

AJR Show - Marlene McNaughton 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 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. We have one of my favorite people on the planet on the show today. Her name's Marlene McNaughton and she is a new author. Her book is called Lost Soul how I Became a Lightworker Medium. She learned how to be an angel communicator and medium, and it's dramatically changed her life, or really enhanced her life. So I asked her to come on to talk to us about what her journey has been, how she went from feeling like a lost soul to where she is now and she's a graduate of my angelic attendant training. So welcome, Marlene. I'm so thrilled to have you.

0:01:44 - Marlene

Thank you so much, Julie. In fact, the words thank you are not enough, because it was really your podcast that I watched back in the spring of 2020, when you were interviewing Suzanne Giesemann. That inspired me to start my spiritual journey and it's just, it's pretty mind blowing to think that now I'm on as a guest. So thank you, like I say, is not enough.

0:02:11 - Julie

Oh, isn't it fun how spirit works in different ways. You know, you may hear a podcast, you may see a sign, you may. I was talking to somebody who's it was the anniversary of her dad's death recently and on the day she walked in his store and there was a Christmas tree all decorated with cardinals and she said that her dad loved cardinals and I said that was a sign from your dad. So I just think it's so much fun how spirit works here with us.

0:02:43 - Marlene

Yeah, you have to be open to the signs Exactly, otherwise they can go right past you.

0:02:47 - Julie

Exactly.

0:02:48 - Marlene

You're not aware of them and pay attention to them.

0:02:50 - Julie

And I think we're getting signs all day long, every day, and we're just busy and we're preoccupied and we're focused on what we need to be focused on, which makes sense, but spirits communicating with us every day, all day long. So what led you to become interested in woo-woo and angels?

0:03:10 - Marlene

Well, I did have a few paranormal experiences throughout my life that left me believing that there is more to life than meets the eye. So I definitely had paranormal experiences and I just knew. I just knew there was something more to it, but I didn't understand it. And because of the downtime during COVID at the core team because that was when that video, that podcast I found your podcast from the downtime of searching it just opened up a whole new window of opportunity to look into this more.

0:03:52 - Julie

Can you share a couple of your paranormal experiences with us? You've got my curiosity piqued.

0:03:59 - Marlene

Oh yes, one which I share in the book. Actually, I'll share the two that I share in the book my son. He was about, he was five, he was in kindergarten at the time and I was going to be babysitting my sister's my niece that afternoon, and I asked my husband to take the car seat out of the cross space for me that morning. Well, I went upstairs to fold some clothes. Right above my son, he was sitting on the sofa in the room right below me. I had the door jar and all of a sudden I just started folding clothes on the bed and I heard a voice say you have to go vacuum. And it was a male voice and it was a real pretty voice and I had never heard a voice in my head before and I actually argued with it. I go, why would I stop what I'm doing? To go vacuum. And the voice just calmly said again, you have to go vacuum.

Well, I found myself just automatically leaving the room and going downstairs and going to my hall closet and as I did, my son was no longer on the sofa and the house was eerily quiet. And as I went to look for him because he didn't respond, his head was, he was. He was purple and his head was flopped down. He had put himself in the car seat that my husband took out that morning and he was choking. He was actually unconscious at the time. So I went and I got scissors and cut the straps, were tied across his neck and yeah, it's hard to even talk about that one because, yeah, that whole day, just like crashing waves, I just start crying every time I thought of it. But it was the next day that all of a sudden it dawned on me. Oh boy, it was their voice that told me to go vacuum, that allowed me to go save my son. So I knew there was something more.

0:05:53 - Julie

I have total body goosebumps on that, which is, which is just, you know, a tactile note from spirit going. Yep, that's exactly what happened. Wow, Wow.

0:06:06 - Marlene

And actually my dad texted me from my cell phone with my son which and I think these were all kind of spirit setups, because then it became my son was involved when it came time for me discussing that I had my spiritual experience he was more open to it too. But my what had happened is that we were together with my other son and we had just met his girlfriend that we knew was now who's my daughter-in-law and we were having a great time at this restaurant together and my older son was there. But he left and he went home. And so when we we just walked home that evening, as we walked in the door of my son's son sent a text saying hey, mom, just let you know I'm home, and he's been out of the house for like 10 years, so it's kind of cracks me up, but seeing him, he just called me to. You know, I texted me to say he's home safe. Well, he sent me a little.

What happened is that we were talking all about my dad at the dinner and laughing and having a great time sharing about my father just dad experiences with my my son's girlfriend. So when I got this message from my son, there was a little animated ghost moving its arms that he sent to me that said Ghost hug, you can't feel me, but I'm there, and I thought this is so strange.

This is not like my son to do this, but I thanked him for the ghost and I said that's really cute, where'd you get that? And he goes. Mom, you sent that to me. He goes, look at your phone. He said there's. You know the color of the conversation that's mine and the color that comes from your phone.

You sent that ghost hug to me and I'm like I've never even seen that before and I felt my dad's energy and I was like, oh, we were talking about grandpa. I said I think grandpa's letting us know he's here. So that was a fun one. But so we've had different things, though, throughout. I grew up in a house that was built in the 1800s too, so we had some interesting things happen there too.

0:08:11 - Julie

I want to come back to that. I want to hear about those stories Did communicating with angels and spirits. What's your journey on that? Did it come easily to you? Tell us about what steps you went through or what you experienced to get to where you are now?

0:08:32 - Marlene

I didn't even believe in angels until I took your class, which was I saw the podcast with Suzanne Giesemann in the spring, and it inspired me to sign up for your class. And your class was going to be in October and until your class I didn't even believe in angels and I thought angels were just the imagination of the artists, the beautiful paintings and what they believed an angel would look like if they did exist. But I was corrected on that when I began communicating with Archangel Michael. But so I didn't believe until your class and then learned that they are loving beings in different dimensions and my mind opened up to that. So your class ended in October and two weeks after the class ended my guides told me my vibration was still raised from having been in your class, which is something that I think would be nice if you share with the audience, because I can't explain that.

But it was just miraculous because that played a role in them being able to communicate with me too. But I said a prayer two weeks after the class ended, asking if I could become a light worker medium to give people hope and healing and to have Archangel Michael work with me to give people hope and healing, so that they know that their loved ones continue to exist after they transition. And it was just a prayer I said I didn't know if they're listening or not and it turned out they answered that prayer and actually that's what my whole book is. Is they allowed that prayer to happen because they taught me all about heaven and what happens, and that our loved ones continue to exist, that we all continue to exist and that we are all one.

0:10:34 - Julie

Wow, what's your family's reaction when you started communicating with angels and dead people, did they? I'm sure they had some comments about that. You got a bunch of men in your family. What were their thoughts? Exactly, yeah.

0:10:49 - Marlene

Yeah, I have three sons so they've always been kind of used to mom being a little different because mom's a female in the house. Even my dogs were male, but they just supported me. They always have, and they might not have understood it, but they were there for me. They always have been.

0:11:07 - Julie

Does everybody have the ability to communicate with spirit?

0:11:12 - Marlene

Absolutely. I believe that. I believe we're all mediums by nature, because a medium is just someone who can communicate with spirit and it's just a matter of us opening up because we

are all connected to source energy, to our spirit guides, and it's just a matter of us recognizing that and honoring that and being open to it.

0:11:36 - Julie

What was the part about being a medium in order to help people know that there's basically life after death and that their loved ones are still around them? Was there a catalyst that led you to want to really focus on that particular subject or niche?

0:11:59 - Marlene

Because I believed it. I thoroughly felt that life continues to exist in the form of energy, but I couldn't explain it. I just felt that it would. I've always wanted to help people and I thought what a gift that would be to be able to help people to know that life does continue to exist when we transition. I just didn't know where we went or what it was all about, and they taught me all the details. Well, what I share is my interpretation of what was shared with me.

0:12:36 - Julie

Right. Give us some of the highlights of what has been shared with you about what happens when we transition and also when we get into heaven.

0:12:48 - Marlene

Okay, well, one of the first things is that we create our own heaven is what I was taught. And we create our own heaven with the energy we create throughout our lifetime, every single thought we have, every single question we've ever pondered in our mind, every conversation we've had with somebody, it's all on record there. I don't really understand it. They told me it's like there's a movie of our life, but they know everything. I mean every contemplated thought. Like I say, when everything produces energy, it turns out that our lives are all about energy and either we're making loving choices or we're making what they call poor choices. They taught me there's no sin, that there's just poor choices that create lower energy.

So when we transition, whatever energy we created throughout our lifetime, that that has to do with where we go when we transition, because there's a universal law of like attracts like. So if we've created all this loving energy, we will be surrounded by similar. We become spirits. Then our personality becomes a spirit and that exists eternally in our soul and we will exist among other spirits that have the same type of energy. So if someone has created a lot of negative energy, they're going. Their spirit will be surrounded by similar spirits of the same energy.

But what it is is we have a chance to grow. Our soul has a chance to grow and to bring all our spirits in our soul up to the same level to go home to source. And that's what we're here for. We're here on earth for soul growth, to so to help all the spirits of our soul go home to source and to be loving energy there are some people that believe we live multiple lifetimes concurrently, and that makes my head want to explode, because I don't understand it from a personal they tell me about that yeah, human perspective.

0:15:11 - Julie

So so have you talked to your spirit guides about that?

0:15:15 - Marlene

Yes, they called it simultaneous Experiences because they never used the word past life for our what we would call it past life. They said a past life is from a human beings perspective. They called them previous experiences in the soul, so, and they said there's also simultaneous experiences. I wasn't aware of that until much later in the book, but they told me that I should be praying for my simultaneous experiences as well as for myself. But because they are me as well and they're existing concurrently right now when I don't know, I didn't get into it, I Don't

know what we didn't discuss if it was in other, you know other planets or such, but they said there are current, concurrent. So simultaneous experience is existing at the same time.

0:16:08 - Julie

Yeah, I've heard that from a lot of people. Like I said, I don't understand it, so I go to is it feasible? Yeah, well, we find out when we're in heaven. Yeah, I think we will.

So that's interesting. I know Initially, marlene, you use some ancient techniques to connect with spirits, so tell us about that. Tell us about your journey. So you took the class, you took my class. You set a prayer that Archangel Michael help you, help people that are grieving, or help people to know that there's life after death and their loved ones You're still around them. Tell us about that journey and what were the steps that you took To get to where you are now.

0:16:54 - Marlene

Okay, yes, because I did communicate with my guides. And an unusual well, it's not really unusual, but I used to pendulum, which is a communication tool, and I have to say I I don't advocate it. I understand other people can use it, but I learned about it and, although I always felt safe with it, because I was always communicating with high-level loving spirits, because I always Said an intention to do so but if someone uses it, it is a communication tool and I was taught that Lower energies could be attracted to it if a person doesn't know what they're doing. So, in good conscious, I cannot advocate it to others unless they are guided by someone and know what they're doing when they use one.

0:17:41 - Julie

So I want to say that what is a pendulum for those that don't know?

0:17:46 - Marlene

okay, the a pendulum is. What I, how I communicated was that a pendulum is like a crystal on a Stream, basically, and it moves. Initially I didn't own one and I used a necklace because I wasn't intending I'm communicating with them through a pendulum. It just it happened because I watched a YouTube video of a gentleman who was communicating with spirits and he had what was called an alphabet chart and it was like a half moon and it was like an alphabet of a to z of letters, and then he used a pendulum and it would choose letters. Well, he put it up on the screen.

I thought, I took a Screenshot of it and I printed it out, and then I was like, what am I gonna do with this thing? I mean, I don't have a pendulum, I don't know the first thing, but I kept this chart, I filed it away with some books and then one day I just felt like I I thought I'd try using it with a necklace and I just I just see friend of mine who passed away from cancer came through and I Didn't trust it initially because as a child I played with the Ouija board and I didn't know if it was, you know, actually my loved one, and Information was given to me that was undeniable, that it was my loved one and that's how it started. And so I actually began communicating with my Deceased friend and she introduced me to my spirit guide. When she told me she was gonna be introducing me to my spirit guide, I was like what am I getting myself into? I mean it just and. And then after that I was being introduced to higher level spirits and Archangel Michael and I actually was introduced to previous experiences in my soul a few of them. So it was, it was, it just was mind-blowing to be communicating with them and hearing when they lived like 450 BC, things like that.

But I did put the pendulum away and I wanted to just Mention that to people because I just felt guided, that it was the time was right. And then I was told that nobody needs a pendulum, no one needs a communication tool. And when I used the pendulum it was more like when the messages came through. It almost felt like channeling because it was like the messages were dictated. And this was something I did because I worked in the as a legal assistant for 15

years, so I took dictation and it was something I was Familiar with. So it almost felt like that was kind of being used, where the information was being given to me and I would record the sessions and I'd go back and I'd transcribe it, just like if someone had dictated it to me. And so right now I communicate just through my intuition. Since I put it away, okay, I'm connected, you know, to my inner self. It's. It's not the same as it was when I was basically being dictated messages.

0:20:59 - Julie

Well, but that's how you learned and that's how you got to the point where you learned to trust what the messages were that you were getting. The interesting thing about the Ouija board is the Ouija board was the biggest selling, the best-selling game by Milton Bradley in the history of games like by far Wow. And it is patented. So I have patents. I know how hard it is to get patents on inventions and I would love to be a. I would have loved to have been a fly on the wall with the patent examiner who was investigating the Ouija board and Said, okay, this really works, so I'm gonna give it a patent. I mean that that is no small fee.

0:21:45 - Marlene

Right, how did they get that past yeah?

0:21:47 - Julie

When you love to know that information number one and number two back when you were using the pendulum and and the pendulum would spell out things. Right, didn't you bring out that chart of letters Again, and then the pendulum would go from letter to letter and it would spell out words. How did you do that? What? What was the? The system?

0:22:11 - Marlene

I just felt like I had filed away that alphabet chart and then I was really getting ready to go grocery shopping I don't know what it was and I just felt like I'm gonna just Get that alphabet chart out. You know, who knows what you know motivates you to do these things? And, like I said, I had no pendulum because this was not something I ever was even interested in or even thought of. And I Got an old necklace and just started using it and it just started spelling out words, and but I did make sure that when I used it I set my intention. I had set a prayer and then I set my intention to only communicate with the highest source of love and light.

0:22:55 - Julie

So, yeah, and I believe that's very important and we talked about in the class, that when you set an intention, what happens is you focus in on a channel, like a radio station channel or a satellite TV channel. It's like I want to watch the. You're in Chicago and watch the Chicago Bears and whoever, so you're gonna turn to the channel where that football game is Is being broadcast, on which that football game is being broadcast. And that's the same thing when we ask questions with spirit. But I remember early on talking with you about the pendulum and saying Marlene, it's just, it's just like a security blanket at this moment in time, you're like Linus with his blanket and and eventually you're not gonna need it. And that's exactly what happened.

0:23:46 - Marlene

Yes, but the messages aren't the same, though I want people to realize. It was almost like I was getting Downloads of information channel to me through the pendulum as a communication tool, and now, now I know, communicating with my guides You're, I'm communicating through my heart, and it's so. I'm not getting dictation. I Feel what is right, I feel the answers, so it's, it's not the same type of thing is what I wanted to share, though.

0:24:17 - Julie

So so tell us more about that. What do you, what do you mean? That you feel it through your heart?

0:24:22 - Marlene

well, right now, what it is is I, basically, when I meditate, I can still feel their energy and it's more that it's the communication is it's really love coming through and you just feel the love coming through. And so what I'm saying is it's not like I'm saying, you know, should I not that I would have asked them this, but should I buy a blue car? And then they'll answer. I mean, I could ask that and then just get the feeling of what, what, what direction does it feel? It's going into and Throughout my experience, because I didn't realize they were telling me how they've been communicating with me throughout my life. And they're, and they actually said to me quit us underestimating yourself. So, and then you start realizing there are.

You just have to pay attention, you'll get this random thought. Well, where did that random thought come from? You know that it's our guides this is what I feel now that are giving us these messages. You just have to become aware of it. I think so. I'm just really starting from ground zero feels like Julie, since your class, because I've been so busy with doing the pendulum the whole time for two years and then with doing the book, I haven't had the time to dedicate to it. But I've always, but I've still meditated. Meditation to me is very important. I start my day with it.

0:25:50 - Julie

Well and everything unfolds perfectly. So, for the two years of you using that and it pendulums are Agents. I mean, they've been using those since the beginning of time and it's fun to watch. For those of you that don't know what we're talking about, if you ask a question and then you hold the pendulum down, it'll move in a certain direction. It may move in a circle, right, clockwise or counterclockwise, or may go side to side or something like that, and it gives answers to questions, and the more applicable, the answers.

That's all gonna be predicated on how we ask the question, but you and I know that because we talk to spirit telepathically and you can say, well, am I gonna enjoy the movie? Hey, mom. So your mom's just sees hey, mom, are we gonna enjoy the movie? And you hear a yes in your head. You know, you know what I teach. First thing, boom, first thing that pops into your head as fast as you can snap your fingers. And then let's say, you're watching some movie tonight. It's awful, and you're saying, mom, what's up with that? Well, the way we ask the question could pertain to any movie you're gonna watch throughout the rest of your life, whereas if we say, hey, mom, are we gonna enjoy watching Frozen 2 on Disney Plus tonight. That's specific and that's how that information that comes in from spirit can be.

0:27:16 - Marlene

Right, we have to get used to how we ask the question exactly be accountable and be mindful for our words. They taught me that we have to. Our words create energy. So we have to really choose our words too, because they create energy as do our thoughts.

0:27:33 - Julie

Yes, yes, yeah, which is wild when you think about it. Did that? Did your, your guides tell you that there was a time limit? I know Esther Hicks says you got 17 seconds, when you think a thought, to think something else before the energy Materializes from that thought. Have you heard anything about that?

0:27:51 - Marlene

No, but it was really. I asked the questions. I didn't even realize that. They pointed that out to me at the end of my book, actually, the one day. They said we need to tell you that we never taught you anything. And they said you learned by asking questions.

0:28:08 - Julie

Yeah, so yeah, but isn't that? Isn't that how we learn? Anything yeah yeah, but isn't that how we learn anything? Right, you know?

0:28:16 - Marlene

I mean we ask questions but I think what it was Julie's? It would have interfered with my free, my free will. They're all about free will. So if you teach someone something, you're interfering with their free will, opposed to if someone chooses to learn, then then that's not interfering with their free will, like my book. How my book came about Was one day my spirit guide said to me Marlene, there will be a book.

And I was like Are you saying I'm gonna do a book? Because I was like I think you got the wrong girl. He's like he goes yes, you're gonna do a book. And I am like and I was, I really thought that they, you know Like I said I didn't have the skill set into a book, but but, and then I thought about it that night and it came back and I said so, is it gonna be? You know, given to me I, is it gonna be? Can't to me or dictate to me. They said, no, you're gonna write about your experience. And I'm like okay, so. But my point is they didn't say, Marlene, you will do a book. It's like there's gonna be a book. And then I said, am I gonna do? That's how they work you know, they.

They wouldn't tell me to do something.

0:29:29 - Julie

No, they're leading you, they're giving you ideas, and then you choose what you want to do with that. This has been my experience. How does the information come to you? You said, now you feel it in your heart, do different spirits feel, feel differently like you, you have a feeling and you think, oh, that's my grandma, oh, susie. And you got another feeling and you think, okay, that's Archangel Michael. And is there a difference in what you feel between An angel, for instance, and a deceased loved one? Do they vibrate at a different frequency or a different level?

0:30:08 - Marlene

Well, when I used the pendulum, they all felt distinctive. Well, when I used the pendulum, they all felt distinctive, just like every. You know, if we're having dinner with eight people, each person has a distinctive energy. They all felt like I hear voices, I hear you know. I don't know if it was me assigning it to them or what, but they were all very distinctive. They had all very interesting personalities. Now, though, when I'm just meditating and I communicate, it feels more as a whole, like it's just loving energy coming through. I don't feel distinctive. I haven't I really haven't spoken to individual spirits now I haven't even, you know, because now I communicate with source energy and it's a collective of loving, loving spirits, so it just feels like love. Now, At times, I'll feel Archangel Michael, though he has. He would actually, I feel, like a sensation on my back and it would be him kind of letting me know he was there, and at times I'll still feel that, which is really awesome when that happens.

0:31:27 - Julie

So does he feel cocky? You know he's supposed to be the head angel.

0:31:32 - Marlene

Oh, he's funny, Is he? He's very funny.

Julie

Can you give us some examples

Marlene

Well, like one time I'm not going to get into the details, but I had done something which wasn't of the best choice, let's just say, and my guide said, my guide, the Norseman, said something to Archangel Michael about it. And my guide said Archangel Michael responded well, you know, Rome wasn't built in one day. So he just has this, you know. So he just has this sense of humor. It's just the energy, it's just amazing his energy. But he wears so many hats and I do share that, you know, because he's like you said, he could be a warrior, which I didn't know. When I first started communicating with him, I wasn't aware of that. Actually, when I prayed to ask for Archangel Michael to help me, I wasn't aware he was a warrior and I envisioned him in a white gown in my prayer.

Well, that afternoon I did a sound healing with another alumni of your class, Lisa Snyder, and I remember it because it was Lisa's second online sound healing, because it was COVID, so this was all new. She had done one previously before. This was her second online group sound healing and I remember Lisa goes oh, this is new, archangel Michael's appearing. Oh, and he's not wearing the warrior clothing. So many of you see him and he's wearing a white robe.

Well, I that morning had to send my prayer and asked for Archangel Michael to help me and I envisioned him in a white robe because I didn't know. I just thought angels wore white robes and I didn't put two and two together. I didn't in any way think it had anything to do with me. But then I found out later that that what had happened is being in Lisa's sound healing. Well, what had happened is first I would my vibration, they told me was still at a very raised state from having taken your class when I said the prayer and then being that same day doing Lisa's sound healing she has a gift, they said, for helping people open the gifts and she raised me, my vibration even higher. That, they said it allowed me to begin my experience. So that's actually how my experience begun.

0:33:57 - Julie

Yeah Well, and how many times have you heard me say that that spirits don't communicate on the, I feel, crappy channels? It's just, it's too low of a vibration. We need to well and find joy in things, because when we feel good, that's a high vibration. Feeling bad is a low vibration. It's always based in fear. And so tell us about the, the drumming, healing, and what do you think it is about? Sound that helps us raise our vibration, whether it be a drumming circle or it's some kind of music. I mean, I can be in a good mood listening to disco. Oh, what is it? What is it about sound Well, with with Lisa.

0:34:43 - Marlene

what she does is sound healing through her vocal cords so she connects to. They explained it to me and I gave the details in my book. They explained that she connects to source energy and then source energy comes through in her vocal cords. So, but so it's not of a drumming, it's more she, because you know it's coming through her and it's source source energy. So you're, if you're in her presence, then just like being around you where you raise the vibration she. She also, with whoever is around her, experiences source energy.

0:35:20 - Julie

And when she's when she's doing that, when she's doing it right when she's channeling.

0:35:23 - Marlene

Yeah, yes.

0:35:24 - Julie

But what do you think it is about like drum circles and music and stuff like that that can raise our vibrational rate. What do you think's going on there?

0:35:33 - Marlene

I haven't actually looked into that much because I've been so focused on just whatever I learned, but I think it's amazing and it is something that I would like to learn about, and I do think there's something there I think it might even be the, is it I don't know if I'm saying it correctly the melodic tone of it, the drumming that kind of puts the mind at peace, that you can be open to focusing more. You know, instead of? I think it allows the mind to rest and be open to communicating with spirit, possibly, but that's just my guess on that.

0:36:09 - Julie

I know that some of the most ancient music, like the Gregorian chants and the the home and the things like that, the music that's just been around for forever, that, what is it so? Feggio frequencies. I'm interested in how music and sound raises our vibrational level and when we had Dr Evan Alexander on the show, during his near death experience he was talking about, he felt like he was going to different levels in heaven and it was all predicated on how the sound was, like he heard different music and it was all about the music that would take him to a higher level and a higher level and a higher level to the point where he's studying it now and doing research on it.

0:36:58 - Marlene

So that's fascinating because they did tell me heaven is sound energy and I think I shared with you because when I watched your recent podcast where you had spoke about I forgot who it was was talking about that you see the plasma energy. And so I was curious, I thought, because I was told heavens sound energy. So I wanted to see if there was any correlation between plasma energy and sound energy. And sure enough, when I looked it up, it must be someone's last name, but it's called I believe it was like Langmuir, l-a-n-g-m-u-i-r waves, and they're plasma energy and they're associated with sound. Interesting.

0:37:43 - Julie

Wow yeah.

0:37:45 - Marlene

So there's some correlation between plasma energy and sound, so I would like to learn more about that.

0:37:53 - Julie

Tom Palladino is who you're talking about. He's a scalar energy scientist and he's the first one that validated. You've heard me say, as long as I've been doing this, that the pearly gates look to me like this big yellowish-whiteish plasma wall, and I've never heard anybody else say that. But that's how it's always appeared to me. And certainly spirit communicates to us and you know this In a way that we can make sense of it based on our life experiences and our human perspective. And I was so excited when Tom said well, yeah, because all spirit energy is plasma. He explained how there's electromagnetic energy and then there's plasma energy, which is everything else, and I always thought St Peter would be sitting at the pearly gates and he'd have a clipboard going OK, you're allowed in. No, you got to go burn for eternity, just as a joke.

0:38:50 - Marlene

And I find it fascinating that you had a vision of the pearly gates, because that makes sense in plasma and you could imagine someone who was ancient coming up with that thinking of

pearlized, because you could see plasma being seen. You know what I'm saying. You know someone who didn't just come out of the sky. Somebody must have had that same vision as you, is what I'm wondering.

0:39:18 - Julie

Interesting. I never thought of it that way, but as I perceive it and I'm gone through the plasma wall to heaven thousands of times with people doing the walk to heaven, which is a dress rehearsal, basically for what's going to happen when we transition, when we die.

And people are so many people are so afraid to die, as you know, and so oftentimes will you and I and people who've done the classes, done my class we do this technique called the walk to heaven with them and it's like a dress rehearsal to what's going to happen when they transition. And, anyways, when we walk through the wall, there's no trace. It's like a whole dozen, it's like walking through plasma and then on the other, when we're coming back out From heaven, same thing there's no trace of anything.

0:40:15 - Marlene

So Seals up. Yeah, there's so many people I've heard have really had peace from that. The people you know from the community from the Angelic attendant training you know Community have spoke about people that they've done that with. I think the Joanna does that a lot from the alumni. She's amazing and it gives people a real peace.

0:40:38 - Julie

Yeah, it does. I I've done it many times with people too, and usually when they're afraid to go ahead and go on to heaven, to Transition, it usually will help them relax, because once we get on the other side of the plasma wall, that is heaven. It. They're just. These loved ones are all there waiting for them and they're also in the room with them as they're dying. And you know that, and so it. It makes it not scary anymore, because when they know what to expect, so I felt it with my father.

0:41:14 - Marlene

He was passing and we were fortunate to have him at home and I was by his bedside and people were kind of busy Within the house but I was with them and he seemed to be unconscious. But all of a sudden I saw the look on his face, that he looked at the end of the bed and I, in the look on his face, I knew his whole family was there. I just could sense it and he was shocked. You know it was, and it was about an hour later he passed. Yeah, but yeah, so I know what you're saying.

0:41:45 - Julie

Yeah yeah, I just got a whole body jolt of goosebumps when you just said that when your dad looked and you knew that it was his family.

0:41:52 - Marlene

Yeah, I could, knowing my dad, because he didn't say anything, but I could see his eyes and look on his face. I just was and I looked. I couldn't see it, you know, but I knew he he was like what, wait a minute, you're, you're all here because he came from a family of ten, so and most of them had passed.

0:42:10 - Julie

So, yeah, I knew they were all cheering him on, but you're a kinesthetic learner, so the information comes to you in a feeling way first, and then you pick up your other Senses. And I find that and you know this from being in the class and all the graduate groups that we do that Some people, especially at the beginning, if they're, say, kinesthetic learner or an auditory learner, they'll say yeah, but I'm not seeing anything. I'll say spirits gonna use the easiest way

to communicate with you and if you're a kinesthetic learner, you're gonna feel it. I'm a visual learner, so I see things first, but I get those goosebumps, which is kinesthetic, or I'll hear things, or and you do too where you get what we call divine downloads, where you just have information downloaded into your head from spirit and and those are all the sense of knowing it's.

0:43:01 - Marlene

You just have this. Yeah, that's called your back knowing I I don't.

0:43:05 - Julie

I don't get wound up with the Claire's. I don't know. I don't know what Claire is what, but I'll think it matters. I think it's spirits and you know, the way that I teach is you do it in we tea. We figure out what's the way that's gonna work best for you. It doesn't need to be a certain technique. It's about the transfer of energy and you've alluded to that several times. Do you think ghosts are real? Have your guides talk to you about ghosts? Have you asked them questions about ghosts?

0:43:36 - Marlene

we did kind of touch basis on that because I had I had a rogue rogue spirit incident, that but and I never heard that term before rogue spirit.

0:43:48 - Julie

What is a rose spirit?

0:43:51 - Marlene

That's what I didn't know there, roke, spirits are just basically spirits that are off, kind of on their own, doing their own thing, and I thought that they were all bad. And then my guides wanted me to learn that that's not necessarily true and they said rogue spirits can help people because, like like my incidents of Are, if you see, if you have a paranormal event occur in, a rogue spirit does it, or you see, just you know an image, it can help someone to they trigger and open their mind to be aware that there is a non physical world. So it can just help. You start thinking about it and I was under the impression all rogue spirits were bad. They're like no, because a lot of them can help us, because they help people To open their mind, to realize that we're here, and then they start a spiritual journey and then they begin to learn. You know that about, about the loving spirit world.

0:44:53 - Julie

So is a rogue spirit a ghost? Yes, yes, and when I didn't know that either. Well, are all ghosts, rogue spirits.

0:45:03 - Marlene

That's a good question. I I didn't know, because when my guides actually taught me that word and when I first heard it I was like I didn't know what it, what it meant. But, um, because Actually I don't want to scare people, but I had learned I had two rogue spirits attached to me after playing with a Spearboard I don't want to say the name, but as a child, and so this was. And when I was told that I was surprised because I didn't even know what that word meant at the time. But the interesting part about this was I was told that in January, when my experience had first started in August, I had a session done with one of your alumni, a Really lovely young well, I'll call him young man, but I had a session with him and at the end of my session he said to me Marlene, I have to tell you something, you have a nasty old woman's spirit attached to you and I was like I didn't know what to do with this and he was so kind, he didn't make me feel scared about it, but I thought this is nuts to hear this. And but he said it and I I knew, you know he's a trustworthy person and he had a really great Reading with him, but he shared this with me. Well, that was in August.

In September I went online in Illinois in a group of women who are doing spiritual readings amongst himself in this group. They're from the gathering lighthouse community and they let me come on and I was just watching them. Well, one woman on there said, Marlene, would you mind if I did a reading for you? And I said, oh no, they'd be great. I'm thinking I'm just a spectator. She was you have a nasty old woman's spirit attached to you. Yeah, so I'm on this in a zoom class so I probably have the craziest look on my face and this young woman's going. I know what I'm talking about. I've been seeing spirits since I was two and and my look is wait a minute, I just heard this last month from a man in New York and now you're telling me this. So my point is um, it came out then later, when my experience started, that my guys wanted me to know that when I played with a spirit board when I was 12, that the spirits became attached to me. They had been with me decades of my life. What does?

that mean they're attached to you um, well, like the man who is alumni of your class told me that this woman, she doesn't, she, she, um, recoils at anything nice, you say, or do? I guess they, um, they Live off our, our energy or something. I haven't delved into this, so I don't know anything more than what I was told, but this is how it unfolded for me and, uh, and honestly, when I was told from the man in august that I had I, what am I going to do with this information? I, I didn't, you know. And then I hear it again and again what do you do? I was like I don't feel that I have these spirits attached to me, but it just goes to show that, um, you really have to respect the spirit world and you really, as a young person, should not be playing with anything that can Welcome them in when you don't know what you're doing.

0:48:33 - Julie

You know, and I was 12, so I see baby spirits attached to energy fields all the time of the mom Before they incarnate, all the time, but I never see any spirits touched anybody ever. I've never. I've never seen that and you know, I believe all spirits are pure love, right and you would say yeah yeah it just was.

0:48:56 - Marlene

I don't know, because you know how things just unfold the way they're supposed to be, if they I mean, I know I did play with that board when I was 12, thought it was a game and I know that there was energy coming through it. In fact, we put away because it became kind of creepy, because you knew there was a consciousness there. But it just was interesting to have this person, like I said, who was a student of yours that you know, I'm not going to share his name, lovely man, and To say that. And then again from this other woman, who now I know her mother quite well, to this other woman that told me this that you know, and then to be told from the loving spirit world, my, my dear friend, that passed Um, it was the first time. She said now I have to talk to you about something serious, because before that I I don't think I'd laugh that hard in a week's time communicating with my deceased friend. She was just so funny yeah, there's, there's humor in heaven. But then she said I need to talk to you about something serious, and then she told me about about the situation and I was like I, I couldn't even put it together.

I mean, I called my one close friend the next day and she's like you're killing me, you know. It's like, oh, and my spirit friend told me I should sage. And I'm like I don't know the first thing about saging. So it was just I had to learn about that. And then I learned about how that has to be respected, that saging is um an ancient religious practice and it needs to be respected, and we need to be conscientious on where we buy our sage as well. So and I share that in my book, but this was all new to me. I was learning.

0:50:39 - Julie

I, I get that. That that cranky old woman's spirit was in one of your past lives Is a is somebody that's been with you a long time.

0:50:49 - Marlene

It could be About that, and she. Then there was a man too, so there was they. Yeah, maybe that could be it.

0:50:58 - Julie

Well, and you know how people will say well, uh, tell me what? Do you see? Any spirits around me? And what do they have to tell me? And I'll say there are. There are millions of spirits around you. Who do you want to talk to? And we'll just get them on the line. I'm a businesswoman, let's cut to the chase. Who do you want to talk to? Boom, we bring them right in because you know, our heads are big satellite dishes and they receive and transmit frequencies.

0:51:24 - Marlene

We are connected to so many spirits. Yeah oh, we have a whole team that is with us all the time and and our past lives, that Spirits are with us as well. I mean we and. And then they even spoke about the ancestors. They told me we should pray for our ancestors. I never got into that that much, but, um, I know that Neti from Hawaii, her culture is really into To that and, uh, I'd like to learn more about that.

0:51:55 - Julie

Yeah, yeah, well, and we see millions of spirits show up when somebody's dying and I'll it in my mind's eye. You know, telepathically I'm seeing it and you know, you know this from hanging around me and they show up in period dress like there. There'll be people there from Biblical times and then the Renaissance, and I've seen people dress kind of like the 1960s and go go boots and mini skirts, and is that what they really wear? And have a no, that's how they're appearing to us, so that we can tell that they come from a lot of different Time periods. And I believe that they are. They are ancestors and and soulmates that have been in our lives, in All of our lives, and it's just or in our soul, that there's so many, yeah, lives that we have in our soul right, I agree, I agree.

So you keep talking about my guides. Talk to us about that. Do you have like a Posse of guides? Do they have names? Do you Tell us about that? You've referred to my guides several times. What does that mean?

0:53:07 - Marlene

Well, how my experience unfolded was first I communicated to my dear friend and then, like I said, the one day, she's surprised and said okay, now you, I want to introduce you to your spirit guide. And I was like I felt apprehensive, especially after learning that I had just gotten rid of these other rope spirits. That I was like I didn't know where this was going. But I trusted my friend and, and then she added he's a really nice guy, do you gonna like them? I'm like, okay, so that's all it took. But then, um, so I, um, I began communicating with my first spirit guide and that was my spirit guide, James, and then it Transitioned, my well, I should say it evolved my, my experience, where I then began communicating with Archangel Michael and he became one of my mentors. And then Archangel Michael introduced me to ascended masters that I was introduced to and they all had names, and Then I was actually allowed to communicate with some of my past lives and they, they would give me names I can't say that like. In fact, one of them his name was like Satir, s a r t l r or something, and I said am I pronouncing that correctly? And he goes no, and I go okay? I said is it okay if I call you by this? Because you know, I think they just gave me something to keep them so I could identify with each one, because there were so many spirits that I was communicating with. But they would tell me a little bit about their past life too, which was really fascinating, like one one. His name was Vaughn and he told me, used to work on with Stone, on carts, and I think he was from like 450 BC.

There were just different they from all over one woman. Her name was Swah, but she's spelt it si w and I I didn't know how to pronounce it. So I asked my girlfriend that was deceased. I said how do you pronounce it? And she goes it sounds like raw. So I'm like, okay, Swah, and she was a Tibetan woman who lived In ancient times. I think that she was like 900, I can't. I think it might have been BC. But I asked her if her life was, you know, very difficult and challenging. She said, yes, it was, you know, and it was just interesting. They would just share a little. I, we didn't go into it a lot. Again, I'm using a pendulum, but it was amazing that they would actually give me all names, type of things.

0:55:46 - Julie

So there was, and I just call them the guides, because there's so many, so many and I do that too with clients is they want to know who their spirit guides are, and Then we'll get a name and then we'll ask them when did they live? What did they do? How does what? What are you guiding? What are you providing guidance you know on what to Marlene? Are you, were you, a Writing professor and you're helping her write her book? Are you, were you, what were you and and what were you in the lifetime that you're showing us? That correlates with what's going on in the person's life now, like in your life or in a client's life now. I think that stops fascinating.

0:56:30 - Marlene

It is, and actually my master guy was then it is the Norseman. So what does that mean? Might well I Wasn't. It was almost like I had to learn lessons before I was able to talk, to communicate with the Norseman who is, I Believe the Norseman is one of the highest aspects of my soul. What's the Norseman? Oh, like a Viking. Okay, he lived. He lived a Viking life, okay, and is what he had said, but he was a very protective energy and he was the one who taught me a lot like. He's the one who taught me about having a sound energy and he taught me a lot of, a lot of who is more like of a mentor. Once I got to that level, it was they have. It was when I first initially came. First, archangel Michael was more of a mentor, and then the Norseman became more of my mentor and shared with me a Lot of information.

0:57:31 - Julie

Well, it's kind of like you got a third grade teacher and then you got a sixth grade teacher and then you got a high school English teacher and and they teach you different things. You know as you progress and and you have different interests and you're able to access higher and higher levels of vibration. How does it work when they introduce you to another spirit guide, like when you're what's your friend's name that's deceased? My friend Sarah, Sarah, just Sarah. Say hey, Marlene, I want you to meet Archangel Michael. Is that how it works? Or how does it all transpire?

0:58:06 - Marlene

Well, initially they would. Just she said she wanted to introduce me to my spirit guide, James, and that was my first, the first spirit guide I was introduced to. But what was interesting is that they would talk about Michael and they would go oh, Michael said this, and I was like Michael, and I go, who's Michael? That Archangel Michael. And I was like, oh, it's you know. They just would refer to him as Michael, you know. And so it was interesting how they would talk about him and and then I did get the opportunity to meet him, but what it was is prayer wasn't huge in my life Until I met Archangel Michael.

I would pray if there's emergency, you know. I mean if there was a tragic situation as someone was sick, I mean I would pray. I believed in God, but I was not a religious person. I have a very minimal religion. I had just a little bit of Sunday school as a child and so I didn't pray every day I, but I felt I was grateful. Well, archangel Michael taught me a big lesson about Prayer is so needed and so important and we need to pray every day and it's just communication, it's not a

religious word, it is communication and that we need to Pray every day, so there's a chapter about that.

0:59:25 - Julie

That was an interesting lesson pray to a certain, to God, to the big, to the big dog.

0:59:34 - Marlene

Yeah, yeah, to source energy. Yes, that that's that is priority for our. For us is To have a relationship with source, and we are here, I was told, solely for soul growth. Everything we do is all about soul growth.

0:59:51 - Julie

So, when many of us were taught to pray to a Saint or an angel or the Virgin Mary or Jesus or whomever, what do you think's going on there? Are they just an Image of God in a way that we can understand it from our human perspective? What have you thought about that? What do you think's going on there?

1:00:16 - Marlene

Like mother Mary. I believe mother Mary was Jesus's mother and and she is a spirit, and she's a high-level loving spirit of source energy. I was taught source is a collective, so all the loving spirits return home to source energy. We're all a part of source, so we all, once you achieve so, mother Mary, of course Jesus, they're all the high-level loving spirits, they all return to source energy. But I was, I was taught that, like for mother Mary, we are to To ask God to allow mother Mary to work with us, and then we work with mother Mary. So it's the thing is, you're not praying to mother Mary like you would God she on, because she also, you know, loves God and puts God first. You know. But we can work with mother Mary and actually I think I told you about how I, mother Mary, was Appeared in one of my mediumship classes.

1:01:17 - Julie

Tell us, tell us that story.

1:01:19 - Marlene

Yeah, that was really interesting. Interesting what had happened is I was in a mediumship class with a lot of Alumni from your class there's about 18 of us and we were in Suzie Myers class and Suzie, out of the kindness of her heart during the COVID quarantine, was holding these classes for free, and Suzie's been featured on Amazon Prime Documentary, so it's really gifted, lovely lady, but anyway. So it was like about 15 minutes before class and I I thought I do a quick pendulum session. Well, my guys start talking. They said to me Put a rosary in your study and I'm like you know that I'm not a religious person, right?

I think know everything, but I found it, you know, strange, or telling me, put a rosary in my studies. And so then they said the rosary is not a religious prayer, the rosary is a loving prayer. And then I said well, why does Mother Mary want us to pray to her? And they said because whenever you pray the rosary, you're sending Mother Mary loving energy. And they said and then when people Pray to source you know to God and ask him if Mother Mary can work with them. Mother Mary uses that loving energy to help people whenever they pray to her. So I, when I heard this I I looked at it as a Answer to a prayer, because I had been asking how can I help the world? Well, now I felt like I was being told the rosary is the answer. You pray to Mother Mary and she can utilize that loving energy to help people. So I wasn't going to tell anyone because I'm not religious and I have probably 20 friends that are all religious, all Catholics, and so I'm not gonna share with them. I'm praying the rosary. So I thought, well, I'll just keep it, you know, quiet to myself. But I real quickly went online and I bought a handmade rosary.

So then I go into Susie's class and I'm not gonna say anything. And then one woman in the class said Susie, can I ask her names? And Fernandez, lovely lady who's been seen spirit for like 40 years. She says can I ask Marlene something before we get started with class? And you know, susie goes, go right ahead and and and and asked me. She was Marlene, mother Mary's standing behind you, you're glowing in golden white light. She goes do you have any idea why? I look around, I can't see anything.

And I Actually was during COVID and I was actually doing this Class at the time at the in my bedroom and I didn't have my bed even made. And I'm like thinking, oh my goodness, mother Mary's in my room and I don't even have my bed made and I'm. And it just was like it was just amazing that she, you know, picked up and it was just such a gift and they did it. So it was just the fact that I was given that opportunity. Oh, and actually what happened in coincidentally, which there are no coincidences is that then Susie says oh, Marlene, because I went and told everyone that about it, that I was taught that the, the rosary, is a loving prayer, that it's not a Religious prayer, it's a loving prayer I'm. Whenever we pray it, we send loving energy, you know, to mother Mary. She can help, or, you know, the help the world. So I shared that. And then Susie holds up a book that she has right in front of her.

This is oh, Marlene, I'm reading this book called the the way the rose rose and she says it's all about mother Mary, but it's not a religious book, it's all just about mother Mary, and so I read that book then yeah yeah way of the rose dot org is a website by Perdita Finn and Clark Strand, who both have been on the show multiple times.

1:05:17 - Julie

I think both of them have been on twice and they are really remarkable and they tell the history of the rosary and that it is not a Catholic thing, although the Catholics have adopted it, but it's ancient and and you think about you you say ten hail Mary prayers. Well, where did that originate? Ten fingers right and say ten hail Mary's on your fingers for the, the Rosary and also the what. Every time there the Virgin Mary appears, whether it be lords or Fatima or Wherever, she always says pray the rosary. This is the first time I've heard that she asks for people to pray the rosary, because then she in turn uses that energy. It's almost like she's a storage container for the energy and then sense it out.

1:06:13 - Marlene

They said, yeah, people, when they Send her, they're sending her loving energy.

1:06:17 - Disclaimer

That's what they said, they said well, the prayer creates loving energy.

1:06:21 - Marlene

But, um, I'm really grateful to the Catholic Church that they've kept the rosary. You know that people know about it, because that's how I learned about the rosary, because I knew that the Catholic Church, you know, said the rosary some real grateful. Yeah, you know, and I I think religion is lovely for anyone who does it with a loving heart. You know, actually all my friends are religious and they had a big impact on me, just even having my own beliefs, even though I'm not don't consider myself a religious person but, like I said, I believe mother Mary and all that.

1:06:58 - Julie

So, yeah, how did you muster the courage to share your story?

1:07:04 - Marlene

That was interesting. Yeah, I just kept going Because I'm more of a planning person. So I just kept putting one foot in front of the other with doing the book. And then with my close friends,

because I have a A group, a group of girlfriends, there's eight of us and so I had to come out and finally tell these Catholic girls what I've been up to. And so I came out and I told him I'm doing this book and I remember my one friend saying, well, good luck with the end. She meant it, you know, sincerely. And I said, oh well, it's done. She's what you know I like. Yeah, no, I it's, it's done.

But I have had tremendous support. All these Catholic girls are completely behind me and I've just been so blessed to have so many people that have, just, you know, even my girlfriend, who's Offered to send over her daughter to help sage me, I mean, she's said you're driving me. She was, she was just like, totally like this she's you're killing me here with you know, I'd be calling, said oh, you hear this one, you know, and but she was open to it, she was very open to it. It was really nice that, you know, she just she knew that I wasn't making any of it up.

1:08:13 - Julie

So Do these spirit guides come to visit you just in random times, or do you turn your your energy vibration on and off to high levels to the to facilitate Communicating with them? How do you do that?

1:08:31 - Marlene

Well, when I was using the pendulum, it was just very distinct, because they would say this is you know, this is Norseman, this is Michael. They would announce themselves. They always, always, always would announce who they were coming through. But now, like I said, because I, when I meditate, I'm just communicating to source energy in the collective of loving spirits, so now I can feel their energy. I mean, the energy is just. And I was told because I remember asking Susie Myers when I was in her class, because I started noticing when I would meditate I feel some energy in my hands and she said that's probably Prana energy. And then I did a session and Archangel Michael told me it was Prana energy and he he said it was energy from God. So I really don't know anything more about that, but I do feel the sensation of energy when I'm meditating.

1:09:27 - Julie

What's Prana energy?

1:09:29 - Marlene

Well, archangel Michael said it's energy from God, so I I really haven't Looked into it more than that, I probably should I think all energy is from God?

1:09:40 - Julie

Obviously it's all from source.

1:09:43 - Marlene

Yeah, but yeah, so I don't know what the distinction is, because it's an energy that I'm feeling, though in my hands, when, when I'm meditating it, just you know, it happens like I'll feel like a calling card of Is what they call it when you feel the energy of the spirits around you, mm-hmm, and that I think I learned in Susie's class. I think I read a book about calling cards and then all of a sudden, I started feeling it because I was aware of it and it was funny because at the time, tanya another one of your Alumni, she was getting the same calling card, she was having the same sensation at the same time and, you know, at the same location on her body. So it was just interesting. But I think again, it's like like anything, you have to know about it and then it can happen.

1:10:31 - Julie

Yeah, thank you know, but but back to my question about do they just show up, do they just give you a sensation in your head? Do they tap you on the back of the shoulder when you're in

the vegetable aisle at the grocery store? I mean, or is it something that During meditation, or you have to focus on it? At this stage, after you've done this, you're focusing.

1:10:54 - Marlene

But. But there'll be times, like if I happen to be like relaxing or something, I'll start to feel slightly the sensation at my temples and I'm like, oh, my guys are with me, and it's sometimes when it's very strong. I've actually gone to feel it because I wanted to feel, and then I don't feel it like it once my fingers interfere with it. I don't feel the energy, you know.

1:11:15 - Julie

So, so it's like they're knocking on your head, going hey, Marlene, we need to talk to you, you know?

1:11:21 - Marlene

yeah, they're there all the time. They know every single thing we think I Mean there. We are so connected. Yeah, have no idea Our lives are such an open book.

1:11:35 - Julie

Yeah, so interesting I.

Understand yeah, and you know we, we learned, and you learned in my class you turn it on and off at will, you don't have to do anything special, and and for me, I don't walk around scanning people, I don't drive through you know some fast food joint and go oh, you know, you're dead grandma. They're standing behind you and she's got a message for you. I just do normal stuff during the day, and you know, in my life, and if I want to communicate with them, we have to just think of them, and then they immediately come in.

There is a situation, though, where I was at a historic hotel in Dallas called the Driscoll Hotel, and I was walking through the hotel and I smelled cigar smoke, and I thought there is no way this hotel is gonna let somebody smoke in here, and let alone cigars, and so I turned my radar on and I'm a visual learner, but this was a, you know, it was an olfactory thing, right, because I was smelling it. And so I turned my radar on, and here's the the spirit of Colonel Driscoll, who built the hotel, you know, just kind of Waltzing through this room and his whole outfit, and he looked just like the painting of him in the lobby. So that's how I knew who he was.

But it was, and then and then there were other things that transpired as a result of that. But, like you got the thought, I need to go back you. I Got that thought. Okay, Ryan, turn on your radar. And how that was communicated to me was smelling cigar smoke In a place where I knew there was no way they were gonna allow people to smoke. And I think spirit communicates in a multitude of ways.

1:13:24 - Marlene

Yes, but it's interesting because this was long before well, a couple years before I started my experience in 2020. But it's funny when you're talking about cigar smoke. My husband and I, we were coming home from Las Vegas. Well, we're on the plane ready to come home.

They said they ran out of de-icing fluid in Chicago, so we had to get off the plane and Step, spend the night, the whole entire plane, everybody had to get their whole other luggage and everything and get off and spend another night in Vegas while your room is gone, because you were ready to go home. So I quickly found a room and it was. It was nice for the night, just to stay there. But in the middle of the night, all of a sudden and it was a not smoking room and it was really a big room, and I all of a sudden I felt smelling this rancid smoke and it was just horrible. And so then I took my pillow on him, you know, going back and forth because I was in bed, and I told my husband he goes, oh, someone must be smoking out in the hall. I go the

door. So far I can't believe that the smell would be so strong here, you know, and you know he, he's just like you know, because I just mentioned it. So then I go to go back to bed. The smell is coming through the pillow and I'm like, okay, something's going on here. Now I'm turning on the light and I'm like there's something going on here, that the smell of smoke is coming through this pillow, and I didn't know what it was. Well, then I realized that somebody Spirit had to be there turns out.

The next day we found out there was a hotel fire in that In that hotel, and people were affixed. So then I was like, oh, was the spirit letting me know? This is how I pass, you know, but it was the stench of like a fire smell. It was not like, not like a nice you're outside having a campfire smell. It was a Rancid kind of smell, but it's like yeah, so they get your attention when they want. But I didn't feel, you know, talking about energy, I didn't feel a bad vibe. I just felt a vibe like someone wanted to tell me their story, you know, but I didn't get. I don't give visions like you, which that would be amazing.

1:15:41 - Julie

Well, you will, they'll come in. They'll come in. But your kinesthetic learner, you feel things. So it's just. It's just the way that you learn and it's all the same, it's all perfect and the more you do it, the more all those different senses are gonna come in, all those different ways. The first spirit to communicate with you. Last question why do we incarnate? Why do we?

1:16:06 - Marlene

incarnate for soul growth.

1:16:08 - Julie

But is that mean?

1:16:10 - Marlene

So well, what I was taught is that our souls, like I said, when we leave our, when we pass I was taught, like you and I will never reincarnate our who we are as a personality becomes a spirit in our soul. But our soul can choose to reincarnate. And when our soul chooses to reincarnate, what happens is every single experience that your soul has a Part of that one of. If each experience becomes a collective to become a new consciousness, and that new consciousness becomes the baby that's born. You know that chooses. Third, and our lives are chosen.

But our lives are also fluid. There's fluidity there that things can change too. But so we learn life lessons and then we choose to come back. But the whole growth, the whole growth is a new experience. But the whole growth, the whole goal is, is to become a loving soul. So it's to be, you know, to make our soul become a loving soul, so we can return to source energy. Because if we're carrying any low energy from a past life and and they told me I had some lives where I was not very nice but If that energy is there, we have to remove it. And that's actually something that was taught how to do and I share in my book.

1:17:35 - Julie

Yeah, yeah, yeah, we look at it from a different perspective. Yeah, that's how we, how we progress. All right, lost soul, how I became a light worker. Medium is Marlene's new book. Marlene, how can people learn more about you and about your work and get the book?

1:17:56 - Marlene

the book will be available on Amazon and my website is lightworkermedium.com. There's not a lot on there because I Never was intending to have a website or to do podcasts or anything, but it's just very important for me to share their messages.

1:18:14 - Julie

So I go like worker, medium calm, and we'll have all of this information in the show. Knows so?

1:18:20 - Marlene

thank you so much.

1:18:21 - Julie

Thank you for taking the time to share your journey with us. It's been. It's been such an honor and so much fun to watch this unfold for you in the past several years, and I'm just so grateful to you and the community.

1:18:36 - Marlene

The community was so huge to me. I'm just so grateful I have made so many lifelong friends. You know who would have thought, you know, in your 60s You'd be able to be making new lifelong friends all over? You know? All over the country and across the world.

1:18:51 - Julie

It actually right, right, and you were at my. You were at my first in-person training. It was the 20th class, but the first in person. And we loved having you there and it was really fun because you were one of the graduate volunteers that came in to join us. We had a ball, didn't we?

1:19:08 - Marlene

it was so much fun. Yeah, it was great, terrific.

1:19:11 - Julie

Okay, everybody, sending you lots of love from sweet home Alabama, and from Chicago to where Marlene is follow.

1:19:19 - Annncr

We'll see you next time. You tube it by everybody Ryan and like her on Facebook at ask Julie Ryan to schedule an appointment or submit a question. Please visit, ask Julie Ryan, comm.

1:19:37 - Disclaimer

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