

## Ask Julie Ryan Show - March 7th Transcript

0:00:01 - Intro

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

0:00:43 - Julie

Hi, everybody welcome to the Ask Julie Ryan Show. It's where we combine spirituality and practicality to help you live a life full of purpose and joy. We've got a whole bunch of callers on hold already. We're live streaming this on YouTube, so we'll take questions from YouTube throughout the show as well. But if you want to have a conversation with me, you got to call in on Zoom. An easiest way to do that is go to [AskJulieRyanShow.com](http://AskJulieRyanShow.com). If you want to join us on the YouTube live stream, just go to [AskJulieRyan.com](http://AskJulieRyan.com). At [AskJulieRyan.com](http://AskJulieRyan.com), I guess, is what it is. This is the first Thursday of the month and, for those of you that have been with me for a while, you know I always give away a free session on the first Thursday of the month, valued at \$250. So we will do that. You want to stay tuned to the show, because I'll be announcing that a little bit later and that's always fun to do to see who wins and see what they have to say in their comment that they leave. If you want to enter the drawing and win a free session with me, just leave a comment. Wherever you watch if it's on YouTube or on any of the podcast networks just leave a comment about the show and you will be entered into the drawing.

One other thing we're getting ready in May May 18th and 19th to do my Angelica Tenant Training coming up and it's going to be. This one in May is going to be live online via Zoom. So go to [AskJulieRyan.com](http://AskJulieRyan.com). Forward slash A-A-T for Angelica Tenant Training If you're interested. It's got to be a blast. You'll be part of the community. It will be life enhancing in every area of your life. So if you want to join us and ask a question, [askjulieriyanshow.com](http://askjulieriyanshow.com). If you want to do the live stream, we're at [AskJulieRyan.com](http://AskJulieRyan.com) on YouTube. So let's see who our first questions from. Hi, Michelle, hi, how are you?

0:02:53 - Michelle

I'm terrific. How are you? I'm good. It's my first time doing anything like this, so it's cool.

0:03:00 - Julie

Wonderful. Oh good, when are you located?

0:03:04 - Michelle

New Jersey, the Jersey Shore. I live down by Ocean near Ocean City, new Jersey.

0:03:10 - Julie

Wonderful At a beach. I used to vacation there as a kid from Ohio. We used to go over there. It was really fun. That's a truck. It was, yes, exactly. Well, you got a question for me.

0:03:23 - Michelle

I do Gosh Listening to what the topics are to talk about. I have a 27 year old son that currently lives with me and we struggle communicating. We have been through a lot the past couple of years. I lost my husband seven years ago who was my son's stepfather. They were very close and my late husband's name is Bill. His presence is always here. Sometimes I wonder if it's like

too much and then, tying into the struggles, my son and I have had a lot of mental health struggles over this past year and our communication is really struggling. So I and where I'm at as the mom. You know what are my blockages and how much of that is I feel like Bill, how much of that is me, how much of that is my son. It's a lot in one question, but these are the things that are on my mind. Okay, does your son live with you, Michelle?

0:04:37 - Julie

He does yes, okay, all right. Does he have a job? What is he doing? Is he in school?

0:04:43 - Michelle

He he's 27 and he's been out on disability this whole year.

0:04:50 - Julie

For what? What's going on with the mental health disabilities?

0:04:54 - Michelle

He had a for lack of a better term like burnout over a year ago and I'm nervous, basically. So he's been struggling and it's been hard and I think about, yeah, I've had my own struggles, you know. So there's heaviness, you know, and then there's the not communicating, and then there's me wanting to be there for him and tell him that I'm caring and compassionate, but then I'm not always showing up really compassionate because I get frustrated and my own anxieties come and play. And then I feel Bill all the time. You know he was my soulmate and I've done a lot of work to heal and move past that. But I do feel his presence a lot. I literally little whispers that I feel from him, which is nice, you know.

0:06:00 - Julie

Yeah, I'm hoping you're finding that comforting that he's there with you.

0:06:05 - Michelle

Oh, I do, I do, I do, yeah, yeah Great.

0:06:09 - Julie

So a couple of things. Spirit's given me what I call divine downloads, which is information that gets downloaded into my head. The first thing I'm getting is that what is your son eating? How is his diet? Is he eating a bunch of unhealthy food?

0:06:24 - Michelle

Yes.

0:06:28 - Julie

Yeah, okay. So the head of psychiatry at Harvard is a doctor named Chris Palmer, p-a-l-m-e-r, and he talks about, and he's been in that position for 30 years. I mean, he is one of the leading psychiatrists in the world and researchers in mental health throughout the world and he says that 90% of his patients, even the sickest of the sick who've been on disability for decades, that they really do well on a ketogenic diet, they get them off all their medications and they get them back into society and they get them back to work. Even those that have been, as I mentioned, on disability for, in some instances, decades, and these are the sickest of the six, like the schizophrenics and the bipolar and those kinds of people, the depression and anxiety and all of that this is a breeze for them. This really gets them back on their feet. So if you just look up Chris Palmer M-D, you'll see he's all over the internet, he's got books out, he's been on a lot of interviews, all of that. I would research his stuff.

The other thing that came in very clearly is you set the tone in the house with your vibration. You know how, when your son what's your son's name? Tyler Tyler, when Tyler was little, he

could have been in a great mood and you were in a crummy mood and then his mood would change Right, because they're always going to match the mom, the wife. We're always the one that sets the mood in the house. So if you can figure out a way to even fake it as far as how you're feeling, right, he's going to match your vibration. It's going to take a little bit of time, but if you're anxious in a mood, he's going to match that to you. My son and my husband when Jonathan especially, was little, I mean, you know they could be doing fine and I could get upset about something and they were like dear in the headlights. They didn't know what to do because it felt so bad, because I was out of whack, and it didn't happen that often, but boy, it was noticeable. And so same with you.

Send him love when he gets frustrated. If he starts being mouthy with you or whatever, just say honey, I love you and walk out of the room. Don't engage. Don't engage. Keep your vibration level high, okay, if you can't think to do anything else, stand in the superwoman pose, legs spread apart, hands on your hips. Envision a geyser of energy coming up from the core of the earth, up out through the top of your head. That's going to raise your vibrational level instantly. Do that, say honey, I love you, and smile and walk out of the room. He's not going to know what to do with that and if you don't engage, he doesn't have anything to engage with. Okay, so get him on a healthy diet as much as you can. You're probably buying the groceries, right? Yeah?

0:09:48 - Michelle

So, yes, yeah, he does a lot of takeout, so that's a challenge.

0:09:54 - Julie

All you can do is suggest it. Send him Chris Palmer's videos. You're just the mom, what do you know? Okay, you know, let the head of Harvard Psychiatry talk to him about it. First of all, and secondly, the other thing that you can do is be sure that he gets some sunshine. Is he being a hermit and staying inside? Yes, yeah, so he needs to get out in the sun, and if he, if you can get him out for a walk or get him to work out or at least go outside, that's going to help a lot too for him to get sunshine.

Michelle

Okay, okay,

Julie

I hope all that helps!

Michelle

It does. Thank you, bye-bye,

Julie

Bye Michelle. Hi, Shelly.

0:10:37 - Shelly

Hi Julie.

0:10:38 - Julie

Where are you, my girl?

0:10:40 - Shelly

I am in sunny California.

Julie  
oh good, what part?

Shelly  
I'm in. Let's see. You would call it the bay, but I'm, you know, near San Francisco is the one place everybody knows I'm about an hour from there and Livermore.

0:10:54 - Julie  
So Okay, I know where that is East Bay Right.

0:10:58 - Shelly  
Yeah, east Bay Right.

0:10:59 - Julie  
Yeah, I know where that is Okay, terrific. Well, you got a question for me?

0:11:02 - Shelly  
I do. I was hoping that you could help me identify this mystery illness that is ailing me since last year.

0:11:13 - Julie  
Sure. What are the symptoms?

0:11:19 - Shelly  
It's a long list but the the main ones that have come up and have stayed. It's a lot of fatigue but major weakness in my muscles throughout my arms and legs. I can tell it's got some inflammation relation because I'll get like flare ups, you could call where it makes me dizzy and it throws off my stomach. It's, you know, it's a lot, of a lot of symptoms, but my skin is also, you know, sensitive and not acting itself. It's a long list.

0:11:57 - Julie  
Okay, anything else that is really predominant, other than those things that you mentioned.

0:12:03 - Shelly  
Yeah, the one other major thing is it's affecting my heart rhythm and my pulse, like I have been put on something to keep it low because it'll spike really high and it beats really hard. To where I can hear it, you know, in my ears, and it's very unpleasant.

0:12:19 - Julie  
Okay, all right, I'm going to get you on my radar, ms Shelley, and how this works for those of you that are first time callers or joiners, first time listeners, I guess is. What I'm trying to say is I'm going to raise my vibrational level to the level of spirit I turn it on and off at will. I learned how to do this stuff and teach people all over the world. askjulieryan.com forward slash AAT. You want to learn how to do all the stuff that I do on a weekend? You can join us. So I'm going to watch a laser beam, Shelley, come from my body here in Birmingham, Alabama. It's going to hook into you in California, and then I'm going to have a hologram of you in my mind's eye and then I'm going to envision shooting energy from your feet up through the top of your head and we'll see what shows up. And then we'll go from there.

Something will be identified and then there'll be some type of energetic healing that will occur. I'm going to describe it in detail. Sometimes my analogies are hilarious, as you know, if you've listened to the show, and that's just because I want you to envision what I'm seeing in my mind's eye, and everybody listening and watching do the same thing. I want you to envision it as well, because whether you're watching it right now, live, or whether you're watching it in the

future, at a later date, we're all sending healing energy to Shelley together. So that's one of the beauties of calling into the show, because you not only get me, you get a global audience of people that are helping facilitate healing for you. So that's what we're going to do. Here we go, here we go. Here comes my laser beam from Sweet Home, Alabama, and now to you in California. So I see it going across the country on a map of the US. Okay, got you Shoot energy from your feet up through the top of your head.

You have mold exposure and you have Candida overgrowth. Where's the mold? Do you have a water leak in your home? Have you had? Or your office, or your school?

0:14:22 - Shelly

It could be my home. I know that our shower has had mold and it's almost impossible to get rid of in the way that the tile is in the shower. It's this weird they put it in. You know, we've only lived here for two years, but I think our previous home probably had mold as well, just being its age and those sorts of things.

0:14:44 - Julie

So you know what moss looks like, shelly, on the side of a tree, that's what it looks like in your body, and so what I'm watching is I'm watching that get removed out of your body and then I'm going to go into your GI tract. So I'm in your GI tract now and again. I'm like a human MRI. So I'm seeing. You know what it looks like inside your body, and you have yeast that's thick enough that it looks like if we mixed flour and water together to form a roux, like you know, a paste that you're going to make a gravy or a sauce out of. That's what it looks like, and so I'm clearing that out.

You have what's known as leaky gut, and the symptoms can be just this plethora of symptoms all across the board, and it just really baffles the doctors because they're not trained. You know how to treat this stuff, yeah, right. So what you want to do? Several suggestions. Number one Sure there's a gut biome test Fancy word for a poop test. Go to Viome V-I-O-M-E dot com. Use Julie Ryan at the checkout code. You'll get 60, some percent off. Okay, do that. Wow, thank you.

It's going to tell you, based on your gut ecosystem, here you're super fine. Here are the foods for you to avoid. Here's everything else. Eat this a lot, eat this a little. Number one. Number two Stay away from sugar and anything refined Bread, chips, whatever, because bread and chips absorb, like sugar, just feed it yeah.

Yeast loves sugar, so you want to stay away from that. Number three if you're going to eat fruit, peel it, because there's tons of yeast on the peel. Oh, good to know. Okay, I don't expect you to peel a blueberry or a grape, but certainly an apple apiece a pear....

0:16:50 - Shelly

I told you to say that I pictured myself peeling the grapes. It's funny. You would say that.

0:16:55 - Julie

You don't have to, nothing's the same. But by I mean you can, if you want to, better off. Are you married? Get your husband to say, hey, can you peel me some grapes? No, yeah, good luck with that. So buy organic, buy organic, rinse them off, do that yes.

Okay, if you have leftovers, shelly, freeze and reheat them, because there's tons of yeast on food that we leave in the fridge overnight. Oh okay, think of yeast and mold as nature's garbage disposal, because that's what they do they decompose things, food would drywall, whatever. So you want to freeze and reheat? I am the Ziploc bag queen of the universe. Everything goes in a Ziploc bag at my house. If it's a leftover, I'll write with a Sharpie on the

front. You know I'll say broccoli or whatever. I mean I can tell it's broccoli by looking in there, but I'll label what's on there and then I'll put everything in a Ziploc bag and I'll squeeze out the air and lay it flat on a shelf in my freezer and then, when it's frozen, I'll stack the packages upright like files in a file drawer.

You will save so much food and you'll save so much room in your freezer if you do that. Thank you, okay. So there's that, and then two last things. You want to get ahold of some nice statin N-Y-S-T-A-T-I-N. It's an antifungal prescription here in America. It's an antifungal kills yeast on contact. It stays in the GI tract. There are no known side effects. It's what they give babies when they have thrush. So you want to get a prescription for that.

And then, lastly, I would highly recommend that you call Dr Maria. Go to DR. I'm a Santee A-M-A-S-A-N-T-I.com, d-r-a-m-a-s-a-n-t-i.com. Set up an appointment with her. She is the goddess of the gut. She will get you healthy in no time. She's brilliant, she's Oxford educated, she's an MD general practitioner. She does functional medicine, holistic medicine, ecological medicine and she's graduate of my class. She does energy medicine and you will love her.

Everybody I send to her she gets well, so if you can do all of those and I know I gave you a lot of links just watch the playback, you know, watch the recording of this and you can get it, and this is all fixable. It's all healable.

0:19:39 - Shelly  
Thank you so much.

0:19:40 - Julie  
I really appreciate it. You're most welcome. You're welcome, it gives me a lot of hope. Okay, thanks for calling in.

0:19:46 - Shelly  
Thank you.

0:19:46 - Julie  
Take care, you too. So everybody that's watching. If you want to have a conversation with me and ask a question, go to AskJulieRyanShow.com and we'll get you in. Otherwise, you can be watching the live stream on YouTube and we're at AskJulieRyan, at AskJulieRyan. That's a lot of A's in one sentence there. Stay on with us, because I'm going to announce the winner of a free session with me at the end of the show. So it may be you. You may be the lucky winner. Let's see who else we've got as a question. Oh, we've got one from YouTube.

Hey, everyone, Rachel here from Texas, hi, Rachel, oh, I gotta put my glasses on so I can read this one. This is like in microscopic print here. Okay, Rachel says I have dementia, I have dermatitis. I thought I said I have dementia on my face. No, you don't have dementia on your face, honey. You just have dermatitis on your face and I've had it for four years. I've had several dermatologists, several biopsies and they just keep giving me cream. It will not go away for nothing and it's horrible. Okay, Rachel from Texas.

That's freshness, or always yeast overgrowth. It's always coming from your gut. What I was just talking about with Shelly is what you wanna do. Listen to the recording on that just to get more information. But you need to get on some nice statin, nystatin it's a prescription. It comes in tablets that will get rid of the rash, and also what I just told Shelly as far as your diet, and I think it would make sense for you to call Dr Maria DRAMASANTI.com, dramasanticom, and it will heal. It's always coming from the gut when it's a rash. That's what the dermatologists miss, because they just think it's a skin thing, and skin thing's just the symptom of your gut being out of whack. So hopefully that'll help.

Okay, we've got another one. Let's see what this one says. Evagirl on YouTube says I would love to learn how to raise my vibration for a start, then turn it on and off. What a trip that would be. Well, yeah, take my class. Angelica Tendon Training. askjulieryan.com forward slash AAT. Join us May 18th and 19th. You'll learn how to turn it on and off. You'll learn how to do the buffet of psychichness, like I do, everything that I do you can learn how to do in a weekend and it's a blast. We have so much fun. So let's go to another caller. Let's see who's next.

Julie

Okay, we got Margret. Hi, Margret.

0:22:35 - Margret

Hi, I'm in South Kingstown, Rhode Island.

0:22:38 - Julie

Oh wonderful, how are things up there?

0:22:43 - Margret

Very windy and rainy, so we're waiting for this rain.

0:22:49 - Julie

Good, it's blooming down here in Sweet Home, Alabama, so come visit me. Everything's in bloom. I got up the freeway yesterday. I was running an errand and the whole off ramp and everywhere as far as I can see were all Bradford Pears in bloom. I thought this is like driving into fairyland. I mean it was amazing. Yeah, angelic, Exactly I was waiting for a little fairies to start flitting between the trees or something. So well welcome. You got a question for me.

0:23:21 - Margret

Yes, I also have a intractable problem. It's in my face. You can't actually see it, but there's a nerve in my face that's affected and it's been going on for four months now. There's a quivering, like constant twitching under my eye and it sort of goes all the way to the chin and it doesn't hurt, but it's there and I had it before and it went away, and then many years before, and now it's suddenly back and nobody can figure out what this is yeah, a couple of things, all right.

0:23:54 - Julie

So I'm getting divine downloads on it, just as we're talking at the beginning, and so what I'm getting is you're lacking a magnesium, so you're probably taking magnesium. But I want you to try beamminerals.com Go to B as in boy E-A-M, as in Mary, minerals plural .com, and I want you to get their minerals. They come in a liquid form, Margret, and they. I pour a half a capful in a big glass of water and then I have their electrolyte formula too. It's liquid, doesn't have any flavor, it just tastes like water, and I pour that in that same big glass. You can drink it like a shot of tequila. You don't have to put it in the glass of water, I just do, and that the absorption is gonna be amazing for you. So that's what I'm getting. I started using them about a little less than three months ago. I can't believe the difference in my energy level, which is high to begin with, but ramp it up. So, beamminerals.com, put Julie Ryan in the code altogether, don't put a space in there, and you'll get 20% off of that. That's my first thing. My second thing is what I'm gonna do is I'm gonna just we're just gonna clean out that nerve.

Okay, so let's do a healing on your nerve. Imagine that the nerve looks like a tube, looks like a piece of aquarium tubing, but it's the diameter of maybe a piece of angel hair pasta. How's that for a visual? So imagine inside the tube gets gunk. That's a medical term I made up Gunk, g-u-n-k and gunk can be a combination of dead cells. It can be just debris that gets in the nerve and it impedes the electrical flow. It's like if you have a wire that's shorting and the electricity

goes through, there's some kind of something that's blocking the electricity from flowing. This is the same concept. So imagine there's a little tiny corkscrew inside that tube and it's spinning really fast and what it's doing is it's grinding up any kind of gunk in there. And now what we're doing is we're irrigating it out and we're putting stem cell energy in there.

Light amber color gel sparkles, cause we've gotta have sparkles. Reminds me of Dipity 2 hair gel, which was a thing when I was a kid in the 60s and 70s. For those of you listening and watching, if you don't know what Dipity 2 is, look it up, you'll laugh. It's just this hair gel with sparkles in it. So that's got a vortex Margret spinning out in front of it and what's happening is that's regenerating and healing that nerve that's going down your face, that's causing those issues.

But the first thing that came in when you started talking to me about this was it's a magnesium deficiency. We don't always have good absorption from the vitamins and minerals that we take with our tablets, which is why these beam minerals I have found to be amazing, and so amazing that I asked my team to get the CEO on the line and I talked to her and I was so impressed with her that I heard her on the show. Her name's Caroline Allen ALAN, and if you look on my website, askjulieryan.com, and look at the shows, you'll see my show number. I don't remember what the number is, but it's been in the past couple of months. You will learn so much from her, and so I highly recommend that you give that a try too.

Thank you so much. You're welcome. Thanks for joining us. All right, if you wanna join us join the conversation? You got a question to ask me. Do you wanna have a conversation with me? Just go to askjulieryanshow.com and if you're on YouTube watching us on the live stream, we're at Ask Julie Ryan, or if you wanna join us on the live stream? We're at Ask Julie Ryan. Stay with us because I'm gonna announce the winner of the free session here in a little bit, but let's see who our next question asker is.

0:28:11 - Katie

Hi Julie. Hi my name is Katie. I know it appears, Mark, I'm new to Zoom. I've called you before. I was wondering if you could do a scan on me.

Julie

Sure, Katie, where are you?

0:28:24 - Katie

Fisher's Indiana.

Julie

Oh great, Okay, yeah, what's going on?

0:28:32 - Katie

I just was wondering if you could do a scan. I feel fatigue a lot and I do take vitamins and supplements.

0:28:40 - Julie

Okay.

0:28:41 - Katie

Very low iron I recently had blood work done extremely low.



0:28:45 - Julie  
And anything else

Katie  
Not that I can think of.

Julie  
Okay, what are your doctors saying about the iron? Did they give you medicine? Did they want to give you an infusion

Katie  
Supplements.

Julie  
Okay, and how young are you?

Katie  
I'm gonna be 45 in June.

Julie  
All right, all right, let me get you on my radar, let's see what's going on. Here we go, comes my laser view from sweet home, Alabama, heading up to Indiana. It's just straight up 65. It's pretty much a straight shot Interstate 65. Veer off a little to the left once I get up into the Yankee country. Okay, got you Shoot now.

Yeah, you are in perimetipause, my girl. You kind of look like a wilting plant that needs to be watered. Yeah, easy fix. Easy fix

Katie  
Really?

Julie  
Yeah,

Katie  
But feel awful.

Julie  
Aw, I just shot some energetic estrogen into you.

So have you ever heard of bio-identical hormones? Bioidentical hormones are going to rock your world, girl. I've been on them 20 years this year. I'm a huge fan.

Bioidentical hormones are the hormones that our bodies make when we're young and fertile age. As we age, our hormone levels diminish and mother nature says haha, she's not propagating this species anymore, so we don't really need her. And that's when degenerative things start to set in degenerative illnesses and things. So we can fool mother nature and make her think we're 35 instead of 65. Like me, I'll be 65 soon. Synthetic hormones have extra molecules added to their formulas so they can be patented, and a lot of those are made from pregnant horse merrierin and the body, when it takes it, says I don't need hay for breakfast. What is this stuff? And those are the ones that you hear all the bad stuff about. But the bioidentical hormones keep your brain healthy, your bones healthy, your heart healthy, your skin healthy, just you healthy in general. It's going to help you with your fatigue. That's going to go away. I mean all of this.

So the best way to find a doctor who specializes in this, in the bioidentical hormones, is to call a couple of compounding pharmacies. Do you know what that is? Go to a call a couple of compounding pharmacies in your area, Katie, and just ask them who's prescribing bioidentical hormones through them. My preference is for you to find a got it colleges doing this, because they're experts on girly parts. Number one. Number two if you need a vaginal ultrasound, I got the equipment right there in their office. Number three the consult, the blood test. All this stuff's going to be covered under your insurance. So that's my big suggestion there. To learn more, I would go to Dr Northrop DRNORTHROP.com.

She is the Fairy Godmother of Women's Health. I saw her on Oprah God 30 some years ago in my late 30s and I read her book Women's Bodies, women's Wisdom, and something just led me, and that was before I knew how to do woo-woo. So this one woo-woo and I read her book and then, when I started going into perimenopause at 45, by the way I knew what to do. Yeah, perimenopause lasts for 20 years and menopause no. There's no reason to go, because when you get on the bioidenticals, you're going to breeze through it and you're going to keep your health and you'll be doing great. But the menopause is when you haven't had a period for a year. Perimenopause is the thing where you get all the symptoms.

Another point that I think is worth mentioning Katie, there was a study that came out last October that said women that start on bioidentical hormones in their 40s and 50s have a 40% less likely chance of developing dementia or Alzheimer's 40% because estrogen is protective. Estrogen protects the brain, protects the body. Estrogen is not the enemy, estrogen is our friend, we women. So find somebody, get on bioidentical hormones, you're going to be a new woman. You call back in within a month. Once you get on, you're going to go. Oh my God, I feel so much better.

0:33:42 - Katie  
I promise I will

Julie  
All right.

Katie  
Thank you so much!

Julie  
Easy to fix.

0:33:46 - Julie  
You bet, take care. Bye, Katie,

Katie  
You too. Bye,

Julie  
All righty, let's go to another caller. Hi, Marybeth,

Marybeth  
Hi!

0:33:55 - Julie  
Where are you, my girl?

Marybeth  
I'm in Missouri, in Columbia, Missouri.

Julie  
Oh, terrific Well good Well, welcome.

0:34:03 - Julie  
Got a question for me.

0:34:05 - Marybeth  
I do. Well, I'm going back and forth between two things, but really I am just so longing for my daughter who passed away, oh, so I would love it if you could connect with her?

0:34:20 - Julie  
Yeah, what's her name Mary Beth?

0:34:21 - Marybeth  
Christina.

0:34:22 - Julie  
Christina?

Marybeth  
Christina, yeah.

Julie  
And how long, and how long has she been in spirit?

0:34:27 - Marybeth  
It's been two years. Well, it's November 3, 2021. So, what would that be about 29 months now?

0:34:36 - Julie  
Yeah. Oh, I'm so sorry, I'm so sorry. Are you? Do you talk to her? You probably do all the time. Do you hear from her?

0:34:43 - Marybeth  
I don't. I don't hear from her. I talk to her all the time and I used to feel her presence. I used to censor or see those signs, but I haven't in a long time.

0:34:53 - Julie  
Okay, ask her to send you a sign, ask her to visit you and your dreams before you go to bed at night, because our energy frequency resets to the factory presetting is what I call it. Factory presetting is frequency of spirit and that's the channel that spirits communicate on. So it's easier for them to communicate with us, sometimes in our dreams, because we're on the same station as they are, whereas during the day we're running around and we're busy and we're thinking of lots of things and even when we're in grief. That's a low frequency, it's a low vibration. So it's like they're on the classic music station and we're on the country music station listening to mom of the truck and the dog you know sitting here and sad dogs on the country station. So we would get on their channel. That's number one. Number two as soon as you mentioned her, she showed me a picture of a ballerina and it reminded me of did you have a music box growing up where you'd raise the lid and it would sing a song and the ballerina would twirl in front of?

0:36:04 - Marybeth

a mirror. Well, I know what you're talking about, but I don't think we had one. Yeah. I don't know why she'd show that.

0:36:10 - Julie

Did she take dance lessons? Did she like the ballet? Did she like dancing, did she? Did you call her your princess, your ballerina, something like that, anything that comes to mind.

0:36:25 - Marybeth

Well, she did like to dance and she would choreograph dances for her roommates in college. They would have lots of fun together. But she, she really didn't go the ballerina route. Okay, all right, yeah.

0:36:38 - Julie

So when spirit sends us a sign, we need to be open to what it means. So I picture that as a music box with a ballerina. That's what came into my head. Let's broaden it out Dancer, what's a ballerina? She's a dancer. Right, she's twirling.

My guess is that Christina used to like to twirl and maybe did that as a little girl. That's number one. Number two she's saying that's your symbol. From her Look for ballerinas. So look for dancers, ballerinas, flamenco. She said flamenco.

She's saying any kind of dancer, that's her sign, especially a ballerina. She's stuck on the ballerina for some reason. And when they give us a sign or a symbol like that, what happens is we want to be open to how we're going to see it. You may see something on TV, you may see something in a magazine, you may see somebody wearing a brooch that's a ballerina. You may see a music box, you may see whatever. You may see a billboard, you may see a dance studio with a ballerina on the sign. She's saying mom, that's our sign, that's our special sign is a ballerina In a tutu, no less, with toe shoes on and the straps wrapped up the calf like they do. And she's saying if you find a music box like that, with a ballerina twirling and it's in front of a mirror to buy it and consider that that's a gift from her.

Marybeth

Oh, that's sweet.

Julie

How sweet is that? She's saying look on eBay. I love when they even tell us where to shop. Yeah, yeah, look on eBay. You may be able to find one there. So I hope that helps.

Marybeth

Okay, thank you.

Julie

You're welcome. Thank you for joining us. Okay, Christina the ballerina, how cute is that Even rhymes. If you got a question, ask [julieryanshow.com](http://julieryanshow.com), come join us and then we'll get to answered. Okay, here's one from another one from YouTube.

I would love to know the name of my guardian angel from Sabrina. Hi, Sabrina, what's the name of her guardian angel? I got Christopher. Interesting came into my head. Christopher, what do you want to tell Sabrina? I was talking about nuts Like maybe you like nuts, do you like to eat nuts? He's saying be careful with the nuts, stick with actual nuts. He's talking about that you like cashews and cashews are a bean. This is not something I would expect to hear from my guardian angel, but he's saying that if you stick with the actual nuts like walnuts and

Brazil nuts and stuff like that that you're going to feel better. So I hope that helps Christopher the guardian angel, and he's saying you can call him Chris if you want.

The funny thing about guardian angels, or any kind of angels, is when I go to talk to angels when I used to do this when I first started they'd come in with these names that were like 15 letters and they'd be some dead language or some language from a galaxy far, far away, and the letters would all be consonants. I'd say, okay, how am I supposed to pronounce that? And so I started saying, can you give me an American English name that's easy to pronounce, that I can easily recognize? And so that's why they come in with these American sounding names now, because I asked them to and they're always going to answer us when we ask them to do something, so we can do that. All right, we got another question from Youtube. Alrighty, Christy.

Hi, Julie, my mother passed and can't accept it. I talked to her and pray for her. Please help me ask her why she won't pass in peace to the light. So, okay, so your mom's already passed. She is in the light. Just because she's not communicating with you, that's probably because of your grief and what I was mentioning earlier it's a low vibration grief is, and when we're in a low vibration it's like being on the country music station and spirits are communicating on the classical music station. So we need to get our vibration raised and that's what I teach in my classes. Again, askjuliereyan.com forward, slash a-a-t and you can learn to communicate with spirit, and it's super easy. But in the meantime you just wanna ask them to come visit you in your dreams, because our vibration, as I mentioned earlier, resets to the level of spirit, the frequency of spirit, and then it's easier for them to communicate.

The difference between dreams and visions is visions and visits. It's gonna be like it's in high depth, the colors are gonna be more vibrant, the senses are gonna be more tuned up. You may wake up in the hair on the back of your neck or in your arms is standing up straight and you may be feeling like you're buzzing. That's because the vibration of spirit is so high, because they don't have the density of a body to slow it down. I always use the analogy of think of trying to run an electrical current through a bowl of pudding. The density of the pudding's gonna slow it down, and so that's how it works with spirit. When they are not attached to a body, they vibrate really fast and in order for them to communicate with us, we need to be on that same vibrational level, and that's what I do, and that's what I teach people all over the world how to do. So I hope that helps. Okay, here we go next.

Julie  
Hi, Mark,

Mark  
Hi!!

0:43:03 - Julie  
How are you, sir?

Mark  
I'm good, I'm good,

Julie  
Great. Where are you?

Mark  
San Diego, California.

0:43:10 - Julie

Oh terrific, oh great, Got a question for me.

0:43:16 - Mark

Yes, I just wanted to know if you can do a body scan on me.

0:43:20 - Julie

Sure got a symptom. You want me to check?

0:43:24 - Mark

I have some lower back pains that's been going on for a very long time and I have a swollen abdomen. Also, I've just been diagnosed with hypothyroidism and I have a history of, I think, five or six years of congestive heart failure.

0:43:49 - Julie

Okay, so just because of time on the show, I mean schedule an appointment with me. Just go to askjuliereyan.com, we'll have a whole hour. We'll just go through each one of these in depth. We'll in depth. We'll have a whole hour to concentrate on this. But what's the one thing? You want me to check? The lower back pain, because you said that first.

0:44:11 - Mark

Yes, the lower back pain is causing a little bit of weakness and I get tired.

0:44:19 - Julie

yeah, Okay, yeah, pain wears you out, doesn't it? Okay, so here we go. Here comes my laser beam from Sweet Home, Alabama, and heading out to you in San Diego. Poor baby, I'm so sorry you live in such an awful place.

Yeah, that's a lot of things going on over here, no but I'm being facetious, especially since you guys have had so much rain, everything, all the bloom is gonna be amazing this year, with all the hillsides will be green and all that hot pink ice plant when you drive down the five is so gorgeous Coming into San Diego, yeah. So got that going. Okay, got you All right. It looks like most of your problems on the left side is the left side more pronounced with pain than the right.

0:45:07 - Mark

Yes, it goes back and forth. It switches off and back and forth.

0:45:12 - Julie

Yeah, yeah, you got a bulging disc from what I'm seeing, Mark, on the left side of your back. So what I'm watching happen with the healing is I'm watching the vertebrae get propped up and you know what those little tile spacers look like that a tile mason will use when they're setting tile before they put the grout in those little spacers.

Yeah yeah, that's what I see, something similar. I see that used to prop up those vertebrae, watch the disc get put back in. And then there's this little netting that gets put from the upper to the lower vertebrae and it looks. It reminds me of the fine netting that you'd see in a net that you're getting a goldfish out of a bowl you know how fine that is and that is stretched from the upper to the lower vertebrae to hold that disc in place. That disc is degenerating. So I'm watching a little stem cell energy, like a glob of it, put on the disc to poof it up, to make it puffier, if you will, and the reason it's bulging is because it's losing density, so it's slipping out. It's not staying in place because it's degenerating. Okay, has any doctor told you that?

0:46:32 - Mark

I haven't been to a specialist yet.

0:46:35 - Julie

Okay, all right. So by the time you go hopefully this will be, you know your body will have healed it already.

0:46:43 - Mark

So I'm watching that. Is there a spirit helping me with this?

0:46:46 - Julie

Yeah, that's what we're doing right now. Spirits help. The spirits can through me and with me, and everybody around the world that's watching or listening to this is helping. We're all involved. Yeah, you got the big guns working on you tonight, thank you. So I believe it's the Holy Spirit that works through me and with me to help facilitate healing. So I'm watching that. There's a vortex behind your back that's spinning picture a funnel cloud and that's regenerating that disc material. What I saw once that healing went into place, mark, was I saw your spine line up. So I think what's happening is your spine is kind of crooked because of and that disc is going against the nerve and causing pain is what I'm seeing. So schedule an appointment with me, [askjulieryan.com](http://askjulieryan.com), and we'll have a whole hour and we'll do a deep dive on all this stuff that you mentioned. Okay, I will. Okay, hope you feel better, thank you. Thanks, mark, you're welcome. Okay, let's do the free drawing here, the free giveaway for my session here. Here's something that SOAR Air For you, s-o-r-e-a-i-r For you, said and she wrote.

Julie Ryan's podcast has been a game changer for me. Her ability to bridge the gap between science and spirituality is truly remarkable. Now remember I learned how to do all this, so I appreciate the compliment, but everybody can do this stuff. Each episode leaves me feeling uplifted and empowered to make positive changes in my life. Thank you, Julie, for sharing your gifts with the world. The world is a better place energetically for your presence and contribution. So SOAR-Air For you.

You have won a free session with me. We'll have an hour together. It's worth \$250, and we could talk about anything and everything you want, because I am a buffet of psychedness. So we can talk to a deceased loved one, we can do energetic healing stuff on you, on a family member, on a pet. We can do past life stuff, we can tell how close to death somebody is, we can talk to your angels and spirit guides, and it's just, it's a blast, and normally when I've got somebody for a whole hour we talk about a multitude of things. So just go to [AskJulieRyan.com](http://AskJulieRyan.com), click on the Ask Julia Question button, say hey, I won the free session on the show last night and my team will help you figure out a date and time when we can chat. So I'm looking forward to that. Thanks for your kind comments Again.

If you wanna do this, if you wanna get into the drawing. Just go to [AskJulieRyan.com](http://AskJulieRyan.com), click on the Ask Julie button and leave a review. You can leave a review anywhere you watch the show on YouTube. You can leave it anywhere you listen to the show, and any of the podcast networks too. So you can leave it on Instagram. You can leave it on Facebook. Everything's at [AskJulieRyan.com](http://AskJulieRyan.com). So we've got that Okay. I think we have time for one more caller.

Julie

Hi Angela.

Angela

Hi Julie, I'm so glad I get to talk to you.

Julie

Speaking of talking to angels, we get to talk to a live one. You, right.

0:50:20 - Angela  
Yeah, yeah,

Julie  
Where are you?

Angela  
I'm in Titusville, Florida.

0:50:24 - Julie  
Okay perfect not too far from me in Alabama.

0:50:29 - Angela  
Not too far, honey. Not too far.

Julie  
You got a question for me?

Angela  
I do! So my mother is suffering from vascular dementia and she took a really sharp turn. She's on hospice. We don't know if we have a few days or hours or what with her. She's no longer communicating. Her eyes are always closed. She's not really drinking or eating, and I just want to know if you could talk to her and see if she has a message for me.

0:51:05 - Julie  
Sure sure.

0:51:07 - Margret  
Or maybe you can tell her that it's okay to go, because I just want her to be at peace.

0:51:12 - Julie  
Yeah, what's her first name Angela?

0:51:15 - Angela  
Her name's Diane.

0:51:17 - Julie  
Diane, okay, is she there with you? Is she there with you in Florida?

0:51:22 - Angela  
Yes, she's here in Florida with me

0:51:23 - Julie  
Okay, and hospice is involved at this point?

Angela  
Yes.

Julie  
Great, perfect, okay. So what I'm going to do is I'm going to connect to you and then I'm going to connect from you to your mom, Diane, okay, and then we'll see what phase of transition she's in. Do you know what the phases are? The 12 phases of transition? Have you heard me talk about that?



0:51:44 - Angela

Yes, I downloaded it and I actually bought your book.

0:51:47 - Julie

Oh wonderful. Anybody that doesn't know what we're talking about, go to my website, askjulieryan.com. Go to the 12 phases tab. There's a chart there. Excuse me, that is an illustration of all the 12 phases of transition, of how we're surrounded by angels and the spirits of deceased loved ones and pets as we're going through the dying process. Angela, the best thing with that chart is downloaded on your phone and then you just ask in your head, just say what phase of transitions my mom in and you'll hear an answer. You'll hear seven, five, whatever. It's that first thing that comes into your head and then you can refer to the chart and it'll give you a lot of information. So here we go. I'm heading south. My laser beam is heading south. Got you Okay? Your mama's in phase nine of the 12 phases of transition. So phase nine is, you know, she's most of the way there and what happens in phase nine is a vortex starts to form above her head and that's going to help separate her spirit from her body. She's surrounded by angels, she's surrounded by the spirits of deceased loved ones and pets.

There are three questions I always ask somebody at the end of life Are you ready to go? She's saying yes. Are you in pain? She's saying not really, what do you need? He said I need the green light. So do you need the green light from heaven, Diane? Yeah, I'm just waiting for a green light, is what she's saying. So I think you're in good shape. Yeah, you're in good shape, Diane. Can you see all the angels and the spirits around you? She said yeah, they're glorious. So I saw a collie dog, Angela. I don't know if she had a collie at some point

Angela  
Sage,

Julie

Sage, okay. And did she grow up on a farm? There's a horse there. Is there a horse that she rode as a kid, or maybe as an adult, or somebody had a horse?

Angela  
I own horses.

Julie

Okay, all right. So there's a horse in the room, the collies in the room. There are other animals in the room too. She can see them. You guys have all told her it's okay to go right?

0:54:15 - Angela

Yes.

0:54:15 - Julie

Yeah, yeah, and so she's ready. She's just waiting for that traffic light to enter heaven to help her. Yeah, I hope that gives you some comfort. Look for the miracles along the way. They will be plentiful. This is one of them. Horse is there. Sage the collie is there. You know she's surrounded, and what a glorious component to add to such a heart-wrenching situation. Yeah, one other thing, Angela, is for your other family members. You are welcome to get Angelica Attendance, my book, for them in a paperback or share yours, but you and anybody listening, if you want a free digital and audiobook download of Angelica Attendance, my book, just go to julieryangift.com and we will send you the digital and the audiobook download as a gift for free. So, julieryangift.com, because this information really helps families as they're going through what you're going through, because it's heart-wrenching.

0:55:30 - Angela  
Yeah, it is.

0:55:31 - Julie  
Yeah, okay.

Angela  
Thank you so much.

Julie  
You are most welcome.

Angela  
Thank you, bye-bye.

Julie  
Bye-bye, all right, everybody. That's it for this week. Remember to like and share, and leave a comment and subscribe, and we will see you next week. Send in your lots of love from Sweet Home Alabama. Bye, everybody.

0:55:55 - 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](http://AskJulieRyan.com).

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