

AJR Show Nov 30th 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.

0:00:45 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. I'm so delighted you could join us this week. My intention in doing the show is to provide information, insight and comfort to people all over the world by helping to answer life's unanswerable questions. We've got some callers on hold, so we'll get to them in just a second. Hope you all had a wonderful Thanksgiving. Tim and I went to Columbus, Ohio. We were with the Ryan clan for Thanksgiving, which was really fun and got to see several friends up there and was busy. We did a lot of things in a few days but we had a ball. Interestingly enough, my great nephew, Jack, who is five, really looks like my son Jonathan at that age. When he walked in the door on Thanksgiving afternoon my heart skipped a beat and I thought, oh my goodness, this is like my child back in time coming in.

I thought that was remarkable. I've seen pictures of him where he looks like Jonathan, but oh my goodness, it was amazing. Have you ever had something like that happen? Write me a note in the comments about that, but it really. My heart skipped a beat when I gave him a hug. It was like holy Moses. We had a lot of fun.

One thing that I got to do was I went to the cemetery and my brother Jay had put wreaths on a lot of our family members' graves and couldn't find my Mima's grave. I got one for her and one for my grandma Ryan and granddad Ryan, my Mima's mother. Her name's Anna. She was in an unmarked grave for 70 years. We found out about it when my sister-in-law was doing some genealogy work. She realized that she was in the same cemetery with all five generations of the rest of the Ryan family. My brothers and I put a marker on her grave and I got to see it for the first time and left a wreath for her too. That was really a remarkable event for me. Spirit doesn't care about that stuff. That's what they tell me that they're in heaven. Everything's great, but the markers are for the humans that are left behind, even though we never knew her. We just felt like that was the right thing to do, so I got to see her marker in place too.

Couple of housekeeping things. Remember to leave a review on the show, subscribe, share, leave a review. Especially leave a review this week because I'm going to do a drawing next Thursday for a free session. I do that on the first Thursday of the month when we record. Whoever is the winner. We take it off of reviews wherever you listen to podcasts and also on YouTube. Then we choose one and that person is a lucky winner and gets a free session with me about \$250. It would be a great gift for you or a great gift for someone you love, if you want to re-gift it.

Speaking of gifts, my Angel is an Enlightenment Training, which is an online class. It takes a couple of hours to go through it and then there are live practice sessions with graduates of my big Angelic Attendant Training. They are the facilitators. That is a wonderful gift to give to somebody. It's also a wonderful gift to ask for. If you go to AskJulieRyan.com Training and in the checkout you use Julie 50, you'll get \$50 off on it. You want to consider that as something

that you put on your gift list of what you'd like and then also to give it to others who are interested in communicating, perhaps, with deceased loved ones.

I interviewed a gal named Dr Lorraine Matthew who is going to be on the show. We'll release it in a few weeks. She's done research that shows that when we connect telepathically with our deceased loved ones, that's the best way to heal grief. Certainly the Helping Parents Heal Organization has learned that too, because they just have thousands of members around the world who have lost a child, regardless of if that child is a newborn or if the child is 75 and the parents are 95, it doesn't matter, it's still a child. Being able to communicate with deceased loved ones is really a skill that we all possess.

It's just a matter of developing it and then enhancing it and then trusting the information you get. That's what you get in the class. I wanted to remind you all about that too. Let's go to the phones and let's see who we've got on tonight. Hi, patty, looks like Patty's our first caller. Hi, how are you? I'm wonderful. How are you? Please tell everybody where you're located.

0:06:15 - Patty

I'm calling from Queens, new York. The reason I'm calling is because two weeks ago I developed like a cold and then the next day a nun that comes to my house to give my mother a community calls me to say she's sick and the first thing I thought of oh, do I have COVID? Next day I got tested because in New York City we have Department of Health with these four locations One of them I could go to that gets tested for RSV, fuway, fuwbe and COVID and I was negative but I still haven't ready knows. I said, okay, I just have a cold. And then I went the following Sunday to urgent care. So you're fine, you just have rhino virus.

And then the day after Thanksgiving I develop a cough and I said, okay, I had a cold, maybe that's part of it. And then Saturday I said, okay, I'm going to go Sunday to urgent care to see why I'm having this. I just went on Sunday before and it's just a rhino virus and thank God I went on Saturday, says you have bronchitis but we don't know if you have pneumonia because we don't have a technician when I go to New York City called CityMD. I was told there's a shortage of X-ray technicians and the one that I went to in my neighborhood doesn't have a technician every day. So and the doctor said, even if it is pneumonia, it's the same thing bronchitis, pneumonia, you have to take antibiotics.

And I took my bike and I went all the way to a local ride aid because there was a ride aid near my home that closed Because, right, it's the closing some stores, so they close one in my neighborhood. I went to take my bike and I went to get my medicine and I've been taking my medicine since Saturday night, one morning and night every 12 hours. Now my question is in my lungs, did I have pneumonia? Because my oxygen level was fine, I did not have a fever, so and I could ride my bike, so and I don't feel tired, so maybe I did have just a cold. I turned into bronchitis.

0:08:35 - Julie

I was scanning you while you were telling me what was going on, telling all of us what was going on. Patty, I do get that you did have pneumonia. I get it was viral pneumonia, though it wasn't bacterial pneumonia, or if it was bacterial pneumonia, it's gone, because when I see a bacterial infection, I'll see antibiotic energy, which is a kind of a fuchsia color, more purple than pink, and I don't see that. I do see remnants of a viral infections. Viral infections to me look like really watery beef broth, and so what I was doing was forcing it out of your system while we were doing, while I was listening to you, and then giving you a boost of energy just to help you heal.

Vitamin C and zinc is the best thing you can do Get the buffered C so it's easier on your tummy and you want to do 1000 milligrams of buffered C. I like ester C, but any kind of buffered C, yeah, I do have a best.

Okay, and then you want to add 50 milligrams of zinc to that, and you want to do that up to three times a day, and that vitamin C cured polio, for heaven's sakes, and vitamin C worked great. The interesting thing about vitamin C, too, is what you don't need your body's going to get rid of, either you're going to pee it out or you're going to poop it out and if you get the runs back off a little bit on the C, but normally three times a day is good.

Let me tell you a quick story about how effective vitamin C is For me. I learned this myself 25 years ago. I had Lasik surgery on my eyes so I could see distance. I worked contacts for 20 years and glasses before that for seeing distance. So I had the Lasik done a few years later, maybe five years later, my right eye needed to be redone and so I went back to the ophthalmologist and he said do you take a lot of vitamin C? And I said yes, I do. And he said well, I don't want you to take it for six months after I redo this eye. And I said why? And he said well, when we do Lasik, it causes a scar on the eyeball to form and that changes how the light is refracted. And he said when you take vitamin C, the body heals so well that the scar doesn't form the way we need it to to change how the light is refracted and you can see distance. I thought that was remarkable.

0:11:18 - Patty

Wow, but what is viral pneumonia compared to bacterial pneumonia? What is?

0:11:23 - Julie

what is it? It's just a different source. It's caused by a virus instead of a bacteria and a lot of the time when you have viral pneumonia they'll put you on antibiotics because sometimes it'll go into a bacterial infection, just because all that current stays in your lungs and you're not getting it out. But your lungs look cloudy to me when I got you on my radar, so what I did was I watched a suction tube go down an each lung and just suck out. Imagine like fog in there is what it looked like. It looked cloudy, and that's how pneumonia shows up on the X-rays when people have it done.

0:12:04 - Patty

I only coughed Friday and Saturday. After I took the antibiotics, I'm not coughing anymore.

0:12:09 - Kimberly

That's great.

0:12:10 - Patty

Wonderful Right. Well, I'm just showing how? Yeah, that's what my mother I just. I want to take the X-rays, but, like I figured, why should I now? Because I'm on antibiotics. You know what the doctor says Gotta take antibiotics.

0:12:25 - Julie

And if you feel good, that's all that matters.

0:12:28 - Patty

Yeah, my nose is actually not clogged up, so it's like now it's getting me worried because I just turned 60 and it's like, oh my god, I was told that once you have pneumonia, if you get a cold, they could turn into pneumonia quickly.

0:12:45 - Julie

Yeah, when she had a disease. Yeah, age is not a disease. I learned that from my daughter in law, Dr Mal LeVette. She tells her human, she calls them, her patients are the animals and the humans are the animals, they're their owners. She says I tell my humans all the time age is not a disease. Goes for us too, people. And nah, you know, don't just our thoughts create our reality. You're healthy, your lungs look good, you feel good, you feel I think you're good.

0:13:19 - Patty

Well, that's what I keep thinking, because my estrogen level was never below normal and I'm riding my bike riding errands. So if I had like pneumonia, I will be in bed, right.

0:13:32 - Julie

Not necessarily, but I think you know getting some exercise is good because it helps you clear your lungs, yeah, so I think you did.

0:13:40 - Patty

good, yeah, I did.

0:13:41 - Julie

Alrighty Well, Merry Christmas, happy holidays.

0:13:46 - Patty

Thank you. You too, may May 2024, be a wonderful and blessed year for everybody.

0:13:54 - Julie

I agree. Same to you. Thanks, Patty.

0:13:57 - Patty

Bye-bye, Bye Hi.

0:13:58 - Julie

Vidya. Hi Julie, how are you girl? I am good, I'm very good.

0:14:11 - Vidya

I'm really surprised and happy I get to talk to you. I didn't expect this. Oh my pleasure.

0:14:16 - Julie

Where are you located? I'm in LA.

0:14:17 - Vidya

I'm in LA. California, okay, what part? North Hollywood? Okay, Just been here since May, so anyway. So I have a question about my thyroid. I have an enlarged thyroid. I'm 77. I've had it for 45 years, but I'm at a point to I don't know what to do about it. I like holistic measures as far as healing goes and I'm just concerned that it might get bigger and I'm not sure how to how to deal with it. I've been investigated. I've been in the hospital for a year and a half, I've had a thyroid ablation and talk to someone about thyroid removal, but it is functioning. I just would like to get at the cause and how to address it.

0:15:32 - Julie

Okay, how do you feel? Are you in medicine?

0:15:37 - Vidya

For your thyroid. No, I'm not, you're not. No, I'm not, no, I'm not.

0:15:46 - Julie

I'm not in any medications at all. How do you feel?

0:15:51 - Vidya

Are you having symptoms? I have had it for so long. I take I muscle test myself for vitamins and minerals and so I really don't have a doctor. That that really is is helping me with this. I've been in the hospital for a long time and I need to find another doctor here in this area. I've moved. I've moved in in oh since May, and about five years ago I moved from Colorado. So I'm kind of in a place where I'm I've moved like five times in the last few years and it's been kind of stressful. Oh my gosh.

0:16:45 - Julie

I can only imagine. Yeah, moving period is stressful. Just thought of it as stressful in my book. So God bless you for all those moves. All right, let me get you on my radar and let's see what's going on with that, what I'm getting. I get information downloaded into my head when we're talking and what I was hearing was for you to do a consult with Dr Maria in London via zoom and I'll give you do you have a pen? I'll give you her website.

0:17:20 - Vidya

Okay, I'm ready.

0:17:22 - Julie

Dr AMASAN, as in Nancy Tia's and Tim I dramassanti.com, and we'll put it in the show notes as well. She is an Oxford educated in general practitioner. She's does functional medicine, she does holistic medicine. She's a graduate of my class, so she does energy medicine. We had her on the show I think it was last month or the month before I want to say episode 416, maybe something around there. But if you look on the list of my shows, if you on my website, askjulirayancom, and look for Dr Amasanti, you'll see her and you can listen to that interview and see if she resonates with you. But that's the first thing that came into my head is that Dr Maria can help you. She can't prescribe any surgeries or medicines to you because she's out of the country, but she's really brilliant and she has. She has patients from all over the world with whom she consults. She does consults with them via zoom, so I know you know how to use zoom because you're on tonight.

0:18:39 - Vidya

So so that yes, yes, yeah.

0:18:43 - Julie

So how this works. But yeah, as I I raised my vibrational level to the level of spirit I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into you in North Hollywood, and then I'm going to have a hologram of you in my mind's eye and we'll see. It's like I'm looking at an x-ray or CT scan or an MRI, and so something will be identified and then there'll be some kind of healing. Like you heard me with other other callers tonight, you know there's some kind of a procedure that's done energetically. So I want you to envision it and everybody that's listening envision what I'm talking about too, cause it's like a group healing. You get a global healing, not just for me, you get it from everybody that listens to this, and then I'll describe it and my analogies sometimes are really hilarious. So get prepared.

But that is that. That's just how the images come into my head and that's to give us a frame of reference from our human perspective. So here we go. Here comes my laser beam from sweet home, Alabama Head map to north Hollywood. All right, got you shooting energy Feed up through the w head so you look like you've got a nodule on the left side. I'm looking at your

from behind your left Looks like you have a nodule on your thyroid on the left side. Have they found that?

0:20:13 - Vidya

Well there's. There's several knowledge and nodules on both right, right and left, and then in the middle, yeah.

0:20:21 - Julie

I can see them All right. The one that's the biggest issue is on the left side. So what I'm watching is I'm watching, you know, here come my fun analogies. You know what a cheese slicer looks like, where it's just a a a thin wire and it's got a handle on it. I see a device like that used a lot in energetic surgery and it's it's a hot wire, so it cuts and cauterizes at the same time. And that's what watching. Get used that hot wire to get rid of that growth on the left side, and then we'll come around and we'll see the one on the center and on the right. Okay, got that going.

Is it in your best interest to have surgery and to have your thyroid removed? So those are big. Those look like goiters to me. Is that what they're calling them? Yeah, yeah, okay, yeah. So I'm getting. It's in your best interest to have surgery on those. Energetically They've already been removed. So when you have the surgery, the surgery, if you decide to have the surgery, the surgery will go very smoothly because it's already happened on the energetic level. So I'm watching that. And now what I'm watching is I'm watching a new thyroid get generated with stem cell energy. So imagine there's a template or a mold think of a Jell-O mold or a plastics mold and stem cell energy is going in there, vidya and then it's a light amber color gel. It has sparkles in it because it's where we've got to have sparkles, and it reminds me of Dipity-Doo hair gel. Do you remember that back in the 60s and 70s?

0:22:15 - Vidya

Yeah, I know.

0:22:16 - Julie

Yes. So it's that spilling and then there's a vortex above it that's spinning and that's going to regenerate your thyroid. So where we've got well, that's generating. I'm watching all the plumbing into your thyroid get clamped. We're going to remove the diseased thyroid. We're going to put the new one in. So even if you have your removed, energetically you're going to have one. You'll need to be on medication, but energetically you'll have one. And sometimes these new organs that get generated with stem cell energy show up on subsequent scans and it freaks out the doctors. It's really fun when that happens, because sometimes they call me and they want to know what's going on. So got that going All right. I would still do a consult with Dr Maria and see what she says.

0:23:12 - Julie

But I'm getting. It's in your best interest to have it removed.

0:23:17 - Vidya

The whole thing removed.

0:23:18 - Julie

Yeah, yeah, they're going to want to remove the whole thing because they want to take those goiters out.

0:23:25 - Vidya

But, but that doesn't get at the cause, does it?

0:23:30 - Julie

Well, I think that's where Maria can help you with that. I think I see, yeah, dr Maria can reverse engineer your symptoms and help you with that. You got a malabsorption issue, obviously, for the thyroid medication, so I think that's a that's worth discussing before you go down the surgery route.

0:23:51 - Vidya

Okay, All right, well, thank you so much. I hope that you are most welcome.

0:23:55 - Julie

Happy holidays, happy holidays to you. Okay, thank you, bye-bye. We do this show every Thursday night, unless it's Christmas or Thanksgiving, like it was last week, and we do it at 80 Eastern, 7 Central and 5 Pacific. Just go to AskJulieRyanShow.com and we'll get you right in and get you on the air so that you can ask your question. I always tell people it's fast, it's fun and it's free, and if you've got a question and you want it answered quickly, this is the fastest way to get to me and it's fun and it's free. So you know. Trifecta of good things.

The information about the show is on my website, askjulieryan.com, and in the show notes Anywhere you download the show. We're on all the podcast channels, we're on YouTube, we're on Alexa, and remember to share and leave a review and subscribe so that you know when new shows come out. We also post something on Instagram and on Facebook on the day of the show with the call and information Just as a reminder. And then I release a blog every week on Thursday morning with the call and information too. So I'm trying to make it easy for you that you can find this and send out lots of reminders that if you've got a question call in. In order to get my blog, just go to askjulieryan.com, click on the button that says Get Julie's blog and then you'll be added to list and we can do that. When you're on the site you can schedule an appointment with me. I'm booked out a little bit, but the key is get on my calendar and then you want to keep your confirmation email. Check the reschedule button periodically, because people reschedule all the time and a lot of times you can get in within a matter of days or weeks. So just click on the reschedule button. I talk to people every week who say I didn't believe you when I heard that on the show, but I hear I am and I'm in early, so you can do that as well. Let's see what else.

Fourth Tuesday of the month, I do askjulieryan live. I did it a couple of days ago. It's a blast. It's another way to get your questions answered. We just everybody's talking and helping each other and we're all doing healings on each other. Whether you know how to do this stuff or not, you just get involved on askjulieryan live. For December, we're going to do it on the third Tuesday. So we're going to do it on the Tuesday before Christmas, because I'm taking the week off between Christmas and New Year's, so everything that you need is at askjulieryan.com, so that's where you can go and find it. Okay. This week our question comes from people submit questions online, and you can submit a question online too, if you want. Then yours may be chosen.

This comes from Rachel, and Rachel Leeds lives in Green Castle, pa, Pennsylvania, and she says Hi, Julie, can you tell me about my past lives? I need some type of proof to believe in reincarnation. The idea of death terrifies me. Can you help, please? Thanks, Rachel, and here's my response. Hi, Rachel, past lives are a fascinating topic and one I always enjoy discussing.

Over several years I've had the opportunity to do what I call a past life skin with thousands of clients where I've seen in my mind's eye one of their most significant past lives. How I do past lives is I envision myself in this endless hallway very narrow walls, very tall ceilings, and on the walls are 12 inch by 12 inch mirrors, big square mirrors, and they're lined up perfectly, both vertically and horizontally. And then I'll say we'll come up with a question like was I a medical

provider in a past life? Was I a healer in a past life. Let's say that, and so all the lives that correlate with that, that are represented in mirrors, will come out from the wall as if they're on a hydraulic arm, and then I'll say show me the one that correlates the most. That one will come out the farthest and then I'll envision walking into the mirror. It's like I'm walking into a scene in a movie and we'll get where it was when it was a year. Well, a lot of times get a name, we'll get information, and then I love it when we can corroborate and validate that information with historic documents online and that happens a lot. So and then what we'll do is we'll correlate it with what's going on in your current life. So that's how I do past life scans. During the session, I get receive, as a thought, information such as names, place, year and details which can later be validated and corroborated with historic documents online. I just said that. Then we figure out how this past life information correlates with what's happening in the person's current life. It's always helpful.

As for proof of past lives, many books are available on this topic. Most of my favorites are written by Brian Weiss, MD. Dr Weiss is a highly respected psychiatrist who learned about past lives while hypnotizing a patient. That's the first time he was ever exposed to past lives and it really helped the patient heal. So that led him to do a deep dive and he's really been doing it for decades. He's, I think, one of the foremost experts out there on past lives. I went on to say another suggestion is to delve into near-death experiences, also known as NDE's. Raymond Moody MD is one of the foremost experts in this field. I recently interviewed Dr Moody on my show when he shared a lot of enlightening bits of information about NDE's and his research. We just released that show on Thanksgiving, so you can go back and listen to that. We had a really fun talk and I'll come back to that in a minute after I finish with this letter.

Lastly, with regard to being afraid of death and proof of an afterlife, please know we're all surrounded by angels in the spirits of deceased loved ones and pets as we're dying and then when we get to heaven. By the way, everyone goes to heaven, it's all. They're all there waiting for us. My book, *angelica* Tendence what really happens as we transition from this life into the next, details a process I call the 12 Phases of Transition, which is a configuration of how angels in the spirits of deceased loved ones and pets surround us as we're nearing the end of our lives, and includes validating stories of families with whom I've worked. In addition, Christopher Kerr, MD PhD, discusses his university-based research, validating what I see from a spiritual perspective, in his book *Death is but a Dream*. Dr Kerr and I had an enlightening discussion when he was a guest on my show. All these resources can help satisfy your curiosity about life after death. Please consider scheduling an appointment with me and we'll access your past lives. So that's from Rachel in Green Castle, Pennsylvania, and I thought that was a wonderful question that she had.

Speaking of Dr Moody, we released the show on Thanksgiving and the day before, on the Wednesday before Thanksgiving, it was the 60th anniversary of President John F Kennedy's assassination. I didn't know that until it was on the news that day. Two interesting points about that. This is how we're led. One is I had recorded a reel the previous week and it was about gratitude, and I used a quote from President Kennedy in the reel and I asked my team to release it the day before Thanksgiving, having no clue that that was the 60th anniversary of his death.

That was number one, number two, in the Dr Moody interview we talk about President Kennedy and his wife, Jackie Kennedy. And again I had no idea that this anniversary was happening, but the day less than 24 hours, you know. I mean it was released very early on Thanksgiving, right there at that 60th anniversary again. So how was I so unaware? But Spirit was leading me to refer to President Kennedy twice on the day of his anniversary and then on the next day too. I thought that was remarkable. So that's how Spirit works, you know. It just leads us in ways that sometimes it can be surprising. So thanks again, Rachel, for submitting

that question. If you want to submit a question good way to get your questions answered just submit it at askjuliereyan.com. Hi, Christine.

0:33:37 - Christine

Hi there. How are you Julie?

Julie

I'm wonderful. How are you doing? I'm good.

0:33:43 - Christine

I've been better, but I'm good oh

Julie

where are you?

0:33:47 - Christine

I'm in Denver, Colorado.

Julie

Okay, terrific. Look at those dimples. You guys that are listening. She has these gorgeous dimples, holy Moses, they are fabulous, my son got one of them I love them.

0:34:01 - Christine

My son got one of the pinnacles.

0:34:03 - Julie

Isn't that funny. My daughter-in-law, mallory, only has one too. I don't know what happens with that. Oh, oh he gets half of your DNA. I guess, maybe that's it, I don't know. Instead of getting your full DNA with two dimples, he gets half of your DNA with one. Well you got a question for me.

0:34:28 - Christine

Yes, let's see. So I have been struggling with this mysterious head pressure pain that has eluded every doctor scan, MRI, CT, you name it. I think I just want to be able to help find the source of. Is it a circulation issue? It's a structural issue of? I don't want to be a mystery anymore, I just want to feel better.

0:34:59 - Julie

I just want to feel better. Are you in pain all the time, or is it just kind of come and go or what?

0:35:06 - Christine

It happens when I sit. So right now I have it Like it's almost like directly behind my nose and directly down in the middle of my brain, so I can't have to sleep upright. So it's significantly worse if I lay flat and if I sit for long periods of time.

0:35:23 - Julie

It gets worse. Interesting, and what kind of doctors have you been to see about it? It sounds like it's vascular to me, but have you been to have doctors talked about that? If they checked out your vascular system, will Roto-Rooter your vascular system if need be. But what are your doctors saying?

0:35:45 - Christine

I've been in neurology and ENT and primary care, acupuncture, chiropractic factors, but no vascular Okay, no one's even really. They actually did look at my jugular vein yesterday Okay, no, two days ago just to see if there was a flow problem, but no vascular doctors.

0:36:06 - Julie

Okay, so they checked your carotid arteries too, in your neck.

0:36:11 - Christine

They did. They're not focusing mainly on jugular vein, but I think they looked at carotid too.

0:36:16 - Julie

Okay, all right.

Let me get you on my radar, we'll see what's going on. I'm just going to go in on a general scan, Christine. What happens is I just start at the bottom and the energy is going to go where it's most needed first, and then there'll be some type of a healing that I'll describe to you. I may tell you your elbow looks like whipped cream or something crazy, but that's just how the images come into my head. I always like to prepare people, though Spirit has a great sense of care. Ready, okay, you're ready. Ready, Freddie, here we go. Here comes my laser beam from Sweden, Alabama, heading out to Colorado. All right, got you Shooting energy from your feet up to the top of your head. Okay, I'm going.

The image of you in my mind's eye was turned around to the back. I was facing you and then the hologram of you in my mind's eye was turned around to the back. I'm getting the back of the neck. And when you were talking, when I'm chit chatting with you or with anybody, I'm already starting to get information downloaded into my head. And I was asking in my head telepathic. I was asking spirit is in an AVM, is it an arterial venomal formation? And I got to know on that. That would have shown up on your scans that the doctors have done. So I don't get that. But I get that there's the where the blood flow comes down on the bottom of your neck. When it's going in your neck up to your head, there's some kind of congestion there. That's going on.

So let's rotor-router your vascular system. How about that? Love it? Yep, in the neck. So imagine that the vascular system, Christine, looks like a network of tubing, and I always picture aquarium tubing, that clear aquarium tubing, and sometimes in aquariums you can see that the tubing either needs to be changed out or at least needs to be irrigated, because oftentimes it just gets gunk in it. Now it gets uneven fish flakes, fish poop, minerals from the water, whatever, and so we need to clean it out. Well, that's the same thing with the body. It gets like vascular system and the neurological system too can get this Just gets gunk in it. So what I'm watching is a bunch of little corkscrews that are going through your vascular system and they're spinning really fast and they're morselating or grinding up any kind of gunk that's inside your vascular system. Did you ever remember the game Pac-Man?

0:39:02 - Christine

Yes, yeah, okay.

0:39:04 - Julie

You know, the kids just think they got the corner on the video games. But we were playing Pac-Man back in the 70s right.

And Pac-Man to those of you that don't know, it was these little circular men and they would eat these dots and then they would multiply and they'd be all over the screen then, and then they'd be eating all these dots. And so that's what it reminds me of, Christine. Think of all of

these corkscrews that are spinning and they're multiplying, and they're just doing that through your whole system. They're down to about your shoulders right now and every part of your vascular system, your cardiovascular, your regular vascular, you know, your neck, your legs, the whole nine yards, all right Down to your waist, and then it'll go south. And then what we're going to do is we're going to irrigate any kind of that debris that's been been ground up out. Okay, it's down to your calves. We're almost done. So hang in there for a second. All right, turn the corner on the top of your feet. All right, done. So here comes the irrigation fluid from the top of your head. Imagine that it's washing out any kind of debris that's been ground up, and imagine that it's coming out. The end of your pose. So picture your feet looking like sprinklers. That's what happens there. And then here comes the stem cell energy. So you're going to be like a bionic babe, but the time we're done with you.

Here comes stem cell energy. Light amber color gel sparkles dipity-do consistency and that's coming in and it's going through your whole vascular system. There's a vortex above your head, beneath your feet, on either side of you, front and behind, all spinning concurrently, and that centrifugal force, Christine, is what regenerates your vascular system. And my analogy for this and this is what I believe I'm watching in these healings is if you go back to your grade school science lessons, we learned that every cell has a nucleus and every nucleus is surrounded by a cytoplasm, which is a watery gel like dipity-do, and our bodies have a centrifugal force in them that causes a spinning, basically, and what that does is that allows the body to replicate and divide cells to the tune of billions of them a day. So in these healings from spirit, what I believe I'm watching, Christine, is what our bodies do. Naturally, I'm just watching it warp speed, does that make sense?

0:41:47 - Christine
Yes.

0:41:48 - Julie
Okay, so the vortices are still spinning. Let's give them another few seconds here till they finish, and then I'll shoot energy through you one last time, and your family may need to wear sunglasses around you tonight because you'll be so brilliant. You look like a supernova, all right. Okay, they're starting to slow down. Okay, I'm shooting energy from your feet up through the top of your head. You're lit up like the North Star, so hopefully that will help. I get that this is a vascular thing. I also would do a consult with Dr Maria, okay, Dr Amasanti.

She's so good at reverse engineering symptoms and I love the fact that she's in London. She can't prescribe medicines.

And she can't, you know, and she's not going to want to. She's not going to do surgery on you because she can't. She's not a surgeon anyways. But I think it's really wonderful to have somebody that we trust, and everybody I send to her loves her and has gotten better, which is why I recommend her all the time. But when you go to a surgeon, that's what they do. They operate right and the traditional doctors God bless them. They're taught to give medicine for symptoms, not to reverse engineer and the symptoms to figure out what the cause is. So that's my suggestion.

0:43:26 - Julie
I hope that helps.

0:43:28 - Christine
Thank you,

Julie
you're so welcome, appreciate you, you bet.

0:43:32 - Julie
Hi Emily,

Emily
hi Julie.

0:43:36 - Julie
How are you, my girl? You look like an angel. With that backdrop, Everybody that's listening. They can't see her. But these little tiny looks like strands of Christmas lights behind her. It's beautiful.

0:43:51 - Emily
Thank you. Yeah, that's my vibe. Yeah, very ethereal. Yeah, oh my gosh, I'm like buzzing and I can't sit still because I'm so excited to be talking with you. I've been just listening to your show and have called in several times as well, and this is my first time to talk to you and I'm really thrilled. Thank you you bet when are you located? I'm in Portland, Maine. Oh, terrific.

0:44:25 - Julie
Well, you're that white background with the lights. It looks like that sometimes when you guys get 50 feet of snow up there.

0:44:34 - Emily
I know, I know we don't have anything yet, but it's cold.

0:44:38 - Julie
Oh, it's really cold, wow, just in time for the holidays. When I first moved to LA, Emily and I was in my mid-20s and I was driving around during the holidays. I went back to Columbus for Christmas itself, but you know the Christmas season and I'm driving around the city and they got palm trees and it's 75. I'm going. You guys are pretending it's Christmas. This isn't really Christmas. This is like you guys have it. You're pretending it was hysterical. I had to get used to it. You got a question for me.

0:45:13 - Emily
I do, I do. I have many questions. I know I need to book a session with you, so I'm trying to hone in on my priority here, okay, but for a long time I've really been wanting to ask you if you could scan and look into what's going on with my husband. And he agrees he's here in the house in another room. Okay, perfect, this is his first name. Yeah, his name is Ryan. Oh, he must be way cool, yeah.

So the quick version is that, you know, after suffering from a lot of allergic symptoms for decades, we finally went to a naturopath who specializes in Lyme and autoimmune and really cool guy and he does a very detailed blood test to look into, kind of, the whole constellation of food allergies, environmental allergies.

He does something similar to your vial test, the gut test, to really hone in on you know what foods to our red zone, what foods, you know our sensitivity, etc. So we found out that he has major allergies to wheat, corn, dairy and eggs and then a lot of sensitivities to other foods. So for the past year he's actually been very diligent about his diet and it's been a journey of you know, trying to create meals and snacks to keep him going and you know he initially saw an incredible improvement but then started to have a lot of hive breakouts, still have periods. He carries an epi-pen now because of weasiness and just kind of gets nailed with these sort of like outbreaks out of you know. It feels like out of nowhere, and so the next step with our naturopath is to look into you know, does he need chelation? Does he have a metal sensitivity?

He's a musician and he's playing guitar, strings and frets etc. All the time. You know, after having listened to your show, I'm starting to think about things like mold exposure.

0:47:59 - Julie

That's what I'm getting to.

0:48:00 - Emily

So I just I thought maybe you know you might want to scan and you might be able to scan and see what you're seeing and you know, and I didn't know if there's an energetic component to it or if it's really, you know, something environmental or that we can, you know, eliminate or something else going on.

0:48:20 - Julie

Okay, Well, let me get him on my radar and what I'm gonna do is I'm gonna connect to you and from you to Ryan, and then I'll I'll ask his permission. I know he gave it to you, but I need to hear it in my head. So I'll ask his permission and then I'll I'll scan him and see what's going on. I am getting mold coming into my head. As I mentioned, while we're chit-chatting I'm already starting to get what I called the mind downloads into my head of things for me to pack. And then the other thing is is he in a band, Emily? What is you said? He's a musician, or does he just work? Is he a composer? What's he doing with that?

0:48:58 - Emily

He's a producer and an engineer and we run a, we run a recording studio, and so he's there working with clients. He plays, you know, in every instrument, so he writes music and then he also does perform.

0:49:14 - Julie

So yeah, the thing that I was getting was he has a lot of EMF exposures and if he's playing in a recording studio there's a ton of EMFs in there, so he's gonna need to do some things to ground. Do you guys do that now? Are you aware of that?

0:49:34 - Emily

I am a little bit just in terms of like charging with bare feet and things like that. Yeah, into the earth, but I don't know anything beyond that. Yeah.

0:49:44 - Julie

You can go on Amazon and look up grounding pads, and there are pads there that you can like if you're working on the computer, just have your bare feet on the pad while you're on the computer and that can help ground. There are also sheets that you can ground, that you can use to ground, and there are devices that you can put in the bed. That's what I use. I'm being grounded for eight hours every night because it's the easiest time for me to do it when I'm asleep, and so that works in the bed. There's lots of devices. If you just Amazon's got tons of them. Just look on Amazon and they'll be able to help you. But here we go. Here comes my laser beam from Sweet Home, Alabama, heading up to you in Maine. All right, got you, got Ryan. Ryan, I'm talking to your bride, he goes. I know it's fine, okay, good.

0:50:34 - Emily

All right.

0:50:35 - Julie

Let me go. He's got mold exposure. Where's the mold? Is it in your home? Is it in your recording studio? Is your recording studio in your home?

0:50:48 - Emily

No, it's not Okay. It's in a, it's in another facility.

0:50:53 - Julie

Okay.

0:50:54 - Emily

But I don't, we don't know, we don't have a, we don't. We're not sure where it would be coming from, but we rent this house, okay, and it's got wall-to-wall carpets and they get dank, you know so maybe.

0:51:07 - Julie

I think that's what's going on. So what I'm doing is I'm removing the mold from his body. He's got some pretty good mold exposure. It reminds me of, you know, those sheets of moss that you can get at Michael's craft store and places like that. Sometimes you'll see them wrapped around orchids or wrapped around other plants in a house or something decorative from a decorative perspective. So I'm getting that removed. When I see that sometimes I'll just see splotches of mold. He's got solid mold in his energy field. There are 30% of the population is super allergic to mold, so you could have no symptoms and he's got symptoms. It's the reverse. With Tim, my husband and I, I am. I'm like Ryan.

It is the Ryan thing. But I'm like. I'm like your Ryan. I can walk in room. I can tell the nanosecond if there's a mold problem, I'm out of there because I'm so highly allergic to it. My husband is oblivious. He says I don't smell anything, I don't see anything. I'm like great honey, I'm going to wait for you in the car, Enjoy yourself. I'm not going to be in there. So that often occurs where there can be several people living in a home and only one person is affected. By the way, Lyme diagnoses are most of the time, like 99% of the time there's a mold component. Even if there is a tick bite, there's always mold exposure most of the time, and most of the time that's the missing link. So there are some tests that you can do in your home to see what's going on. The fact that your carpet smells like that. I think that's your answer right there, Can you? Do you know?

is it an older home? Do you have hardwoods underneath? What's underneath? Do you know?

0:53:08 - Emily

Not sure. It's like an 80s style split ranch. So you know, not super, super old, but I don't. I'm not sure. I'll have to talk to my landlord and find out what you know, what's going on?

0:53:21 - Julie

Yeah, if you decide to do that, if you decide to take the carpeting up, make sure he's not in the house because it's going to release all those mold spores and that will just get him, you know, really wound up Again. Dr Maria, I would work with Dr Maria, do a consult with her.

0:53:41 - Emily

What.

0:53:41 - Julie

I'm doing is I'm stitching up his leaky gut right now. Does he have GI issues, emily? Yes, yeah, he does. Yeah, so gas bloating, itchy rear end, brain fog, stuff like that yeah, that all all goes hand in hand with mold exposure. That's yeast overgrowth, so low on the food chain he's already doing this, it sounds like, with what he's eating.

0:54:08 - Emily
Yeah.

0:54:09 - Julie

I would get him some nice statin, get the Dr Chipper Scriba dose of nice statin. He probably is going to need to stay on it for a while. But it's kind of like you know you're in a toxic environment and you're doing what you need to do to help from internally but you're still being exposed. So that's why he's got those symptoms the hives, that's yeast overgrowth, the you know the other symptoms that he's getting. I believe it's mold and yeast is what's going on with him. So I've cleared it all out.

I've stitched up the leaky gut and he's got a malabsorption issue going on with the food and minerals and vitamins and stuff that he's eating. So the good news is it's fixable. It's fixable. I had it for the first 40 years of my life and I don't have it now. I mean I'm susceptible so I don't go into a moldy environment, but I am probably healthier now in my mid-60s than I was in my 20s. So it is, it is fixable. Yeah, it's fixable.

0:55:17 - Emily

I do get it at your home, yeah, okay, okay. I just I had a high, I had a feeling I don't know, Just listening to your show, I just it dawned on me like, hey, I think maybe this is what's it, Right right.

0:55:36 - Julie

And the EMFs make it worse.

0:55:40 - Emily

Okay. I didn't even know about that issue. Yeah, electromagnetic frequencies.

0:55:45 - Julie

We see that a lot with musicians that are in recording studios or have them in their homes. We see it with touring musicians because, you know, think of everything. We see it with people that are in the sports industry and other industries, where they're in a truck like a command central truck and there's 50 computers and 50 screens and it's hooked up to a satellite dish. All those guys that work in the sports industry to produce and broadcast shows. There's a huge problem in that industry as well. So there's a company called Lela Quantum, l-e-e-l-a Quantum. I think it's dot com. You may want to look them up because they have little devices too. Where I know there's a capsule that I know people carry in their pocket and it helps negate EMFs. So that may be something that we can do just during the day.

But the electromagnetic frequencies, that's a big deal. Do you have an electric car? We don't. Okay, all right, I've seen studies on the electric cars where you think about, you're sitting on a huge battery and you've got your GPS going and you've got your Bluetooth going and there's probably a satellite hookup. I've got satellite radio and stuff. So lots of electromagnetic frequencies in there and I've seen studies that show in the electric cars that blood can clot. So I think we want to be really careful with the electric cars. I think they've got more work to do on those because you think about, you're just sitting on a huge battery and the EMFs that come off of that battery are significant. So something to think about too. I hope that helps.

0:57:43 - Emily

For sure that's really helpful. Thank you, you are most welcome.

0:57:48 - Julie

Pay attention to those thoughts that come into your head, because that's spirit communicating with you. Tell them it is fixed now, okay.

0:58:01 - Emily

We might have to move, yeah, but that's great, that's so helpful. Thank you, you are most welcome. You just look like a snow fairy with that backdrop.

0:58:08 - Julie

No, so happy holidays and thanks so much for calling. I hope he feels better you too. Thanks, Julie.

Julie

You bet, hi Kimberly,

Kimberly

hi Julie, how are you Happy holidays.

0:58:26 - Kimberly

Thank you Happy holidays. Thank you Happy holidays. Thank you Happy holidays. Thank you Happy holidays, happy holidays, thank you.

0:58:31 - Julie

Happy holidays to you, my girl. Where are you? Tell everybody where you're located, please.

0:58:37 - Kimberly

I'm calling from Mishawaka, Indiana. It's cold here.

0:58:42 - Julie

Wow, it is almost December. Right, and about another I don't know 12 hours, or not even four hours. It's going to be December. So wonderful, you got a question for me.

0:58:58 - Kimberly

Yes, I would love if you could scan my big sister, Jennifer. She's near and dear to my heart and she's been having some medical challenges, most recently the past couple of months, and she's in Niles, Michigan. What's going on with?

0:59:18 - Julie

your big fans.

0:59:21 - Kimberly

Well, the doctors are fearing that it could be Addison's disease. She wakes up with some severe, bloody noses in the middle of the night and she has about of severe, almost fainting, where her blood pressure is very, very severely low. Her name's Jennifer.

0:59:44 - Julie

Okay.

0:59:47 - Julie

So bloody noses a lot of times are mold. It's very common, okay, there's mold exposure that bloody noses can result. Do you know if there's a mold issue in her home?

1:00:00 - Kimberly

I don't think so, but it could be. It's been going on for quite some time. She even has procedures scheduled for December 7th to cauterize, cauterize. Is that how you say it? Cauterize? Cauterize her nose because of that. But there's a more serious underlying, where she gets so winded that she has to lie down and she gets these fainting spells or dizziness

when she stands up too quickly and it's severely cutting into her ability to have a livelihood and to dysfunction.

1:00:37 - Julie

I'm getting mold, mold, mold, mold, mold. It's what I'm hearing. Wow, that could be the first thing I would ask her Is there a mold problem in your home or does she have an office she goes to?

1:00:51 - Kimberly

No, not currently Okay, but I'm wondering if maybe there that she does help she is very super organized and she does help a friend organize and maybe that house has mold.

1:01:09 - Julie

Is it at all?

1:01:10 - Kimberly

I don't know if it's where she's staying.

1:01:13 - Julie

Yeah, is it an older home, do you know?

1:01:17 - Kimberly

I don't know that, but because it happens during the middle of the night, I'm not sure if it's where she's at currently or where she visits to organize that home.

1:01:29 - Julie

I'm getting. It's her home. Does she own it or is she renting it? She's renting, yeah, I'm getting it's her home, where she is. So I would send her to moldymovie.com first of all, have her watch that it's free, and then I would have her read a book, or at least access a book called Toxic by Neil Nathan MD Neil Nathan MD and he talks about mold as well, and there's a couple of podcasts out there. I don't know what the names are of them, but I read about them and I've heard a couple of them where it's really enlightening about what a problem mold is and what you just heard me talking about with Emily, with her husband Ryan. It's a percentage of the population that is super susceptible to mold issues. Mold toxicity it's not good for anybody, but there are those of us that our bodies just have trouble clearing out the toxins. But those nosebleeds that was the first thing that came into my head when you said she's having chronic nosebleeds, this mold exposure Okay, Thank you so much.

1:02:49 - Kimberly

That's so helpful. You're most welcome and I'm going to ask I'm going to ask Santa for the Angelica training, as you mentioned earlier in your show, and that discount. So that's a great tip. So thank you so much for your help.

1:03:02 - Julie

Wonderful, wonderful, alrighty Well. Happy holidays to you. Thank you, Julie. Bye-bye, bye, alrighty everybody. That's it for this week. Fun, all fun questions. Call in next week with yours and we'll see what Spirit has to say. Send me lots of love from Sweet Home Alabama. Bye, everybody.

1:03:28 - Intro

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1:03:43 - Disclaimer

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