

AJR Show - Sitara Fe 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 Hi everybody, welcome to the Ask Julie Ryan show.

0:00:47 - Julie

I'm so delighted you could join us today. We've got Sitara Fe with us, hey girl.

0:00:54 - Sitara

Hello, hello, thank you for having me.

0:00:57 - Julie

Oh, so delighted that you could take the time out of your busy schedule to give us some of it. Appreciate it, appreciate it. Let's just get right into it. You're a psychic medium who mentors and trains entrepreneurs. How'd that come about?

0:01:16 - Sitara

So it took years. It took years the psychic medium part I was born a medium and I did not know it really. I think, if I look back, I had my first really profound mediumship experiences around the age of nine and still didn't know that that's what was happening. I was seeing spirits, I was seeing beings, but I just didn't have the capacity or the intellect to know what was happening. And so my abilities and gifts got even stronger through high school, which I tried to numb and turn off through drinking and make it go away or smoking weed. I say that casually because I know a lot of empaths fall into that trap. I know a lot of sensitive people that feel too much and really try to numb. So again, it's why it's something that I just openly discuss right out the gate.

And it wasn't until my early twenties that I really realized I was getting my degree in psychology. I really realized that there was something more to this world. I was on the Dean's list, honor roll in psychology. I was understanding so much of that world, but I felt that psychology really closed off with spirit. It focused on mind and body. It wasn't something that was measurable by technology or data than it was considered woo-woo, like the human experience was woo-woo, and for me it left no explanation for schizophrenia, left no explanation for multiple personality disorder, led no explanation really for saying that narcissism is incurable. I don't believe any of that, and even at that time, I think, just on a deeper level, I knew that there was something more to it.

Now, in the meantime, I was partying just as hard as I was on the Dean's list, and so I was like I broke the system. There's got to be something more. And so that's when I really started doing some deeper searching and I found my way to a meditation class that they ended up calling Psychic Kindergarten, and when I started taking those classes, it was like I jumped on a bike that I didn't know. I knew how to ride and knew how to ride it. It was like the questions that I had in my life started to become very answered. There were other people around me that experienced the world in a similar way, and so that alone was just. It was so refreshing. Then, as we go further into that, there were some experiences that I had that in the psychic reading space we were able to answer, that psychology never in a million years would have been able

to answer. And that's when I really just I clicked in and I decided to focus purely on the psychic route rather than getting a counseling degree and going further with psychology. And so that's the psychic part of it.

The entrepreneur part came after I had some pretty wild success in my own business and also recognizing that on both sides of my family everyone is entrepreneurs. So I think I had that kind of predisposition, that genetic encoding that helped me to see more around the business, the business development, and then, of course, us creatives, the business savvy thing. It's not necessarily ingrained in us, and so that's when I went I want to do everything I can to help gifted and talented people who have a desire to support humanity, who have a desire to help people who have a desire to own a healing retreat or whatever it is, learn how to manage the money and the financial aspect of being able to actually make it a business, because I see business as like the structure that helps move those dreams forward in this modern era. And so that's kind of the cliff notes of how I got to where we are now.

0:05:27 - Julie

Wow, okay, so I got a lot of questions that have come out of that I got a lot to unpack there. First of all, what was the thing that happened? What was the occurrence that happened when you were nine that really got your attention when you said, okay, there's more to the story here.

0:05:47 - Sitara

Yes, it was a really interesting experience. Actually. My parents split when I was younger and so I was at my mom's house. Well, her and my stepdad had just built like a brand new tract home in the middle of the forest really big house. Their bedroom was on one side of it, my bedroom was on the other. So I was nine years old. I was scared. I was scared to be sleeping on that side of the house by myself, just by that alone.

But then I have such vivid memories of being. There was one night, specifically, I was in my room and I could see two male figures in there and I refused. I was like I cannot sleep in this room. There are two people in here. My stepdad's in there. He's checking the closet and he's looking under the bed and he's like, no, there's not. And I'm like, yes, there is. I'm not making this up sort of thing. And so that, for me, was the first real experience that I had.

But again, at nine years old, I didn't know what was happening, right, it was like, well, how am I seeing what I'm seeing and how am I so convinced that that's what's happening? And so it wasn't, actually, until I got into the Institute and looked back at some of these memories and went, oh, that's what was happening, like that's where I know, that's what was taking place. Well, I got in a lot of trouble that night because, you know, it turned into a tantrum, which turned into like a thing which I'm sure we all know in childhood. It's not super fun, but I learned to shut down my abilities. I learned like, okay, well, if I'm using those or if I'm seeing that, then you know, I think subconsciously, I really did what I could to turn it off, which is futile. You just you can't is what I've learned, and it's more fun when you actually open it up and learn to trust it.

0:07:40 - Julie

Oh, I agree. My second question deals with when you were in school and you were studying psychology and you said that the textbooks and the professors don't explain what's happening with schizophrenics and multiple personality disorder people and other people with what we would consider to be severe mental illnesses or conditions. What have you learned from the psychic, intuitive, spiritual side about those different conditions that's not covered or understood from a medical perspective? Awesome.

0:08:19 - Sitara

Well, thank you for asking because, like I've said, this is one of my favorite things to talk about, because I really do believe that it opens up a for a new conversation around what is going on with multiple personality disorder and schizophrenia. So I've actually had a client who came to me as a schizophrenic at this. At the time that he came to me, he had already actually done some work with a shaman. He had already been through the Western kind of clinical psychology route and, of course, getting a diagnosis and feeling like that's the end of it, there's no way to cure it. But also being an intelligent human being and knowing that there's something deeper was what inspired him to go see a shaman.

Well, even back when I was, you know, 2021, getting my degree in psychology, I just had this churning around schizophrenia of going wait, there's something different going on here, and so I do see it as an entity interference, that there's some sort of external consciousness that is influencing the human being. So that's where it's like feeling like you're hearing voices. Well, as a medium, before we actually really get clear on what we are doing as a medium or receiving messages or channel guidance, it can oftentimes make us feel like we're going crazy or that we are kind of towing that line of schizophrenia because you hear voices. But I think the difference between paranoid schizophrenia is that their voices or there's an intrusion that is coming with kind of a dark agenda and it's coming from a bullying kind of place, and so that's where a lot of these entity influences can have a negative perception on the person that's receiving it. So for me, around seeing a cure for schizophrenia or a cure for multiple personality disorder and I do believe that multiple personality disorder is a little bit different and I do want to talk about that as well, because I think that one is actually way, way, way, way, way more common than we actually have a grip on in this world, and sometimes it just comes in in a very subtle way so that it's not as drastic as points of trauma.

But ultimately I do see that when we go to the root of what's happening, is there a terror in the aura? Is there a terror in the psyche? Is there a karmic agreement? Are these soul lessons, that that particular being that came into the body that's experiencing schizophrenia? Is that their path to ascension to be able to master this kind of communication with the other, with the unseen world. I think there's so many different elements that we can actually gather so much information from in studying schizophrenia, rather than just putting people on lithium and putting them in a home and saying like, well, that's, that's it. That's how we're going to handle these people, which, to me, I think is just such a it's such a dead end of a wealth of information and a wealth of knowledge to be able to actually find out what's going on and approach it more with curiosity than with fear. So that's that's one thing I like to look at.

0:11:40 - Julie

I wonder if a lot of people who it seems to be more women than men in the and I don't, I don't know what the statistics are, but it seems to me when I hear about mental illness and people that are being institutionalized, it's more women than men Is that what's been going on with them throughout the ages and they just didn't know what to do with them? So they locked them up into the mental institutions and they just said, okay, she's hearing voices and she's, and then they put them on drugs which make them just lethargic in some cases.

I'm wondering if that's really what's been going on. I think a lot of women had just depression issues and and hormonal issues and were having. Perhaps that was contributing to their bipolar what we would call bipolar now we used to call manic depression and I'm wondering if that was a lot of what happened. And these women were especially women were put into these state and state mental institutions for the rest of their lives. It's so sad.

0:12:51 - Sitara

It is sad, and I think that's where I got a passion for it and, ironically enough, I actually the.

The people that I personally know that have been diagnosed with schizophrenia are all males, so that's that's interesting, but I do.

I'm specifically talking about paranoid schizophrenia people that are having experiences with hearing voices that are maybe influencing their actions or choices or behaviors, where they're feel they're like almost living in the unseen world and in this world, but only people that can see the third dimension are seeing what's going on and going well. They're crazy because they're, they're having these connections Well as a channel, as you know, as a medium. If I talk to a clinical psychologist, it says, well, that's not really technically allowed or that scene is crazy. I'm sure a lot of mediums would be institutionalized based on what they're seeing or experiencing, but that's also channeled information. So, like what you're like this is where I have so much compassion for people that are sensitive, that have not been able to really get a hold of their abilities is because it can, like you're saying, make them feel crazy, and especially women like you are bringing up a good point as far as like the witch trials and absolutely that's what I'm thinking too.

Yeah, I certainly saw a meme the other day that it was. I mean it's kind of satirical and it's kind of funny, but it's also not. It's the meme was. You know. It says woman and then in quotes, so I was thinking and then it's a picture of a man pointing at her and going which and like calling her out as a, as a witch, because it was a woman that was thinking and it's like, yeah, did that hysteria get absolutely just blown up?

And from also my perspective around indoctrination, from the programming that we have with the school system, and looking at like, why are we hyper focused on this magnifying glass, on the Salem witch trials?

To me there's still an underlying tone of really showcasing women that have a attunement to nature and women that have an attunement to the unseen world and women that are oracles. We have the ability to communicate between worlds because we house babies and the consciousness of a baby is an infinite being before it comes into this world and actually, as it comes into this world, we are all infinite beings, we're all multi-dimensional beings and so women, when she's housing a baby, it's like she's walking in that in between world anyway, naturally. So that's why we're built a little bit differently. That's why women have a strong sense of intuition. That's why we have this connection and that's also why I believe in the society that we're in, in the programming that we are indoctrinated with. It cuts a lot of that off, because it offers access to our genuine innate power. And when humans are genuinely connected to their innate power, they're not easily manipulated, they're not easily controlled, they're not like they don't kind of form into the line of being able to see what's actually going on in this world.

0:16:15 - Julie

I completely agree, and most of the women that were burned at the stake were healers also, and they were burned and prosecuted and persecuted by some of the most learned men in Europe it was just nuts and here in America as well, and so it's been really interesting.

A friend of mine, Perdita Finn, has written a lot about this and has done a lot of research on this, and I had her on the show a few months ago and that's a really interesting conversation, if those of you that are listening are more interested in hearing, or if you're interested in hearing more about this. Back to the multiple personality disorders and this is a direction that I had not even thought about going in, but it's peaking my interest I want to stay on it for a couple of minutes. The thing about that is the person that's interpreting the information coming in from spirit. It's been my experience, Sitara, that all spirits are pure love, and when we get

information, it's our prerogative to interpret it in a way based on our frame of reference. So when somebody gets information, like in a multiple personality disorder, is there a chemical thing happening? Is there some kind of a biological thing happening that causes them to interpret information from spirit in a way that can be harmful for them. I'd like to explore that for a minute.

0:17:54 - Sitara

I cannot speak to the chemical responses that happen when a person shifts personalities, but I can speak to the spiritual implications and what I see from my perspective, which that's where I believe I'm an expert in. I've been doing this for a long time and being able to see this and especially working with trauma. I found my way to my healing journey because I had an extraordinary amount of pain in my body and I had a lot of trauma that I needed to heal, and I do believe I am a natural trans medium. So what's that?

0:18:27 - Julie

mean? What's that mean?

0:18:29 - Sitara

So it's what Abraham does through Esther, it's what Bashar does and I always forget his name but basically it's that naturally, I can leave my body and I can welcome another entity into my body to trans channel. So the trans channeling is different than channeling and channeling is different than mediumship. So these are things that are obviously in more of like the advanced discussions around psychic awareness and what we're doing on the energetic plane. Can you explain?

0:19:01 - Julie

those three different modalities for those of us that aren't familiar.

0:19:09 - Sitara

Mediumship to me is being able to communicate with a being that is outside of body. So that would include baby beings, loved ones who have passed, angels. I love that you say all beings are of love. That has not been my personal experience. I have met a lot of entities and beings that do not have our highest and greatest intention at hand, and I do work with them in the same way of doing what I can to bring them to the light. But ultimately, that's more of what we'd be talking about with schizophrenia and with multiple personality disorder. So that's mediumship that's how I describe it is being able to communicate with beings that are outside of the human form. Being would be being able to come, not only communicate, but to basically take information that let's. Let's say mother Mary, let's say that there is somebody that connects with the energy of mother Mary, which I do a hundred percent, genuinely believe is a part of our reality and is part of something that we can access. So she, as an ascended master and mentor, can come to us and we can channel that information from her, and we can channel that information to a client or to the collective or to a blog or wherever we're sharing that information, and that would be basically relay relaying information from another being that is coming to us or through us. I also believe that can come from our own higher self as well. So that's how I see it as channeling is we're tuning into their like walkie talkie station and we're listening to what they're bringing through.

The trans channeling is, like I mentioned, the consciousness that is me or the personality that is who I say as me is exiting my body, and this also happens more often than people think zoning out, blacking out when you're drinking, going unconscious, like when you're not there. You're leaving your body when you're daydreaming or you're astral, traveling, like we leave our body all the time and a lot of people are just unconscious to it. So that information or the trans channeling so I'm consciously leaving my body and when I've been trained to do this, we're trained like this is where you go, this is where you hang out, but then ultimately, we're receiving

another entity. So Abraham, Esther, Hicks and Abraham through Esther is, I think, the most famous example of this. I say Esther is allowing Abraham to come into her body and speak through her. So that's more than channeling.

Channeling would be Esther staying in her body and going. Abraham is telling me this or he's showing me this, and so there are quite a few famous trans channels out there as the example. So that would be the difference between them. When it comes to schizophrenia, or multiple personality disorder, this is where it becomes a fine line between what we're talking about. So the way that I see, and are you good if I just keep going with this train of thought and shift into one?

0:22:19 - Julie

thing about Esther and Abraham Hicks is I've been to one of her events and I went on a recon mission. I want to see what she was doing. I mean, I wanted to see okay, can I see Abraham? Whatever. And Abraham to me looks like seven spirit guides in a semi circle behind her and when she moves on stage they move with her.

And when she goes to the other side, they go with her, and then I saw her late husband in the front row. I could see him, but I was getting here's my perspective on what she was doing. They were with her and they collectively were giving her information that she was then sharing with everybody. And so it's been my experience as well that we're all part of the same energy, we're a fractal of the divine, if you will, of source, and so the spirit, guides and the entities show up in a way that we can perceive it from our human perspective. So this is fascinating.

The other thing about the mental illness, if you will you know this schizophrenia and all of that Chris Palmer is head of psychiatry at Harvard, Chris Palmer MD. He's a psychiatrist and he has found, and he's done some groundbreaking research. He has found that he can get 90% of his clients he's calling it cured and get them back functionally able to go to work, to reenter society and some of these patients have been on disability for decades. And he does it with a ketogenic diet, interestingly enough, and he claims that it's way more effective than the lithium and the other awful meds. You know that they give psychiatric patients and he's done lots of research on it and he says, if he can get them to do that for a year or two, not only do the symptoms go away, but they don't come back multiple years going forward. So it's interesting that he's found such a heavy biological thing that he's able to rectify with a way of eating. I find that fascinating. I don't know if you've read any of his work or not.

0:25:00 - Sitara

Are you familiar with him?

0:25:02 - Julie

No, yeah, yeah, he's, you know. I mean I'm thinking I hope you have a security guard with you, because this big farmer's not going to be happy with you. If this guy, who's a world renowned psychiatrist, is saying okay, I can get these people back functional with changing their diet, which certainly is part of the equation, so yeah, so go ahead.

0:25:26 - Sitara

Yeah, I mean, I think what's changing the diet and getting super clear is like one thing drugs and alcohol of any kind, pharmaceuticals, whether you're calling marijuana use medicinal or alcohol it's all influencing your spirit and how your spirit is associating with your body. And I would say 98% of the human population is completely unconscious to what's actually happening to them when they're drinking alcohol and when they black out. I have a video on YouTube. It's called drunk spirituality and I actually talk about, like, what happens when a human being blacks out and it's when you see them. You see a person and their eyes are completely different. You know it's not them. You know you're no longer looking at your buddy

or your friend and it's because and why they literally don't remember anything is because their energy is popped out and another spirit has come into their body and then they're basically using their body to do whatever they want to do and then, when the alcohol wears off, they come out and you know the person wakes up and goes.

I have no memory of what happened last night, so there's an actual reason for that, but that's not going to be in clinical psychology books.

That's not going to be in these sorts of, you know, clinical environments, and a lot of it is because I really don't think that we have the technology that can actually measure it. And because we don't have the technology that can measure it, it's seen as non information and to me that's like that. That's the biggest crutch that psychology has. Is going well, the human experience is fallible, memory is fallible and because we can't measure it and through research or technology, it doesn't exist. Well, no, there's a lot that exists beyond what we can measure through technology. So when we talk and I'm just bringing that up because, yeah, cleaning up the diet, clearing out dyes, clearing out sugars, clearing out any other types of toxins, even fake sugars, there's all sorts of things that mess up our biochemistry and if we're clear and we're dialed in and we're, you know, seeing clearly, it's going to mitigate a lot of these problems completely. But a lot of it has to do with becoming conscious here on energy field, which the ketogenic diet is going to do anyway.

0:27:51 - Julie

Well, it's an interesting perspective because also it's been my experience that we're getting guidance all day, even in our sleep, I mean like 24 seven, and we are most of us are totally unaware of that, and sometimes it takes something dramatic to just kind of slap us upside of the head and say hey, girl, pay attention here, you know, I'm trying to get some information to you. Slap upside the head is a figure of speech.

0:28:22 - Julie

I live in the deep south.

0:28:28 - Sitara

I do want to talk a little bit more, though, about the, the multiple personality, because this is, please do. This is where there is such a wealth of information and this, for me, when I learned what I'm about to share, was when the wheels really started turning for me and I was going I have to investigate this further. So when we learned in my abnormal psychology class about the multiple personality disorder, they called it dissociative, or I don't know if they call it dissociative identity disorder now, but the way, the thing that I heard that really piqued my interest was that from one personality, there was this woman that was interviewed. She had one personality that was like a five year old little girl, and this five year old little girl would have to wear glasses and she would have physiological, drastic physiological changes in her body.

They also have this with multiple personality disorder, where another personality would come in, and that's where I would say it's another spirit, it's another entity that's coming into this body, and I'll explain how I think this happens and why I believe this happens in a moment. But it's that they're they would have a different menstrual cycle or they would literally the eyesight would change certain things like that and and, or the purse or the handwriting changes, that is a huge indicator that there's another spirit that's operating your system. So for people who are avid journalers and they go oh no, my, my handwriting is different from day to day Well that's a pretty significant indicator that you have another personality that's running a script subconsciously, but the the change isn't so drastic that you're having like such a significant um, like gap in your own consciousness. And that's what I mean is like they can be there without us knowing quite effectively and quite efficiently If we're not super clear on discerning our own energy and what else is operating our system.

0:30:29 - Julie

Is it possible? The thought that's coming into my head listening to you talk about this there are. There are several people out there who are so-called experts that believe that we live multiple lifetimes concurrently, and the thought came into my head of do you think certainly it's feasible, but I'd love to hear your take on this. Do you think that it's something where there are past lives that are involved and multiple lifetimes all happening concurrently and the person's not like shifting gears from a past life into a current life and back, like a like you know, like a standard car, where the clutch would do? Is that a possibility? Have you run into that?

0:31:16 - Sitara

I do think that's possible and, yes, I have. Also, I want to elaborate this on this a little bit more, but I love what you're bringing in here too. Is that the one thing that I saw consistently with the multiple personality disorder and the interviews and the videos and stuff that we're watching and learning from in class. Some of them were pretty extreme, but one of the things that I really noticed was that they all had in common early childhood trauma. So either an extreme experience of rape, childhood molestation, physical abuse, any things that were extremely jolting to the psyche. So the way that I see how this happens from an energetic standpoint so if I'm reading and if someone comes to me and I psychically read the event in which there was a split in their life, that from that moment forward something was different, it's that, and especially if it's coming from an abuse. So if abuse is happening and let's say, somebody is in a rage state and they're taking it out on the child, chances are that that person also has an entity attachment, especially if there's alcohol involved. This is what I mean. When we start getting into the unseen world, a lot of people go. I don't really want to look at that so they'll put their blinders on and choose to not see it, but once you see it, you can't really un see it, and so, especially in a moment of rage just to use that as an extreme example, because I think it really drives a point home is that the energy, let's say the innocent consciousness of the spirit that's in, let's say, the four-year-old body will literally eject, and that's why a lot of people have memories of trauma that are actually outside of their body. They'll go. I remember the moment, but the moment is that I'm actually watching what is happening to my body, but I'm not remembering it like I'm in my body. Well, that's because that's where the consciousness is. So then, well, what's happening inside of the physical body? Well, what's happening inside of the physical body is that there's all of a sudden become a fault line in the consciousness of that person, and so, because there's a fault line, there's basically an entry point, and that entry point comes in at that point of consciousness. That then basically creates an access point in which that entity can anchor, and so then that person actually becomes a host for this entity, and that's where multiple personalities start coming in, and so the personality will oftentimes come in where that same trigger point. So, whether it's a trigger point of fear because somebody yelled at them too loud or something, and now we're talking about a 10-year-old, but that 10-year-old shifts gears into another personality, but oftentimes people aren't noticing it right, the teacher's not gonna notice it If the child's still in an abusive home, the caregivers aren't gonna notice it, they're just gonna think, well, that's just a part of who they are, but they're not gonna identify it as another personality.

Or also an agreement now with an entity that needs to be reconciled. And so I actually just made a post on this on Instagram, like this week, because in the last couple of weeks I've had more sessions with clients that are coming to me to reconcile and clear these karmic agreements with these entities so that you can live autonomously as a single individual in your body, because you came in here to live one life, one experience in one physical form. But that's what I mean. Like these attachments and these agreements, they're far more common than we really give the acknowledgement to in this world, and also it comes from the place of discernment and being super crystal clear with who you are, what your energy feels like, you as a higher self consciousness, you as a higher self being and that's what I would say. Like what

you were mentioning, we're getting guidance all the time and, yes, our higher self is in that infinite realm of possibilities at all times and that higher self is us.

But it's when our personality starts becoming aware of that multi-dimensional and infinite aspect of ourselves is when I really believe our human potential starts growing exponentially.

And when our human potential starts growing exponentially, it becomes more of a, let's say, threat to the system, because then you have more empowered beings and more free thinkers and more people that become fully empowered to be able to see the level of manipulation that's going on, which does come from diet, what we're being fed, what kind of toxins are in our food and water.

All of these things like dim that light, and that's a whole other tangent. But that's what I wanted to share with multiple personality and especially the biological and the physiological change that happens. That was where I had the light bulb moment in my early 20s of going, if that's possible, then that means our physical bodies and on a cellular level we are far more malleable than we think, which means the disease or the stuck energy or the stuck emotions inside of our body are actually more energetic and more associated with the consciousness of where we're holding pain and all these other things, and that's when I really started getting onto more of a stronger quickening with my own trauma recovery and my own ailments that I had.

0:36:55 - Julie

Yeah, the thing that keeps rolling around in my head is that there's a big component here in past lives, because it's been my experience again working with thousands of clients, that we have a script that we'll wanna explore through multiple lifetimes and we'll explore it from a different perspective, certainly a different time, a different gender, sometimes a different set of circumstances, but same basic script. And so back to the multiple lifetimes happening concurrently. And I agree with you, and I can see when spirits exit the body, not only when somebody's dying at the end of their lives, but also after anesthesia in other circumstances, I can see the spirit is out of the body. And you alluded to astral travel and things like that. I agree with you on that.

The thing about the past life thing there's a really big component here because what I'm getting is when the spirit from the fractal that's in this lifetime exits the body because of some kind of trauma, it's bringing in those past life experiences, perhaps as a different fractal in whatever the past life was, and exploring it from that perspective, perhaps momentarily, but what's happening is they're going okay. This is why I'm here this time is to create out of this. This is something that's gone on for a long time in multiple lifetimes, and if, in fact, these lifetimes are happening concurrently? Who knows if they are? Is it feasible to me? Yeah, do I know for sure? No, I hear from spirit that it does. I don't understand it. I don't know that any of us ever will from our human perspective. But there's a I'd be interested to hear. I don't know, in a year or two, taking on that little nugget and adding it to your repertoire of what's going on with a past life thing coming in here. I'm getting that so loud and strong.

0:39:10 - Sitara

I could speak to it now. I could probably speak to it in a year as well. But I do see what you're saying and I like to piggyback that even onto what I was saying about schizophrenia. It's that like that's what I mean by the sole contract. It's that if, if that spirit is coming in and that spirit has a sole contractor and agreement like this is this is what the specific path of ascension is going to be. And also there are karmic loops from unfinished business. As, as a medium and let me know if you've seen this too.

In speaking with enough humans that have passed and like have passed recently, let's say within the last two years, I have learned very much, so that unfinished business very much is a

thing. It's that if that being or if that human being did not really tie up their loose ends in this lifetime, then there's still like a window of opportunity in when they, when they leave their body, to do what they can, to send messages and to clear forgiveness and to like to actually do visitation dreams, all sorts of things to help them kind of clear. Clear those loops to, so to speak. But what you're saying is also like very dramatic. So I think it like to stay on the dramatic point right Of an extreme trauma point. Let's say that spirit is actually reconciling, like you're saying, a memory, a loop of something that happened previously that, let's say, is around empowerment or breaking a slavery loop or breaking some sort of story. I would completely agree with you on on that, that like it, it doesn't have to be like an either or right, it's like that both simultaneously very much came true and even that, the that let's. This is what I mean by the agreements, the agreements with these beings.

So, for instance, the removal that we just did this last week, it was so powerful, so strong, but I was seeing how this entity was evoking sleep paralysis in this person's girlfriend and so she was sensitive, she was feeling it. The entity was actually plugged in and hosted on to him from a trauma point. But when we really got into it and this this being was relentless, it did not want to leave, it was threatening me. I had sleep paralysis the night before, like it was quite aggressive. And so we're there, we call in a team. We had our handle, Michael there, we had mother Mary, we had the team that was supporting us.

And also my intention when I do these kinds of extractions or releases is also how can we take care of this entity to bring them into the point of their journey where they're focused on the light and they're focused on their healing as well. And what we were able to see with him at one point, I was guided to encourage him to hold himself as a baby and I said as you're holding yourself as a baby fresh out of the womb, what do you see? And he said I'm seeing little dark spots inside of my heart. And I said, okay, well, if it feels right to you, go ahead and ask mother Mary if she can hold you as a baby and just witness and see what happens. And so, as she's holding his baby spirit.

But this is also the thing I do believe in time travel, as far as what you're saying and I have all sorts of stories around that as well that I'm more than happy to share if we have time but that our future self can come back and be our guardian and guide in that moment that we don't realize until we hit that point in our, in our lifetime, where that, where we go back to that point and so that's what I believe was happening here is that he was witnessing himself as a higher self guardian guide, clearing out these little things and so, as mother Mary was holding him as a baby spirit, he was clearing out those karma imprints that came with him from past lifetimes.

They came with him, he was able to see them and since then I've gotten notes from him and his girlfriend. They're like we feel so much better, the energy is clear. These certain things have changed, and it was. It was instantaneous for them. But it was also because that full agreement had to be reconciled. Whether you call it karma or a contract or whatever it is, it had to come to a point of completion and that point of ascension the healing for me, for him, for everyone else that was in our advanced psychic development class, for us now, for the listener, you know, it's like a wealth of information. That part of that contract actually is the light side of illumination that brings us into a greater awareness of what's going on fully in the multi-dimensional field and what our capabilities are around, influencing past, present and future simultaneously.

0:44:04 - Julie

It's been my experience also in talking with thousands of spirits over the years, that there is no right or wrong, good or bad on a spirit plane. It's all just an experience. We judge things as right or wrong, good or bad from a human perspective, and we need to, because that's how we create. We create out of the contrast when we know we don't want. It helps us create what we do want, and I think everything that you're talking about ties in with that. You know we look

at something from our human perspective as oh my God, that's horrific and in spirit, they're going.

This is interesting. I wonder what she's going to do to create out of this situation. Oh, isn't that fascinating? Wonder how she's going to change this. What's she going to? What revelations are going to come to her or him or whomever, and all of that which I think is interesting. Wow, we could spend hours on this, but let's change directions here and talk about some of these other things. You're just a plethora of information here, girl. Let's see what else when you talk about. We all need to take responsibility for our own lives. Do you believe that we create victimhood, or some of us just come in with bad luck or have bad luck in our lives.

0:45:32 - Sitara

Luck is a funny concept. Luck to me, is a funny concept. I like to play with the affirmation. You know, I'm so lucky, always in the right place at the right time. But as far as do I believe that we come in with bad luck or not, I personally believe that we do come in choosing our path and we do come in choosing our parents. We do come in and part of that is because I have had access to the memory in which I chose this life. I remember being a spirit. I remember being surrounded by, like I would say, like a council. We were all in energetic form and I remembered the opportunity for a life coming into the space, almost like coming in from the floor, but it was like the bottom of the space, and I remembered stepping forward and saying I will choose that one, that's the one that I choose, and I like.

When I had that memory, there were points of my childhood and memories that came up that was like remember that, remember that, remember that that was all associated with this choice. This is why you had those experiences. This is why this happened. You know there's a reason I sought out healing at the 20 and 21. There was a reason I was going to get a psychology degree, I had a lot of trauma that I had to reconcile, and I think that's true for a lot of healers, because that's how we learn to heal. We learn to heal ourselves, we learn how to be in the quantum field.

A couple that I really look up to and admire is Teal Swan and Kairah. They as oracles and people who help other people heal. Their early childhood years was like atrocious, and also it's like that point of trauma was what opened them to see how paper thin the 3d reality in this life really is. When you start traversing between you know, multiple dimensions of consciousness and multiple dimensions of awareness, you start to see how malleable we actually are in this third dimension. And so, yeah, it's like that. Do we come in with luck or do we come in with bad luck? I believe that we come in with the agreements that are going to help us ascend and the agreements that we make as a spirit before we come into this body. That's what I personally believe, and I know there's, you know, all sorts of different things around that.

0:47:50 - Julie

I agree with you on all of that. I like to say that we choose where we're born, when we're born, to whom we're born and the circumstances into which we're born, so that our lives can have a basic trajectory that will allow us to explore an experience that things, things that we want to come in and explore. An experience and I believe where free will comes in is, let's say, you want to teach. Well, there's 50, a billion ways that you could teach. You know you can be a teacher in a classroom. What are you going to teach? Who are you going to teach? You can be an corporate teacher. You can be a teacher as a parent. You can be a teacher as a dog trainer. It's endless. And we. That's where free will comes in. How do we explore all of that? I agree. You talk about how raising our frequency can increase our income. I want to hear more about that.

I am a serial entrepreneur. I have founded nine companies in five industries in 30 years. So it's is it. Is it a DNA thing? Is it a nature or nurture? Forbes magazine did an article, a great article, probably 20 plus years ago, and they had Dylan Lauren, Ralph Lauren's daughter, who has the.

Dylan's candy bar. She's got candy stores in a lot of big cities and it turns out that Carnegie Mellon did a study on this and they found that there is a genetic predisposition to people being more willing to take risks as entrepreneurs. Most people are risk averse and entrepreneurs are more willing to take risks that most people would not take, and and I do not come from a family of entrepreneurs, but I am a crazy serial entrepreneur wildcatter, so I believe that it's you know, is it a DNA thing? Certainly somebody in my lineage was self employed and it's come to you know land on my shoulders, because I certainly didn't see it when I was growing up. My parents had regular jobs instead of my grandparents. So what do you think about that? How can we what? What are you teaching about how we raise our frequency and it can increase our income? Can you give us a little bit of a snippet on that?

0:50:09 - Sitara

Yeah, absolutely. And so what you're saying I do believe it's, it's nature and nurture, like the reason why, like you're saying about picking your lane around teaching, the reason I feel called to this one, it is it is my purpose, in the sense that I have tried to get away from it. You know, I've gotten some bumps and bruises, I'm sure, as I'm sure you have. Being an entrepreneur, like we are a rare breed. Just just in that thought alone, you know, aside from any energetics, just being an entrepreneur and going, I have an idea, I want to make it happen. I will not take no for an answer. Like it's a very specific mindset that you have to be in to to come up with an idea and see it come all the way up off the ground, cause most people stop and that really is the difference between success and failure. You know, scientifically proven, the one thing that that differentiates, differentiates, it is grit. It's just not stopping. You just don't stop until you actually see that success.

Now I'll talk about myself specifically and how I started to see this and learn this around the genetics. I actually had a good friend who was more a medical medium and my abilities can come up in that every now and then. You know cause? I see I see the energetics of things but it's not. It's not my strongest suit. You know people ask me reading pregnancies that it's not my strongest suit. It's just not where I have the most accuracy, but where I feel that I have the most accuracy and encouragement and best qualities as a coach is specifically around this. And so with my friend that was a medical medium, she was able to see that, but then I also learned that her dad was a doctor. I go, oh well, that makes sense. Like that's why you have that predisposition. There's that information that's coming through the genetic lineage and by osmosis and all of that. Okay, well, that makes sense. Well, and yes, I was pickled in the environment of my mom starting a business and my you know, father's side. They're in mining and construction. So it's not necessarily like entrepreneurialism in the coaching field, it's just literally I watched people around me starting businesses and doing their own thing.

Well, in human design, I'm a four six manifest-or, which means I'm here to design like things on the leading edge. It's, it's part of that encoding when it comes to gene keys, my top life purpose code is super abundance, and that super abundance isn't just like for me to be wealthy, it's actually to teach that information as it overflows so naturally in my life. I've had a lot of challenges with finances. It actually hasn't just been like I get to go and be rich and have a great experience. Right, it's that you know the universe and my souls in coding has been. We're going to teach you about money by experiencing every single facet of what money has to teach, and sometimes that is, you know, going into debt, having to ask for help, trying to figure this piece out, trying to figure that piece out. You know being in Bali during the pandemic and seeing poverty, and you know people losing their homes and being.

It's like what I've experienced, specifically by means of being exposed to different financial experiences, has been a lot, and so where I feel like I'm at in my particular point in my life is actually bringing the culmination of all those life experiences together and going okay, I see how we're going to swim our way out of this. I see how we're going to swim our way into the leading edge of. You know, the greatness that humanity has the potential to embody, the anchoring of heaven on earth, reality, the anchoring of pulling all this together, part of my background and experience has been in. I got I love that you said free will, and this is why I, like I sparked a little bit of it, because I see free will, destiny and fate as all going hand in hand, like the combination of those three coming together is really, really strong. And so, I would say, by fate, I got pulled into global crypto projects. I was not looking for them. Spirit was telling me something was going to come into my life. It showed up while I stepped into it.

The first round absolutely upended my entire life. Everything that could have gone wrong went wrong horribly so, and I learned so much. And this was after I had the success in my business. So then I'm going okay. Well, this is interesting. But because of that life implosion, I ended up being in Bali during the entire pandemic. So I learned okay, well, that's why that happened. Things had to go wrong so that I was actually put in like a safe zone, a safe incubator, while the rest of the world went through a crazy experience. So there was a lot of just a lot of learning for me in nurturing what is my own path and what is my own passion and what am I here and specifically designed to teach. So using that you know information.

To answer your question, is it nature or is it nurture? Well, I believe that I'm here to be a teacher, to nurture those abilities in people, to nurture the lets. I heard this recently and I love it. It's let's master the number eight. The first time I heard it I'm going what does that mean? But it's mastering the number eight is mastering the energy of money in this world. That to really be in our highest vibrational potential is to have unlimited resources to be able to create as our soul naturally wants to create, to have a thought and to bring it into reality. Well, in this world, part of that is having the financial resources to be able to do that. Well then, that means that's a part of our energetic mastery towards ascension, and that's how I see it and that's why I focus on growing.

A soul centered business is that I don't teach people how to pick a product and how to sell it on Amazon.

I don't believe that. That's soul aligned. It's how do you find something right that is like aligned with your soul's calling, and then bring it out into the world. That is one of the most vulnerable things that you can do, as I'm sure you know. And then, not only that, it leaves no stone unturned. It's like it is such a fast path to ascension because you can't be a wealthy entrepreneur and to overcome obstacles and be a victim at the same time. You have to overcome, like, the victim mentality. You have to overcome the martyr mentality. You have to be able to ask for help. You have to heal hyper independence, like you have to heal all of these childhood wounds to actually experience the ascension of your ability to create freely. And so that's where that, for me, is what I get really passionate about, in working with soul centered entrepreneurs who want to create something that's aligned with their purpose, which, as you mentioned, I'm like I'm sure you know the territory well.

0:57:29 - Julie

I do, and it's fascinating to me that that I was in the medical supply business on the hospital supply side of the equation for 30 years and I'm an inventor and former manufacturer of surgical devices sold throughout the world. Some of them have been on the market for 30 years and they're still being sold. So I have patents and trade marks and stuff like that. With a communications degree. People go, well, how'd that work? Right? And I was like, well, this is before. I learned woo, woo. I saw, I saw a problem, I came up with a solution. I've always trusted that the people I need to show up show up right when I need them. And people say,

well, were you a doctor? No. Were you a nurse? Were you a medical provider? No. Were you an engineer? No. But I can hire really good engineers and that's what I did. I'm the idea girl. Here's how it needs to work. Draw it up, let's figure out how we're going to manufacture this.

After being in that industry for all those years, I scan people medically every day that I work. I'm like a human MRI. I can see broken bones, torn ligaments, spiral infections, bacterial infections, cancer, whatever. I watch energetic healings all day. Some of them emulate what I saw in the operating room for all those years. Some of them utilize new devices and methodologies that haven't been invented yet. Regardless of what I'm seeing, I get information downloaded into my head and describe it to my client, or if it's somebody who's calling into my show on my Thursday night call-in show, because if we can envision what I'm seeing in my mind's eye, it helps integrate the healing into the body. I know that I was led for 30 years on that path so that I could be where I am now and help people all over the world heal, in addition to talking to their dead grandma and their cat and their you know tell how close to death somebody is and do past lives and the whole buffet of psychickness thing.

Did I know anatomy really well? No, I bought a really big book with full-color pictures and I'd get okay, we're working on the gallbladder and I'm seeing this. And then I'd get off the phone and I'd go this is early on and I'd go look at what's a gallbladder look like. Does it match what I was seeing in my mind's eye? So I was learning that stuff. I was led to say, okay, I need to get an anatomy book and I need to learn. So now I mean, I get the information downloaded into my head when I have somebody on my radar, but I know what a kidney looks like, I know what a spleen looks like, I know what all these body parts look like.

So I completely agree with you that we're on a trajectory and everything that we've experienced in our lives has led us to this moment in time. And every moment in time that everybody experiences since the beginning of creation is valuable, because it'll never happen again. You and I will never have this discussion at this moment in time about this topic, ever again. And all this information goes into the collective consciousness and then we can pull in whatever we need. How does a girl in her mid-20s invent a device used to collect blood and put the patient's own blood back in them during total joint surgery? I tapped into that collective consciousness. I was able to pull it in. This was long before I knew how to do woo-woo, because I did not. Everybody has the ability, but I like to say I didn't have dead people chasing me since childhood. I learned how to do all this stuff and then I teach people how to do it. So I agree with you on all of that.

1:01:16 - Sitara

Yeah, I got really excited there because it's like there's one of the things that I really like to express to people is that we all have natural, innate psychic abilities and the only reason people don't believe they have them is because they don't know what they are. Once you learn what they are, so like you're naturally using them, you're going I'm seeing this image. Okay, it's coming in through clear cognizance, coming in through crown. You're envisioning it through clairvoyance. It's you know. You don't need me to spell it out, but you know.

For the listeners, it's like there's so many things that we are naturally doing because we are multi-dimensional beings, and the way that I like to describe it this is actually a perfect example is that, like you didn't know that you had a stomach until somebody shared with you and told you that you had a stomach and, like taught how the digestive system works.

Well, I believe the same is true for the energy body is that, once you start to learn that you have meridian channels and you have ways that energy flows through your body and you have an aura, and your aura can have rips or your aura can have tears, in the same way, your body can have a scrape. It's like there's certain things that we just simply you don't know until you know, and so a lot of psychic development, I even say, is like learning what the psychic abilities are,

to naturally know what your strongest abilities that you are naturally using are. And then what I do, it's like pulling a thread, it's just encouraging the awareness of that strongest, most natural ability. That will then open up the rest of them.

1:02:55 - Julie

I agree, and I find in my classes that I teach that there's always a correlation with how we learn, and that is going to correlate with how psychic information and intuitive information is going to come in initially, and then you develop the other skills to. The other thing is everybody is a healer, because we've all been with little children who've fallen and are crying and they got a boo boo and we kiss the boo boo and we pat them on the head, give them a hug, and the boo boo is good. Then you know they go up and they play. That's healing. Just being able to do that is somebody being a healer. It doesn't matter if you're male or female, it's all the same thing.

And I think I don't get wound up in the Claire's. I'm like, whatever it's weeds to me, I'm going to get lost in the weeds. Let's cut to the chase. I'm a business woman. What do you want to know? We're going to get you the information. Here's how we do it and it works for people. That's great. I'm just like okay, here's how you here's, here's how we can do it. Let's figure out how you learn. Let's figure out how the information is coming into you. Let's help you develop it. Everybody can do it right out of the chute. You're doing it all day long, you're just not even aware of it.

1:04:13 - Sitara

Exactly.

1:04:14 - Julie

Next question what are, what are light codes, and how do they affect our DNA?

1:04:22 - Sitara

Ooh, love this one. So I went from not speaking Light codes at all to, within a matter of 10 minutes, a full blown 100% activation. It knocked my socks off. What is a light?

1:04:35 - Julie

code.

1:04:36 - Sitara

A light code is. Let's say, if we're going to break it up into a single code, it would be, I would say, synonymous with a syllable in language. So one light code would be maybe one syllable, and I'm sure there's semantics around that. But like codes would then be streams of information that are going to speak from my soul to your soul. So it goes straight heart to heart. It bypasses the egoic consciousness. So, similarly, to use this conversation as an example, you know I say Claire, cognizance, and you're like let's throw out the Claire's. I'm like, great, I'm on board, let's throw out the Claire's. But it becomes a semantic between language that the ego is trying to like massage or kind of manipulate, right. And then it's like we can get caught in the cogs of the wheels where it's like okay, what's like, yeah, we can get there, but at some point it turns into splitting hairs, and we can do this in on all sorts of different topics. I could say, you know, create a grounding cord from your root chakra, and someone will be like well, I create one from my soul, start chakra at the bottom of my feet, or you know, whatever it is. And so the thing with the light codes, right, it's like it's also mantics, right, but the thing with the light codes is that it completely bypasses the egoic consciousness, so at that point the mind cannot detest what's happening and it go, and I found it is the strongest, most simple, most effective, fastest way to connect soul to soul.

So, when we're also talking about what does it do to our DNA, well, I am one of, I think, many that was taught in biology that 96% of our DNA is junk DNA. That didn't make sense to me when I was 16. It doesn't make sense to me now that the DNA that we have is holding the encoding of our ancient lineage. So the way I see it is that when we are conceived, we get mom's DNA, we get dad's DNA and then we also get our soul's DNA, which would be, you know, those of us who are born with luck or those of us who are born with certain karma that is separate from our parents. But we have all three of these strains that come in and make up the encoding of our DNA. Well, as we go through school and we learn that your imagination isn't real and we learn to follow in line, and we learn to basically be indoctrinated to exist in a system that is created to serve a very small population.

Well, I believe that that's when, like, our DNA just stays dormant and the DNA, what I mean specifically with that is like memories from Atlantis, memories from Lemuria or memories from the 1800s, which also, if time is all happening simultaneously, is also the access points that we have to our parallel lifetimes and our parallel realities that are happening simultaneously. So the light codes turn on the information that actually invites you and allows you to consciously traverse that field, so it helps you to remember your ancient memories, your past lives on Atlantis. Lot of this has been coming up lately, based on, like the imprints that we have around fallen or fallen civilizations or the mass failure of civilizations. There's a lot of that encoding because we're seeing similar time, like similar things that are happening in our current reality, our current Earth reality right now that paralleled the beginning of the fall of those civilizations. So that's where I believe a lot of people are having these internal stressors or internal anxieties that they can't quite put their finger on and at some of those DNA encodings, that's like coming up to be reviewed and, as I see, upgraded into. Well, let's choose a different timeline for humanity, let's choose a different opportunity. Let's choose a space where we do heal. That's also why I believe a lot of people are starting to come online with their light codes.

I've seen in the last couple of years more and more and more and more people that are actually being activated in light language, which, the way that I see, is just that we're at a point in humanity's consciousness where we're more and more ready to evolve as a collective species into a new way of being which, as I see it, would be the embodiment of the fifth dimensional reality, but in the physical world, that and I would call that heaven on earth that we are cultivating and anchoring heaven on earth in this reality, which is peace for all living beings, joy for all living beings, the ability to create in community, the ability to create for humanity. That that is a consciousness, an energetic frequency. I do believe it is embedded into the genetic structure of all of us, the divine genome, like you're saying, the fractal of source. That's what this tattoo is right here. For me too, my brand monad, it's all about that. It's the specific, unique encoding, the divine genome or the God code.

There's so many different, you know terms for it, but ultimately it is that it's that we're waking up that ultimate encoding within us that is divinely connected to source consciousness, to source frequency, to bring that encoding into this living third dimensional reality.

And I see that as that is the evolution of the great awakening that we're living in now, and that light codes and, as we speak, light language is basically going into the, the mainframe of the system and turning on those genetic memories, turning on those DNA memories and Dr Joe Dispenza is doing phenomenal work to be able to scientifically prove what I'm saying and that it is actually happening already. And we do have the technology, because the people that are skeptics want to see the technology and the research and all of that. Well, it's also here, and that is where I see the beautiful bridging of spirituality and quantum physics really working in unison right now to bring more fundamental foundational principles to say, yes, this is, this is part of the evolution of what's happening and it's proving what psychics and soothsayers and fortune tellers and so much have been saying for for so long. And so it's such. For me it's such an exciting, invigorating time to be alive, even amidst everything that's happening.

1:11:37 - Julie

I agree. I work with DNA a lot and I watch DNA get re-sequenced, especially if somebody has some kind of an illness like a cancer or a Parkinson's or something like that, and I watch the actual strands of DNA.

I watch the nucleic acids get rearranged, almost like watching a Scrabble game where letters are moved around to form a word and I see the ATCGs and one strand can have 100,000 letters, can have a billion letters and I watch them get moved around and then when it's re-sequenced back to a normal recipe, I watch it snap back into a chromosome. I also see a lot of stem cell energy used to heal body parts. It can regenerate and heal any body part that we want. It's really fascinating the things that we all have the ability to see once we learn how to do these modalities. And I believe that it's an adjunct, it's complementary to Eastern and Western medicine as we know it.

It's part of the healing equation, always remembering that nobody heals anybody else. We all heal ourselves and whether you're a medical provider, you're a healer, a shaman, or doing the work that I do or whatever, we're helping that person heal themselves in a way that is always up to their what's their spirits prerogative? What do they want to explore and experience in this lifetime? And going back to the concept that there's no good or bad, right or wrong in the spirit world, it's just an experience that makes sense to me, and it's fascinating the things that we get to see in working together.

1:13:23 - Sitara

I want to speak to this because I love this is one of my favorite things about speaking to people that are very tuned into their abilities, and just the clarity that you're speaking to it as an empath.

It's like you're giving me the download or the view of how you see things and then I can see them. But then I know that there's the transference of encoding and energy, and so that it's just it's so. It's so exciting to me because I know that the transference of energy and by osmosis is happening so so strong in the collective fields and for those of us that are open to receive information from the infinite grit, from the, from the infinite consciousness, like you said earlier, this conversation that's, you know, is being recorded but is also simultaneously sharing information in this unique moment with that collective field. I simply wanted to highlight that because when we open our awareness and simply say yes, please, I'm open for you know that that information that's for me I'm seeing right now, at this time, it's just so much more readily available than it ever has been before, given the current circumstances of just where we're at as a trajectory of humanity progresses. It's so, it's so exciting for me and I'm yeah, I'm just bouncing off of what you're sharing too. I love it.

1:14:52 - Julie

Well, and the technology that we have developed over the past, you know, however long that enables us to share this stuff globally is phenomenal. And it's not necessary that we do it all through electronics. I mean certainly the. The indigenous people of Australia and lots more places have been communicating telepathically across best distances for millennia, but technology sure helps us spread the word and educate people who aren't familiar with those different, different cultures to say, okay, people have been doing this since forever and we can do it too. It's just a matter of learning about it and then just practicing. Practicing is the key, that's the key component. Why do you think we incarnate.

1:15:43 - Sitara

Well, how do I think we incarnate? Oh my God, I feel like there's like thousands of answers for that. I would say the if I had to pick one. If I had to pick one to really focus on, because I do

think that there is quite a bit of just subjective reasons to each individual incarnation, but ultimately is that we are here to learn that. We are here to ascend, and what I mean specifically by ascend is to learn how to work with energy and how to work with frequencies in our physical bodies.

I believe that spirits incarnate in all different religions, all different genders, all different levels of intellectual intelligence, all different things, in a way that is specific to the evolution of humanity. And if we're just focusing here on this planet that there are, I believe that there are a lot of beings who have volunteered from other planets, other dimensions that have come specifically to this planet to help the spirits and souls here that have gotten caught on karmic loops and haven't quite been able to learn and evolve in a way that serves peaceful ease, growth, harmony of collective nature. So I believe that that is the direction that we are going. I believe that some souls have incarnated because they're stuck on a karmic loop and they have a lot of lessons to learn. And I believe that some souls have incarnated here, whether you want to call it a bodhisattva vow, which is to participate in the evolution of humanity until all beings, all souls, have evolved into the next level of their own peacefulness.

Like you're saying, it's all an experience from what I have seen is that there are certain experiences that run on a loop until we evolve past them, and so that is where free will and the consciousness of the individual or the personality, the egoic mind, plays a role in that evolution. So I do believe that there are kind of different levels of awareness and different levels of consciousness. That would be why a particular being or human incarnates at this time. That's what I mean, like it's a little subjective, but in conclusion, at the end of the day, I believe that all of it is to have a human experience and to ascend and learn how to master energy and master healing in the physical body, no matter what your divine purpose is, no matter what your specific lane is. It's like that that's unique to you, but I do believe that it has a lot to do with mastering energy.

1:18:52 - Julie

What a fun, informative, far-ranging, lively conversation we have had together today. Thank you so much for taking the time to join us. How can people learn more about you and your work?

1:19:07 - Sitara

You know, I think the easiest place to go is Instagram to find me at Sitara Speaks. That's where I am most active. Also have a YouTube channel that's also Sitara Speaks. Those are the two best places to start. You also have a podcast and website at monadsociety.com where you can find some information there. Instagram is the easiest way to really touch in with me or my team or just the most recent stuff that we're putting out there.

1:19:41 - Julie

Okay, terrific, and all of that's going to be in the show notes. We'll mention all of those. Well, everybody, thank you for joining us from Sweet Home Alabama, and from Nevada, where Sitara is too, and we'll see you next time. Bye, everybody, thanks for joining us.

1:20:03 - Intro

Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit AskJulieRyan.com.

1:20:17 - Disclaimer

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