

AJR Show - Feb 9th 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

Welcome to the Ask Julie Ryan Show. This is our show before Valentine's Day, so happy Valentine's Day early, boy do? I have a show for you we're going to release on Tuesday. It's how to Find Love in Midlife. So if you're looking for love or you know somebody is, we're going to have Nancy Bruce on and she found love in midlife and now she's got a strategy for you if you're looking for love in midlife too. The reason that we do this show is to blend spirituality and practicality to help you live a life full of purpose and joy, and we have a whole bunch of callers on hold, so we'll see what their questions are, see what spirit has to say for an answer, and it's always lots of fun. So let's go right to the phones.

Julie
Hi Sarah,

Sarah
hi Julie, how are you?

Julie
I'm terrific. How are you doing, girl?

Sarah
Good, I got meatballs here with you.

Julie
Where are you?

0:01:38 - Sarah
I am in Martinsburg, West Virginia.

0:01:42 - Julie
Okay, terrific, you got a question for me.

0:01:46 - Sarah
I do so. Oddly enough, just today, your Instagram post was about dreams and meanings and literally what I'm calling you about today. Last week I had a dream that my sweet 18 year old kitty, who's right here with me, Paul. He had tears in his eyes and he was sick in my dream and then, just a few days later, he got sick and it's been pretty scary. He got an antibiotic on Monday and he is doing better. I think he has an infection in his mouth, but the vet did say that he's in kidney failure and you know, the only options are very, very expensive things. I'm getting a second opinion tomorrow, but I just wanted to know if you could communicate with him and let me know if there's anything he needs or if you know what you think about about his condition.

0:02:44 - Julie

Sure, for those of you that are first time to the show, how this works is I raised my vibrational level to level of spirit and I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into you, Sarah, in West Virginia, and then I'm going to go from you to meatball. I love his name. That is hilarious. Did he look like a little meatball when he was a baby?

0:03:07 - Sarah

He did. Yeah, now he's an old skinny man, but yeah, he was a little meatball Okay.

0:03:15 - Julie

Here comes my laser beam from sweet home Alabama, heading up to you in West Virginia. It got you. Got meatball, Meatball spirits out of his body. Sarah, I know that's not what you want to hear.

0:03:27 - Sarah

It's okay.

0:03:29 - Julie

When a person is dying and when an animal is dying, the spirit exits through the top of the head and it hangs on to the top of the head in a spirit. I call it a spirit bubble configuration. It looks like a speech bubble or where the captions are in a cartoon, and so I'm unable to scan him medically when his spirit's out of his body, because it's like the power source for the body. It would be like looking at an X-ray in a pitch black room. Without electricity. I'm not going to be able to see anything. So let's talk to him. What I got when you were telling me that he was having trouble in his mouth, I got he's got some abscess teeth. Yeah, I call those divine downloads. It's information that comes into my head while I'm talking, even before I get you on my radar, which I'm kind of like a human MRI or an X-ray. But I got that he has some abscess teeth that are infected.

0:04:31 - Sarah

Okay.

0:04:32 - Julie

Does that make sense?

0:04:34 - Sarah

No, it totally does. He had an antibiotic shot on Monday and he's been much better. He's feeling pretty good today. He's been eating and he's way better than he was this weekend. But that was, you know, I guess, probably going to be short lived and the vet has recommended kidney fluid injections for the rest of his life to help his kidney failure.

0:05:04 - Julie

So let's ask him the big question. Do you want to be euthanized? He's saying not exactly.

Sarah

All right, what's that mean?

0:05:14 - Julie

What do you mean?

0:05:14 - Julie

What do you mean by not exactly? I'm not ready to go yet. Okay, he's saying, if that, you'll know when it's time. He's saying he'd rather go out on his own without being euthanized. Now, that's what he's saying right now. That may be different in a week or a month he's saying he'd rather go out on his own. He's also saying that you'll know if it's time. If he's just lethargic and he has trouble getting up.

0:05:45 - Sarah

Okay, okay, yeah.

0:05:48 - Julie

Like he he's. He's showing me like if he just is so exhausted he just doesn't have trouble to get up, or he has trouble getting up. He's saying he still has some spunk left, I believe it Finding that. Yeah, okay, all right.

0:06:04 - Sarah

He just gave me this. I hope that helps. No, no it absolutely that's. That's really what I wanted to know Over the weekend it was. It was kind of scary. I really really wanted that answer this past weekend, you know. But that's that's, that's good. I'm happy with that. I'm good with that. Yeah, my daughter, I'm already a veterinarian.

0:06:26 - Julie

Yeah, I never heard a cat get in their teeth pulled before, but apparently it's pretty common, right?

0:06:33 - Sarah

Do you think, do you think, that's worth it to put him through it, this, this, no, okay, no, gotcha.

0:06:39 - Julie

I do not Now if, if he decides he wants to stick around for a while, his spirit can go back into his body. Okay, it's out right now. So, spirits, and humans and pets can go in and out.

0:06:53 - Sarah

Okay.

0:06:53 - Julie

But right now I'm getting. He's not ready to go and he does. You didn't to euthanize him at this point, Okay.

0:07:01 - Sarah

So maybe just antibiotics and keep it uncomfortable? Yeah.

0:07:05 - Julie

Okay, yeah, well, let's ask him about the kidney stuff? Yeah, do you want the kidney medicine? He's saying not necessary.

0:07:13 - Sarah

Okay, Okay, easy enough for me. Okay, alrighty. Well, good luck. Thank you so much. I really appreciate you.

0:07:23 - Julie

By Sarah,

Sarah

He says bye, okay, okay,

Julie

hi, how are you my girl,

Teresa

thank you.

0:07:37 - Julie

I am well. We're thrilled to have you Thank you.

0:07:43 - Teresa

I have a question for you. I'm coming from Stamford, Connecticut, on the New York border. Okay, yeah, and I was on your show about I think about eight months ago and I was asking about getting pregnant and you had mentioned something about sort of my left ovaries and I think you were on to something because they've been very quiet. I've been trying to get pregnant for five years but I've not been successful yet, although I have had a couple of miscarriages, so I guess that's on the way to success. So just kind of wanted to check in on everything and see if there's anything I'm missing, anything that I can do. That's good stuff.

0:08:30 - Julie

Okay, all right, did you? Are you doing IVF? Are you just doing it on your own? What are you doing?

0:08:37 - Teresa

In the past I've done multiple rounds of IVF and then I kind of got very emotionally and physically exhausted by it all. So we've been trying natural for about the past year. The doctor's recommending an IUI coming up. So we're considering an IUI coming up in the next month or two.

0:08:59 - Julie

I get it's in your best interest to do the IUI. Okay, do you have eggs already that are frozen, that are ready to go?

0:09:08 - Teresa

No, they would basically just do, you know, for lack of a better term, the turkey baster method, and when I'm ovulating. So no, I don't have any frozen eggs.

0:09:22 - Julie

Okay, all right, you have a baby spirit over your right shoulder. I don't know if I told you that last time you did, but you've had a couple miscarriages. You said I'm so sorry about that, but you know you can get pregnant, so that's a really good sign. Baby spirits look like little orbs, teresa, and they hang over the mom's right shoulder, and this one's in pretty close. I mean, sometimes they're often a distant. They remind me of at an airport at night when the planes are stacked up in the sky waiting for clearance to land and you can see their landing lights on. So this one's pretty close in. I think you've got a really good chance of this one incarnating. So let's ask it what it needs. I'm sure you're involved with nutrition and probably way more than we want to know as far as trying to be healthy. Yeah, and all of that.

There is a book called the Better Baby Book that you may find helpful. Have you read that book? No, I haven't, but I'll certainly look into that. It's by a woman named Lana Asprey and her ex-husband, Dave Asprey, the health guru kind of a guy, biohacker, health guy and she was told that she could never conceive and she fooled them because she had two kids in her 40s

and she was able to restore her fertility, get pregnant, and so, even if nothing else, I would suggest that you read or listen to that book, because it's going to give you some pointers to how to be ready and how to help your body get pregnant, and then also, while you're pregnant and then postpartum, how to stay healthy. So I got that when you first started talking to recommend about a baby book.

0:11:19 - Teresa

Exactly, I will definitely get that book. I'm in my 40s, so I will certainly get it. Okay, yeah.

0:11:27 - Julie

Yeah, I think you've got a really good chance of conceiving. May I look at your girly parts? Just make sure everything's ready to roll. So I'm looking at a hologram of you from behind. I'm going in. It's like I have an MRI, it's like I've got a big screen TV in my head, and so I'm looking at your ovaries. It's like you're going to ovulate on the left side this month.

I don't know if you know which one, but it looks when an egg is getting ready to pop on the ovary. It looks like a red underground zit. Do you ever have a zit? Like a high schooler, and it doesn't have a head on it, but it's one of those big, swollen ones and it hurts like crazy. That's what it looks like when they're getting ready to ovulate.

I've actually seen these in the operating room, real time. I know, I know, but that doctor I was with, he let me look through the scope. He goes, see that thing that looks like a zit. I said, yeah, he goes. That's where the eggs get ready to pop out. Okay, good to know. All right, looking at that, you've got eggs. You've got some that are retired in there, as you can imagine, and so I'm watching a little dome, do you remember? You know my analogies are hilarious, but they're just to give us an idea of what I'm seeing in my mind's eye, because it's a metaphor or an analogy for the energetic healing that's happening. And if you can envision what I'm talking about, teresa and everybody listening, envision what I'm talking about because, regardless of when you listen to this show, if you're listening live or if you're listening in the future, we're all working together to help heal you and help you get pregnant. Everybody that hears this show around the world which is pretty cool if you think about it, because time doesn't exist in the spirit world. Time's a human creation, so it doesn't matter if you're hearing it in a week and a month and a year. They're all sending the healing to you by envisioning it.

So do you remember the old fashioned hairdryers and the beauty parlors? Yeah, hair, one of my grandmother would get a shampoo and set. They'd have those plastic rollers in their hair and then they'd sit underneath the dryer. That's what this looks like. There's a dome that's come over both ovaries and it's sucking out all the eggs that have retired. And what that does is it gives the viable eggs which look like blonde caviar to me, by the way, it helps them spread out and give them like a little breathing room. So that's happening on the left side. You got more eggs on the left side than on the right side, that's what I'm saying, but you still have some on your right side. You still have some that are ready to go.

The ends of the fallopian tubes have these little finger-like things on them. It reminds me of seaweed on the ocean bottom when they're just kind of waving in the current, you know just kind of going back and forth. So I'm using stem cell energy on those, teresa, and those are like little fingers that are going to go out and grab the egg once you ovulate and then it brings it into the fallopian tubes and both sides. There are corkscrews inside your fallopian tubes and they're spinning really fast and they're just grinding up anything that's in there, you know any kind of debris or whatever. So we want them to be really slick so that that egg can come into the tube and go flying down like on a metal slide that you just greased with a piece of wax paper.

Am I dating myself on that? Probably. So that's good. Spin down into your uterus. That looks good, servix. Okay, servix is being.

It's getting kind of a tune up because there's you know what a strawberry basket looks like the plastic green ones, yes, yes, yes. So imagine that kind of a structure is being put on top of your cervix and they're these thin blue lines that are making kind of a structure to help strengthen it. So imagine if you had a strawberry basket and you glued a piece of fabric to it on the outside. The strawberry basket would provide some stability for this. The fabric. Does that make sense? Absolutely. That's what I'm watching happen on your cervix. So you're ready to roll, girl, let us know how you're doing. But yeah, yeah, yeah. And the other thing is picture yourself rocking your baby. Okay, so you're focused on what you want to keep. Envisioning you rocking your baby, okay, and you know, in the nursery, in wherever, and we tend to focus on the problems more yeah, and so we're sending out that signal and then that's what we attract. If you, every time you catch yourself doing that, switch the picture. Switch the picture to you rocking your baby.

0:16:35 - Teresa
I will do that Sure.

0:16:36 - Julie
Yeah, all right.

0:16:37 - Teresa
Keep us posted. I appreciate it, thank you.

0:16:41 - Julie
You are welcome. Bye Teresa.

0:16:46 - Teresa
Bye, bye

Julie
Hi. Hi Great, how are you?

0:16:49 - Gurpreet
I'm good Thanks. How are you?

0:16:53 - Julie
I'm terrific. Thanks. Please tell us where you're located, yeah.

0:16:57 - Gurpreet
I am right now. I am in Calgary.

0:17:01 - Julie
Okay, terrific.

0:17:02 - Gurpreet
Did I say your name.

0:17:03 - Julie
right yeah, it pronounced your name.

0:17:08 - Gurpreet
Good. Originally, I'm from India.

0:17:13 - Julie

Okay, terrific, I figured with a name like that. Yeah, yeah, terrific.

0:17:19 - Gurpreet

You remember we talked a few years ago, I guess two years ago. Yeah, I do?

0:17:25 - Julie

Certainly yes.

0:17:26 - Gurpreet

Yeah, today I have questions from my elder sister, as we lost her husband, like as my brother in law, we lost him on 28th January, so I'm so sorry. Yeah, we love if you can get any message from him like where is he now? And he has any message for us like we really miss him.

0:18:01 - Julie

What's his name?

0:18:03 - Gurpreet

His name is Harte Singh.

0:18:06 - Julie

Okay.

0:18:08 - Gurpreet

And we called him like Ricky.

0:18:12 - Julie

How did you get Ricky out of?

0:18:14 - Julie

that name. Yeah, that's hilarious. Oh, I love it. Easier for me to say that's for sure. Okay, Ricky's right next to you, on your right. When we think of any spirit, our heads are like big satellite dishes that they receive and they transmit frequencies. In order to talk to any spirit. Whether you knew them or not is irrelevant. All you have to do is just think of them and then that tunes your satellite dish head to his frequency, and spirits keep the same frequency throughout all of their lifetimes. So while you were talking about him and wanting to know what he's in heaven, he's fabulous, but he was showing me chickens. What does chicken? Do chickens mean anything to you?

0:18:57 - Gurpreet

He loves chicken, I guess.

0:19:00 - Julie

Okay, All right, he was showing me chickens, white chickens, like not exotic chickens, just a bunch of white chickens walking around. And when we get information from Spirit, it can be in symbols, it can be in phrases or words, it can be in whole sentences, it can be just in a scene Like I'm seeing a bunch of white chickens walking around and you know how they kind of move their heads back and forth. That's what they're doing. I'm still seeing them walking around. He's sending me that, and so when we get information from Spirit, it's that first thing that comes in your head fast as you can snap your fingers, or before, Like your question or your comment is even out, and sometimes it doesn't make sense to us right at the moment, but it may make sense later when you think about it. Or it may make sense later because whatever they're showing us hasn't happened yet.

So be open to chickens. I think that's a symbol from him. You may see chickens in the store, you know, in the meat case. You may see a picture of a chicken. You may see actual chickens. You may see a cartoon or a piece of jewelry or a chicken on a shirt or on the side of a van. Just be open because those signs can be everywhere. And that's him letting you guys know that he's around you.

0:20:30 - Gurpreet

Okay, so he's not ready to talk to you.

0:20:36 - Julie

Yeah, well, he is. I mean, you know, do a private session and we can talk to him for an hour. But he said, did he have anything to tell you? And he said, yeah, he's great, he's in heaven and he's showing me chickens.

0:20:48 - Gurpreet

Yeah, I remember that, like last time, I get a private session with you.

0:20:55 - Julie

Yeah, do another one, and then we can we can really have a long conversation with him. The other thing, too, is consider taking my class, my angelic attendant training, which is live. I've got one online in May, I've got one that's in person in Atlanta in November, and then you can do the Angels and Enlightenment training too. All of my trainings have live practice sessions, and that's where you get really, really good. There are multiple ones a week, and so then you can talk to him yourself and you can teach your sister how to do it. Everybody can do this. We're all doing it now, we just don't realize it. So yeah, come join us in one of my classes.

Sure, definitely, I will check it Okay just AskJulieRyan.com and you'll see the training classes and then just you can choose which one you want to do. Great seeing you, I'm so sorry for the reason I'm so sorry, thanks.

0:21:53 - Gurpreet

Thank you so much. Bye.

Julie

Thank you, Hi Karmel,

Karmel

Hello.

0:22:00 - Julie

How are you, girl?

Karmel

I'm pretty good. I talked to you a couple years ago, had a private session with you, so wonderful. So I'm in just south of Seattle, in Washington state.

0:22:17 - Julie

Okay, how may I help you?

0:22:21 - Karmel

I have a 20 month old granddaughter and she is a horrible, horrible sleeper and I just feel so bad for my daughter because she's exhausted, because she has two little ones and she just doesn't sleep and we cannot figure out why she doesn't sleep. And I don't know if you have

any can get any insight as to why. She just wakes up in the middle of the night, screams and always wants pouches, wants to eat and everything, and we've tried a lot of stuff and I just don't know what's wrong with her.

0:23:02 - Julie

So does she send you to you? Does she send her to you periodically when she needs a full night's sleep?

0:23:08 - Karmel

I go up there and I let her go take a nap and take care of her girls, because she's so tired.

0:23:17 - Julie

Oh my gosh, you're so young looking. You look like you must have had your first baby at five.

0:23:24 - Karmel

No, not that young oh my gosh I'm only 53. So yeah, I have three granddaughters.

0:23:33 - Julie

What is the baby's name? Her name is Margo.

0:23:37 - Karmel

We call her. Gogo.

0:23:40 - Julie

Cute. All right, margo, I'm going to connect to you, Karmel, and then I'm going to go from you to baby Margo. So here we go. Here comes my laser beam from Sweet Home, Alabama, head up to you in the upper left corner of the country. Okay, got you Going over to Margo Gogo, what does she call you? I'm talking to your grandmother. She called me grandmother. Yeah, grandma, you couldn't get more creative than that. No, all right, grandma. Yeah, okay, let's see. Is it okay if I scan you? Because I don't think so, like that. All right, little kids are the ones that usually don't want us to scan them. It's hilarious, but we can talk to her spirit. All is not lost. Why are you waking up in the middle of the night? Because she's saying she's hungry. She's hungry. What is she eating for dinner?

0:24:34 - Karmel

Well, it depends. She's not a great eater. We have figured out, you know how to get her to eat. She's offered a lot of stuff. I don't know if she has texture issues. What is going on?

0:24:51 - Julie

I get she needs more protein and fat. I get she's gaming you guys. She's gaming you guys. When she gets hungry enough she's going to eat. I mean, I'm not saying let her starve, but you're probably she's she. She probably wants the simple carbs, she wants a pouch of something or short, yeah, and that's just not going to hold her through the night. You know how, with with babies, when they're coming off the breast and they say, okay, start feeding them rice, cereal and stuff like that, and they sleep through the night when you give them more food, I'm getting it's the same thing with her. She's just not getting enough protein and fat to hold her all the time.

0:25:31 - Karmel

Because we're, we're trying, we're trying to feed her, but you can't force feed a kid to that.

0:25:38 - Julie

No, yeah, but, but I would look up what the experts say. You know how to do that. All I know is talking with thousands of moms over the years and, being a mom myself, I didn't go through

that. My child ate pretty much everything. But I get that. The experts say you just give them what you want them to eat, and, and when they're gaming, you know, just to get them to eat something, we give them crap and then their blood sugar is up and down and they're not able to stay full long enough. So you may want to try that, okay.

0:26:16 - Karmel

One other question she has a chip tooth. Is that bothering her at all?

0:26:22 - Julie

No, is it in the front? Yes, yeah, yeah, is it kind of sharp? Is it a little sharp?

0:26:30 - Karmel

Um, it doesn't seem to be. She had to have her two front teeth pulled because she chipped both of them, and then that one's chipped too. She's. She's a destructo baby just constantly getting hurt. So I just want to make sure that yeah, she falls all the time, she just she's a bruiser.

0:26:51 - Julie

Yeah, so so go go is a good name for her. Stick your finger in her mouth. Hopefully you won't get bitten, but just I would feel it to be sure it's not sharp. The only thing that I'm concerned about is your tongue getting on it and and if it's sharp. But I can't imagine the dentist would let that happen, the one who took her top teeth. Yeah, yeah.

0:27:16 - Karmel

They can Sam that. Yeah, yeah, okay, I just want to make sure that tooth is bothering her so yeah, well, good luck.

0:27:24 - Julie

Thank you, I would look it up, Look up, look up how the experts out there tell you to feed them you know when they're um, I've seen several videos and listen to several podcasts where that comes up, and they say you know, you just feel like you're torturing them, but you're not when they get hungry enough, they're going to eat what's in front of them, and then that's how you break them from the sugar cycle. And then refined carbs.

Yeah, her blood, her blood sugar, is going up and down. That's what I'm getting,

Karmel

all right, thank you,

0:28:02 - Julie

You're welcome. Bye.

0:28:08 - Julie

All right, let's go to the question of the week. This is somebody has submitted this online. It was chosen and then I answer it. If you want to submit a question online, just go to askjuliereyan.com and click on the homepage and there's a spot right there that will allow you to submit a question. This one comes from Sherry, and Sherry lives in Boniface, Florida, and that's a real place. I looked it up. I'd never heard of it, but I looked it up, okay.

Hi, Julie, I come from a lineage lineage of Italians with serious health issues. My mother's father and brother both had brain aneurysm, and my mom died from an aortic arch aneurysm in 2022. I've had three failed urethral surgeries and two frozen shoulders, which give me a lot of pain and mobility issues, and I feel like a hot mess myself. Having said all that, at 56, I worry that my family history will be an issue for me too. Love to hear your thoughts. Thanks, sherry, and

here's my response. Hi, sherry, please know you have my heartfelt sympathy for the losses you've experienced in your family due to health issues. It's undoubtedly a heavy burden to carry, especially when you're confronted with your own health concerns, but here's the thing Healths don't have to be our destiny. Despite the scary stories we hear, most health conditions aren't solely hereditary. The Brain Aneurysm Foundation states, quote In most cases, brain aneurysms are not hereditary and there is generally only a single case in a family. And although there might be a genetic predisposition for some conditions like aortic aneurysms, it doesn't seal your fate. Health shows about 20% of people with aortic aneurysms have a genetic predisposition to it, meaning it runs in the family. So she's right about being concerned for that. The article went on to say first-degree relatives, meaning parents, children and siblings, should be screened for this condition. And yet studies also show people with coronary heart disease and peripheral vascular disease are the most likely to develop an aortic aneurysm.

Your personal health journey isn't predetermined. By adopting healthy habits like Whole Foods Diet, regular Exercise and Managing Stress through practices like meditation and or prayer, you can greatly influence your future well-being. Speaking of stress, it's a silent but potent enemy of our health. Constant worrying triggers inflammation, the root cause of many illnesses. Producing and eliminating inflammation always promotes overall wellness in everybody. The body is designed to heal and inflammation is normally what causes illness in our bodies. If we can take care of the inflammation eat healthy, get some exercise, get some sunshine. Get out of the way with the body. Let the body do what it does, it heals.

And when I just say, simplify your life and prioritize joy with my two-minute rule technique, it encourages small, manageable actions that add up to significant positive changes and will help you cultivate a life filled with purpose and vitality. To learn more, please get a copy of my book, the Two-Minute Rule the Key to an Amazing Life. You have the power to chart your own course towards a healthier, happier future. So embrace self-care and remember, most of all, you have way more control than you think. So I thought that was an interesting note from Sherry, because we're all taught that we're just screwed because of our genes. When we go into the doctor, what do they want? They want a family history, and most of the things that make us sick are all environmental. They have to do with our diet and they have to do with mold and other things, and we have an amazing amount of control to help us stay healthy. So thanks, sherry. I appreciate you submitting that question.

0:32:31 - Julie
Hi Shannon,

Shannon
Hi Julie, how are you?

Julie
I'm great. How are you doing? Good?

0:32:38 - Shannon
Good Listen, I have my very dear friend here visiting and I've been sharing you with her and she has a question, so we are hoping you take her question today.

0:32:51 - Julie
Sure, where are you guys? Tell everybody where you are.

Shannon
Santa Barbara,

Julie
Santa Barbara. What's your friend's name?

0:32:59 - Joan
Joan,

Julie
Hi Joan. Hi Are you from Santa Barbara as well?

Joan
No, I'm from now. I'm living in Marin County in Northern California, just a couple hours north.

0:33:12 - Julie
You just wanted to come down for the rain.

0:33:16 - Joan
Well, we came down for the film festival, the Santa Barbara Film Festival. We spend 10 days at Jan and Scott's house every year and we attend films every day for 10 days.

0:33:27 - Julie
Wow, that sounds fun, it's wonderful, it's terrific. All right, you got a question for me.

0:33:34 - Joan
I do so. My mom is 93 years old. My husband and I are living with her to care for her. She's on hospice, has been on hospice now for six months and when she started she was using her walker, could get up to the commode. Now she's on complete bed rest, cannot get out of bed, just doesn't have any leg strength to do that. And increasing dementia many moments of clarity, but then some of confusion, increased hallucinations over the past few days and I guess my question for you is where is she in the dying process? My husband and I and my siblings are taking turns caring for her and it's a very difficult chapter for her and for us. So I'm trying to get a better understanding of are these hallucinations part of the dying process, because the meds haven't changed and that's what hospice says they are and where is she in the dying process? That's my biggest question for you, Julie.

0:34:47 - Julie
Okay, yes, she's in phase nine of the 12 phases of transition, Joan, okay. And the phases of transition are a series of occurrences that involve angels and the spirits of deceased loved ones and pets that come to greet the person. So tell me what she's talking about when you say she's hallucinating. Is she seeing deceased loved ones or pets? What's she talking about?

0:35:18 - Joan
She's not. She's not seeing like her mother or her siblings that have passed away. She'll see like trees that aren't there, animals that are on her bed she's never had any animals, She'll see. Yesterday she told my husband there was a kite coming out of his head and there was colored, curly things coming from his head. The door was open. Why don't you shut the door? And you know we've learned we're not supposed to argue, so we just try to understand where she's coming from, calm her down. But they're getting making her increasingly anxious. What she's seeing is making her more anxious and the point of this chapter, I believe, is to keep her calm and comfortable. That's why we moved from Washington to be with her, to care for her, because she's wanted to remain at home.

0:36:20 - Julie
Mm-hmm. Well you, you will be nominated for St Hood for doing that. How wonderful that you were able to do that for her. So it will be St Joan, st Joan of Seattle maybe, because I think

there are several St Joan's I'm thinking of Joan of Arc first but anyways, normally at the end of life 90% of people Joan see the spirits of deceased loved ones and pets as their nearing death, and 90% university-based research shows that.

So just because she's talking about animals on her bed and she hasn't had any animals in this lifetime doesn't mean that she hasn't had animals in past lifetimes. Mm-hmm, they may be somebody else's animals, so that's good. When she's upset or angry or agitated about it, then those tend to be more hallucinations. When she is seems calm or she's comforted by what she's seeing, even if it's as crazy as a kite coming out of your husband's head, those are visions and visits and spirits gonna communicate in ways that may not make sense to us, but they make sense to her. You know, maybe she liked to fly kites when she was little, who knows. But when she's upset by what she's seeing, that's a hallucination. When she feels calm or comforted or joyful about it, then those are visits from deceased loved ones and pets and angels. She's surrounded by angels and lots of spirits, and lots of pets too. Her mother's at her left feet. Have you read my book, Angelica Attendance?

0:38:10 - Joan

No, not yet. Not yet I certainly will. This is Janet has really. She's Janet's a dear friend. She's always been intuitive and she's been sharing with me, which is just pulling me into this whole area that I have not known much about, quite honestly, right right?

0:38:33 - Julie

Well, you and anybody listening go to julieryangift.com. Julieryangift.com, and there will be a free digital and audiobook download.

Joan

Thank, you my

Julie

So download that, listen to it or read it and then share it with your family members, because it will help you all get through this. I believe it will be informative and comforting for you as well, so please share it. And she's surrounded by angels and the spirits of deceased loved ones and, as far as animals on her bed, kind of looks like a bunch of dogs to me, there are several dogs on her bed, is that?

0:39:14 - Joan

what she was talking about. Yes, yes, yeah, yeah.

0:39:18 - Julie

Yeah. So none of them are big, you know, they're all kind of. They look like they're maybe 20 pounds and less. Some of them are medium size and smaller. She really is seeing dogs on her bed, can you? So let's talk to her. I ask three questions always Joan. So are you ready? What's her first name? Shirley Shirley. So Shirley Shirley, are you ready to go? She's saying maybe in a week or so. That's a funny answer. I haven't heard that before. In a while, maybe in a week or so. All right, are you in pain? She's saying not really. She's not really in pain. What do you need? Does she like chocolate? She's saying more chocolate.

0:40:09 - Joan

She loves chocolates the only thing she likes to eat right now and I brought her there.

0:40:14 - Julie

Okay, give her all.

0:40:16 - Joan
Two pounds yes.

0:40:18 - Julie
Yeah, give her all the chocolate she wants. She wants more chocolate. I mean, at this stage of the game, you don't want her eating a spinach salad instead of chocolate when she's asking for chocolate, I mean, really, give them what they want. So, yeah, she's asking for more chocolate. So she is well on her way. There's a vortex that's starting to form above her head. It's going to help her spirit separate from her body and that will help her spirit go to be escorted to heaven by angels. It's really a glorious component. And in the meantime, go on my website, askjuliryan.com. Click on the 12 phases of transition tab and there's a chart of what all the phases look like. Joan, it's an illustration. Download that. It's a PDF. Download it, save it on your phone and when you want to know what phase she's in, just ask in your head, or allow, just say what phase is mom in? You'll hear a number. It's going to come in as fast as you can snap your fingers and then you can refer to the chart and it's really helpful.

0:41:25 - Joan
Thank you very much.

0:41:27 - Julie
You're welcome. Have fun at the film festival.

0:41:29 - Joan
Oh, we will Thank you very much.

0:41:32 - Julie
You're welcome.

0:41:35 - Julie
Bye, Hiya Ashlesha. How are you?

Ashlesha
I'm wonderful. How are you?

0:41:44 - Julie
I'm good, thank you.

Ashlesha
I've really been enjoying reading your book, the Angelic Attendant book. It's really really wonderful and very heartwarming and really really fascinating to learn about your journey. So thank you for that.

0:42:03 - Julie
Oh, thanks for reading it. Please leave everybody anybody that's read Angelic Attendants or any of my books please leave a review on Amazon, because it helps other people find it, and usually when they're in most need of comfort is when they're looking for something like that, and that's just how Amazon does the algorithm when people leave reviews. So I would really appreciate that, and so is whoever's going to find the book, and it all helped them through their journey. Where are you girls? New York, new York, all right, you got a question for me. Yes.

0:42:35 - Ashlesha
I was here a few weeks ago. I'm not sure if you recall, but I'd mentioned. I just recently had a complicated wisdom teeth extraction surgery and the recovery has not been going well, so I just wanted to see if you could take a look at what's going on.

0:42:58 - Julie

Yeah, what are you in pain? Or do you have swelling? What's happening? Swelling pain?

0:43:05 - Ashlesha

and just you know. It's just set off like a series of like complications in my ears and then the throat, like one side has healed well but the other side is still swollen.

There's like a significant like yes, the right side, there's still a big bite on my cheek and now have these, like you know, popping ear sensations and like tingling in my ears and then my nerves kind of feel like there's a crawling sensation constantly and the doctor is just like, oh, just give it more time, it's going to get okay. But there's no like real answer for what's causing this difficult recovery period.

0:43:47 - Julie

Okay, it looks to me like upper wisdom teeth right side is where the energy went first. So I'm going in there again, got your hologram on my big screen TV in my head. It's like I'm a human MRI. So I'm going in there and the I was going to say crater, I know that's what they'd not what they call it, but the. You know where the tooth was removed, the I can't think of the name of what they call that, but the part where it's come out of your gums. Did they?

0:44:22 - Ashlesha

they put you on antibiotics when you had it done, so the right side extraction, especially the lower one, was a lot more complicated, and I think it was also the last one I'd had my mouth open for so long and then the anesthetic wore off and then they had to give it again, and I think that's what the bruise in the cheek is as well.

It was just very, very traumatic and the tooth kind of had to be drilled and sectioned and taken out bit by bit. So but it's just like the, I feel like the joint. You know everyone is giving like different information and I've seen a neurologist and an ENT and it's just no like real answer to what's going on. From what I'm understanding, perhaps the joint is a little bit either dislocated or sliding in and out. So even when I open my mouth, I constantly keep hearing these like clicking sounds and then, of course, with the ears ringing, it's just very, you know, just, I'm just in a lot of discomfort. The only good thing is that the pain has reduced, but there are these host of other you know, ancillary release, ancillary sort of actions that have just set off.

0:45:38 - Julie

Yeah, okay. So while you've been talking, you know we're girls, we can multitask. So I've put stem cell energy and all those craters in your mouth. The energy is sticking with the upper right. That one seems to be the most problematic, believe it or not, that may not be what you're feeling, but that's, that's where the energy is going. So I just follow where it goes.

Stem cell energy light amber color gel sparkles, because it's we'll we'll, god have sparkles. And it reminds me of a watery hair gel called Dippity-Doo when I was a kid in the 60s and 70s that they used to use. There's a vortex spinning inside your mouth that's regenerating all the tissue. Light amber color gel sparkles. Reminds me of Dippity-Doo that was put in all of your areas where you had the extractions. There's a vortex spinning inside your mouth that's going to heal all your tissue. The jaw has been dislocated. It reminds me the joint in the jaw of a clock's gears where it's a disc and it's like a tongue and groove situation when you know one tongue and groove disc moves the other disc, like the internal workings of a clock. And so what I'm watching there is watching that get fixed, draw is getting back, put in place and let's just do a nerve cleansing from your jaw down Ears. Increase your zinc. I would take vitamin C and zinc. Okay, bringing in the ears and tinnitus usually is lack of zinc.

So you want to take 1000 milligrams of ester C, take a buffered C, so that it's going to be gentle on your stomach and then take 50 milligrams of zinc with it.

0:47:26 - Ashlesha

Okay, yeah, it just came out of nowhere because, like now, every time I swallow it's like my ears want to pop, but they can't, and they're just going clack clack, clack.

0:47:37 - Julie

Yeah, that's just congestion in your ears from the swelling, so that will go way too. Yeah, so hope that helps. Thank you so much, that's very, very helpful.

0:47:47 - Ashlesha

Thank you, Julie, you bet I appreciate it, bye.

0:47:51 - Julie

Bye, Hi Michelle.

0:47:54 - Michelle

Hi, how are you?

Julie

I'm great. How are you doing?

Michelle

I'm so excited because I just discovered you like a couple of weeks ago, and I've been listening to your podcast like eight hours a day. So,

Julie

I'm so honored.

0:48:08 - Julie

Where are you located?

0:48:10 - Michelle

I'm in Calgary, Alberta, Canada.

Julie

Oh, terrific. Well, you got a question for me?

0:48:14 - Michelle

I do. I had a lot of questions, so I had to ask which one I should ask you about, and I'll book a session, obviously. But my gifts? What do I have for gifts? Because I have a very strong intuition, so I was just wondering if there was more than that.

0:48:41 - Julie

Yeah, Everybody comes in with the ability to. Everybody comes in with intuition. We just don't pay attention to it. So let me ask you just a random question. Just give me the first thing that comes into your head as an answer. What do you remember about your first car?

0:48:58 - Michelle

It was orange.

0:49:01 - Julie

Okay, that's all I need to know. That means you're a visual learner. So that's how you're going to process information from spirit. If you would have told me, oh gosh, it just sounded like a. It purred like a kitten, the sound of my car was so sweet, that would have told me you're an auditory learner. If you said, oh, driving in that car was like riding around on my living room couch, it was so smooth, the ride was so smooth, then that would have meant you were a kinesthetic learner. So spirit's always going to communicate to us in the way that we learn first, and then the rest of your skills will develop the more you do it. Have you heard me say earlier that when we have a thought that comes into our head and it's instant, that spirit that's communicating with us? How you know it's from spirit is it's instant, fast, as you can snap your fingers. That's how it works, okay.

0:49:59 - Michelle

So should I be working on any other gifts sir?

0:50:05 - Julie

Yeah, they're all going to come in. The more you do it, the more information you get, the more validation you get, and then you learn to trust it. So one of my classes, take the online class or take one of the live classes, either online in May or the in person class in Atlanta in November, and that's your skills are really going to ramp up when you do that Plus it's a blast. It is so much fun.

And the key, Michelle, is we have practice groups and so multiple times we both types of classes. We have multiple practice groups of graduates and current students. When you get together and you practice together, you're going to get validation from the other people in the group. That's the most important part, and it's kind of like you can attend a seminar for the weekend to learn how to throw a football, but it doesn't mean that you're going to be a professional football player without a lot of practice, right, right. So the more you do it, the more it's just going to be second nature for you. Okay, so join one of my classes. Ask Julie Ryan, calm, and you'll see all the trainings there and just choose one. Thank you, you bet. Thanks for calling you.

Julie

Hi Jane and Janet, where are you guys?

0:51:30 - Janet

Billings Montana oh terrific.

0:51:34 - Julie

How are things out there.

0:51:36 - Janet

Billings is really pretty good around us. We have snow, but it was like high 40s today.

0:51:44 - Julie

So wonderful that's like a heat wave.

Janet

Yeah, we've had one, Julie. We just love you. I was so impressed and we. I'm taking your, one of your classes, and Janet has a couple questions for you, so we'll get on with it.

0:52:03 - Janet

I have two rescue dogs and my first dog, I believe, is older but he has got quite a few health problems. He has cushions and his left eye is completely covered with a cataract. And neither one of them do I know their age, so I would like to find out, maybe when their birthday was. So I know their ages.

0:52:32 - Julie

Mm, hmm. What's the one with the cataract? What's its name?

0:52:35 - Janet

Okay, that's Toby, and I got him in 13 2013. And at that time, they thought he was maybe three or five.

0:52:46 - Julie

Okay, Okay, so um got 15. Does he seem that old?

0:52:56 - Janet

Yeah, well, he has age but you know he still loves to walk, he thinks he can still jump and do things, but he can't see so well and neither one of them can really hear. And then my other dog, she she really when she still kind of spooked and scared of everything, she relies on him and her name is Maggie May and she was in a puppy mill and had like at seven she had like eight litters and when I got her in 2019, she was maybe nine or something. I don't know her age either.

0:53:41 - Julie

Okay, Maggie May, and what kind of dogs are they? Are they months, or are they?

0:53:45 - Janet

Well, Maggie is a cock are really pretty. I'm sure that's probably why they, you know, breath, or so much. Yeah, she had to have so many litters. And Toby is a mix of shih tzu and pla slash poodle or something like that.

0:54:02 - Julie

Oh, wow.

0:54:02 - Janet

But she relies on him so much and so do you have?

0:54:09 - Julie

Okay, so I get that that Toby is 15. And I get that Maggie is. I get 14 on her. Okay, they're about the same age. Yes, I'm watching is I'm watching the cataract get removed from Toby's eye, so imagine that it looks like a cloudy contact lens. That's removed. And then we're putting a new lens in and one little stitch on the outside to help him see, and they are joined at the hip. They are. If there were dogs that were soulmates, they're soulmates.

0:54:48 - Janet

Oh, she really, I'm afraid. If he went first, because she is still, you know, rescue, she's still scared of a lot of things and without him I'm like. So with his cushions, is there anything you can heal there?

0:55:01 - Julie

Yeah, let's see. Is there anything going on with the coatings? I'm watching, not necessarily a specific healing, but I'm watching a vortex around his whole body and I see this a lot. It's kind of a royal blue color and it's just a tune up. And remember the wooden children's tops, the toy

tops that they used to have, and they had those horizontal lines around them. If you watch the top spinning, look like the lines are moving up and down. That's what it looks like with this spiral that's going around him. So neither one of them is dying, they're both. I mean, they both look like they're fairly in good shape for their age and everything that they have going on. I don't think either one of them is going to check out soon.

0:55:58 - Janet

Oh good, we try to walk every day, depending on the weather, but he is the one that loves to walk, but he just you know, we can't see now and still thinks he can jump like he was when he was younger. But the other thing on the walks, especially in the summer, he catches his breath. He never did that before, but it's like his breathing is heavier and harder for him.

0:56:28 - Julie

No, yeah, I think that they're going to be around for a while.

0:56:34 - Janet

Oh, that's great to hear. Oh, that's wonderful. Yeah, do you have a month that they were born? Oh, yeah, do you have their birthdays? By any chance? I don't, I got their ages.

0:56:46 - Julie

I got one that's born in May. Let's see which one was born in May. Maggie May was born in May, oh, and I got Toby was born in October, oh, okay, which is interesting because Toby, you know, October, o and B are in the name, October and May. Obviously May is the month of May. So yeah, I hope that helps. But I got their ages.

0:57:17 - Janet

Oh, that's great because I've had to guess at their age, you know. But that's great to hear so well. Thank you so much, we appreciate you so much.

0:57:32 - Julie

Thanks for calling in Nice to meet you both.

Janet

Oh, you bet Okay.

0:57:36 - Julie

Bye-bye, bye-bye.
Hi Maggie

0:57:39 - Maggie

Hi Julie, how are you? I was laughing because I was listening to the dog's name, Maggie May, and I was thinking, oh, maybe I'm next.

0:57:52 - Julie

You must be psychic or something.

0:57:55 - Maggie

Oh, I was like I would be a great introduction. Now there's the other, Maggie, coming oh my gosh.

0:58:00 - Julie

What's your middle name? Do you have one?

0:58:03 - Maggie

I do. I'm actually Anna Margarita, but everyone calls me Maggie.

0:58:09 - Julie

I love it Wonderful. Where are you, Anna Margarita?

0:58:14 - Maggie

I'm in Miami. You, I mean, if you can see me, I'm wearing, I'm wearing a jacket. It's been kind of cold, so I mean, what is it?

0:58:23 - Julie

What is it? 65?

0:58:24 - Maggie

Cold for Florida. You can laugh, you can laugh.

0:58:30 - Julie

Oh, that's funny, All right, well, you got a question for me.

0:58:34 - Maggie

I do, I do. So. I have been having problems with my knees and I was wondering if you could tell me what it is that you see and what treatment should I get. And also one of my two, one of my teeth I had some treatment on here, so I was just wondering if you could help me with that.

0:58:56 - Julie

Yeah, let's do your knees. So you, you have pain in both knees. Has it started recently? Did you injure them? What's going on with your knees?

0:59:07 - Maggie

I injured my left while skiing at the beginning of January and the right one. I used to be a runner, so I run for a very long time, and I just had an MRI on the right one and it doesn't look good.

0:59:22 - Julie

So I don't know. It doesn't look good because you're missing cartilage or what doesn't look good on it? Exactly, I have no cartilage. Yeah, okay, I've got. I've already got you on my radar, Maggie, and it went to the left side of your left knee first. So, what I'm watching is stem cell energy. Get at it. Imagine have you ever had one of those quarter zone or gel shots that they'll put in your knees?

0:59:53 - Maggie

No, not that I've had lots of things, but not not that specifically.

1:00:00 - Julie

Okay, all right. So imagine that that stem cell energy is a light amber color gel, has sparkles on. It reminds me of dip, it has sparkles in, it reminds me of Dipiti-Doo hair gel. And so that's getting put in between your, your, the bone, where the, you know where the cartilage is gone, and then there's a vortex spinning outside of it and that's going to help regenerate that cartilage there. Okay, and I'm watching a chiropractic adjustment on that knee as well. Do you see a chiropractor, Maggie? Yes, I don't. Should I? Yes, yeah, okay, so I will I.

Your knee needs adjusting. It's the skeleton of it needs adjusting because the, the joint, the knee joint, the upper and the lower part of your knee need to be aligned so that they work better and they're not in pain. All right, let me go over to the right one. Interesting, and the

issue on your left knee was on the left side of your left knee. The issue on your right knee is on the left side of your right knee, so it's more towards the center of your body, the center of the knee, but the center of the body. So I'm watching stem cell energy get injected there as well. Vortex spinning above it that's regenerating the, the cartilage. Stem cell energy is so cool, Maggie, because it'll regenerate any body part we need, and I have seen whole new organs get redone with stem cell energy. And then there have been many times where it's shown up on a subsequent scan at the doctor's office and the doctor's calling me going what are you doing and how does this stuff work?

So, stem cell energy is really, really amazing, so we can do that. All right, that's going.

And I would find a. Find a chiropractor that maybe ask around, see if someone you know has a chiropractor that they like and that they've gone to for a long time, and just see if you can get them to not only adjust your knees but also your whole body, your neck, your back, your hips, all of that, your pelvis. I watched it get adjusted, Maggie, Because you look a little bit like a twisted sister. Your pelvis is twisted. The left side is in front of the right side.

1:02:29 - Maggie

My hips, my hips, you can tell, you can tell that they're a little bit like that. Yes, yes, yeah.

1:02:36 - Julie

Does it feel like that? I like the twisted sister version.

1:02:39 - Maggie

It doesn't feel like that, but I know what it looks like like a twisted sister. I like that version much better than it's a good spin on that. Yeah, exactly, so find a really good chiropractor and hopefully that'll help. Okay, thank you. Thanks for calling. Thank you, thank you so much. Bye, bye, okay, bye.

1:03:05 - Julie

All righty, everybody. That's it for this week. Have an amazing Valentine's Day. If you have a funny, have a fun Valentine's Day with your honey. If you're going to be with what, do they call it A Gallantines Day? Or if you're just go and do something on your own to enjoy and send in your lots of love from Sweet Home Alabama. See you next time. Bye, everybody.

1:03:32 - Intro

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

1:03:46 - Disclaimer

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