

## AJR - Suzanne Wilson Transcript

0:00:01 - Intro

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

0:00:43 - Julie

Welcome to the Ask Julie Ryan Show, where we blend spirituality and practicality to help you live a life of purpose and joy. Today we have a special guest. Evidential Medium, Suzanne Wilson joins us. Together, we'll delve into the fascinating world of spiritual gifts, how to recognize them within yourself and how to harness their power in your everyday life. We'll talk about communicating with deceased loved ones and validating their presence along with our life's purpose, dream visits, past lives and so much more. Whether you're just beginning your spiritual journey or are well-versed in the metaphysical, this conversation promises to be both comforting and soul-stirring. So open your heart to the wisdom that awaits and join me for what's sure to be an enlightening discussion with Suzanne Wilson on the Ask Julie Ryan Show. Suzanne, I'm so delighted you're with us. Thank you for joining us. Welcome, welcome.

0:01:44 - Suzanne

Well, it's very kind of you to have me, Julie. I appreciate seeing you.

0:01:48 - Julie

Oh my gosh, the pleasure is all mine. You say, love never dies and death is only a graduation towards more life. Tell us what you mean by that.

0:02:00 - Suzanne

I believe that, no matter what happens to us living on the earth, whether we perceive it as good, bad or indifferent, that no experience is ever wasted, that we're learning to be more perfect, loving souls, and that only the body will ever die. Consciousness, we know, goes on forever. We're eternal beings of light and we take all of that love and learning with us.

0:02:32 - Julie

Couldn't have said it better Perfect, how'd you go from bringing an administrator at Stanford University, no less, to being a medium? That's quite a path there. Was there a catalyst that caused you to go in that direction?

0:02:51 - Suzanne

It definitely wasn't a conscious choice that I made. What happened was I spent so many years of my life trying to fit in, be normal and hide the abilities that I was secretly developing all along. I was born seeing colors and lights around people. I was born knowing what was going to happen next and all those sorts of things, and I got bullied at school early on, so I very quickly figured out that that wasn't cool. That wasn't going to get me the finer things in life and the interesting jobs that I really wanted.

I did not set out to do anything with mediumship or teach mediumship or any of that, but I had these great jobs and I always felt like something was missing. I couldn't pinpoint exactly what it was, but you keep getting promoted and keep getting degrees and just feel like isn't there

something else here for me? And in 2007, I had a near-death experience and it really refocused me on what's important in life and afterlife. But I also found that having that brush with physical death flipped me into some kind of high gear. I had to go back to all those teachers I was secretly going to to develop my gifts and now learn how to tone them down and live a normal life and I eventually realized this is my life.

0:04:25 - Julie

It's so interesting how we're led, isn't it? I was in the medical industry on the supply side for 30 years, as a sales rep, first right out of school, and then started my first company at 25, and I'm an inventor of surgical devices sold throughout the world. How did manufacturing companies sold that a few years ago, and I was interested. I read a book that talked about a medical intuitive and I thought what the heck is that? And so I was led to read that book and then search more information, and that's what led me to the healing side of the equation. And what I realized is, once you connect with spirit, you can do it all, which is why I say I'm a buffet of psychicness. You know you can do everything, and I know you've discovered most likely the same thing, and so I find it fascinating. What leads us, what's the catalyst that really gets us to say, okay, all right, we're going to do this. Tell us about your near-death experience.

0:05:32 - Suzanne

I was having a lot of sinus infections and I felt so sick all of the time, and so I went to an allergy specialist to figure out exactly what am I allergic to. Maybe there's something they can do for me. And I had already been into Reiki and energy healing and I thought well, this isn't working. It might help relax me or help me with the symptoms, but there's something going on here. With the allergy specialist I'd already had one level of testing, and you know how they pop these allergens onto your arm. They're breaking the skin, putting a little bit of the allergen in there, whether it's grass or mold or an animal or whatever and they see how your skin reacts.

Well, I was back from my second round of that kind of testing and my arm was really blowing up and getting really red. I got really warm and I told the technician who was doing the testing I don't feel well. And then I started to feel this dread and this panic. I told her I was warm, I was nauseated. She thought maybe she needed to adjust the air conditioning and like no, no, no, I don't feel well, I'm sick, and I started breathing really fast and she left the room.

She went to go get help and in that time my throat was closing. I was honking like a goose. When the two doctors came in, two techs came in. One technician started holding me up by my shoulder. I was sitting on the exam table and the other technician was holding up the other shoulder and one of the doctors was saying hold her up. Hold her up so they don't want me to lie down. One doctor is on the phone and another doctor is throwing open cabinet doors and I'm watching this and as I watch this doctor going for something in the cabinet, it was going to be an injection for me. He slowed down, Julie, he was in slow motion.

Everybody was in slow motion and I heard a pop like a champagne cork and it seemed like it was somewhere in down the hall in the distance, but it was me popping out of the body.

0:07:54 - Julie  
Interesting.

0:07:56 - Suzanne

And right. I'm standing a little ways out of the body behind me, looking at the back of my head, looking at the technicians holding me up, looking at the doctor on the phone, looking at the doctor preparing an injection. They're moving so slow and they looked very unreal to me. They looked one dimensional, flat, shiny, and their eyes were like dead eyes, like no life there, like that's not real. What I'm doing is real. And then I felt the arms around me. I knew I was safe

and I knew it was my grandfather, who had passed years before, who I'd missed very much, because he really understood me.

And I heard music and saw colors and I wanted to go to the music. I wanted to go to the colors. I mean the colors. I still to this day can't describe them. Sometimes, every once in a while, I'll see something in the dream or I feel like I'm on the astral plane and I'll see some colors, but still it doesn't. It doesn't really. I can't replicate that and I can't replicate the music that I heard.

I play a few instruments and I've played piano since I was about five years old, and so I was listening to the music and the music was sort of like a, like a siren call, like a guide, like come with us, type of feel to me, to my heart, to my soul, and it kept going. It was in a major key for those of you listening to understand that, and it was in waves and going towards a crescendo that didn't quite seem to get there. It was like you want to go to that music, you want to hear it finish, you want to join with it and have it play out. And it was like voices as opposed to instruments. I can even remember thinking what instruments are these? And so I'm like oh, granddad, let's. I'm so happy to see you, let's go. And I'm not seeing him, mind you. I'm just feeling him with the arms around me. And then there's this weird voice. It's not him, I don't know who this is. It's a very flat, robotic voice saying your work has not started.

And they get that back in the exam room, they get that injection into me and I'm just kind of pulled unceremoniously roughly, to be perfectly frank back to the body and it was horrific. It's, my chest is on you. I don't know if you can hear my voice crack, but I can't. First off, I couldn't share this with very many people for years and now when I do, it's like it's happening again. In a way it's very emotional. So I have to kind of center myself.

But the hardest part was coming right back to that body and feeling like my chest is on fire, my throat's on fire. I had been honking like a goose. I felt my. When I left that body my heart rate had slowed down, it was gone, it was stopped. But you're not going to die in a doctor's office with, you know, four people there to help you. And they've got, you know, they've got a fix right there. But I'll tell you, in those that minute I sure had a heck of an experience.

And in the ambulance I now I could see my granddad and spirit. He was like floating at the top of the ambulance and I'm lying there looking up and I just it's so hard to process, but that was the beginning of objective clairvoyance re-entering my life, which is, as you know, their subjective clairvoyance, which is seeing as though in the mind's eye, and there's objective, which is seeing as though it's an object in the room, and that was on and I did not know how to shut it up In the hospital when I got to the hospital. Imagine all the souls walking through there that I could see. And I'm going wait a second. I'm not trying to see this what's happening, but I saw it's a lot of loves. I felt I wanted to be part of that love. I wanted to do work somehow in that love.

But at first I had to process and I didn't think about it for a long time, Julie. But I was pretty ticked off that somebody in that in-between place thought I wasn't working hard enough or that I hadn't even started my work. I'm working a lot of hours. I'm in a PhD program on the weekends. I'm exhausted. I'm thinking if I'm not working hard enough now, I do not know what God wants from me.

And it did not go well for me at first. Afterwards, I'm not one of those stories of wow, what a wonderful, life-changing thing. I'm more of a story of wow, I don't know what to do with this. So I'm going to self-medicate for a while. And so I was like 6 PM every night and all week and drunk for a while, just trying to tune out the souls, trying to tune out what to do with this. And it took going back to the teachers and I was sitting in a development circle and it took going

back to the development circle and that teacher and saying what do I do with all this? And he's like, just ask them what they want. Just ask them what they want when they come.

But the souls were very intrusive in my life until I realized I had the authority, I had the personal sovereignty to deal with what was going on around me and I just needed to exercise it. And then it got to be exciting, it got to be fun. I could take the skills I had in designing an MBA program and apply it to teaching. But I had to get years of experience first and I became more like. I think this is what my granddad was preparing me for when I was a child, because he died when I was 14, and he came to me right after he passed suddenly at 56, dropped dead of congestive heart failure. He came to me and pretty much said everything's going to be fine and you'll see. But it was a very rocky transition, I'll tell you, because I'm walking away from the known and to the unknown. But I've not looked back and second guessed it since.

0:14:53 - Julie

Right, oh, my goodness, that's a lot to unpack. First of all, I have an experienced, a near-death experience. But I've experienced one time my filters get blown, so turning off and on, kind of like the Chakra has filters on them and I can see that when I'm scanning somebody's Suzanne, because there's this geyser of energy flying out the top of their head. So I put the filter back on. It looks like a contact lens to me, but it has little tiny, microscopic holes in it so the energy can go in and out.

But we're not supposed to be just wide open, and so that's what I was hearing when you were talking about it. It was like, oh my God, they were ever I call it turning my radar on and off. I'm sure you have come up with some kind of a technique to do that too, because we're supposed to have the human experience. The other thing about the colors I've heard that from other people with near-death experience and also with spirit, they say that colors are so magnificent and magnificent and our colors here on earth are like not even a blip on the color scheme in heaven. Would you say that?

0:16:13 - Suzanne

I think so in heaven. I think it may be even more than what I saw, because I was kind of like in the airport to the other side of left, you know, I didn't get to leave the airport.

0:16:22 - Julie

You were the turbo.

0:16:25 - Suzanne

Why in the terminal? Terminal's great Love it. But I have to say my conclusion for myself is that everything is alive. Colors are alive.

0:16:39 - Julie

Interesting. Say more about that.

0:16:45 - Suzanne

It's consciousness, All is consciousness. And you talk about the filters and I love that contact lens.

0:16:55 - Julie

That's what they look like to me.

0:16:57 - Suzanne

Except really it's amazing that is so perfect. We lose that filter in that airport or that in between state. It comes off and it's so sudden that we realize that all is consciousness, everything is alive, everything has the essence of the holy in it. And when I talk about the holy, I'm not talking

about the church, religious, dogmatic holy. I'm talking about lies which we should hold in a reverential light because it is the thing that can never really be taken from us, that connects us all. And so we can't describe the colors, we can't really describe the music, although one time I remember giving an interview to a wonderful person from the BBC who was trying to conduct a dead symphony, trying to interview near-death experiencers and create music, and the product was interesting.

But I knew I didn't want to discourage anyone, but I knew from the outset you can't get there because we're not going to experience it in our earthly body. While we're in our earthly body we can't experience all of it because of the filters. So we're here having other sets of experiences that assist us in our growth. Once we get to move through that doorway to other dimensions, we get closer to the truth, closer to that unity and closer to that oneness where it's like, oh my gosh, there's this whole life force, energy that exists, that I've been paying lip service to. I can cognitively talk about it and I believe it and I trust that it's real.

But once you get in it, no explanation is needed, no description is needed, and so one is not given to us, one is not offered. It's a fascinating concept and I don't think you have to have a near-death experience. I think it can be an experience of light, a moment of an epicity, an out-of-body experience, a shared death experience. There's so many ways to touch that unity, to feel that energy. But, yeah, it's fascinating to be the whole concept of filters and not having filters and the fact that clairvoyance like you and I can see when somebody's wide open or see when somebody's completely not looking or not wanting to know the truth of the energy. But the energy is always there, whether we're looking, seeing, integrating or not.

0:19:56 - Julie

Exactly, and I wonder if that pop was when you blew your filters. That's what I was hearing in my head was well, that was the pop when you said that, because that pressure just makes that filter pop off the top. The other thing when you were talking about that, the music sounded like a siren call. What came into my head, Suzanne, was how the sailors used to talk about the siren call of the mermaids when they'd be out on the sea for long periods of time and they'd hear the siren call of the sea.

0:20:36 - Suzanne

That's exactly why I use that, because I understand that. I understand that now I'm thinking back to college and taking Western Lit and then seeing in our language about the siren call. That's exactly the feeling of there's no way to ignore that energy. There's no way, because it's a frequency that is like home, because it is home.

0:21:13 - Julie

I have full-body goosebumps when we're talking about the mermaids and the siren calls and stuff that tells me there's absolutely something to that. The other thing that's interesting to me is I always say you don't need to do LSD or ayahuasca or whatever. Just learn who-who. You'll see all this amazing stuff, no drugs needed. Would you agree with that?

0:21:38 - Suzanne

I think it's different for everyone because we don't know what that experience can lead someone to. I don't need it myself, but I'm all in favor of someone getting a jump start if they're hurting, they're in pain and nothing else has worked. But I don't think that the chemical induced experiences are there just for our fun. I think there are just another spoke and a wheel of healing. But, like you said, I can get there without a substance.

In my cases I've shared earlier a substance deadened my abilities, not heightened my abilities, and I know alcohol is not exactly the same. It doesn't work on the brain, the same. I'm certainly not a neuroscientist, but I would prefer to have people try to do what's right for them and

seeking advice from all different disciplines before they jump into some experience. But having said that, there are those with post-traumatic stress syndrome who have had EMDR or have taken ketamine therapy in the right setting and being cured in one session of either one of them. So while I'm, it sounds like I'm like you, I'm not against it, but I know there are other ways that don't require any kind of substance in your body.

0:23:18 - Julie

Absolutely what's an evidential medium.

0:23:24 - Suzanne

Well, I know that you know. But we provide evidence, we identify the spirit and then give evidence that it's really them and evidence that they're still part of your life. And I often say that, you know, we're not just telling you what you want to hear, but what you need to hear to know that that love one is there. And I've submitted myself for a scientific testing at the University of Arizona with Gary Schwartz there, dr Gary Schwartz and his double blind studies, his triple blind studies, not because I want to prove anything to anybody, because frankly I don't, but just to be invited is wonderful and to be able to add to the work and add to the acceptance and, furthermore, to open people's eyes.

Because we're now, I think, past the debate of is there life after physical death? They were into the debate of yes, there is. What is it like? And so everyone's learning, who wants to, how to be their own medium or intermediary between the worlds, which is great. But not everybody's going to give evidence to complete strangers that their loved one is there. But everyone can be their own medium to their own beloved people, pets and guides who now live in the world after this.

0:24:57 - Julie

Exactly, I'm involved in that project as well on the business side as an advisor to help raise money and, you know, be kind of an intuitive who also has a business background to help on that side. And for those of you that don't know about the Soul Phone project that Suzanne and I are are talking about, they're working on a I call it like a phone app where you're going to be able to utilize that and contact your deceased loved ones off of your cell phone is, I think, kind of an easy way to put it in there, developing that, which is amazing. And they've already proven to your point, Suzanne, that life exists, dr Schwartz says, after bodily death, and so I think that's really important too. You and I both teach people how to connect with spirit. Do you believe everybody has the ability? You and I both teach people how to connect with spirit. Do you believe everybody has the ability?

0:26:00 - Suzanne

Absolutely. That's. My dream is that we're going to live in a world where everyone who really wants to trust that they can and takes the steps to learn how to do it, and it's so healing. But I've been saying for years that I look forward to the day when nobody needs to go and get a reading, and in fact I've had just recently a time where, over for over a year, I wasn't doing Heaventional Mediumship, I was just teaching and just working with my business clients, because my background is a bachelor's in management and my master's in public affairs policy, public administration, and I also worked as a human resources executive for years and I have owned businesses myself, and so those are abilities that are in the psychic realm, that are in the intuitive realm, and it all just sort of mingles together. But everybody has the ability to do this. It's just that every once in a while we feel like we need to go and get some clarity from someone outside of us. Like I'll go through CVs for an executive that's looking to hire somebody in the C suite and all I have to do is just write the name down, put my pen on it and say guide, show me, help me feel you can come up with the strengths and weaknesses. I can look at capital improvement plans and all those sorts of things. So this isn't just about contacting loved ones on the other side. Everyone can do this for themselves. They can tune

into the SWAT analysis their strengths, weaknesses, threats and opportunities. They can tune into their cat who passed and I want to feel that you're with me because I know you're around, and they may share the meow, or they may feel the tail brush up against their leg or something like that. So we have this huge array of how to use our own gifts that are built right into the physical body. They're built into the metaphysical and the physical body. So, yeah, everybody can do these sorts of things, but not everybody can do evidential mediumship for a complete stranger. It's a gift that I feel like you're born with. You have to develop. It may lie latent within you for a long time.

Around 2014 was the first time I worked with Dr Gary Schwartz at University of Arizona. He saw me at a conference and took me aside and another medium aside, and started putting me into double blind and triple blind experiments to test mediumship, to add to the body of work and it's not because I want to prove anything to anyone. I really don't care what people believe. If it's not on your path, it's not on your path. If it is, here's the data. It's more that you want to give back to the work. You want the work to go on. You want to give legitimacy to that trust that there is a life beyond this, trust that there are intuitive abilities, that they can be defined, they can be quantified and qualified, they can be replicated, and I think that's the important thing.

I worked with Gary. I've gone to California with the university team and stayed in the haunted house and done experiments there and all that sort of thing, and I know that some of the work that we've done and he's worked with many mediums and I know that he's worked with you as well, is working with you have contributed to some of the projects that he works on, and I really love the fact that people are now taking an interest in communicating with the other side through various means, not just getting a reading. For years I've said I don't want anybody to have to go and get a reading and people have said, oh, it was so good, you're bad for your own business. I do not see it that way, because teachers are always going to be needed. Thank you.

0:30:35 - Julie

Well, not only that, but one of the things that I suggest to clients and also people that call into my show or listen to my show and you were back to your point about you can tell what plan is the best one. I do this with people on where's the best city for them. Is this house better, is that house better, whatever. But I teach, Suzanne, and I think you're probably doing the same thing, maybe just using different verbiage, and I'll say just start with, is it in my best interest too? Dot dot dot, fill in the blanks, and our heads up accelerate dishes and they receive and they transmit frequencies and you're going to hear an answer as fast as you can snap your fingers, sometimes before you've even had the thought finish, whether the question or the comment, and that's spirited advising us, and I think we're all getting information from spirit 24-7,. We just disregard it, we don't trust it, because we think, oh, that's just my imagination.

Well, the more you do it with purpose, the more validation you get. The more validation you get, the more you know okay, there's really something to this. We're all doing it. We all have had the experience where we think of somebody and we get a text from them or an email or a call, or we run into them and we say I was just thinking of you this morning and here you are. That's your intuitive ability. We all do that, would you agree?

0:32:08 - Suzanne

Perfectly said, oh my gosh. And one way to spot that and so few people do this, I wish more would is just keeping above the norm journal notebook and every time you get an intuitive hit or dream visit or a synchronicity, those freaky-key coincidences that point the way, just write the date down, write a sentence or two about what happened. And if you just jot it down somewhere in your phone or wherever, you can look back and you can see patterns and trends

and how the information is coming through. I mean, you and I are, if we're not that different from everybody else. We just work to hone the abilities that we all have.

0:32:48 - Julie

Exactly, exactly. I see you can learn to throw a football, but it just means you're going to be Tom Brady. It'd be the winningest quarterback in the NFL. He's had a lot of practice with that so that it just becomes remote. What are some of the common questions that you get from your clients who want to speak with a deceased loved one? Are there some questions that it seems like everybody asks and what are some of the kinds of answers that you get? Can you tell us some of the stories that you've gotten where your client or the person with whom you're working what's happened? Does that help with their grief? Number one and number two Are there any answers from spirit, where they just go? Oh my gosh, there's no way you could have known that.

0:33:38 - Suzanne

Every week, every single week, there's something like that, because I'm always asking please give me information that they don't expect, but it will be the most helpful, hopeful and healing. I got that phrase from Edgar Cayce, who said anytime you tune into the acacia which he also coined that term to talk about the ether the record of every thought, word and action that has ever been, is now and ever will be. He's like you must do it with right intention. The intention is that you're going to give helpful, helpful, healing information. I don't get my mind blown. I know a lot of people say to me wow, my mind is blown. I'm like great, I'm glad that you are, I expect this stuff, yeah me too, I'm built a little differently.

Yeah, exactly, it's fun. I feel like I'm built a little differently from some mediums that are like oh wow, oh my God, I'm so excited, I'm expecting this and I walk in this world all day long. I have to work to tune out, but some of the things that really amaze me are I was terrified, Julie. If I had known you then I probably would have called you for advice. But this really weird thing happened where I had this woman on Zoom and she really wanted to know if she was going to get pregnant in the year and be able to carry the baby to term. I just blurred it out yeah, your dad is saying he can see a little bit ahead from the spirit world and you'll be pregnant in the fall and it's a boy. It'd be nice if you name them after me the first or middle name.

I blurred the whole thing out and I couldn't believe it. Then it came out of my mouth but you get in that trust zone. But I'm like God, I'm on the line here. I just probably would have there's free will involved. There's all kinds of things that can happen. I'm not a predictor person. This looks likely to happen based on how things are right now and just spilled out of my mouth, and I've had a couple things like that. Then I'm freaking out and I'm calling a couple of colleagues going. What did I just do? The advice I got from them was just trust, just trust. Yes, it's anomalous for somebody to be promised something from a spirit person. You didn't promise it, you were in your zone and it did happen. I'll say this much. His name was very unusual, it's Lincoln, and sure enough she named that little boy.

0:36:31 - Julie  
Lincoln.

0:36:34 - Suzanne

Guess what? The sign from her dad and spirit is a penny, and who's on the front of the penny?

0:36:42 - Julie  
I know.



0:36:43 - Suzanne

I know, but you can't make this stuff up. I always say that you can't make this stuff up, it's crazy.

0:36:52 - Julie

Why do some people get a dream visit and others don't, especially after a loved one has passed? I'd love to hear your thoughts on that.

0:37:03 - Suzanne

I believe it's because we take our personalities and we take our styles and we take our MO with us, who we are with us, and also there can be a preference for doing something else. Maybe it's that I prefer to work with the little birdies and butterflies, and it reminds me of one time I had a fellow coming in for his love one and she said well, what signs are you sending? He goes well, I'm not going to do birds and butterflies. He was like it just wasn't cool enough. He was a real cool guy, so he did something with motorcycles and license plates and stuff like that and I'm like but it really is a matter of a preference, of choice, and also it's incumbent on the person here to be aware and be looking.

How many times have you had to explain to somebody oh yeah, that 11-11 that you keep seeing and you started seeing after your love one passed, and how often do you see it? Where do you see it? Do you think maybe that's from them and you're trying to get the dream visit? But you're, you know, failing to appreciate the magnitude of this other thing that they're doing? But you know, there's also the matter of those who say I don't ever get anything? Do they not love me? Do they not care? Do they not want to talk to me or I've? You know?

I had a person recently say you know, I tried several times to connect in readings and everybody else comes in and their brother, but this one soul never does. And that soul will have to answer one day when you're on the other side. Just ask them what was the reason? Was it just not their preference to do with that way? Another thing too is especially you asked about dream visits. Dream visits can go to somebody close to you and not to you, because it's easier to get through, Right, you know.

0:38:55 - Julie

Especially when somebody's grieving. I think yes, yeah.

0:38:59 - Suzanne

Absolutely. And how long has it been since they passed? Maybe they need time to get acclimated. Maybe you need time, like you just said, to grieve and cry your eyes out. I know my little dog was the love of my life and he left the earth right before his eighth birthday recently. I'm like gosh that's so young, but I know everything's in the universe, it's in its perfect timing and I got a couple of different signs from my loved ones that they had and that he's okay, but he didn't do the big stunning signs for about three months and I'm like gosh, darn it. Suzanne, if you go back and look at videos you recorded like 14, 15 years ago, what are you saying on that? Wait about three months to get a reading, you know so. It's like I set that up myself, even that they had to laugh.

0:39:51 - Julie

Yeah, yeah, I always say when we're grieving we're in a lower frequency, we're on the grieving frequency and spirit doesn't communicate on the I feel crappy channels because the vibration's too low, and so that's why spirit can show up to somebody who isn't maybe in such low frequencies as they're grieving, and it comes.

It's been my experience too and I'd love to hear your take on this that we all come in with a factory presetting frequency level of spirit and when we sleep at night we go back to that

factory presetting, when our brain is quiet and we're not over analyzing what we're going to cook for dinner and how we're going to pay the rent and all of those things, and so it gives spirit the opportunity to come in and communicate with us.

When we go back to that factory preset frequency level, I think of it like megahertz on a radio station. You know you're on the country music station, which is 102.5, and you're on the classic rock station, which is maybe 104.7. And so I have found that to be very helpful in explaining that to people, especially who are grieving. And I know you work with people who are grieving, as I do too. They just want some sign that they're loved one or they want to hear something, or hear a sign, or hear some kind of information that's going to let them know that they're around them and it can also get like I think there's a temptation to get addicted to needing readings and to connect with a loved one.

0:41:38 - Suzanne

I have a limit of you're going to wait two years for evidential mediumship between sessions with me. That's it. I'm not going to be part of making you addicted and draining your resources because your loved ones are there with you. They want you to keep living, they want you to have your own experiences, but I'd love to have you, you know, maybe buy my book or take a class with somebody Exactly and learn how to make your own direct connection and get your own signs and things like that.

Yeah, I think all of us who are coming from integrity do. We don't want to create codependent people, but we also want to empower, and it's funny because you know we've talked about this but mediums were either deified or demonized often, and I'd like to see it be somewhere in the middle where people that are doing a job we had a calling to do a job and most of us worked really hard to get our gifts to be consistent and there are things we have to do every week, every day, to take care of ourselves, to be able to do this job, and we can't do it very much or else the body breaks down, and you know we don't need to go up on a pedestal. We don't need to be demonized either. I tend to ignore both. I don't want to be worshipped or be a celebrity or anything like that, but I want to reach more people.

I think the bottom line is this is something you can do for yourself, for your own beloved people and pets and guides who are working with you behind the scenes in the spirit world. But even if you never really do that, just take a minute if you're hearing this, just say thanks, team. You know I'm not connecting with you actively, but I appreciate all the stuff you do from behind the scenes. Help me recognize, when you're trying to get my attention, what it means, and when you do it, the signs or symbols or synchronicities, your dream visits or whatever it is. Say thank you then too, like thanks. I know this is you, I appreciate it, can you do it again sometime? But then, kind of you know, just let it go and get on with life. Make them proud. Make them proud of the fact that you're going on with your life, doing your thing, and don't beat yourself up for having those bad grief days, no matter how long it's been.

I do believe it's possible to heal from grief, but healing looks different for different people and there can be days where you have to sit in it longer than you would like and other days where you just know that they're with you and you can appreciate them too. So, yeah, grief can also lower your frequency for a while. But if you allow yourself the time and gain the perspective and integrate that experience into who you are, accept it, not push it away, what happens is you come out even higher frequency. Most of the time come out higher frequency because the energy centers are now coming out stronger. For you, it's like you're showing up in earth school with more wisdom, like you talked about developing the wisdom earlier. What do you think?

0:45:03 - Julie

I agree with that. I think it's the old story of you can give somebody a fish and then you can teach them how to fish, kind of a thing. So I think we're sisters from another mister, because we're on the same wavelength on all of this stuff. Got a couple more questions for you. I could talk to you all day, but, as we're winding down here, you're an avid traveler Egypt, Istanbul, London, Barcelona and other places. Do you feel you're being led to these places for a specific reason?

0:45:37 - Suzanne

You've done your homework? Well, yeah, I do. I go where I'm called and the I was last year. I visited six countries and the I think the highest impact in my life, the highest impact place in Egypt, because I was on a different kind of study trip. I'll tell you this, backing up every country I go to, I do place memory exercises and it's a lot of fun stuff.

Well, there's that. But I basically put my hands on part of the building in the room that I am. If it's stone, wood, some natural element, all the better. But I read the energy there, I sit with the energy and I check to see who's there and if there's intelligent activity or if there's angelic activity that I continue to and perhaps learn from, and I make my little notes and go on to the next place. I am in Egypt.

I did that but sort of like on steroids, because I was part of a over two week study trip with William Henry and his Starwalkers tour, which is a very small group and lots of lecture and attention. But you're also studying the hieroglyphics not to learn about wars and what was, what were the crops like that year and how many were slaves were there and this King's reign or whatever. But we were studying time travel, wormholes, afterlife beliefs and we got deep into it and I had significant clairvoyant experiences. And that was last October, several months later, and I'm still visiting over there on the astral and having dreams, dreams that are just dreams also because I'm still processing experiences from there and I think just about everybody in our group of 20 some had Experiences, even those who had never seen anything with their own eyes before. So yeah, I do it. I would. I'm an explorer, but my main activity is Seeing what's there now, what's been there before and what can I learn from it.

0:48:13 - Julie

Yeah, yeah, when I go to a place that I haven't been, whether it's abroad or whether it's here I call it turning on my radar. I'll turn on my radar and I can, and then I'll be led into a scene. It's like I'm walking into a movie scene, right, and then I'll get names and places and stuff, a lot of which we can validate and corroborate with historic documentation we can access online. So that I love, I say, yeah, I can't make this stuff up because I don't, I don't know all this stuff. So it's really fun and everybody has the ability to do this, everybody.

Deja vu, that's what that is. We just don't, we haven't been taught that. That's what we're doing is we're accessing Something either in a previous life and I'd love your take on this or something that we're walking into a scene of a previous life, even if we didn't live in that lifetime. But it's like we're walking into a, you know, a movie scene where movies all have present day and then they'll flash back to historic times in the past and all I. I think that's where the movie makers got the ideas, because people have been doing that for forever. They just didn't know what they were doing All right, wow, that's a good point.

0:49:31 - Suzanne

Yeah, in Egypt there was one place I know. I know I have been. It was I felt like I was coming home at the Temple of filet, and I even felt like, well, the view doesn't look quite right, but I've walked around here before how this is laid out, I know. And then I found out it had been moved from another island when a dam was built and that island was flooding and it was moved stone by stone, piece by piece a few decades ago to that place. And I'm like, oh, that's why the view

looks a little different. But I know this place, I know this layout and I've been here. I know I have been here.

And then a day later, our Bus was leaving and they said you can see the Temple of filet there, up to your left on the island, as we're going by and like, oh, I should, I should take a look. There it is. I burst into tears. It was like, oh, I'll never see it again, I'm all, I'm going away. And I'm like, why am I crying? This is, oh, my gosh. Put my hat down over my eyes. I'm like I don't want anybody to see that. Certain, I think I'm nuts, but it really felt Breast like I'm leaving home. So that was. That was very, very interesting.

0:50:50 - Julie

Yeah, I bet. Well, and then that goes to beg the question with the pyramids and all that, speaking of Egypt and I know there are pyramids all over the world, even here in the US how the heck, without modern-day technology, did they get those stones and get and Ford them into the blocks and get them to make the pyramids? Lots of schools up thought are that there were beings from other planets or other civilizations that were helping them with their Calculations and they're building methodologies and things like that. It it's fascinating, I think, to think about that and see Okay, I go to. If I don't understand some things, do then I just go to. Is it feasible? Yeah, well, I know about it. When I get to heaven? Yeah, am I supposed to know everything here? No, you, to your point earlier. I think it's. If I just go to, it's feasible, and then, if I'm led to explore it more, I will. If I'm not, then I go on to whatever the next topic is. Have you found yourself doing the same thing?

0:51:58 - Suzanne

Yes, and in, in particular, thinking about the pyramids and some of the amazing structures that we're going. There's just no way to measure this so perfectly. Back then we're going there's no way to lift, there's no way to know how to do this design. Yeah, there was a way. We're looking at the living evidence of it. It's based on geological factors, though Leading scientists are telling us it's way older than the four or five thousand years, maybe 15, 20, 25,000 Years older when you look at the pyramids, and the sphinx in particular, which I was able to touch, spend quality time with in a private group, but I don't know too many people that spent quality time with the sphinx.

0:52:45 - Julie

That's fabulous.

0:52:46 - Suzanne

Whoa, quality time with the sphinx. And I'm looking at all these people that are in a cordon d'os area and thinking, yeah, I'd rather be down here with the sphinx, my buddy, this sphinx, but but seriously, we were smart enough to do that, then that's that's. That's, that's that my working hypothesis, and oh, maybe it's just, I should just own it. I believe it a hundred percent and I don't typically go a hundred percent on anything, but humankind was smart enough to do it.

Humankind did have a way of working with Particularly sound and frequency things that we knew, that we've since forgot or has been bred out of us in Because of our closeness with our inner dimensional friends. Not that they came in and said we're gonna teach you how to do it or do it for you, but that we in inter intermerged, we immersed with their DNA and our DNA and we worked together With other beings from other frequencies. It was normal for them to walk through the doorway from another dimension. It were part of them, in their part of us, and we had all these, all these secret, mystical Knowledge databases. And then it's gone, and maybe it's because we don't deserve it.

Maybe we don't as Humanity, we haven't earned certain things that we desire to do. Maybe we had to be dumbed down and go back to the basics and Learn how to be just better souls

before we can do Certain things. I know there's a lot of grand plans that that people have around communicating with the other side, but we using technology and it's fascinating to watch, but I don't know that we're gonna be allowed to do that within your lifetime in mind, because we're. Are we worthy? I just wonder about that. So I guess time will tell.

0:54:54 - Julie

Well, back to the pyramids, to one other point. I've read that it's fascinating when we look at the latitude and the longitude coordinates of the pyramids and there are some schools of thought that it was for lack of a better definition at an intergalactic Internet kind of a thing, because there's such a semblance of the same latitude and longitude coordinates all over the world in how these pyramids were built. And you think, is that a coincidence? There's no way that's a coincidence. What's up with that? What's what's behind that science as we know it now that had those pyramids, whether it be in Mexico from the Aztecs, or whether it be in the in Asia for their pyramids, or in Egypt or Bosnia or wherever Hawaii there are some in Hawaii, there are some all over the US, but there's that similarity in the coordinates of the latitude longitude.

0:56:02 - Suzanne

There's gotta be something there, yeah and it's yeah, and I don't think it was because anybody sat in a Masters of engineering program and studied for years and years. It was more about being plugged in, was more about connecting and consciousness through, you know, the wisdom of the universe. And we had that and we've lost that. It would have lost that, probably by design, so that we have to rebuild it within ourselves again.

0:56:32 - Julie

Interesting point. Last question why do we incarnate?

0:56:37 - Suzanne

To learn how to Love perfectly and if you don't like the word love, because we think of love as a feeling, think of being compassionate towards self and to others and get as close to perfect as we can With that. And so we're gonna have a lot of challenges that get in the way so that we can build that compassion with ourselves and others and bring a little bit of heaven to earth.

0:57:04 - Julie

Beautifully said. You are every bit as delightful as I've heard you are, and I'm Thrilled that I got to sit in your delightfulness for a little bit of time today. Thank you for taking the time to join us and share some of your, your wisdom and your Experiences with us. How can people learn more about you and your work?

0:57:27 - Suzanne

Well, first, Julie, I really enjoyed talking with you. Thank you for having me. I'm at carefree medium calm and being based in carefree Arizona, and then I also happen to think that when you accept a greater reality, that there is no real death and there were all intuitive beings, that you can live a more Carefree life. So if you just remember carefree, you'll find me on all the social media, youtube, everywhere.

0:57:55 - Julie

Okay, terrific. Well, everybody, that's it for this week, sending you lots of love from sweet home Alabama I'm not and from Arizona to where Susanna's. We'll see you next time.

0:58:07 - Disclaimer

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at ask Julie Ryan and like her on Facebook. At ask Julie Ryan To schedule an appointment or submit a question. Please visit [askjuliereyan.com](http://askjuliereyan.com).

0:58:22 - Disclaimer

This show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional. The ask Julie Ryan show, Julie Ryan and 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.