathe easier when we're not fighting against or resisting what is.

Denise:

What is.

Colette:

Right?

Denise:

Right.

Colette:

Yeah, I love that. So I've got a couple last questions for you. What do you see for us as we move into an uncertain future? What do you personally wonder about? What kind of solutions do you wonder about?

Denise:

I think we have been in a huge... Well, let me take a step back. In native cultures they talk about the understanding of the cycles of a life, the cycles of nature. We have winter, spring, summer, and fall. In our technological modern day world, we have only summer. We have only go, go, go, go, go. And we have no winter. And the winter is important. It's valuable. So this last couple of years with the pandemic have been our global winter. And the global winter of stop, breathe, assess. What's going on here?



# INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

And then in springtime that's when the ice breaks. It's a time of the new seeds are breaking through the soil. Well, there's a breaking up of old structures. The breaking up of old patterns. And as we move into this spring collectively, the spring is the time of new growth, new energy. And I'm going to suggest that for each individual as well as for our planet, there is a new energy emerging.

We just need to be ready for it, to be ready to clear out anything that doesn't serve you. Clear out relationships that don't support you. Clear out things that you do with your time that are not empowering. Use this time well and use it to clear out the old so that you can receive the new energy coming forward.

Colette:

Oh, I love that. So for the highest good of all, how could we bring more love to the world?

Denise:

For the highest good of all, love yourself exactly the way you are, because we are connected. We are so connected. When you love yourself, that radiates out from you in all directions and it touches people that you may never even meet, but you share a similar frequency. If you want to heal the world, heal yourself. If you want to bring love into the world, love yourself. Exactly as you are.

Colette:

Denise, that was so fantastic. Thank you so much. Everyone, for more information about Denise and all the courses she offers, her oracle card decks and all her books, you can check her out online at [deniselinn.com](http://deniselinn.com). Amazing. Thank you. And it's so wonderful to connect with you today, Denise.

Denise:

Thank you so much. This was a joy.



# INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

Colette:

So what did we learn? I mean, what an incredible conversation. I decided to choose a card. I pulled it from my Oracle Card deck, Wisdom of the Oracle. I got a card, number 51, Milk and Honey. I want to read this message. There is only one authentic you. This version of yourself, with a capital S, is Spirit's emissary in the world. When you're in alignment with the truth that you are a unique expression of the divine, your ego can rest and your soul can illuminate your purpose.

Miracles are a choice and a way of seeing the world. And with every choice you make right now, you have the potential to embrace your destiny. And that's what Denise did. And that's what we all need to do. I'm Colette Baron-Reid. Until next time. Be well.