

## Ask Julie Ryan Show - Oct 26th Transcript

0:00:01 - Annncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan Hi everybody On this week's show.

0:00:46 - Julie

We have a variety of questions asked that are all fun. Several of them involved talking with deceased loved ones, a couple of them about what phase of transition they're I think mothers in both cases are in. And then also we get some career advice questions. We want to know from spirit. What are they suggesting these people do as they are going on a new career path or trying to enhance what they already are experiencing? Remember to like and subscribe, leave a comment and please share this with your family and friends. So let's get to this week's show. Hi everybody, welcome to the Ask Julie Ryan show. I'm so delighted you could join us this week.

My intention in doing this show is to provide information, insight and comfort to people all over the world by helping to answer life's unanswerable questions. Couple of just office work things going on here. This is the last live show of October because next week I will be in Atlanta preparing for the Angelica Attendant Training, the live training that we're doing there Next weekend, the third through the fifth of November. If you still are thinking about coming or still will still be delighted to take you and so just go ahead and sign up. And also if you can't do the training but you just want to come Friday night for the live. That's going to be a blast. I'm going to do the show live. So a couple of housekeeping things first. Next week, November 3rd, through the 5th Angelica Attendant Training in Atlanta, the Kimpton Hotel right next to the airport. We're so excited. We have people coming in from four countries and we still have people signing up. So if you haven't registered yet and you'd like to join us, come on, go to AskJulieRyan.com forward, slash A-A-T. That's AskJulieRyan.com forward, slash A-A-T. We would be delighted to have you join us. Secondly, if you can't come to the training but you want to come to the live on Friday night, come on, we're going to do a live show there. I'll be taking questions from the audience and then afterwards we're going to have a dessert reception in this crystal ballroom. You guys, it's amazing. It overlooks the whole Atlanta airport. You can see the planes coming into land and it's just going to be a magical evening. So if you live in the Atlanta area or you're close by and you'd like to come join us for the evening, again, AskJulieRyan.com forward, slash A-A-T and sign up for it, and I'd love to meet you and I'll have a big hug for you.

Next, we always give away. I always give away a free session on the first show of the month, on the first Thursday of the month. How you get involved with that drawing I draw a name is leave a review wherever you listen to the show or watch the show so on any of the podcast channels, on YouTube, on whatever and just tell us why you listen to the show, what you like about it, things like that and then we will pick a free session winner and it will be announced on the 9th I guess, because the second is next Thursday, so on the 9th, and so you want to get those in. And then, lastly, I'd love your prayers for one of our graduates, one of our Angelica Attendant graduates, and his mom, who also is a graduate.

I just got off the phone with her and her son, who's about 40, passed away very unexpectedly this morning. She's just reeling, as you can imagine, and the thing that's so sad is not only was it very unexpected, this is her second child that she's lost. I mean, I can't imagine even going through one child, let alone two. So I would really appreciate it if you would keep him and his family in your prayers, especially the mom and the rest of her family, and I think one of the benefits of this Angelica Tennant training community is we're all going to be rallying around her and we will help her get through this, and she has the skills to be able to talk to her children in heaven. So please remember them in your prayers. Thanks so much. Okay, chris, let's go ahead and go to the phones. Looks like our first caller, Susan. Hi, susan.

0:05:39 - Susan

Hi, hi, Julie, how are you?

0:05:42 - Julie

I'm well. How are you holding up, girl?

0:05:46 - Susan

I'm holding up pretty good, but it's really kind of interesting what you were just talking about prayers for the mother because I also lost a child and I have another one in trouble that I worry about.

0:06:00 - Julie

They're not dealing well. Please tell everybody where you're located, please. I'm in Raleigh, north Carolina. Okay, what's going on with your child?

0:06:12 - Susan

Well, he lost his brother five years ago and he already struggled with things. He's had some hard knocks in life and that just seemed like he can't get through it. And he's been living with us for almost five years because I had to get him. I had to go get him because of how worried we were and he's done some improvement, but I don't know he's not getting anywhere. He's stuck.

0:06:47 - Julie

I'm so sorry, thank you.

0:06:50 - Susan

It just really hit me when you just talked about the other mother, because I know what it feels like and then I can almost imagine how horrible it would be because we struggled trying to help him.

0:07:07 - Julie

Oh goodness. Well, I'm sure that you're doing everything you can to help him and you're getting all of our support there with you to help boost you up.

0:07:20 - Susan

Yeah, thank you. I did wonder. He's just struggling figuring out anything to do, or if you could look in and just see anything for him. He's just lost and he doesn't know a direction to turn in. He's tried a few things. Everything flops. Is there any way you could check in with him?

0:07:42 - Julie

Sure, tell me his first name, susan.

0:07:45 - Susan

His first name is Kurt K-U-R-T. Kurt.

0:07:49 - Julie

Okay, Kurt. So I'm going to hook into you and Raleigh and then I'm going to go from you to Kurt. So here we go. Here comes my laser beam from Sweet Home, Alabama, heading to you and Raleigh. Not that far, yeah, got you. Okay, going to Kurt. Kurt got him Okay. So questions for him. What would be your first question that we want to ask his spirit?

0:08:14 - Susan

What would make you happy? What do you need?

0:08:21 - Julie

A roof over my head and food to eat. Okay, is his response.

0:08:28 - Amy

Yeah, do you have a more specific question.

0:08:41 - Susan

Why do you feel like you're not good at anything when you are? Why don't you value yourself?

0:08:50 - Julie

He's saying because I'm depressed and I'm not thinking clearly. He's saying his brain isn't working right. Yeah, is he seeing a therapist or a physician, or what's going on with that?

0:09:07 - Susan

He's done some of that and right now he's trying a different therapy. He doesn't think it'll help, which I know. That's part of the depression.

0:09:17 - Julie

Right.

0:09:18 - Susan

But it's hard to make somebody do something when they don't believe that there's worth in it.

0:09:26 - Julie

Yeah, there's a doctor at Harvard, Susan, named Chris Palmer, and he's a psychiatrist. He has a book out and I believe it's called Brain Energy. I would highly recommend that you have you read the book? Have you heard of him? No, I haven't.

Okay, he works with the sickest of the sick, as you can imagine, and is really a thought leader throughout the world in the field of psychiatry. He works with serious depressed people, bipolar schizophrenic, all of that. What he's found in his research is if he can get his patients to do a ketogenic diet, that not only does it get them off their medicines, but patients who've been on disability for decades recover and go back to work and live normal lives by changing their diet. He talks about how only 10% of pharmaceuticals really have an effect on mental illness, but he said the diet has a huge effect.

I would get ahold of his book, either audio or another version, or just do an internet search on him, Susan, and listen to some of his interviews, because he's obviously somebody that is in a very prestigious situation For him to say something like that Occam's razor if it sounds too simple, it's probably true kind of a thing. He talks about how not only do they get off their medications but they go back to leading normal I'm using normal in air quotes normal lives. He said it's just remarkable. Of course that's not what any of his colleagues want to hear, but he said there's 100 years worth of research on the ketogenic diet because it's been used for over 100 years with epileptics to control seizures.

0:11:29 - Susan  
Okay.

0:11:30 - Julie  
There's something there. What is? How's Kurt's diet? Is it healthy or is it just kind of a catch-all?

0:11:39 - Susan  
It's probably a catch-all. I mean he's some healthy and then he'll eat a lot of junk. I would say he's a bit of a sugar addict. In the middle of the night he comes down and he'll eat like a box of cookies or something.

0:11:53 - Julie  
He's looking for that dopamine hit from the sugar. I would look up Chris Palmer. Chris Palmer, MD at Harvard. Okay, thank you, I hope that helps.

0:12:07 - Susan  
Good luck, all right, thanks, Julie. Thank you, thanks for calling.

0:12:11 - Julie  
You bet.

0:12:12 - Susan  
All right, bye,

Julie  
Hi, Amy, you are?

0:12:14 - Amy  
amazing. I got your website and I'm like God, you just never stop oh well, I love what. I do. I know you just have such a zing you. Anyhow, good to see you and everybody here.

0:12:36 - Julie  
You too, please tell everybody where you are.

0:12:39 - Amy  
I'm in San Diego. Alright, terrific, wonderful, yeah, and yeah, it's a nice day out there.

0:12:50 - Julie  
Terrific. It is here in Sweet Home, Alabama, too. It's really been gorgeous and we're starting to get a little bit of color. The leaves are just starting to turn, which is pretty typical Beginning of November. Our peak is right before Thanksgiving. Down here I know people in other parts of the country. Their leaves of arbority all changed and have fallen off, but we're a few weeks behind in our fall schedule here, so I know you don't get too much of that in San Diego.

0:13:19 - Amy  
We had a bizarre year this year, Totally on San Diego A lot of cold and wet and you know we didn't have much summer, but we had a little heat wave last week and then today is hot, cold. Yeah, bizarre the whole world's upside down.

0:13:35 - Julie  
Oh gosh, well, you got a question for me, yeah.

0:13:39 - Amy

I'm in the midst of making decisions. This is my biggest challenge on what to do with the rest of my life and I'm a certified health coach now Haven't done anything with it. I love food, I love energy, work and I'm kind of on the tipping tone. Actually, I think I should do your re-angelic training, the \$300 course one. I think I really need to get that in me. But along with that I was thinking of becoming a plant-based certification coach, but then again it's just like I do the, I do it and I don't do anything with it.

I'm not good at that part, but I'm good with food and I really, because of my life story with so much disordered eating, I have a passion for that. So the other realm is I could do I was going to say a world peace diet facilitator with Dr Will Tuttle and I really love what he does and I think just to do the facilitator training and learning compassion would be good for me, the way he does it. But I'm missing something and I don't know what to do. Julie, Do you have any feedback from my guides or what?

0:14:56 - Julie

Well, you obviously love to learn and that feels good to you and it feels safe to you to be learning. So it seems to me that when you're starting out to do something with it, you get paralyzed with fear.

0:15:10 - Amy

Yep.

0:15:12 - Julie

Yeah. So the two minute rule is this going to kill me in the next two minutes? Is a yes or no answer. If you put yourself out there with all the credentials that you currently have and you have clients, that's scary because you haven't done it before. So you take a step and then it's going to be fears going to come up and then you ask is this going to kill me in the next two minutes? And you're going to get a no and you're going to laugh a lot, Amy, because you're going to think, oh, could be in such a drama queen, that's crazy. And then that will lessen the fear enough that you'll have another thought. Fear is going to come up again. We're all hardwired for fear. And then you use the two minute rule again. You can use it five million times in a day, it doesn't matter. You can use it in any situation. It's free, Amy, and it's convenient. It works anywhere your brain is and your brain's usually with you wherever you are.

But the thing about fear is our body doesn't know the difference between real fear and fake fear.

It just goes into fight or flight and it's just an automatic response. And when we're in fight or flight think about it, the blood drains from our brain and goes to our heart and our extremities so we can run away from that tiger that's supposedly chasing us, but it's not. But it feels like it is to our brains and we don't need any blood in our digestive system because we don't need to digest our bile if we're going to die in the next couple of minutes. I mean, the body knows that intuitively. So when you use the two minute rule, it helps you take a step to the next thing, and that would be my suggestion is start putting yourself out there and use the two minute rule to help keep you out of fear, because when we're in fight or flight, we lose clarity. Amy, our brains don't think right. All we can think of is oh my God, I got to get away from this, and then we're in panic mode. So use the two minute rule and that will help.

0:17:18 - Amy

Do my spirit guides tell me a direction? They'll probably say angelic training, you know, definitely, but anything else that they have to say about that?

0:17:28 - Julie

Take action. You've got plenty of training. You've got plenty of credentials. You've got to take action to get some clients now. Yep.

0:17:37 - Amy

Yep Move through. I think it'll be fun for me to do that, so okay.

0:17:42 - Julie

And the great thing about the online training and the in-person training as far as my trainings go, Amy, is they both have practice groups that come with them and they're live. So you're with in the online training, the angels and enlightenment training, you're with a graduate of my big training, my angelic attendant training, who helps you with your skills as far as communicating with spirit, and you communicate with spirit. You have access to universal intelligence. I mean, anything you want to know on any topic is available to us. So the key with any class is to be able to utilize it and to practice it, and that's one of the things that I found to be the most useful. So both of my trainings have that live practice sessions, multiple ones a week.

0:18:35 - Amy

And I admire you so much that it's just time to do it. You know it's silly, I haven't done it yet, so thank you for the encouragement.

0:18:43 - Mita

Yeah, you look great Thanks, Amy.

0:18:44 - Amy

So much.

0:18:47 - Julie

Alrighty, let us know how you're doing.

0:18:50 - Amy

Okay, thanks, Julie. Bye-bye everyone.

0:18:52 - Julie

You're welcome. Bye, hi, Ann-Marie. Hi, how you doing, girl?

Ann Marie

I'm good. Thank you. How are you?

Julie

I'm terrific Thanks. Where are you?

0:19:05 - Ann Marie

I'm in upstate New York.

0:19:08 - Julie

Okay, terrific. I bet it's beautiful up there, color-wise, yes, wonderful. My brother I talked to him this afternoon and his nephew, his wife's nephew, goes to West Point and so they're driving up for the game.

0:19:26 - Ann Marie

That's straight by me.

0:19:28 - Julie

Yeah, this weekend and my brother Jay said oh my gosh, the colors are just gorgeous.

0:19:32 - Ann Marie

Everything is beautiful, yeah.

0:19:34 - Julie

Yeah, terrific, yeah, well, good. Well, you got a question for me.

0:19:40 - Ann Marie

Oh, I got so much going on, but I too lost a child a couple of years ago. Oh, I'm so sorry. And I have dreams sometimes and they feel very real and I just want to know if I can validate whether it's my mind playing tricks on me or if actually because I'm not like totally asleep when they happen I'm kind of in. You know I'm awake but I don't. I can't move like I'm going to. It's hard to explain, it's like in between sleep bedding and being awake.

0:20:14 - Julie

Yeah, yeah. Well, how you know that it's a visit, is you remember it? It's in details. You remember it in details? You, it's a lot of the time it's in high def, kind of like. The colors are more vibrant, the senses are more, more crisp or crisper, the just the sensations are heightened. Well, I actually have.

0:20:38 - Ann Marie

I feel them Like. I actually feel them Like. That's not so much the visual part, more of the touching like yeah, yeah.

0:20:48 - Julie

Yeah, that's a visit versus a dream. Yeah, and the reason why spirits come to us in our sleep and also kind of in that twilight zone where you're not completely asleep and you're not completely awake kind of a thing, is because we all come in set to the vibration of spirit and each night when we go to sleep, our bodies reset to that frequency and that's the frequency on which spirit communicates, whether it be your son, what's your son's name? Jessie, jessie, whether it's and I didn't even know it was a son, but I'm, I must be psychic or something. So I got that it was your son. So that's when Jesse can communicate the easiest with you, because you're on the channel that he is talking on.

I always say spirits don't communicate on the I feel crappy channels because the vibration is too low. And, plus, when we're sleeping our brains rest a little bit and we're able to not be so concerned with whatever's happening during the day, the stresses of just regular living, and it just makes them easier to. It makes it easier for our loved ones to communicate with us and others. You know other spirits as well.

0:22:15 - Ann Marie

Yeah, my dog also come to me yeah.

0:22:19 - Ann Marie

I felt like he was there a Cocker Spaniel.

0:22:23 - Julie

Oh cute. Well, tell us about if you want to share with us the dream or the visit that you got from Jesse. Tell us, I actually have multiple I've had multiple.

0:22:35 - Ann Marie

Yes, the most recent one was I just felt like a big hug from behind, like my whole body was paralyzed and he was like coming from behind and talking to me, like we could communicate also.

0:22:49 - Julie

Yeah, yeah, and spirits.

0:22:50 - Ann Marie

Spirits communicate telepathically, so it feels like a thought in your head and so well I actually felt like some of them, it felt like I was talking out loud and it was during the day when I had taken a nap, and I was like did anybody hear me talking? Nobody heard me talking, but I felt like I was talking out loud.

0:23:09 - Julie

Yeah, yeah, our imaginations are really vivid. My, when my little sister passed in 2010, a couple of years after she died, my brother-in-law who since has passed as well called me up and he said I had this wild dream last night in Joan, who was my sister, was in it. We buried her on her 50th birthday. It was awful, and so died very unexpectedly. So he said like I dreamt that I came downstairs and she was sitting on the couch in the living room and I and she said well, where have you been? And he said where have I been? Where have you been? And she said I've been sitting right here the whole time. And he said they had this conversation.

He said, and then in the dream we talked and he said then I woke up and I started my day. And he said I went downstairs the next morning to go to the kitchen and the hall closet light was on and all her coats and stuff were in the hall closet light. He said I haven't been in that closet since she died and the light was on. And I said that was her giving you a sign. So be open to that with Jesse. The reason why I'm telling you that story is they can do things like that. They can manipulate electrical things, they can leave you other signs, and usually it's the first thing or the visits in dreams, and then it'll ramp up from there. Okay, so be open to that. Yeah, does that answer your question? Yeah, that was absolutely a visit. That is not your imagination.

0:24:45 - Ann Marie

I mean I've had, I have psychic friends and they told me that it was, but I wanted to get a validation from somebody that I didn't know.

0:24:52 - Julie

Yeah, you know, but so personally, yeah, one other thing, amory there's a book called I think it's called Waking Up to the Dark and it's by Clark Strand. I've interviewed him on the show. If you just do an internet search on Clark Strand and ask Julie Ryan, you'll see the interview and listen to it. I would highly recommend, because he talks about how, before the advent of electricity and the electric light bulb, that everybody woke up in the middle of the night, like between three and five, and they call that the hour of God. It was known as the hour of God in ancient cultures. Have you ever heard that before? Yes, I have, yeah, yeah, and so we have a really interesting discussion about that and how that's when people would communicate with their deceased loved ones and they would get information from their angels and their spirit guides and God.

All not necessarily in that order, but it was something that was very, very, very common and then went away Once we invented once Edison invented the light bulb. And then the other thing that's gone away as a result is as we've become More well educated. We want to have proof For these visits and these spirit interactions, when, in effect, they've happened since the beginning of time and they're still happening now, but a lot of people just don't talk about them



because they think it makes it makes them sound like they're crazy and they're not. It is totally normal. So you are absolutely on target. You are doing it. Keep up the great work.

0:26:36 - Ann Marie  
Thank you.

0:26:38 - Julie  
You're welcome. Thanks for calling. We do this show every Thursday night at 80 stern, seven central and five Pacific. Just go to ask Julie Ryan dot com, ask Julie Ryan show Com. Ask Julie Ryan show calm, and we'll get you on if you have a question, and and you can download the show. Anywhere you listen to podcasts we're on YouTube, we're on Alexa, we're on audible, we're on all that jazz. So you can find us there and Colin details can be found in the show notes and Also on all my social media channels Instagram, facebook, twitter, all that jazz. You can find that.

While you're on my website, ask Julie Ryan Dot com. Be sure to sign up for my weekly newsletter. That is a place where you can Get my blog. It's a question somebody has asked and then I answer it online, and you can also schedule an appointment with me. We just started a new thing where you can get an urgent appointment and usually get in in less than a week. It's more expensive, but that is something new that we've added recently, just because I've had so many people ask for it, so we decided to go ahead and do it. And the other key is when you get on my calendar. That's the key get on my calendar and then periodically check your confirmation email on the reschedule button, because that'll show you when people have Rescheduled and oftentimes you can get in within a matter of days when somebody's rescheduled happens multiple times a week, I promise. So give that a try too. So everything that you want to want to know and and want to find out about that has to do with will will ask Julie Ryan, calm, is there? Okay?

Our question this week is from Kelly, and Kelly lives in St Louis, Missouri, and she said hi, Julie, can someone experience one of the stages of death without dying? For a few few years now, I've been experiencing astral projections and sporadically seeing blue and white orbs at night. A Psychic once told me she thought I was healthy. She also said my spiritual family was trying to wake me up and would have a message for me on the next full moon. That night, I astral projected out of my body and started to float towards a white vortex of light. I was scared. I was going to die. I did everything I could to wake myself up. When I finally awoke, my ceiling was covered in blue orbs, although I'm young and healthy. After learning about your 12 phases of transition, I got worried. Thanks for any insights you can offer, Kelly, and here's my response. Hi, Kelly, terrific question, the answer to which is absolutely.

Many people go through the 12 phases of transition described in my book angelic attendance what really happens as we Transition from this life into the next without dying. For those of you that don't know what that is, it's how we're surrounded by angels in the spirits of deceased loved ones and pets as we're getting close to death, and that configuration changes. So as it changes, we can tell how close to departing the person is. I Want back to say it's been my experience that a person can move around in the phases and even come completely out and live. My brother, jay's friend, did exactly that. He was in phase 11 and I didn't expect him to last even another hour and yet 15 years later he's still very much alive and well. He was in the operating room having emergency surgery and my brother called me and he said do your thing. I was okay and I really didn't think Tim, his friend Tim, would get out of the operating room and he did and he's still alive and kicking now and doing well. I Went on to say what you've been experiencing at night isn't the 12 phases of transition.

Rather, it's simply good, old-fashioned astral travel. Astral travel, also known as astral projection, is described in many ancient cultures as the soul or astral body intentionally Leaving

the physical body while asleep or meditating and traveling to wherever it likes. Many experts believe we all astral travel each night when we sleep. It's how we meet up with deceased loved ones and pets, along with other spirits. Research seems to validate this concept. A 2014 study conducted at the University of Ottawa School of Psychology found in an fMRI of a Person voluntarily producing an out-of-body experience that, quote, there were significantly activated regions of the brain, while their participant was having an extra corporeal experience. End quote. So that means that parts of the brain were lit up when this person was astral traveling and they were able to document it with a Functional MRI, which is pretty amazing when we think about that. And then I closed with the blue orbs you're seeing are the spirits with whom you've traveled on your nighttime adventure. In Summary, you are not dying, you're just astral traveling.

So, miss Kelly from St Louis, thank you for such a great question. For those of you that have lost loved ones, you can request that they join you in your dreams. Just say hey, mom, or hey, grandma, or whomever. Just say hey, meet me in my dream tonight, and you can even name a place, like meet me in Tahiti or meet me in wherever and Rome, and Then they will come meet you and the more you do it, the more adept at it You'll get. If it doesn't happen the first few times, keep requesting and they will, and then you'll get visits from your loved ones. It really works well and goes back to what I was talking about before with Anne Marie is when we're asleep, our brains relax and we go back to the factory pre-setting of high vibration that we all have when we come in as Experienced, having a human experience in a body. So thanks so much, Kelly, for submitting that question. Looks like our next caller is Maria. Hi, Maria.

Maria

Hi Hi are you joining us from from Miami Florida,

Julie

Terrific. Well, you got a question for me.

0:33:31 - Maria

Yes, I do. My mom has been bedridden for it'll be a year. In December she had a fall and she's 93 years old and I would like to know if what phase of in her transition she's. It kills me to see her. She lives with me. I see her laying there talking to Be people I don't see and Bed sores and etc. Etc, and it's really sad. I'm so sorry.

0:34:05 - Julie

Do you? Is hospice involved? Yes, yes, good, wonderful, I get that. She's in phase seven of the phases of transition, the 12 phases of transition, and so. Seven, Maria is. She's surrounded by angels, her mother and her father at her feet, and they are anchoring the line of angels that goes straight across her bed. There are lots of other spirits in there. There are lots of pet spirits in there as well, so there are three questions. I always ask somebody is she able to communicate with you? She?

0:34:43 - Maria

does yes Sometimes. Okay, it's a bit garbled, but she still can and yes.

0:34:48 - Julie

Yeah. So and when she's seeing spirits, she's seeing her deceased loved ones in the room. That's who she's saying hey and just ask her. I think most of us Would think oh, my mom's just hallucinating. And she's not hallucinating, she's actually seeing spirits because it's like at the end of life we have one foot in the spirit world and one foot in our human world and so that's how that works.

So three questions. I always ask what's her first name? So are you ready to go? He says more than ready, more than ready. Okay, yeah, are you in? Are you in pain? Yes, at times she's saying what do you need Just for them to let me go. So have you and your family members told her mom it's okay for you to go? We're gonna be fine, just watch over us from heaven. I.

0:35:45 - Maria

Haven't told her that, because I have felt like she doesn't want to go. Yeah, she's, she's telling her worried about her health and oh, it's wrong, you know when, knowing when the nurse comes and says anything, she's like concerned. So I really haven't told her that, but a few people have told me. I think it's time you tell her.

0:36:07 - Julie

Yeah, she's waiting for you to tell her. So that's what she said. I just need them to, you know. Be okay to let me go.

0:36:14 - Maria

So order. She has left my sister past, when she was 49 and Summit for her, so yeah, yeah.

0:36:23 - Julie

So say mom, I love you. I you know paraphrase this, I'm just kind of making this up as we go, you know whenever you're ready to go. I'm okay with that, but just make me a promise that you're gonna watch over me from heaven Till I can come join you and do it that way Instead of okay, mom, you just need to go.

I mean, I don't think that, but I'm being funny here or trying yeah but I think that you, you know, you can phrase it in a way that I I got a special request for you, mom, and you know when you're ready to go. I'm okay whenever, that is if it's tonight, if it's whenever, doesn't matter, I'm fine with that Just just will you please watch over me from heaven.

0:37:12 - Maria

Okay, when you say seasons, the phase 7 or stage 7, and it's well, I mean it jumps from seven to 12. I mean, I don't know, it goes through all the phases of the transition.

0:37:28 - Julie

They do and that can be instantly, Maria, like in a case of a homicide or suicide. Somebody can go through all 12 phases instantly. It can take days, weeks, months, years, as I mentioned to the gal that wrote in. They can be in phase 11 and ready to take off and then they decide that they want to hang around for a while and they come out of all of them.

In your mom's case, it's highly unlikely because of everything that she's going through and everybody moves through it in a time that's right for them. When my mom was dying, the nurses she was in a hospice facility and the nurses said well, she's just been transferred and she'll probably last at least a couple of weeks. That wasn't what I was seeing. She didn't even last 24 hours, she was gone within a matter of hours. So people are going to do whatever their spirit feels is best for them and if you go to my website, [askjuliryan.com](http://askjuliryan.com), and go to the 12 phases page, Maria, you can download a chart of the 12 phases and save it on your phone and then just ask what phase of transitions my mom in and you're going to hear a number. It's going to come in super fast into your head and then you can refer to the chart and you'll be able to tell when she's moving through.

0:38:51 - Maria

I want to do the right thing. I've had plenty of time to hang out with her and be with her by her bedside, so I just want it to be the right thing to do. So I'm going to talk to her tomorrow. Talk to her, she's asleep, yeah, yeah.

0:39:08 - Julie

Because that's going to give her peace. Yes, the thing that I have found with moms, with you're an only child now, right? Yes, so because your sister passed, they're afraid to leave you, because they still have that maternal instinct that wants to take care of you. Yes, and so I actually talk about that in my book. My friend, Joe Marie, her mom, she was an only child and her mom was afraid to leave her. I was talking to her mom and I said, well, it's not like you do much for her right now. You know, oh, you're not able to really do much to help her anymore, exactly, and she started loving she goes.

Yeah, that's a good point. I didn't think about that, so yeah, Okay. Yeah, thank you. So when you're ready, tell her that, but that, I believe, is what she's waiting to hear.

Maria

Okay, thank you, Julie.

Julie

No thanks for calling. Thank you, good luck. Okay, hi, Vicki.

0:40:12 - Vicky

Hello, I'm in Yukon, Oklahoma.

0:40:13 - Julie

Okay, terrific, that is a beautiful painting behind you, you guys that can't see this that are just listening. My goodness, what is that? It's like a bountiful wreath or something. Yes, I'm actually at my mother's house, but I thought that that would be a beautiful backdrop.

0:40:31 - Vicki

You, you did a good job on that. It is gorgeous and so fallish.

0:40:38 - Julie

Yes, yeah, great, well, welcome. You got a question for me. Yes, I do.

0:40:44 - Vicki

This is about my cat, Lexi. She passed back at the end of June. It was really unusual. I had gotten up in the morning about 630, 645. It was on a Saturday to let the dogs out, and so I went ahead and fed her. We have a very good time. I got back up he said Lexi's dead on the kitchen floor. Zara, she was in very good health. She was only four years old, and so I was just wondering if you could tell me like what happened to her.

0:41:29 - Julie

Good heavens

Vicki

I just don't know what happened to her.

0:41:34 - Julie

Good heavens, how awful for you oh my goodness Well.

0:41:37 - Julie

I'm going to connect to you and connect, go ahead.

Vicki

I was going to say it was very unusual because that morning we had planned we had a vet appointment to put. We had a 14 year old diabetic dog and she had not been doing well, so we were going to put her down like running around and she ate her breakfast and different things like that, and so we actually canceled the vet appointment. We thought maybe we'd give her a little bit more time and then our cat, Lexi, just passed away suddenly. So I was. It was very unusual.

0:42:14 - Julie

To say the least. So she's right next to you, on your right. She's saying she wanted to go to the grape beyond with a full stomach, which is pretty funny. So she's was saying that she had a full stomach for the trip. The other thing that she's telling me is she wanted to go before the dog. Were they? Did they play together? Were they companions? I mean, if they lived in the same house I would think she's saying she needed to help the dog.

0:42:42 - Vicki

That's what I wondered is almost like if they kind of swapped places, you know, like somebody was going to pass that morning and and my dog actually lived about another week or so, but Lexi seemed to be a very healthy cat. I don't, so we don't know what happened.

0:43:05 - Julie

She was healthy, there wasn't anything wrong with her. She wanted to help the dog pass, so her spirit was there as the dog was passing. When I talk about the 12 phases of transition and the pet spirits are there when somebody's dying, other pets spirits help other animals as they're transitioning. So she wanted to help your dog when it died, and so that's why she left. Okay, that's weird is that.

0:43:34 - Vicki

Well, that's not the first time it's happened. We've had a dog and a cat pass within days of each other and I think one went and then the other one left soon after. They were very close. I think that's happened before in our household.

0:43:47 - Julie

Good heavens. Well, you must foster just an amazing menagerie of animals there that they're all that close.

0:43:56 - Vicki

Yes, well, thank you so much. That's kind of what I thought has happened, that I wanted to have it validated.

0:44:03 - Julie

I don't get that there was anything wrong with her physically, I think she just. And the interesting thing about that too, Vicki, is that back to the voodoo days, when some voodoo witch or priest or whatever would cast a spell on somebody and they would die. Well, nobody has that ability to do that to somebody else. It's the belief of the person that dies. It's like hey, I got a spell on me, I'm gonna die tomorrow night at midnight and they die at midnight.

One of my dear friends, she told me that her first day in medical school she's a physician and she told me in her first day in medical school that they talked about that. They talked about the power of beliefs and how the voodoo doctors and priests, or whatever you call them, could do that and could get people to you know to have symptoms or to die. But the other thing too is that I think that it's important to remember that we all decide when, where, how, with home, what the circumstances are when we pass, and animals do the same. So your sweet girl wanted to help her dog. Was it a brother or a sister?

0:45:20 - Vicki

It was a sister, the dog was 14 and, like I said, the cat was only four years old.

0:45:25 - Julie

Yeah, yeah, she wanted to help the dog transition. That's really sweet, okay. Yeah, thanks for calling in. Enjoy your time with your mama.

Vicki

Okay, thank you. You bet Bye.

0:45:44 - Julie

Hi, Mita

0:45:45 - Mita

Julie, how are you Nice to see you. Yes, my name is Mita. I'm in Los Angeles.

0:45:55 - Julie

Wonderful. That's where my baby lives, so I know it well. I live there a long time. You got a question for me.

0:46:04 - Mita

I do so. My mom passed on October 8th so very recently.

0:46:11 - Julie

I'm sorry.

0:46:14 - Mita

And I was just calling to see if we could perhaps connect with her and if she may have some messages.

0:46:20 - Julie

Yeah, that we'd like to Sure. Tell me her first name, Mita.

0:46:25 - Mita

Yes, it's kind of long, Chandra Leca, I can spell it for you, Chandra.

0:46:30 - Julie

Can I just call her Chandra Yep? Okay, she's right next to you, on your right side. They always come in, they always go on the right side. I'm not sure why, but that's just what I see, so let's just start the conversation with it. Do you have a question for her or something you'd like to say to her?

0:46:51 - Mita

No, I almost want to ask like, how is she doing? I know innately she's joyful and blissful, but maybe even just to yes, just how is she doing? And if she may have messages for myself or my siblings or my dad?

0:47:05 - Julie

Yeah, yeah, absolutely. She's doing great and that is the first question that most people ask by the way, pretty much, I would say 98% of people when we're talking with a deceased woman, that's their first question is how are you what are?

you doing so? Yeah, she's great. She's talking about that. You're her brilliant angel. That's what she said before we even asked her that question so brilliant. So, Chonda, do you mean brilliant like brilliant? Bright, brilliant like light, bright. She goes in every way. You're brilliant. You have a brilliant mind. You have a brilliant spirit. You are just brilliant at everything that you do. That's a pretty good endorsement from your mom. Yeah, yes, yes, okay. Any messages for your dad? Is he letting people cook for him? She's worried. She's not worried. Spirits, don't worry. But she's saying he's not used to cooking for himself.

0:48:12 - Mita

Is that true, that's very true.

0:48:14 - Julie

Yes. So she's saying for him to let people cook for him, because she's saying that that's the only way he's gonna eat, because when he tries to cook it's gonna be a disaster.

0:48:31 - Mita

Wonderful and that totally fits. Is it possible to see if she may have a message for my brother? His name is Prené and my sister Mona.

0:48:45 - Julie

She's saying for Mona to keep on track, don't get sidetracked. She's saying that she tends to go down rabbit holes. She gets off track easily, so stay on track. I don't know if that means anything to you or will to her, but that's what she's talking about for her to stay on track. What's your brother's name? Prené.

0:49:09 - Mita

P-R-A-N-A-Y.

0:49:11 - Julie

Prené. Alright, what do you want to tell Prené? That to watch over your dad? She's saying that, that he, like most men, think that it's the woman's role to do that. But there's a role for him too, and to keep that relationship strong and for him to have a connection with the dad too. Don't just leave it up to his sisters to take care of your dad. Does that make sense?

0:49:46 - Mita

No, usually he's very like nurturing and kind. Of you know, right there next to my dad, side by side.

0:49:55 - Julie

Well, that may wane since it's so fresh, since he's just passed, but she's saying for him to keep up the relationship. And sometimes we get information from spirit to where it doesn't make sense to us at the moment but it might later and or it may pertain to something that hasn't happened yet. So it's really important to stay open to the interpretation of. We get information, we think of it one way and then maybe later you might be driving down the road in a few days and go oh, that's what she was talking about with my brother. So just be open to what you get with that. Yeah, she's showing me a scarf that you have of hers. That it is. It's one of those long scarves and it's kind of. It almost looks like it's. It's kind of sheer but it has kind of sparkly stuff in it. It doesn't have sequins in it but it's got little sparkles in the thread and it's kind of an off-white. Does that make sense to you?

You know, off the top of my head it doesn't, but you know you may find it, she wants you to keep it, she wants you to have it. So, it looks like it's off-white. I know you've seen the thread where it has kind of like metallic little specks in it in the thread and you can see it in the weave

of the scarf. So she wants you to have that and keep that to remember her. Yeah, I hope that helps. Condolences to you and your family. Have you read Angelica Tendency yet? I started it.

0:51:40 - Mita

I have not completed it.

0:51:42 - Julie

I was very helpful just to kind of even just do the whole process, you know, and kind of understanding Great, great, and I think hopefully it will come for you and hopefully it'll give you a lot of information. Was she seeing spirits at the end of her life?

0:51:59 - Mita

You know, I couldn't tell. She was in an ICU before we brought her home for hospice and she was a bit altered towards the end. So I don't know if during that time she was communicating or not with spirit. I'm not entirely sure.

0:52:12 - Julie

Was she awake? Was she able to talk to you guys?

0:52:16 - Mita

You know it's so interesting. The last several days she was completely out of it, just not communicating maybe one word. And then when we brought her home for hospice all I mean there must have been 50 people that came through the house, all family members, all friends. As she woke up she was lucid, recognized and greeted every single person. And then the next morning she passed. So I mean I thought we made a mistake. We were like what did we do something wrong? Was she really as sick as we thought? She just became really lucid during that time.

0:52:46 - Julie

That's called the rally and it is very, very common and usually the person will do that and then they'll be gone, usually within 48 hours. So it's very, very common. Your hospice nurses probably shared that with you that it's very common that that happens. Yeah so well, sending you a big hug, thank you so much, Julie.

0:53:10 - Mita

I really appreciate you yeah.

0:53:11 - Julie

You are most welcome.

0:53:13 - Mita

Thank you.

0:53:15 - Julie

Hi Neha,

Neha

Hi Julie,

Julie

Hi girl, how are you doing



0:53:24 - Neha

Yeah, good to see you again. I missed your Tuesday call. I was gonna call in to ask about some health stuff but I ended up getting rear-ended and spent the day in the emergency room and I just it wasn't a serious accident. There was some damage to the back of my car, but I'm just in just severe back pain since and I've never been injured in an accident. So I'm just very concerned, as I already have underlying, you know, health issues, including, you know, arthritis and things, and I was just hoping for you to take a look and potentially get some healing or some relief. It's just I'm off work this week because I'm in a lot of pain.

0:54:05 - Julie

Oh, I'm so sorry. Please tell everybody where you're located.

0:54:09 - Neha

Oh yes, I'm so sorry, I'm in Chicago.

0:54:12 - Julie

She said Chicago. I knew that, but I wanted you guys to know that she calls into my lives, which is the fourth Tuesday of the month usually. So it's wonderful that I didn't get to see you a couple of days ago, but I get to see you tonight, okay, so you know how this works. Here comes my laser beam from sweet home, Alabama, heading to you in Chicago, and let's see what's going on with you. Okay, a lot of inflammation, but you know, the first thing is go see a chiropractor and they're going to get you back in alignment. And I know that probably isn't high on your list, but they are miracle workers if you find a good one. Do you see a chiropractor now?

0:54:54 - Neha

No, I haven't seen one in like 15 years or so, just because I have so many issues with my spine and it's not totally clear. So I just was too afraid to see a chiropractor.

0:55:06 - Julie

Yeah, well, if you find one, talk to your friends and family and just ask who sees a chiropractor that they really like and a chiropractor that they've seen for several years. I would go see them. They're going to take an x-ray anyways to see what's going on, but what I'm watching is a chiropractic adjustment. First. It's happening all the way up your back and in your neck just to get you because you're out of whack from the accident. I'm so glad you're okay and that you're. I'm sorry you're in pain, but I'm glad you're here to tell the tale at least.

0:55:42 - Neha

Yeah, true, and I just, I'm just surprised that I have any pain at all, because it just wasn't that serious of an accident, but it just I don't know.

0:55:51 - Julie

Yeah, yeah, so I'm watching you get all lined up from a chiropractic adjustment. The other thing that just came in to was to look for a craniosacral practitioner, and they're going to be able to help you. What I'm watching is I'm watching your head and your neck get manipulated. Are you familiar with the craniosacral? Yeah, I've actually seen.

0:56:18 - Neha

I've seen a couple of different people for that when I had my brain injury and it didn't really help too much, so I stopped going.

0:56:26 - Julie

Okay, that came in. That's not something I would normally recommend, but that just came in when I was working on you. You're a bit of a twisted sister and that's just from the accident.

So, getting you straightened back out, you're leading a little bit to the left, so let's work on your spine, and how this works is imagine there are two metal rods that are put on either side of your spine. Imagine that your spine is heated with the laser to make it pliable, and imagine the rod on the right is stationary and the one on the left is propping you back up so that you're straight, and then your spine is heated again, kind of like a potter with clay. The clay needs to be moldable when they're making whatever their creation is, and then they need to fire it to make it solid and make it, you know, last.

So that happened. Your spine's back in place, those metal rods fall off to the side and they just disintegrate. It reminds me when they fall off. It's so fun to watch because it reminds me of when, at Cape Canaveral or Cape Kennedy, they launch a rocket and then the tower falls off to the side and it just goes away. That's what that always reminds me of. So in doing that, healing energy just was just shot from the base of your spine all the way up throughout the top of your head, so that helped a lot to get you in alignment with that. And now just go do the physical part to help with that. I'm glad you went to the emergency room to at least start a paper trail on this.

0:58:03 - Neha

Yeah, exactly. I mean, you know I can do all kinds of stuff under the table but everyone's like no, you got to do it officially.

0:58:10 - Julie

Yeah, to get the insurance to pay for it.

0:58:13 - Neha

Yeah, exactly. So I guess. Just, am I going to recover from this? Is this going to be okay? Oh, absolutely.

0:58:22 - Julie

Yeah, yeah, yeah, absolutely. And in the meantime I have applied anti-inflammatory energy to you. So inflammation looks like red fog on body parts. Your whole body's inflamed. I can tell you're in pain. So anti-inflammatory energy is a royal blue color. Think of the refreeze-able ice packs. That's what they look like to me, that color blue, and that will calm it down and get that going. But I really think, with the cranial, sacral and also the chiropractic, that you're going to be good to go. In no time you will completely recover from this.

0:58:57 - Neha

Okay, and as far as like icing and heating, I really don't know what I should be doing. Is there any advice on that? I can't tell what's helping and what's not.

0:59:08 - Julie

Yeah, I get at this point. I get to intermittent ice and heat, but I'm leaning more towards heat. Is what I'm hearing with that Like do you have a heating pad that you can. Oh yeah, I've got everything.

0:59:22 - Neha

I need. I just didn't know, you know, because I have auto immune stuff and arthritis and everything, and I just didn't know if the ice would make it worse or cause more stiffness or you know, and honestly I can't tell what's helping and what's not.

0:59:37 - Julie

Yeah, do you have a rental car that you've picked up. Is your car in the garage? Is it in the? I mean, is it in the?

0:59:43 - Neha

car repair. I'm still using my car right now. I'll be dropping it off next week, okay, and then getting it for a while.

0:59:51 - Julie

You're going to laugh when I tell you this, but what came in was sit in your car and turn on the seat warmers, turn on the butt warmers and that's going to really help your back feel better and that when you get a rental car, be sure that it has butt warmers in it.

1:00:06 - Neha

Oh gosh, I don't know if I get much of a choice, but I'll request it. That's pretty funny. That's a pretty funny comment from Siberia my heat warmers and my car are on all year long, for since I bought it, like 20 years, I've had two cars in that time the heat warmers, the seat warmers, always on, yeah.

1:00:25 - Julie

And it makes your back feel better, doesn't it?

1:00:28 - Neha

It does. Yeah, I got. I got inflammation anyways, so yeah, yeah.

1:00:34 - Julie

So now don't let it get super, super hot. Mine I turn on and then I've got to turn it on low because you know it's gone burn me, it feels like, because it gets so hot. But yeah, that came in very clearly. Sit in your car and turn on the seat warmers.

1:00:50 - Neha

Interesting. Well, we'll see what happens. It's supposed to get really cold in Chicago in a few days, and so I'll have my coat and layers on see how much heat can get through that.

1:01:00 - Julie

But okay, well, warm up your car Warm up your car, warm up your car and then take your coat off because your car is warm, you don't have to wear your coat. You put your coat on before you get out of the car. But get that heat on your back and I would sit from for that to come in like that. Yeah, I would say, just go sit out there and read a book and turn your seat warmers on, for you know, I get. I get 20 minutes, 20 minutes at a time, 20 minutes in the morning, 20 minutes later in the day, if you can do it in addition, to driving, especially when you're not working.

You know you're going to be home, but move yeah, that's the other thing you got to move, even though it hurts motionless motion. So yeah. Yeah, I'm hoping.

1:01:48 - Neha

I think I'll have to get to work on Monday, so I'm hoping I can manage that. But I'm just like one other thing I have to deal with.

1:01:56 - Julie

I'm sorry, you will completely heal.

1:02:00 - Neha

Okay, I needed to hear that. Thank you so much. I've had one thing after another, as you know, so thank you.

1:02:08 - Julie

You're most welcome. Thanks for calling. I hope you feel better.

Julie

Alrighty, that's it for this week. Everybody, I really appreciate you joining us. Please remember to subscribe and like and make comments and share with your family and friends and I will see you week after. Next I'll have lots of stories about the Angelica Attendant Training. So sending you lots of love from Sweet Home Alabama. Bye, everybody.

1:02:37 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at Ask Julie Ryan and like her on Facebook at Ask Julie Ryan To schedule an appointment or submit a question. Please visit [AskJulieRyan.com](http://AskJulieRyan.com).

1:02:52 - Ann cr

This show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional. The Ask Julie Ryan show, Julie Ryan and all parties involved in producing, recording and distributing it assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.