Joe Hehn Interview

Karen Wyatt: [00:00:00] Today I'm very happy to welcome my special guest, Joe Hehn. Joe is the founder of The Higher Perspective and a speaker who helps people transform the way they experience life by changing the way they see it. After losing his young wife, Jessica, to cancer, Joe embarked on a profound journey to understand grief, consciousness, and healing.

Through years of studying neuroscience, psychology, spirituality, and consciousness, he developed a practical framework for conscious transformation that has helped thousands of people, and we're gonna talk all about Joe's story and the work he's doing now. And you can learn more at his website, joehehn, spelled H-E-H-N, .com.

So Joe, thanks for joining me today.

Joe Hehn: Thank you for having me. it's been... We already had some pre-conversations- Yeah ... and, it's [00:02:00] already been fun and exciting. And I'm-

Karen Wyatt: I know. We had such a good pre-conversation, we had to break away from it- Yeah ... and

Joe Hehn: then

Karen Wyatt: start all over again with the recording. "This is the juice, man.

Joe Hehn: We gotta get this on,

Karen Wyatt: Yeah. but so I already know this is gonna be a really great time that we're gonna spend together, but, I know that a lot of your story begins with grief, which I think is such an important topic these days that we talk about. 'Cause honestly, when I look around me, it feels as if everyone is grieving something in our world right now.

Some have... Some grieving the death of someone they love, but many people are, are experiencing grief over all kinds of changes and disruption and, unsettled things in their life. So I think it's so valuable to have this conversation.

Joe Hehn: Yeah, absolutely. I started... That's when I started trying to help others, is I thought, like you, [00:03:00] everybody is grieving.

It's just they're not always grieving the loss of a loved one. They're, they're grieving the loss of control over their finances. They're grieving the loss of, of a fulfilling experience in their profession or healthy communication in their relationship or, feeling good about how they look and, and who they are.

They're grieving the loss of something imagined in, in a sense sometimes. And then there's, there's the real nature of grief of, losing a loved one. And kinda it all boils down to attachment, where we're all, in a sense, desiring life to be other than what it is, and that's where the suffering comes in.

But-

Karen Wyatt: Yeah ...

Joe Hehn: grief, it's, it's extremely extensive and it's, it's not meant to be, just swept away or, or bypassed. You really have to make it an intentional journey and, and you'll find your way, I believe, with the [00:04:00] right resources and with the right guidance that is aligned with you.

But it is, it's a, it's a very hard, extensive, anguished journey for-

Karen Wyatt: Yeah ...

Joe Hehn: for me personally it was.

Karen Wyatt: Well, would, would you mind taking us back a little bit and talking a bit about your journey through grief, losing your wife, Jessica?

Joe Hehn: Yeah, absolutely. So, I had a good life. I was young 30s, newly married.

I had been with Jess for probably a decade, just about. And we, were engaged for a long period of time, lived in Chicago. Was a corporate leader doing well in that space, and, in, high-end retail. Great group of friends, a lot of fun, Chicago. just having fun was the lifestyle, drinking and food and entertainment and comedy clubs and all this stuff, and [00:05:00] it was a great time and, and had a great family.

And did well, but never well enough, and I was always chasing, the rabbit. wanting more, stressed over this, anxious about this, finding aggravation and frustration on my commute, and this person did that, and that person didn't respect me. And, playing the game, and I didn't know. I was never taught this

stuff, but just playing the game of believing that some other reality would-- it would all come together, and I would finally be happy and peaceful and, it would all be figured out.

And that kind of is the biggest lie of them all. And then things got real serious, where I didn't know how great life was at the time, and then Jess got sick with cancer. Mm. And it, it became this very kind of high tempo shift into a completely new reality. And at first it wasn't horrible, and then it got real horrible, and she had to [00:06:00] have, life-saving brain surgery.

And we moved in with my folks, and I was her caretaker. And we were going to the ER every other week and, almost dying, every other week. for months and months. And it just became this crazy nightmare, 'cause you thought you were stressed and anxious before when life was like rainbows and butterflies, and then here you are navigating that.

But I learned that, through all of the extreme stress and anxiety and, and just terror, 'cause you're l- potentially losing the thing you love more than anything in this world, and you're fighting to save that. And so it's this, it's the, the part in those intense terror movies, those horror movies, those, you know, suspense where it's like the high-speed tempo and you're just racing.

You [00:07:00] can't breathe, and you feel like you're being chased, and it, that's what it was for many months. But there'd be these moments of clarity, like Jessica couldn't stand up, and so I would, I, I'd have to help her stand, and I'd put my, my hands underneath her elbows and, and lift her like a squat. And she'd take her time, and we would dance.

And everything would just freeze and- Hmm ... and time would stop, and it was just her and I looking at each other, and it'd be this almost sacred-like moment, right? So I learned, not intentionally, that it depends where, where you're looking at. It determines your suffering. And so, that was a spark that, that stayed with me.

But eventually, I had to say goodbye, and I never really thought she was gonna pass, but then one day, just holding her hand in the ICU, begging for her not to leave, and she did. And it was, it was very surreal and insane. And [00:08:00] then we're driving home, and I'm in the back of the car. My parents are driving home, and I go, "What time did she pass?"

And my dad goes, "3:25." And I go, "Are you sure?" And he's like, "Yeah, 3:25." I go, "That's our wedding anniversary."

Karen Wyatt: Hmm.

Joe Hehn: March 25th. And that was the first sign that something Was more than a coincidence. I just didn't feel that that was a coincidence, and I felt like there was intention there, not by me, but by something else.

So there was curiosity. But in the anguish, I'd come in and out of that, but basically I was getting some support. I had a, a woman reach out on Jessica's phone, like three days after she passed, and was like, "Hey, honey, just checking in on you." And I go, "I'm sorry to have to tell you this, but Jessica passed."

'cause she had friends all over the world- Yeah ... from, from all... Just l- living life and... And so she goes, "This is gonna [00:09:00] sound odd, but I'm a spiritual medium. I was friends with Jess, but I'm a spiritual medium and I, I think that she's coming to me to talk to you." And I was like- Wow ... "Okay, crazy lady."

"What do you want?"

Karen Wyatt: Wow.

Joe Hehn: Was my analytical mind, like the masculine logistical brain. But my grieving heart, my broken spirit was like, "Well, what does she has to say?" And she said, "She wants you to write a book." And I go, "I don't know what you're talking about." Right? I wasn't a writer. I would do little posts about, like updates here and there, and I enjoyed that, but it wasn't anything.

And she's like, "She also wants you to read a book." I go, "Well, what's the book?" And it was The Afterlife of Billy Fingers.

Karen Wyatt: Oh.

Joe Hehn: And for those of you who haven't read it, it's basically this man who has a very hard life, in and out of addiction and, a lot of hard times. And he's got a close relationship with his sister, but he ends up passing [00:10:00] away, and his sister writes this book about how she has this relationship with him.

He comes to tell her that he's visiting from the beyond and guiding her and, and calling his shots in the future and, and giving her stuff. And she thinks she's, pardon my French, batshit crazy until he is correct on a lot of these things, and sh- he's explaining what happens after you pass away.

So I read that, but I embarked on like a one-way journey to go to South America 'cause I was like, "I d- I'm gonna give up on this life." 'Cause little did I know that... And I think a, a lot of people going through grief can understand this, that like Jess was my wife, my best friend. She was my business partner.

We had a health and wellness business together. She was my lover, my soulmate. She was also like these identities that I had constructed for us living a long life together. She was the future mother of my children that we didn't have. we had frozen embryos, [00:11:00] and she was the grandma down the line.

And so you lose that person- But what was I to her and what was I in general? I was a husband, this business partner, this corporate leader, th- this p- future father, and all of those were extinguished with her final breath as well. And so I lost all identity. That really made a difference to me. And anyway, I, I embarked on this one-way journey to go

'cause I didn't wanna work. I didn't wanna save up for a condo, and I didn't give a shit about any of that anymore. who cares? my life is over. Why am I gonna pursue anything unless it's, really insane and special? And so I decided to buy a one-way ticket to Colombia and start traveling South America teaching martial arts or, or self-defense and English to kids and, making my way through.

But all the while, Jessica started [00:12:00] kinda speaking to me and guiding me through dreams. Very coincidental coincidences, synchronicities, and, and, and messages from other people and, and more books kinda came into my path. And I, I traveled and I was volunteering, but I was also, succumbing to my anguish and, and the valley of, suffering.

And I kept doing this and trying to help people, but also, like, drinking too much and going on adventures where I would almost die, like every other week, Oh, wow, how did I almost die this week? Falling off a cliff off a motorcycle. just 'cause I was seeking the escape of grief, and I would find that in extreme adventure or volunteering, like being with children who were in, in burning u- burn units of the hospitals or, or teaching self-defense to women who had to defend themselves against their drunken husbands, where you're so there because this is so important that your grief, your [00:13:00] pain, your storyline just evaporates into the peripheral.

Karen Wyatt: Mm.

Joe Hehn: And also, just cosmic beauty of, taking in a sunset in Machu Picchu with, in a culture and, and you're just so, amazed and fascinated by this surreal,

very unfamiliar experience that it, again, pulls you away from your own grief. But then when you walk away from being in the hospital, from helping the woman, or the sun has set, everything just collapses back and the darkness just returns.

And so I started figuring out like my grief is always there, and then it takes me to my knees and it, it, it, it like executes me almost every single time that it comes back. But what is happening in the moments where I am so there That I'm with those people or with that [00:14:00] glory, and it's based upon my perspective.

It's what I'm looking at. Mm-hmm. When I look at the grief, it's all that's there. But when I look at something outside of that, that is strong enough, that's compelling enough to pull me from the gravity of that anguish, I'm free of it.

Karen Wyatt: Hmm. Right?

Joe Hehn: And then a lot of us have had, the, the shame for being free of it.

"Oh, I laughed today." And it's like, how dare you laugh? Because we're holding onto this embodiment of being the victim of this thing happening to us, right? So Jess was guiding me though, too, speaking into my dreams, giving me visitations, and just so many coincidences where I would ask for signs and get palpable vibrations rippling through my body and butterflies coming when I would ask for specifically that thing, and it would happen and manifest in my reality.

And I knew That this is where it became [00:15:00] spiritual for me is that I can't do that for her. I have no idea what's going on wherever she is, and I believe that she was somewhere. I didn't know what that was and what she was or where she was in a sense, but she knew and could speak into my life. So she had a higher vantage point.

She had a higher perspective, and she's guiding me. And so I knew that I must be here for a reason. that's pretty powerful to have that, that life is not just this subtle, boring little drama that you have to manage your finances and you fall in love, and then that person dies, and you have to figure your shit out and, and that life is this prison.

if she's wherever she is speaking to my life, giving me direction, that's like calling her shots and helping me, I have to be here for a reason because I don't think that she was [00:16:00] special. I think we all go to that place, which

means that we're here for good reason. And then I'm reading these books, Many Lives, Many Masters, Journey of Souls, and, down the road as I continue doing the work, but you're, you're figuring out that life has purpose.

I just don't know what that is. Mm-hmm. But I know there must be purpose. And then I'm going through South America and I'm giving, giving, giving, and then dealing with the ebbs of the highs and the lows of, of grief and then excitement and joy. And I found myself on a bed in Bolivia, and I called it my deathbed because I got real sick and physically I was done.

everything was coming out of me. I could not get up. I, I could not eat. I ha- got something out there, which happens. Mentally, I was having real bad thoughts. Emotionally, I was just in this tomb, and I feel that the best way to describe it is I felt like a [00:17:00] wrongfully imprisoned inmate in my own life.

Like- Mm-hmm ... I was placed in this life and this was a mistake. This shouldn't have happened. Like somebody wrongfully imprisoned who was accused of something horrific and was now placed in a completely different life, a prison cell. And nobody's listening, and nobody cares, and everybody just believes, "Well, that's where you deserve to be."

Right? And I believed that. And things were so bad that I did not want to live, but I did not want to die. And I was stuck in this space, and I had this epiphany where I go, "Maybe I just don't know how to live." And that I've been doing it the wrong way. And I'm getting glimpses of liberation, of salvation, depending on my perspective.

And that I'm here for a reason 'cause Jess is guiding me, so maybe I need to figure this out.

Karen Wyatt: Hmm.

Joe Hehn: And, [00:18:00] that instead of helping others and trying to, travel the world and do all that, it became more of the conscious intention to be like, figure out why you're here and figure out how to be here. And that ignited, a whole journey where I went back to Chicago, reorganized.

I've got a great story I can share just quickly on that. Just when people be like, "Oh, she was speaking into your life. Like how?" 'cause it's a, a little bit loose on the details 'cause it happens so frequently with dream visitations and things happening, but this is a really specific example.

I had went back and I felt like a failure 'cause I was like, "I'm gonna go travel the world forever." And I had went back to recoup and I was like, "I'm gonna move to Costa Rica and I'm gonna start my, journey there." I had savings and I had other things and I wasn't working, and you can travel the world for very, very cheap if you do it the right way.

Way cheaper than, paying rent in Chicago and bills and all that stuff. And so [00:19:00] I decided to go to Costa Rica, and it was something like December or January in Chicago, and I didn't tell people I was coming back. And I was leaving in, a very short while, like a week or two out. And it was negative 20 degrees, and I'm walking down the street, and I didn't tell everybody, but there's a few friends and family I of course spend time with.

And I'm meeting a friend for lunch, and I'm walking down the street, and the wind is whipping by. It's called the Windy City. It's for political reasons, but it literally is vicious wind, and then it's, negative 20 degrees. It's like negative 50. And so I'm covering my ears, and I feel like they're just gonna be ripped off my head.

If anybody's been to Chicago in January, you know- ... what I'm talking about. And I'm like, "Well, I'm moving to Costa Rica in, a week. I don't need ear muffs. I'm not gonna buy ear muffs for a week." I'm being the, the, the guy of, "I'll just tough it out." And then I got a text from that spiritual medium who had been guiding me all along for free, just helping out 'cause she was a friend of Jess and we still talk to this [00:20:00] day.

And she goes, "Jessica just told me to tell you to cover your ears."

Karen Wyatt: Wow.

Joe Hehn: She was living in Spain at the time, had no idea I was in Chicago. And, that's how specific this can be, and it... You realize that she's still a wife looking after her husband, right?

Karen Wyatt: Yeah, yeah.

Joe Hehn: We had that, that connection. So that's what kind of ignited then a whirlwind of a journey of me moving to Costa Rica and driving from Costa Rica to Chicago in an old Land Rover, moving to Italy.

And I started writing that book called Dreams of Antiquity, and I would just travel the world, and I started studying different religions, like going to...

Trekking through Nepal and Annapurna and, and Tibet and studying Buddhism and, and spending months in India and, and reading the Ramayana and, and, and the Bhagavad Gita and studying, Hinduism and self-realization and, Paramahansa Yogananda and then going and studying [00:21:00] Taoism and Confucianism while touring China and Sufism in the Middle East and Stoicism in Italy and, just treating all the different cultures and the times and the countries and the spaces and, and the truth and the faiths as these lives.

As like I would go there and live there and absorb and live a life as Joe and take what I needed to grow, to heal, to evolve and ascend and understand consciousness and beliefs and spirituality and, and everything in order to do the work to, to, follow through on my intention to figure out why I'm here and to learn how to be here.

And I eventually moved to San Diego and I would still travel and tour and found my footing and I wrote, continued writing this novel, Dreams of Antiquity, which is basically just about, my life. This king in Babylon married to this queen. The queen gets [00:22:00] very sick and dies, and he can't live anymore.

And he ends up passing away, but only to reincarnate in a new culture, a new life, a new body- Mm-hmm ... new person, but he can remember his past lives, his past life w- as the king. And it's very surreal, but he's absorbing messages and guidance in that culture. And then he passes away and reincarnates again, this time as a shepherd in Nepal, and then he learns from Buddhism, and then he's, an orphan in Egypt, and so forth and so forth.

And his wife is guiding him all the way, but his soul is evolving through the incarnations of life, which, which is reflecting what I've learned through past life regression and so much more of me visiting my own past lives, and then traveling through the world living these lives, these completely different lives from one from another.

And so I wrote that book and, or [00:23:00] continued writing that book, moved to San Diego, and eventually was of a very zen mind, very accepting, very, n- navigating life through trying to be of the non-attachment, And I did very well, and I was teaching this stuff to others, and then I learned about conscious creation, manifestation, law of attraction, that we could actually use our consciousness to then write the script of our life.

It doesn't happen instantaneously, but we're, we're starting to give direction to what kind of experience, or I call it creating an aligned life. We're not talking

yachts and Lamborghinis and piles of money. We're talking about fulfillment, confidence, peace, joy, love, excitement, pride, purpose in the different experiences that, may be material, maybe not.

But I wanted to love again. I love being in love. And, I did the work and [00:24:00] started trying to visualize a life of me being a husband and a father. And that then eventually over time all came out and, and it all happened, and it does work, and I'm happily married to a second soulmate. Swear to God.

we've had past lives, and we were meant to find each other. We have the exact same tattoo that we discovered, the exact same tattoo, I'll have to show you a picture, Karen, on our first date. Mm. First time meeting each other- Wow ... like outside of the initial thing, and we go, "Whoa." things that are just too coincidental.

And now we have a four-and-a-half-year-old, and we're living in San Diego, and I run my own business, living where I want, and I teach people this stuff all about consciousness, and I help a lot of men that are navigating divorce or grief or, or midlife crisis or just an unaligned life. And women, too, but, I have a men's group and stuff as such.

But anywho, [00:25:00] so the journey from A to Zed has been magical, but it was, it was the worst thing in my life that could have happened, and it prepared me to go through life. And it's not like life has been gravy. Like I had a very, very excruciating chapter in, in between where I lost my father and welcomed Oliver and moved across the country and bought a house, remodeled a house.

Hated, hated living there, moved back. Postpartum. Susie and I figuring out our, our marriage, our relationship with both of our baggage. I'm a widower writing a novel about, my spiritual journey. She came from a hard past and relationships and was, was having to heal and, and rise above her own trauma and, and pain.

And we're coming together. And so all of this, it... But all that stuff equipped me to navigate that, not like a monk, not like a sage, but just as a stronger, more confident version of [00:26:00] Joe. And I've, I've arrived in some sense. I don't have it all figured out, but I've got enough figured out where I'm at peace with who I am, and I'm very, very grateful.

And now, if I take myself, I have a good life. I have a beautiful wife. I have a good job. I make good money. I, I, a great lifestyle, living somewhere wonderful with friends and family, just like I did in the beginning of this story, but now I can see it.

Karen Wyatt: Mm.

Joe Hehn: And that makes all the difference. It's like black and white to color.

Like what is all that if you can't actually recognize it for what it is? And it took that extensive journey for me to arrive into this space. And some call it a spiritual awakening, some call it just doing the work, some call it lu-luck and, and, and fortune, and whatever it's called I'm happy to have found it.

Karen Wyatt: Wow. That's such an incredible story in that [00:27:00] your journey was literally a journey around the world to so many different countries and cultures. I loved that you said, though, that you were learning how to be here, 'cause I feel like that's, that's so critical for us to understand. that's really what our life is about.

We just have to figure out how, how to be here. How do we navigate this place, what life has given us, where we are? And that's such a good place to focus our energy in a way, is like how do we be here and how do we carry what's been handed to us? Yeah. How do we live with that without trying to throw it away, without being, wishing that we had a different life?

Just being here in this life as it is and learning how to carry that, and that's what your whole journey was about. It sounded like you were gathering all the tools you needed, the wisdom you needed, the, the understanding you needed in order to just be here.

Joe Hehn: And I think we're [00:28:00] all doing that, it just, some of us are consciously doing that.

And, and so we're, we're ... And that makes all the difference, I think the intention of knowing. Again, I think the thing that saved me was I've gotta be here for a reason, right? And, and before that, I didn't believe that. And that's a very big shift in perspective of Not having meaning and having meaning. At least knowing not what that meaning is, but that that's maybe the point is to search for that.

Now I can at least be curious, And curious is, is infinitely more powerful than abandoned, right? And, and that's how I felt. And to be curious, I can lift my head up and start looking around instead of carrying myself as i- in, in defeat, [00:29:00] and that's how I was. And I know there's a lot of people out there grieving, and they're

To understand the opportunity to be curious, that you don't have to be spiritual. You don't have to be a Buddhist. You don't have to be a Christian or, or a neuroscience geek or, taking psychedelics and it doesn't ... There is no path. It's whatever's aligned with you is the recipe. But curiosity and being open-minded to what you don't know will help you to find that purpose and that meaning-

Karen Wyatt: Mm

Joe Hehn: with being who you are. And from, what my gentle, humble perspective, and potentially Karen's, is that you may have chosen this life to experience some things that are happening for, for source, for God, to experience what it is to be Joe, to be Karen, to be a listener living this [00:30:00] particular specific experience and circumstance in life And when you find that, it just gets easier.

Yeah. And who doesn't want easier?

Karen Wyatt: Yeah. A- and I love that emphasis of finding the meaning within where you are right now. It isn't that meaning is something over there, and if I only get through this, I'll go grab the meaning and what my life is about. It's n- no, this is, this is your life right here, and the meaning is within this, within this suffering, whatever you're going through.

And no one else can hand it to you or tell you what it is. It- that's your own journey of figuring out the meaning for yourself. But I've seen it so many times through hospice work of how many people are actually on their deathbeds, the question they're wrestling with is the meaning. Did my life have any meaning?

Mm. And what was that meaning? And [00:31:00] that really, witnessing that woke me up in a way to saying- Mm ... "No, wait. I wanna, I want to be living my whole life with that question in mind right now. I wanna be living it." I

Joe Hehn: wanna, I wanna have meaning now instead of where- I- ... where it's kinda too late on the, on the deathbed,

Karen Wyatt: Yeah, exactly. I would like to be able to see it now and, and understand it, even though maybe we don't ever, maybe we don't see it as clearly at times, as we can at other times, and we don't always fully know what the meaning is, but we're- that's the path we're on, though. The, as you said, being- And cur-

being curious and- Yeah.

Joe Hehn: And to search for that, I think, is-

Karen Wyatt: Mm-hmm ...

Joe Hehn: and, and that, that kinda makes things just easier and then more fulfilling because eventually you're gonna find what you're looking for. So if you're looking for meaning, you're gonna find it, and it's not gonna be all or nothing. It's more of, it's the light will shine through.

It'll break through the darkness once in a while, and you're gonna have this, this experience [00:32:00] of joy and excitement or, or connection and, and love, just like I was in South America. Certain things, I was experiencing meaning, purpose there, and I know that was extravagant and everything, but it doesn't have to be traveling the world.

It can be going and, and ordering a, a latte and, and finding a connection with your barista or crossing the street and just looking at the, the canopy of trees and the light, dipping in and fluttering down, whatever it is. But we're, we are not equipped to search for that. So this, that's where I had to figure it out, is that when, when Cara and I are talking now, it's not like if you're not there, that's your fault.

It's not. You are literally handed, all of us, in birth, two facilities that are handicap us, okay? It's, it's our brain and our psyche, okay? Our actual biological brain [00:33:00] and our mental psyche has a negative bias, okay? And this is intentional. when you start doing the work, studying neuroscience, studying spirituality and, and everything, it's intentional And I'm not gonna get into the long wind- 'cause that would be a whole nother podcast of, of what that intent is, but basically it's there to serve us, to protect us in a sense, but also for us to, to explore the world of duality and to extract meaning and, and, and such from experiences.

But our brain is negative. It talks shit, it, it believes we're worthless, it judges other people, it finds fault in criticism and failure, and it, and it just marinates in all that. This is proven. The amygdala's 10 times stronger than our prefrontal cortex that's responsi- responsible for optimism. So we're gonna be a lot more a-anxious.

The, the brain has proven that it can't hold onto gratitude and anxiety [00:34:00] at the same time. So you wanna get rid of anxiety, search for gratitude in your life.

Karen Wyatt: Mm.

Joe Hehn: Make that a, a thing, and then your brain will be reprogrammed. We have an ego. The ego's negative. It wants to distract us from our true liberation is the present moment, right?

But it wants to, "Go look at the past. Go look at all the times you effed up and you messed up. Go look at that. Go, go stew in that." That was a big thing for me for a while, of glorifying these mistakes I made, but not giving any light to all the billions of examples of me shining and doing great things.

But that's what the ego does. Oh, projecting a, a negative future. "Man, your world's gonna crash. Everything's gonna be bad," right? And then we're, we're missing out on the opportunity of the now. Finding the fault in the present moment. So for anybody listening who's like, "Man, I just can't do that. I don't know what they're talking about," whatever, it's not your fault.

You just haven't been taught. It's the three core problems where we have a negative- biased brain and [00:35:00] mind. So right away, your hardware and your software are, are programmed to be on that negative scale. The word-

Karen Wyatt: That's, and that's your default mode. That-

Joe Hehn: That's your default mode. That's like us, "Oh, I wanna be able to fly."

And it's like, "Well, you can't brother, you don't have wings." Yeah. It's like, well, that's, that's what we're all working with. so you're given that, and then the work is to reprogram that into higher states of consciousness. 'Cause low states of consciousness, the lowest being, by Dr.

David Hawkins, mapped out with frequency and emotion, is shame. The very lowest is shame, is not loving ourselves, not accepting ourselves. And then it, it's, frustration and anger and impatience and annoyance. All that stuff is, is at low frequency. If we wanna get into higher frequencies, that's love, compassion, pride, confidence, enlightenment being the highest, total acceptance of reality.

And so the second problem is [00:36:00] now that we've got this, these core issues of, of a negative brain and bias, of negative bias brain and mind, we're not taught this. So especially in the West, we're taught math and science and English and, and social stuff, but we're not taught about the very thing that takes

all that in, that conceives ideas, that, that has perceptions and perspectives, right?

We're not taught about our hardware and our software. We're taught to go make money and go make a living and be a responsible person and, and, and start loving relationships, but we're not given the tools until it becomes important enough as adults. And this is the third problem, is that suffering is the gateway to transformation.

We don't wanna improve until we have to, until it becomes so bad that we're on our deathbed in Bolivia and we don't wanna die, but we don't wanna live. And we [00:37:00] may be suffering through such an extreme grief because our, our loved one is now gone, and we don't know why we're here, and it feels like a prison.

That suffering is the invitation to step into Trying to figure out how to live life in a different way.

Karen Wyatt: Mm.

Joe Hehn: And so for the people living, if you're not there yet, that's okay. It's natural. That's a perfectly ex- perfectly normal place to find yourself within. But it, it can change if you're just a little bit curious on what do I not know about living?

And then we go explore past life regressions or s- or, or plant medicines or Buddhism, or we get a therapist, or we travel the world, or we join a group, or we study stoicism. It doesn't really matter. But you see what we're up against. But that is the journey then. We go from lower consciousness, and we work doing the work, putting in through our [00:38:00] evolution.

We ascend to higher states of consciousness, therefore getting acquainted with God, source, the, that divine expression. So it can be a beautiful journey. It just depends where you're at in the journey. But Give it time, see it through, don't give up, and things can turn around. And Karen knows, like those things that happen to us, losing a father, losing a wife, a husband, a child, God forbid, they are the worst things to happen, but what comes of that-

Karen Wyatt: Mm-hmm

Joe Hehn: is the best thing to happen for your soul, your spirit, for you as a human because you're forced to learn and figure things out.

Karen Wyatt: Yeah. It's, it's as if the suffering kind of breaks down your assurance of, of, of what you thought you knew before, of what you thought- Right ... life was about before. That [00:39:00] almost has to be broken away because your earlier conceptions of life were all based on your default mode, on, either things you had been taught or just- Conditioning

det- Yeah ... conditioning and, yeah, how you had lived your life up to that point. And I was thinking about the fact that most of us are taught to work. We're taught to do work, but we're taught to do like material work in the world. We're not taught how to do spiritual work or to- Inner work ... to work on ourselves- Yeah

inner work on our own lives. So it isn't that we're afraid of work, we just never knew that there was a different type of work we could be doing as well. As you said, no, no one ever taught us that. Curiosity is sometimes what could open us to that.

Joe Hehn: Yeah, absolutely. And I think it's intentional. The system is designed to pump out a lot of worker bees, to, to pump out a lot of people that will go about mindlessly trying to, get the dollar, pay the tax, buy the [00:40:00] home, and, and create the Disney life, the fantasy of the '80s, everything gonna be all right.

And that also is conditioned in that negative bias brain and mind. So we're all just doing what we were taught to do, and we weren't giving, given the, the truths, the teachings to say, "Hey, that may not work out the way that you were promised," the way that y- you you're gonna find a lot of fulfillment in this.

And that's why people have the, the quarter life, the midlife crisis because maybe somebody in their life doesn't have to pass away for them to experience the furthest extent of their suffering. But they just go, I've been at this for a while, and I made the dollar, and I paid the taxes, and I got the home and the white picket fence, and why the hell am I so angry?"

Mm-hmm. "Why am I dealing with insurmountable anxiety? Why can I not sleep without all these pharmaceuticals? Why can I not just find a moment of peace," right? It's because [00:41:00] we recognize eventually that everything we were led to believe was false. Because if you don't do the work and change the programming of your software, your hardware, your brain, your mind, your spirit, balance your nervous system, m- meditate and find, incorporate a gratitude practice and have positive thoughts intentionally, utilize all these resources, find faith, find connection, purpose, unity, all these, this buffet of, of

help out there, then the suffering can get insurmountable from any which way of, it doesn't have to be just grief, but then that becomes that person's grief.

What Karen kinda opened with is you are, you are processing the loss of a life you thought was promised to you and you're, you're realizing That it's not gonna happen, is it? And some people, it takes them in their entire life and they find themselves on their deathbed [00:42:00] going, "I messed up." I, I, I... And they're in shame, and they shouldn't be 'cause it's not their fault.

They just, they just never had the wake-up call that was strong enough, that was painful enough to bring them out of their, their journey. And that was probably intentional too, but, it, it, it is the people who are listening now, you're on the path 'cause you're, you're curious. You're listening to Karen on a regular basis.

And she's helping with people like myself, hopefully. But, that is the journey, I guess, right?

Karen Wyatt: Yeah. And, and I think it is so important talking about the default mode or the fact that, I, I love that you brought that up, like we were born with the two features that actually work against our growth and transformation.

So we have to intentionally decide, [00:43:00] "I'm gonna do something. I'm gonna learn something. I'm gonna practice something. I'm gonna put effort into expanding my own awareness," because if I just live in default mode all the time, that's how I'm gonna end up on my deathbed saying, "I don't know if my life had any meaning."

And, and I did wanna add to that also through my years of hospice, I've seen a lot of people who in those last weeks of life actually had really significant awakenings and transformations. So people who did postpone everything, didn't, didn't do spiritual work earlier in life, they had this small window of opportunity at the very end, and many of them said, "Oh, I wish I had known this earlier," but they're so grateful that they had, they had an awakening at least before they died.

For sure. Those are the people who said, "You need to, you need to tell other people these stories." Yeah. "They need to hear about this so they learn earlier in life that it is possible to [00:44:00] wake up, and it is possible to, to find a different kind of journey and to, to figure out how to be here," as we said earlier.

Yeah.

Joe Hehn: It doesn't matter when. My-- We were just visiting Montana, m- my wife Susie and Oliver, and then we were there with some family, and we went out on this dinner for my sister-in-law's birthday, and it was crazy wild expensive. It was not that great of a dinner And it was hilarious because there were just weird things happening.

Beautiful views. we were over the lake and white- whitefish and everything. And so we're like, it took three hours, and we've got a four-year-old. no dinner should take three hours. The whole week of dinners should not take three hours with a four-year-old, right? But so it took forever, but at the very end, we got what I would describe as probably the most magical dessert dish I've had in, I don't know, my a- adult life.

It was incredible. And that made everything that much better. because now the experience I [00:45:00] leave with that ending of the dessert was a banger. And now the whole dinner got so much better. So it doesn't matter when you find it. You obviously wanna find that purpose ahead of time, but it, it doesn't really matter when.

And my father discovered this as well. I, I was by his bedside, moved in with, with my folks, father going through hospice, navigating cancer. Susie's pregnant. We're living with my parents, had moved out of California to Illinois. Very hard times. But I was telling my dad everything about reincarnation, about the soul's evolution, about the afterlife, everything that I had known, and, and reading him The Afterlife of Billy Fingers, because he was a Vietnam vet.

He had a very hard childhood, a lot of suffering. His father committed suicide when my dad was 17. He got blamed for it from his brothers. "You were on watch duty for Dad," [00:46:00] and could you imagine the pressure, the, the things that he's seen doing a few tours in Vietnam, recon sniper out there living a month by himself, and born and raised Catholic.

What happens when you do bad things in life? Potentially you go to hell. He wasn't really confident about where he was going, and I said, "No, no, no It's not that. This is what it is." And I was able to speak into his life on his deathbed, and he found his peace. he of course wanted more time, and we all, I think, no matter who you are, will have, "Well, I wish I coulda done this too," or, "I wish I coulda done this, found this out earlier," and whatnot.

But he got there as well. And I think that's the potential we all have to have that today. And I have this practice, I used to do this with clients, I ... And it's kinda,

I just [00:47:00] called it midnight, the midnight practice, where imagine you're gonna die at midnight. But you have to go about and live your life as scheduled.

There's no flying off to Mexico and going to a five-star resort. You have to go pick up the dry cleaning. You have to make the, the, the school lunch. You have to show up for work. You have to take the call. You have to go fold laundry, right? But it is the last time you're going to get to do any of this stuff.

Karen Wyatt: Mm-hmm.

Joe Hehn: So you're going to hear your child's laugh for potentially the last time. How present are you gonna be there for that? Mm-hmm. How much do you wanna extract from that experience? You're, you're gonna get cut off in line. Somebody's gonna be rude to you. How much time do you wanna give that?

Karen Wyatt: Mm.

Joe Hehn: How much time do you really wanna spend being upset about that?

Or maybe seeing how [00:48:00] insignificant that really is and saying, "I'd rather spend my last day feeling at peace, feeling loved. So yeah, I have to go wait in line and somebody was rude to me, but I don't have to take it personal. I can let it go. And I'm gonna maintain eye contact with this stranger. I'm going to listen when my wife or husband is telling me a story.

I'm gonna hold my child longer. I'm gonna call that friend. I'm going to find fulfillment within my profession," right? And when we say Maybe I could pass away at midnight. And we never think we're going to, but every one of us has probably at this point in life half a dozen or a dozen people that were alive one day and are gone the next, and it was a mystery as to why.

And it was heartbreaking, and it was such a shock, and it really devastated us to some point, but that may be us [00:49:00] tomorrow. And so the life that we have today can easily be utilized to find authentic purpose and meaning when we give it that simple practice. If this is my last day, I'm gonna set an alarm in my phone that says, "This is your last day, Joe.

Make it count." Something like that. And then go be intentional about the way of letting go of the things that happen to you, and then really being present that, that, for the things that are happening for you. And you will watch your life shift in such a way so fast, you will literally be retraining your brain, neuroplasticity, to disregard the, all the, the frustrations and annoyances where I call it dipping

below our line of peace, and we will establish some peace, and then you will experience more moments of joy and appreciation and actual gratitude.

And then the [00:50:00] brain learns, oh, these are more important than the negative ones. Let's look for more of this. And we literally transform our biology. The prefrontal cortex starts strengthening. The amygdala starts shrinking. And then our psyche starts having health- healthy, happy, optimistic thoughts because we're experiencing more dopamine.

And, and our psyche is literally being shifted into a positive psychological kind of tool. And so that's where the work is. And now our nervous system can breathe, and we can go, I'm not under threat all the time. And our parasympathetic nervous system kicks in, and we can feel relaxed and, relieved.

Right? It's as simple practice as that. But again, that default mode will prevent that, so you have to set that intention. But watch your life shift with something as simple as that. I'm going to die tonight. Mm. Don't go around saying that out loud. But- ... have that intentional [00:51:00] Practice throughout the day, and you will see the, the benefits of wow, this is how to live life.

And then start pulling in the tools. Well, how can I take this deeper and further? Of Buddhism or Christianity or neuroscience or therapy, whatever it is.

Karen Wyatt: Wow, I love that. I like the midnight practice. I love that name. A good, a good way for us to remember that and remind ourselves. And the hopefulness that we're not just stuck here with, in default mode.

We can change it, and we can change our own brains, and that's really remarkable. We just have to do it. We just have to. Yep. And we, the rest of us don't have to travel around the world to do it. No, no. You did, which sounds amazing. And I also want to ask the, the title of your book again, your novel is?

Joe Hehn: Yeah, it's called Dreams of Antiquity: The Awakening.

Karen Wyatt: Dreams of Antiquity: The Awakening. It's on my website. It sounds amazing.

Joe Hehn: I think every author should [00:52:00] probably love their book. w- I, I've got great reviews. People love it. It is a very emotional... Because, I'm go- I'm bringing you with me into the, into the depths of that grief, right? And so I, I, I definitely share about stories of it's, it's, it's a fiction novel, but inspired by my journey.

Like waking up some days having a nightmare. I remember this, and just again, connecting with people who are listening. But having a nightmare of, of taking Jessica's medical bed through the hospital, and we were, like, being chased, and we had to hurry up and get this procedure done to this room.

And the corridors of the hospital, 'cause this happened to us a couple times, and it was terrifying. So in the dream, I am going through this excruciating experience and, you wake up, and you're sweaty, and you're, you're like, "Oh my God, that was horrible." But she was there with me, and I'm like, "It's gonna be okay."

And then my hand reaches over, and it's cold- Mm ... because she's not [00:53:00] there anymore. And-

Karen Wyatt: Yeah ...

Joe Hehn: you wake up, and the nightmare is worse than your reality, and you long for the nightmare because at least she was there with you, right? And so- You know, I, it's a very empowering, inspirational, and vivid story that I tell, but it's, it's raw.

It's true to, to what my experience was. And so, people who want some light reading, it may not be the best thing. But it's very much, I think, a beautiful adventure on, on like the soul's evolution through reincarnation.

Karen Wyatt: Yeah. Wow. Joe, it's just been wonderful to talk with you. Thank you so much.

So illuminating and really powerful, and I love finding out that we don't live very far from one another, so, Yeah ... we, who knows, we might run into each other one day and say, "Hi." You gotta let me

Joe Hehn: know when you're back in,

Karen Wyatt: back in my- Yeah. Yeah ... my neck of the woods. I will, 'cause I, Hey, how

Joe Hehn: old is your grandson, granddaughter, grandson?

Karen Wyatt: well, I have a, I have [00:54:00] a four, three, and two-year-old grandchildren. God bless your- All those really fun years ...

Joe Hehn: your children, too, just, banging them out right, right

Karen Wyatt: there Yeah.

Joe Hehn: there we go. We're good, good. God, I've one. I'm just like, I don't know. Gosh, I- ... I probably could be taught a few lessons from them on patience and, and all that.

It

Karen Wyatt: takes... Well, they're getting a lot of grandparent help, I'll say that.

Joe Hehn: Oh, good. Good for them.

Karen Wyatt: That makes a difference. Yeah, yeah.

Joe Hehn: Oh, so it's all because of you. Okay, then.

Karen Wyatt: No, no, no. no. I, no, not because of, because of you.

Joe Hehn: I hope your daughter or your son listens to this like, "Okay, so it's all Mom." Oh, is she saying you regret it?

"Mom comes in-"

Karen Wyatt: Yeah.

Joe Hehn: No, I'm just teasing. I'm just- We don't have the help, so you are s- you're speaking my language. we don't live by family. We have family, but like they're not there to be like, "Hey, we, we need to go do this. Can, can you help us out?" So it is... I am extremely jealous of them because that is a, a special, special gift to be able to

Karen Wyatt: have that.

Joe Hehn: Yeah. Yeah.

Karen Wyatt: But four, four is an [00:55:00] amazing age, isn't it? Oh, yeah. You learn a lot from four-year-olds.

Joe Hehn: Yeah. Yeah, absolutely. And opinions and things. He's got a girlfriend, and we're like, "No, you don't have a girlfriend." "What's the difference between a friend that's a girl and a girlfriend?" He's like, "Well, I'm gonna live with her when I get older."

We're like, "Okay, well maybe you've got an idea about this, but you're not," It's hilarious. But, you know- You don't know

Karen Wyatt: everything yet ... what

Joe Hehn: he's saying. Yeah. So cute.

Karen Wyatt: Ah, that's

Joe Hehn: sweet. Well, thank you so much. And yeah, let me, let me know. I know we'll probably talk after, but, if you, if you head through.

And then anybody, those books, just amazing books. the, The Afterlife of Billy Fingers, super cool. Karen, you were nodding, so I figured- Mm-hmm ... you read that. And, Yes ... Many Lives, Many Masters, Journey of Souls were the three that kind of in that order that really opened me up to just being a soul that chose the life of Joe, that's here to go through certain things that were almost preordained, predestined, but then [00:56:00] also Joe can use his consciousness to create an aligned life.

So it gets, pretty wild. But those, those books on just the afterlife and everything I thought were extremely helpful.

Karen Wyatt: Yeah, definitely. Thanks for recommending those. And, I interviewed the author of The Afterlife of Billy Fingers. It's, Oh, yeah. An- ...

Joe Hehn: what was-

Karen Wyatt: Anna s- Annie or-

Joe Hehn: Annie Kagan ...

Karen Wyatt: yeah, Annie Kagan.

Joe Hehn: Yeah. Mm-hmm.

Karen Wyatt: Yeah, I have an interview with her I'll link to in the show notes-

Joe Hehn: Oh, yeah. She- ... about

Karen Wyatt: that book ...

Joe Hehn: what a great book, too.

Karen Wyatt: Yeah.

Joe Hehn: It's really good. She did such a good job. I would love to tell her that story, too, that, that my late wife recommended her book- ... through a medium, which then sparked my whole journey,

Karen Wyatt: so.

Yeah, that's incredible.

Joe Hehn: Yeah. Pretty cool. Well, thank you so much and-

Karen Wyatt: Oh, thanks ...

Joe Hehn: for everybody else out there, keep, keep being curious.

Karen Wyatt: Yeah. Thank you. Those are s- some great takeaways. Yeah. Learn how to be here, keep being curious, and, Yeah ... get, get out of default mode when, when [00:57:00] you can.

Joe Hehn: Yes.

Yeah. Just today, midnight practice, there you go.

Karen Wyatt: Yeah.

Joe Hehn: So try for the rest of the day and see how your life just goes, "Oh," it's not like it's, it's amazing, but it's just "That was better," "That was nice." And that's what, that's what we all, I think at the end of the day, if you have, enough days strung together that were nice, you're living a fulfilling life, and I think that makes all the

Karen Wyatt: difference.

Yeah. Yeah. That's awesome. Well, thank you again, Joe.

Joe Hehn: Of course.