

AJR - Helen Peacock 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.

0:00:42 - Julie

Julie Ryan Welcome to the Ask Julie Ryan show, where we blend spirituality and practicality to help you live a life of purpose and joy. I'm delighted to welcome psychic medium Helen Peacock to the show. I'm looking forward to asking her questions like how do spirits communicate? Is love eternal? And how can we bridge the gap between this world and the next to connect with our departed loved ones? So, whether you're in search of solace, guidance or simply curious about the afterlife, this episode is your spiritual passport to a journey of discovery. Join us as we explore these questions and more on the Ask Julie Ryan show. Oh, and please remember to subscribe, leave a comment and share with your family and friends. Helen, welcome to the show. I'm so thrilled to have you.

0:01:36 - Helen

Thank you for having me. I'm so excited to be here.

0:01:40 - Julie

We got to talk another month ago a couple months ago, something like that, when I was on your show.

0:01:46 - Helen

I skipped it six weeks ago because I was thinking the same thing, yeah and we could have talked all day.

0:01:51 - Julie

And I said to her Okay, you got to come on my show so we can finish the conversation.

0:01:56 - Helen

Absolutely. Here we are All right.

0:01:59 - Julie

Well, how do spirits communicate through you?

0:02:05 - Helen

Well, that's through all our Claire's. You know that. So I would have to say my favorite would be not my favorite, but my strongest is probably Claire Audient and Claire Voyant. So mostly a lot of symbolism.

0:02:17 - Julie

So explain the Claire's to somebody who's watching for the first time and don't have any clue what you're talking about.

0:02:23 - Helen

Okay, so Claire's are like your senses. So, Claire, sentience, so that's feeling. That's another strong one of mine. Claire, knowing, that's your inner, knowing, you just know. You don't know how to explain Claire Augustine, that's more like taste, right, taste and smell. And Claire Voyant is you can see spirit. I don't see spirit like as if it's an apparition. I see it more, in my third eye, as images. That makes any sense. Sure, and Claire, audient. So that's, that's, yeah, it's basically your senses heightened.

0:02:55 - Julie

Yeah, and Claire Audient is hearing. Yes, obviously, auditory Right, exactly. Let me ask you a quick question and give me a rapid response. First thing that comes into your brain you ready, yep, what do you remember about your first car?

0:03:12 - Helen

Right? Do I remember with my first car that I didn't have my license?

0:03:17 - Julie

Okay, so you gave me a feeling answer, right? Yes, so are you? Do you get information kinesthetically? Do you feel it or do you? Yes, yeah, yeah.

0:03:33 - Helen

And another thing to keep in mind, too, is that it depends on the spirit that's coming through. Well, that's that's what I notice is depending, like if they were loud and obnoxious, you know they're going to come through loud, they'll come through sound, right? I think it all depends on the spirit who you're communicating with as well. That's my thought.

0:03:53 - Julie

It's been my experience that we receive intuitive information, whether we're trained how to do this or whether we've been having dead people chasing us since childhood. I'm not one of those people. I learned how to do all this stuff and I know you did too, and I want to get into that here in a minute but it's been my experience in teaching people around the world many hundreds of people around the world how to do all of this that we're going to receive intuitive information, how we learn. I'm a visual learner. If I meet you at a party and I see your name on a name tag, or if I see it on a roster or something, I'm going to remember your name. Otherwise, I'm going to remember you in your face, but I'm not going to remember your name. Yes, now, if I was a clear audience or if I was an auditory learner, then I would hear your name and it would just be there. But I need to see it Now. All the other senses are there, like they are with us normally.

Your first car well, you remember how it felt. I remember what color my car was and what kind of car it was, but then I remember how it felt. I remember how it sounded and I remember all of that as well, and it's been my experience that that's how we receive intuitive information. And, to your point earlier, you've got a spirit that's wanting to talk to you who is very boisterous. You're going to feel them first and then you're going to immediately go into. Okay, this guy needs to turn down the volume a little here. Yeah, right, yeah. So I think that's interesting. Would you agree that everybody has the ability to communicate with spirit and to receive intuitive guidance?

0:05:37 - Helen

100,000 percent, right, 100,000 percent. Yeah, as long as they're open to it you know if they, just if they, it helps, if they believe, but if they're open to it and just trust what they're receiving, that to me is the foundation is trusting.

0:05:54 - Julie

I agree. Well, and we all do it all day long. We just don't recognize we're doing it. I love it when somebody says well, I'm okay with you, I'm okay with that information. I go well, have you ever thought of somebody? And then you either run into them or they call you or they text you or they send you an email and you think I was just thinking of that person. This morning I had that experience. We've all experienced that, did you?

0:06:17 - Helen

I had it actually happen this morning. Yeah, I was thinking about a friend I hadn't seen for about a year. Now, next thing you know she's messaging me this afternoon. I was just like got a love in synchronicity, Got a love when the universe is playing right. Yeah. We're all in that same radio wave lengths, I believe.

0:06:36 - Julie

Yeah Well, you must be psychic or something. That's what I always say. You must be psychic or something. You said love never dies. How do you explain that to someone who's grieving and is hesitant to believe in life after death? You know mediumship, whoa, whoa spirituality. How do you explain that to somebody like that?

0:06:59 - Helen

Well, when you're explaining it right, especially if you're in the middle of a session, I like to say that the essence of your loved one still remains the same. The only thing that's different is they're no longer in their vessel. So if they can grasp onto that, and when the loved one's coming through with validation in regards to the personality, those unique validations, where does that come from? You know, it's just like how did you know that? So when you can give those validations from the loved ones, then it gives them that idea. Okay, there is something to this, Obviously, how did this woo-woo lady that's what I say, good joke. How does this lady know, how does this woman know all these things that I've never told a single soul? So that must be a validation that my loved one is still with me and I always say they are with you, just in a different way.

0:07:50 - Julie

Right, kind of like the ice cube was once water. Maybe the water was once steam or was in a cloud and came in as rain and then evaporated and then turned into snow, exactly.

0:08:08 - Helen

Yeah, so many different variations, right, right.

0:08:11 - Julie

But I think that that's a good description, though we all understand that because we learn that in what second grade or something you know the ice cube melts into water and then it evaporates.

0:08:23 - Helen

Yeah.

0:08:24 - Julie

Yeah.

0:08:24 - Helen

It's a good metaphor.

0:08:25 - Julie

I agree. You're a third generation psychic medium and you say that you get that from your Scottish and your Irish heritage. Yes, okay, I want to know that whole story.

0:08:39 - Helen

Not much story, because my mother's cat was Catholic, so they weren't allowed to talk about that.

0:08:46 - Julie

Yeah Well, how do you know that she was a medium?

0:08:50 - Helen

Through my mom my mom's pretty psychic as well, but mostly from another psychic when my grandmother passed away and tapped into that and started you know, she's the one that came through with the validations, the psychic, and it was my first time, kind of like at a psychic fair, like we're talking many, many moons ago. And she's the one that said to me because I have your grandmother here I believe she just recently passed, this is what she looks like. Are you aware that she was very much psychic but kept it hush, hush, right, and so I kind of had an idea, but I wasn't 100% sure. And she says now she's passed the gift on to you, right? So it's kind of bypassed my mom, in essence, because just for personal reasons, my mom just doesn't tap into it. She can, but she doesn't if that makes any sense.

And so all of a sudden my whole world changed, like without even looking, nothing. It just all of a sudden people started coming into my life, lots of synchronicities and serendipities, and then all of a sudden it was just like you know, when the students ran into the teacher will come. That's how it started. It started off with healing modalities. First Every healing modality I studied, and then, of course, my frequency became stronger and stronger and all of a sudden, information started coming through. I didn't know how to use it. I didn't know how to understand it. I was like what's going on? Like I don't understand what's going on. I need some help, right? So that's what I had to do is I had to put it out there and then my teacher came to start it from there, and I've had many teachers along the way, many, many teachers. Plus, I had a great aunt who is very well known Fertile Freeding. What's that? Explain what that?

0:10:36 - Julie

is.

0:10:36 - Helen

Fertile Freeding is like where they take the grounds. So you have a little seat in front of your reader, sip the tea, then it's all loose tea leaves. Then you turn the cup upside down after you're finished drinking it, of course, and then you flip the cup back over and so the patterns right. They read the patterns of the leaves in the cup. To me, we both you and I both know what that means. It's like reading tarot. You're just reading the information, like you're forming it, but you're channeling at the same time. So she was known for that. Do you agree with that? Like you know, sometimes when you look at tarot, it's not just the information from the guidebook You're downloading, you're receiving. So I believe it's the same way in T Leigh Freeding. It's the symbolism, it's the patterns, it's like you're channeling and tapping into what's in the cup, the energy that's in the cup.

0:11:27 - Julie

I never thought about it because I've never done any of that stuff. No, no, I've never used tarot cards. I've never done, I've never used either. I just read the leaves or anything. Yeah, it just communicates through me and with me. But when you were talking about that, I got an. Absolutely that's exactly what they're doing and they're just using that as kind of an aid. It's

like somebody that's using a pendulum you know they'll ask a question and a pendulum will twirl a certain way, or front words or backwards or whatever.

0:11:59 - Helen

It's like a focus point, right, right, and the sitter feel a little bit more comfortable, like you know, instead of like looking at each other or whatever, because some people are uncomfortable with it. But I look at it, it's like looking in a crystal ball, it's a focus.

0:12:13 - Julie

Yeah.

0:12:13 - Helen

Yeah, which I don't do, by the way.

0:12:16 - Julie

Well, and I think, it helps the person who's doing the channeling to feel like they have an aid to help them perhaps, which is interesting, but it's been around since forever, forever. And yeah, and the pendulum thing and I've never used one, but I have friends who use them and my one friend, Janine. Oh my gosh, that thing will start twirling and it'll be like you just go nuts. And her hand is perfectly still and it's, it just goes nuts on certain questions.

0:12:53 - Helen

There is. There is some truth to that, but you really have to be careful of your wording, how you ask the questions. That's the key. And when I first started tapping into all of this, I did. You know, I was intrigued by the pendulum, but what happened was I was gifted pendulums, or I would buy certain pendulums. I was drawn to it and every single one of them went missing. Really Every single one. And like what the heck? Until I got the download saying, yeah, you're not to use that, you need to trust, you need to start channeling, you're putting all your trust into that. And I caught on. I was like that makes total sense. So that's why I was like, no, I'm not using tools, I'm not, I'm just going to tap into, just like yourself, just through my clairs.

0:13:39 - Julie

Turn it on. Oh, it's there.

And then turn it on Tap into an in turn on. That's it. And to your point about, you have to be cognizant of how the question is asked. That is so important, not just for the pendulum, but I'm aware of that all the time too, and I always say spirit, super, super literal. And so how we ask the question is going to determine the kind of answer we get and the example I use in this.

And see if this makes sense to you, Helen, I'll say well, if you ask your dead grandma, hey, grandma, are we going to enjoy the movie? And you get a yes, you hear a yes in your head, and then you guys are watching some movie tonight, it's awful. And then you can say, grandma, what's up with that? And well, the way you ask the question cover taint any movie you're going to watch for the rest of your life. Whereas if you said, hey, grandma, are we going to enjoy watching Frozen 2 on Disney Plus tonight? Yes, see, that's really specific. And and I have you found that too that spirits super literal. I don't know if they were all potty trained too early or what's up with that, but they are super, super, super literal. And I think it's because when they feel like they're giving us guidance. You know they want to be super literal. What do you think about that?

0:15:05 - Helen

Yeah, I totally agree, totally agree. And that's why sometimes I do second guess. It's like the digest answer myself, right, because we hear our own voice. Yeah, it's in our own voice, it's very subtle. So then it's a matter of trusting, and sometimes I will ask okay, let me smell it, or

give me something a little bit more. But I'm also that person too, where I like my answers in threes.

0:15:32 - Julie
Oh yeah.

0:15:34 - Helen
If I'm meant to do this, I want it shown to me in threes. Huh, right Throughout that day, that day or the next two days, and if I don't get any, then I know I'm not supposed to Interesting. It's kind of like. It's kind of like playing a game, but it's a and it doesn't have to be in threes. In the same way it could be, the answer could be given from the TV, it could be given from hearing a conversation with two people at the tail end of the conversation, or it could be an advertising on the bus going by boom, boom, boom. Three different ways Right and so. But that's also creating your awareness, and I'm that person where I'm always aware, like when I'm looking at something. I take in everything. So if anything went down, a police officer came to ask me something and I was like this is what I saw Boom, boom, boom, boom, boom.

Look are you a?

0:16:24 - Julie
secret agent in a different lifetime.

0:16:27 - Helen
Absolutely I do, and that's why I love crime shows to try to figure things out. I take in everything, oh my gosh when. I'm watching a movie. I'm not just seeing what's in front, I'm seeing everything around. That never is going down, right yeah, my hex used to give me crap all the time. Would you just watch the movie?

0:16:47 - Julie
Yeah, Interesting. You know that would be fun to do a past life thing and see where that's coming from.

0:16:53 - Helen
Yeah.

0:16:53 - Julie
As far as you know, you were probably part of part of Scotland Yard or something in a past life.

0:16:58 - Helen
Probably Am I six.

0:17:01 - Julie
Yeah, For sure, I mean Bond. You might have known Bond, James Bond.

0:17:05 - Helen
I might have been one of his women.

0:17:09 - Julie
Although he didn't stay with any of them. I don't know that you want to do that. Oh gosh, we digress. All right, so back to the three. You know three in the Bible is the number for divine perfection, so it's interesting to me that you want to see three of something Right now. Yeah, seven is spiritual perfection that's my other favorite number but three is divine perfection, yeah.

0:17:32 - Helen
I like that.

0:17:33 - Julie
Yeah, so there's that. I want to go back to the Scottish and Irish heritage for a minute because certainly the druids and the you know, the Celts and the Saint Patrick and the you know in Ireland, with the woodland fairies and the fairy trees and the pot of gold and the leprechauns, a lot of elementals, they really connect with their elementals there. Yeah.

0:17:58 - Helen
I've been to a couple of the Stonehenge's there and the energy is unreal. Is that right. So I've been to England, Scotland and Ireland and I love all three. When I step on the grounds of Scotland, I've home. It's just the air, the smell, everything about it. Even though they're kind of very similar, there's just something about Scotland and again, I know it's a past life thing as well, but yeah, when you could, if you ever, have you ever been?

0:18:28 - Julie
I haven't been to Scotland, I've been to Ireland.

0:18:31 - Helen
Yeah, you got to go into the Highlands and then again checking it all. And when you go on road trips you don't want to do a bus tour, you want. We discovered it was my, my uncle, that took us and we just ended up. I don't even I don't even know the name of the place, but it wasn't a very popular place, but the Henge's there were just just unreal.

0:18:54 - Julie
Huh, one of my best friends, Mary. Her husband is just obsessed with Scotland and I think she likes Scotland a lot too. But oh my gosh, I mean he knows they live in Minneapolis, yeah, but he's got Scottish heritage and he's just obsessed with it.

0:19:13 - Helen
And you know, that's our history because, if you notice, a lot of well-known mediums are from the UK, a lot of them, and it's all. It's just, it's the energy there it was, it was their life. That's, that's what I believe is part of their life. Yeah, yeah and yeah.

0:19:32 - Julie
Interesting the whole King Arthur in the round table, you know, in the Camelot and all that jazz. I met an author named Sydney Pike and she wrote, I want to say, a trilogy, speaking of threes, and they're based on Arthurian legend, like the lady in the lake and Merlin the magician and all that jazz. And we all think that it happened in what? Nottingham Forest in the UK, in England.

Well, she has done historical research and so her books are novels based on historic figures and historical information, and she has found information that corroborates with the lady on the lake and the knights of the round table and stuff like that. And then what she's done is she's taken that her books are fabulous. But what she's done is she's shown in her book how this started out as something that happened and then became a legend, and then blah, blah, blah you know the old telephone game. It got embellished as you went on. But she has these footnotes at the end of her book and it'll say, ok, this place in Scotland, this is where this originated. It's fascinating. I wonder if you think that a lot of the legends really have evolved that way.

0:20:56 - Helen
I believe so. And it's funny how you brought up a lady of the lake, because when I was younger, when I was, it was right around the time where I just discovered Shirley MacLean. She

was one of my firsts right and nobody else in my circle nobody, no one was into new age, nothing. I was all by myself and I even had a picture and I have no idea where it came from, but I remember it hanging in my bedroom, lady of the lake, holding the light at the tip of the boat there, and it's just, I was always, always drawn to that picture and not knowing why.

So when you look at things, you know when they say, what were you really interested in when you were a child? And then it kind of leads into whether it's past life things or somehow there's that connection. I'm getting chills as I'm talking about it. I am too, but it's just like there's got to be that connection. Like you said, right around King Arthur Merlin, all that time frame and how fascinating this like the storyline yeah, definitely so. When you're drawn into that magical world, obviously somehow there is that connection.

0:22:02 - Julie

Well, the other thing that I neglected to mention, which is the most important part about this author, the Sydney Pike, is she says that King Arthur and the round table and all of that didn't happen in England. It all happened in Scotland, wouldn't doubt it. So you land in Scotland and you're getting the chills, you know, as soon as you set foot on Scottish soil. And all of that, not to mention all the centuries of the Druids and the Celts and the whatever else, knights, templar, and you know so and I do have a Scottish bloodline.

0:22:39 - Helen

That's my first and then Irish right. So my grandmother was Scottish and my grandfather was Irish. So that's on my mother's side the maternal side and my dad's side. Both are Scottish. But the ironic thing is you ever heard of the Black Donnellies?

0:22:56 - Julie

Yes.

0:22:57 - Helen

That's my maiden name.

0:22:58 - Julie

Oh my gosh. Right so explain what that means to those who don't know.

0:23:03 - Helen

The Black Donnellies were a family that originated from Ireland and they were a nasty, mean family, very nasty, and so no, I'm not connected with them. Just putting that out there. My dad makes sure that it's like no, but they originated from Ireland and made it over to Scotland, but for some reason I forget how, but we're not connected with them. Oh, that was the thing is our name got changed, so we went, we used to be O'Donnell and then, for some reason, my great great grandfather came and changed it to Donnelly. I don't know why. I dropped the O, and so there's that part of the heritage.

But now, when you think of where I'm located this is the ironic thing is I live in Ontario of Canada, right Ontario, Canada, and about two hours away from here that family originated. They moved to Lucan, Ontario, two hours away from here, from where I live, and they were no, they did the same thing destroyed farms, destroyed families, there were murders, really nasty Black Dolly family, and they still hold tours, hunting tours, two hours away from where I live. So that's just kind of ironic.

0:24:22 - Julie

I'm going to come up and we can go on one of those tours. Would we have such a ball? Oh my God.

0:24:28 - Helen

I've never been. I've always put it on my bucket list. One day I'll make it out there. It's only a two hour drive. I should do it. Yeah, I'll go with it. I'll use the married name.

0:24:42 - Julie

Yeah, well, well, one of my favorite stories is about and Ryan, of course, is Irish and one of my favorite stories is about an American archaeologist that was in Ireland. He was taking a non-scientific poll and he was just asking people on the street do you believe in fairies and the you know magically delicious Lucky Charms, pot of Gold, woodland fairies, all of that? And he said that the best answer he got was this woman said no, sir, I do not, in there everywhere. Okay, yeah, I thought that was hilarious. That is great.

My friend who lives in Ireland. I was asking her about the fairy trees that they have on the farms and she said a picture of it. It just looks like a thorny bush. But she said these farmers. She said you never cut down a fairy tree, they plough around it. They'll have these gundaga fields of whatever they're growing and they'll just plough around this bush with all these thorns, which is the fairy trees. Yeah, look it up. She sent me a picture of it and it was hilarious. Okay, so to connect with a deceased loved one when you're working with a client, do you need to be with the family in person? Do you need to be holding something that belonged to the deceased loved one. How do you do that?

0:26:08 - Helen

No, it's all about intention, right? So?

0:26:12 - Julie

walk us through a typical session.

0:26:15 - Helen

In person. I just make sure they, I welcome them, make sure they're comfortable right, check in with them. I usually try to do a little bit of a humor, more than anything, right, just to lighten them up, or whenever I always crack some kind of a joke or whatever. And then I just ask them what are you hoping to receive from your, what are you hoping to get out of your session today? And sometimes they'll let me know I want to connect with my dad or I want some closure. Sometimes it's just spiritual guidance. And then what I'll do is I'll give them the option. I'll say if there's a specific loved one that you wish to connect with, this is where I suggest just give me the name, because what that does is kind of, I like to say it's like making a direct call, it's like speeding up the process, and so when I say the name, it's like I'm connecting to the energy of the name. So, telepathically it's like okay, George, if you're here, blend in with me. I'm giving you permission to blend in with me so I can feel the true essence of who you are. It's like, you know, I used to do acting back in the day, so it's like I become the character right. So that's if they choose to blend in with me. Usually they do. And I ask the sitter to like please make sure you're watching me, because sometimes you know facial expressions, mannerisms, I'll sit a certain way right. Sometimes the accent will come on if they spoke a different accent. So it's like I actually kind of become them. I know I sound kind of really woo-woo and then it's just trusting. The first thing that comes to me right, and that's sometimes they'll give to me how they transition. Sometimes they'll give to me what the loved one just recently did, so that the loved one here in the physical realm knows that their loved ones were there in that particular moment. So, depending on the connection of the loved one, I'm just the messenger, I'm the one that's bridging two worlds together and I just trust.

And I say to my client whatever you are meant to receive, that's what you're going to receive, it's what it's going to help you move forward, whatever you're meant to receive. So leave all your expectations at the door. Your loved ones know why you're here. Just trust but more importantly, also have fun with it, because everyone's they think it's all doom and gloom and

so serious, like. No, let's light things up, because that raised the frequency in the room as well. Right, if you bring laughter and joy, right, it just brings up the frequency. So again, I leave it up to the loved ones in spirit, but I do mention, to my clients as well. We may have one that will dominate the whole session, or we may have a whole family reunion. You never know who's going to drop it right. Or you're going to be a messenger for another family member, you're going to be a messenger for a co-worker you never know who's going to drop it. And that's what I call them Toppings.

0:29:01 - Julie

How I do it is I just cut to the chase. Who do you want to talk to? Because they'll say well, who's around me? I'll say I'm not going to live long enough to talk about who's all around you. There's too many thousands of them. Who do you want to talk to? I'm a business woman. Cut to the chase, yes, yeah. So it's like I'm a translator. I'm hearing what they're saying in my mind, I'm seeing things, I'm feeling things and I'm talking to them, and they'll ask a question or make a statement and then I'll give them the answer. I never feel like the spirit with whom we're communicating enters my body or anything. I feel like I'm a translator on the phone, translating between French and English or something. Translate between spirit and English here. And if it's something I find it's interesting, when I'm talking to spirits that didn't speak English, it doesn't matter. The language doesn't matter because they're going to communicate to us in a way that we understand, so we can convey whatever their messages are. Have you found that to be the case?

0:30:13 - Helen

That looks like connecting with pets. It's the same thing. It's that bark, bark, meow, meow, right, it's called telepathic. It's what they, it's what they impress on us. And I also find too, if they did speak another language, if I'm struggling to communicate, that's how I'll know. It's like okay, I'm having a little bit of a block here. I'm like so did your mom? She not speak English? That wasn't her first tongue, because I can feel that there's, I'm struggling a little bit. So I know there's another language and I don't know what that language is. And they're like, yeah, they didn't speak English, but they do that purposely, because that's a validation. It's like and that's one of the questions sometimes they'll get asked, especially in a group session They'll say well, what if my mom didn't speak English? How are you going to connect? It's like well, it's all telepathic, like he said, just like they know, right, they're very intelligent beings.

0:31:00 - Julie

Right right.

0:31:01 - Helen

So intelligent.

0:31:02 - Julie

Yeah, yeah, they have access to all information, past, present and future.

0:31:08 - Helen

All of them are multi-dimensional beings Right.

0:31:12 - Julie

I agree Along those lines of when I want to explore a little bit what it feels like to you when a spirit you say a spirit kind of you know enters your body. You're still aware, right, you're still 100% Okay. So can you explain to us what that feels like and how you know that the spirit's entered, and how do you know the spirit's gone?

0:31:37 - Helen

Hey, again, it's a lot of, it's a feeling. Again, it's the manipulation I think it's like the way I'll sit or whatever. I just feel the energy within me. Right, I can sense. If it's a female, if you know, say she was a performer, you know I'll just become that. Or if she was just not the best communicator and a very strict mother, I will feel that and it's like my body language changes, it shifts. I know it's just, but it's something that I'm aware of and I've had it too. I'll share one really, really quickly.

So I did a group here and it was in the summertime, so I was barefoot and luckily I had a pedicure done that day. But it was a young lad that was coming in. I'm going to say he was probably in his early twenties, and so there was families, like brothers and sisters and mums and dads, like it was just a whole big family who wanted to connect just with this one boy, if you want to call him that, and I kept looking down at my feet and I'm looking at my feet and I'm looking up at them and they're all like, looking at me, like, and I'm like, okay, I don't know what's going on, but I believe he had a foot fetish because he keeps looking at my feet and he's going on about the color of my toes and they all started laughing and they're going. We were hoping he was going to do that because that's what he was known for.

He had a huge foot fetish Wow and they were going on is like when we saw you looking at your toes, the way that you were looking at your toes, we knew right away Like that was the valve. That's all he needed was that. They knew that I had connected with him, right, you know what I mean. So it's like it's just pushing, because that's what they do is they'll move your energy, They'll shift you. It's like they take over a little bit. But to have me looking at my own toes and I'm like, okay, why do I keep looking at my? Why are you looking at my feet? You must be good, you must be having that conversation with them, right? And then it's for me to trust to say that.

0:33:45 - Julie

Yeah, well, and that comes with practice.

0:33:48 - Helen

And the reason why I remember that because you don't remember all your sessions you read for so many people, but because that was so unique. That's why that one stands out. You always get those odd ones where you're just like, well, I'm never going to forget that Right Right.

0:34:04 - Julie

Why is it that we don't remember our sessions? Why do you think that is?

0:34:07 - Helen

Well to normal. You're in an altered state. You're not going to remember. I did a group reading, probably about just before Valentine's, and there was about just it was an intimate group and there was about 12 of us and I was coming near the end of the session and all of a sudden I come to this woman and my whole body just shifted. Like I sat like a man right and I'm just looking at her and all of a sudden I went, hey, and she just sat back and I go, I was a go and you didn't think I was going to come through, did you? And she tears, just her, coming down her eyes, and he's like you know I'm not a romantic, but buy yourself some flowers for Valentine's. And she lost it. Like I just totally became him. The whole room just went. What the?

Because I went from crying to grandmothers and moms and dads coming through to this guy who was like a smoker, you know, just, just not the communicator, not a romantic at all, and she goes that's all I needed. It was her husband, right, that's all I needed. I know he was here, that's it. I'm looking right at him, you are him, you are him Right, and it's because I allowed him in and I'm like this is I'm like thank you so much for dropping in, because you always have to

thank the loved ones coming. He's like thank you so much for coming in the way that you did, because you know and they know that I'm giving permission for that, right. And I said it's the character coming to life, and she just looked at me. She's like that's all I needed. And everybody in the room was like whoa, you went from here to here, right? And so that's where I thank spirit. It's just like thank you for shifting things up, right.

0:35:46 - Julie

So how do you know when they're gone and when they're out of your body?

0:35:49 - Helen

He just feel it. It's just a light to become lighter, huh.

0:35:53 - Julie

Interesting.

0:35:54 - Helen

Yeah.

0:35:55 - Julie

Interesting.

0:35:57 - Helen

That doesn't happen all the time, just so you know.

0:35:59 - Julie

Well, and the other thing that fascinates me is your background as an actress, because I have a friend who's a Broadway star and she was starring in a show several years ago about June Carter Cash and there was a part in the show where she would go out into the audience and she said she was always nervous because she didn't know whether or not she was going to be able to do it, whether it was going to work. And she said June Carter Cash is spirit and this was before she's a graduate of my class, but this was before she learned how to do woo woo. But she said it was like June Carter Cash's spirit came in. She performed the 20 minutes in the audience. She went back up on stage and she thought what the heck just happened. But she said they were clapping, so I figured it was okay. And she said that happened, what they performed seven times a week, I think, and it was just really something. And she said that's when she knew that something was going on.

When you were talking about the feet, I was talking to a woman one time who is a psychiatrist and she was talking about schizophrenics and she said when somebody's in a different personality not only do their mannerisms in their speech and all of that change. But their heart rate can change and if you do a blood test, you know they may show up as diabetic when they're in that personality, or they may show up with some other physical ailment that they normally don't have, which I thought was wild. Have you ever heard of that?

0:37:33 - Helen

Nope, can't say that I have.

0:37:35 - Julie

Yeah, she said it's very common when working with schizophrenics that not only will that personality change, but all the physiologic not all, but a lot of the physiological stuff will change too.

0:37:50 - Helen

That does make sense. Yeah, that's makes sense.

0:37:54 - Julie

So like somebody becomes a smoker or they're not. But I never heard the blood tests and the heart rate and the you know high blood pressure or diabetes or things like that. I'd never heard that part of the equation before.

0:38:08 - Helen

Nope, that's something new for me today.

0:38:12 - Julie

We talked a minute ago about frequency. You talked about when you took a bunch of classes, that it raised your frequency. Say a little bit about that.

0:38:21 - Helen

Yeah, so I started tapping into touch therapy. You know I'm a firm believer I know not everyone's going to agree with me on this is, whenever you do any kind of touch therapy massage, reiki you're just a conduit. I just feel that's me. And so when I started tapping into that, I noticed that, you know, my frequency was getting stronger because I could sense the connection you know to that realm was the veil was becoming thinner for me. So, and again, it was just trusting guides are with you, they're pushing me forward, all of that. So that's that's where it all started is just tapping into all of that, that route.

0:39:04 - Julie

Well, and it's been my experience too, and I'd love to hear your take on this is that spirits a high vibration because they don't have the density of the body to slow down the vibration. And so when we're wanting to communicate with spirit, we need to raise our vibrational level, because spirit doesn't communicate on the I feel crappy channels because the vibration is too low. Do you agree with that?

0:39:30 - Helen

At 100%, and that's one of the reasons why, too, that I try not to seek clients when their loved ones just transition, because they're still grieving here in the physical realm. Like their, their energy is very heavy and dense and low and slow because of where they're at. And so that's why I say you know you're going to have a stronger connection. Maybe several months from now you'll be more aware. You won't be, you know, in your grieving as heavy as you are right now, right, and I'm not sure how you feel about this. But I also feel that I also want to give the loved one and spirit time to transition as well. Like they're, they're back at home, so give them a little bit of space to rediscover being back at home, right, so it's kind of honoring both worlds. How do you feel about that?

0:40:23 - Julie

I know a lot of mediums believe that you shouldn't talk to them for a certain period of time the spirit.

I have not found that to be the case, because I talk to spirits all the time when they're attached to bodies. That's how I do my medical scans and everything else. And my girlfriend's dad passed on Valentine's morning and a couple of days later he was on a couch in my bedroom wanting to have a conversation. But he came to me because his family was in grief, so it was a low vibration, so it was going to be more difficult for him to communicate with them because, let's say, he's on the classic rock station frequency and they're on the country music frequency and it's not going to compute. But me, being an unaffected person, I mean certainly I feel badly for my girlfriend and her family, but he came to me with information for them and I find that when people are in grief it clouds their clarity. So perhaps by recording the information, either

in an email or in an audio recording, it helps because they may perceive something differently when they're a little bit farther along in their grieving process.

0:41:43 - Helen

Well, you agree, and sometimes too, I feel that it depends on how the love one passed. Like, if it's a tragic passing, you know, neither of them are expecting well, the soul knows. But still, it's just like. Like you said, it depends. Imagine me coming through. Well, you know I'm bulldozing just because of my energy, your energy. We've done the work, we know what it's like. So us, we would be different. It's like, no, I'm not waiting around, I'm getting down there, I'm getting in there. So I think depends on the love one as well, the love one in spirit. I think it makes a difference as well.

0:42:21 - Julie

Well, back to the clarity thing. I talked to a client this morning whose mom died by suicide and as part of the grieving process, guilt is always one of the components and she was feeling guilty that she didn't do enough to help her mom and she was feeling like maybe it was her fault that her mom died. And I said honey, I hate to break your bubble, burst your bubble, but nobody has that kind of power. We all decide when we go, where we go, who we with whom is you know who's there with us when we go with, the circumstances are even if somebody's shot like a gunshot or something. Well, there are a lot of people that are shot that don't die. It's the person's spirit who decides whether they're going to transition or not. Yeah, do you have a thought about that one way or the other?

0:43:13 - Helen

No, you explained it very good.

0:43:16 - Julie

Okay, all right, it's good, hold it, hold it. Change, change directions here, versus like something for a minute to something that's really fun. You are a graduate of the Arthur Finley School in England, which is like a modern day Hogwarts, so I want to hear oh, I thought you did.

0:43:35 - Helen

No, I was trained from the tutors from there. No, I would love to have gone. That's wait, that was way too expensive for me at that time. No, they came here. They came here, so I took time out, but I'm still. They're still from there. That's where they were trained. So that can still say that I've been trained. Just, not, I wasn't there physically. And, trust me, I would love to go visit that place, just like he said at Waldorf school. But it is funny because I was trained by Andy Bing. He's like one of the top tutors there and he would. We ended up getting a place up north here on the water and he was set up just like that, like the benches was actually set up. It's like the teachers were all on one side and the students were all on the other side. So it was kind of like the same kind of set up, just no British.

0:44:25 - Julie

British grounds. I was going to ask you if the paintings talked. I was like an Harry Potter.

0:44:32 - Helen

I could just imagine we watched the first movie, gosh.

0:44:39 - Julie

A couple of weeks ago one of our grandsons was over and he was saying hey, you want to watch Harry Potter. I hadn't seen that in forever.

0:44:46 - Helen

I just watched it for the first time, just after Christmas.

0:44:50 - Julie

Oh it's, that's my favorite of all of them, with the worst. Oh yeah, oh yeah. And my parents were still alive. Our son, Jonathan, was little, he was maybe seven or eight when it came out and we were visiting in Columbus, Ohio, and my parents were with us. They were still alive then and I remember in the middle of the movie my dad leaned over to me and he said, oh my god, this music. And I said it's John Williams. You know, of course it's fantastic and it's just, it's so magical and so much fun and fast forward.

I've been to the Harry Potter world at Universal Studios in LA with my son, who's now grown and married, and there are things there in that park that I remember saying to Jonathan, my son. I remember saying I've seen that, I've seen that in scans, I've seen that in dreams, I've seen that she well, of course JK Rowling was channeling all of that. I mean, like gosh the imagination, please. She was channeling every piece of it. But it was interesting to me that some of those components that were in the park that were taken out of the books and I never read the books and I didn't see all the movies, but I had seen those scenarios before Point being.

I guess my question is do you think that when we're channeling information I believe every author, every composer, every artist we're all channeling? I mean, we channel what do we want for breakfast? For God's sakes, we're all being led, but what? Do you think? That a lot of us are seeing the same thing? Or we're just seeing it through our perception. It's always different because it's always coming through in a different way.

0:46:40 - Helen

Yeah, I believe it's a perception because I think it depends on our library information You're going to receive differently than I received differently, but definitely I know, like Nikola Tesla directors, the directors from Star Trek, star Wars and all of that. I look at famous pianists when they were starting out playing the piano at five years of age. I know a lot of us are channeling the healers. Where do you get your information from? Like, when you're channeling, it's like where did that come from? We're all capable of doing it If you're in a meditative state, especially if you're in a meditative state. But I love the fact that I, you know, I JK Rowling. I can guarantee she probably didn't know she was channeling. Oh, absolutely.

0:47:29 - Julie

George Lucas Right, absolutely.

0:47:32 - Helen

No, they probably didn't know.

0:47:34 - Julie

Yeah, yeah, absolutely Well it even somebody like Oprah, oprah Oprah was being led to do the things that she's done. Shirley MacLean was one of my. It was probably my first exposure to all of this stuff as well on the Oprah show. I mean that was gutsy for her to have Shirley MacLean.

0:47:56 - Helen

I saw that. I saw that show.

0:47:58 - Julie

Out on a limb and literally Oprah was going out on a limb to have her on her show and and look at what she's opened up, which I think has been there since the beginning of time and people have believed in it. But as we become more well educated and more proof based, we want to see proof for things that we're getting, which leads me to the evidential medium

concept. Please explain that and tell everybody how that comes into play in the work that you do.

0:48:34 - Helen

So ever, whenever you see evidential, that's how you know that you've been trained or that medium has been trained by Arthur Finlay, because they have their specifics names, dates, license, place, things like that. So they're very, they're very strict. In that sense I don't lean towards that. I took the. I took some training from that. So basically, out of all my teachers, I take a little bit of the ingredients from all of them, but evidential they're very specific.

It's like you're a medium only if you do this, boom, boom, boom, boom, boom. Yeah, I'm a rebel. Sorry, I didn't follow that, because I remember when I and I'm putting it out there. I remember once, stepping off the platform, I had to do a demonstration. So when I was being taught out of the classroom, there was two of us. Each teacher had to choose two students from their class and then we came together in the big auditorium and then showed it to the whole school. So I was one of them and apparently there was a when we're doing the platform in front of the audience, I stepped down, not realizing I'm doing it, and all of a sudden it's like no, get back up there.

That was just just very strict that way and I tend to drop the F bum and the. So yeah, I'm a badass, so I'm like, yeah, I can't follow the rules of evidential mediumship. It's just not not my bag kind of thing, right, so, just being completely honest and transparent about that. But there are some that they're like nope, boom, boom. This is the way I was taught, this is the way it's going to be, and it's like, well, you know what, to me, when it comes to the universe, when it comes to loved ones, there are no rules, right.

0:50:17 - Julie
Right.

0:50:17 - Helen

Yeah, and ethics perhaps perhaps right On that person that you know. People will say, well, what about if you're standing in line and you're picking up? Would you turn around and give that person a reading? Like, absolutely not, that's not my place. I do not know that person. That goes against the ethics. If I meant to give a message that person's going to contact me, I will not go up to a stranger and say, by the way, this is getting, because you have no idea what you just set yourself up with. You know, in that sense, or it's a sense of responsibility, how do you feel about that?

0:50:50 - Julie

Oh, I agree, and it comes into play primarily when I'm doing medical scans. I was doing one this morning for a client and her dad. The client was in.

0:51:00 - Helen

Is that what you're going to do for me today?

0:51:02 - Julie

Well, the client was in Hong Kong and her dad was in India, and so I said, well, I'm going to connect you. And then I'm going to connect to him through you and I'm going to ask his permission to scan him, because if he says no, I'm going to ask him telepathically. If he says no, I won't do it because I believe it's an invasion of his privacy and it's an ethical thing. And I agree, if I'm seeing a spirit around somebody, I usually don't have my radar turned on during the Exactly. You know when I'm out, the scan's closed.

Well, I just I turned it on when I needed, if I'm working or if I want to communicate with a spirit for myself or a loved one or something like that. But I just do regular stuff. I'm like I'm cooking dinner or doing laundry or whatever front and errands, exactly, exactly. So there's that. Is there a common question that people want to know from there to see a loved one? Is there something that you hear almost from every person with whom you work of something that they're asking their loved one?

0:52:13 - Helen

I would probably say the number one question is you know, were you Right near the end? It's always right near the end. Were you in pain? Were you suffering? Was everything okay? How are you over on the other side? What's going on over there? You seeing mom, you seeing dad? And it's usually. It's always around the end, always at the end. So I would have to say that's the number one Are they okay?

0:52:40 - Julie

Yeah, yeah. Well, that's what I get. How are you doing? Are you okay? That's the number one question that I get. And on the evidential medium thing, I don't have rules, I just convey what I get. And a couple of days ago I was talking with a client and we were talking with her deceased dad and he said I loved the day that I died. When you were in the room, you were wearing the blue dress that I bought for your mother, Wow. And she said oh my God, I was wearing the blue dress that he had bought for my mother. And I said well, he's just let you know that we're really talking to him and that's evidence to her and we get that all the time. But I think when we go into rules and regulations, we're in fear that we're not going to be able to do it correctly. And when we're in fear, it's fear's a low vibration, so you can lose connection with the spirit.

0:53:38 - Helen

Yes, yes, and it's remembering not remembering, but it's knowing that they're alive. You're not talking to a dead person, you're talking to a live being, right, just again. You don't necessarily see them, but it's saying that to the loved ones here in the physical realm. It's like they are here, right, you just can't see them. Yeah, right Now you can, but not every medium can. You're very fortunate that way, but I don't see apparitions. I'm the one that sees all the orbs and the beings of lights, flickers of lights and things like that, but I'll see them in the minds eye, depending on what they want to show me, right? But yeah, I'm a firm believer of this. Go with the flow, whatever you're meant to know, right.

0:54:28 - Julie

Right and be open to the interpretation, because spirit communicates in signs and symbols and words and phrases. So one of my favorite stories is a client. We were talking with her deceased husband in heaven and she said he hasn't given me any signs or anything. And I said well, you've got to be open to interpretation. Number one be open to how you're going to see it. And number two, he may give you a sign for something that hasn't happened yet. So he said for me to tell her to look for the peacock. She goes look for the peacock. I live in Boston. We don't have any peacocks here.

I thought I'm just telling you what he's telling me. So she emailed me about five minutes after I got off the phone with her, Helen, and she said I opened my Facebook page and the first thing that showed up was a big picture of a peacock. I said, well, that's him. You know that he's there and he's around you and he's with you. So I think it's important to be open, I told her. I said you may see a peacock in a magazine, you may see it in a movie. You may see somebody wearing a peacock brooch or a sweater with peacocks on it Just the word peacock.

0:55:40 - Helen

There's so many different variations.

0:55:41 - Julie
That's right.

0:55:43 - Helen

And one of the things I don't know if you agree with me on this, but I always say signs are not signs if you're waiting there, sitting and looking for them. Signs are signs when they show up in your experience without you knowing, when you least expect it. Right, because then that's where your intuition kicks in, your psychic ability, your inner knowing will go. That's, dad, for sure. I don't know how to explain it, but if you're just sitting there okay, dad, if you're here, I want to see a blue jay right now then you're putting, you're limiting yourself, and then you'll still don't it. Yeah.

0:56:17 - Julie

Because you're in fear that it's not going to happen. Well, but in addition to that or I should say, and in addition to that we can ask our loved ones for signs, and then we'll hear something in our head and then be open to what the sign is. It's very common as well. I got two more questions for you as we're winding down here, because we're running out of time. First of all, why do we incarnate?

0:56:44 - Helen

Why do we incarnate? I'm going to have to say to experience life. Why we're here is to experience spiritual beings living this human existence, to experience being human, to feel everything, to experience everything. I do believe in reincarnation, and if there's something that you didn't learn the first time around, then you're going to come back and perhaps learn it the second time, right until you get it right. There's so many variations, but I do believe that we're here just to experience being human and to enjoy it. There's all about choices, so you get to choose right. That's what this planet is known for, that we are the ones that get to choose and we get to sense and feel.

0:57:34 - Julie

Yeah, great answer. You are so fun and I could talk to you all day long, but in the meantime, how do people find you? How do they learn more about you and your work?

0:57:49 - Helen

Ma, my website's very easy HelenPeacock.ca, you can find me there. I also have a podcast as well, called Spirit Chat, so wherever you listen to podcasts, you can listen and tune in there. You and I are on that one. Yeah, Helen Peacock, and then all my information is all there and you can book from there as well, right?

0:58:12 - Julie

.ca for Canada, Helen Peacock.ca, absolutely Okay. Well, thanks for joining us. Be sure to subscribe, share, leave a comment, leave a review wherever you're listening or watching this, and, in the meantime, send in your lots of love from Sweet Home Alabama, and from Canada too, from Ontario, Canada. Bye everybody.

0:58:38 - Disclaimer

Bye. 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.

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