

inner change

living in purpose



Interconnectedness

One on One with Helen Reddy

From empowering performer to hypnotherapist and spiritual teacher, she is following her heart.

Internationally known for her dynamic anthem “I Am Woman,” Helen Reddy became a catalyst for feminine empowerment. Retired from her musical career and now a clinical hypnotherapist in Sydney, Australia, she has followed her calling as a spiritual teacher with the same message of strength, now directed toward spiritual growth and higher consciousness.

As a columnist for *Innerchange* magazine, Kala Ambrose shares this candid and inspiring interview with Reddy, as they discuss past-life regressions, feminine empowerment and future changes in 2012 and beyond. An excerpt follows below; you can read the entire transcript at www.innerchangemag.com.

Kala: Do you have intuitive abilities, Helen, and, if so, how has this helped you or guided you throughout your life?

Helen: Well, I had an out-of-body experience when I was 11, and there have been several precognitive experiences I’ve had where I’ve had a dream about something happening, and it has then happened exactly the way I’ve dreamt it. So I do trust my instincts very much. I think we all should....

Kala: That’s a good point, and I think if we can learn to quiet our minds and listen to that a little more we all have that intuitive ability... You mentioned that you had an out-of-body experience at age 11 — what was that like?

Helen: I had been very religious as a child, and then I’d kind of become turned off by the church because they didn’t seem able to answer questions that I was asking. I was bothered by the hypocrisy, so I had become an atheist at nine. When I was 11, I was in a private school — all girls — and we were standing in assembly waiting for the head mistress to come.... She did finally come, and the service started, and I started feeling weird. There were brown spots in front of my eyes, and I felt like I was going to fall over....

The next thing I know I’m in the back of the room looking down. There was no sense of movement or change of time, it was just this instantaneous thing, and it seemed perfectly natural. I could see that there was a girl lying on the floor, and I thought, “Good heavens, one of the girls must have fainted.” We were all wearing identical uniforms, and I wondered who it was. So I zoomed in for a close up, which

seemed perfectly natural at the time, and I was looking at my own face and my own body. I thought, “Oh my god! I’ve died!” At that point I don’t know whether I went back into my body or what had happened. The next thing I knew I was jolted into consciousness.... I was very confused. Obviously I couldn’t be an atheist any longer because here was proof that we did ... in other words, the I that was “I” had nothing to do with the body. The person that was me was simply inside the body. I wasn’t the body.

I knew that I couldn’t tell anyone, because this was in the early ‘50s, and nobody talked about anything like that. I thought they would think I was raving mad and put me in an institution.... Years later, I think I was about 17, I was starting to read anything I could get my hands on about spiritual matters. There was an account by a yogi about astral projection, and there was such a sense of relief that I was not alone, that somebody else had this experience, and it had a name. So that was a big turning point for me.

Another major turning point was reading *The Search for Bridey Murphy*, which came out in the mid-1950s.... I’m reading in this book about this man who has hypnotized this woman and taken her back to a previous life. Well, the concept of reincarnation just struck a nerve with me; it made total sense of so many things that hadn’t made sense until then. The fact that hypnosis could be used as a tool for research in that area was amazing to me. I actually did a couple of past-life regressions for others when I was in my late teens, but I felt like I was playing with something I didn’t know enough about, and there wasn’t anyone who I could ask or get any help from because the hypnotists I knew who worked on stage didn’t believe in it, if you can believe that!

So I spent the next 50 years studying reincarnation and hypnosis.... Finally I reached a point where, you know, after having been in show business for 55 years or so — since I was 5 years old — I decided I wanted to follow my heart, what I really wanted to do. By that time hypnotherapy was an accepted branch of science, so I went back to school and got my degree in clinical hypnotherapy and neuro-linguistic programming at the age of 60, and that’s what I now do....

Kala: [For those who]are not familiar with *The*



Search for Bridey Murphy, it’s a story back in the 1950s about a patient, Ruth, who goes through transgressions and realizes she was a woman named Bridey Murphy who lived in Ireland in the 1800s. It’s one of the first documented studies of this type where you can see reincarnation and talk with people who’ve had this experience and understand and remember being someone that they would have no other way or record of being.... Helen, with reincarnation have you looked into that, and do you have any recollection of who you were?

Helen: I get flashes from time to time of past lives, nothing of any consequence. But what I’m finding in my practice now is less past lives and more — well of course it depends on what the presenting problem is — but I get a lot of deceased relatives coming through.... It seems that the emphasis at this time that we’re in is on forgiveness and letting go of so much past stuff. Sometimes people can get too embroiled in past lives, and the most important life is the one you are living right now....

Kala: ...Obviously music and performing have been a big part of your life, and I think of music as such a soul-touching thing — as they say, it soothes the savage beast.... Do you think that was part of your destiny, to come and perform in this lifetime, to share in that way?

Helen: I’ve always had a very strong feeling that I had a purpose, and I believe that I chose those parents because they would give me the avenue of expression that I needed. In those days, and probably still to a great extent, show business was the only field that paid men and women equally.... Doing what I could for women has

been a big part of my life, but I also had a, I guess you'd call it an angelic visit. At the millennium, going from 2000 to 2001, I did have an experience that I write about in my book, and I was told that my work was going to continue but that I was to write a book and then I was to tour and lecture. That's what I'm doing now, trying to spread the word as much as I possibly can and to help people, to uplift them if I can.

Kala: Your book, *The Woman I Am*, is such an inspirational story about your life. In some ways, you epitomize what women go through, all the different stages, working your way up in a highly competitive field — you've loved and lost, trusted and been betrayed, and the book talks about that along with your spirit to always live in the now and to move on and to remember the good and live in kindness. What advice would you give to women, and men, too, as they continue to struggle on the earth plane here with all that we go through?

Helen: Stay positive. I think for me one of the great things that the women's movement has done, the biggest change that I notice is in men. I really admire today's fathers; they are so much more involved in their children's lives. When I see couples out now with a baby, nine times out of ten he's the one carrying the baby or he's the one pushing the stroller. They have really bonded with their children in a way that men from previous generations didn't. I think perhaps being present at the birth is a big factor because so many men have told me how they've bonded with that child because they saw it being born.

Kala: That definitely would have to be a bonding experience compared to the old days of pacing around in the waiting room with a cigar in hand. Not quite the same experience. You're so connected with the feminist movement of the '70s, yet in this country we still seem to be struggling in many ways with feminine empowerment.... We consider ourselves so progressive, but really when you look around, other countries are further ahead of us with women in power.... The thing that gets me is that women have more of a voice and more power than I think they realize here. If we can ban together, we can make these changes now, we can end this now....

Helen: ...You pick up any woman's magazine and it's all about how we're too fat, we're too this — we're just not good enough, you know, and it's very bad for young girls to grow up with these images of how they should look

when we are all wonderful and beautiful exactly the way our creator made us....

I love Louise Hay, and when I found her book — it's very interesting Kala, when I was going through that really bad, bad time in my life, it turns out that Louise had her office right at the bottom of my street. When I found that out I thought, "Oh, if only I'd been able to talk to her then I could have gotten myself out of that mess so much sooner." Then I thought, "Wait a minute, Helen, you weren't ready to hear what she had to say. You would have stormed out of the office and never gone back."

And I did find her. I eventually found her when I was in Hawaii staying with a friend who took me to a Body Mind Spirit bookshop, and I said "There's a book here that I need, and I'm going to be directed to it." I picked up her book, and for about 10 years it was

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my bible. I had it held together with scotch tape, and when that didn't work I put rubber bands around it. Then when that didn't work anymore, I had it in one of those plastic carry bags. It's a book that, as a hypnotherapist, I recommend to a lot of my clients because it is about falling in love with yourself — and that is the basic thing. If you love yourself, you will love other people....

She took a basic metaphysical law and put it into a format that made it easily understandable. But the only problem is that she made so easy to understand, people read it and think, "Yeah, I've got it," but you have to do the work. You have to do the exercises, you have to make it part of your life. You can't just read the book and say, "OK, I got it." ...

I was trained in terms of hypnotherapy as a behaviorist but I practice very much on a spiritual base, and I've had some interesting clients coming through in the past year. I've had two who have, instead of seeing a deceased relative or going to a past life, they've had a Jesus experience, and that's been quite amazing, including one client who I firmly believe was one of the wise men....

This particular client I met socially. He was from Greece, visiting Australia on a holiday.... His big passion was astrology, ... and he said to me I'll do a chart for you if you do a past-life regression for me.... He showed up at the door the following week and handed me the charts. His handwriting ... looked like something an ancient scribe might have written.... When I put him under, he described the birth of Christ to me. He was very emotional, and at one point when I asked, "What's your name?" "MEL-CHIOR" came out very firm, instantly and in a deep voice that was not his natural speaking voice. It was very interesting. A lot of the story we've been told has been, as most stories tend to be, things have been embellished and added afterward....

Kala: ...That's what so difficult about some stories like this, as I call it jokingly or teasingly, that virtually the story became part of a bad PR campaign and got bigger and bigger and more expressive, and it's hard to get down to the truth of it all....

Helen: The three kings that they refer to, that's Orion's belt.... Orion's Belt was referred to as the Three Kings, so I think they have adapted that because that would be the star(s) they followed.... But I do know that when you've got a client who's giving you an in-person, at-that-place

description, that they are telling the truth. I do not doubt the veracity of what he had to say at all....

Kala: So much is coming out now about the stories of Jesus and time spent in Egypt and India and Persia and the connections there to study. I think it will continue to come out, and perhaps some of it will be the stories told like this, that are pulled out through regression.

Helen: Right. Dolores Cannon has had several clients who knew Jesus at one time or another and so her books are interesting in that regard. And there's the Urantia book, which talks about his childhood and particularly the fact that his mother was one of the Essenes. There's also a guy in the Pacific northwest who regresses to being Saint Paul, and at one point one of the questions that was asked was about the virgin birth, and he bristles and says, "Are they making fun of Jesus?" (He calls him "Yeshua.") "Are they making fun of him because his father is so much older than his mother?" I thought that was interesting. You know that Joseph and Mary had many children....

Kala: Yes, I think that James was one of the few mentioned in the Bible.... I think as things

are changing now, ... a lot of this information will come out and rather than upsetting people as so many fear that it will, I think it will help to be able to connect it all and see it in its full story. I also wanted to mention Dolores Cannon, and she's probably best known for her work with Nostradamus, with regressions in that way, would you say?

Helen: I haven't read her Nostradamus books. I've read the one that deals with Qumran, the Essene community. And I've read the one, I think it's a relative of Jesus, a young girl — I think his niece, and she traveled with him for a while. But she talks about Jesus going around and preaching and so forth, and there were followers, but she never mentions the 12 disciples; he certainly didn't travel with 12 people. He took maybe two or three followers with him when he traveled, different ones, but it's kind of different. I also question some of the translations of his words, for instance, in the Lord's Prayer. "Lead us not into temptation but deliver us from evil." Well God is not devious, and so God would not lead us INTO temptation. I think the correct translation is, "Let us not be led into temptation, but deliver us from evil."

Kala: I agree. We are looking at something that ... an experience of a timeframe where a lot of things weren't written until hundreds of years later. Then we have the Council of Nicea in 325 A.D. where books were chucked out; people were brought there who studied from all different aspects of Christianity and were told that they were going to now agree to only these books and the rest would be removed. It was kind of a vote yes or die situation. Since then it has been transcribed and rewritten, and we know how politics and history can affect things as well, so I think it's important to take the overall message of the goodness and love, not so much on each word by word.

Helen: Well, you have to find the true meaning.

Kala: We are approaching this New Age, we are shifting from a time of Pisces to Aquarius, and many people look at 2012 as a marker of that. There's a shift ongoing. What do you think that this is going to bring for humanity?

Helen: First of all, we are IN the shift. It's supposed to culminate in 2012. I think we are going to be in a time of — well, we are all going to be much more psychic, much more intuitive, so there will be no more lies. You won't be able to lie to anyone or have anyone lie to you, because you'll be able to see right through it, so that's a big factor. I think we are going to turn away from violence, we are going through a



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DNA change, and I think one of the things that's going to be altered is criminals, like serial killers, people who are pathologically unchangeable. They have an extra Y chromosome — you know women have XX, men have XY, these criminal types have XYY. I think that the extra Y is going to be removed so that people will be by nature much more loving and peaceful.

Kala: Fascinating. There are many studies about how we were altered and our DNA was altered thousands of years ago, and that when those parts that were spliced would come back together, that we'd then become the creators. That was always said, we were meant to be. Do you see that happening?

Helen: I do.

Kala: I think it's an exciting time to be alive to see these changes.

Helen: It is. I chose to be alive in these times, and part of my purpose is to help people adjust to these changes.

Kala: What aspects of the spiritual and metaphysical world interest you the most? What do you most like to work with or work on?

Helen: I was drawn to past-life regressions partly because I love history, I'm fascinated with history, so the chance to be in the moment with somebody living in a previous time, that part of it has always appealed to me. But as I've gotten deeper into this work, healing people is the most amazing thing for me. I had a cancer patient who, it didn't come out for several sessions, but she had a hatred for her mother who had already passed over. It was this hatred that was causing the cancer. Anyway, we had a session where both of her parents came through, and she had completely resisted any attempt at forgiveness, and I said, "Can you forgive your mother for not being the mother you wanted her to be?" She was able to do that, and I had the three of them embrace as a family. It was a very moving and emotional session. I had tears pouring down my face, and she walked out of my door a totally different person from the one who had walked in several weeks earlier.

Kala: This, I think, is the most important thing that is happening at this time. People are understanding the connection to the mind/body/spirit and that thoughts and emotions affect you on a physical level. If the DNA can change that, help with health as well as more of

a consciousness to understand that, by people who are teaching it, and there's so many of us teaching that in different ways to reach out to people, this to me would be the greatest legacy that could be left behind from this time: to help people

understand that connection and heal themselves from the inside out.

I look forward to seeing that unfold further. In a way I think of you now as a historian; you're rewriting history with each regression that comes out, which is fascinating.

Helen: All the little details that they'll bring up, it's the things you couldn't possibly make up, you know? It really is fascinating.

Go to www.innerchangemag.com to read the interview in its entirety. ♦

KALA AMBROSE is the author of *9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled* and host of metaphysical talk radio "The Explore Your Spirit with Kala" show at www.ExploreYourSpirit.com. Kala teaches esoteric wisdom from the mystery schools of ancient Egypt and Greece and lectures on Business Intuition, Auras and Chakras, Dream Vision/Work, and The Divine Feminine.

