

AJR Show - Feb 22nd Transcript

0:00:01 - Intro

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

0:00:44 - Julie

Hi, welcome to the Ask Julie Ryan show, where we combine spirituality and practicality to help you live a life of purpose and joy. Tonight we got a whole bunch of callers on hold. It's always fun because I never know who's calling in and I never know what their questions are and I never know what spirit's going to say. So I feel like I'm in the middle of a crap shoot every week when I do this, but it's always fun. A couple of things remember to subscribe, leave a comment and share this with your family and friends, because there are always nuggets that will help everybody in these shows, and that's what makes it so fun. So let's bring in our first caller Tara hi, tara

Tara

Hi, how are you?

Julie

I'm terrific. How are you?

0:01:35 - Tara

I'm hanging in here.

Julie

Wonderful, when are you?

Tara

I'm in Oxnard, California.

0:01:43 - Julie

Oh, I know where that is. Yeah, I used to live in Westlake Village, not far there you go. Yeah, not too far, wonderful, all right. Well, you got a question for me.

0:01:54 - Tara

I do I? Actually? I had a previous reading with you and I was dealing with some health issues. So my question today is I still having the same symptoms, more severe numbness tingling? I know we had. Doctors weren't sure what it was. You did a reading on me and saw that it was mold. So I just my question today is if you still see that mold? They did test me for autoimmune and they think I have scurledoma combined with sodrone syndrome which are pretty severe. But I am heated up, rashed up, numb tingling face everywhere. But I'm just looking for answers to see what you see.

0:02:45 - Julie

All right, those are all mold symptoms. Those are all yeast overgrowth symptoms as well. Doctors like to put big fancy diagnoses on things and, at the end of the day, all autoimmune is

just a gut issue. It's just your gut's out of whack and you have overgrowth of yeast, most likely. So what I'm going to do is I'm going to connect to you energetically. You know how this works, tara, but for those of you that are joining us for the first time, how this works is I raise my vibrational level to the level of spirit. I'm going to watch your laser beam come from my body here in Birmingham, Alabama. It's going to hook into Tara in Oxnard and then I'm going to have a hologram of you in my mind's eye and it's going to be as if I'm looking at an X-ray or a CT scan or an MRI. I'm going to, something will be identified and then I'm going to watch an energetic healing happen. It's spirit working through me and with me to help you heal yourself. Nobody heals anybody else no doctor, no medical provider, no healer. We all help you heal yourself.

If you think about when somebody has surgery, at the end of the procedure the surgeon's going to close the incision with sutures and staples. Well, the surgeon doesn't make your skin grow back. You make your own skin grow back, and that's how this works for everything. So here we go. Here comes my laser beam from Sweet Home, Alabama, heading out to you in California. Okay, got you Shooting energy from your feet up through the top of your head. You do have mold. You've got mold exposure. Have you found a water leak or something in your home? Have you found? Do you have rooms that smell musty? What's going on with that?

0:04:31 - Tara

We did find a water leak, and my landlord is not the greatest, but we did go ahead and have it repaired. However, they just steam cleaned the carpet and so forth, but I do smell musty, moldy. I feel like my senses are very heightened. I feel like my whole apartment smells like it, and I just got air purifiers and I ordered a mold test kit for myself.

0:04:53 - Julie

Good, yeah, yeah. So what I'm doing while we're talking, you know we're girls so we can multitask. It's one of our superpowers. It's females, right? So what I'm doing is I'm removing the mold from your system. It looks like moss growing on the side of a tree to me, and so when I see green mold, that's current exposure. Sometimes I'll see dried mold and it looks more like a brownish or a tannish color. You've got active mold exposure.

So if you can't get your landlord to help you remediate this stuff and you may need to do some tests yourself just to prove that it's not fixed you may need to look at moving to someplace else because it can make you so so, so sick. And the autoimmune stuff, absolutely it's all triggered because your body's in an immune response. So it's imagine if your bucket was full of water and then you poured like a cup of water into it. It's going to overflow and that's what the immune system does. When you're already in a heightened immune response, one little teeny, tiny stimulus that wouldn't even just be noticeable by anybody else is going to give you a big reaction. So rashes, all that kind of stuff, that's all, that's all. Your gut out of whack, that's all. Yeast overgrowth. Yeast overgrowth always comes with mold.

What you can do and what I would suggest and I'm sure I suggested this when we talked before go do a consult with Dr Amasanti. Go to dramasanti.com. She's Oxford educated, she's brilliant, she's a general practitioner medical doctor, she's an MD she does holistic medicine, she does functional medicine and she's a graduate of my class, so she does energy medicine. She is the goddess of the gut. She will get your gut healthy. She'll help you detox from mold. I've done it on the energetic level. It'll integrate into your body. But you got to help your body by getting out of the moldy environment or remediating that. You know, it's kind of like you don't want to smell cement, but you're in a vat of cement. You're going to smell it while you're in there, yeah, and it's making you sick Very sick.

I hope that helps. I'm so sorry. This healing will integrate into your body. You got to help your body heal. One other thing that I would suggest, too in the interim is get some beam minerals

B-E-A-M, b-e-a-m boy, e-a-m, minerals.com and you want to get the mineral, the liquid minerals, you want to get the electrolytes and use Julie Ryan at checkout and you'll get 20% off. That's at least going to give you the minerals that you need to help your body heal. I'm a huge fan of those. So beamminerals.com, and use Julie Ryan at checkout for 20% off, and that'll help too. I hope you feel better.

0:08:20 - Tara
Thank you.

0:08:21 - Julie
Good luck getting your place remediated.

0:08:25 - Tara
Yeah, thank you so much again. I really appreciate it because you linked me in the right direction, not only then, but now it's just. You gave me the information I needed to even go down that path, because the doctors are going a totally different direction. So I'm going to just have to do this myself, and I appreciate your help again.

0:08:46 - Julie
They don't know, they're just not educated in it. You know, yeah, that's just like it's out of their wheelhouse, but there's lots and lots of information out there. If you go to moldymovie.com, there's a whole bunch of information that you can learn from that moldymovie.com. That'll help too, I will. So hope you feel better.

0:09:08 - Tara
Thank you so much again. Bye, Bye

Julie
Hi Emma

0:09:13 - Emma
Hi Julie, so good to see you.

0:09:17 - Julie
Thank you, you too. Please tell everybody where you are.

0:09:21 - Emma
Yeah, I'm currently traveling in Mexico City, but I'm based in Vancouver and I did a session with you a few weeks ago. Thank you so much for that. I'm calling today because I probably got food poisoning. Yesterday it was really really nauseous, just couldn't keep any food down all day, and then today just really bad stomach pain. Oh honey, you didn't really eat today. I'm really hoping there's something you can do to help. Yeah, I'm not sure what else to do to solve this. I'm still here for another like three, four days.

0:09:57 - Julie
Okay. So what I'm going to do is get you on my radar. You know how this works. Here comes my laser beam from Sweet Home, Alabama, head south to Mexico. All right, got you Shoot energy from your feet up to the tub.

You've got yeah, you've got like viral looking stuff going on in your body. When I see a, this is all in my mind's eye. When I see a bacterial infection, it's kind of a fuchsia color more pink than purple, Emma and when I see a viral infection, it looks like real watery beef broth, and you are full of real watery beef broth in your energy field. So I'm getting that cleared out. I do believe that you have parasites as well, probably from the food, and you've gotten toxins in your body

from just from the food and the water. And even if you haven't been drinking the wine, they say, oh, just drink purified water, but there's usually ice in something, or you know, I mean it's just my son, last time we were in Mexico, got so sick like you, Jonathan did. He swore he'd never go back and he hasn't so and I think it's just. You know, our systems are just used to different bugs in different cultures and different climates and stuff. So are you able to? Are you in a hotel? Where are you staying?

0:11:20 - Emma
I'm in an Airbnb.

0:11:22 - Julie
You have a kitchen, okay. Do you have anybody with you that can go to the store? Yeah, I do. Okay, get some chicken broth, but get it in a can. All right, make sure that it comes from a can. I would work on that. You want to at least stay hydrated, and you know, use tablespoons of water if you need to, but be sure it's purified and don't use the ice. And just stay hydrated at this point until you can get home. But the chicken broth is going to work. You know, just the basic stuff. Scrambled eggs sometimes can help, soda crackers, you know, at this point you just need to get some kind of liquids, primarily into your body.

0:12:16 - Emma
I was reading online and it said rock garlic could help. Is that something? Should I do that?

0:12:21 - Julie
I got to know on that.

0:12:23 - Emma
Okay.

0:12:24 - Julie
I heard a big no in my head when you, when you answer that, Emma, what I'm doing is um, as I've forced I spare, working through man with me, forced the virus out of the chop of your head, and now what we're doing is we're getting rid of the parasites. Do you remember in science class when did you ever look at a drop of pond water underneath a microscope and you saw those little squiggly things and it was like, oh my gosh, I can't believe all that stuff's in that water. Well, they look like a little wormy things that squiggle around. That's how parasites looks. Look to me in my mind's eye when I'm connected to you. So I love doing this healing, Emma, because it makes me feel like Princess Leia in Star Wars and I have a laser think of it like a lightsaber and I go back and forth on your body and what it does, is it? It just kills off all the parasites. And then I turn the hologram that's you in my mind's eye around and I go on the back Same thing and then suck all their carcasses out of the top of your head, because imagine that it's like a worm, but it's all the insides get obliterated with the laser and then their shells, their carcasses are just left and they look like a, like a vitamin capsule without anything in it. You know, a clear capsule. So I just got that out as well. Now there's a big spiral of energy that's spinning around your whole body. It's a light blue color, it's very thin. I believe it's probably Einstein's string theory is what I see when this happens. But it's just spinning and that's just, you know, giving you some energy to help you heal.

You know, and everybody that's watching if this is your first time, I want you to envision what I'm talking about, because it's going to help and it's going to help you integrate it into your body. Number one, and everybody that's watching this, either live or in the future, we're all working together to help Emma feel better, and we did the same thing with Tara. You know when I'm describing it. I want you to picture it. So you're getting, you're getting zapped on, not only by me, but you're getting zapped on by a lot of people around the world. And you know, kind of like when somebody gets on a prayer chain and say, okay, get them on the prayer chain

and it. You know, whenever we're all focused on the same thing, it magnifies and it helps. So I hope that helps you feel better. Thank you so much.

0:15:06 - Emma

I really appreciate you doing this you bet.

0:15:09 - Julie

Have a good flight home. Sit near the bathroom on the plane. Seriously, thanks See if you can get upgraded to first class.

Emma

Oh, I will definitely try that.

Yeah, yeah, they'll usually do that. If you tell them that your stomach's upset A lot of times they'll do it and they won't charge you if they have the space. Yeah, so good luck with that. Okay, hope you feel better.

Emma

Bye, thank you,

Julie

bye-bye. Okay, we've got a question from YouTube. Let me put on my glasses so I can see what the heck this is. It's from Anne, and Anne from Peace School, new York, is asking does my uncle Steve have a message for me? Okay, so what I'm doing is I'm connecting to you, uncle Steve.

Our heads are like big satellite dishes and they receive and they transmit frequencies. Every spirit has a frequency they keep throughout all of their lifetimes and in order to connect with any spirit, all you have to do is just think of them and then that connects your satellite dish head to their frequencies. Kind of like you're tuning to a radio station in the car or at home or wherever, or a satellite TV station, and then we just ask a question. It opens a two-way radio communication kind of a thing. How you know he's answering is it's the first thing that comes into your head, as fast as you can snap your fingers. Sometimes the answer comes in before you could even snap your fingers, and it's because that communication channel is open and there's no time in the spirit world and they've already got your question or your thought before you can even finish thinking it. So, uncle Steve, do you have something that you want to tell Ann? He's saying remember the jelly beans. I don't know if that means anything to you. Maybe you and he ate jelly beans when he was alive, maybe you were a kid or maybe an adult. Jelly beans are good at any time of life. But he's saying remember the jelly beans. So put a comment in the chat and we'll see if that means anything to you.

The other thing about how spirits communicate is they're going to communicate in symbols, in phrases, in words, in sentences, in images, and that's spirit language. And so symbols are kind of signs and symbols are kind of the universal language for spirit. Kind of like if you're in an airport in a foreign country and you don't speak the language, if you need to use the restroom, you know you look for a picture of the toilet, because that's a symbol that everybody understands and that's how spirit communicates to. The other important thing about when talking with spirit to remember is they it may make sense to you right when you hear it. It may make sense later, when you think about it, later today, tomorrow, next week, whatever and it may pertain to something that hasn't happened yet. So keep that in mind too.

Lastly, a symbol be open to how you see it. You may see actual jelly beans in the store. You may see them in somebody's house, you may see an ad for them. You may see I don't know,

something online, something on social media. Just be open to how the jelly beans show up. So there you go, ann. Look for the jelly beans.

Julie
Hi, Don,

Don
Hi Julie

0:18:46 - Julie
Where are you located?

Don
Westlake, California.

0:18:51 - Julie
Oh, okay, I used to live in North Ranch. You know where that is.

0:18:56 - Don
Yeah, around the corner.

0:18:58 - Julie
Right, well, you got a question for me.

0:19:01 - Don
I do. My mother died about a little over a year ago and we haven't made it. We haven't had four kids and I figured one of them would be making contact with grandma, and we haven't gotten any news lately. Actually, we haven't gotten any news all the whole time, so I was just wondering if you had anything that you could share with us.

0:19:20 - Julie
Sure, what's your mom's first name? Dawn.

0:19:23 - Don
Dorothy.

0:19:24 - Julie
Dorothy Okay, she's standing next to your right. Again, our heads are big satellite dishes. They receive and transmit frequencies. You hopefully heard me say that a couple of minutes ago, so do you have a question for Dorothy? I'm going to ask you to get the conversation started.

0:19:43 - Don
Yeah, where's she been the last six months?

0:19:48 - Julie
She says she's around you guys all the time. She's in heaven. She's talking about peanut butter. I've got these spirits who are talking about food tonight. Peanut butter, what's with the peanut butter? Did she like peanut butter? Did you like peanut butter? What's with the peanut butter?

0:20:02 - Don
Good question. I don't know.

0:20:05 - Joni
I just ate a peanut butter.

0:20:06 - Don
She just ate a peanut butter. My friend Joni just ate a peanut butter sandwich here.

0:20:10 - Julie
There you go A protein bar Okay.

0:20:13 - Don
Okay.

0:20:15 - Julie
A peanut butter protein bar. There you go. So that's something that she's letting you know that she's around you, because she saw you eating that protein bar.

0:20:23 - Don
So yeah, Any advice for me?

0:20:27 - Julie
On anything in particular.

0:20:29 - Don
I have Parkinson's disease.

0:20:35 - Julie
Yeah, she was talking about Because you used to ride horses. Do you ride horses now? Do you have horses? Did you have horses? Yes, yes. Okay, she's talking about the horses. Do you ride them now, don't?

0:20:51 - Don
No, my daughter does.

0:20:52 - Julie
Okay, all right, she's talking about spend time with the horses, because the horses have healing energies with them.

0:21:02 - Don
So for me spend time.

0:21:04 - Julie
For you to spend time around there too. You don't have to ride them, but just go visit them. Take them a carrot or an apple or something. And the other thing is she's talking about glutathione. Do you use glutathione?

0:21:19 - Don
No, I don't. But, I know about it.

0:21:23 - Julie
Okay, she wants you to consider using glutathione. She's saying it will help a lot. There is a doctor in Florida named Pearlmutter P-E-R-L-M-U-T-T-E-R Dr Pearlmutter and if you just Google him you'll find his YouTube channel and he has videos on there where he has Parkinson's patients that come in Don and they're really struggling to walk. He gives them a glutathione IV and 20 minutes later they're walking with ease, not struggling at all. So, yeah,

your mom's talking about. Consider adding glutathione to your regimen and go spend time with the horses.

0:22:12 - Don
Yes.

0:22:14 - Julie
So she's telling me apples and carrots are their favorite. If you're going to take them a snack.

0:22:20 - Don
Yes, definitely.

0:22:23 - Julie
Well, those are two pretty strong clues not pretty very strong clues that she's around you and she knows what's going on. So just talk to her, just say, hey, mom. The other thing that you can do to Don is when we're in grief. Grief is a low vibration and spirits are really high vibration because it doesn't have a body. You know spirits when we die, our spirits everlasting, but our body stays here on earth and when our spirits connected to our body, it vibrates more slowly, simply because the body has mass. So when spirit communicates with us, we need to be on a high vibrational level.

Because I always say, don, spirit doesn't communicate on the I feel crappy channels because the vibrations too low, grief is a low vibration. So what you can do in the interim while you're going through the grief is just before you go to sleep at night. Say, hey, mom, come visit me in my dreams, and she will keep trying it till she shows up. I do that every night. Great, keep doing it. Say, hey, mom, come visit me in my dreams and she will. The reason why it's easier for spirit to communicate with us when we're asleep is because every night when we go to sleep, our energy level goes back to the spirit frequency, god, the factory, presetting or spirit right, the vibrational level, and so oftentimes it's easier for them to communicate with us when we're asleep, especially while we're grieving, and tell your kids to do the same thing.

0:24:06 - Don
Okay.

0:24:08 - Julie
Okay, have you read my book Angelic Attendance Yet?

0:24:11 - Don
I haven't. My friend who's turned me on to you, Joni, and she's read it and she's taken to class for you.

0:24:19 - Julie
Oh, fabulous. Okay, Well, hi, joni, hi, yeah, yeah, give it to you know, give it to Dawn and Dawn. If you prefer the audiobook or the digital version, just go to julieryangift.com. Anybody listening. If you want a free download, go to julieryangift.com and we'll send you the digital and the audiobook version just as a gift. So I hope that helps.

0:24:51 - Don
Nice, it's very sweet, thank you.

0:24:53 - Julie
You bet. Thanks for calling. Bye Joni,

Joni
Bye Julie. Thanks so much,

0:24:56 - Julie
Hi Adriana. Where are you?

0:25:08 - Adriana
I'm a Massachusetts. So my sister got me in touch with you. She asked me, she told me about your show and it has been awesome. I've been listening to all your podcasts and all that. So I had a question for you.

My mother was just diagnosed with liver cancer, stage four. At this point she's 87 years old, okay, so it's moving real quick for us the last two weeks. So we that's a family we just want to be there for her and she's extremely stressed and depressed. She's overthinking everything. She can't sleep, she's having a hard time dealing with us because it took everybody. I'm surprised. So we just want to the whole family just want to be there for her. But she's also overwhelmed that everybody thinks she's going to pass right away. So at this point I just want to know in what stage she's in so we can all as a family, be there, spend more time with her. She has a bunch of grandkids and everybody is kind of trying to be there for her, but she's overwhelmed at this point. So just to give her a little ease and just give her more positivity so she can keep going and maybe just enjoy quality time with the family.

0:26:32 - Julie
How does she feel? Is she in pain or is she?

0:26:36 - Adriana
She has been sick for the last two months with the flu, pneumonia, blah, blah, blah. That's how we find out that she had cancer at the end and she literally just fell. This is her best week. This week has been a great week. She is feeling better this week, but she started getting, you know, her legs are starting to swollen, her stomach got bigger and you still you see the changes on her, on her body. So so I just want to know if you can scan her? Sure?

0:27:09 - Julie
sure what's her first name Adriana.

0:27:12 - Adriana
Her first name is Rosario.

0:27:14 - Julie
Rosario, okay, All right, and is she in Massachusetts with you, near you?

0:27:19 - Adriana
Yeah we're in Marvera, Massachusetts.

0:27:22 - Julie
Okay, all right, here comes my laser beam from Sweet Home, Alabama, head, northeast. Here we go. All right, I watch my laser beam go across the country. If it's going to Europe, it goes across the Atlantic and to whatever country in Europe. If it's going Pacific, like what I did with our gal Emma from Mexico I watch it go directionally. It's pretty funny, but it's like I'm watching a map to watch my laser beam go over there. Okay, got you, I'm going from you. My laser beam goes from you to your mom. Your mom is in phase seven of the 12 phases of transition.

For those of you that don't know what I'm talking about, the phases of transition are a series of events that involve angels, the spirits of deceased loved ones and pets, and the configuration

changes as we get closer and closer to death when our spirit separates from our body. It's a glorious component. You know that from listening to this show. So phase seven is the spirit exits the body through the top of the head and hangs on as somebody's at the end of their life. It can be for months, even years. A friend of mine's dad just passed and I think he was in phase 11, Adriana for gosh, a year and a half maybe, and was up moving around and just until his last few days, I mean, he was mobile. So when somebody's in one of the phases, they can advance in the phases, they can go backwards, they can come completely out. I don't see that very often, but it has happened and I have seen that Our spirits all decide where we go, when we go, how we go, who's with us or not when we go and what the circumstances are that surround our passing. Every critical care specialist will tell you that. Every hospice worker, every funeral director will tell you that. You know unlimited stories.

Phase seven is when her spirit's out of her body. It's hanging onto the top. It looks like a speech bubble or a cartoon caption bubble where the words are. And she's got her parents at her feet. Their spirits are there, other family members are there. The parents anchor what originally starts out as a circle of angels that eventually opens up into a horseshoe and at the end is in a straight line. She's in phase seven. Phase seven is when the pet spirits show up and so they're in there. As she's getting closer and closer to departing Adriana, she may start to tell you that she's seeing deceased loved ones spirits or pets spirits in the room and oftentimes the family will say oh, it's the morphine. Mom's hallucinating, she's not hallucinating, she's actually seeing. Has she started to tell you that she's seen her loved?

0:30:39 - Adriana

ones. No, yeah, no, yeah. I think today she said, basically, you know she can't sleep, so she's overthinking, she's thinking about what's going to happen if she, she passed, and how, how are we going to survive and how my daughters are going to do, and I, you know, I'm like, okay, you know you can, you, we're okay, you can do it. Are you ready? That's what I always ask her Are you ready? And she's roll her eyes, like you know, she feels like she is. We're not ready. That's what she, she felt today.

0:31:17 - Julie

Well, university based research shows that 90% of people, at the end of their lives, see the spirits of deceased loved ones and pets 90% and they see them either in visions or dreams. So prepare yourself for that. Just ask her. Say, Mom, what you know. What are they saying? Tell us about them. Just just listen to her and have the conversation with her about that. The other thing is I always ask somebody three questions at the end of their lives when they're in the phases of transition. So, Rosario, are you ready to go? He says absolutely not, Absolutely not. Are you in pain at times? She's saying she's in pain at times, Are you? What can the family do for you? At first I heard bring me more chocolate and then I heard give me a little piece which goes along with what you were saying earlier. Does she like chocolate?

0:32:21 - Adriana

She likes chocolate, but she can't have it. So those are the things that part of her diet she can't have.

She doesn't have chocolate, maybe in a year or two, so okay so those are the little things that everybody's trying to please her and give her everything she wants. But you know, it's just, we're just not the way for me and we're trying to keep her, you know, positive and forget about it. But everybody's calling Are you okay? How are you feeling? It's just overwhelming. She, sometimes she just they come and best her and she's like okay, okay, you can go now, Like she's trying to get rid of people. She just want to be on her diet time most of the time. Yeah, yeah.

0:32:57 - Julie

So, Adriana, she's dying. If the woman wants chocolate, give her chocolate. I mean, for heaven's sakes.

0:33:06 - Adriana

She's a strict one, she's the one who doesn't. She knows she can have it. She's gonna, her stomach is gonna hurt. She said so, okay, we don't give her. So we listen to everything she says or she wants At the end of life.

0:33:20 - Julie

my feeling about that? I don't eat sugar. You bet, on my last week of life I'm gonna be eating everything that I didn't nail down, that's, brownies and chocolate and lays and everything that I haven't eaten for all these years. So if she wants something to eat, give it to her, let her have it, let her enjoy it. I am.

0:33:40 - Adriana

I am, I'm spoiling her here and there and I said here, have this, we can try this. What is your favorite? I'm from South America. Where's from South America? From Ecuador. And you know she misses her food, her original food. So we can my sisters. They cook her special food. She loves it, but she can't eat too much. She just can't, and so it's getting overwhelming for her. But you know we spoil her. Yes, we do Right.

0:34:08 - Julie

Right. One other thing is you know, have you read my book Angelica Attendant?

0:34:15 - Adriana

No, I got it as a gift today and I thank you for that, and I'm going to start reading it tonight.

0:34:20 - Julie

Okay, good, and play the audiobook for her. And on my website, askjuliereyan.com, if you go to the 12 phases tab, there's a free 12 phases chart. That's an illustration of what all the phases look like. I would show that to her and tell her this is what happens when somebody's dying, and hopefully that will help her. Is she afraid to die?

0:34:49 - Adriana

She's afraid of them? No, I guess, like everybody else.

0:34:53 - Julie

Yeah, this will help. Yeah, she's a little.

0:34:57 - Adriana

She got a little, you know, emotional satin, depressed, the first week, sure, but this week she's better, this week she's positive that maybe if she gets a surgery or something but it doesn't look like it's going to happen like that. So, okay, she's eight, seven years old, so I don't think they're going to operate or do anything at this point.

0:35:20 - Julie

Well, and it's the quality of life at this point, yeah, and the other thing is, as she starts to see, or at least experience, her loved one's spirits in the room, that's going to give her comfort. And you tell her that those are all, and you'll hear about this in the book, or read it, if you decide to read it that I call that the welcome to heaven committee. And they're all there to welcome her. All her loved ones are going to be there. Her parents are there, her grandparents, every pet she's ever had. You know it's all glorious.

0:35:55 - Adriana

So help her with that Help her not to be afraid. I will talk to her daily, cause daily we had little talks and I asked her and you know, and she tells me little things that she feels at night, because it's during the night that she's, she's. She wake up at 12 or one o'clock in the morning and she's away from there until six o'clock. She just can't sleep. So her head is all over the place in those hours and, yeah, she, she, she's just a little overwhelmed. But I will tell her, I will talk to her little by little with her. Does she say the?

0:36:30 - Julie

rosary she prays all day, okay, so have her. Have her pray the rosary in the middle of the night, that I just got that divine download from spirit. Have her say the rosary at night, when she's awake and she can't sleep, and that that's going to help her get her brain, you know, so that she can go back to sleep. And if she needs to say two or three of them in a row, that's fine, and tell her, if she doesn't finish it, the angels will finish it for her.

0:37:00 - Adriana

That's a good idea. I will tell her. Yeah, yeah, that sounds good. I will tell her.

0:37:04 - Julie

Good luck with all of that.

Adriana

Bye, thanks,

Julie

Okay, bye, bye, hi, john, hi, where are you?

John

New York City,

Julie

Okay, terrific. How are you doing this evening?

0:37:18 - John

I'm great thanks. I could approach you with so many things, but I picked one. And also just want to thank you because you had gotten your book and audio as a gift and that was really, really huge and helpful with my wife's past this past year and it was just, it came just at the right time and just been amazing.

0:37:47 - Julie

Wonderful. What's your wife's name?

0:37:50 - John

Her given name and birth was Heidi, but her spiritual name where in a yoga was Pooja.

Julie

What did you call her Pooja?

John

I was just thinking, because now I talk to her, kind of facilitated by you and what I've learned, and so I realized that I never called her by her name and that's kind of weird. We always called each other Hun, so yeah.

0:38:16 - Julie

Oh, how are you holding up? How are you doing with the grief?

0:38:23 - John

I mean, actually, one of the most helpful things and I think the time was ripe was when your book came to me. So I was kind of ready to I mean. I thought I mean I'm already open minded to the idea of everything in your book, and that's been my life, I, you know but I mean this sort of you know dimension of what's in front of me and whatever. But, like, at some point I was like, look, I mean, why not pursue this, because she ain't coming back, like she's not. She keeps not showing up at home for dinner, so like, and so I did that and I immediately had dialogue with her. Go ahead, fabulous. She said things that were just exactly her. It was just incredible, yeah. And so it's not the same as taking her for a walk or something, but it's pretty great.

0:39:18 - Julie

Yeah, and there's a I don't remember what the episode is, but it's Lenore Matthews, dr Lenore Matthews, and she is a research scientist that worked at the UN John for years and she lost her husband very suddenly, like at 35 or 36 or something, and she's done research on what helps people grieve the most, and what she's found in her research is that if you can communicate with your loved one's spirit, that helps you get through the grief better than anything. And it sounds like that's what you're doing and however you need to do that, you know you're doing it on your own. Everybody has the ability. It's just a matter of developing and then enhancing it, and the key is the more you do it, the more validation you get, and the more validation you get, the more you trust it, and then it's just second nature.

Also, take my class, Angelica, Attendant Training Angels in Enlightenment Training. Just go to askjulieriync.com and click on the training button and, boy, your skills will really ramp up then, because we have practice groups. Yeah, that will help. So did you have a question for her?

0:40:41 - John

Well, I don't have a specific question, or I mean, I really thought that I would ask something for me. Medically, that's what came to me first to ask you, even though hearing anything from her would be amazing.

0:40:57 - Julie

She's right next to you, on your right, so she'll be involved in the healing. So, yeah, yeah, they always come right in as soon as you think of them, and if you're doing something random, john, and you think of her like out of the blue, that's her letting you know she's there.

0:41:18 - John

Oh yeah, it's been so amazing. So I've had this spinal stenosis that really also activated at the time that she was sick and I lost my job and it's been a five year odyssey until she passed and that's been an amazing challenge and I found a good, not kind of standard Western physical therapy called Egoscue. That's been super helpful and actually let me walk because the pain was impossible to deal with. But it's so. I'm doing that and like the healthier I am and the more I stick with the exercises, that's great. But I mean, if listening to you help so many people, I mean if there's something that would kind of take help with that, that would be amazing.

It's one of the most excruciating pains that I don't wish on anybody, but seems to be quite common. And I was thinking that while you're scanning, I don't know. I've actually not been to had a physical in many years, so that's what's on my mind because the pain comes up. But I mean, if you see something while you're there, obviously I don't know how you do that, but there might be something more important to deal with.

0:42:41 - Julie

Yeah Well, when I have you for a private session, I always go in blind first, because the energy is always going to go where it's most needed. Just from a time management standpoint, on the show, I just go to whatever you want me to check. So consider scheduling an hour with me and we can do whatever you want. We can talk to your wife, we can do medical healings, we do past lives. I mean, it's a blast. We have so much fun and we cram a lot into that hour. So what I'm going to do is just get you on my radar and then let's work on the spine first. So here we go. Here comes my laser beam again from Sweet Home of Alabama heading up to New York. I got you the hologram. That's you in my mind's eye. John, we've turned you around, we spirit and I, you know, sounds like me myself and I, but it's spirit working through me and with me so turned you around spinal stenosis and helped me with this. My understanding of spinal stenosis and this is what I'm seeing is there's a narrowing and almost like a squeezing on the bottom of the spine, and then it affects not only the spine but also the nerves that go down your legs, and so my guess is you probably either have sciatica, from what I'm seeing, or you have had it, because I can see damage in the nerves in your legs. So what I'm watching happen is I'm watching. Imagine that there's like a sheath, think of saran wrap. How about that? My analogies sometimes are hilarious, John. You know that, and it's just so that we can get, so you can get, a vision in your mind's eye of what I'm describing, because if you can envision it, it's going to help integrate the healing into your body. And oftentimes I'll laugh because I'll get some crazy analogy, like your elbow looks like whipped cream or something just like off the wall. And I'll say to spirit, really, they'll say well, it's funny, you're supposed to have fun when you're. You know when we're working with spirit. So whatever, imagine that there's this real tight plastic wrap around the base of your spine and it's squeezing your spine. So what I'm watching is I'm watching a scalpel cut that, like if you're cutting a wrapper around something with a box cutter or a pair of scissors or a knife. So I just watched that. That released your spine.

What I'm watching happen now is I'm watching a piece of pipe. You can imagine that that's going around your spine and it's going to act as a protector on that bottom of your spine. All right, you with me. It's interesting to me. It's not PVC pipe, it's a piece that's probably like three inches, but it's metal. Okay, it's probably titanium, because that's what joints are made out of. I'm an inventor of surgical devices sold throughout the world, so a lot of these analogies I get to see in my mind's eye are stuff I saw in surgery for decades when I was developing products and testing prototypes and stuff like that. So there's a piece of metal that's titanium that's gone in and it's kind of like a guard around your spine. It's let your spine expand.

Your spine looks like oh, it looks how you would imagine it would look. It looks like it's been squeezed and it looks like it's dehydrated. If you wrapped flowers really tightly and didn't give it any water and it looks kind of droopy and kind of sorry, what I'm looking for, it just looks droopy. So by putting that support in there, that guard in there, I'm using stem cell energy, John, and it's going into your spine. Stem cell energy looks like a light amber colored gel, has sparkles in it because you know it's woo-woo, gotta have sparkles and it has a great consistency to it. It reminds me of this hair gel that they had when I was a kid called Dipity Do, and so that's going in there. There's a vortex spinning outside of your spine that's regenerating your spine. This stem cell energy is so amazing, it'll regenerate any body part we need.

Now let's work on your sciatica. It looks to me like your right sciatica had more pain than the left. If it doesn't now, it may have. Okay. So imagine that that nerve tube looks like a piece of clear aquarium tubing and when I see sciatica that's inflamed, it looks red. So I'm putting anti-inflammatory energy on it to calm that down. That looks like a royal blue color that you'd see inside like a refreezeable ice pack, John. So that's getting that down. And inside the tube is this medical term I came up with and it's called gunk, g-u-n-k. Gunk, and gunk is a combination of dead cells and other debris that just gets inside the nerve tubing. So imagine a piece of

aquarium tubing but it's the diameter of maybe a piece of angel hair pasta. All right, you're with me.

Inside we're doing both of your legs at the same time. Inside those tubes are corkscrews that are spinning really fast and what they're doing is they're grinding up or morselating any of the debris or gunk that's in there and it's going all the way down. There's more damage, it looks like, to your right sciatica than your left, so, but we're doing both at the same time. So we're there. We're about down to the back of your knees, going down your calves into your legs, out through your feet. Now we're irrigating that. So imagine that there's irrigation fluid. Looks like water coming out the end of your toes. Imagine your feet look like sprinklers. Okay, so we're washing all that ground up gunk out of those nerve tubules and then we're pouring stem cell energy in there Again. Light amber color gel sparkles. Looks like dip ity-do. There's a vortex spinning behind each of your knees. That centrifugal force is what transforms the stem cell energy into new body parts. As your nerves are coming back online and aren't there being healed, john, they turn from looking black in areas to just a baby pink color, just like a pastel pink color. That's what a healthy nerve looks like, going all the way down your legs and into your feet.

The interesting thing about the stem cell energy that I see all the time, every day. I mean, I see it many times a day, as I'm working with clients is. I believe what I'm watching is what our bodies do on their own to heal. If you go back to your science classes, remember every cell is surrounded by cytoplasm. Every cell is a nucleus and that nucleus is surrounded by cytoplasm. Cytoplasm is a watery gel like dip ity-do, and our bodies have a centrifugal force that spins. That causes the cells to divide and replicate to the tune of billions of them a day. I believe in these healings. What I'm watching happen is your body doing it, but just in warp speed, so it helps you heal. You know better, quicker, more completely, so I hope that helps.

0:50:33 - John

I was already feeling it. I was just I was. It was making me start to cry because I was I'm not sitting like in the most comfortable way and it was kind of feeling crappy. And then you said that and it was, that was crazy.

0:50:47 - Julie

You were starting to get some relief.

0:50:50 - John

Yeah, right, as soon as you were saying it.

0:50:53 - Julie

Yeah, yeah, it's amazing what happens with this and what it is is it's we're sending an energetic healing to you. So the healings already happened on the, on the energetic level, on the spirit level, and then it integrates into your body. So that's why I'm so persnickety about I want you to visualize what I'm describing and I know that's why spirit communicates that way to me so that we can have a visual, something that's an analogy that we'll understand from our human perspective. So I hope that helps. Sending you a big hug.

John

Thank you so much. I'm so grateful,

Julie

You bet. Okay, john, take care,

John

Take care.

Julie

Bye, okay, well, I think that's probably it for this week, I guess, or maybe Susan's coming in.
Hi, Susan,

Suan

hi, hi,

Julie

There you are.

Susan

Can you hear me?

Julie

I can, yes,

0:51:47 - Susan

I. I don't know what I did, but I hurt my back, or my back began hurting, I should say, a couple of weeks ago, and I've it's kind of worried me, like it's. It's changed for me. I was at first, it was hurting to breathe, now I can't. I can't sleep at night because it's so uncomfortable. I can't get in a comfortable position and I just I don't know what I should do about it or if I should be worried about it. If you could do a little scan, yeah.

0:52:18 - Julie

I will. Please, where are you located?

0:52:18 - Susan

I'm in Arizona,

Julie

Okay. Where in Arizona?

Susan

Like the suburb of Phoenix, yeah, yeah.

0:52:30 - Julie

I've been there many, many times. Okay, here we go. Here comes the laser beam from sweet, Alabama, heading out to that other A state. Okay, got you Shooting Energy. You're a twisted sister, honey, you. Do you have a chiropractor that you see, or that you know of what I'm watching as a chiropractic adjustment? Your pelvis is twisted, your left hip is in front of your right hip, so I don't know what you did. Maybe you're more likely to get injured. Tip is in front of your right hip, so I don't know what you did. Maybe you know getting out of a car in a tight parking space that can do it. This is a skeletal thing, and so do you have a chiropractor that you can go see? I, yeah, I have one like good.

Like, okay, yeah, I would make an appointment and tell them you need a full body adjustment. I just watched an adjustment on your on your hips. So, again, your right hip was in front of the left. You wouldn't be able to tell that if you look sideways in a mirror, but I can see it in my mind's eye. So I watched a chiropractic adjustment where your hips are level now and once that happened, all of your your vertebrae up your spine, lined up, like if you took a mallet across the xylophone or took your finger and ran it down the keys on a piano and went, you know, all the way up. That's what happened.

The other thing for you and also for John, our last caller if you are still listening, John go to beam minerals, beamminerals.com, and get some instillite spray. It's minerals that you can spray on your body when you have pain. This stops miraculously. You guys, I'm telling you it's amazing. It will stop the pain. If it doesn't stop the pain right, right away, spray it again.

I had a friend over a couple of weeks ago and her back was hurting. So we sprayed her back and it was better after about five minutes and then she said yeah, it's still hurting. So we sprayed it again and within 10 minutes all the pain was gone. Now you know, if you got a broken bone or something, it's going to help reduce the pain. You need to deal with that. But in your case and John, if you're listening to beamminerals.com, it's called instillite it's like \$8 for a spray bottle of it and use Julie Ryan in the checkout code and you'll get 20% off. That's going to help and go see your chiropractor. Thank you so much. You're welcome. The healings happened on the energetic level. Now you got to help it integrate into the body by doing it on the physical level. So I hope you feel better.

0:55:09 - Susan

Thank you very much. You bet Bye, bye.

0:55:12 - Julie

Bye, take care. Ok, everybody, how much fun was that. Remember to subscribe to share with your family and friends. Leave a comment, we love to hear from you. And until next week, Thursday, 8 pm Eastern, sending you lots of love from Sweet Home, Alabama. Bye, everybody.

0:55:36 - 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 AskJulieRyan.com.

0:55:50 - Disclaimer

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