

AJR Show - Nov 16th Transcript

0:00:01 - Intro

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.

0:00:44 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. I'm so delighted that you could join us this week. My intention in doing this show is to provide information, insight and comfort people all around the world by helping to answer life's unanswerable questions. We got a bunch of callers on hold, so we'll see what their questions are. It's always fun to see what Spirit has to say about it. It's kind of a combo platter it's Spirit working through me and with me to get us answers. It's all kind of jumbled in there. With my experience too, it makes for fun adventures each week, because I never know who's going to call and I never know what their questions are going to be. Chris, please bring in our first caller. Hi, Azura, hi.

0:01:30 - Azura

thank you so much. I'm so happy to be on here with you.

0:01:36 - Julie

How are you, my girl?

0:01:40 - Azura

I just got a phone call from my dad about a half an hour ago that my mom's back in the hospital with a really high fever. I've called in about her before. She's almost died twice in the past year and I'm just really hoping that you can sense a healing her way.

0:01:56 - Julie

Yeah, absolutely Azura. Tell everybody where you're located, please.

0:02:01 - Azura

I'm currently in Boston and my mom is in Cincinnati.

0:02:04 - Julie

Okay, all right. What's going on with your mom?

0:02:09 - Azura

I just got a call from my dad a half an hour ago. He just took her to the emergency room. He has a high fever and has, I think, been throwing up and her past symptoms that were similar is she just loses days of memory and she's, I think her fever is about 104. Oh Jesus, and this is the second or third time that she's had this since October of last year and she's almost died several times. They've run a ton of different tests and they haven't been able to find anything. So the time that I called in and spoke with you about it, you had said it caught up with subsist the previous time, but just any information or any healing that you can sense.

0:02:56 - Julie

Yeah, what's her name? It?

0:02:57 - Azura

was on Monday. Her name is she goes by a K, but her name is Kathleen.

0:03:03 - Julie

K, all right. Well, I'm going to connect K what I'm going to do for those of you that are first time listeners or watchers I raise my vibrational level to the level of spirit and I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into Azura up in Boston and then it's going to come back down to Cincinnati and it's going to hook into your mama. And then I'm going to ask her permission if I can scan her. I know she's let me in the past, so hopefully she'll let me again today. You know, I always ask permission because I just think it's wrong, I just think it's unethical to scan somebody without their permission. And then I'm going to shoot energy through her. Well, something will be identified and then there'll be some kind of a healing, so we'll go through there. So here we go. Here goes my laser beam from sweet home, Alabama. Good timing that. You know we were just getting ready to go on the air with your dad's call, all right, so got you ricochet and back down to Cincinnati, all right, okay.

Okay, I'm talking to a Azura. She goes oh, my baby girl. All right, what's going on with you? She's not dying, honey, her spirit's in her body. She's very red from her inflammation. So inflammation looks like red fog on body parts. Her whole body is red, excuse me.

So I use anti-inflammatory energy, which is a royal blue color, to get that calm down, and I'm getting that calm down right now so we can get underneath it. It's kind of like when you're driving on a foggy evening and your vision is occluded because you can't see through the fog. That's how inflammation is. So getting that cleared, okay, going up, so that's a big old viral infection going on. Viral infections is, Azura, look to me like think of really watery beef broth, and you know my analogies are hilarious at times, but it's just to give us a frame of reference for what I'm talking about and what I'm seeing. And if you can envision what I'm seeing, you're helping with the healing and so is everybody else that's listening or watching this, whether it's real time or whether it's in the future, because you know time doesn't exist in the spirit world. So there are thousands and thousands and thousands and thousands of people around the world that are going to be working on your mama, and when we work all collectively, miracles happen at that point.

So the viral infection getting out through the top of her head, Excuse me and clearing that? Okay, it looks like she's being packed in one of those blue re freezeable ice packs.

0:06:01 - Pamela

So, they'll.

0:06:02 - Julie

They'll get her temp, they'll get her fever down and get that going back in the right direction. Okay, what's causing? I get it's a viral infection. She's got a really good viral infections. I think her immune system is just whacked from when she was sick before, and so she's just whenever she's exposed to something, if it's you know kind of a virulent strain, it's affecting her more. Can you go sooner than Monday? Can you change your ticket?

0:06:38 - Azura

I can, I could change my ticket.

0:06:40 - Julie

I can I say yeah, I do, I do. Can you work from home, from your parents' house? Can you work?

0:06:48 - Azura

Yeah, I just got back from a month of traveling. Yesterday I've been home for less than 24 hours in a month, but I can change things. I just I have a trip after that, so I will need to pack.

0:07:01 - Julie

Should I go tomorrow or I'm getting you probably want to go down there. She's not dying at the moment, but you know, future events are fluid and anything can happen. I'm getting it's in your best interest to go on and go down there, throw a couple of loads of laundry in tonight and then head on down to Cincinnati, unless you'll beat the rush of the Thanksgiving craziness too.

0:07:26 - Azura

So I think it would be best.

0:07:28 - Julie

I think tomorrow is good. Yeah, if you can switch that around with your flights, that would be really good. And I think, just from moral support, if nothing else, you know, it would mean the world to her if you were there.

0:07:42 - Azura

I currently have a. I'm getting over a cold, what? What? Can you check and see if I'm being around her? Would cause her any extra exposure? Okay, no, you'll be fine.

0:07:53 - Julie

Okay, yeah, you'll be fine. You'll be fine and she'll be fine. Yeah, yeah, I just think I think I've gotten that four or five times for you to go ahead and go on down, yeah, okay. So keep us posted. Let me know how she's doing. She's not dying at the moment. So if her spirit was out of her body, I wouldn't be able to scan her because it would be like I would be looking at an x-ray in a pitch black room without any electricity. So I think it's really important for you to remember that that this is. She's sick, but she's in a good place. It's good that your dad's taken her in so you can do that. Okay, okay, all righty.

0:08:39 - Azura

Well, good luck. Thank you so much. Any any, any specific medicines that are coming through that she should be on. I don't do Western medicine, but my mom is all about the Western medicine.

0:08:49 - Julie

The doctors will take care of that. It's a viral infection. They'll probably put her on antibiotics just because they you know they just do that in case there's a secondary infection that goes bacterial. But for you I would do a thousand milligrams of C and 50 of zinc and get the buffered vitamins C. You probably have it already.

0:09:11 - Azura

I have the lymph vitamin C.

0:09:14 - Julie

Perfect. So tomorrow, vitamin C, perfect you, you want to crank that up just to help you get over your cold. And then the zinc. The zinc really, really ramps up the vitamin C. You know,

heck, they cured polio with vitamin C. Vitamin C works with everything. So I have a quick story for you on vitamin C to give you an idea of how well it works.

Many years ago I had I had late sex surgery on my eyes. Yeah, like 25 years ago or something, and it's worked great. And about five years after I had it done, I had my eyes corrected for distance. My right eye wasn't as clear as my left eye, and so I went back to the ophthalmologist and he said well, let me redo it. And he said to me do you take a lot of vitamin C? And I said, yes, I do every day.

And he said well, I don't want you to take it for six months. And I said why? And he said because it heals the body so well that when we do the Lasik, we want to scar to form on the eyeball because it changes how the lights refracted. And he said when you take vitamin C, it doesn't let the scar form, it heals the eyeball too well. So he said I want you to stay over for six months and I did, in my eyes, been fine for the last 20 years, so I thought that was a really powerful statement about how how wonderful vitamin C is to help us heal.

0:10:40 - Azura

Thank you so much, Julie, I really appreciate it.

0:10:42 - Julie

You're welcome. Okay, Keep me posted hey.

0:10:46 - Paul

Paul. Hey, Julie, thanks for taking my call. How are you doing?

0:10:50 - Julie

I'm doing well, how about?

0:10:51 - Paul

yourself. Terrific Thanks. Please tell everybody where you're located.

0:10:53 - Julie

I'm just outside of Seattle, Washington. All right, terrific what's going on up there.

0:11:04 - Paul

Well, I'm calling regarding my wife. She's got just a something terrible going on with her digestive system. We've been going to the doctors quite quite a lot, you know, over a long period of time and we just haven't been able to have me know figured out exactly. I mean, they found out a few different things, but she also has a poor immune system. She's an immunocompromised, and so I guess I'd like to know if there's any way to figure out what's going on with her. And then also they have a procedure scheduled for Monday, a pretty routine procedure. I don't know if you're going to get a call on an auscopy, but she's concerned about going into the hospital and being such a weakened state and also with her immune system being such that it is that she might pick up something else there. So all that rolled up, it's just a lot of anxiety around that. But really would like to know if you can see anything with her. You know any ideas around this whole thing. So Absolutely.

0:11:58 - Julie

What's her name? Paul? Her name's Laurie Laurie. Okay, all right, let me get Laurie on my radar. You know how this works. Here comes my laser beam from sweet home albedo. I'm hooking into you and from you to Laurie. Laurie looks really inflamed too Like Azura's mom. So whole body inflammation. Getting that calm down looks like red fog on body parts and I use anti-inflammatory energy to get that calm down so I can see what's going on underneath. I'm really inclined for you to suggest that she follow her intuition on that colonoscopy. She can

reschedule that when she feels better. I mean, it's not unless it's something that they're saying is critical that she haven't done.

0:12:48 - Paul

They're basically saying for them to do more. The insurance company says we have to do this to be able to go on to the next. Yeah, so.

0:12:56 - Julie

And do you have to do it before the end of the year?

0:12:59 - Paul

No, not necessarily. We can you know that's not a consideration.

0:13:04 - Julie

Okay, because a lot of insurance people are trying to get the procedures done before the end of the year because they've met their deductibles.

0:13:11 - Paul

Yeah, I mean, from a financial perspective there would be some incentive to do it that way. But I just want to do what, you know, there was the right thing to do at the right time to do it, not let finances determine that.

0:13:21 - Julie

So yeah Well, aren't you the perfect husband? Look at you. Yeah, For those of you that are listening and not watching, Paul looks like a little boy in a big man's body and he's got these great dimples. You should see his dimples. He is so cute. All right, so, I digress, sorry I'm getting. It's not in her best interest to have the colonoscopy on Monday.

0:13:47 - Paul

That's what she's been feeling too. She's been feeling reluctant to do it.

0:13:52 - Julie

So Tell her to follow that, follow that intuition. Yeah, absolutely. So there's that. She can reschedule it for another time. You know they do bazillions of those a day. Yeah, every day. So not so much on the weekend, unless it's an emergency, but during their regular week days, all right. So there's that. So I'm getting that calm down. So I'm in her gut and I'm seeing what's going on with that. She's got a bunch of necrotic tissue in her gut, paul. Tissue is like dead cells and it looks dark to me. It looks kind of black. It's not malignant, but it just it doesn't look right.

So what? Let's just wrote her root or her GI system. How about that?

0:14:40 - Azura

Okay.

0:14:40 - Paul

We'll just do that.

0:14:42 - Julie

From stem to stern. Yeah, so here we go. So here comes corkscrew. I closed my eyes because it helps me visualize it easier, especially when I am first starting a healing and remember spirit working through me and with me to help facilitate healing. And nobody heals anybody else. You know that we all heal ourselves. So the work that I do and that medical personnel do is all

to help the person heal themselves. So just wanted to remind you of that. All right, imagine there's a corkscrew, but it looks like a bottle brush, did you do?

you remember those old fashioned baby bottle brushes.

0:15:23 - Paul

Oh, yeah, oh, yeah, I remember those yeah.

0:15:27 - Julie

You could put in there and in the bottle and then kind of turn it around to wash it. All right, there's a brush that's in her GI tract, going down her esophagus and all the way down into her stomach, and then we're going to rotor root her intestines too. For those of you that are listening abroad, rotor rooter is the company here in America that you call if you got a stopped up drain and they come in and they clean out your drain. Right, paul, I could sing.

0:15:57 - Paul

Exactly yeah.

0:15:58 - Julie

I'll only sing it if you sing it with me. You want to sing it with me? I think so. Roto rooter, that's the name, and they wash your troubles down the drain. Call rotor rooter, that's right, you got it.

Yep, you should be ready. You hung me up. You hung me up to dry all by myself, oh my God. Oh sorry, that's all right, and I'm not even connected with rotor rooter. They just got a free ad from me, all right. So we're in her stomach and it's just cleaning out all this old necrotic tissue in there. I'm not sure what's going on with that. Okay, it's in her intestines and that brush is spinning. So the intestines will take a minute because there's just so many feet of them. It's amazing how long the intestinal tract is. I used to know, but I don't remember and I've seen it in surgery before, in actual surgery when I've been in surgery for business Holy Moses, when they have all those intestines out sitting on somebody's belly in a plus, they put it in a bag. Oh my goodness.

0:17:10 - Azura

Oh, my goodness.

0:17:12 - Julie

I was like Holy Moses, I think we're kidding. There's a lot of that, wow, yeah, okay, so it's snaking its way through there. Does she have diverticulitis?

0:17:25 - Paul

She had been in the past. They said that she might be suffering from that.

0:17:29 - Julie

Yes, yeah, that's what I'm seeing, Paul, and how I can tell is as we're in her intestinal wall. It's not smooth. It has these little divots in it where food can get caught and sometimes there's a little pocket where the food gets stuck in there and then it can get all infected and disgusting and all of that. It doesn't clear out. So this brush that's spinning, what it's doing is it's almost like it's sanding her intestinal tract to make it smooth.

So we want it to be slick as a whistle, so food can just go down there and not get, because that food gets stuck there and then they get infected and it's bad. It can be really dangerous and I know it's really painful for them.

0:18:23 - Paul

Yeah, she suffers from a lot of pain every time she eats. It's a daily occurrence. It's unfortunate, it's so terrible, oh jeez.

0:18:31 - Julie

With everything that she eats. Her just certain foods are worse than others. Pretty much.

0:18:35 - Paul

There are a few things that we found that she does better with, but almost across the board there's pain involved with food. Oh jeez.

0:18:44 - Julie

Wow, okay, all right. So we're like two thirds of the way through her intestines. Let's go ahead and get the rest of that done and then we're going to irrigate. Irrigation fluid always comes out the end of the toes makes her feet look like sprinklers. So imagine that, because you know, I want you to envision this, because you're helping with this healing.

0:19:05 - Paul

I am.

0:19:06 - Julie

Yeah, okay. So here comes the irrigation fluid flying out the end of her toes on both feet. All right, here comes the stem cell energy. Light amber color gel sparkles. It reminds me of Dippity-Doo hair gel, a watery gel of the 60s and 70s, and now there's a vortex spinning above her head, beneath her feet, on either side of her front and behind, all spinning concurrently, Paul, and that's going to regenerate her intestinal tract, and then I'm going to test it. We're going to put some food down there and just let it be slick. She has leaky gut, which you probably knew already. Has she been exposed to mold?

0:19:51 - Paul

We're not sure, I mean we wondered about that, but really there isn't. I mean, she smells some things in the closet though, so possibly, but we haven't found any real evidence of it.

0:20:02 - Julie

Well, if she's smelling it, that's enough, because that's what. I'm getting was that dark stuff. And the other thing too, Paul, is you can have no symptoms and she can have a bunch of symptoms, and that is very common in a house with mold in it or an office with mold.

That it's only. I believe it's less than 30% of people are really susceptible to mold. Tim, my husband and I, we can walk in a room and I say there's mold in here, I'm out of here, I'm out of there. In a second He'll say, well, I don't smell anything, I don't feel anything, I don't see anything. I'll say, great, enjoy yourself, I'll meet you in the car. I mean, I don't want to stay in there. Seriously, I'm so allergic to that stuff. So yeah.

Yeah, I would suggest too that you do the Viome test. You've heard me?

0:20:56 - Paul

talk about that perhaps.

0:20:58 - Julie

It's a gut, Viome test. It's V-I-O-M-E.com, and then just use Julie Ryan all as one word during checkout and that's going to tell her the ecosystem and her gut, all the critters in there, it's going to tell her based on that you're your superfoods.

You're the foods for you to avoid. Here's everything else. It's going to help a lot. And then I would get her an appointment to see Dr Maria Amassanti in London. She will work with her via Zoom. She is the goddess of the gut. She's the best I've ever seen and she works with people all over the world and Oxford Educated General Practitioner Functional Medicine and a graduate of my class, so she does energy medicine too. So she's a trifecta winner Okay.

0:21:51 - Paul

I've heard you mentioned her before, so we'll definitely look her up too. Yeah, that's great, thank you.

0:21:56 - Julie

A few episodes ago I think it was last month, Paul. I had her on the show so you may want to watch that and see what you guys think. But I would make an appointment for Lori with Dr Maria and that'll help too. Thank you. So yeah, I'm not getting a green light on that colonoscopy. I'm getting for her to reschedule it.

0:22:20 - Paul

Loud and clear. Okay, yeah well rescheduled.

0:22:23 - Julie

All right, thanks for calling.

0:22:25 - Paul

Thank you, Appreciate it. Thank you so much. You bet Bye Paul.

0:22:31 - Julie

Hi Myra.

0:22:33 - Mayra

Hi Julie, how are you? I'm terrific.

0:22:36 - Julie

How are you doing my girl?

0:22:38 - Mayra

I'm doing fine, thank you.

0:22:41 - Julie

Good, please tell everybody where you're located.

0:22:45 - Mayra

I'm in Miami, Florida, okay.

0:22:48 - Julie

Terrific, got a question for me.

0:22:53 - Mayra

Yes, I do. I would like for you to scan or look into my baby grandson. He's 17 months old and you've looked into him before a long time ago.

0:23:11 - Julie

Tell me his name Bryce Bryce.

0:23:15 - Mayra
Bryce,

0:23:19 - Julie
And remind me where baby Bryce is.

0:23:23 - Mayra
He's here in Miami too. Okay, and what's going on with him? He was diagnosed with epilepsy when he was four months old. I think you might remember, but you just talk to so many people.

0:23:41 - Julie
Yeah, it helps. If you trigger my memory a little bit, then I can usually pull it back. How's he doing?

0:23:49 - Mayra
Well, he's on three medications right now, but the seizures are still there. They haven't controlled the seizures, so I would like to see what you can see. We're going through a lot. It's been a year and some months.

0:24:10 - Julie
Yeah, okay, I know one of the things that they do to treat epilepsy is putting children especially. They've had lots of success by putting them on a ketogenic diet. A keto diet, so like nothing refined, just whole foods, no sugar, no wheat, no dairy, you know that kind of stuff, just a keto, low carb diet. You has your daughter been able to help with that.

0:24:41 - Mayra
I know they haven't talked up. I guess, since he's so little, they still haven't told her anything about that yet. They're still trying cocktails of medicines to see if they can, you know, reach the one.

0:24:56 - Julie
There are so many studies that have been done for over a hundred years, myra, on the ketogenic diet and having it help help epilepsy, especially in children, and in a lot of instances they they completely stop the seizures with the diet. So look that up. That's some things that you can research for your family and just look up epilepsy and ketogenic diet children
Ketogenic, yeah, yeah, and you'll get that All right.

I'm going to connect from you to Bryce. So here we go. Okay, my laser beams heading south to Miami from sweet home Alabama. All right, got you Going to Bryce. Okay, got, Bryce. I'm talking to your. What does he call you, nanny?

0:25:51 - Mayra
Well, he tries to say Abbey, but he still doesn't. Yeah, okay, I'm hearing Nanny.

0:25:58 - Julie
So but that's close, right, that's close, yeah, pretty close. Okay, Bryce, I'm talking to your Abbey. He says, yeah, my Nanny, he wants to call you Nanny is what he's telling me.

0:26:14 - Mayra
Oh, maybe because I take care of him, so I'm actually his Nanny.

0:26:18 - Julie

Yeah, nanny is a grandmother name too, you know, a fun grandmother name.

Okay, okay, yeah, I'll look for him. Is it okay if I scan you? Yes, all right. So we're in his brain and neural pathways in the brain look like laser beams crisscrossing a room in a museum that are guarding the part of the security system that are guarding the paintings and the artifacts and the statuary and all of that. And so he's got some of them that look like there's a short in them, like an electrical wire has a short in that, short in it.

You know, have you ever seen a cord or a wire that kind of will spark, that it's broken, maybe in the electricity gets impeded going through it. That's what I'm seeing, myra. So what I'm doing is I'm watching stem cell energy get put. I'm watching the part of that neurological pathway get cut and then stem cell energy is being used to put new wiring in there, if you can imagine that. So imagine, imagine you've got a laser beam and part of the laser beams malfunctioning. So we're going to clamp the laser beam on either side where it's malfunctioning, remove that part and put a new part in with stem cell energy. So imagine that there's this really tiny, tiny, tiny little tube that stem cell energy is going into light amber color gel sparkles, reminds me of Dippity-Doo hair gel and there's a vortex spinning above it. So we're regenerating that part of the neurological pathway. Does that make sense? Can?

0:28:11 - Mayra

you envision that? Yes, I understand what you're saying.

0:28:16 - Julie

And these images that I get in my mind's eye are to help us have a frame of reference from our human perspective for this energy healing that's happening. Because we don't have a frame of reference for that, I mean, heck, you can't tell what a body is healing anyways, we can't see it. We can just see that the you know the cut is healing or the bone is healing on x-rays, but it's not like we can see it with our naked eye anyway, and so this is the same way. All right, so got that going. There are three sections that are being repaired right now on baby price. So we've got that. He's cute as a dickens. He's awful cute.

0:29:01 - Mayra

Yeah, sweet boy.

0:29:03 - Julie

Yeah, okay, all right. There's a vortex spinning above his head and that's regenerating those neural pathways. They just all lit up, so they're all repaired. Now that healing will integrate into his body and that can happen instantly. It can take days, weeks, months. May need some kind of complimentary care, like change in diet or whatever, but certainly it's going to be his spirit's choice of how to integrate the healing. How is he on all those meds? Is he lethargic?

0:29:38 - Mayra

No, he's pretty much okay. The only problem is he'll be 18 months this week and just little steps, but he still doesn't walk by himself or anything like that. That's the only problem. The thing that I see that he's a little behind Can he crawl well, does he crawl well?

He crawls perfectly. The only problem is he stands up perfectly. I was going to ask you that too, if you could see anything about that. He stands up perfectly, but, like I said, he stands up holding on. It's like he wobbles. You know, he can let go of his head.

0:30:31 - Julie

He's fine. The fact that he can crawl, he's fast when he crawls is what I'm seeing, so he doesn't need to walk, he can get everywhere he wants by crawling. One of these days he's just going to take off and he's just fine. Yeah, he's fine.

0:30:48 - Mayra

I hope so. This is terrible, Julie because you never know what's going to happen. He's so happy and then all of a sudden a seizure comes, so it's awful.

0:31:01 - Julie

I'm so sorry. Yeah, look up the ketogenic diet.

0:31:07 - Mayra

I will. I will, I'll see what you can find out about that.

0:31:11 - Julie

Okay, alrighty.

0:31:13 - Mayra

Thank you so much for calling. Thank you, okay. Have a good evening you too.

0:31:23 - Julie

We do this show every Thursday night at 80's Stern, 7th Central and 5th Pacific. If you want to join and ask a question I always say it's fastest, fun and it's free is you just go to AskJulieRyanshow.com and then we will get you on and let you ask your question and we'll see what spirit has to say and then we'll combine that with whatever I'm getting and then we'll give you an answer. We are not going to do this show next Thursday night because it's Thanksgiving here in the US, but I have an amazing show planned with Dr Raymond Moody, who is the godfather of near death experiences and he is just a delight. You guys are going to absolutely love him In the interview. He's in a rocking chair and he's rocking back and forth and he's just charming and has wonderful stories. He's an MD, phd and he's just brilliant. So be sure and listen and we'll release it on Thanksgiving morning. So I'll give you something to listen to while you're fixing the turkey here in America.

But the information for the show each week we posted throughout all my social media everything that asked Julie Ryan on Instagram and Twitter I guess they call it X now and Facebook and all of that YouTube everything that asked Julie Ryan, you can download the show anywhere. You get podcasts. We're also on YouTube and Alexa. Please leave a review, because I give away a free session every month and it's to somebody that's left to review. We pick a review and then you get a free session valued at \$250. Actually, I had somebody earlier today that won a free session and she was so thrilled. She said she was driving to work and she heard her name on the show. She was listening to my show and she heard her name and she said she was squealing in the car on the way to work. She said it made her whole day. So we'll find a time that works good with your schedule and with mine and get you in on that. I also send out a blog each week and it's a question somebody has submitted online and I answer it and then in the body of the email it says hey, remember, call in tonight if you have a question and we can do that While you're on my website. AskJulieRyan.com, schedule an appointment with me and then we'll have a whole hour to discuss whatever you want to talk about, because you know I am a buffet of psychedness, so most calls that I get people for a whole hour. We do a multitude of things. We do medical stuff, we can do pet stuff, we can talk to deceased loved ones, we can do past life stuff I mean whatever and we cram as much as humanly possible into that hour. It is a blast. We have so much fun when we're doing that. So everything you need is at AskJulieRyan.com. Okay, let's go.

This week we got a question in from Bev and Bev lives in Granville, Michigan, and she said Hi, Julie, I recently discovered you through a friend and I'm intrigued. I was raised in a denomination that didn't allow these kinds of spiritual beliefs, but working as a hospice nurse has changed my mind. I've been present for uncountable deaths. Some are easy and peaceful, while others are long and extremely hard. I've seen patients look at things, talk to things, rock babies, pet animals. I've told so many families I'm envious of their gift. I'd love to see it with them. And what she means is that when her patient is dying and they're able to see the spirits of deceased loved ones and pets, she went on to say Is it something that can be learned? I also want to see slash meet my angel. So many questions. I am 72 and plan to continue as a nurse as long as I can. I truly love hospice work. Thanks for any insight and direction you may have. Blessings, Bev. So here's my response. Hi Bev, thanks for your note and thanks for your service as a hospice nurse. University based research shows close to 90% of people see the spirits of deceased loved ones and pets at the end of their lives. But then you and all who work in critical care, hospice and as funeral directors already know that it's what I discuss in my angelica attendance what really happens as we transition from this life into the next book.

We're all born with intuitive abilities or heads act like a big satellite dish and can receive and send frequencies, and every spirit has its own frequency. So in order to meet and see your guardian angel, simply ask what they call themselves. You can either do that aloud or in your mind. Just ask hey, guardian angel, what's your name? And you'll hear a name and it's going to come instantly into your head. It's going to feel like a thought in your head. It's going to be as fast as you can snap your fingers, or before because remember, time doesn't exist in the spirit world times a human creation you may say hey, what's? Hey, guardian angel, what's your name? And you'll hear Stanley or Maria or whatever, and then you'll get the information. How you know that it's from your angel is it's going to come in instantly. If you think about it for more than a second, that's going to be your brain talking to you. Then, once you have a name, just think of them and say something. Their answer will always instantly come into your head. Initially it may feel like you're imagining your angel's response and the more you talk with them, the more validation you'll get and that'll help you trust the information you receive. You know this goes with anything that's telepathic.

It's all about the practice in my classes my online class, my angels and enlightenment training. That's self-paced, but then we have live practice groups every like, multiple times throughout the week, and then my in-person angelic attendant training class. We have practice sessions nine times a week because the practice is key. When you do it, it becomes second nature. You get validation, you trust what you get and then you just don't even think about it. And then, lastly, I said you may also want to take my angels and enlightenment training. It's a self-paced online course with live practice groups. It seems like I just said that, because I did a minute ago. It'll help you quickly become proficient with the intuitive abilities we all possess. So thanks, Bev from Michigan. Great question.

A couple of other points on this.

Number one we all have a guardian angel that stays with us throughout all of our lifetimes and is with us in heaven in between lifetimes. So I think that's pretty cool. Secondly, I talked to so many guardian angels that throughout the years I've teased them and said because I'll ask them what their name is and they'll come in with some name that's got like 15 letters and they're all consonants, no vowels, and I'll say how in the heck am I supposed to pronounce that? Because it's either some dead language or it's from some different universe or something who knows. But it's just craziness.

So now they've worked with me so much that they just give me names that are easy, because I've said can you just give me an American English name that's easy to pronounce? And they give it to me. So I haven't gotten a crazy name in a really long time. And so if you get a name

that you have trouble pronouncing, either ask them if there's a nickname, you can call them and they'll give you a name, or just say, hey, can you give me a name that's like an understandable name for me, and they will oblige. So thanks so much, bBv, for that question.

0:39:44 - Julie

Hi, Cindy. Hi, how are you?

Cindy

I'm okay. I'm okay, I'm in um. I'm in Dexbury, Massachusetts. Okay, I love your sweatshirt.

0:39:58 - Julie

You got a compass on your sweatshirt.

0:40:01 - Cindy

Oh yes, thank you, thank you you look like a sailor. Yeah, down by the sea over here. Yes, terrific Welcome. You got a question for me.

I do, I do. I have a couple things on my heart. Um, I've been married almost 37 years and, um, things are just rough. I don't know he was away and came back and I'm just questioning whether we're to be together. It's just, um, we just moved back and he you know he's, he was in Virginia in any long story short he came back, um, it's probably for his job. Um, he works for the VA. We're both.

I'm not military and he was military too for a while, but, um, and it just seems, each time we get together, there's just we can't I mean we. It just seems like this angst, you know, and I feel angsty inside myself, you know, and I feel hurt by some of the things that have gone on with the two of us in the past. And this, you know, this decision that he was with his job and I don't know long story short, I just want to check into his spirit with that. I know it's affecting like my health feels tight. I take care of my two grandchildren, um, two or three days more a week and I just feel I feel lost. You know, I, I did, I'm also, uh, somebody did hospice work and I take care of the elders, and I have one living with me right now and we're great friends and, um, it's just rough, you know, as a potter it wants to be that friend again with Dave, but I don't, I don't know, it's just something that I can't put together.

0:41:50 - Julie

How long has he been gone?

0:41:53 - Cindy

He was in Virginia for three, for three years, and he came back with work, on vacations, um, and that type of thing, and to him in his mind, it wasn't a separation. In my mind it felt like it because, um, we sold our house and so we're in that space right now. We don't own anything. We sold the house and left and, um, I felt not supported and I moved out there for his job. People he had his dream job took it and there were so many things that I wanted, as me, um, and they just weren't able to be manifest. And then he went through his whole thing with his PTSD from the military and all this stuff, and now he just want he comes back and, um, he, you know he wants everything to be there, but it's almost like he wants it but doesn't want to do the work.

And I'm just so conflicted I, um, and I think I had last time I talked to you and I was seeing one of you you know, wavy's you referred me to I had that mole intoxicity myself. I'm not sure where my body's at, but, um, I go back to my daughters, who I take care of, the children, and I feel like there's something in that home. I feel like the kids are sick and um, but mostly right now I'm really just concerned about my gosh. Do I stay in this relationship? I feel like, um, I just

feel like I'm not sure. I feel like my compassion level is is gone in some ways. You know, I try to give and let the past go and all that, and it just seems like it's always there.

0:43:31 - Julie

Yeah, Is he abusive or there's just not much of a connection? There's just not much of connection, just energetically.

0:43:40 - Cindy

It just doesn't feel like we're always butting heads about the serious things, um, but no, he's not abusive, we're not, I think, verbally, both of us. I think there's a lot of reactivity there. I think, um, yeah, I, I, yeah, I think, definitely think that I mean somebody, the friend, the 94 year old that's living with us. He's such a gem. We both get along with him so well. Um, I mean, he even gifted us a trip to Panama and Dave and I we couldn't even we couldn't get there together, but Dick and I will go together to write me. You know, um, I'm happy to help him fulfill some of the things on his list. Um, and I think it's funny thing because I think this you know, somebody said to me Dick has given you the value that you've always wanted, you know, as a woman and as a human, as a person, and he's showing you that, that you're worth that. Yeah, dave's all about his job, you know, yeah.

0:44:41 - Julie

Okay, well, first of all, thank you for your service and thank you for his service and for being a military family, because I know you know you get moved around a lot and it's it's not easy. My husband grew up in a military family and he loved it, but I know it's rough on the wives and on the kids when you're moving around a lot, so thank you for that, first of all. Secondly, when you were talking about Dave, I was the first thing that came into my head as you were talking and I call those divine downloads that spirit giving me information to pass on to you was have you ever heard about the four love languages? Have you read that book?

0:45:27 - Cindy

Yeah.

0:45:29 - Julie

Re-read it, because find out what his love language is, and if you don't know what yours is, figure out what yours is and then let him know. Because if your love language is acts of service and that means that you feel loved when he does something for you you're not going to feel it if he's just saying, oh gosh, I'm so glad to be home and I'm so glad to be here and you're waiting on him. Well, no, that's not making you feel loved. And then and then, likewise, you need to find out what his love language is too, because otherwise we're doing stuff that we think are going to make, the things that are going to make the other person feel loved and feel cherished and valued, and all of that. But it's based on how we feel, not on how they feel and how they're going to receive it. Does that make sense?

0:46:26 - Cindy

I've talked to him about that, I said it's like the fish and the squirrel and the fish, the squirrel gave the fish the most precious nasty hat up in his tree and the fish end up dying. We're very well aware of that and I think that sometimes that's I feel like when I sold the house and left my job and everything else, there's not much more that I could do and, like I say, I just feel like it just doesn't come back.

0:47:00 - Julie

So that's number one. Number two that I got was 37 years is a lot of history. So if you can figure out a way, I know so many people that go through a rocky point in their marriage and they push through it and then they stay together and then they will tell you they're so glad that they did, because there's so much history there and so many joint experiences with your family

and everything that if you can put the work into it and have him do it as well, that that's the best right there. If you can figure out a way for that to happen, that's number two. Number three is my two minute rule. Have you heard about the two minute rule? Have you heard me talk about that?

Our heads are big satellite dishes and they receive and they transmit frequencies. Every spirit has a frequency they keep throughout all of their lifetimes and every thought has a frequency as well. So when a thought comes into our head, it doesn't have a meaning until we give it a meaning. And thoughts either feel good or they feel bad. If they feel bad, they're based in fear, always, 100% of the time. Anything that feels bad anger, jealousy, actual fear, boredom, grief, whatever that feels bad is always based in fear. But the key with this is the body can't tell the difference between what's a real fear and what's a fake fear. The body reacts the same and the body goes into fight or flight when we're in fear whether we're being chased by a Sabre-toothed tiger or whether we're late to a meeting.

So what you want to do is we want to be able to discern between what's a real fear and what's a fake fear In this game. You ask yourself is this going to kill me in the next two minutes? I call it the two minute rule and the answer is yes or no. So if you're being chased by a tiger and the tiger is way faster than you are, is there a possibility you're going to be killed in the next two minutes? The answer is yes. So change the conditions before something happens that either gets you killed or injured. Likewise, if Dave's back and Dave's living in your house and it just doesn't feel right, is that going to kill you in the next two minutes? Yes or no? No, it's not right.

So that tells you that it's an irrational fear based on a limiting belief, both of which are false, but your body feels like it's a real fear. So when we're in fight or flight, the blood drains from our brain, goes to our heart and our extremities so we can run away from whatever the perceived threat is that's causing the fear, and we lose clarity when you ask if this is going to kill me. In the next two minutes you change the channel of those thoughts coming in on that frequency. You know how you'll have a thought like, oh my god, if I stay with Dave, then this will happen and this will happen. And this will happen, but for a long time. I'm going to be 100 years old and I'm going to. I will have wasted my life on making that up.

But we're all hardwired for fear and that's what we all do. We use our imaginations to envision things we don't want to happen when we're in fear. So use the two minute rule. You can use it a bazillion times a day. You can use it in any situation. It's free and it's convenient because it works anywhere. Your brain is in your brain. It's usually with you wherever you are. So let's practice it. Give me an example of something that gets on your last nerve that Dave does.

0:50:57 - Cindy

He doesn't follow through with agreements that we make, such as it's simple, simple even keeping a date night. We're, for example, just before the call. What made me get on the call? Actually, we were dropping the. We have a band that has 231 miles on it. We've got to put it in to get fixed for 2500 bucks or something, instead of getting a new band. And I think the band smells like mold because I cleaned all the mold out and I was saddening it. I said it still smells like mold. So one minute he said we're getting it fixed. The next minute he said okay, we're not getting it fixed. And then he changed it three times in the matter of five minutes. Dave, I can't you know. And so I said I don't know what you really want. Then we change your mind too many times on the same subject in a matter of seconds.

0:51:41 - Julie

So if he changes his mind a bunch of times on the same subject, is that going to kill you in the next two minutes? No, yes or no, no, no. So you keep your clarity, you keep your perspective and you'll have a thought that'll come in and it'll be like okay, I just need to deal with this on my own. He doesn't need to be involved. I need to make the decision Either we're going to fix the

man or we're not and don't involve him. Right, because what happens is we get caught in that shuffle where we just keep. It's like we're going around in circles and the more we do that, the more frustrating it is and the more we're in fight or flight. And then it releases all those stress hormones and causes inflammation, makes us sick. So just make a decision. It sounds also that you said that he had PTSD. Does he get help for that? Okay, all right, continue to suggest that he do that.

And then, as you go forward, you're going to be led, because when you keep clarity in your head, what's going to happen is you'll get an idea and then you'll think, oh, I can't do that because, blah, blah, blah, blah, blah, blah, blah. There's going to be a whole bunch of reasons why you can't do it. Use the two minute rule. Okay, if I do this, is this going to kill me in the next two minutes? No, just take that step and then you'll have another thought and then you'll think, okay, I can't do this because I don't have the money or I don't have the time or I don't have whatever, and if I do this, is this going to kill me in the next two minutes?

Nope, just keep doing it Every time fear comes up. It'll become a habit and then before long, you just walk around and you're going to feel good most of the time and you're going to think I don't even know why I feel good, but I just do. And that's when you attract more good feeling things. Because we attract what our thoughts, where the vibration of our thoughts is at any given moment. Does that make sense?

0:53:53 - Cindy

Totally understand that. I took energy medicine school for three years. It was clinical hypnotherapist. I totally understand it all and that's why I don't understand. I was just so in my own zone, in my own flow, until it came back. And now I'm like you know, and we both have the same stuff in the middle. It's just, it is a vibrational energy. It's like I mean, we don't sleep in the same bedrooms anymore and it's like the minute we come in that space my body does, it goes into this whoa, I'm not sure it's a safe mode.

0:54:23 - Julie

So do the two minute rule. Make it a habit. I don't even think about it.

I've used it so much and it's simple. And when I got that downloaded to me about five or six years ago, I thought to myself really, can it be this simple? And it is, and it will enhance your life in every area. And then, when you're thinking clearly, you can make those decisions about do I want to stay with them? Do I want to live in the same house? What do I want to do? But when you're feeling agitated unless you're you're being threatened either verbally or physically you want to have clarity in your head before you make those kinds of decisions. And right now you're, you're stressed out about it.

So, you don't have clarity, because you're in fight or flight. Does that make sense? Make sense.

0:55:15 - Cindy

Two minute rule girl.

0:55:17 - Julie

Two minute rule. All right, that'll be the key. Thank you, okay, good luck. Let us know how it goes. Enjoy Panama.

0:55:24 - Cindy

Thank you, you're welcome.

0:55:27 - Julie
Bye-bye, Bye Hi Pamela, Hi Hi, all right girl.

0:55:36 - Pamela
I'm going to make this quick. I think we're kind of on the last minute here. I am going to be having surgery for glaucoma, where they put the drainage in my eye. Can you see or pick up how that's going to turn out? Is that something that I need to do? Is that something that's going to go?

0:55:59 - Julie
well, okay, where are you, Pamela? Where are you located In North Carolina? Okay, so, glaucoma, the energy went to your right eye first. Is your right eye worse than your left? That's the one yes. Yeah, All right. So are they going to use a laser and put little holes in it to relieve the pressure?

0:56:19 - Pamela
No, it's actually going to be the surgery where they're going to put like a little drainage tube in the right eye.

0:56:29 - Julie
Okay, so is it in Pamela's best interest to have surgery on her right eye for her glaucoma issues? I don't get a. Yes, I get an, absolutely. I get absolutely K-Meth. Yeah, will it be successful? I get very. It will be very successful. When are you going to have it done?

0:56:53 - Pamela
December 12th, and that was one of the things I was thinking. It's like I think the retrograde starts on the 13th, so that was kind of like is it astrologically a good time to do that?

0:57:10 - Julie
So let's ask is it in Pamela's best interest to have glaucoma surgery on her right eye on December 12th 2023? I get a yes.

0:57:20 - Pamela
Okay, awesome. And do you feel because I've had this for 40 years and you know I've been on drops and they stopped working. And then do you feel this is like past life? Or I mean, I've just done so many different modalities to try to heal it, and without success.

0:57:41 - Julie
Yeah, what I'd like to do is get you on my radar and do a healing on you and then we can go from there. If it's a past life thing, we can do that real fast. But do I have your permission to go ahead and zap on you on that eye? Let's go ahead and fix that eye, so when you go in for the surgery it's already a done deal. Just got to go through the motions. Okay, sounds good, all right, so here we go. Here comes my laser beam heading over to you in North Carolina. All right, got you. All right.

So on the right eye, what I'm watching are these little tiny holes being put in your eye with a pinpoint laser to let the pressure out of your eye, and then I'm watching. This is interesting. You know that. Have you ever my analogies correct me at pit times, a lot of the time have you ever been in a doctor's office where they used to have like a little square door in the wall from the bathroom, like into their lab? You could put your urine specimen, you know, through the little doorway and they would get it. Do you know what I'm talking about? Yeah, exactly.

0:58:49 - Pamela

Yes.

0:58:50 - Julie

I just saw a little door like that people in the back of your eye and I watched it open and I watched all this pressure come out the back end. It was, like you know, the pressure was building in your eye and then this little door opened and then it all came out the backside and then the door was closed again. Obviously that's a metaphor for releasing the pressure. That's not really a thing, but it's symbolic for the healing that's happening. I haven't seen that before. That's always fun when I get to see new stuff and I do many times a week, which I love with this healing stuff. All right, let me go over to the right eye and see what's going on there. So you have it worse in your right eye. I meant let me go over to the left eye, because that procedure was just done on the right eye. The right eye looks way worse than the left eye. Is that what the doctors are saying?

0:59:46 - Pamela

Yes, I have vision loss in my right eye.

0:59:49 - Paul

Yeah.

0:59:51 - Julie

Okay, all right, so I'm scooping out part of your eyeball. Imagine your eyeball is made out of jello and I'm scooping it out in the middle and then we're going to put stem cell energy in there just to heal that eye Light. Amber color gel sparkles, Dippity-Doo, and then there's a vortex spinning outside of your eye that's regenerating that eyeball. And then what I'm going to watch is I'm going to watch your eyes get balanced. I even see contractors I don't even know what they call that that bubble thing that they can tell if something straight the leveler, I think, is what they call it and they'll put it on a two by four or something. And then there's a bubble in the middle and they want to make sure that it's level.

Yeah, I see that used with eyes all the time. To be sure the eyes are level. All right, got that going? Okay, is this from a past life? I get? Undoubtedly. Yes, absolutely. So you want to do a past life thing real fast? Are you game? I would love to. Okay, I'm on board, all right. Okay, I love to have past life stuff. It's so much fun.

So I envision myself, Pamela, in this endless hallway and very narrow, very tall ceiling lined with mirrors vertically and horizontally in columns. The mirrors are big. They're big square mirrors and each mirror represents a different lifetime. So we're going to ask a question does Pamela have any past lives in which something happened that's affecting her having vision problems in this life? Was that a fair question? Yes, something like that? Okay, and then the lifetimes that pertain to that will come out. Those mirrors will come out from the wall as if they're on a hydraulic arm, and then I'll say show me the one that correlates the most, and that one will come out the farthest, and then I'll envision myself walking into it and I'll be given where it was when it was a little bit about what happened, and then we'll see if it resonates for you. So I'm in my hallway. Does Pamela have any past lives that are contributing to her vision problems in this lifetime, especially with glaucoma? I get a yes, all right, so there's a bunch of mirrors coming out from the wall.

Pamela, I want you to envision this. Show me the one that correlates the most. That one's on the right side. It's up. I'm going down the hallway. I see myself in a forklift. It gets lifted up to where the mirror is. I'm walking into the mirror. The year's 1927.

Oh God, you're in one of the camps. I get Auschwitz, holy mackerel. All right, what do you? What's? And I get that there are light flashes. There was some kind of some kind of torture thing where they were. They were doing light flashes in the eyes, like for long periods of time.

I've never heard of this. I don't. I don't know if it's a thing, but that's what I'm seeing Like like a strobe light kind of in your, in your eyes, close up, and it caused blindness in people they were trying to get. It was a thing to try and get people to talk. We'll have to research that and see if there's anything out there about that. I've never seen this before.

Oh, okay, so does that make sense Like a strobe light, you know, close up in the eye, just going back and forth to probably to try and get people to talk about different things, that that they, that the Nazis wanted to know. Huh, all right, interesting, yeah, wow, I didn't expect that. Okay, how does this relate to what's going in this life? Well, it's like there were spots of blindness that came into the eyes first from that that torture that happened, and so you're dealing with spots in your vision in this lifetime, just from a different cause. But same basic premise with the problems with the eyes Is that, is that resonated at all? There are spots in your eyes where you have lost vision.

1:04:22 - Pamela
Yes, yeah, okay.

1:04:24 - Julie
Exactly All right when we have a past life thing that we've brought through. Each lifetime we come in with things we want to explore and experience. Pamela, and, and it's almost like we're taking a semblance of a script that has repeated through multiple lifetimes and we're looking at it from a different perspective, different set of circumstances, different gender. You are a man in that lifetime, by the way, and I get you were a Jewish banker in that lifetime and interestingly enough, I get that your, your first name was Adolf and I get your last name was something like Merowitz M-E-R-O-W-I-T-Z, merowitz M-E-R-M-A-R. Something like that.

And sometimes you can find historic documents online that'll corroborate all this information that we get. So it would be interesting to see if there's a list of the people that died at Auschwitz, if there was somebody with that name there In that, you know, in those years, but 1927 is early, that wasn't during World War II, so there was some other. I don't know if Auschwitz was in place before World War II. It was a prison that they were using or what. That sounds to me like. It's after World War I really, instead of World War II. So check that out, see what you get. See, we get this information and then we got to go back and we got to make sense of it. If it's something that we're led to do, so that's what I'm getting on this, all right. So the good news is, when we illuminated it, eradicates it. So you know what you're exploring and you're saying, okay, well, I got that, I don't need to have blindness anymore.

1:06:23 - Pamela
Okay, and then that allows it to heal in this lifetime.

1:06:27 - Julie
It helps it heal. You don't have to explore it so much anymore. Yeah, so you're going to do great on that surgery. Thank you so much. I appreciate it. You're welcome. Let us know how it goes. I will All righty Take care.

1:06:44 - Pamela
Thank you,

Julie
okay, everybody.

1:06:47 - Julie

That's it for this week. I hope you have a wonderful Thanksgiving. Remember to tune in and listen to Dr Moody's conversation with me. It's really far reaching and so wonderful. I hope you enjoyed as much as I did. Send in your lots of love to you and your family from Sweet Home Alabama. Bye, everybody.

1:07:12 - Intro

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.

1:07:27 - Disclaimer

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