

## AJR Show - Kat Ballie 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 thrilled that you're with us today because we have Cat Bailey with us. You guys are going to love, love, love, love, love her and you're going to see why in just a second. She's a psychic medium and she's a riot. She's so much fun and we're going to talk all things mediumship and how talking with deceased loved ones can help us in every area of our lives. Just wanted to remind you 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. So, cat, welcome to the show, girl.

0:01:27 - Kat

Oh, thank you so much for having me. I'm here as a British representative today. I'm here from the UK, London, and I'm thrilled. Thank you so much for having me, Julie. It's such a privilege.

0:01:38 - Julie

You bet we both are involved in the Helping Parents Heal organization. We know so. We know lots of people in common and when we first started chatting, before we started recording Cat, I was like, okay, I've heard a lot about you. Oh Lord, here we go.

0:01:55 - Kat

But hopefully, it's been all good, oh, it's really good. But I heard that you kick out. You say it as it is, you're directing you to the point and you're thorough, and I like that about you. So I heard I heard good things, Julie. I heard good things. Oh, good, good.

0:02:11 - Julie

All right, so let's just get right into it. And then you have. You seem to have a particular calling to help the bereaved. Yeah, come about and why? Why that area of mediumship?

0:02:24 - Kat

Yeah, it's really interesting, isn't it? I've got a big car. I've always been very drawn by my heart and a very heart centered person. I think my mom's a very loving person. I'm going to blame her. She's very loving and generous person and a big heart and just always taught me and my sister to really love from the heart, really love from the heart, and so I think it was ingrained in me from a very young age to be very kind and loving towards people and to be polite and courteous and to listen and hold space for people. Later in life I lost two babies. I lost in one in the latter stages of pregnancy, and I think it gave me a different level of empathy or compassion. My sister had also had miscarriage before she went on to have two lovely children and I actually my first sort of meeting of a medium was actually when my sister lost, lost a child, and so I had these little, you know, little cell plan, little droplets that had been dropped into my life.

I wasn't media mystic. I was. I'd say I had had some really amazing experiences when I was 13 or 14 years old, things that I'd written off as coincidences or kind of you know, just kind of thought that's really weird. It was really sort of in my early 30s I had a diving accident, a really severe traumatic experience. I actually suffered post traumatic stress. I found it very humbling. I was a leader in the fashion industry. I was ahead of my game in terms of retail. I was enjoying very sort of high end kind of meetings, getting opportunities to work with like the board members and kind of meet really amazing creative people that worked in my industry and amazing suppliers as well. Amazing people worked alongside us that didn't actually work for the company and I was just in this magical world and suddenly, for the first time ever, I can't cope. I almost felt humiliated by it. Was very humbling experience, Julie, to feel that I was having panic attacks. I was having shakes. I couldn't sleep at night, had insomnia. I'd never suffered from insomnia. I didn't even know what panic attack was. The first time I experienced it I thought was having a heart attack. I was on the tube, I literally and the diving accident had happened a couple of weeks before, so I had this kind of delayed reaction. I got on the tube in London and suddenly the claustrophobia of other people sort of stimulated the same kind of experience of being trapped in water and I literally melt, had a meltdown. I literally, I think I nearly blacked out. I literally was helped to the side of the kind of pathway and it started a journey and again you know it's a look back in terms of soul planning I can see spirits, wisdom in that.

You know a lot of the people in the community that you and I serve. Whether they realize it or not, they've been exposed to maybe very challenging situations in terms of maybe they've had a child that's had cancer and they've had to take really difficult decisions about certain treatments and things that they've been thrown into the unknown. They don't really know what they're dealing with. They're trying to feel the way all the way, educate themselves, juggle work of a siblings. They've got a lot going on life. It's a hard situation to be in and they're traumatized, but they haven't had time to kind of consider that they just got to keep going because they've got a child that's got cancer and they've got other siblings and family members. They've got to keep going and so they find this sort of level of adrenaline within themselves and they run on that adrenaline and it's only really after the child passes and a period of grief has happened. When the clash happens, you know this delayed reaction and some of them will have panic attacks, some of them will have post-traumatic stress, some of them will have all the symptoms that I had. But what is really interesting is that and this is really unusual for me because I wouldn't say that my family were very holistic and approach to medicine they were very traditional in approach to medicine. You go to a doctor, you get a prescription, you take the drugs.

When this happened to me, I went the opposite way, which I have no idea where this came from. Again, it might have just been the intuition, or could have been the soul planning, I don't know. I went for every therapy that you could do that was holistic. So I did yoga, breath work, I did traditional talk therapy, I did hypnotherapy, cognitive behavior therapy. I tried everything and the two things that really really worked very successfully was cognitive behavior therapy. Within three weeks I stopped the panic attacks and I did that just through educating myself. And one session of hypnosis completely transformed my sleep. I literally slept like a baby from this moment onwards, just by reeducating my mind how it perceived the diving accident. So I didn't take away the emotions, didn't take away the memory. I didn't lose any memory. I just reformulated how I see that image and I still look at it in a very different way. And so I realized the power of the mind and, and I think I found my spirit through these experiences. And it was only really when I was thrown into work.

So I was an affiliate leader for helping parents heal for several years, four or five years at the beginning of my journey with them and again, through a strange site of synchronicity actually, you know, somebody had to leave and Elizabeth said, could you hold the fort? And I thought I was going to hold the fort for a couple of months. I ended up staying a couple of years and it

was really. You know, I'm kind of really thankful for that organization on many, many levels, because Irene, Elizabeth, these amazing people like Brian and all these other people like Paige Lee and other people I've met that were affiliate leaders at the time, they educated me on a different level of their experiences of grief. So Irene taught me about what it's like to lose a child from cancer and Elizabeth taught me about how, what it's like to lose somebody very suddenly in an incident, an accident. Her son died in the Himalayas, you know, away from home. She had a very short period of time to talk to him. Paige's son was murdered and through those people they helped really bring a different level of compassion to my life. Mark Island as well was very influential and coached me and mentored me a lot, especially because I was an English person working in America, in the UK, and so he sort of helped me understand what it was like for him when he lost his son. And then through doing the affiliate work you know several. You know 24, 25, 25,000 people in the group or something.

I spent a lot of time one to one, listening to people, spending time with people, talking to people and felt my way, really learnt from my experiences and I think it broke open a very different level of compassion in me because suddenly you take your work a lot more seriously. You know I hadn't trained to be a medium or wanted to be a medium, sorry, I was very successful in my in my fashion industry career and Spirit actually asked me if I would leave my job and I sort of laughed at them saying you know what, two days. I even negotiated a two day contract, believe it or not, in the attempt that I would. I can do a bit this, I can do a bit that. They were like no, it's a full time job. You got to leave and I thought they were joking, so I took a gap year. I thought I'd take a gap year and I'll go back to work in a year's time, it'll be fine. Whatever it is that they want to do, it can't be that serious. You know. Whatever let's see. And I didn't take it seriously and actually Spirit berated me a little bit for that. First they were like you don't really understand the seriousness of what you're taking on on fold, and that's something that I want to touch on in a minute. Actually, and it was a steep learning curve, I'm not going to lie. It was a really steep learning kind of dealing with the levels of grief.

But I am an educator and so I learned how to educate myself out of trauma when I had the diving accident. So I threw myself into grief courses, grief education. I literally read books, I listened to, I sat and did you know chat rooms every week, listening to people, and that just the more I spent time with people. One thing I do love, and I've always been good at, even in the fashion industry that all of people I love. I love stories, I love characters and of personality and I come alive when I'm bouncing off people or listening to people. And I've got I've got a good sense. I think I've got a good sense of humor. I've got a wicked laugh, their signature laugh, that that is quite contagious and sometimes Spirit will come in and they'll emphasize it a bit more to like make somebody laugh even more. It's very contagious and so I use my sense of humor and my human traits to kind of elevate people and raise energy as well.

It's not just about the mediumship, it's about my personality and who I am, and I think I love lifting people up, I love bringing people into the fray, I love hugging them, I love caring for them and I like to see them go on their way as well. I like to. I know I've done a good job. If they're not coming to me any more because they're okay, that that that's brilliant news for me. Or I've taught them like yourself, because I know that you educate and you teach people how to get Connection themselves. I love it when they get connection themselves and they come to me excited about Never believe what's happened.

I'm like I'm in this conversation and I'm like still got this amazing connection with my loved one and they were telling me this. And you know, some people will ring me up and they'll tell me you know, oh, I know you've been doing this because Kyle was telling me that you were doing this, this and this, or so, you know, my, my, my daughter, was saying to me that you were doing this this week. Is that true? Is that really true? And I'd be like, oh my god, I think we better, I think we better swap places.

But here's kind of what I wanted to get to, though I think, all joking aside, the grief work is amazing and I love it, and I think, because of my connection with my dear friend of mine, page Lee, it's become another level of work for me, and I've been helping her on a project that started, which I'll share a little bit more about in a moment, and call transcending grief, and I think what we've realized is that you can touch people. But even if you're five years into grief, ten years in grief, you have days where waves come over you and you just want to. You need contact with people. You know it's not just about contact with spirit, you need contact with one another and I think spirit very good at connecting. You know the living together not just Just, not just the disincarnate there. So I think that's where I can.

This level of grief sort of work came from. It came from Actually just being in the community and spending time with people and falling in love with people really. So you know, some people don't take medium ships seriously and I, I really think I come from a place, like you do, Julie, of loving compassion, where You've got a whole people in space and you've got to do a good job, girl, because these people need you and you've got a Responsibility. And I think connection we both teach connection and connections amazing. But there's a far difference between connecting for somebody in front of you who is just a friend, or somebody who's come to have a Great experience and they're on a good, the same level as you or there are. You know you can have a really good laugh with a glass of wine in hand and you you're bringing through loved ones and you're having this moment. That's, that's beautiful. But there's another layer to it and that is that you're dealing with high traumatic states and you don't want to traumatize people more. You want to try to help them in any way you can, or get them to the support structures that are going to help them, whether that's a therapist, whether that's a doctor, whether that's a Healer, whether it's a hypnotherapist, a CBT psychotherapist. There's a referral system that goes on and I think I'm very grateful for knowing a lot of great people who will Scoot people up and will help them go through these awful situations.

But you know, it's like one of my students said to me, it's and I haven't really fully unpacked this yet. Actually she came to me a couple of weeks ago and said you know, I've been studying mediumship for a long time, cat, and I've been a fledgling and I've done all the groundwork in mediumship, you know, 10, 15 years of studies, a long time and then she started to be a professional medium and she's come back to me. She's like I don't know that this job's for me. So what do you mean? She said I'm, I'm so, like, shocked by what I'm experiencing. And I said I know it's, it's it's freaking hard going, isn't it? It's like people's lives are really diverse and Some things that happen to people, you know, I've never experienced in my life.

I've never experienced some of the stories that I sit and I listen to and I from spirit and from the person in front when they Give feedback and and sort of reveal more of the intricacies of what the spirit world have been talking to them about. Because you have to Be aware, we're both passive, I'll be. We're listening to spirit, we're repeating what they say or the impressions that come into our mind, and then and then we get this unpacking, all this kind of Feedback at the end about the full story, and it's often even more intricate than the story that spirit have unfolded for you. So I I think you've got to take a lot of responsibility if you're going to go into this line of work. It's not, you know, there are days where there's a lot of laughter and there's hilarity and you get a really big personality that comes through and they rip the Mick out of their you know best friend or their mother, and you have a really good laugh and you're rolling around laughing, they're laughing, the person in front of you laughing. You think, oh my god, this is like the elixir of life.

But then there are other days, like today I'm absolutely shattered today where the whole day is heavy lifting work. I'm talking heavy lifting emotions, heavy lifting in terms of Energy. You're pulling that energy into yourself. You're trying to pull it up, spit it back out, use spirits, energy to kind of really elevate your energy to be able to elevate theirs. And you know, I feel very fortunate that the thing that gives me the buzz in what I do if you, if you want to say it's a buzz I

don't know if it is a buzz it's just this beautiful feeling in my heart center is, and why I do the job, because I really believe, Julie, that every spirit that touches us, they leave a little bit of their soul and a little bit of light in our soul. And and that, for me, is what's really Special, because I think it changes our light, I think it changes who we are, because we learn through their Experiences. And that connection is very, very important to me. I think that's what can help you ascend or change into a higher vibrational being, because you're Allowing other people's light to affect your light and expand yours in some way through this lovely connection that you have. And so, Really, if we can do our jobs properly and we can connect the living to have a better life Experience with the trauma that they've gone through, then we're doing a good job.

I don't think I myself. I don't have credit for any of that. I really do credit to spirit as well. I don't have any ego. I really believe I'm only as good as the spirit world, that what they give me on any given day and, and you know, some days you walk into the office, you have amazing readings. Some days you can't make a connection and you don't know why. You know I've had some very interesting stories about that as well, where you know I've had. I had a lady in New York once I went to read for and she was amazing, a lovely energy gone really well, and I'd have three or four readings that day that all be in fantastic. But why don't you say in front of me I said I can't read for you. I just don't know why I can't read for you.

0:18:03 - Julie

And so what happens in that situation, when you are Are, when you aren't getting the connection with the person with whom you're working, and they're they're deceased loved one.

0:18:14 - Kat

It really depends on the person, Julie. Sometimes I think, okay, I'll just reschedule in this situation, I just reschedule the person. Next week. I said I know I can read for you. There's something else going on. And here's the amazing thing and I don't want to say that this is always what's gonna happen Because I don't want to traumatize anyone but the next day, her mom who was very healthy, completely healthy, and this is why I say this defined timing to everything. She had a heart attack and she died, and the first person through the following Monday was her mother, and so Spirit knew the greatest need. So my connection, you could argue. Was it my fault? It might have been, but I don't think it was on that occasion. I think the lack of connection was so that I read for her the following week when the need was the greatest I've had it.

0:19:01 - Julie

Spirit was delaying the appointment. Yes, Spirit was delaying the appointment.

0:19:07 - Kat

And then I had another lady in Florida I'll never forget I can't remember if it was her that changed the appointment or me and she got promoted and they wanted to celebrate this promotion with her. And so it was the opposite. It was halation and oh, congratulations, I hate, you've got a new job and they're all rubbing their hands. You've been wanting this promotion for a long time and complete opposite kind of dimension of reality. It was about celebration. So yeah, there's a weird. I mean it's just fascinating. I can't explain it. There's no rhyme or reason sometimes to anything is there? But you just have to trust that there's a higher rhyme or reason that perhaps you just don't know about. Just a tiny little glit in the heart side of the cosmos.

0:19:48 - Julie

Well, do you think that everybody is born with the ability, and do you think anybody and everybody can become a medium? What's your take on that?

0:19:59 - Kat

Yeah, here's my take on that. I believe that everybody can have connection, that everybody is born with connection. We're born with the breath, the spirit, and that breath comes with us when we're born and it goes with us when we transition. And so that spirit, that light that is with every single person, doesn't matter whether they're able, bodied or not. That light is the apparatus that makes us breathe. We don't breathe.

I've had experiences where spirit have asked me to drop out of my body and go backwards, which I didn't think I could do. I've only got half out and I realised that my fear was, if my spirit went out of body, would my body breathe? And it did and I was like, oh, it's not me that's breathing it, I'll set it. I know, we know that, but it's like when you actually feel it and you experience it, it's a really weird sensation. So I believe that everybody has spirit. I believe that we all have a soul and that soul, you know, has an ability to tap in and connect.

Is everybody a medium? I'm not sure, because of what I discussed earlier that everybody is, because the level of compassion that you really need if you're doing the job properly, you need more skills than just connection, Julie. You need to be able to manage grief and to be able to find the skill set in terms of communication to be able to support and hold space for people, both in spirit and in living, because sometimes the spirit have got big subject matters that they want to talk about as well. It's not just about the living. We serve a large part. I don't know how you feel about this. I often feel that I serve the spirit world first and the person in front of me I have a duty of care to. But the spirit world is, you know, I have a responsibility to them as well. So I think there's a big responsibility in this job role, if you will. And I like I said you know, when my students said I don't know if it's for me, I said don't give up yet Because you are.

You know, sometimes being a medium means you get kicked in the stomach 24, seven. You are dealing with so many sort of situations and it takes a while to build up the strength and the energy as well to cope with what's in front of you in any given day. So I don't think that's for everybody, Julie. I think some people are meant to be doctors. Some people are meant to be nurses, some people are meant to be mediums, some people are meant to work in fashion industry. Maybe some of us are meant to do both. You know, I have a friend, bob, who you know had a everyday job and then he does a bit of mediumship on the side. He's brilliant, he's got a balance. He doesn't he can't do it every day, every day because it's exhausting, but he can tap into it every, you know, when he feels inclined or his spirit tells him to. So I think we're all connected. I don't know if we're all mediums. I don't know how you feel about that. I don't know if you agree.

0:23:02 - Julie

I agree. I think it comes in with practice and I think that in our business with mediumship sometimes it's just so over-complicated from an unnecessarily so standpoint. You know, I find and I teach you don't need to meditate for two hours.

No, I agree Two or three times and raise your right hand and jump on your left foot in order to connect with spirit. You learn how to turn it on and off, and the key really is practice More than anything. The more you do it, the more validation you get. The more validation you get, the more you trust it, and then it just becomes second nature and you turn it on and off but will. It doesn't take a rocket scientist to do this and everybody comes in with the ability. That's been my experience, especially little children. We talked to little children and they know this stuff.

You know they talk about that they're talking to their deceased great-granddad, who was dead long before this child was ever born, and this child knows things about this person who lived that the child can't read yet and the child never met the person, but yet they know all this information. How do you make that up, do?

0:24:24 - Kat

you know what I love as well. I have a very spiritual builder. He's my best friend. He comes to the house occasionally. We talk spirit, we talk all sorts, but you think my life is a bit you talk will will.

Yeah, we talk, will, will. And we have those funny moments where we unpack our week here's in the building world and mine in the spirit world, and we laugh to the pit of our stomach sometimes, and sometimes we're too exhausted to speak, we're just starved and I've got that. But he'll come and he'll tell me about experiences that he's had and he's not trained medium, he's got, and he's wanting to ask he's wanting what is this? What's happening to me? Why did I have this experience? Why was I talking to my father and my grandfather, who transitioned in my sleep, you know, and he's like is it real? I love it, and so I think it happens to more people than you think, Julie, and we just don't talk about it very frequently. So I agree, we're all connected and I think the magic in little children when they the amount of kids that'll talk very innocently to their loved one and my niece had an infestable friend for several years and my sister's like I don't know if it's infestible or not, I don't, she is very she comes back with information that she couldn't possibly know or create. It's just so we get these fascinating insights, don't we? I think it's magical. I think everybody can, you know in terms of grief and wanting to connect to a loved one. I think when the love is present and you, if there is a desire to connect you can, you connect it all the time. You can't be unconnected. I think you're right when we say people over complicate things, don't know. It's one of my bugbears. It's like, oh God's sake, if Spirul and I talk to you, they can talk to you in your everyday life. You don't need to sit, meditate or kind of. You just need to. You just need to ask, you need to give them permission. You need to open your heart to experiences and it might not be a voice in your head, it might be a sign in front of you.

Somebody sent you a brilliant one the other day their son in spirit. He. I can't remember his first name, but he was from Kansas and his first name is quite unusual. I think it's Sawyer. And the back of the car said it comes as Sawyer and it was the white Chevy that he drives and there were so many things in the sign that the average person would go oh, it's just a coincidence, but then the mum's going. Hang on a minute, it's a white Chevy, that was his car, it's his name. He was from Kansas. Oh my gosh, like I'm just going to sign Ow, like this, and I'm like, yeah, oh, that's you can't. I mean, you just can't make that up, can you? It's like and it's private, it's her private. It doesn't really matter what other people think. It's her private moment. It's amazing, I think.

0:27:15 - Julie

Well, and I was just talking with someone earlier this morning about how we all get that information from spirit and most people will discount it. They'll say, oh, that's just my, I'm making that up, or that didn't really happen, or there's another explanation for it. And I always say, is that first thing that comes into your head as fast as you can snap your fingers?

before because time doesn't exist in the spirit world, and it's that first thought that comes in. I had a. I have a graduate of my class named Angie, and her mom died a week ago.

And then I was talking with her a couple of days ago, Kat, and she said I was cooking dinner and a spoon flew across the kitchen by itself. She said her brother was in the room too and she said to her mom. Her mom said, mom, don't you think you're being a little dramatic? Well, the next thing she realized was her oven was on fire.

Oh wow, do you know that happens to you, and so they put the fire out, and then she said okay, mom, I understand why you were being dramatic. You needed to get my attention.

0:28:20 - Kat

Yeah, I know, are you telling me that's on two accounts? That's really uncanny. I actually left a house the other day and I was in such a buzz about something. I sat in the car and I just put the car on and suddenly I was like I don't think I've turned the oven off and I thought, oh no, it's just no, I haven't turned the oven off. I heard spirits say go back into the house. I just went shut the door, went back into the house and I was like, oh my gosh, I nearly left. Oh God, don't tell my husband, I nearly left without like turning the oven off. That is really frightening. The spoon story makes me smile.

There's a young man in Spiracle, Nicholas. His mom is traveling around the world at the moment was his father, and it was they'd been, they'd won some kind of meal and they'd been invited to this restaurant and they were sat down for dinner and they were thinking, gosh, wouldn't it be really nice if Nicholas was here? We always loved going out for dinner with him. And when the waitress came over, the table wasn't laid and she laid out the cutlery and she set three places and they sort of looked and they were like she set three places, there's only two of us sat at this table and they sort of smiled, they didn't sort of say anything, and anyway they. I think the meal was supposed to be two courses, like a starter and a main, but she said, oh, we would like to treat you to a free dessert. Now, their son's favorite dessert was I think it was a creme caramel. And they realized that on this dessert menu with three items was a creme caramel. So they thought we'll order that and we'll share. We're not hungry enough to have one each, we'll just share one. Just bring us two spoons and we'll share. And you know they'd sent some packed, they'd taken away the cutlery from the three settings and just put it down as two and left the cutlery at the side.

But sure enough, she comes back and she lays out three spoons for the creme caramel. And they were like it was just so uncanny that we had to say to her you know, this is really weird. We've kind of been gifted this opportunity to be here and you know we were saying we lost our son in really tragic circumstances. We're just saying we would really love it, he would love to be here. And every time you come to the table. You set three places or three spoons, and they took a photo. They sent me a the creme caramel with the three spoons on it and they kept saying to the waitress like why did you do that? And she couldn't explain. She said I have no idea, I didn't, I wasn't even consciously aware that I did it. And I think that's one of those moments where the spirit have used her as a conduit to sort of say I'm there, I'm there. Yeah.

0:31:08 - Julie

Changing directions for a minute. I find that in America maybe we're a bit behind other countries that are older and the cultures are older. Certainly, in the UK you guys have like the London Science Society that's ancient, and you have the London Psychic Institute and the Arthur Finley School and Dickens and Shakespeare and Harry Potter. For heaven's sakes, do you think that? Has it been your experience, that people in older cultures and older countries perhaps around the world are more accepting of the spirit, world and how spirit communicates with us and all of that, than perhaps what I find people in America? Certainly there's a percentage of people, but I would say the overall thing, the overall sentiment in America is everybody knows. Everybody intuitively, I think innately knows that there's most likely something after we die, but it's not something that they want to talk about. What's been your experience? And I know you like I work with people all over the world, so what's been your experience with that?

0:32:25 - Kat

I do know I love this, I love the subject. In terms of perception, I think England's the same as America. I think only a small percentage of people have unpacked this subject matter Really. Yeah, I think we've got the most amazing colleges. I bet you, if you ask the Joe public, the standard person, when I say to my sister I'm going to the Arthur Finley College, she doesn't



have a clue what I'm talking about. And yeah, if I talk to Americans, they know exactly what I'm talking about.

0:32:55 - Julie

Well, within a certain segment in the Arthur Finley, you're right within a certain unit. The Arthur Finley College for those of you that don't know is kind of like a modern day Harry Potter school it is. It's like a modern Hogwarts. It has got the neat name it's Hogwarts.

0:33:11 - Kat

It is, it's Hogwarts. But when I started my journey I started at Conan Doyle's house, which used to be 33 Belgrave Square in, and he is the author of Sherlock Holmes. He is my husband works on.

Baker Street. He is the. He was one of the biggest writers on the 19th century on spiritualism. He actually lost his son and he went in search of the truth. He wanted to. He's got a phrase that he says you know, when you've you've kind of searched every other possibility, what you're left with ultimately has to be the truth. And he explored everything and he came to this conclusion that there definitely is more to life. And he's a very educated man, I think.

I think people that have had their lives ripped open by grief and have come to experience quite challenging circumstances in those moments they're willing to take a bit of a leap and try to understand a little bit more. And so I think you get, like you do in America and all over the world, a percentage of people who become very open minded. Even if that window of mindedness is for a short period of time, they're willing to explore or question. It may be the first time they've ever thought about this subject matter. If I'm really honest and I certainly, before the diving accident, didn't really give this much thought I was I wouldn't say I wasn't interested in it. I'd had exposure because of my sister to it, but I hadn't really gone into the depths of it in the way that I am now, and I think it's the same.

I think there are a lot of very skeptical people who haven't, even if they've had their own experiences. They want to kind of brush it off. I read for a young man a few weeks ago and he's actually become quite a dear friend and he'd lost his stepfather in very tragic circumstances, but quite a number of years ago he'd taken maybe a decade, two decades, to find me, you know and came very skeptical. He wasn't closed, he was open, he wasn't aggressive in any way. But he said I just want to really explain something to you. I don't know if I believe. I'm very skeptical and I'm open-minded. I'm here, but you're going to have to give me some really tangible stuff. And I was like no pressure, just start gentle with me, let the spirit world unfold. I said it won't happen in the first second. Just watch what they do.

And then they refilled this incredible story of a robbery and a murder and this young man didn't look as if he'd had this life experience. He looked very well booked together. I was actually really shocked when this sort of bigger picture unfolded. And he said I know you for real. I know this. Everything you're saying is real. And he looked relieved and he's had a shift and it's taken him that long to have the courage to find that moment. I think we all come to it when we're supposed to. I don't think this is something that you can force on people. I think they have to have that levelling of inquiry and they have to decide the timing that's right for him. 20 years after the moment was the right moment for him. For somebody else it might be the very next day, or the very moment somebody's passed, or a month later, a year later. It is different for every single person. I think, Julie, I think we've got to be compassionate to ourselves. We've got to be compassionate to each other. Different people come to it in different times, I agree.

0:36:54 - Julie

Well, and I do a lot of medical healing medical energetic healing and yeah, and people oftentimes will come to me when they're desperate because they've been to multiple doctors and gotten multiple diagnoses and treatment plans and they have the same symptoms how did you get into that? And so they're kind of at their wits end. How did you get into that, Julie? Well, I learned how to connect with spirit. When you connect with spirit, you can do it all, and so that's why I say I'm a buffet of psychichness and that's what I teach is.

0:37:27 - Kat

Did you always have it? I don't think it needs to be siloed. Yeah, did you always have an interest? No, I learned. It just came, I learned. So it's part of the curiosity and part of the process of your learning. You didn't think, oh, I'd love to learn about medical conditions.

0:37:41 - Julie

No, I'm an inventor of surgical devices sold throughout the world my former manufacturer and I'm a serial entrepreneur, and so I was always interested in medical stuff. And then when I heard about the medical healing, the energetic healing, I thought what's that? I need to check that out and see what happens. Tell me about how you do what you do. What's your protocol, what's your process Better word, what's your process? When somebody comes to you, do they have normally somebody with whom they want to connect, or they just want to see what you come up with? Or all of the above? What's a normal client look like and how do you work with them?

0:38:27 - Kat

It's different all the time. I really do work in the moment with the person that's in. So I feel that my process is the minute I sit down in this chair I connect with spirit, and my process is different depending on who sits in the chair opposite me. So I will ask if somebody's had an experience before, did they know what to expect? What has their experience been? And then I'll sort of share with them. Well, there might be some different quirks to my mediumship. That's different because every medium works differently. I get a lot of mannerisms. The guy that rocks in a chair, the person that wants to lean, might lean.

I don't want you to be shocked by anything you experience. I want you to understand that it's only unconditional love, it's only your loved one that's trying to get something evidential through, and sometimes the gestures can be more evidential than anything. That I say because you know your loved one, you know their habits, they know yours, they want to take them account of you as well. They can have a lot of fun just with gestures alone. You know, and you know I had a brilliant one. Actually there's a lady who she's deaf. She comes to my house. I'm very sympathetic with the deaf because I'm slightly deaf in one ear and she brought she had a reading, she brought her son for a reading and the sister started signing to. I don't know sign language, I don't have a clue what she's doing with my hands, but she's telling him stop smoking, too much partying. And I'm like, what is she saying? Well, you know, I can't even remember the hand signals. What is she saying? Why are you looking scared? She's telling me to stop smoking and stop partying too much. I haven't told my mum that I smoke, you know like. So there's these moments, busted, you know, busted. But like I haven't got control of that, I don't know sign language, so I don't know what I'm saying. So there's sometimes the kids are funny, aren't they? They're just funny, they're just laughing.

But I, so I sit down in the chair and I just say to people look me open. Sometimes it can start a little bit vague and it builds up and we might not know or understand straight away instantly what's going on. I just have to describe the experience that I'm having and hopefully it starts to tell the story of what you've come here to hear and experience. But if they are open minded and the connection is good, then we get this lovely dialogue that comes, and it is a dialogue. I see things, hear things, get taste, get smells, get mannerisms and moving through different

experiences and emotions and just sharing those. So that's kind of my experience in a one to one. In a gallery it's slightly different. Sometimes I'll throw information out. They'll give me a checklist of information to share, to identify the person. Sometimes they'll make me go direct and I'll say to you, who do you want to hear from? And then I'll connect to that vibration and start to read that way and sometimes they'll give me who it is that they want to read for. So I kind of work in different ways depending on the audience and how I feel, and sometimes I want to change it up to keep people's interests, maybe, or to work with spirit in different ways, because I love different experiences.

I'm also a trans medium, so I was one of my favorite things to do. I don't do it very frequently, I don't do it over soon, I do it in a one to one setting and I don't just do trans. In terms of communication, verbal communication, I bring frequencies and sounds out that can create changes in people's energy, elevate them, take them to a different level of vibration can heal emotions and those kind of things. So I can take myself what is a trans media? Okay. So what is a trans media? Yeah, so we're going into trans eight to 10 times an hour, naturally.

So we're all got a level of trans that we go into, but it tends to be light trans. When we're daydreaming, staring outside of a window, we get this repetitive eye movement that goes on and we go into this moment where we'd like daydreaming or accessing information from our subconscious mind, if you will. And so a moment of trans is just an altered state of awareness, and we do have altered states of awareness in mental mediumship. But what we do in sort of trans mediumship is the blend is a little bit more. You give a little bit more control to the spirit world. And it's not that you're out cold that physical mediums sometimes go to very deep states of awareness, but actually deep doesn't mean good. You can get very good trans and very light states, and actually sometimes better, I think, because in deeper states you're just comatose, just out cold. But what you're doing is you're allowing spirit to have more control over your physical elements of your gestures, their blending deeper. And so what I find is that the energy shifts and you take on more of their personality and their feeling. But also sometimes they can bypass some of my vocabulary and use their own and it's still me. I've still got an awareness that I'm there, I'm listening, I'm aware. Sometimes, if they're really funny, I find myself being pulled out because I start laughing with them at what they're doing.

There was a lady on my retreat where her son was taking the mick out of her and a shaving device she'd bought. He was a real cheeky little monkey as Adam, and he was taking the mick out of this shaving device that she just bought. And I was blindfolded. I didn't have a clue who was in the chair. My colleague was sitting people and answering for them. They were just giving thumbs up or thumbs down. She was so that I couldn't hear their voice. I was trying to give a different level of evidence, to show that I don't need to be aware of who's in the chair or who's in a rank, because it's not me that's doing the work. And so the son was laughing about this shaving device. He was talking to his mum about oh I love the new device you've got. Well, I've seen you shaving your hands.

I did laugh the other day when you missed that spot and you got to work and you realised it was like a line, and he described this situation and I think I would edit out some of those things. I have to reply in English in my mental mediumship and I go that could be a bit offensive. I'd better rephrase it or say do you recall that you just bought this new shaving device and you were kind of using it the other day? And you might have you know, I might use my sense of humour to kind of make it a bit lighter the kids in the spirit world that used to take the mick out of their parents in life, well, they're not like that. They're going to put my Englishness aside and they're just going to go for it. And he went for it. He literally, you know, ripped the mick out of his mum endlessly and she was laughing. She went.

I knew it was my son because only my son would have the to do that, you know, and that's how he was in life and it's great to know he hasn't changed. But I've done mental mediumship

for that lady and brought her son through before and I can tell you that the difference was substantial to when he had more control to. When I had more control because I was very polite in the way that I phrased, you know, and did the words and the things that he wanted to say. I didn't amend them, but I maybe didn't swear as much and maybe didn't. You know, I was trying to be professional and I think sometimes, when we're in these strunt states you know we've got it's a different level of trust.

Julie, you've got to be prepared that you're putting your, your life in the arms of the angels. You really are. You're literally letting them lead and when they lead they're in charge, they're in charge. So for me it is an altered state of being, but it's a beautiful state of being when you've got lovely personalities to work with, you get this lovely richness of character that comes through. And you know, I'm still learning. I don't think you ever stop being the student yourself. I, every time I do a demonstration like that, where spirit got more control, I learn something new, and so for me that's also really important. I don't want to stay static in my mediumship, I want to be constantly going out for more and I think that's what keeps you interested in what you're doing and passionate about what you're doing because you're going out for comfort zone. I don't know if you agree. Have you ever done trans yourself?

0:46:44 - Julie

No, I excuse me, I haven't, but I find, especially with the medical stuff, you'll hear me say, oh, this is cool, I haven't seen this before. Because a lot of the times, the healings that I get to see something getting added, something getting removed, I watch procedures all the time that emulate what I saw in surgery for all those years developing products, testing prototypes, things like that. Sometimes I see healings that use methodologies and devices that haven't been invented before, and so that appeals to the inventor brain inside of me and I'm saying, oh cool, this isn't. I haven't seen this before. Well, this is interesting. And then it's interesting, Kat, because then I'll see it many more times. It's kind of like, okay, here's a new healing, you know what it is, and then inevitably there will be many other people that will show up that I'll watch the same healing happen.

0:47:39 - Kat

Oh, that's really cool.

0:47:40 - Julie

And after doing it tens of thousands of times. I know what a lot of them are. I know if something's identified, I know what the healing is gonna be. Sometimes there will be a nuance about it, but I'm just describing what.

0:47:53 - Kat

I'm seeing oh, wow, so you diagnose and then you heal as well.

0:47:57 - Julie

Yes, something's diagnosed and then there's a healing immediately. And then I'll make several swipes through the person, like I'll get a checklist first, and they'll say I'll say, okay, when I get you on my radar I go in blind first because I wanna see where the energy goes, because it may identify something that's asymptomatic and we're heading off a problem at the pass before it becomes a problem. And then they'll give me a list Okay, my left knee hurts, my right wrist hurts, my whatever hurts. And then I'll go to each one of those places, more from a time management standpoint than anything, so we can get as much crammed into our hour together as possible. So we may talk to their dead grandma, we may scan them medically and talk to their pet and do career advice and whatever. It's just a plethora of things off of my buffet of psychognosis is what I call it.

0:48:51 - Kat

And so when people come to you and they've come skeptical and they've transformed by this experience, do you find then that they're transformed in their spirit as well as their psyche of a physical world? Do they come back? Do they refer people then? Then you get to meet them again further down the line. I mean, what's their reaction when they come in skeptical and they think I'm crazy? Very much so.

0:49:19 - Julie

Very much so and it's fun because sometimes I'll have spirit that will recommend me to somebody. I had a client one time and he was a commercial airline pilot and lived in Hawaii. And he said and I said, well, how did we get introduced? And he said my grandmother told me about you. And I said, oh, who's your grandmother? And he said, well, you wouldn't know her. And I said, okay, I'm thinking okay. And he said she died 20 years ago. He said she came to me in a dream and she said you need to call Julie Ryan. And he said I said to her in my dream who in the hell is Julie Ryan?

And he looked me up online and he said and I scheduled an appointment with you because and I said, I love it when dead people are doing my marketing for me. It's great, you know from heaven. That's amazing how it should be. And then a lot of the time I'll have not a lot, but a percentage of the time I'll have usually it's a husband or a boyfriend and their wife or their girlfriend will have made the appointment and they'll say you know, just show up here at this time and talk to this woman, and so I'll explain to them okay, here's what your wife got you into. And they're usually very good spirits about it, and usually I'll nail something that there's no way I could have known.

Either we're talking to a deceased loved one, or we're doing a medical thing, or we're doing a past life thing. Past lives are so much fun because we can get information that we can corroborate with historic documents online, which is really fun to do those. So everybody's different. I find, too, it's interesting to me about the sign language thing with you, because I hear things in English so I can understand it, even if it's somebody who in life didn't speak English. And people will ask me well, do you speak Farsi, or do you speak Swahili, or whatever? And.

I'll say no, but the information comes to me in English and I find that symbols are the universal language of spirit.

0:51:21 - Kat

Yeah, I see, emotion is as well. I don't necessarily need to know you. I understand the language of emotion and feeling, and so they'll talk to me through the language of emotion and feeling, or show me things in a way through my own vocabulary. I don't speak Japanese, but I have an awareness of the things that they enjoy through my own experiences. They'll find the similarities or the differences and they'll point them out to me.

So sometimes I'm not gonna lie. There are occasions when some cultures can be harder to read because of the understanding barrier between the living not actually being disincarnate and the living. It's actually the disincarnate very tuned in, it's actually our communication barrier that can actually halt the energy, I think, sometimes. And then there are other times when you can sit together and you've got no language, but you know exactly what the other person's saying and the communication plays really beautifully. So again, I you know there isn't one set rule is there? It's only dependent on any moment in any given day and the person that sits in front of you, I think.

0:52:36 - Julie

I've had situations, too, where I'm helping find lost people or helping find other things and I'll get. It'll be in a different country where I don't speak the language, so I'll either get a translation or sometimes I will get the latitude and longitude coordinates. Oh, that's amazing, and those will come through. And I even have gotten information about certain satellites that are used for communication. I don't know the name of satellites but, then I can give you the coordination of where they are, you know, in space, so that that satellite can be identified which is interesting.

And then the other thing I find too is and see if you agree with this I find that spirits very literal, like your guide to you know, talking about his mom shaving. I find that the more concise we can be in the questions that we ask to spirit, the more applicable the information will be that we receive and can then?

convey to the person, because perception and perspective are so important. And I use the example a lot Kat of if you ask your deceased grandmother hey, grandma, are we going to watch, are we going to enjoy watching the movie? And you hear yes in your head. And then you're watching some movie tonight. It's awful and you're thinking, grandma, what's up with that? Well, the way you ask the question could pertain to any movie you're going to watch throughout the rest of your life.

Oh yes, if you say hey, grandma are we going to enjoy watching Frozen 2 on Disney Plus tonight on? You know the Disney Plus channel. That's very specific. And so I always say the information that our loved ones or and you don't even have to have known the person to communicate with them I always say who do you want to talk to? Elvis or whoever, it doesn't matter, you just think of them and we connect to them. But I say it's how applicable the information is is always predicated on how we ask the question. Yeah, absolutely, if we're looking for information.

0:54:46 - Kat

Yeah, I think that's really important Absolutely. Sometimes I bet you've had this as well where people will come and they'll sit in front of you. They've got a list of questions and the Spirit World have already preempted them. They already answered them and they went okay. So if you've got any questions and they look at me and they go, well, actually you answered in the first five minutes I don't even think it was on my list and you're like oh, they're good, aren't they? They're good, and you just smile.

0:55:09 - Julie

Exactly. Yeah, that's a good thing. I got a couple of other questions for you before we wrap up. The first one is you say that source is a wave that moves through you, a sound, a frequency, vibration. What does that mean? Oh yeah, can you explain that? What's that mean?

0:55:29 - Kat

So I think we're all vibrational beings, like reacting to vibration, I think, maybe the primordial. You know, a lot of people talk about love and light, but actually I think they overlook sound, that, this primordial force of nature. You know, in the beginning there was a word, you know. Maybe that word was on, I don't know. But when I so, I had a really, really strange experience. I was asked by spirit to go to India and I didn't know. I was going to be sent there for a festival called Maharshi Varati, which is the festival of Shiva, the God of Kundalini, and it was to open up my throat chakra, which I didn't even know was blocked. I'd had an opening at the heart in the diving accident and worked at that level for 11 years. And they were taking me. They said I had to go to this, this retreat, and they were laughing because I was like, well, send me the money because you know. And they were like well, you've been, we've been asking you to go for five years, and for five years you've been saying you haven't got the time. Now you've got the time. You're saying you haven't got the money, we'll send you the money. It's just go and,

sure enough, the next day in the post an insurance thing that I didn't even know I was expecting paid out, and it was just the amount of money, the amount of money for this trip that they wanted me to do. So I was like, well, I didn't have it yesterday, I won't lose it tomorrow if I just do it. There's obviously something at play. So I took I took that, that that sort of little crumb, and I followed the, the cookie crumbs, all the way to India.

And I was in Goa and I had this really amazing experience on the night of Maho of Shivarati. We'd been doing some breath work. During the day, we'd done yoga and I was due to have this massage that was given to everybody that went to the retreat and it was a very particular type of massage that worked on the stomach area and as the as as I went into the center, the girl said to me I looked at the girl and I said, oh, are you a trans healer? And she said what's trans healer? And I said you are an energy healer as well as a master? And she said no, and I said, oh, that's weird. My trans guides here and they only ever come when there's a trans healing or trans work to be done and I'm not planning to go into trans, so I'm wondering if it's for you. And she looked at me and I was like hang on a minute. They're saying the word fear to me and I can hear them saying that they want to tell you how to do the therapy or the massage today. If they instruct you what to do, would you mind doing what they say? They clearly knew that she would and she said okay. And I said okay, they're saying press here, massage here.

And suddenly we heard this noise like this and I was like what is that? It was so loud, it was so loud, I don't know. I think that's a block of energy moving. And I said, well, now they're saying press here and massage here, and say it got louder. And this happened for about half an hour, going all the way down one side of the stomach, and then suddenly it hit the bottom chakra and it went flying so that's the bottom of the pelvis for anybody that doesn't know about chakras and it flew right up. This energy sort of went right up and it's throughout. It was like like this and that's when these kind of sound frequencies started coming out and I was like, oh my God, I've never been able to sing.

My mom always said to me you know, the power of belief is really true. She said, oh, you're a terrible singer, you can't sing. And so I believed it. I believed that I could sing. I've never been able to sing and never been able to hit a note in tune. And then suddenly, here I am singing opera, literally hitting notes that Beyonce would die to make, and I'm like what is? I was like what is this? And I thought of it sort of you know, self-conscious. So I said to the girl, I said, oh, they want to do something now, in trance, and I feel really embarrassed. And I was like you can stay and listen if you want to. Because she was like oh, these sounds are really lovely. Like what is this? You were a singer. And I said no, no, I'm not. And I said would you mind? Awfully, you just sat outside. I'm quite happy for you to listen, but I just want to throw the curtains and see what this is about and sort of explore it privately for a moment, because I'm a little bit embarrassed. And so I did. I just when I let them take over in trance and do what they wanted to do and this amazing healing happened. That opened up my throat and the sounds started coming. And what was really amazing, these little insights that spirit do.

The next day, unbeknown to me, an aura photographer was coming to the retreat and he must have looked at me and he must have thought middle-aged woman, english looks a bit boring. And I walked in front of the camera and he went oh my God. And I was like hello. And he was like who are you? And I said what do you mean? He went wow, your aura is cosmic. Your brain waves. What are you doing with your brain? I said what do you mean? What am I doing with my brain? I was like it's in my head, I'm just walking in. And he was like no, like look at this, come, look at my camera. I said I've never seen frequency waves like this in the brain and I went oh, I must be the singing. I said watch this. So I started to sing and I was like I've been playing with it overnight. I said it just happened yesterday.

I don't really know what it is, but I realized that the voice box is under the brain and so we've got a natural ability to heal ourselves. We've gone away from some of the primal abilities. We

carry everything we need in our body and we don't utilize it because we don't know what it's for. The voice we think is just to speak, but actually it can make frequencies that can heal, and so we're vibrational frequencies. And so when I say, when I talk about spirit and sources, a wave of energy, that's what I mean.

I think even the table in front of me is energy, but it's a denser, thicker energy, and so it seems solid to me. But to the spirit world they can see right through that table. It doesn't look solid to them. That's my mind telling me. You know, in the physical, telling me it's solid in the spirit world. They can see right through and tell you what it's made of and what's underneath it and what's around it.

And you know, have people from the spirit world say, well, your keys are under that sofa. And I said how do you know the keys are under the sofa? And they say, well, I can see right through the sofa and you've just looked right past it. It's there. So I find it fascinating. So I think we're, we are, vibrational beings. With that, we've got a, you know, a frequency that we're radiating at and energy and you know right, reiki and all these different types of Reiki. You get fire Reiki, normal Reiki, theta healing, all these different energy healings. They're all coming from source? Of course they are, but they're different qualities of energy or channels of power. And so I think that the effectual frequency of vibration and I think we can bring ourselves into resonance with one another using sound, we can, we can find harmony, we can, we can, we can heal, and so for me, vibration is very powerful and part of the work.

1:02:42 - Julie

I agree. What's the Transcending Grief project?

1:02:45 - Kat

So Transcending Grief actually was born out on my birthday at the Helping Parents Hill Conference in Arizona. It was the day after the conference. I had done a reading for a young lady called Paige Lee on day one, and I don't actually met her for an hour. I mean, this is the power of spirit. I don't actually met her for an hour about two years prior to this in an interview, and suddenly I realized that as I was speaking to her that her, her lady, that she knew in spirit, a lady called Sally Baldwin, who used to run retreats, was present with her, and I said hey, Paige, there's a lady with you, and I started to read for her and I said oh, this lady's saying that you were going to pack in some retreats or something which is going to give me some information at the retreat for you about some retreats that she wants to do, and actually you're not going to pack them in, they're going to get bigger or are you going to do more of them. And so I think you need to rethink your strategy and not thinking for one minute I was going to get involved with that retreat or that work in any way, shape or form, and I it was my birthday.

I actually Dr Dreffer Driscoll, who was at the conference, had invited. He said can I take you for breakfast for, you know, for your birthday? And I said I'd love you to take me for breakfast for my birthday. The only problem, Jeff, is that I've got a client that I need to check in with and say hello to because they're expecting to see me. I need to be able to say hello to them and you know I've worked with them all these years. I haven't actually ever met them. So I was like they want to meet me. And I did say that I would be free on my birthday in the morning believe it or not, because I'm crazy. And he said I have a feeling that he'll get changed. Your man's, come for breakfast with me. I'll come and get you in the morning. I laughed at him and said no, I've had him on the show.

1:04:35 - Julie

He's brilliant. I've had him on the show. He's a riot, he is.



1:04:38 - Kat

He's an absolutely hilarious. Actually I have a nickname for it. My way I went in with my nickname, but we have a lot of fun together. So I said anyway, as it should happen, the person said actually I've got COVID and so I can't come and eat for breakfast. So I was like what is it with you? It looks like I'm coming for breakfast with you. So I ended up going to breakfast and we were talking about art and then it turns out that he's a very talented artist. He does bronze statues and beautiful artworks.

And this day I said I bet you've done one of the Archangel Michael. And he said I have. How did you know? I've just finished. And I went, because I'm the medium, like, come on then, show me the picture, show me the bronze statue. So you've got the statue out, and we were talking about St Michael and St Mary when this girl came over and she said oh, you kept Ailey. And I said yeah, and she said I don't really want to interrupt yours and your breakfast, but do you mind if I just speak to you for a moment? I said sure. She said you know I run, I have a retreat center and I run retreats and I like we would love. You know, we're looking for a trans medium. I heard you were a trans medium. Would you love to come and work at this retreat? I said, oh, that sounds amazing. Where is it? And she said it's in St Michael's in Maryland.

I burst out laughing and me and Jeff were like oh. And then I went oh, no, it's not for me. The information is not for me, it's for Paige. I'll get you the information. This is for Paige. Somebody said they were sending me some information, some retreats. Give me your details, I'll pass it on. And she said, oh, no, no, no, no, no. You see, we kind of wanted, wondered if you would come, and I said, well, I might, I might, but after us page I know that I've got to get some information for Paige and it kind of started like that. And then it got us talking and we thought actually we could do something, we could pull our skills together. She's a grief educator and an author in the USA and I could bring you know the skills that Spirit have given me in terms of, you know, not just mediumship, clinical therapy, reiki, healing, sound therapy. I wanted to experiment with the power of sounding groups. I wanted to do some more trans experiments, so we decided to, to, to, to host a retreat, and and that's how it started and then, organically, without really thinking, it became a Facebook page. It's now, in January, about to become a website, and it's about really holding space for people and just keeping communication going.

I love the work that we do for helping parents heal, but that same message needs to get to people who've lost parents, that have lost, you know, widows and middle-aged, and so what I see my next sort of journey or part of the role as being is taking the knowledge that helping parents heal have helped nurture within me to a wider audience and to utilize that to touch more people, and so this is the beginning of that process. There are other things that I'm doing, but I will keep doing my, my normal work, but this, for me, is about giving back. It's about you know more about the education piece and teaching, which I always have done, but perhaps not as in a uniformed way. I know you teach in a very uniformed way and you've got some consistency. I think I just dip in and dip out, and this is about giving me a more consistent opportunity to share, I think.

So, yeah, transcendent grief is about going above and finding a new perspective on grief. Really, and it's about. It's a little Facebook group at the moment. You're more than welcome to join. You'll find us on Facebook, but in January there will be a website, I promise you. So just watch this space.

1:08:24 - Julie

Terrific. One last question why do you think we incarnate?

1:08:27 - Kat

Why do you think we incarnate? That's a great question. I'd like to believe it's about learning, about recognizing the spirit or the soul. We're in ourselves, getting to know ourselves, but also

to know spirit as well. So I think that the body is almost like a house, or a chalice, if you will. That allows the spirit and the soul to rub off one another and to experience itself as part of itself, and so I think it's a funny little game that we're playing of getting to know different elements of ourselves and experience ourselves in a different way.

I also think it's a dense of vibration here on earth. So I think things are slowed down. For us, you know, time doesn't exist. Everything happens at once in the spirit world, but here we get to slow things down and to experience things that perhaps we don't notice or kind of take in the same level detail of in the spirit world. So I think this is just about seeing things from a different perspective, having a different experience of something. It's a little bit like when you're playing games and you put on the you know, the special 3D goggles and stuff. You're seeing things in a different perspective, in a different way and through a different lens.

So I think we come to have experiences, we come to connect with one another, we come to learn from one another and learn different aspects of the spirit and soul, and it's through the work that we're doing is we're raising up vibration and we're changing the frequency that we ourselves resonate at, and so we're learning how to calibrate vibration and energy, and I think that's part of the. The earth life experience is about learning different ways to experience vibrational energy. So I love the little acrimonium for love. You know, levels of energy, levels of energy, vibrational energy that's what we all are levels of vibrational energy.

1:10:30 - Julie

I haven't heard that. I love that. It's beautiful isn't it. It's a vibrational energy. Yeah, yeah, yeah, all right. Oh, good place to conclude. How can people learn more about you and your?

1:10:44 - Kat

work. They can go to my website, which is [www.kat-b.com](http://www.kat-b.com), or they can email me at me. I'm on Facebook. I'm on Instagram. I'm terrible, I have to be honest. I have the. I'm really awful.

People go, don't they? Oh, I've got X amount of followers and stuff like that. I'm not really into it. I'm really old fashioned girl in some ways.

When people say they want to put me on Google or kind of do all these kind of analytics behind the surface, I say what for Spirit will send? They're supposed to find me when they're supposed to find me at the right time, that they're supposed to find me if they're meant to find me. So I kind of have been used by this idea of getting yourself out forever. I said I don't have a waiting list. It's 10 months already. I don't need to go to three years or five years. I'm quite happy the way that I am. But I'm just teasing aside.

You can find me on my Facebook and you can find me on my website. That's the best way to get hold of me. I'm often on helping parents heal, like you as well. If you're a brood parent, you'll see me there. Do demonstrations. I love to have a chat. You can find me on Transcending Grief, so I'm there every week. I love to do live chats and talks with people, not often recorded I don't do form podcasts or anything but you can get access to me maybe far quicker. Actually, sometimes on Transcending Grief Because Paige, my other half, is a good taskmaster. She keeps me in line and makes sure. Look, come on, somebody was trying to get hold of you. You haven't got back to them, so she'll give me a little nudge in the right direction. She's good like that. So, yeah, I think they're the best ways to kind of get hold of me.

1:12:21 - Julie

Okay, what a delight. You are just an absolute delight and I look forward to meeting you in person someday.

1:12:31 - Kat  
Yeah, absolutely.

1:12:32 - Julie  
Events.

1:12:34 - Kat  
Yeah, that would be fun. It'd be really nice to meet you Everybody in. London. Please do look me up. I would love to meet you in person. I will.

1:12:41 - Julie  
I certainly will. Everybody sending you lots of love from Sweet Home, Alabama, and from London to where Kat is. Hope you have a wonderful day. We'll see you next time. Thank you so much.