

AJR Show - April 18th 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 Hi everybody, welcome to the Ask Julie Ryan show.

0:00:47 - Julie

I'm always so excited when it's Thursday night because this show is just a blast. Every week I never know who's going to call, I never know what their question is, I never know what spirit's going to say for an answer, because, you know, spirit works through me and with me or through my buffet of psychichness. So we can talk to your dead grandma, we can scan your cat, I can scan you medically, we can do past life stuff. I can tell a call. It's just somebody is I mean whatever. It's all fun and it's all exciting because I never know what the questions are going to be. We've got a whole bunch of people on call, on hold, that have called in. We got a bunch of people on YouTube and we'll be taking questions from both. A couple of announcements First of all, I'm giving away a free class tonight. You guys, there's going to be a free scholarship to my class, the Angels in Enlightenment Training. So you want to stay with us for the show because I'm going to be announcing that a little later in the show.

Also, Tuesday night, next Tuesday night, the 23rd of April, we're doing Ask Julie Ryan Live, which is from 8 to 10 pm Eastern, and it's so much fun. It's like a big slumber party. You come, you get the opportunity you may be chosen to ask a question again from anything in my buffet of psychichness, and I give away lots of prizes on the fourth Tuesday of the month. So this will be April's live. Just go to askjulieryan.com slash live and you can register for that, and that's really fun. I can get more people on, I have more time. It's more of a conversation and other people can join in too, which is really fun. If you want to win a free session with me, just leave a review anywhere you listen to the show, whether that be on any podcast network or on all of them, or leave a review. Tell us what you think about the show on your YouTube channel if you're joining us on YouTube. If you want to win a free class, then you got to subscribe to YouTube. So those of you listening in the car when you get a minute, subscribe to Ask Julie Ryan on YouTube.

And then, lastly, my Angelic Content training class. People are signing up for it right and left. May 18th and 19th. It's going to be online. It will change your life. It will enhance your life in every way you will be able to do all the stuff that I do. It's over a weekend, and then there are practice groups for life. We have nine practice groups a week and they're all free for the rest of your life. Well, let's say for the rest of my life, because if I'm in heaven, I doubt if we're still going to be doing practice groups, but that's what we're going to do. Okay, Chris, please bring in our first caller.

Julie

Hi, Daphne,

Daphne.

Hi!

0:03:44 - Julie
How are you girl.?

0:03:45 - Daphne
I'm good. Thank you

0:03:46 - Julie
Terrific. Please tell everybody where you're located.

0:03:51 - Daphne
I'm in Australia eastern side of Australia.

0:03:54 - Julie
Oh my goodness, and it looks like it's daylight there it is.

0:03:58 - Daphne
It's just the next day.

0:04:00 - Julie
We're.

0:04:00 - Daphne
Friday, about 16 hours ahead.

0:04:03 - Julie
Of you, I know, so we're talking to you real time in the future. It's like a sci-fi movie. Oh, what is that Wonderful? Well, thank you for joining us. Do you have a question for me?

0:04:15 - Daphne
Yes, please.

I've been trying to get in for a while.

I've been trying to resolve and battle with this issue that I have in the lower part of my body, the, the bladder urinary system, ever since the, the lockdown business we've had a couple of years ago. It affected me emotionally, mentally, in every aspect and I have a lot of discomfort after I empty. It's embarrassing but I mean I don't mind. After I empty, it's embarrassing but I mean I don't mind. So the discomfort, it's debilitating for me and I've got to a habit where I'm now designing, defining my life, my day around, when I need to empty my bladder Because I need to sit down or lie down to rest for about 15 minutes, half an hour before I'm okay again. I have worked through many, many aspects in the physical, emotional, spiritual level, everything I can get hold of, to try and to resolve that. So it's been just over two years, two and a half years, since I've been trying to work out what it is that my spirit is trying to tell me, what my body is trying to tell me what I need to address..

0:05:30 - Julie
Oh heavens, does it hurt all the time, or just when you empty your bladder.

0:05:38 - Daphne
It's more after I've emptied a bladder. It's discomfort where it's like an oversensitive nervous system. It's like, oh, you've got this electric shock and you can't walk um, so it takes that half an hour or so for it to settle down. Um, the symptoms is mainly just that the oversensitive bladder, um or nervous system and the tiredness, the that comes with that. But I'm much better with the tiredness now after working through for the physical, emotional, past life stuff.

The whole works. Whatever I can get hold of. I try. What are your doctors saying? I've had scans a couple of years. When it started it's all clear. It's nothing there. So I just know it's a lot of emotional stuff, past life stuff, parent stuff, my own stuff, the society stuff. I've worked through every avenue that I can possibly think of. So I'm hoping that you might better give me some insight as to what else it is that my body or my spirit is trying to tell me that I need to work through.

0:06:46 - Terri

Okay, All right, yeah, I'm ready to go. I want to get ahead.

0:06:50 - Daphne

And I'm a light worker, a healer, a practitioner, and I'm defining my days around that which isn't me.

0:06:59 - Julie

All right, so I'm going to get you on my radar, daphne. How this works to those of you that are first time joining us is I raise my vibrational level to the level of spirit, because we're all spirits attached to a body, having a human experience. Daphne, you know all of this, and when we're attached to a body, we vibrate more slowly, simply because the body has mass. So I raise my vibrational level. This is what I teach in my classes. Takes me a nanosecond. I'm going to close my eyes for a second, daphne, I'm going to watch a laser beam come from my body here in Birmingham, Alabama, in the southeastern US. It's going to come all the way down to you in Australia. It's going to hook into you and then it's going to be as if I'm looking at an x-ray or a CT scan or an MRI. Something will be identified and then there will be some type of healing. Now I want you to envision the healing, daphne, because if you can envision it, it's going to help integrate the healing into your body, because the body is always going to follow what the brain tells it, even if the brain doesn't believe it to be true. And for those of you that are watching and listening. I want you guys to envision this too, because we're all going to be working together with Daphne. You know I'm going to be the lead and then, when we all think of the same thing, we put a lot of energy onto it. Also, I'm going to be talking about somebody that sent me an email this week and when she listened to the show, what happened to her and the healing that she had by envisioning what we were talking about. So stay tuned for that too. I'm going to talk about that in a little bit.

So here we go. Here comes my laser beam from Sweet Home, Alabama heading to you down in Australia. Okay, take a second to get down there. I watch my laser beam go over oceans, go over continents. I see the world turn like I'm turning a globe. It's pretty funny when I get to see all these visuals in my head and spirit gives me these visuals so that I can communicate them with you, daphne, and with everybody listening, so we can have a human frame of reference for all this woo-woo stuff that we're doing. Okay, got you Shooting energy from your feet up through the top of your head. Okay, so your bladder is raw. Your bladder looks like it has little cuts in it, like if we took a little paring knife and we just made little nicks in the wall of your bladder and it goes down your urethra as well. Does it hurt when you're urinating as well? Yeah, it's not so much pain.

0:09:46 - Daphne

It's almost like it's not like cystitis, like a burning only at times. At times it doesn't. So that's where I've already tested infection. It's not that, it's not.

0:10:00 - Julie

UCI. No, I can see that I am seeing a yeast overgrowth in there, so I'm clearing that out and that's going to help a lot, because that's one of the symptoms of yeast overgrowth is pain in the bladder, and the doctors haven't ever heard of it. But it's a pretty common symptom and I hear it fairly frequently from women who do have bladder issues, and the docs are all testing

them for UTIs which is what they should be doing, but then they throw their hands up because they don't know what it is. So I'm getting the yeast cleared out of your GI tract, out of your bladder. I'm applying anti-inflammatory energy, which is a royal blue color. Inflammation looks like red fog on body parts to me and then anti-inflammatory, which is a royal blue color. Inflammation looks like red fog on body parts to me, and then anti-inflammatory energy is a royal blue color. So I'm doing that just to get the inflammation calmed down. And now here comes the magic the stem cell energy. Daphne, light amber color gel sparkles. It's woo-woo, got to have sparkles with woo-woo and it has a watery consistency to it and I think it's plasma. I think we're in the plasma field when these healings happen, and so that's coating your whole bladder. It's coating your urethra so that it's all going to be regenerated, and there's a vortex spinning outside of your pelvic area in the front, and that centrifugal force is what transforms the stem cell energy into new body parts. This stuff's so cool Daphne. It'll regenerate any body part we need. I mean, I have seen amazing things with this stem cell energy stuff, so hopefully that will help you do better.

I would suggest that you consider working with Dr Maria Amasanti. It's D-R-A-M-A-S-A-N-T-I dot com D-R-I-M-A-S-A-N-T-I. It'll be in the show notes. Her web address is in the show notes. She can look at you from a 30,000 foot view and she can help you clear that up. She's in London but she works with people all over the world via Zoom the world via Zoom. She's a general practitioner MD. She's holistic medicine, naturopathic medicine, functional medicine. She's a graduate of my class, so she does energy medicine and she will be your favorite doctor you've ever talked to in your whole life. I believe she can help you clear that up on the physical side of the equation. It's already healed on the medical. Now it'll integrate into your body and that can help it integrate better.

0:12:45 - Daphne

Has she got a website? Has she got a website? Yeah, I gave it to you.

0:12:49 - Julie

Yeah, and it'll be in the show notes. Drromasanti.com. That's her website, so, but I hope you feel better. Thanks for calling.

0:12:58 - Daphne

Thank you so much. I'm booked in next week to see you at your live show. The two hours anyway.

0:13:05 - Julie

Perfect, perfect. I'll look for you there. Thanks, Daphne.

Daphne

Thank you so much. Bye,

Julie

Let's see who's next.

Julie

Hi, Jenny.

0:13:13 - Jenny

Hello, how are you?

Julie

I'm terrific, how are you doing?

Jenny
Great.

0:13:19 - Jenny

I'm here with my mother, who's actually on the phone with me, and she's the one that has the question and issue. She's actually from Columbus, Ohio maybe you guys know some same people.

Julie

Yeah, yeah, yes, oh, my god.

Jenny

Her name is Barbara okay, and I'm in southern Connecticut. She's in Cape Cove, Massachusetts, um, she has some kind of neuropathy in her feet and she's not diabetic. She's been to many different doctors, so she's wondering if you can help her understand what the cause of it is and if you can help heal it, or if there's anything else that she can do to help heal it. That would be amazing, and she's on the phone here.

0:14:03 - Julie

Okay, terrific. What I'm going to do is I'm going to connect into you and then I'm going to connect from you to your mama at Ohio, Columbus, Ohio, girl, no less. Okay, here we go. For those of you that don't know what we're talking about, I was born and raised in Columbus, Ohio.

0:14:18 - Julie

So here we go.

0:14:20 - Jenny

She's from Bexley. Yes,

Julie

yeah, yeah, okay, I know right where that is. Okay, got you going to your mama, heading north from you. All right, got your mom. Hi, Harbara.

So when you were telling me what her symptoms were, I got diet. I'm not sure what she's eating or not eating. I would suggest that, since that was the first thing that came into my head, I get what I call divine downloads and that's information coming into my head when we're talking, even before I get you or your mom on my radar. And there's a test that she can do at home, a gut biome test. It's a fancy name for a poop test and it's called the Viome Test. It's V, as in Victor, i-o, m as in Mary, e.com, viome.com, and it's going to use Julie Ryan at checkout and it's like 60 or 70% off or something like that, and that'll be in the show notes as well Viome.com. But be sure, and put my name in there so you get a discount. The biome test you do at home, you don't need a doctor's orders, and it's going to tell us what the ecosystem is in her gut. Based on that, since food is the best medicine, it's going to tell us here are her superfoods, here are the foods for her to avoid. Here's everything else Eat this a lot, eat this a little. And so let's do the Barbara diet. And I would schedule an appointment with Dr Maria drramasanti.com it's in the show notes and she will help her get to the bottom of what's causing this. In the meantime, let's roto-rooter her neurological system causing this. In the meantime, let's roto-rooter her neurological system, especially going down into her feet.

So imagine that the neurological system looks like a network of tubing. Picture clear aquarium tubing. And sometimes in aquarium tubing it gets gunk in it. That's a medical term I invented, gunk, and it's uneaten fish flakes, fish poop, minerals from the water. I mean all kinds of stuff in there. And that's what it looks like to me in the body.

It's dead cells, it's other debris that gets in there and what it does is it impedes the electrical flow. You know the nerve electricity it impeded. It impedes it. Like if you have some kind of something in a cord to a lamp or something and it'll short out. That's what happens. So imagine that network of tubing and we're just going to do her whole body because I can, because she's on my radar, so what the heck? So imagine that there are these little corkscrews inside the tubing, and imagine that they're spinning really fast and they're grinding up any kind of gunk that's in there. They just like eat right through it. They just grind it up and so we're watching that. And then, once they start off in her brain and then they come down you know her spine and everything then they start to multiply and divide. It's pretty fun to watch and now there's a whole bunch of corkscrews going through her whole neurological system. The tubing for the nerves is probably the diameter of maybe a piece of angel hair pasta. How about that as a visual?

So you can picture this. Okay, it's down to about her hips. Now, once we get down to her feet, I will let you know, because we're going to irrigate it and okay, so it's grinding from about two or three inches above her ankles. You know, kind of like if you've got an auger and you're trying to plant bulbs or something or dig a hole for a tree and you run into thick clay, like we have down here in the deep south, and it kind of has to work a little harder to get through that. Yeah, she's got a bunch of debris down there, she's got gunk, she's got gunk, but we're getting rid of it. Okay, all right, left foot's done. Right foot's still grinding. Be interesting to see if her right foot's worse than her left, because it looks like it is to me. So we've got that going. Okay, done, irrigating from the top of her head and the irrigation fluid just looks like water. It's coming out the end of her toes. Imagine that her feet look like sprinklers. It's hilarious when I get to see that.

And now here comes the stem cell energy. Light, amber colored gel sparkles dippity-doo. My guess is she probably knows what dippity-doo is. For those of you that are listening, look it up. It's a hair gel that was big in the 60s and 70s when I was growing up, and so we've got that going and there's a vortex spinning above her head, beneath her feet, on either side of her front and behind, all spinning concurrently. This is regenerating her neurological system. As those nerves come back online, they turn pink and they're kind of like a baby pink color and so all her nerves are turning pink. So hopefully that'll help. I get this is diet related and I believe she does the biome test it's going to give her let's do the Barber test, you know, or the Barber diet, and then I think it would make sense for her to work with Dr Maria as well.

Okay, so I hope that helps. Thank you so much. I'll follow up. Let us know how you're doing. All right, great, thank you, thanks, bye. Okay, let's see, I can feel it. I think we have a question coming in from YouTube. I must be psychic or something. Here we go, lori Z I can't wait to listen from something I can't from New Jersey, maybe Wondering if the aches and pains are lupus. I get a yes, even though my test was negative. It caused my gran and mom to pass early, both undiagnosed from lupus. Thanks Okay, lori, I get a yes on the lupus. Let's just go ahead and work on you.

Lupus and all the autoimmune diseases are issues with the gut. They are totally healable. So don't let anybody tell you you're just going to have it for the rest of your life and it's. You just have to deal with it. Not negatory, it's all gut related.

I heard Dr Gundry Dr Steven Gundry, at a conference. I heard him live say all autoimmune diseases stem from the gut. Gut's out of whack, got leaky gut. So what I've said before I think you want to do the Viome test, v-i-o-m-e.com, use Julie Ryan at checkout all one word. And then I think you want to work with Dr Maria, and you know what you guys. She doesn't even pay me. I mean I think she should as much as I recommend her, don't you think I'm kidding? But yeah, she can really help you with that and it's completely healable. So I've gotten the

inflammation calmed down in your body. Blue, royal blue color energy is anti-inflammatory energy. Think of the color of a refreezable ice pack. That's what those look like to me and that will help. But this is all coming from the gut. You're going to be able to heal. Follow what Dr Maria says and she'll get you well in no time. Hope you feel better.

Okay, let's see who's next. Hi, Jane, Jane says she's calling from Pueblo, cColorado. Okay, you got a question for me. Here we go. I watch all of your videos for inspiration and guidance. Oh, I'm so honored, thank you. Thank you, I have a crooked back with neuropathy and right leg. Can you do your Dippity-Two magic on it? Blessings, absolutely, miss Jane. Okay, here we go.

Comes my laser beam from Sweet Home Alabama heading out to you in Colorado. Actually, my brother-in-law or my sister-in-law and her husband, my brother-in-law just arrived from Colorado a couple of hours ago, so Tim's got them out to dinner while I'm playing with you guys, and so they're here for the weekend. It will be really fun. Okay, I digress, here we go. Laves are beam Heading out to you. Crooked back, all right, I can see that you curve both sides. I'm looking at you from behind, jane.

So imagine there are two big metal rods on either side of your spine and imagine there's a laser that's heating up your spine to make it pliable, like a potter needs clay that's malleable in order to form whatever their creation is. And imagine that both of those rods are moving very slowly towards the center and when they get in position it's almost like they go into a groove, similar to a groove for a sliding glass door or a sliding glass screen door. And so they're in place and then your spine is lasered again to fire it, kind of like the potters firing their creation to make it solid. And we've got that going on. Okay, let's just roto-rooter out your neurological system like what we just did with Barbara Perk screws going through your body. That's happening. It's going to be irrigated out. Most of the attention is going to your right foot. I don't know if that's where your problem is, but that's where I'm watching the energy go Irrigation fluid flying out the end of your toes, making your feet look like sprinklers. Here comes your dippity-doo girl Stem cell energy, light, amber color, gel, sparkles and watery consistency going in vortices spinning above your head, beneath your feet, on either side of you, front and behind. So hopefully that will help you heal and will integrate into your body. So thanks for calling. I hope you feel better.

If you want to join us, come to AskJulieRyanShow.com. If you want to have a conversation with me, if you're coming in through YouTube on the live stream, we're at AskJulieRyan. You can put a question in the chat. Just be sure and put your name and where you're located, and that'll help a lot and then we can go from there. Remember to subscribe always, and you know, if you subscribe to my YouTube channel, you're entered into a drawing for a free class. So that's a deal right there. Alrighty, let's see who's next free class.

0:25:03 - Julie

So that's a deal right there. Alrighty, let's see who's next. Hi Terry,

Terri
Hi Julie,

Julie
How are you, my dear?

Terri
I am well and I'm excited to be able to chat with you tonight from Portland Maine.

0:25:16 - Julie

Wonderful, okay. My dear friend Chris Northrup lives in Portland Maine.

0:25:21 - Terri

Yes, I definitely know, Chris. Christiane. Christiane,

Julie

that's right, Dr. Christiane, the fairy godmother of women's health, that's what I call her, don't you think that's a good term for her?

Terri

Yes, I do.

0:25:40 - Terri

I totally agree.

0:25:41 - Julie

Yeah, Go to drnorthrup.com and anything you want to know about women's health. Boy, she's the queen. She's a wealth of information. She sure is. Do you have a question for me?

0:25:54 - Terri

I do. I have been on this healing journey for quite a while and my initial question is why is this? Why is my issue not healing? Because I know how healing works and I do healing work for people all day long, and so I'm like me. Next, I want to be too. So I'm having a hard time with my hips and walking and the muscles don't seem to be firing. There's a lot of pain and I don't work well unless I have ibuprofen on board, and I would really love to stop taking that, but right now that's the thing that seems to be helping and supporting to some degree. So, anyway, I'm curious if there's an answer to like why would I not be healing? And secondly, you know, is there a possibility that I'll be able to heal and what you see?

0:26:56 - Julie

Okay, what are your doctors saying?

0:27:01 - Terri

Do you need new hips? I think some of them think that Mostly I'm seeing chiropractors and other healers different types of healers, I'm not really in that medical system anymore?

0:27:21 - Julie

Okay, all right, let me get you on my radar. Okay, that's my laser beam from Sweet Home, Alabama, heading up to you in Maine. All right, got you Heading northeast. Got you All right, coming in. It's going to your left hip first. Does your left hip hurt?

0:27:31 - Terri

Yeah, they're just different from each other. Yeah.

0:27:35 - Julie

Yeah, okay, all right. You got bone on bone in your left hip, girl, all right. So let's use stem cell energy to get some padding in there and light amber color gel sparkles dippity-doo. Do you remember dippity-doo back from the day?

0:27:52 - Terri

Yes, I do.

0:27:54 - Julie

I know Isn't that hilarious, but that's what spirit tells me to call it Okay. And so that's coding the socket. And in between the socket and the ball of your joint, your joint is starting to deteriorate

some. It has kind of little pock marks, kind of in it little. How can I explain it? Have you ever seen a rock that's flat but it's got little indentations in it?

0:28:29 - Terri

Mm-hmm, like maybe lava rock, not that dramatic.

0:28:34 - Julie

Not that much, yeah, not that dramatic. So the stem cell energy what it's doing is it's going to give you padding in there, but it's also going to give us some smooth bone, okay. So if it's bone on bone, it kind of chips away at itself, is what's going on and it hurts a lot. So that's what's going on there and putting that in on the left hip, I'm not seeing the joint get replaced. So hopefully the stem cell energy will help. Let me go over to the right hip and see what's going on there. Does the right hip hurt more, terry, in the back, kind of towards the backside of that joint? That's where the energy is working the most right now, as I have you on my radar. So again, more stem cell energy going in there. You're going to be like the bionic babe here by the time we're done with you and it's just making more padding there.

I'm seeing arthritis too. You've got some arthritis going on in your joints and that looks to me, terry, like calcium deposits that you'd see on a battery that's expired you ever had a flashlight battery and you get the battery out of there. It's got all that white crunchy stuff on it. That's what arthritis looks like to me and that's what it looks like in surgery, on the monitors when a joint is being scoped. I've been in a bazillion of those surgeries as an inventor of orthopedic surgery devices. So I'm pulling your eye spirit working through me and with me, certainly to facilitate healing, pulling your skeleton out of the top of your head and as it goes out.

Do you remember those old-fashioned old-fashioned, not that long ago car washes that had the brushes instead of the fabric when you drove through them and it would clean your car? As you drove through them with the brushes, they figured out. It scratched the daylights out of the paint on our cars and it went back. They changed it all to fabric. Well, as your skeleton gets pulled out the top of your head, all that little white calcium crunchy stuff gets removed, your whole skeleton's being dipped into a big vat of stem cell energy. Reminds me of one of those dunking tubs, dunking pools at the fair where you put somebody on a seat, you throw a baseball and dunk them into the pool and then pulled back out, coming back into your body, going vortices, going above your head, beneath your feet, on either side, front and behind, all spinning concurrently when it's a full body. Healing like that, like a skeletal healing. That's when I see the vortices surrounding your body. If we're just working on some little area, then I'll see a single vortex that's spinning, but normally if it's a full body thing it's all of them.

The other thing I'm being led to suggest to, terry, is Beam Minerals, b-e-a-m, mineralsplural.com, and I would highly suggest that you get the mineral liquid and also the electrolyte liquid, because you've got a malabsorption issue happening and that's contributing to it. And when I see calcium like that, you know, in the form of arthritis, you're not absorbing well. So listen to my interview with Caroline Allen. I don't remember the number, but it's really good and it's really good and she really educates us on why we have mineral malabsorption and why so many of us are deficient in minerals because of our food supply.

0:32:28 - Terri

I've already purchased those, so yeah, I just got them.

0:32:33 - Julie

Perfect, You're way ahead of the game. Good girl. For those of you that are listening that haven't gotten them yet beminerals.com mineralsplural.com. Use Julie Ryan. All one word at checkout and you'll get a discount on the order. And I love them. I've been using them for two or three months now and, oh my gosh, what a difference. I have a lot of energy to begin with,

but I really ramped up when I started using those, so I believe those can help you a lot, so I hope that makes you feel better. Great, Thank you.

So much to announce the winner of the Angels in Enlightenment training here in a couple of minutes, but in the meantime here's a follow-up to somebody that watched the show. I alluded to this earlier and it's from Cheryl and she says Hi, Julie, While watching the interview with you and Tina Zion that we released that, I believe, last weekend. So you'll be able to find it on the podcast streams and also on YouTube and just go to AskJulieRyan.com, to my show tab and you'll see it there. But she said while watching the interview with you and Tina Zion, there was a discussion about energetic healing one of many. During your interview. At one point both of you both you and Tina appeared on the screen and it felt like I made eye contact with both of you.

In that instant I felt a pop in my right shoulder, at my rotator cuff. I've been having problems moving my arm and having pain with certain movements. When I felt the pop, the pain seemed to subside. I was lying down at the time this happened, so I sat up and moved my arm around and found the impingement was gone. I'm treating this as though I had surgery and as part of my recovery, I'm moving my arm slowly and not lifting heavy things. I'm having very little pain and I feel I will ultimately be pain-free. I feel very strongly that I received a healing from both of you. I wanted to share this with you to hear what you thought.

I get notes all the time from people telling me that they get healings for whatever ails them by listening to the show. I also hear all the time from people that they're listening to me doing a healing on somebody that's calling in and they have the same issue and it helps them heal their issue as well. So energy, healing, energy goes to anybody and everybody that's listening. And remember time doesn't exist in the spirit world. Time's a human creation, so it doesn't matter whether you're listening to this live or whether you're listening to this tomorrow, next week, next month, next year. It doesn't matter, because spirit doesn't have time connected to it. So I thought that was really terrific. So thanks, Cheryl, for submitting that and for giving us a follow-up. I love your follow-ups. Send them in, and yours may be chosen to be read on the air. So we'll go there, All righty. Let's see who our next caller is.

0:35:56 - Parris
Hey, how's it going.

Julie
Great, great.

Parris
I'm Parris from Vancouver BC.

0:36:02 - Julie
Hi Paris. Thanks so much for joining us.

0:36:05 - Parris
Yeah, thank you so much for having me. I'm hoping you can use that little dippity-doo magic and kind of help me out with my question, because for years I've been struggling with depression and suicidal thoughts and stuff like that. And then recently, over the past couple of months, I turned 28 and I was in the hospital and they said, well, we think it might be borderline personality disorder. And then you mix that within probably five-ish years of alcoholism and I'm just kind of at a loss, because I feel so like purposeless and I'm just told get therapy, get therapy, get therapy.

But it's not really helping the thoughts of just like unworthiness at all.

0:36:48 - Julie

Okay, all right, Parris, here comes my laser beam from Sweet Home, Alabama, heading up to you. You are very brave to call in and talk about this, and you know what I get this question asked a lot. Brave to call in and talk about this, and you know what I get this question asked a lot, and I have a lot of clients who are dealing with this. So thank you for bringing this question to the forefront here this evening. I think you're a hero in my book right off the bat.

0:37:11 - Terri

Thank, you yeah.

0:37:13 - Julie

So got you shooting energy from your feet. So it's going to your brain. I'm looking at your brain. Have you been in a car accident? Have you had a big fall? Are you a skier? Were you near?

0:37:26 - Parris

an explosion, I've never had like any. I've been in car accidents, but like minimal ones, nothing with head trauma or brain damage or anything.

0:37:34 - Julie

Okay, you don't have to hit your head to get a brain injury. Most of the time, people don't hit their heads when they have brain injuries. Were you an athlete in school as well? Did you play soccer or football?

0:37:48 - Parris

I played soccer, yeah.

0:37:49 - Julie

Played soccer. Okay, brain matter looks to me like thick cooked oatmeal, Parris, and scar tissue in the brain. What I call scar tissue looks like chicken cartilage that white bendable, flexible stuff in a chicken breast with the bone in. So what I'm watching is I'm watching that scar tissue get removed. Imagine if you take a big spoonful of oatmeal. It's going to leave a divot in the cereal in your bowl, right, and so that's what's happening Everywhere that scar tissue is removed.

Stem cell energy I dippity-doo. Light amber color gel sparkles dippity-doo, and it's fun to say too. That comes in and it's filling those divots and then there's a vortex that's spinning above each area. That's happening when I see scar tissue in somebody's brain, whether it's somebody young like you, or somebody who's elderly that has dementia or Alzheimer's. Their brains are full of scar tissue. I get it removed because it can occlude neural pathways. And neural pathways, Parris, look to me like laser beams as part of a security system that crisscross a room in a museum or a building or a home. Have you ever seen one of those movies where they're art thieves and they're trying to steal a painting out of the museum and they're stepping over or under or crawling like Ocean's Eleven. You know they got that gymnast guy that's doing all kinds of wild stuff to avoid the laser beams and setting off the alarm. Okay, so laser beams are now lit up. That's going to help you, number one. Number two tell me about what you like to eat. Tell me about your diet.

0:39:38 - Parris

My diet's not that great. I really struggle with eating. I wake up and I can go until probably seven, eight o'clock without touching anything, and then, if I do, it's either a protein drink, because it's really quick, or yogurt or a banana. Okay, all right, so we got to get your gut healthy.

0:39:54 - Julie

Okay, All right, so we got to get your gut healthy. And there's a guy who's head of psychiatry at Harvard, named Chris Palmer Dr Chris Palmer, who's done a lot of research and he has had patients for 30 years that were seriously mentally ill I mean like schizophrenic and bipolar and stuff like that. Some of these people had been out of work for decades Paris because they just weren't able to function, and what he's learned is that 90% of them not only get better, but he goes so far as to say are cured by eating a ketogenic diet.

Oh yeah, high protein, high fat. Okay, he said that the medicines only help about 10% of his patient population, but everybody that he's gotten who's a patient to use a ketogenic diet they've all recovered. And he said they not only can function better but their depression and their whatever their mental illness goes away and they can return to work in most instances and live a healthy life. And he said it doesn't just happen temporarily but it actually heals their brains. That's a huge statement, huge, huge, huge. That's a huge statement. Huge, huge, huge.

The other thing is Dr Daniel Amen, amenclinics.com. If you go on amenclinics.com, I know you're in Canada, probably the closest center to you is in the Seattle area, but he will do a brain scan. His clinics will do a brain scan and it will show what areas of your brain light up with different activities when there's depression, when there's other kinds of issues like what you're talking about. He says that talk therapy is helpful, but you got to look at the brain and see what's going on. And soccer players and people that are in car accidents and veterans and people that have had big falls or skiers or whatever their brains oftentimes have had injury to them and it affects how the brain operates A CT scan. An MRI is going to show the structure of the brain. It's like raising the hood of a car. You can see, okay, there's the radiator, there's the pistons, there's a whatever, like I know what I'm talking about. I don't, but I've heard those terms with cars.

And then you just got to use a diagnosis to see why isn't it working right? So those are a couple of things I would recommend, right? So those are a couple of things I would recommend. Uh, just just do an internet search on Christopher Palmer, MD Harvard, and you'll find he. There's a ton of interviews with him out there. You'll learn a lot from him. And then amenclinics.com and uh, and you'll learn a lot on their website as well. So hopefully that will help.

0:43:01 - Parris

All right, thank you so much. Thank you for your time.

0:43:03 - Julie

So the healing? One more thing, Paris the healing's happened on the energetic level. It's going to integrate into your body. Now let's help it integrate from the physical level by following what these doctors are suggesting. So keep us posted, Let us know how you're doing, Sounds good, I will Thank you again.

Okay, if you want to talk to me, askjulieriyanshow.com. If you want to submit a question on YouTube, on the live stream we're at Ask Julie Ryan, so you can get to me. Either way, remember, next Tuesday we're going to do the live AskJulieRyan.com slash live and it's a blast. It's like a big slobber party. You can even wear your jammies Some people do. It's hysterical. So join us. Okay, let's see who's next.

Julie

Hi, Wendy Hi. My son passed away February 3rd. Oh honey, I'm so sorry. Is he trying to communicate with me? If so, how? Okay the picture that I got? First of all, my condolences to

you and your family and I hope that you've read my book Angelic Attendance what Really Happens as we transition from this life into the next. How your son was surrounded by angels and the spirits of deceased loved ones and pets and met by all of them once he got to heaven as well. So if you haven't you anybody listening, go to julieryangift.com. Julieryangift.com will send you a free digital and audio book download of the book and hopefully that will help comfort you and inform you as well. What he showed me when I first started reading your question was like when you make the bed. I used to do this with Jonathan, my son, when he was little and he'd stand in the middle of my bed and I'd have the bottom sheet on and then I'd take the top sheet and he'd stand on it and then I'd pull it so he would fall and I would pretend that the top sheet were waves of the ocean and I'd say and the ship was rattling and the waves were high and he loved it, he just squealed. When we did that. That's what I was seeing from your son was waves of the ocean, but with sheets. So I don't know, pay attention to that If your sheets move. It had something to do with bedsheets and waves. I certainly know that grief is like waves of the ocean. When you're in grief, I want you to remember how waves. The ocean is calm and then the waves come in with force, especially if it's high tide or there's a storm, and they can be very strong. Sometimes they could even knock us over if we're in the way of a wave coming in and it crashes onto the sand with a lot of force and then it recedes. So when we're in grief, think of the waves of the ocean. The wave's going to come in, it's going to hurt, it's going to feel awful and then it's going to recede. So just picture that. Waves of the ocean. The wave's going to come in, it's going to hurt, it's going to feel awful and then it's going to recede. So just picture that waves of the ocean ride the waves as those waves of grief come in, and then you'll find that sometimes it's high tide, sometimes it's really tough with those waves coming in, and sometimes it's low tide and it's just calm coming in, and sometimes it's low tide and it's just calm, and you'll have a wave come in, but it's not as dramatic as the high tide. So just keep that in mind. I hope that helps.

Okay, this is from Gabby. Hi, Julie, I'm joining from Wellington, north Carolina. Can you offer any guidance on my future move? I'm currently without a home, but staying happy and positive with gratitude. I see you moving into an apartment with our roommate, who's a girl. So check around, gabby, and see if you have a friend that's looking for a roommate, even if it's temporary, till you find something else. I see you living in an apartment with a friend who's a girl. So I hope that helps. Ask around and hopefully you'll find somebody. And the other thing too, gab, is expect the people that you need to show up are going to show up at the exact perfect time, because they always do.

When we are in a situation, I think so often we tend to focus on the problem and the solution can't find us when we're focused on the problem, because we're in the problem vibration with our thoughts. But when we focus on the solution and we stay open to how it's going to materialize, that's when we can get guidance from spirit. Because always remember, when we're focused on the problem, it feels bad and spirit doesn't communicate on the I feel, crappy channels because the vibration's too low. So you want to focus on the solution, ask for help, ask your angels, ask your deceased loved ones, ask God, ask the saints, whomever Say, hey, I need some help. Can you show me what I can do to help in this situation? And you'll be amazed what kind of support shows up from heaven to help you All righty.

Askjulieryanshow.com. If you're on the live stream, we're at. Ask Julie Ryan on YouTube. Put a question in the chat. Wendy, thank you so much. You are so welcome. Let us know what happens and then we'll take it from there.

Okay, steph? Hi, Julie, contacting you from California. My spouse has been suffering from nerve compression, with tingles and pain, numbness and fatigue, tight neck and upper back. Doctors don't know what it is. Okay. So what I'm going to do, Steph, is I'm going to connect into you and then I'm going to ask your husband it looks like she put his name's Leighton in there. To ask your husband it looks like she put his name's Layton in there. Let's ask Layton if I

can have his permission to scan him, because you know I always ask permission if I'm scanning somebody other than the person with whom I'm talking, because I think it's an invasion of their privacy to scan them without their permission. I'm not about to do that, and if they don't want me to scan them, we can still talk to their spirit. I don't have a problem with that, because it's kind of like if somebody has pneumonia and you ask them how they're doing, they're going to tell you what they want you to know, but you're not looking at their chest x-ray without their permission. So that's kind of how I operate. I think it's an ethical thing.

Here we go. Comes my laser beam from Sweet Home Alabama heading out to you in California. Got you? Got your husband. Okay, yeah, he looks like he's in a brace where his shoulders are kind of pinned back. Good heavens, all right, let's see what's going on.

I am watching all those muscles and ligaments and stuff across his shoulders get heated with a laser kind of to make them more pliable, and I'm watching them get stretched out so that his shoulders will relax. Got that going on, okay. Got that going on, okay. And then I'm watching stem cell energy get slathered on there to just keep them loose but tight enough that they work and just to soften them, kind of kind of like if you, back in the day, there was this cocoa butter stuff that we used for sun tanning I'm dating myself Copper Toad. Oh, it smelled great and we would slather that stuff on. And if you had dry skin you know that was all puckered from being in the ocean or being in the pool do put some cocoa butter on that stuff and that would just smooth your skin out right away. That's what I watched the stem cell energy do to your husband's shoulders. I would recommend that he see a chiropractor as well. I watched a chiropractic adjustment happen and hopefully that will help him feel better as well. So, chiropractor, and hopefully the energetic healing will help.

Okay, here is the winner. I'm going to announce the winner of the Angels in Enlightenment training Free class. You guys, drum roll please. Okay, I'll keep my day job. It's from Carol Heitkamp. Carol Heitkamp subscribe to YouTube and that's how you get registered for this drawing for a free class.

Anybody listening, subscribe to my YouTube channel, ask Julie Ryan and you'll be entered into this drawing. And Carol says this show is amazing. I've watched a few episodes now and I love Julie. Thanks Carol, I love you back. The healings are so powerful. Thank you for all you do.

Now I'm going to go listen to the song Sweet Home Alabama. Sweet home Alabama. See, I can even play backup when I sing. I can sing backup, I can sing lead. It's all part of the buffet of psychicness. So, thanks Carol. If you email, go to AskJulieRyan.com, go to the tab that says Ask Julie a Question and just say hey, I'm Carol, I won the free class and then we'll get you all signed up with your scholarship. So congratulations. The first winner on my show of somebody who subscribed to my channel and was entered into the drawing. And if you want to take my big class, remember Angelic Attendant Training, all these angel trainings here, angelic Attendant Training, and it's May 18th and 19th. Go to AskJulieRyan.com and just click on the training tab and you'll be able to sign up for that Love to have you join us. Okay, I think we have time for maybe one more question. Let's see who the lucky person is.

Julie
Hi, Nella.

0:53:18 - Nella

Hi, it's Nella. Hi, Julie, I'm calling from Benetton, which is about 20 minutes drive from Birmingham. But England.

0:53:29 - Julie

Wow, well, thank you for calling it, but you say Birmingham over there, right? Instead of Birmingham, right, yeah, so you guys are right, because you were speaking English before they were speaking English here in America.

0:53:45 - Nella

Not so no, no, not in my case, because I'm Slovakian.

0:53:51 - Julie

So you say Birmingham.

Nella

I say Birmingham

Julie

Yeah, there you go. Okay, well, good, mela, you got a question for me.

0:54:00 - Nella

Yes, please. It's about my kitty Phoebe. She has been diagnosed with cancer and I would like to know I'm practicing quantum healing on her. They were given her a few weeks. That was nine months ago, oh wow.

0:54:17 - Julie

Good job yes.

0:54:20 - Nella

So I would like to know if there is any chance for her to be cured with your stem cell healing or, if not, which phase of transition she's in and if you can ask those the questions that you usually do.

0:54:33 - Julie

Yeah, yeah, okay, now I'm going to connect to you in the UK. Here we go. Here comes my laser beam Heading across the Atlantic. Oh my God, she is so darling. Hi, sweet girl. For those of you that are listening, she's this beautiful cat and her mom has got her paw waving at us. How cute is that? Okay, got that going All right.

Her spirit is out of her body at the moment, Nella, which she is in the transition. I don't see phases with animals like I do with humans. Like in my book Angelic Attendance, I do see. It's what I call the spirit bubble, which is it looks like a cartoon caption or a speech bubble where the character's thoughts are, and when somebody's spirit is out of their body and attached to the top of their head, I'm unable to scan them energetically, because the spirit is the power source for the body, and it's the equivalent of me trying to look at an x-ray in a pitch black room without any electricity. So we can talk to her though. Phoebe, are you ready to go? Absolutely not. She said oh, absolutely not. Like that, okay, do you plan on being with your mama for a while, as long as I can, and then I'll be around her for forever after that. How sweet is that. Okay, is there anything your mom could do? Do you have a heat lamp or some kind of a warmer that you use with her?

0:56:16 - Nella

No, I've got the red light lamp, but I haven't used it on her.

0:56:21 - Julie

Okay, she's saying that she'd like that. She's showing me a heat like an old fashioned heat lamp, and I got that. It was to provide warmth for her, so she may be a little chilly. Does she

have a bed with a blankie in it or does she sleep with you? What's the story on that? She sleeps with you. I had a feeling Okay, but but maybe when you're not in the bed during the day she's saying that. She's saying that she would like some kind of extra warmth. However, you want to provide that. She said yes, she is in pain. Does she act like she's in pain?

0:57:02 - Nella

No, not at all, and she's on painkillers, so I would hope that she is painkillers.

0:57:10 - Julie

So the painkillers mask the pain. She still has pain. Remember, spirits are super literal, super literal. So is she in pain? She's saying yeah, she's on painkillers. Her brain's not letting her know. Perhaps she's in as much pain as she is. But we need to be really specific when we're talking with spirit. So I get a yes. Are you suffering? No, do you need more medication? She's saying not at this time. She's afraid it's going to make her too loopy. Does she act like she's kind of loopy on it now?

0:57:47 - Nella

If you watch her you wouldn't even say that she's still. She's just playing. She's kind of loopy on it now, If you watch her, you wouldn't even say that she's still. She's playing, she's eating, she's absolutely normal.

0:57:54 - Julie

Great, great, wonderful. Well, enjoy it, enjoy her. Yeah, thank you for staying up so late, girl. It's what is it like two in the morning there, or something?

0:58:06 - Nella

Yes, two o'clock. God help me tomorrow at work.

0:58:10 - Julie

Oh, god bless you. Well, thank you for staying up and you look beautiful in the middle of the night, so thank you for calling in, okay.

0:58:19 - Nella

Thank you, Julie. God bless you and peace and everyone and all your family, and keep doing what you're doing. Don't die yet. People need you.

0:58:28 - Julie

Oh, I have no plans. I'm gonna live to be at least 130. I keep teasing my son and he's like, oh God, help us. But yeah, I have no plans to go anywhere anytime soon. Thanks, honey, sweet dreams, okay, bye. Bye, alrighty, everybody. That's it for this week. What a treat, sending you lots of love from Sweet Home Alabama, and we'll see you next time. Bye, everybody.

0:58:57 - Intro

Thanks for joining us.

0:58:58 - Disclaimer

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, All parties involved in producing, recording and distributing it Assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.