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TRUE VOICE UNFILTERED PODCAST | EPISODE 66

Joy of Spirituality: Past Lives, Spiritual Healing & the P Love with Dr. Joy S. Pedersen

Joy of Spirituality: Could the obstacles holding you back from the success you desire originate in your sub beliefs, ancestral patterns, or past lives?

My guest for Episode 66, **Dr. Joy Pedersen (https://joyofspiritualhealing.com/),** makes a compelling case. I **(https://joyofspirituality.com/about/),** who saw angels, demons, and aliens as a small child, has built a care helping her clients clear and release the unseen blocks preventing them from living their best lives. Ever s the **Daily Word (https://www.unity.org/en/daily-word%2Fmag%2Fdaily-word-septemberoctober-2026)**, **Uni (https://www.unity.org/en)**, and metaphysical authors like **Florence Scovel Shinn (https://www.florence-scc** I've been fascinated by spirituality, the subconscious mind, and the possibility of past lives, though I wasn' about the last one. However, when a woman trained in remote viewing healed my panic and anxiety disorc years ago, it made me a believer.

The experience challenged everything I had learned about God, healing, consciousness, and the connecti physical and spiritual lives. So of course, when I met Dr. Joy S. Pedersen, spiritual healer, author, and foun Spirituality, I invited her to join me on the podcast, where she and I explored everything from past-life expe subconscious programming to the Law of Attraction, spiritual discernment, forgiveness, and the power of

We also ventured into some fascinating and unconventional territory, including angels, spiritual entities, e attachments, and Dr. Joy's assertion that humanity is undergoing a profound spiritual transformation as w from darkness to light — though appearances might seem otherwise.

At a Glance

✨ **Dr. Joy's spiritual awakening:** Childhood experiences and a successful career at Paramount led her tow healing.

🔮 **Past lives and present-day patterns:** Dr. Joy believes unresolved experiences from previous lifetimes ca fears, beliefs, and behaviors today.

🧠 **The subconscious mind and the Law of Attraction:** Positive thinking alone may not produce the results

💫 **Spiritual healing and energetic clearing:** How Dr. Joy releases emotional blocks, ancestral patterns, an imbalances.

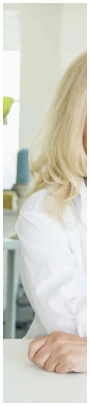
🕊️ **Forgiveness versus judgment:** We must release resentment and fear to move forward.

🛡️ **Spiritual discernment:** What to consider before working with psychics, mediums, or spiritual practitione

❤️ **The power of love:** Dr. Joy believes we must connect with our hearts to facilitate spiritual growth.

🧘 **Meditation and inner guidance:** Simple ways to begin developing greater stillness, awareness, and con your intuition.

From Hollywood PR to Spiritual Healing


Dr. Joy S

As a child, Dr. Joy recalls seeing angels, ghosts, demons, and other beings that most people would consider outside ordinary human perception. However, it wasn't until she moved to Hollywood and began working in television publicity at Paramount that her spiritual calling came into focus. Unlike many aspiring entertainment professionals, Dr. Joy found her way into the industry without the struggles she observed among others pursuing similar careers.

Curious about why her experience had been different, she began studying the Law of Attraction and eventually founded ***Express Success*** **(https://joyofspirituality.com/about-express-success/)** to help others apply the same principles. Still, something was missing. Although people experienced positive results in certain areas, they continued struggling in others. Dr. Joy began questioning whether a much more esoteric phenomenon was influencing their outcomes. Her curiosity introduced her to spiritual healing and the subconscious mind. She realized that when our conscious desires conflict with our subconscious beliefs, the internal contradictions prevent us from achieving what we desire.

Her journey took another turn when she began exploring past-life therapy and discovered an ability to perc experiences from previous lifetimes. Then, in 2004, Dr. Joy experienced a visitation from Archangel Micha her to write ***Wisdom of the Guardian*** **(https://joyofspirituality.com/wisdom-of-the-guardian/)** and join him i healing practice. It fundamentally changed the direction of her life, and today, Dr. Joy serves clients intern them explore and release subconscious, ancestral, and past-life patterns.

Can Past-Life Trauma Affect Your Present Life?

As I mentioned, during the 1990s, I struggled with panic and anxiety disorder. While I only suffered full-blo attacks about once a year, on a daily basis, I dealt with the constant, nagging sense of foreboding, as if so quite right. I remember having to always sit at the end of the pew when I went to church or on the end in th restaurant so I could make a quick escape if I felt compelled to get away. I can still recall the awful feeling jump out of my skin. To put it mildly, I never felt at ease, and it was exhausting.

Although I had begun exploring spirituality through Unity teachings and other resources, I continued expe underlying sense of discomfort. Then one night, I attended a women's business networking dinner where t speaker, Frances Fox, discussed remote viewing and past lives. After her presentation, I complimented he done and expressed my fascination with the subject.

Without knowing anything about my personal history, she told me I was still mourning my grandmother, w when I was young, and that I felt guilty about leaving my older brother, my "middle brother," who had spec accurate observations shocked me and everyone around me. Then, she put her hands on my shoulders an anxiety. At that point, I burst into tears as I confided in her that nothing I had tried – prayer, meditation, ma walking, strength training, beach time, church, an anxiety group class facilitated by a psychologist, and or worked.

"Have one session with me, and it will go away," she promised.

Frances exuded such poise and confidence, it was easy for me to invest $125 (at that time) for a one-hour remember she began our interaction with a prescient question, "Have you ever felt like everyone around yo progress, while you remain stuck?" It pretty much summed up the story of my life in this lifetime, though I with an amazing family.

Frances informed me that I had carried the anxiety and inadequacy through multiple lifetimes, describing v scenarios unfolding in different eras, all illustrating the same problem. Whether I was struggling to make a loom while the rest of the class produced beautiful items or was seeking to find my place amid a family of people, I could see how the anxiety never resolved. That is, until Frances put a healing on all of my lifetime

Before we hung up, she advised me I would start to feel better right away, but six months from the date of truly know the anxiety had dissipated for good. Sure enough, six months later, I woke up with a clear heac system, and an inner knowing that the persistent black cloud I'd lived under for countless years had finally remarkable experience that simultaneously challenged my Catholic upbringing and profoundly influenced understanding of spirituality and healing.

In the episode, I shared this story with Dr. Joy because I know that many people dismiss past lives as here best and demonic at worst. I understand the skepticism and fear surrounding the concept because I've be However, when you finally find a solution for a problem that no other modality could resolve, it opens your possibilities. To this day, I'm eternally grateful for meeting Frances Fox.

Dr. Joy's Past Life Healing

Dr. Joy shared an equally intriguing experience from her own past-life therapy, involving her fear of diving I swimming pool despite her ability to swim. During a therapy session, she recalled a previous lifetime in wh 12-year-old boy who died after falling headfirst over a cliff. The next day, she found herself able to dive int whereas before, it was like trying to dive into plexiglass. The experience reinforced her belief that unresolv from previous lifetimes can influence present-day behavior. She explained that clients sometimes recogni emotions and beliefs in the past-life experiences she describes. Dr. Joy identifies and clears those pattern move forward without the emotional burdens they previously carried.



- Emotional experiences from the present lifetime

- Experiences she interprets as originating in past lives
- Spiritual or energetic influences

Dr. Joy works with clients individually by telephone or Zoom and also offers group experiences. Her month focuses on spiritual clearing and personal growth, while she designed her portal programs around specific and spiritual themes. Some clients seek assistance with a particular issue, while others continue working challenges or personal development goals emerge. She also works with business owners on concerns rar confidence and visibility to relationships, marketing, and professional growth.

Are We Moving from Darkness Into Light?

Dr. Joy announced that humanity is experiencing a spiritual transformation – a movement away from darki greater consciousness, awareness, and love. She stated that much of what people perceive as increasing actually the exposure of problems that have existed for generations, and likened it cleaning out the garage the junk in the living room. She believes that bringing harmful behaviors and systems into the open creates for humanity to recognize them, reject them, and make different choices.

It's easy to become overwhelmed by disturbing headlines, social media, and the seemingly endless stream around us, but Dr. Joy encourages people to examine their emotional reactions rather than automatically b consumed by fear or anger. We can recognize injustice, feel compassion, and take meaningful action with emotions to overwhelm us.

The Power of Forgiveness, Compassion, and Love

Throughout the episode, Dr. Joy returned to the importance of releasing judgment, resentment, and fear. S spiritual growth involves recognizing our shared humanity and learning to approach difficult situations wit compassion. From her perspective, past lives provide opportunities to experience different roles and circu allowing the soul to develop a broader understanding of human existence.

We've all encountered people who hold on to grudges for years. Sometimes the person they're angry with moved on, while they continue carrying the emotional weight of what happened. Forgiveness doesn't requ harmful behavior, abandoning boundaries, or pretending something didn't happen. But releasing resentme room for greater peace. Dr. Joy also urged the audience to recognize their our own patterns and release th emphasizing personal responsibility, self-examination, and choosing love over judgment.

Psychics, Ouija Boards, and Spiritual Discernment

I shared the story of a psychic I saw on YouTube, who warned people to avoid Ouija boards and explained used one: It opens a portal to the other side where anything can get in. On the other hand, when you call in and state your intention about the type of spiritual connection you wish to experience, you're setting boun spiritual world must honor. Dr. Joy compared attempting to communicate with the spiritual world to pickin telephone without knowing who might answer.

Beyond that, she also cautioned against assuming that every psychic or spiritual practitioner has the same experience, or judgment. When I asked how someone could evaluate a practitioner, she encouraged disc includes paying attention to how they present the information and whether it encourages clarity, compass personal growth or stokes fear. Of course, fear-based messaging isn't limited to spiritual subjects; we enc advertising, social media, news coverage, and countless other areas of everyday life.

Can Places and Objects Hold Emotional Energy?

Dr. Joy also shared stories about energetic imprints associated with places and objects. One involved a m acquired from a neighbor while living in Los Angeles. After bringing it into her home, she began experienc feelings of sadness and loneliness. She eventually connected those emotions to the neighbor's recent bre boyfriend, and performed an energetic clearing. Afterward, those feelings disappeared.

Dr. Joy discussed experiences involving historical properties, travel destinations, and locations associated suffering.

In her spiritual practice, she believes that clearing the energy associated with these places can change ho experience them.

Meditation, Inner Stillness, and Learning to Listen


Dr. Joy S.

Toward the end of our conversation, I asked Dr. Joy what listeners could do immediately to begin exploring their own spiritual growth. Her simple answer: Go within. She recommends meditation, stillness, and learning to connect with the heart rather than constantly analyzing everything intellectually.

I'll admit that sitting still long enough to meditate can be challenging for me! I even mentioned a friend who had encouraged me to try an eight-minute meditation. Eight minutes doesn't sound like much, but when your mind is constantly working, it can feel surprisingly difficult.

Dr. Joy acknowledged that developing stillness takes practice. She doesn't recommend one specific meditation technique for everyone. Instead, she encourages people to find an approach that works for them. She also shared a beautiful reminder that appears at the bottom of her emails: **"wisdom comes in whispers."**

Her point is that people often spend considerable time praying, asking questions, or seeking answers with enough quiet space to listen. She believes that guidance may arrive through inner knowing or other experi need to become receptive enough to recognize it. For Dr. Joy, the heart represents the gateway to spiritua

In a world filled with distractions, demands, and constant noise, making time for stillness can help us rec matters most.

Frequently Asked Questions About Spiritual Healing and Pa

What is spiritual healing?

Spiritual healing refers to practices intended to support well-being through spiritual awareness, intention, energy and consciousness. In this episode, Dr. Joy S. Pedersen describes her approach as identifying and subconscious, ancestral, emotional, and past-life patterns that interfere with personal growth.

Can past lives influence your current life?

Dr. Joy S. Pedersen believes experiences from previous lifetimes can contribute to recurring fears, limiting emotional patterns, as her own experiences and those of her clients indicate.

What is past-life therapy?

Past-life therapy involves exploring experiences interpreted as memories from previous lifetimes. Dr. Joy S explains that her own exploration of past-life therapy helped her recognize the connections between earlie and present-day challenges.

How does the subconscious mind affect the Law of Attraction?

According to Dr. Joy S. Pedersen, subconscious beliefs may conflict with conscious goals. For example, s want financial success while simultaneously believing they don't deserve it. She believes that identifying a these internal contradictions can make it easier to move forward while emphasizing the importance of tak action toward desired goals.

What kinds of issues does Dr. Joy S. Pedersen address through spiritual healing?

Dr. Joy S. Pedersen works with clients on confidence, relationships, finances, business visibility, emotiona spiritual development. Her practice includes individual sessions and group programs.

Can spiritual healing work remotely?

Dr. Joy S. Pedersen works with an international clientele through telephone and Zoom sessions because s doesn't require clients to be physically present.

How many spiritual healing sessions does someone need?

According to Dr. Joy S. Pedersen, it depends on the individual and their goals. Some people seek help wit concern, while others work with her regularly as they encounter new challenges or pursue ongoing spiritu

How can you choose a spiritual healer or psychic?

Dr. Joy S. Pedersen emphasizes discernment and encourages people to pay attention to how guidance fe it promotes love, clarity, or fear. Don't forget practical considerations including transparency about service pricing, and realistic expectations. Avoid practitioners who make frightening predictions, promise guarant pressure you into expensive ongoing services.

Why does spiritual healing need forgiveness and love?

Dr. Joy S. Pedersen believes that holding on to anger, resentment, fear, and judgment can interfere with sp She helps clients release those emotions, cultivate compassion, and choose love.

How can someone begin exploring spiritual healing?

Dr. Joy recommends beginning with meditation and inner stillness. She encourages people to find a pract for them, quiet their thoughts, and become more attentive to their inner guidance.

Choosing Love Over Fear

My conversation with Dr. Joy reminded me of how much we still don't understand about consciousness, th mind, and the experiences that shape our lives. It also reinforced why we should examine our beliefs, relea longer serves us, and live life with greater compassion. Whether you believe in past lives, spiritual healing, becoming more aware of the thoughts, fears, and emotional patterns that influence your choices offers tre

Perhaps the best place to begin is with love. **Because when we stop allowing fear to dominate our thought we create more room for clarity, compassion, and possibility.**

Watch or Listen to Episode 66 of True Voice Unfiltered

Join Dr. Joy S. Pedersen and me for this thought-provoking episode about past lives, spiritual healing, the mind, and the transformative power of love. Whether you're just beginning your spiritual journey or have be subjects for years, I hope it inspires you to remain curious, ask questions, and discover what resonates wi

Learn more about Dr. Joy S. Pedersen

- Website: Joy of Spirituality (https://joyofspirituality.com/)
- Free newsletter: The Joyful News (https://thejoyfulnews.com/)
- Books, individual sessions, Sacred Circle, and other programs are available through her website.

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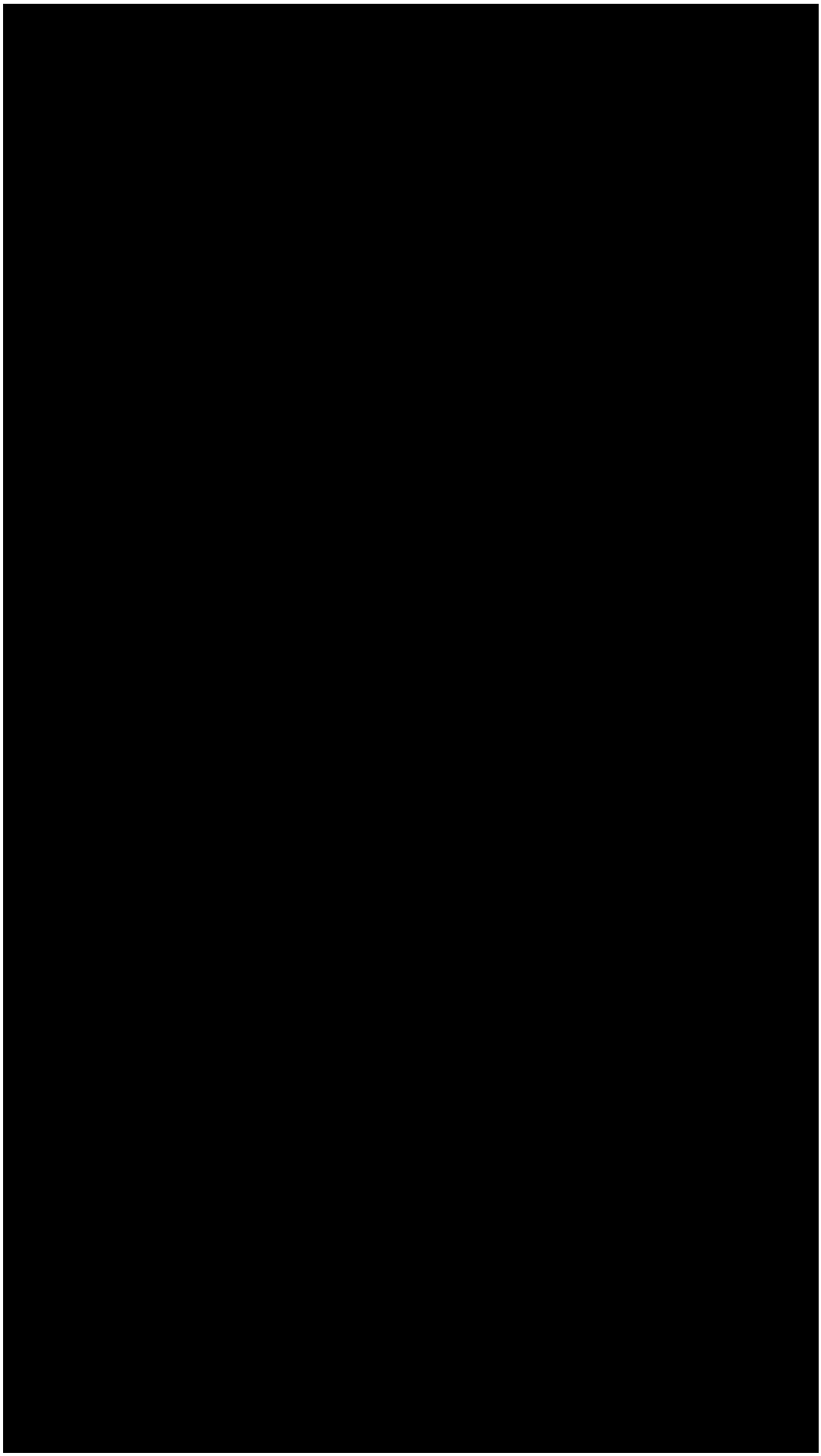

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