

AJR Show - Bret Lockett Transcript

0:00:01 - Intro

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening. Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. I'm Julie and I'm so delighted you could join us this week. My intention in doing this show is to provide information, information, insight and comfort to people all over the world by helping to answer life's unanswerable questions. We have Bret Lockett with us today. You guys, you are gonna love, love, love him. Hi, Bret, welcome.

0:01:06 - Bret

Hi Julie. How are you? It's good to see you.

0:01:09 - Julie

Thank you. Thanks for taking the time to join us, oh.

0:01:14 - Bret

It's a pleasure to be here. I wouldn't have, wouldn't have traded it for the world. This has been a long time coming, yes, it has you guys.

0:01:21 - Julie

Why I wanted Bret on the show is number one. You know what a big football fan I am. Well, he's a former NFL player who's become a relationship coach of all things for organizations and individuals, and that's quite a career pivot. And so I'm gonna be asking you lots of questions about the Spiritual aspects and tools you use to make that change and what you're using now to empower others in your post football career. So I got I got lots of fun questions for you, sir.

0:01:58 - Bret

Hopefully I can give you some fun answers. I like to have fun, so let's, let's see how it goes.

0:02:02 - Julie

Alrighty, you say no matter what's going on in our lives, we have the power to write our own story. What do you mean by that?

0:02:12 - Bret

your reality is a inflection point of what's happening internally, and you can actually create whatever it is that you want in this world, because it all starts at a very subconscious level. Once you can get into the subconscious and understand how the subconscious operates, you can then almost hack that subconscious and in turn create the reality that you're trying to create. So Anything is possible in this life, and it really just comes down to that dream that starts inside of us all.

0:02:46 - Julie

All right, we're gonna unpack that here over the hour, so oh yeah yeah well, we'll unpack that. You say that we all have a talent, Bret. How do we access that talent? How do we figure out what it is and how do we access it?

0:03:00 - Bret

Gosh, you know, when I was younger, I would have said, you know, just follow your heart, right, follow your heart and it'll take you there. And that's that's true. When it comes to, you know, I would say a lower understanding of the world, right? But you know, I would say, the longer, the older I've gotten and the more experience I've gotten in terms of being able to help people, in terms of being able to help people find their passions and find their gifts, I started to access different Systems and tools.

Some people use astrology, some people use human design or other things like that, and I've fallen into some systems that have allowed me to Unlock certain gifts in my world. And probably the biggest thing that I've used is this system called the gene keys, which is a system that was founded by a gentleman by the name of Richard Rudd, an amazing gentleman out of England, and it's a system that's interlinked with astrology, that's also interlinked with the Chinese, each thing, but it's Based on our 64 genetic codes that are based in our DNA, and it's almost like a system that allows us to Intertwine and correlate I'd say psychology to be able to understand what our gifts are, what our gifts are, what our passions are what our life work is, what it is we're here to learn and how it is we can open our heart to actually be able to create and and evolve into the person that we want to be who. Well, I can't wait to hear more about that as well. I've been.

0:04:26 - Julie

We'll dive in, yeah, yeah, when you were with the New England Patriots. You were coached by Bill Belichick, the all-time winningest coach in the NFL, and played with Tom Brady, the all-time winningest quarterback In the history of the NFL. Are there golden nuggets of that culture in the NFL? Are there golden nuggets of that culture of excellence that you've applied to your life and to your coaching of others?

0:04:58 - Bret

Great question and you know I've gotten that a lot over the years and you know, I think we all take things from certain experiences in our life and apply them to future Challenges or obstacles that we're going through. And you know, really the main thing that I took away from the Patriots was the mindset that's required to be a Patriot, because I played on two other NFL teams one was the Cleveland Browns, the other one was the New York Jets, and both very, very different dynamics, even though Both teams have coaches that had been coached by Bill Belichick. Right, so there was a similar system. However, it couldn't be replicated because of the talent of the individuals, but also the essence of the energy on the team. And I think every, every team, every dynamic has a specific energy and every single person on that team had a selfless attitude. They all wanted to win, and not necessarily win because they wanted to win, but because they wanted to see the team win. And you know, you saw it time and time again with Tom who sacrificed, you know, certain accolades to be able to Promote other people on the team or be able to buy other other players and give them more money. You've seen him just be a team player.

But the biggest thing that I think that I learned on that team was just to do your job at the highest level. You could Right Bill Belichick stresses it all the time right, just just do your job. Do your job, and If you don't do your job at a high level, you won't be around very long. But it was just one of those atmospheres where you look to your left, you look to your right and everybody is there, everybody is, is excellent at what they do. You know, and it's, it's. You know, I haven't, I haven't been around a group like that, maybe some Navy SEALs. You know,

when I was, you know I was doing working on certain programs, but outside of that you don't really meet guys that are at the highest level across the board and it's, it's truly magical to see.

0:06:52 - Julie

Well, just do your job. His buddy, Dick Saban, who's the coach at Bama. That's the two of them. You know, those are their mantras just do your job right. And there's other at the top. At the top of the game in their respective fields. You know Bella check in the NFL and Saban is the greatest college coach ever in college football. So you say if we want to change our lives we have to change our standards. Say more about that.

0:07:24 - Bret

Your standard is your vibrational frequency of who you are Right, and the only way to really change your life is to change your attitude, which, by changing your attitude, changes your frequency. So if I raise my standard automatically, I now have a new level of acceptance of what I'll allow in my life and what I won't. And when you look at anybody's life, or everybody's life there, everyone has a specific standard. Otherwise you wouldn't get the results that you're getting in your life. And so the first way to change whatever it is that you want to change in your life, whether it's your health, whether it's your relationships, whether it's your career the first step is changing that frequency, which is the standard. And as you create a new standard, you create a new ceiling which allows you to now act upon those new ideas.

That gap that was there, that's a whole new idea, a synthesis of what I can create in this world. That wasn't even imagined before, because your standard was here and it was lower. It's not to say that it wasn't good or bad, it's just where you're at right and we're always at a certain wavelength, and our job is to figure out. You know, I think, going through this life and I'm gonna. I'd say I'm still pretty young, but the older I get, the more I realize it's not to do, but it's to be who it is that we're here to become, so that we can serve and help and help others get to that same level.

0:08:48 - Julie

Can you give us a couple of examples of where you were at a certain standard and then you raised that standard and what transpired as a result of that? And were you even cognizant that that's what you were doing, or did you figure out later that's what you were doing?

0:09:06 - Bret

Yes, you know, when I was in college, I had a. I've always had a very high standard when it came to athletics, right, and you know, it wasn't until I think I was. It was my coach in high in college, Dwayne Walker, defensive coordinator, and he said you know how you do. One thing is how you do everything, and my standard was okay, I'm gonna give everything that I can on the football field, but in the classroom I'm gonna be sub par. I'm, you know, I may not do certain things that I want to do, I may not make my bed every day, and I started to realize that all of these things started to affect everything else. Right, and there's only two reasons why someone doesn't do anything. Right, someone doesn't do the thing that they're supposed to do, right, the first reason is because they're afraid. Right, and we'll talk about fear and why people don't take that leap. But the second thing is they don't think that it matters. Right, once you're aware of the situation and understanding that you should be doing something. The second reason is you just don't think that it matters, and so, for me, I didn't think it mattered. I didn't think it mattered if I got good grades as long as I was able to still play football right.

And it wasn't until I heard that and I started to really intuitively take that into where I started to change all these different dynamics in my life. And you know, they, you know my coach, always used to say there's these football gods, if you will, and they watch everything. They don't watch just what you do on the field, they watch what you do off the field. They watch if you're practicing the right way. They watch if you're watching film. They watch everything. And the

more that you do, the more that you're congruent with everything that you are on the football field, the better your life is going to be. And so I didn't understand this, and once I started to embody doing the right thing across the board, I started to raise my standard to being the best, not just on the football field, but in everything else. That was when my life started to completely shift.

0:11:02 - Julie

Well, you were at UCLA. For God's sakes, it's harder than it is to get into that place. I mean I know you're smart because I was a sorority advisor there for many years when I lived in LA and those girls had come through Bret, they all had four points and above and we were like, well, how do you choose somebody on craze? I mean you're in there with brilliant students and my mother-in-law was the vice president of the student body there in the 1940s and she was smart as heck too. So I know you're really smart. So it's interesting to me that you were smart enough to know I can skate by here on these grades, but when you got that revelation that if you really applied yourself and got good grades that things would come together, that reminds me I heard of. I heard some general or somebody one time say that one of the most important things we can do when we get up in the morning is to make our bed. Have you heard that? I have heard that. Is that the same principle?

0:12:09 - Bret

It's the same principle, because when you wake up, the first thing that you want to do is something that you can count a win right, because the mind, when you can trick yourself into how many wins can I get in a day, you start to build this character within yourself that allows you to want to be better. But when I wake up and then I kind of roll out of bed, I wake up and I come back and my bed's a little messy. I had a tough day. You know you're like why didn't I make my bed right? You just kind of jump back in bed and go back into the next day and you kind of roll into, bring the last day into the new day.

And you know, I know he says the general you're talking about. He says you know, if you ever come home from a bad day, at least you have your bed made right. So it's just one of those principles of you know how can I win, first and foremost as soon as I get up, and then how can I set my day up for success? And you know I don't make my bed every day, but I do do certain things every day that allow me to stay at a peak level of performance, if you will, which that has changed dramatically since you know from playing to where I'm at today.

0:13:19 - Julie

Well, if you start making your bed every day, you may raise yourself to another level of excellence. There's a mom.

0:13:27 - Bret

I can tell you that right now I know that's not like- my mother.

0:13:30 - Julie

Yeah, I know I have old enough to be your mother. But the funny thing about making beds is I do make my bed every day because when I walk in my room I'm a visual person. When I walk in my room and it looks messy because the bed's not made, it feels bad. I want to stay in a high vibe all day and I think that's something that you touched on a minute ago is to be in the vibration of what it is you want and talk more about that, about the vibration and manifesting things through vibration and through just doing your job.

0:14:09 - Bret

Yeah, everything in life is a vibration, right, that's one of the universal laws, right? And actually we were talking about things that matter and not doing it because it doesn't matter to you. Everything is matter, right. And so, when you understand everything that matter is matter and

you figure out, well, how do I want to matter in this world, first and foremost, right. And then, if I can now have this vision, this grand vision of what I want, now I have to take that and I have to make it reality, right. But I have these dark places in my life for these certain elements of my life that may not be to the level of what I want, right. So how do I change that vibration? And the first thing is to change your attitude, right, I talked about that earlier. Once you change your attitude, you now realize certain things differently. You change your perspective, you get a different lens on your gauge and you're looking through that lens in a very different way. That's the first step. The second step is to continue to understand what it is that you want, because clarity is worth a billion dollars I say this all the time If you can get extremely clear on what you want, like, I do an exercise with certain clients and groups where I just asked them for five minutes what do you want, what do you want, what do you want?

And what happens is you start to see people. They all go to the same place, right, it's either they want love, they want to be loved, they want to be cherished, they want to be free we all go to the same place. But once you get clear on that, then it's how do you? Now? You have to become a magnet to that and you have to become an attractor, an exact vibrational match to what that is. And so how do you do that? You have to become what it is you're trying to attract. It's already there, it's already in the ether, it's already in the matter, waiting for you. Right, you have to now become that vibrational match.

So if I want to, let's just say, manifest the love of my dreams, I have to become that right now. Right, I have to know exactly, I have to be clear on who. That is right. Not necessarily, you don't know the who yet, you don't know her name yet, but you know exactly what she or he should look like, resemble, you know exactly what he or she should feel like when you talk to them. You know what kind of aura they resonate when they walk in through the door right. You know what kind of conversation that they want in their life, the things that inspire them and they aspire to be. You should know all of that and if you don't, that's the first step is let me take a step back and realize what I want. To get clear on that. So clarity, like I said, is worth a billion dollars. But once you're clear on what you want now you have to start magnetizing your abilities to be able to attract that.

0:17:00 - Julie

And how do you do that? How do you magnetize your abilities?

0:17:03 - Bret

I meditate every day. I meditate every day. That's when I said there's certain things that I do every day that you know, outside of making my bed, maybe half the week, I meditate religiously every day, and sometimes I do it two and three times a day, just depending on what's going on and maybe moving through certain emotions, because I think most people don't know how to take accountability for their emotions. And what happens when you don't take accountability for your emotions is you either repress them and act it out in certain ways, or you react to them and you act those out externally. Right, and neither one are good, right.

So the first step to understanding that is getting in touch with your emotions, right, and so I meditate a lot, and meditation allows me to create these gaps between a thought becoming an emotion, right, and Joe Dispensa talks about it, a lot of people talk about it, but you know you have about a millisecond between your thought actually becoming an emotion and if I can put some space in between that and also understand that the emotion is not an attachment to who you are, it's just a feeling that's transpiring in the body, right, and you know this more than anybody. So it's like if I can move through those emotions without necessarily holding on or creating an attachment to. This is who I am Now. I just let them let them flow, like I'm just watching a river flow. I let them go by and then I stay in alignment with who I am, my highest version of myself, right? So meditation is a great way for me to raise my frequency, I say. The

other one, that's a much more in depth process, is breath work. Breath work has absolutely changed my life.

0:18:53 - Julie

Tell everybody that doesn't know what breath work is. Most people have heard that term, but I think a lot of us have no clue what that means. What is it? I know.

0:19:01 - Bret

I know it's the same thing we do every day. We breathe right and people don't even realize that they breathe, and some people are actually forgetting to breathe, which is why it's called breath work right. But it's a sort of diaphragmatic type of breathing, to where we go deep in the belly and we let out intense emotional stress and feelings that we didn't even know that we had. There's several different types of breathing there's box breathing, there's yoga, certain types of breathing in yoga. You know, usually that's where you kind of see it, but this is more of a. I'd say it's a deeper process. I call it 20 years of therapy in one session.

I've seen some of the most magnificent things happen on yoga mats. We can chat about those stories all day, but it allows you to tap into feelings and emotions that you didn't even know were there, things that you were holding on for 10, 15, 20 years that you never let go. And what's very interesting and as I've gotten into doing a lot of this, relationship coaching is I always anytime someone's dealing with an emotion that's been there. It usually starts when they were children. It always goes back to childhood, which is so fascinating to me because you know there's an exercise that I like to do, where I look at just whoever I'm talking to and I imagine them as a five year old, because we're all just kids. We're all just kids. We all wanna be loved, we all wanna have fun, we all wanna be on the playground.

It's funny because have you ever gone to an event where no one knows anyone and everyone just sits in the room and it's almost like you put a bunch of kids in a sandbox. Everyone's just trying to figure out who they are and this person looks cool, they look safe. Let me go over here and talk to them and you get to see how certain people kind of collect in this area and then others. You see the introverts over here that are kind of talking about this and it's just so fascinating to me to see how people come together. But we're all just children trying to figure it out as adults. And I like to say some of us are still children. Some of us haven't even reached adulthood because we're still dealing with certain things from our childhood.

0:21:17 - Julie

Right, right, and I agree with you on a couple of points that you mentioned. Number one thoughts don't have a meaning until we give them a meaning. All thoughts are neutral when they come in, and most people think that thoughts originate in our heads, but they don't. They come in from the ethers, based on where our vibration level is, based on what we're thinking about at any given moment. That's number one. Number two a motion to me is an internal GPS system. It lets us know. Okay, is this valid If it feels neutral, or good If it feels bad? You mentioned this and I agree with you.

It's always based in some kind of fear. Anger, jealousy, boredom, grief, actual fear is all based in fear. The key is is it a real fear? Is it a rational fear? Something's gonna harm you or kill you, or is it an irrational fear? And 99.9% of the time it's an irrational fear which is a fake news. So these people with whom you're working that have been dealing with these beliefs since they were little children, it's a fake fear. Certainly, that doesn't negate the trauma that they went through, but how that makes them feel about themselves is false. It's something that they've concocted based on outside opinions when you agree, their parents, other adults, the media, the zeitgeist of what people are thinking and the culture at the moment. All of those variables come into play, I believe.

0:22:54 - Bret

I completely agree with you, and the biggest thing that I realized when I started to do this work is that it starts in the womb.

It starts before you're even here, oh really, yeah, yeah, wow, when you're first three trimesters in your womb. So whatever your mother is going through during her pregnancy because when you are in the womb, before you have hands and feet and anything else what you truly feel is frequencies, right. And so whatever frequency your mother is living in, if she's stressed at that time while she's pregnant, that whole pregnancy, you're feeling that your entire pregnancy. If she's in fear, if she's in abusive relationship or if she's working hard to try to make ends meet, you're feeling all of that. And in the first three trimesters of pregnancy, that's when your physical body forms and incarnates.

And the second trimester is when your emotional patterns start to come in. And then in your third trimester is when your mental patterns start to shape in pregnancy. And Jinkies talks about this and it almost plays out throughout the first 21 years of your life in the same way. So it's almost pre-written, pre-destined through your dharma. It's not saying that it can't be changed, but it's saying, if it's not dramatically changed by your environment, which is your mother, your father, or either, or you're usually gonna live out those elements that are playing out based on that development during the first nine months of her pregnancy, which is fascinating to me.

0:24:25 - Julie

Yeah, I haven't heard that before.

0:24:28 - Bret

Yeah, I'll send you some information on this. It's truly mesmerizing, yeah.

0:24:33 - Julie

Yeah, because I've been told a bazillion times by spirit that we all choose where we're born, when we're born, who's with us or not, where we, what the economic situation is, and all of that we choose before we incarnate, because it puts our life on a trajectory that allows us to explore and experience whatever it is our spirit wants to explore and experience, and we all come in with scripts and subscripts of things that we wanna discover. I talked to a client this morning actually Kaseyn Point who was in Honolulu and she's got some medical conditions and we did a past life scan on her to help heal her body. She's got a bunch of medical stuff going on, and so I got this past life of her. I believe it was in 1964, and she lives in Honolulu now, but in that life she was a man and she was on a fishing boat in Massachusetts and there was some kind of an accident and she ended up losing her leg from her thigh down and so she was an invalid and she was in a wheelchair and she told me.

She said I've been so sick that I was an invalid and couldn't walk for a couple of years and I was in a wheelchair and I've healed from that and now I'm healing these other things. So, kaseyn Point, there's this script that I'll see. That will be a semblance of a script that will go from lifetime to lifetime and we're looking at it from a different perspective, different time, different gender, different set of circumstances. Same basic script, like the scale that was in a wheelchair in that past life. I had no way of knowing that.

0:26:16 - Bret

I was like I can't make this stuff up.

0:26:18 - Julie

It's fascinating how we'll do that. Yeah, and so how does that tie in with choosing our parents? Because it gives us the opportunity to have a trajectory to look at that script from a different perspective.

0:26:39 - Bret

Right, so you're talking about before we even get here, right? Yeah, Once we actually do incarnate everything that all those scripts are, now they're gone, we can't remember them right, and so once we wish, you're actually in them, but we're still experiencing them, though.

Correct. You're still experiencing those scripts and you still have a higher soul, is still going to play those out. But I'm specifically talking about the shadows and the gifts that you're experiencing in your mother's womb right. So I'm not talking about necessarily the acts that you're gonna play on. I'm more talking about the shadows that you're adopting in the womb right. So the emotional wounds that you're in.

0:27:20 - Julie

But that's all part of the equation. That's all part of the equation because we're choosing that mother and that father and we're choosing that experience in utero and all the experiences that our life is gonna have the trajectory to explore. So that's a piece of the equation that I haven't ever heard before, but it makes total sense to me. That's amazing.

Yeah, yeah, yeah. So, speaking of kids and parents in utero and all of that, what are your parents? Psychologists or quantum physicists or what? How'd you get to be so wise at such a young age?

0:28:04 - Bret

Listen, I really appreciate that I'm still, I'd say, just discovering, I think, what I'm trying to create here and who I really am. But my parents are my mother's a graduate from USC, so the complete opposite side of UCLA. She got her master's degree there in social work and economics there, so she's always been around children, she's always been around helping children, and she also worked for the Los Angeles Children's Court. She was the administrator there for about 38 years, so she spent most of her time in child services and just seeing all of the I would say, the challenges that families go through. And I got to see them at a very young age when she worked for the Child Abuse Hotline for a very short time, and I was privy to some of the information and some of the cases and just things that I would never want to speak about, but just absolutely terrible things that children go through. And so I saw that growing up, and I don't know if that led to this, because it definitely wasn't a thought at the time, and I think a lot of it really came down to just me having a one, me having this insatiable need.

And there's certain people who have this. I've met a few of them and some of them end up becoming friends. But there's people who have this insatiable need to connect the dots, like they want answers, and that's how I've always been. Once I've awakened to the fact that there's something more and I think that's part of the awakening process for me, and this has been going on for the last six or seven years and it's going to continue. But once I understand that there's something bigger, there's something more out there. Now I have to go find it. So I went through the process of going through DMT several times. I've gone through DMT probably seven or eight times in my life.

0:29:58 - Julie

What's DMT?

0:29:59 - Bret

Diamethyltryptamine. I don't know what's this. So dimethyltryptamine is? It's this compound in it's found in ayahuasca.

It's the part that allows you to go into the psychedelic state and you just don't do all the throwing up and purging and all that.

You take it, you're in for about 20 to 30 minutes, you go into a different dimension and then you come out with whatever you need at that time. And so that was kind of the thing that blew my casket open, if you will. And from there, you know, breath work was the next thing that just started opening me up on a new level, to where I was just shedding layers of the matrix, layers of deconditioning from society, layers from family that have been conditioned into who I am. And this has been kind of this culmination of learning and wanting to know and ask questions and past life regressions and, you know, working with people like yourself and understanding why and where and how. And once I feel like I've gotten to this point, which is today, it's like now I think I'm done necessarily figuring out. I'm still figuring out along the way, but I'm figuring out for other people, connecting dots for other people to help bring light to their darkness, because there's only one way to find the light and it's going through the dark tunnel that we all possess.

0:31:28 - Julie

Yeah, Well, obviously you're being led to do this on your own and led to help other people. And I always say no drugs needed. Let me teach you woo woo. Once you connect with spirit, you can take it anywhere you want, because most of the work that I do is as a medical intuitive. So when you were playing football, if my son or my husband saw you get hurt, they'd be going. Mom scan him.

0:31:57 - Bret

You know, see what's going on.

0:31:59 - Julie

You know, does he have a tour de sel? Can they bring it back in? What's going on?

I get that all the time and the energy healing and you know all of the aspects of spirit. Once you connect with spirit you can do it all. You can talk to deceased loved ones. You can scan somebody energetically from a medical standpoint, you can help facilitate energetic healings. You can do past life stuff. You can tell how close to death somebody is. I mean, all this stuff is available. And back to what we were talking about earlier, how it's all frequency. I believe our heads are big satellite dishes and your thought connects your satellite dish head to the frequency where that information's being conveyed. And that's what you're doing, and that's what you did as an athlete and as a scholar and you know and all of that and what you're doing now and your counseling, and it's what all of us do. We're just not aware that we're doing it.

0:32:56 - Bret

And.

0:32:56 - Julie

I think that's half of the battle, isn't it Just becoming aware?

0:33:00 - Bret

It is. And you know, if you had because I tore my growing twice when I was playing for the Patriots tore my left, my right, pec, and if I had met someone like you back then I would have thought you were out of your mind, you know, I would have been like, no way, you know. And

even if you would have told me the exact truth, I would have been like, okay, this makes sense. My mind wouldn't have been able to even comprehend it because my frequency wasn't there, right. And that's why it's so, it's so critical to help elevate in, in, in, in. I think a large part of what I'm here to do is to help elevate men, because it's very challenging to get men to move in this direction and understand the way that the world truly works. And it's, you know, a lot of it is the system and in society and, as you know, the feminine is bringing in the spiritual essence to the world.

And you know I'm seeing it more times than not that most women are not able to be in a relationship with men and a lot of the relationships that they're in they're starting to get out of because they're awakening in their, in their, their counterpart can't keep up.

They just don't, they don't know how to, and so you know, I think it it adds a element when I can say I played in the NFL, but I also believe in this right, I can, I can still beat you up, I can still beat you or I'll run you or I'll run you, right, but I, I believe in this whole hardly and I, I want you to trust me because if you trust me, I will show you something you've never seen before, right, and so that's, I think, a part of it, and it's it's going to. I think 2024 is going to be a big year where I start moving men in this direction, but, for whatever reason, right now it just happens to be be women. You know which I? I've been drawn to just from the element of understanding how women operate, but also understanding that the chaos that women have to go through on a consistent basis.

0:35:00 - Julie

Chaos including what, what, what? All the chaos? What all does the chaos include in your?

0:35:05 - Bret

mind the chaos of having to be something for a, a group of, for society, having to put makeup on, having to look a certain way, even still looking that way, and still being objectified that you don't possibly look good enough. Or you know now that you look too pretty. Now you're there. Now I have these whole new set of principles and rules on the fact that you're never really safe. Right, you're, you're worried about walking to your car. You're worried about is someone going to be in my back seat? Is someone following me? Do I have my keys? Maybe I need to buy pepper spray?

Right, you can't just go out with you know, by yourself. You can't just go down, you know, for a walk in certain parts of the world. You have to travel with friends. You always have to have your notifications on If you go on a date. You're telling your friend hey, call me at this time, check on me. You're living in a world that's never been safe and the feminine has been repressed for thousands of years.

Now, right, and this is the first time in human history that we're starting to see the feminine actually be risen to the level that it should be, but we still have decades to go, right, and so when I talk about the chaos, I'm talking about the witch hunts from the European, from from the 1500s in Europe.

I'm talking about all of everything that we've had to go through, I'd say women have had to go through over these thousands of years. That's the chaos and that's why, for women, they're dealing with so much and it's so hard to find this safe place for, for or in a man, I should say because men, most men, don't know how to provide that. They think it's either financial stability or you know. Some feel like it's an emotional side there, but a lot of men can't, can't, speak about their emotions freely, right. And so it's like how can you create a container where the feminine can absolutely thrive? And that's what I truly believe, that I'm here to help shift in that direction for this time, at this time, and I in a year from now it may change, but right now that's where all of my attention and effort has really been going.

0:37:09 - Julie

That was profound it is heavy, I know, that was profound. Yeah, uh, I want to know more about the gene keys. Tell us about gene keys.

0:37:20 - Bret

The system is his. It was created by, like I said again, Richard Rudd, and he had this synthesis, over three days, of just kind of this stream of light coming in, where he got the gene keys, these 64 codes that are based on your DNA, that are connected because, in the brain, in order for us to understand anything we need, we need words, right, and so it's almost like a psychological underpinning of shadows, gifts and your true essence of who you're trying to become, that are interconnected into our DNA and each person has a specific profile it's called a hologenetic profile that has your entire roadmap, if you will, of your gene keys, which is directly linked with astrology, as well as the each team. So, based on your birth date and your, you know your birth time, I know exactly what you should be doing for those of us.

0:38:20 - Julie

What's the team for those that don't know?

0:38:22 - Bret

Yeah, so each thing is a book that was written I think it was like 500 BC by one of the first Chinese emperors, and it's a book that just describes the seasons in the world. It's it pretty much describes how, what we're, what we're here to do, when we're here to do it, it shows us kind of what's happening in the future, the seasons, very similar to how you can look at the stars and see what's what's to come in. So the each team was really used to build this, and then astrology was used to kind of interlink the three. So I'm fascinated by it because what it's allowed me to do is to understand every single element of my life from. I think the biggest thing is purpose right. When you really understand your, your purpose not not the purpose you think, but the purpose that is built into your DNA you start to operate at a much higher level. You also start to understand that you're not here for money, you're not here for yourself, you're truly here to realize your greatest potential so that you can act in service to the whole. And so there's these three sequences within the jinkies that it moves through. That allows you to really encapsulate who you are. The first one is the genius sequence, which is for jinkies, and it's all about your life's work, what you're here to learn, what keeps you healthy, which I know you'll appreciate, and then your purpose, right. And so it moves through this, this purposeful, driven life's work, into the biggest sequence of the jinkies, which is the love sequence, and it's called the Venus sequence obviously because of love, but it's the biggest portion of the the jinkies, and we actually just got done doing a group six week course on the Venus sequence and moving through that.

And this is all about your relationships. It's all about you learning how to open your heart, and I'd say the greatest track of the Venus sequence is being able to love something that is completely unlovable, right? How do you open your heart so wide that no one can do anything to you, to where you you can't find love within them? And that's it's. It's so, so challenging. It's. It's, I'd say, probably one of the most challenging courses I've been through, because it forces you to look at every single thing that you've gone through in your life, whether it be your all of your relationships, whether it be your sexual wound as a, as a teenager going into your adult life, whether it be your your spiritual quotient, your EQ and your IQ, the line that makes up your intellect, right, and then it gets gets us to our core of who we are in love and it kind of encapsulates that into to one big kind of phenon.

And the final part is is the pearl, which is all about how to become prosperous. And prosperity is very different than than wealth. Right, wealth is a stockpiling of energy or cash, where prosperity is being able to find money when you need it, right, and it's also it's a great way to

have the right community and have the right people around you to be able to cultivate that and also understand your role that you're playing in the whole. Right, we're all. We're not all supposed to be leaders. Some people are supposed to be a certain part in the wheel, and knowing that helps you move in a very different direction. But it also helps you understand what truly makes you prosperous to where you're not going against the grain.

And each one of these ginkies have a shadow. We say that every shadow has a gift, and so the way to get through that shadow and once you understand that shadow, is to move through that and go into your gift. Once you're in your gift, that's. That's where you're able to magnetize those gifts. And it's not. It's not anything. It's not like the system of hey. It's a video game. It's more about a subtle art of contemplation. It's about contemplating, taking pauses, being able to recognize and see where these things are playing on your life. This isn't a fast trek going through life and saying you know, hey, this is where I'm at. This is a subtle nuance of hey, this is my shadow.

My shadow was inadequacy. Right, one of my shadows is inadequacy. Where does that show up in my life, Bret? Where have you been playing out inadequacy in your life? And when I looked at my life, I realized that I'd been playing inadequacy out my entire career life because I had been bullied ever since I was in sixth grade and I've always felt like I wasn't enough. I always felt like I had to prove to somebody why I belong. But really it wasn't about why I belong, it was I just wanted to be loved and I was trying and I never felt like I fit into groups and I always had problems in big groups and it was just the inadequacy that was in me. And I didn't realize this until I read the Gene Keys, right, and I'll give you another example. I have this Gene Key 36.

One of the shadows is turbulence, and turbulence is all about drama in your life and creating drama, and it usually comes down to your sexuality right and understanding lust, which you know what is lust?

And I didn't understand it until Gene Keys put it this way, but it's when you're seeking out a higher experience and you're trying to do that sexually, and a lot of times that's in fear and that fear is going through the sexual desire of trying to manifest whatever that next thing is in your life.

And so there's these challenges that I've always had, that I've worked on, you know I'm 37 now and I've worked on, you know, most of my adult life trying to overcome these and I've carried them from one relationship to the next relationship to the next relationship and they wouldn't go away and I've tried to fix them and it wasn't until I started to read the Gene Keys and I started to learn about my profile and I started to understand my shadows and I started to understand my gifts and how to get out of the shadows.

Right, it's not just telling you like this is your shadow, your shadow is inadequacy and that's it. It's telling you why you're inadequate where it comes from, where it stems from in the collective, because every shadow frequency in Gene Keys, in the 64 different codes of your genetic profile, are based on the collective. We all have them. We just have specific shadows that stick out more in our profile. And so when I understood it wasn't just me, it's everybody who's dealing with these, that's when I started to really awaken. And one, take accountability, but two, being able to understand why I am the way I am and I know that was long-winded, but I had to get that across.

0:45:04 - Julie

Yeah, but it brings up a couple of points I think are worth mentioning. Number one all spirits are pure love, and so it's interesting that the root of all of this is love. And people challenge me on that when I say that because I'm like well, how could Hitler be, how could Hitler's spirit be pure

love? Or how could somebody who's a mass murderer be pure love? That's the part they're playing in this incarnation. Their spirit, their soul is pure love. They're playing a part.

You think of actors some actor that's been had an amazing career. They will all without a doubt, say their favorite part was playing the bad guy, because it's so multifaceted and it's so fun to play the bad guys. So that's number one. The other thing, too, is everything's perfect, and everything's perfect how it unfolds in our lives.

And what comes to mind with you, Bret, is my goodness, you were bullied. Well, you showed them, for God's sakes. I mean, you're an overachiever extraordinaire. You went to UCLA, which is where the brightest of the bright go, first of all for college, and then you played not only Division I football, but you played in the NFL. I mean, that's the best of the best in college football. And then you take a small group of those college athletes and you put them in the NFL and that's really the best of the best. So that was obviously a motivating factor for you to be like okay, fine, I'll show you whether you were cognizant of that or not, and also, what it's done is parlayed you into where you are now. So, point being, everything we go through in life has a silver lining. Every dark cloud has a silver lining and is leading us and moving us towards what it is our spirit wants to explore and experience as we expand in each lifetime, and it's all about love at the end of the day.

0:47:13 - Bret

It truly is and I agree with you. And we can argue, people can argue left and right, and I'm always going to go back. We all just want love. Wherever shadow you're dealing with, it goes back to love. But perfect example of what you were saying and I appreciate all your kind words.

But the ego can be your best friend or your worst enemy. I always say it. And the ego for me, pushing me through high school and college and wanting to be seen and wanting to be the quote unquote the man right that allowed me to push into the NFL. I was willing to die on the football field because it was how important that dream was for me and I also saw where the ego was the enemy, because when I did get to the NFL, I still had this sensational need to be loved and to be the best and to have all the.

I thought I wanted all eyes on me and that forced me to play out certain dynamics in my life to where it wasn't in the best light of being able to help me play at the highest level on the football field. So I was injured three years in a row on the Patriots and there was a lot of things that happened that could have gone differently if I wasn't dealing with that. But I coached young high school guys now and I'll pull a Genkies profile from time to time to see what they're going through, because if I can help them at a 15, 16, 17 year old level understand why they're dealing with what they're dealing with, by the time they're adults, I mean they're going to be a completely different version of themselves and that's what we're talking about raising that frequency. It's the awareness in who it is that I am right and which also changes the lens on how you see your reality.

0:49:01 - Julie

Exactly? What are the specifics of how do you do the gene code? Do you need to get a genetic test done? Do you?

0:49:08 - Bret

I mean, how does it work? How do you do it? Do you like spit the?

0:49:12 - Bret

comp and you swab it yeah, yeah, no. How does it work?

0:49:21 - Julie

How do you even get to the place where you can decode it?

0:49:25 - Bret

So the decoding is. It's not difficult, it just takes time. It takes time and a want to be able to learn it. The best way I would say is to go on to Genkiescom. There's a link you can click where it says free profile and literally just go to Genkiescom and fill in your profile. It asks for your name, your email, date of birth, where you were born and the time you were born. If you don't know the time you were born, put 12 pm. That should give you the most accurate reading and go through that and click submit.

It'll pull up your entire profile in seconds and it'll give you your first four paragraphs of your life's work, what you're here to learn, what keeps you healthy and then your life's purpose. Those four paragraphs right there. If you read those, they will touch your soul. First time I read them, I realized why I was pushing so hard and I realized why I didn't have to push so hard in life. It gave me perspective that I'd been looking for answers for a very long time. It also showed me what I need to be healthy.

I'm all about expansions. I have to be expanding, whether it's business, whether it's personally, whether it's financially. It's all about expansion for me. So, just understanding those things, you start to operate in a different light, you start to see things very differently, and so those four paragraphs will give you a kind of prelude to what's to come, and it's enough to bite off and chew and to contemplate. But then underneath that is your profile and that's where it becomes somewhat challenging. But Richard does a really good job of giving you kind of a he'll give you a free Gene Key to where you just he's kind of narrating it and you listen to your life's work, your life's work, gene Key, and he's just kind of explaining what that Gene Key is about, why you have your shadow, what the gift is and then what your true city is, which is almost like a Christ-like essence of being incarnated on this planet.

0:51:32 - Julie

Wow, all right, I'm going to be checking that out. We'll put it in the show notes too, if you want to send me a link, if you can be connected to it, I'm happy to put that in the show notes, if you just shoot that to me. The interesting thing about that is that's astrology stuff, which you were talking about earlier where you were born, when you were born, all of that. The first time I had an astrological reading the guy with whom I was working she said what time were you born? I said I don't know. It doesn't say on my birth certificate. She said what do you mean? It doesn't say. I said it doesn't say so I was born in Columbus, ohio.

I called the state records person for birth certificates. She said yes, somebody my word, some rocket scientist from the mid 50s to the mid 60s said I don't need time at birth, so it's not on anybody's birth certificate that was born in the state of Ohio during that time. Yeah, oh gosh. And so she said well, I need your time at birth. You know what I did, Bret. I called in my. I asked my dad. My dad was still live at that point. He goes I don't know.

0:52:46 - Bret

We were in a waiting room.

0:52:47 - Julie

It was fluorescent lights with all you four kids. I couldn't tell you, so I called in my mother's spirit. I said hey, mom, what time was I born? And she said 3.31 PM. And so I said okay. So I sent it to the scale. Who was the astrologer? And she said all right, I'm going to send you several things that should have happened in your life at these different stages in your life, like they, you know, they work in every seven years, which seven in the Bible is the number for spiritual perfection, interestingly enough. And so she said I'm going to give you several things.

Tell me if these things happened during those years. And she was on the money. I mean it was wow, it was perfect. And so that's how I found out what time I was born.

0:53:35 - Bret

So for those of you listening.

0:53:38 - Julie

Yeah, that don't know what time you were born. You can put noon in or 12 o'clock, like what Bret's saying, or just ask you know, if your parents are deceased, especially if you are born in Ohio between the mid 50s and mid 60s, it's not on your birth certificate. Just ask your mother, say hey, mom, what time was I born? If your mother's deceased and what happens is back to the satellite dish head. Bret, you think of somebody that connects your satellite dish head to their frequency, and every spirit has a frequency they keep throughout all of their lifetimes. So, in order to talk to anybody that's deceased whether you knew them or not is irrelevant. You want to talk to Elvis? You want to talk to Napoleon? It doesn't matter. You think of them that connects your satellite dish head to their frequency and just ask hey, what time was I born? You'll find out.

0:54:29 - Bret

Oh, my God, exactly, I love that.

0:54:33 - Julie

So it's not like DNA, like 23 and me, that they're studying your gene, your actual genetic makeup.

0:54:41 - Bret

It's more sounds to me like it's more slanted towards astrology, which is amazingly accurate for the most part Correct and you've actually pulled your each gene key and correlated directly to where it sits on your astrological line, as well as where it sits in human design as well. So for those of you who are extremely interested or know human design very well, it's directly in our links so you can see exactly the transits that it sits on, which is magical.

0:55:14 - Julie

Well, and all of the rulers and the popes and the people, the kings and queens and all those guys since the beginning of time all had astrologers that were either in their court or were part of their management team or whatever Heck even President Reagan, you know, nancy Reagan got lots of grief about that because after he was shot, nancy Reagan had an astrologer chart, his chart, and they scheduled his different meetings and trips and stuff based on that, because he almost died and she got a lot of grief about that at the time. But I thought, for heaven's sakes, everybody that has access to those astrologers use them since the beginning of time. So yeah, in every culture.

Yeah, so anybody interested in that? We'll put the notes in the show notes. We'll put the links in the show notes. Back to the romantic relationship thing. A couple more questions as we're winding down here. When a person's in a romantic relationship, does that person make the choice to be happy or do the components of their relationship predetermine happiness? Is it all about the thought process or is it that this is their gene code and this is not a match, regardless of how hard you work at having a frequency of happiness about yourself, Does that make sense?

0:56:53 - Bret

My question it does. I think you know the first first question that I have is what is happiness to them? Right, what is happiness to you? And the second question, or the second thing I'll say to that, is that in the gene keys we say that every relationship is an opportunity for you to find a

greater relationship within yourself. So could it be a perfect match, made in heaven Absolutely, or could it be completely going against the grain? Right, because we create. Usually, when we see archetypes that are created, those archetypes are created in our partners, right, that we're, just we're, that we're living through. And so you know, I'll give a perfect example.

You know, I have a client who was in a relationship and she had never been treated the right way, the entire relationship that, the way that she wanted to be treated. And she's at this point where she's ready to leave and I encouraged her to stay because she got with a man when she was broken and she thought that that was the life that she wanted to live. But now she's having this awakening and she's expecting him to be on the same level as her, but he's been the same person, the whole relationship. You can't just ask someone to change overnight, right? And so you know, she was very hesitant, but I encouraged her to push through and look with a different lens and speak in a different lens and not assume that he's going to give you the same answer that he always gives, right. And so I said, hey, ask him, would he do this with you? Because you know she wanted him to do something with her that would make her extremely happy. And I said don't go in there and say, you know, assuming that he's going to say no, don't go in there with the fear that he's going to say no. Go in there with your heart and say, babe, it would mean the world to me if you would do this with me. It would just really mean so much to my heart. Would you do it? And she would believe it or not? Julie, she was terrified to ask this question. Like terrified. You would have thought that you know it was, it was, you know she was going to go to jail or something. And when she asked the question, he said yes. He said yes, right.

And it goes to show each and every one of us that we are our own worst enemy and we are our own barrier to opening up whatever it is that we want in our life. And so, to answer your question, can someone find happiness in anyone? Absolutely, but I think it comes down to a set of principles and a set of boundaries and values that you want in your life. And if your partner cannot give you that, then and that's the first question is can? Is my partner capable of giving me this? If I stay exactly who I am? And if the answer is no, then you're probably going to have to walk Right, because the two, the two things in the relationship that have to be there is communication and the insatiable need to want to make yourself better and your partner better.

And if, if those two things aren't there, if you can't communicate properly, if you don't want to be better, if you don't want to dynamic, because the the the issue that we make in relationships is this is that we think it's just the two people in the relationship.

Where the relationship is really a trinity, there's, there's a third part of that relationship and it's the relationship itself. And most of the time, you feed your partner or you feed yourself, but you don't feed that little box that we call a relationship. And how many, how many tokens have you put into the relation, the relationship box and when you really look at most relationships, people aren't putting in anymore, the ones that are stagnant, the ones that aren't growing. They're not putting anything into the relationship, they've become complacent, they've become docile. No one wants to talk about anything because they don't want the attitude, they don't want to feel defensive, and it's just, it's impossible to to win. So it's, it's a long-winded answer but to answer your question, it's, it's the happiness within yourself is going to find. You're going to be able to find happiness in your partners, happy people who live happy lives, as people who are in love with themselves, who are in love with other people, not the other way around.

1:01:30 - Julie

I agree, when you're working with somebody it's been my experience, Bret, that there's always an emotional component to every medical situation. Before any kind of medical condition manifests, there's always an emotional component there that I call an energy block. And as part of the healing work that I do with clients, I'll go in and find where that energy block is and

I'll be given the year, I'll be given where it was. It's like I'm walking into a movie and I'll see this scene of what was going on and I'll say to my client okay, 1964, and this is what I'm seeing. Does that make any sense to you? And I would say, in the high 90% of the time they'll say, yeah, this, this and this happened.

I know you run into that when you're helping your clients, where untapped emotions to your point about being in childhood, normally that they can cause and manifest into medical conditions. Do you have anything that you can share with a client, perhaps a client story, perhaps where you found that and once what I find is that once that's illuminated, that energy block is eradicated, body goes back to working on full power, helps body heal, helps body regain and maintain health. Have you run into that in your work and with your clients?

1:03:07 - Bret

Usually what I run into is being able to, because I don't, I don't, I don't have the level of gifts that that you have, even though I'm working on them. But I am able to pinpoint emotional challenges or trauma between the ages of seven and 14, because that's usually when the emotional side, or patterns, develops in most people, from one to seven, or zero to seven is when our physical body incarnates, and if there's something that happened, a traumatic experience that happened during that time, usually certain parts of our DNA didn't haven't turned all the way on, and so we can kind of trace it back to that point. You know what the trauma was, why it happened, and then I've used so what I've used with a colleague of mine. Her name is Candice Reboio. She's an intuitive as well psychic medium. She specializes in something called psychic somatics, which is, as you know, of the body, and so what we'll do is we'll walk them through a.

It's called a walk, but we'll have them embody a certain element of that trauma and then we'll walk them through it and we'll see where it plays out in the body and how to move through it. And so those walks have been, I'd say, one of the most magical things that I've seen. We actually coupled it with gene keys, so we would walk shadows, we would walk gifts, and we saw these, these tremendous breakthroughs in these six or you know, six weeks or so of just women shedding layers and layers of emotional baggage that they've been carrying on for 20, 30 years from, you know, family, childhood deaths, relationships. It's all, it's all there and we can all track it. So it's it's to answer your question. Yes, I'm just not able to pinpoint it as accurately as you are yet, nice, I emphasize, yet, because you're going to help me with that.

1:05:03 - Julie

I'll help you with that, and you don't have to wait to be as old as I am to be able to do it. We'll teach it really quickly. Last question why do we incarnate?

1:05:18 - Bret

Because we chose to. We chose to, we chose to come here, we chose to be in the family and the dynamic in the, in the relationships, in the energy that we're in. And we also chose here to learn, to learn why we're here to experience, to experience the reality that our soul wants to, wants to experience. And so the the incarnation is a decision that you made long, long, long, long, long time ago. And most of us haven't been, you know, have been here several times, right, and we keep coming back because we keep wanting to experience. We, we hate it when we're here and then we leave and we're like wait, I can't get enough, let me come back, right.

And so we all decide to come here and we have multiple decisions to make. But the biggest decision, ultimately, that you have to make is is your karma bigger than your willpower or is your willpower bigger than your karma? And if and when you decide that and you can work through that, that's when the magic, that's when the alchemy right, that's when you start to alchemy Every little detail in your life and you start creating the life that you want. And we're all here to live abundantly and prosperously. It all comes down to you being able to move through

those shadows, move through those challenges and be able to step into who you're supposed to be.

1:06:51 - Julie

Yeah, well said, what a fascinating, far reaching, far ranging conversation here with you, kind, sir. You are absolutely brilliant and charming to boot, so thank you for taking the time to join us and and impart some of your wisdom on all of us today. How can people learn more about you and your work?

1:07:14 - Bret

Thank you, Julie. It's been a pleasure, absolute pleasure. You were such a delight in first first football fanatic that I've met in the spiritual world. So this is this is a big delight, but but people can find me on Instagram. That's where I'm most responsive right now. By the new year I'll have a website up, but Instagram is Bret, underscore, lock it and I'm, like I said, extremely responsive. You can find everything about Jean Keys, you can find everything about me there, and I always welcome questions. People always ask how is astrology linked or what is what does this mean? In my Jean Keys profile. I love talking about this stuff and I love helping people, so please ask away and please come visit.

1:07:57 - Julie

Alrighty, we'll do. Alrighty, everybody. That's it for today. Send in your lots of love from sweet home Alabama and from California to LA, where Bret is. We'll see you next time. Bye, everybody.

1:08:11 - Intro

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 askjuliereyan.com.

1:08:26 - Disclaimer

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