

Anncr [00:00:00]:

You, 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 whose transition end? 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.

Julie [00:00:43]:

Hi, everybody. Welcome to the Ask Julie Ryan show. I'm so delighted you could be with us today because we have Wendy Elizabeth with us.

Wendy [00:00:51]:

Hi, girl.

Julie [00:00:52]:

Welcome to the show.

Wendy [00:00:53]:

Hey, thank you for having me.

Julie [00:00:56]:

You are most welcome, everybody. Wendy lost her daughter summer, and her journey since her daughter passed has been really remarkable. So I asked her to come on the show to just share with us what's helped her get through this just unimaginable grief, and also what helps her help other people get through their grief when they lose a loved one, especially a child. So, Wendy, thanks so much for being willing to share all of this with us.

Wendy [00:01:27]:

Oh, you're welcome. You're so welcome.

Julie [00:01:30]:

She's written a couple of books, Summer smiles and also calling all angels journal, and she said them to me. So we're going to talk about those, too. So how can we be a part of deceased loved ones lives and have them be a part of life?

Wendy [00:01:47]:

I think if you're willing to believe it exists and you're willing to understand that death is not the final destination for people and that there is an afterlife, some people just don't believe that. Some people just like, I have a friend that I meet sometimes in cemetery. Her daughter was two years younger than summer, and I've completely enlightened her to this new, not really to me, but to her, the new world of the other side. And she now is looking for sons. And it's totally opened up her, I think her grief process to where she now understands more and she's relieved more that she's not just gone, she's still with her.

Julie [00:02:33]:

Yeah. I do a lot of work with the helping parents heal organization, and that's the thing. And also the research shows that the number one way to help parents or help anybody deal with grief is to be able to communicate with their deceased loved ones and to get signs and to understand that there is life after death, that that is the number one most comforting thing to people. Would you agree with that?

Wendy [00:03:01]:

Yeah, definitely. Because right after summer passed, I think I've told you, I have seven kids, so my whole life is just wrapped up in kids. I didn't really have any outside world. I didn't have any friends, any female friends, male friends, any friends. I just did my chores, kids, car rider line, all that stuff all the time. But after summer passed, she was like the main one because she was the oldest, it seems like, and the oldest where I could actually have conversations with. And when she was gone, it left a huge void. And then when I started going to the cemetery a lot, it was divine.

Wendy [00:03:36]:

I know it was divinely meant to be. These women started coming up to me because I would go up to the cemetery two or three times a week and do things and make excuses to go up there, like flowers or something. I make an excuse and these women were like walking past me about my age in the. They would come up and we talk. And it was weird because every single one of them, there was three to be exact, lost a child and it was the odds in that. Isn't that the strangest thing? And we all became friends and we keep in touch. Isn't that crazy?

Julie [00:04:10]:

Yeah. And then we know that there are no coincidences in life.

Wendy [00:04:14]:

No. Yeah.

Julie [00:04:15]:

They were led to you. You were led to them. That's how all of that transpired. Tell us about your daughter.

Wendy [00:04:23]:

Summer is, and I don't say was is a vibrant soul even here on earth. She was ecstatically energetic. She kind of reminded me of Cameron Diaz. Just bubbly all the know. And we had our little movie quotes we'd say all the time, like in the Cameron Diaz movie and Julia Roberts movie, what it call, what was it? Best friend's know. She would always say, you're not jello, you're not going to be the know. He know what she was telling Cameron Diaz because she would wanted to be normal like her and she was a vibrant soul and she kept everyone's life going and energetic and very, like I said, bubbly and just life of the party all the time. Yeah.

Wendy [00:05:09]:

And it was really hard. It was a humongous light to turn off when she left. Huge light.

Julie [00:05:17]:

Was it a surprise or was she sick? What was going on?

Wendy [00:05:21]:

No, like in the book, I didn't really get into that. I know you kind of like I overlooked that part on purpose. No, it was a total shock because the day before, like, I went by dates and the chapters, you noticed that she was fine the day before and she wasn't fine the day after. Yes. Something tragic happened to her. She died in her sleep. Yeah. And it was like, that's why in one of the chapters, the day I went over there before, she was going to get her nails done with her sister and she was laying there.

Wendy [00:05:57]:

That's what's so surreal, because that's the way she died the next day. Yeah.

Julie [00:06:03]:

Not that it makes it any worse. When you lose a child or lose a deceased loved one, however they go, is painful, but the shock of it and the shock of what you went through, I think sometimes just really ramps it up even more.

Wendy [00:06:20]:

Well, yeah. And that day was, of all days, that was her wedding day. She was to be married that day. And I was getting set up at the church and she never would answer anybody's emails. And it was like eight five or big zach. I was getting out of the shower and knock at the door, of course, and you get that dreaded cops at the door kind of thing. And I put my robe on and that's what it was. And I didn't know what was going on.

Wendy [00:06:45]:

I thought maybe I thought her and her, there was a dispute between her and her fiance or something. I don't know what was going on. I didn't not think the worst at all. Yeah, it was. You're right. The shock is just like, what the heck? You're fine a few hours ago, what's happened now?

Julie [00:07:02]:

Yeah, well, you got to get over the shock and then you got to get into the grieving. Whereas as difficult as it is when somebody's sick, almost gives us a little bit of time to prepare as much as humanly possible. I don't know that it's something that anybody can do easily, but I think it's a whole different situation when there's a shock.

Wendy [00:07:31]:

I agree. I just lost my mother a few months ago and she was on hospice since February, so losing her compared to summer was like nine days because we knew it was going to happen eventually. And. Yeah, I know exactly what you're saying because I've been through both and in the past. My mother a few months ago and summer ten years ago, so it's just like nine day, especially the age difference if my mother was in her eighties and Summer was 27. So it's just exactly. You expect something, but you don't want to accept it, but you expect it. Especially my mother.

Julie [00:08:10]:

Yeah. Well, what are some of the signs that summer sent you since she passed to let you know that she's around you?

Wendy [00:08:20]:

Oh, my gosh. Oh, my gosh. It is unbelievable. Like some of the signs that I've written in the book, and I still have my phone. You scroll down and just. It's unbelievable. Okay, listen to this. This is insane.

Wendy [00:08:34]:

This was just December the first, okay? This is the most recent one, and it wasn't to me at first, but it's in my oldest son, Nick. His birthday is December the first. He just turned 32, okay? He was going to work, it was seven something. And he sent me this, called me first, and he sent me a picture when we were talking, I said, what are you doing? Why are you sending a picture of this car? And I got to look at it, and he goes, look at that car. I said, oh, my gosh. Summer's favorite thing, like in the book, is hello Kitty. Summer's favorite? She wear a necklace. She had all know paraphernalia, all the Toys and stuff.

Wendy [00:09:09]:

She loves hello Kitty. Okay? And my middle name is Elizabeth, obviously, and summer's middle name is Elizabeth, and her daughter's middle name is Elizabeth. Okay. And my mother, the kids

call her Mimi, and I call her Mimi, too, because the kids, okay, on the back of this car, the windshield, it said at the very top of the windshield, on the left was a huge hello kitty sticker, okay, that's one on the bottom left, it said Elizabeth. Not kidding, I swear. And on the right, on the right side of the windshield, in the back, it said blessed, meaning wow. That's insane. And the license plate had three.

Wendy [00:09:50]:
Three. Three on it. Wow, that's crazy.

Julie [00:09:54]:
That's a lot.

Wendy [00:09:55]:
And that was my son's birthday.

Julie [00:09:57]:
And, you know, three is the number for divine perfection in the Bible, so threes have a lot of significance.

Wendy [00:10:04]:
Well, how did you know that?

Julie [00:10:05]:
That just wasn't a coincidence? Did you have a certain feeling when you saw it? Did you get goosebumps? What was the reaction that you had both physically and mentally?

Wendy [00:10:16]:
Oh, I knew it was from her. I hear her on a daily basis. I know some people will say, what the heck are you here for? I do. I hear her every day. And when I write my books and I write things, yeah, I hear her. I mean, it's like audible communication. I hear her and I know it's from her. It's not even a second guess in my head.

Wendy [00:10:36]:
It's just she's there. Okay? It's been ten years now, and it's just second nature. Now it's not even a surprise, like, anymore. It's just like second nature.

Julie [00:10:47]:
Yeah. That's what I teach in my classes, both in person and online, is that once you connect with spirit, spirit is going to communicate with you if you're on the right vibrational level. And then you got to just learn to trust it. The more you do it, the more validation you get. The more validation you get, the more you trust it. And then it is just second nature. And I heard somebody say, it's like learning another language. It's like you speak Spanish or you speak French or you speak whatever, and it's just, you speak spirit, I guess, isn't the way.

Wendy [00:11:20]:
Exactly. Like, the other morning, I was reading something. I forgot what it was, and it was referring to your heart and your soul and everything. I kept picking up that morning had the word heart written on it or soul written on it. It's like, okay, this is crazy. Then I walked into the kitchen, and I saw the clock, and I just randomly looked up. It was 425. That's the number that I always look for her because she passed on that day, and it was 425.

Wendy [00:11:47]:
I was like, oh, okay. Hi.

Julie [00:11:49]:

Yeah. Do you get messages from your mom now, too, since she's passed?

Wendy [00:11:54]:

Yeah. And what's funny is what's really crazy is my mom was old school, and she was an old southern Baptist, but she was a Woodstock person. She was a peace know hippie in the. And she's. She was cool. My dad, not so much. My mom was cool. She was in saving the environment.

Wendy [00:12:14]:

She was all about Colorado and everything, and especially after summer pass, she was big into summer signs. She would call me, and she would tell me stuff like that, too. And the day after she passed, I drive a jeep, and I used to have an orange one, but I traded it in and got a classic black one, which I kind of regret now because I like my orange one, but anyways, and my mom didn't like the black one that much, and she knew I liked the orange one. But anyways, I was pulling down my drive by street, and as I was pulling out, there's a bunch of road construction. An orange jeep passed, and I was like, okay, because you don't see that many orange seats, especially the orange I had. And so I said, okay, whatever. So I pulled out, and I was following it. We got up to the red light, and right behind the jeep on the tire cover was a sea turtle.

Wendy [00:13:09]:

And before my mom passed, there's a thing, but they'll sea turtles with her, but before she passed, I said, you got to give me a sign. You have to tell me what I'm looking for. And she knew what I was talking about. She said, a turtle. And that was the first thing I saw the day after she passed was a huge orange jeep with a tire cover with a sea Turtle.

Julie [00:13:28]:

I love it. Is that crazy? It's so much fun. It really makes us know that spirits around us. But the thing is, we got to be open to signs. We got to be open. Like, if somebody says, look for a mermaid, okay, well, you're thinking, how am I going to see a mermaid? They don't really exist. Well, you might see a picture of it. You might see it in a movie.

Julie [00:13:55]:

You might see the word mermaid. There's lots of ways. And I think that we get signs all day long from our deceased loved ones and our spirit guides and our angels, and we just don't pay any attention to them because we haven't been taught. Nobody's told us, hey, look for this. And the other thing is good for you, that you asked your mom to send you a sign. Because I think most of us, when we have a loved one who's dying, especially if it's over a prolonged period of time, we can do that, and we can say, hey, mom, what's our sign going to be? And nine times out of ten, that sign appears pretty quickly, and it helps with the grief and helps you move on.

Wendy [00:14:37]:

Don't you agree? Oh, I 100% agree. And with Summer, because, see, I was into this even before summer passed. I mean, I didn't just get into it when summer left. What was weird was about a few months before she passed. I really think it was divinely guided for me to tell her everything, because I was getting signs from spirit about at least two years before she left. And I think they were conditioning me before she left so I would know what I was doing because I was into it big time. I was, like, studying everything I could. I'd go to Barnes and Noble and stay there for hours, devouring books, trying to figure out which one to get.

Wendy [00:15:20]:

And Sylvia Brown books. That was my first one. Sylvia Brown book. I loved her. She was a card, and I devoured everything. And I started getting sign after sign, and I had spirit guides, and I was, like, all about them. And I had one named Jack and one named John, which is two average names, but they were special. They were two different entities and special.

Wendy [00:15:42]:

And I would get signs from them all the time, and I told her about that, and she wasn't too crazy about the woo woo stuff, but she would understand it. She's okay. That sounds cool, mom. But like I said, I think it was. And she knew that I knew what signs were since the last day we were together. Before she passed, she was at my house, and we were doing things. And the happy song was. That Pharrell song was really popular then, and we played it more than one time, and I think she got sick of it.

Wendy [00:16:16]:

But happiness in the happy face, that became. And we didn't decide on the sign, but after she passed, I started getting happy faces everywhere. The 70s happy faces. And that's why it's on her book, because that was a sign that she first signed she gave me was a happy face.

Julie [00:16:33]:

Yeah. Well, what did you say your spirit guides were? Jack and John. Those were their names.

Wendy [00:16:38]:

Are they still with you? Oh, yeah. Jack helps me write. He's like the. He's a past romantic interest I used to have. John is so. He's like someone I know intimately, but he used to fly airplanes, airplanes, and he died in a plane crash. And to this day, in fact, I don't know. It was yesterday.

Wendy [00:17:02]:

I ask him all the time. I said, okay, if I'm in trouble or not really trouble, but if I'm stressed out with my parents or my dad or something, and I just, like, I can't take it anymore. I usually go outside and walk with the dogs or something. A plane. And we live near a private airport, granted, but this is weird. Private planes go around our house all the time. But when I always thinking of John, a plane will literally go over my, you know, over here, not over there, straight over my head, and I'll look up and say, thanks, john. Because it's weird.

Wendy [00:17:33]:

It's every single time. It's crazy.

Julie [00:17:36]:

Yeah. Did you have to learn to trust the signs that you were receiving, or did you just automatically just say, okay, I know what's going on. This is legit?

Wendy [00:17:47]:

No, I didn't trust it at first, of course, like anybody else wouldn't. I'm a human. I'm normal like everybody else. I second guess myself all the time. But I had some weird experiences. I mean, like I said, the couple in the book, with the angels, with my son, you fell off the escalator and stuff, and that is crazy. I mean, that is absolutely the most insane thing. What happened to him, and I know that was divinely angels helped him.

Julie [00:18:15]:

Do you want to share that story?

Wendy [00:18:17]:
Yes.

Julie [00:18:19]:
A synopsis of it. A brief synopsis.

Wendy [00:18:21]:
Yeah. I didn't want to take up too much time. But when my son was like two and we were at the mall, and I had the other kids with me, and I got a phone call. He's a rainbuster child, and he started climbing up the outside of an escalator. He got up so high to where it was no fail. You had to get him down or something would have happened. There's no way he could have made it down by himself. And so I jumped to grab him.

Wendy [00:18:46]:
Like, I'm tall, I'm like 511. I jumped to grab him. I grabbed him by his leg with my arm, but I couldn't sustain his weight because he was a big, chunky little kid, a two year old, he fell. I mean, to this day, I remember it like I could yesterday, he fell completely down, hit the concrete well, the tile floor of the mall. I fell onto my feet, but I fell onto my knees on top of. Not on top of him, but over him. He hit hard. I could fear my arm just flinch as his head and neck hit that marble tiled mall.

Wendy [00:19:18]:
I was flipping out. And then all of a sudden, I looked up, and this man, I thought came from one of the stores, older man and came over, was leaning over him and brushing his hair. River had some beautiful blonde, curly hair. I mean, he looked like goldilocks. He's a little boy, blonde hair. He was brushing his hair back out of his face. River's eyes were closed. And he just kept massaging his forehead in his face, just like this, with his hands.

Wendy [00:19:46]:
And I was thinking, okay, we need to call 911. We need to get ambulance. We need to get somebody here. And then as I was trying to reach for my phone, because my phone was behind me, I grabbed for my phone, and my other son, Tristan, was there. He's like five. He handed me the phone, and when I turned back around, the older man was gone. And walking up was the mall security cop. And he walked over there and said, are you okay? What's going on here? Then I said, my son, he saw river laying there with unconscious.

Wendy [00:20:13]:
So he got his little pin light and started showing River's eyes. River opened his eyes, sat up, and he just know. And then river, he helped him stand up. He said, are you okay? He goes, he just said, yeah. River didn't really talk. He was fine. I was like, what in the heck is happening here? And he asked me if I'm fine. And I just, like, I didn't say, you know, okay.

Wendy [00:20:37]:
And he walked off. And that was it. That was. And like I said in the book, I said, know I think God knew that my daughter was going to pass, that she was the oldest and River's the eldest, and he let him survive.

Julie [00:20:52]:
Did you take him to the hospital or the doctor? Did you get his head checked out?

Wendy [00:20:56]:
Oh, yes, definitely.

Julie [00:20:58]:

And he was fine, completely fine. And you couldn't find the man?

Wendy [00:21:02]:

No. That was what's weird. I even went to the stores. I mean, not that day. We went extremely. I went to the urgent care after that. But, yeah, as soon as we came back to the mall, the next mean, I just knew I'd see know. I just knew it.

Wendy [00:21:17]:

I was going to thank know because there were some stores outside. It was outside of Macy's, actually, on the right at Woodlands mall. And I was in this. Go in the store and say, oh, my God, thank you. You did this? And he's fine. Here's river, and thank you. She didn't know what I was talking about. There's no older man here.

Wendy [00:21:35]:

I don't know what you're talking about. I was like, okay. Then I tried the next store, but the next store was like a perfume store, like for young girls. I said, he wouldn't be working in that one. It was a store like, I don't know, it had candles and stuff in it. And that's what store I thought he pinged out of. And the other store was like a shoe store, like a Payless shoe store. And I knew he wasn't in that one.

Wendy [00:21:55]:

I was like, I don't know. And I never saw him again.

Julie [00:21:58]:

But he had an employee badge on. He looked like he was an employee of a store.

Wendy [00:22:02]:

I didn't see the front of his shirt. It was weird because he was kneeling over and I couldn't see the front of his shirt. I just remember it being whitish, like a shirt. I don't know. I wasn't really paying that much attention. And he had on slacks. But I know he was an older man and that was it. I never saw him again.

Julie [00:22:22]:

I get he was an angel. We hear about that, angels showing up as humans. And I know you believe that, too. And I get that he's calling himself Matthias. Matthias. So you can talk to him. Actually, it's bringing tears to my eyes.

Wendy [00:22:38]:

Because you know that. Yeah, I'm going to write that down. That's so cool.

Julie [00:22:43]:

Yeah. Matthias is his name. I think that's a great example, too, of things that happen in our lives where we really are stronger than we think we are. Do you agree with that, that we think, okay, we're not that strong. We're not going to be able to get through this. And somehow we manage to. Certainly, with what you've been through, is that something that resonates with you, that statement?

Wendy [00:23:13]:

It's funny you said that, because my youngest daughter, Zoe, she kind of touched on that years ago about after summer passed. My answer to that is, I guess we don't have a choice. We have to. We have to get through it. We don't have a choice. And with me, I didn't know any different. I mean, I literally didn't know what else to do. And a while ago, the question you were asking me about, how do I believe the signs? Did I not think they were coincidences? Or did I

second guess myself? When I was getting signs before summer passed, they were using river as a conduit.

Wendy [00:23:54]:

And that's what was so weird, because then the accident happened to river after he was being. Signs were sent to him because he was two. And two year olds can't write a sentence or words or anything, but two year olds can talk, but they don't talk about things that you haven't never talked to them about or what they've seen or know. So river would say things that didn't make sense, that a two year old would say. He would say things that I was thinking, or that spirit had told me I was thinking. It was bizarre. And one time, to be exact, I remember I told you John died in a plane crash. And river didn't know John.

Wendy [00:24:36]:

This is before I had kids. And he was in a car seat one day. And river loved to write. Like I said, he was two. Why would a two year old like to write stuff? But he had a yellow pad. He carried a legal pad around with him everywhere. He carried a pencil or crayon with him. And one day we was in the car seat and he was writing stuff, whatever.

Wendy [00:24:59]:

And we got home and I took it out of the car seat, and he was getting out, and he took off running across backyard. And I looked at it and I said, what the heck is that? I still have it. To this day, I don't know where it is, but I still have it. It was a drawing, Grant. It was two. It was a drawing of. It looked like an airplane. Like a two year old could draw, but you could tell it was an airplane and looked like a stick figure of a man falling out of the airplane.

Wendy [00:25:27]:

And you could see water at the bottom. And I said. And I took it to him and I said, what is this, what you draw? And he goes, oh, it's that man that man that fell into the water. Yeah, I like that man. That's a man that fell into the water. I was like, okay. And I never really got anything else much out of that except another day he was standing on the porch and he had his arms wide bread. I was like, what are you doing? He said, oh, I'm flying.

Wendy [00:26:02]:

I like to fly in those airplanes. So John had definitely was talking to.

Julie [00:26:09]:

So did John die because he crashed into the water in his plane?

Wendy [00:26:13]:

Yeah. Oh, I'm sorry. I didn't tell that part. Yeah, he did. California. His plane crashed in California? Yeah.

Julie [00:26:18]:

Oh, my goodness.

Wendy [00:26:19]:

It's a private plane.

Julie [00:26:20]:

You can't make that stuff up.

Wendy [00:26:22]:

Please. That's crazy, right? I know.

Julie [00:26:24]:
That's.

Wendy [00:26:25]:
Yeah. Yeah.

Julie [00:26:26]:
And I have so many moms and grandmothers that tell me these kinds of stories. And that's what led me to write my children's book series, the Angel Messages series. There's four of them. Angel messages for kids, for dogs, for cats, and for truth. And it's because so many moms, Wendy, have said, can you please write something that I can read to my child that helps them understand how they can talk to these people who are know these spirits and they never knew them. Like that example with John or a deceased grandfather. And they tell them stuff there's no way they could know. And little children know about past lives as well.

Julie [00:27:09]:
And also, the other question that I got a lot from moms before I released those books, Wendy was, what do I say when somebody passes? Because we'll say, well, honey, granddad's in heaven, and they'll be at the funeral home. They'll say, no, he's not. He's asleep at that box up there. But little kids know this stuff. We all come in with the ability. It's just a matter of developing and enhancing it. Changing topics for a minute. You're very connected to angels, and I know you've studied angels a lot.

Julie [00:27:39]:
Tell us about your relationship with angels. Are there specific ones with whom you work, with whom you have conversations? Tell us about your experience with angels.

Wendy [00:27:54]:
I rely on them on a daily basis. I know we all have guardian angels, and I know we all have a group of angels that surround us. My main angel, which sounds like silly, but her name is Hope. And our name is. It's weird, because when river was, everything goes back to river. He was my last kid, but I thought he was a girl. And for some reason, my doctor's office, my OBgyn doctor, was on Hope Road. And every time I go to the doctor, I'd see Hope Road.

Wendy [00:28:25]:
Isn't that funny? And that's where I came up with, okay, well, her name, because I thought river was a girl. It's back when. The day when you didn't want to know the gender. I never knew the gender of my kids.

Julie [00:28:35]:
I didn't.

Wendy [00:28:35]:
Surprised. I don't like the gender reveal thing, I'll be honest. I like to be surprised. But anyways, my daughters think otherwise. Anyways, yeah. I thought river was a girl and her name was going to be hope. Of course, river wasn't his boy, and river was a song that I knew that I really liked. That's why his name is that.

Wendy [00:28:56]:
And I found out that the reason why I was so into hope so much, my guardian angel's name is Hope. Her name is Hope. And she's, like, my best friend. I mean, I seriously talk to her on a daily basis. And what's so bizarre is I had this ring that I had as James Avery several years ago. And when James Avery made those little script, know, like, love and whatever, you've seen them. Well, they had one that was script. That was hope.

Wendy [00:29:24]:

And I got this several years ago, and I wore it on a daily basis, forever in a day. And my mother, Mimi, when she was still good and not too kept, she always saw it on my hand, and she loved jewelry, and she loved James Avery. That was her thing. And one day, I took it off her hand and gave it to her, and that was her thing. Even when she was going down faster and faster, she would just say. She'd hold her finger at me. She said, well, I'm with hope. I'm with hope.

Wendy [00:29:55]:

She'd do. And with the angels, also with the archangels like Michael and Raphael and all the other ones. Gabriel. Yeah. You just call up on them when you need whatever you need. And there's certain of the angels, like, you know, that specialize in certain things. Like my daughter, Zoe. She couldn't conceive for the longest time.

Wendy [00:30:20]:

And I know that Gabriel is good, know conception, and he carries the white lilies and the pearls. He's good with fertility. So I bought her the James Avery lily ring. I think it's retired now. And the day I gave her that mean even she said it herself is too much, you know, too much information. But she said, mom, I said, I hate to tell you this, it's too much information, but the day you gave me that ring is the day I can sing. Bell. Isn't that crazy? That's her.

Wendy [00:30:57]:

Yeah.

Julie [00:30:58]:

I have a friend who's been on the show named Perdita Finn. And we talked about. She. I don't remember what the episode number was. It was a few months.

Wendy [00:31:07]:

And she.

Julie [00:31:08]:

Every morning, she and her husband say their prayers. They say the rosary in bed. And then she gives out assignments to all of her angels and the saints and her deceased loved ones.

Wendy [00:31:19]:

Okay.

Julie [00:31:20]:

Angel Michael, I need you to do this. Angel Raphael, I need you to do that. Mom, I need you to do this. Aunt Betty, I need you to do that. Hilarious.

Wendy [00:31:29]:

And she says it works. She says all of them come in.

Julie [00:31:33]:

And she said it's amazing. She said she has never, ever asked for something. She's never made a request that wasn't answered.

Wendy [00:31:41]:

Yeah, it does.

Julie [00:31:43]:

She said, it's not like you're going online and you're buying something out of a big catalog. It may not come in instantly, but everything that she's ever asked for, every wish, I guess you could call it every wish, has been granted. Which I think is amazing. Are angels with us our whole lives? Do you think your kids and your grandkids had angels when they came in? And we still all, regardless of our age, we have angels that are around us.

Wendy [00:32:17]:

I definitely do. Even the people that don't deserve them. Even the people don't deserve them because I have a couple of people in my life that don't deserve them. I'm not going to say who, but, yeah, I do. But they just sit back and watch them because we have free will and we can't be told what to do, but they're there nudging them. I mean, God wants us all to be the best people we can. And I think all this came in with at least one or two or three. And even the people, like I said, that don't deserve them, they have them, too.

Wendy [00:32:51]:

It's just the angels have an easier job because they're not recognized. They try, but they're just not listened to.

Julie [00:32:58]:

I've heard many, many times that we keep the same guardian angel through all of our lifetimes and that our guardian angel stays with us in heaven as well. Have you heard that, too?

Wendy [00:33:08]:

Yes, definitely. Well, what do you say people who don't deserve?

Julie [00:33:13]:

Remember, all spirits are pure love.

Wendy [00:33:15]:

Exactly. Earth, plane. I mean, like the ones that end someone's life or are greedy, or the people that are learning. That's what we're here for, is to learn our lessons. Not everyone's perfect. Not everyone's loving, not everyone's know. There's tons of people that, like I said, are not deserving of other people's caring. But you just the.

Wendy [00:33:41]:

I read that poem every single morning. The St. Francis with Cece. You have to learn to comfort more than to be comforted. And it's hard.

Julie [00:33:54]:

Make me a channel of your peace. Right.

Wendy [00:33:57]:

Exactly.

Julie [00:33:58]:

Where there is love, let me sow hate and all of that. I played that song on the flute when I was in grade school.

Wendy [00:34:05]:

Oh, my gosh. Cool.

Julie [00:34:07]:

Yeah, oftentimes it would be. I went to a catholic school, so if there was a funeral, they'd bring the kids over to sing in the choir loft for the funeral, which I thought was wonderful for the families. So we'd be up there bawling in the choir loft, and we didn't even know who the person was that died. And we didn't know any of the family members that were there, but they were all crying, so we were up in the choir, left crying, too. But, yeah, I played that song that's been set to music and I played that. I can't even tell you how many funerals and how many masses when I was a kid. Yeah, I don't think I can still play it. I still have my flute.

Wendy [00:34:48]:

My daughter's played the flute. Yeah, my daughter's played the flute. I couldn't do that.

Julie [00:34:53]:

Yeah. I don't know that I could do it now because it's been 50 years or something since I did that. But anyways, what role do angels play in our lives?

Wendy [00:35:05]:

I think they play the role of friend. I really do. I mean, that sounds kind of cheesy, but I just think they're our friends. They want to be our guide, our friend, our confidant, our counselor, our friend. You're never alone. It's what is written. You're never alone. And your angels are always there with you.

Wendy [00:35:26]:

So I think that, yeah, if you ever need anyone to guide you or counsel you into something, you ask for their help. Yeah. That's how I look at it. That's my perspective on it.

Julie [00:35:37]:

Do you see angels? Do you feel them? Do you hear them? Do you smell them? All of the above. How do they make themselves known to you?

Wendy [00:35:47]:

Light. I see sparks of light. Like the morning my mom passed, which I was not expecting this, or even a few mornings before she passed. And I wasn't really sure what I was seeing or what I was doing. But then, of course, you have to stop yourself, like, get in the present moment, because I was going 90 miles an hour when she was in hospice. My dad was, like, crazy erratic, and your monkey mind was going nuts. What to do what to do. And you have to stop and set yourself up to ground yourself.

Wendy [00:36:23]:

And that morning, one morning I went over there and I rode my bike over there every day. All of a sudden, it was like sparkles of light were coming from the sky. As soon as I got off the bike in the driveway, it was light. Yeah. And then the other morning, too, for some reason, I was going through something with my dad again. And I walked outside and I saw the light. And then you feel almost like a genuine peace or serenity without medication. I could take on medication.

Wendy [00:36:54]:

You want, like a volume and feel good. But I felt that with the sense of those lights. I just all of a sudden felt calm. It was the most reassuring, knowing that someone's there. You got your back. It's going to be fine. You need to calm down. It's going to be fine.

Wendy [00:37:15]:

We're all going to the same place. If someone. People are getting there faster than you and you need to calm down because I can get worked up like everybody else.

Julie [00:37:25]:
Did you see the sparkles inside, too?

Wendy [00:37:28]:
In the house or just outside? No.

Julie [00:37:33]:
Interesting. Why do you think that is?

Wendy [00:37:36]:
I don't know. Well, my take on it is all the negative energy that's in my parents house and all the negative energy because. I don't know, when I come home, I kind of decompress. And I try not to think about that situation because I could get into a whole scenario. What goes on in that house. That house is very depressing. Loud. My dad is loud.

Wendy [00:38:00]:
He's an Archie bunker on steroids. My mom was. She was dysfunctional, too. But during the age, the time when she was passing, she was loud, too, and very negative energy in that house. And when you go in, literally, when you were asking about angels a while ago, I get Archangel Michael to put a shield or a bubble around me so I don't absorb it. Because if I go in without my shield, like he has his shield, I will absorb all that. And I'll go in depressed, angry, violent with aggression to combat their behavior. And if I go in with the calming essence of, like, I know I've had protection.

Wendy [00:38:44]:
I was like, what do you need? Why are you upset? Let's take care of this. It's fine because I have to be that to bring it down in there. Back to the.

Julie [00:38:56]:
Make me a channel of your peace.

Wendy [00:38:57]:
Exactly. There you go.

Julie [00:38:59]:
Francis. Prayer. Yeah, same thing. The hit that I get wendy off of the sparkles outside, why you don't see them inside is because they're so fine that the sun is reflecting them. And so they're easier to see outside than the inside.

Wendy [00:39:16]:
Makes sense because I have seen them in my room, and my room is like my sanctuary, not very often, but I have seen them in my room, like in the morning when I do my meditation or my whatever, readings or whatever. And I have seen them in my room, but that was the main thing at my mother's driveway, going to her house. But, yeah, that's too cool. I mean, you know what's going on. When I saw that, I knew what was going on.

Julie [00:39:42]:
Yeah, that's called direct knowing, too, when you just know. I see angels in my mind's eye. And twelve years of catholic schools, I mean, I was taught what angels look like, according to the Catholics anyways, right? Big wings, white gown, big beings. And that's what I see in my mind's eye when I'm scanning somebody who's dying, because we're all surrounded by angels and the spirits of deceased loved ones and pets. And these are big old angels as I picture them. And they're like six to 7ft tall with big wingspan, and they look like the statues and the paintings of what I was taught, that angels, how angels are supposed to look. Now, we already

discussed that. I believe that man in the mall that helped your son, river, that was an angel that assumed a human form.

Julie [00:40:35]:

And we hear all kinds of stories. One of my favorite movies is the preacher's wife with Whitney Houston. Have you seen that? No, I haven't, but I've heard it's, it's great. And it's great Christmas movie. And Denzel Washington is this angel, but he just looks like just a regular, you know, with his overcoat on and his. And. But he's an angel. And so we've heard countless stories in our lifetimes about angels appearing as humans and doing something miraculous, like what happened with river, and then they just disappear and you can't find them and nobody knows who they are.

Julie [00:41:12]:

Nobody knows where they went. So I believe that angels are going to show up, however, it's going to make sense to us based on our human experience. What have we experienced? What have we been taught? What's our frame of reference? Certainly somebody that's grown up in an indigenous culture may see angel energy as just a blob of a purple ball or something, but I think that it's all going to be subjective to the person with whom the angels are working. When you hear information from the angels or you get guidance from the angels, does it sound different? Does it feel different from when you're hearing from John or Jack or your mom or summer, a deceased loved one. It does.

Wendy [00:41:58]:

It's more lighter. It's lighter. It's not like in your face, like directions. It's going to be okay. We're going to help you. It's just another feeling on a different level. It's like at the lighter side, when I get stuff from them, it's almost like, okay, I put it like this. When I get stuff from them, it's more like on the human side, it's like they talk in human.

Wendy [00:42:26]:

Like we're talking like normal, casual conversation. Angels to me are more formal and it's more like the lighter. It's going to be okay. We're going to do this. I'll protect your son today. I'll protect you today. Don't worry, I got your back. Just stuff like that.

Wendy [00:42:40]:

It's more lighter. That's the only best way I can describe it to me. It's more comforting. There you go. That's a good word for comforting. And with a communication I get with them is more like conversations with someone else. Like a normal person with your loved.

Julie [00:42:58]:

Ones who are deceased.

Wendy [00:42:59]:

Yeah, exactly.

Julie [00:43:02]:

Okay. That makes sense. You say when God plans a party, he always plans a surprise. Tell us about that. Why do you say that?

Wendy [00:43:10]:

Oh, my gosh. That was insane. In fact, that was yesterday. December 14 was yesterday, and that was the day. That's what happened. That's what it was like. I wrote the book, but I haven't really picked it up in years because I'm not going to lie, it upsets me. It does.

Wendy [00:43:29]:

To reread the stuff that happened and remember this stuff, because ten years has been a while. Okay. On December the 14th, unknowingly, that day, I went up to summer's house. And it's like one of the first times I went in the house and I was looking for, I guess, something. I forgot what I was looking for for some reason. And I went into her spare room, which I haven't been into since she passed. And it was like she carried all of her boxes and stuff in there. It was like just a modge podge of different things.

Wendy [00:43:58]:

Anyways, I walked in there and I was going to look in the closet for, I think it was a Christmas tree. Not a Christmas tree, but I was looking for. Oh, I know. The punch bowl for Willow's birthday. Because Willow's birthday, that's summer's daughter, is December the 19th. So I was looking for a punch bowl. Okay. I went in there and there's a lizard in the windowsill.

Wendy [00:44:18]:

And so I walked over there, got the lizard, left the front door open, and walked outside to take the lizard outside. I didn't have my phone with me. Then I walked back in there, and in the middle of the floor was a Christmas tree, a small, two foot, three foot Christmas tree. I said, that was not there a while ago. What's happening? Because the floor was covered in boxes except this little bitty area. So I would have known if there was a tree there. And there was no tree there. And I was the only one there because it was like 07:00 in the morning.

Wendy [00:44:48]:

So I looked at it, I said, wait, what's today? Sunday. Okay, what day is this? What's this date? And I ran to him and got my phone. It was December the 14th. I said, oh, my God. That was the day we had Willow's birthday party. That's the tree summer decorated for summer's birthday party. So are you serious right now? Oh, my God. And then as I looked on the floor, right next to it was an ornament, a Santa wooden ornament that summer got it said believe on it.

Wendy [00:45:19]:

And Willow's name was on the back of said, okay, I can't make this stuff up. Like you said, it was crazy. That's insane.

Julie [00:45:28]:

Yeah. So did you use the tree in.

Wendy [00:45:30]:

Your decorations with your punch bowl? Definitely. And I brought the ornament home, too. Definitely.

Julie [00:45:36]:

Yeah. And what happens when you share that story with people? Like on that day when that happened, did people believe you? Did they think, oh, she's just making this stuff up, or do you find that it gives people comfort?

Wendy [00:45:51]:

You would hope that's what you anticipate because you want to spread the wildness or the shock or the happiness of the what happened? Oh, my God. You want to share that because, like, you just did. You know what I'm talking about? So you got it. And you're like, dudes, it's like, I am. Some people do, some people don't. I called one of her best friends that lived there, the house, when Summer did. I mean, before she passed, she did. Or one of her girlfriends.

Wendy [00:46:18]:

And she was like, okay, Miss Williams, you're going to be know. But then days passed and I talked to her boyfriend's, her previous boyfriend's mother. She's in the book, too, Lisa. And she was all about it. She goes, oh, my God, that girl is so strong. She's a showing you, son. She knows all about know. She was thrilled to people.

Wendy [00:46:45]:

Everybody's different.

Julie [00:46:47]:

Yeah. And by planting that seed and leading by example, people are going to come to you when they're ready. You've planted that seed. So when something like that happens to Summer's best friend and she's going to think of you and she's going to say, okay, well, maybe there is something to this. And that's all you can do, is you can plant the seed. It's like giving somebody a gift. All you can do is give it. You can't make them like it or want it or receive it.

Julie [00:47:15]:

All you can do is just give it. And it's the same with that. And I think with all this spiritual stuff, it really helps when we give up expecting a response or demanding a response and just going, oh, my gosh.

Wendy [00:47:29]:

You won't believe what happened.

Julie [00:47:30]:

And then you give up what the outcome is, whether they accept it or not, which takes some practice. It's not easy to do at the beginning, you say that you used to live in the past and in the future, but not in the present, and now you live more in the present. Why is it important to you to live in the present? And why is it important for all of us to live in the present?

Wendy [00:47:55]:

Because if you live in the past, you're only remembering things that have already happened. And nine times out of ten, everyone has a past they don't want to remember. And usually our human mind, as I've read and I've experienced, always goes the negative first. And if you're thinking about the past, you're not going to be thinking of anything that you won a grand prize on something. You're going to go to that argument you had with your husband first. You're always going to go spiral to the negative first. And the present moment is the hardest thing. It seems like the simplest thing in the world to do, but it's not.

Wendy [00:48:33]:

But it's the only thing that can keep you in the moment of gratitude, to keep you grounded and in the moment of gratitude to know exactly why you're here and not in the past of what had happened and what if. Because there's always a what if in the past. Like, what if her sister, summer sister Shelby was supposed to come over and spend the night with her that night. And Shelby, I mean, I use the term, blew her off because they got in a fight. To this day, Shelby feels guilty that she didn't spend the night with her. So Shelby lives. Still does, I'm sure. And to the point, she lives in the past.

Wendy [00:49:14]:

What if? What if, what if? And the past doesn't serve you it's already know. And the future tripping is like thinking of things are going to happen, but they don't. Then you get disappointed. So why would you set yourself up for disaster? Stay where you are now and hope for the future and expect things. If you want to manifest things, expect it and live like they're going to happen, but don't expect it and be disappointed when it doesn't.

Julie [00:49:47]:

Well, and things often unfold in ways that we can't envision, we get the same outcome, but we have a different path that we take.

Wendy [00:49:55]:

Exactly.

Julie [00:49:56]:

And when we are so focused on only it can only happen this way, I think we really shoot ourselves in the foot from the magic of the manifestation unfolding in perhaps even more elegant, easier, more magnificent ways than what we'd even envisioned.

Wendy [00:50:15]:

Exactly. Oh, I know that's happened to me several times, or ask me what if? I can't think of it right now, but I've been in that experience where I thought this was supposed to happen this way and it happened another way. I was like, well, that was easier.

Julie [00:50:30]:

Yeah, or you look back on it years later and you think, okay, well, I did get what I wanted. It's just not how I envisioned that it was going to happen.

Wendy [00:50:39]:

Yeah, go ahead.

Julie [00:50:40]:

I was going to say, and. Or when we're going through something that's less than optimal, that's painful, perhaps, and we. Hindsight is 2020, right. You look back on it and you say, okay, that was awful going through that. And yet it benefited me in this way and led me to this, which has really enhanced my life in a multitude of ways.

Wendy [00:51:01]:

What were you going to say? Nothing. It was just about the manifestation thing. Some people do vision boards and stuff, and I still do them. I know some people don't, but I just like doing it every year, January the first, I always do one. And like I said, I had the orange jeep, and I was envisioning my new jeep, a black jeep. And in 2020, that's when I was looking for a jeep. Okay, good luck with that. You couldn't find one if you did.

Wendy [00:51:26]:

It was price gouged tremendously. And so I kind of put it off. Put it off. And then finally I put on my vision board a black jeep, and I just literally printed it out off the Internet, a black jeep. And I put on my vision board and say, okay, I'm having that jeep. I'm having that jeep. Okay, I got the black jeep in 22, and it was still on the vision board and still hanging inside my bathroom wall. And I got to looking at it, I was like, wait, what? And it's pretty much almost identical to the jeep I got, which is not that big a deal because I wanted that jeep.

Wendy [00:51:59]:

But what is really weird is I looked closer at it. The first three letters on the license plates are the first three letters on the jeep that I got on my vision board. Isn't that crazy? Yeah. So that's something that I didn't manifest on purpose. That was like magic. That was crazy. It was a black jeep exactly like I wanted, but I didn't really care if the license plate was the same, but I guess the universe wanted me to have the same license plate.

Julie [00:52:31]:
Oh, my gosh.

Wendy [00:52:32]:
Yeah.

Julie [00:52:32]:
That is wild. That's wild. You believe that songs find us? Tell us more about that.

Wendy [00:52:39]:
Songs always find me. It seems like summers knows. That's like when you have, like you said, a lost loved, they. It's like a language and they use what you use best and don't know best. And she knows that songs really are my signal to know that's her. Especially songs that we played before, like the happy song. And one song in particular, when I came back from her house that day that I told you, I picked up a CD out of one of the big boxes. And I thought it was a Denver CD and because it was in a John Denver case, and I like John Denver because I like Colorado.

Wendy [00:53:17]:
And so I brought it home and I had an old jeep at the time and it had the CD player in it. And so I was at the cemetery when I was at the cemetery first, and I played the song that we played. One of the songs we played at her service was landslide. And I love that song. And this was a random CD. It was blank, it was silver, it was in a John Deere case. And of course, who wouldn't think it's a John Denver CD? I popped it in the track as soon as I got in the car and started playing it. And I wasn't even halfway around the curb, the cemetery.

Wendy [00:53:51]:
And it was an acoustic version of landslide that just started playing the same song I was playing just five minutes ago at her grave site with my phone that we played at her service. Isn't that crazy? How does that.

Julie [00:54:04]:
Yeah. Yeah. Well, I think music can trigger so many memories and so many wonderful feelings and how is it that we remember songs? I remember songs from when I was a kid. I went to Ohio state and their arch rivals, Michigan. I remember the bad words to the Michigan fight song, the Ohio state version.

Wendy [00:54:27]:
40 plus years ago.

Julie [00:54:28]:
How do I remember that? How do we remember songs that we heard when we were little or growing up?

Wendy [00:54:35]:
Like when we were in grade school.

Julie [00:54:36]:
And high school and you hadn't heard it for 30 years, but you know every word.

Wendy [00:54:42]:
Yeah.

Julie [00:54:43]:
How does that work, do you think?

Wendy [00:54:45]:
I think it's because my thought process is maybe not true, but I think whatever brings you joy and happiness that you repeat in your mind often enough that especially when you were a child, you remember it, because I remember a lot of fun things I did as a kid. And like you said, I remember some poems and stuff when I was a kid. I was like, what the heck? How do I know that? And I can recite it to this day. And like you said, songs, too. I think it's whatever brings you joy kind of sticks with you and kind of makes you relive the youth that you used to have and make you feel better.

Julie [00:55:19]:
Yeah, well, I think music, too, is an angelic thing and a spiritual thing, because we had Dr. Evan Alexander on the show, and he talked about in his near death experience, I read his.

Wendy [00:55:32]:
Book, oh, I love that.

Julie [00:55:33]:
And he talked about how he kept feeling like he was in higher and higher levels of energy and levels of consciousness, and that it was this music that was playing in the background. And as the music changed the frequencies, he was able to reach higher and higher levels of energy. When I'm working on somebody's eardrum, like if they have tinnitus or something, some kind of hearing issue, I'll watch the eardrum get repaired or replaced with stem cell energy, but then I'll watch musical notes and sound waves energetically bounce off that eardrum as it's adjusted to make the tone correct. And I asked an audio engineer one time who does studios, just like recording studios. I said, why am I seeing musical notes and sound waves? Isn't music? Wouldn't that just be regular sound waves? And he said, no, they're different frequencies, which is why music can elicit an emotional response I thought was interesting.

Wendy [00:56:38]:
It's very interesting. It's very interesting.

Julie [00:56:41]:
Yeah, absolutely.

Wendy [00:56:42]:
When I hear violins and soft music like that, that media is emotional trigger for. Yeah.

Julie [00:56:50]:
This same engineer told me a story. He said he was building a studio at EWTn here in is, which is eternal word, network, something. And Mother Angelica, this catholic nun, started it, and he said he had everything plugged in. They were getting ready to go on air. Everything was perfect, and they couldn't get any sound. And so Mother Angelica came in with.

Wendy [00:57:17]:
A bottle of holy water, and she.

Julie [00:57:19]:
Started sprinkling it on all of the equipment. And he's thinking, oh, my God, we're going to start a fire here. This is all going to short out. And he said, no, don't be doing that.

Wendy [00:57:28]:
And he said, she walked out of.

Julie [00:57:30]:
The room and all that stuff started immediately up.

Wendy [00:57:33]:
That's crazy.

Julie [00:57:35]:
Which I thought was a wonderful story.

Wendy [00:57:37]:
That's interesting. That is so crazy. Another question.

Julie [00:57:41]:
Why is it then, that when we seek happiness in others, we find happiness ourselves? I've heard you say that. Why is that?

Wendy [00:57:53]:
Because that's what we're here for. And I think when we unknowingly care for others, it makes you feel more grateful that what you have, you can give it to someone else and make them happy as you were when you had it. Like till you give stuff to goodwill. I do that all the time. Doesn't it make you feel good? Like some old sweater you had that you don't like? If you know someone else is going to see it as a brand new sweater and go, oh, my God, look at my brand new sweater. And doesn't that make you feel good? It makes you feel good. Yeah, that's why.

Julie [00:58:26]:
Yeah. We have a salvation army that I take stuff to all the time, and a lot of people will come after hours and they'll pick through the stuff that people have left outside. And I did that a couple of.

Wendy [00:58:38]:
Weeks ago, and I dropped off a.

Julie [00:58:39]:
Bunch of stuff, and this family came up with a bunch of little kids. And I know that they were looking for things. They probably didn't have much money. And I was talking to the woman, and I said, here, look at this. Look at that.

Wendy [00:58:50]:
You're going to.

Julie [00:58:52]:
So I was showing her this stuff that I just dropped off, and she.

Wendy [00:58:55]:
Thought it was great.

Julie [00:58:58]:
What is it about journaling that's helped you with your grief?

Wendy [00:59:03]:

I think writing it down, it's not so much journaling. Like dear diary, like, you're like a young child would write in a diary. It's not like what you write down, like what you did during the day. It's not like a list. It's like journaling, to me, is writing down what comes to me and what I feel. I know that court of sales like the same thing where I said before, but I think it opens you up more to the other side, because you can hear what they're trying to transpire through you that you're blocking out in your mind. Because when you're like we're talking or you're watching tv or you're sitting in a chair, you're always focused on something until you're asleep. You're always focused on some of your phone, the tv, someone coming in out of the room, sounds around.

Wendy [00:59:53]:

You're never just sitting there staring into space. Of course, no one does that. But think about it. When you're looking at a page, you are staring into space, really at nothing. And you're quiet. It's like a meditation. So when you're journaling, it's kind of like a meditation writing version. You're writing down what's coming to you as you're meditating.

Wendy [01:00:12]:

It's how I look at it.

Julie [01:00:14]:

You're calling all angels journal that serves that purpose for you. And you have some wonderful prompts in that. Tell us about that journal that you put together for people.

Wendy [01:00:27]:

Yeah. Like I said before, it's literally how I wrote summer's book. I first started on my phone, but I'm not good with that because I get distracted on my phone. It's like everybody else. Oh, what's Instagram doing? Oh, what's Facebook doing? I said, no, put your phone know, because I get on the phone. I get it. Notes. I had a whole list.

Wendy [01:00:47]:

I still do. And all the way back to 2013, I have notes that I wrote down every single day of stuff. But the phone thing got to be where, like, no, I don't want electronics right now. I'm writing this down. Pen to paper works better than electronics for me anyways. So I write it down. And to me, when I was getting all the signs for summer, I had it on legal pad like river did. River got me into getting the legal pads.

Wendy [01:01:19]:

And I saw. I wrote page after page after page. I said, there's got to be a better way than that. And of course, you can buy one at Target. But I wanted one more towards what I was doing. I wanted one that it was directly from the angels and what the angels would want me to write in because they were like, okay, well, you're writing your angel messages today. You need angel journal. So I said, okay, well, I've got to make one.

Wendy [01:01:43]:

So I made one. And the prompts are, like, for what? It's either inspirational little quote or it's like I saw today or whatever, but it's literally how I wrote summer's book. I wrote everything down. If I didn't write everything down, I would have forgot it, because it's like yesterday when I had a couple of sons and I said all day long, I was driving, and I solved a couple of things or whatever, and I said, I'm going to write that down when I get home. You don't do it. You put things off, you let the dog out, you make dinner and you forget. But if you have the book on you and it's in your purse like I do, I carry it around because I carry a big bag and I carry it in my purse and I have a beat up one I've been carrying for years, and I carry a pen with me and I write it down. It's just right there.

Wendy [01:02:28]:

And it centers you. It grounds you. It centers you. That calms you down. It makes you think that you are not alone. You're talking to your friend and you know that these signs are there given to you as a gift. And when you receive these gifts and you say thank you, they come in droves to give you more because they, hey, someone's listening to me. I've got to listen to this woman.

Wendy [01:02:55]:

And who doesn't want that?

Julie [01:02:58]:

Well, plus, gratitude is such a high vibration. We attract more of where we're vibrating. So if you're feeling awful, you're going to attract more. Feeling awful.

Wendy [01:03:09]:

Exactly. Good.

Julie [01:03:10]:

You're going to attract more things that make you feel good. And that sounds so simplistic and yet it's true. And those of us that have experienced that, I can tell you have as well. We know it's true because we live it. Yeah.

Wendy [01:03:25]:

Last question.

Julie [01:03:26]:

Why do you think we incarnate?

Wendy [01:03:29]:

I think we're here to learn our lessons and to a certain degree, and then when we return back, we still have more missions to accomplish. I think we all have more than one life. I'm not too knowledgeable on that subject, really, to be honest. But in my own opinion, I think we have multiple lives to accomplish in chores, if you say to do here on this earth and we're all here to take care of each other, it's like you're chosen. Like people say, you chose your parents and you chose this and chose that and you chose to leave early, like summer. She was chosen to leave at 27 for a reason. We're all here for a reason. And my opinion is we come back to serve.

Wendy [01:04:19]:

As simple as that. It's just a revolving escalator of service. That's how I look at it.

Julie [01:04:26]:

Wonderful. You're so extraordinary and you're so.

Wendy [01:04:32]:

But I appreciate that.

Julie [01:04:33]:

Why I wanted you on this show. When I first met you, I thought, wow, scal's really got an awful lot of wisdom that she's willing to share. And I so appreciate you sharing Summer's story. And about all the signs that she sends you and how you're helping people who are grieving not only the loss of a child, but also the loss of any loved one, help them get through their grief and help them really experience the magic and the knowledge that really life does exist after our human existence. How can people learn more about you and your work?

Wendy [01:05:15]:

Well, I have a website. It's Jonathan win. And it's a full fledged website. I have lots of blogs and lots of writings on there. You can starting I had a book club about a month ago. It was Jonathan Livingston Siegel, one of my favorite books. Some of my friends, women friends, especially the ones in cemetery, we all read the book. We all had book clubs, and we all met and we talked about it and the spiritual meaning behind it.

Wendy [01:05:42]:

And that enriched us so much. We bonded more. And I have a lot of things still going on with it. But if you want to purchase her book or the journal, you can go to Amazon or Barnes and Noble and drop me an email. My email is on there and I will respond to you and just whatever you need.

Julie [01:06:04]:

Yeah, and we'll post all of that in the show notes, too. So thank you so much for making the time for us. And thanks for joining us and just sending you lots of love, everybody, from sweet home Alabama and from Texas, too, where Wendy is.

Wendy [01:06:22]:

Definitely, definitely.

Julie [01:06:23]:

We'll see you next time. Bye, everybody.

Wendy [01:06:26]:

Bye.

Anncr [01:06:29]:

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at Ask Julie Ryan and like her on Facebook at Ask Julie Ryan. To schedule an appointment or submit a question, please visit askjulieryan.com.

Disclaimer [01:06:43]:

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