

## AJR - Brandy Gilmore Transcript

0:00:01 - Annncr

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

0:00:42 - Julie

Julie Ryan, welcome to the Ask Julie Ryan show, where we blend spirituality and practicality to help you live a life full of purpose and joy. Today, we'll explore how it's really possible to use our minds and energy to heal our bodies with a renowned researcher and mind-body healing expert, Brandy Gilmore. Brandy's story is nothing short of remarkable. After a devastating accident left her disabled and in constant pain, she embarked on a quest for healing that ultimately led to groundbreaking discoveries in the realm of mind-body medicine. So prepare to have your mind opened as we journey into the extraordinary world of mind-body healing. On the Ask Julie Ryan Show. Brandy, welcome to the show I'm so delighted to have you.

0:01:38 - Brandy

Julie, it is so wonderful to connect with you. I'm so happy to be here.

0:01:41 - Julie

We before we started recording, we were just talking about all these different connections that we have. It was like oh my God, you know her, oh my gosh, you know him, whatever. And so what is that? Six degrees of separation, or what's that saying?

0:01:56 - Brandy

It right, but I think we have like one many one degrees here and there and there.

0:02:02 - Julie

Absolutely. It's like a spider web, I think you know really, if you don't know somebody, you know somebody who knows somebody. I think is how it works.

0:02:11 - Brandy

I think so too.

0:02:13 - Julie

It's all beautiful. Is it really possible to use our minds to help heal our bodies?

0:02:21 - Brandy

Absolutely. And of course we can use our minds in the opposite ways. When we hold on to negative and hurt and stress or all kinds of things that we can use our minds, obviously, that are harmful for our bodies as well.

0:02:36 - Julie

Yeah, I agree. Well, we're going to dive into that. I got a bunch of questions for you along those lines. Was there a catalyst for you to get you interested in the mind-body connection and how to use it to heal?

0:02:51 - Brandy

So many. You know. One of the most pivotal for me was seeing the awareness that people with multiple personality disorder could have different illnesses when they were in different personalities. Really, I've never heard that. Like one physical body. But let's say, some physical body identifies as Jane, but let's say, when she's in a personality she calls Susie, she could have actual different physical illnesses. She can have different body temperature, blood pressure, allergies, asthma, back pain, all kinds of things.

There's even a well-known study of a woman who was blind in some personalities and not others, and not like pretending to be blind, medically diagnosed blind and brain activity, all of it. It's so that even different EKGs, and so it's so that to me I mean the first, my first entrance was really about the placebo. And when I started looking at the placebo and you know it's a well known fact that this fake pill can actually create changes in the physical body and I thought, well, how is that possible? But the more that I delved into all of the research, the more I realized how much everything was actually pointing to the mind as being the missing link to healing.

0:04:18 - Julie

Well and the National Institutes of Health here in America says that it's 50% of people that take a placebo heal from the placebo. 50% and in most clinical studies and as an inventor of orthopedic surgery devices sold throughout the world, I had to get my devices approved by the FDA here in America and then the other corresponding bodies in other countries and in pharmaceuticals, 50% of the people that take a placebo feel better or have actual healing results. In a lot of instances the placebo effect is more effective than the drug, but they just don't tell you that in the studies.

0:05:07 - Brandy

They don't. And then this is what's crazy also is this. So once I found out about the placebo, I said, okay, well, I'm just going to like force myself to believe I was, I'm already healed. And so I tried like forcing myself and just believing for years and it wasn't working. And then I found something about like maybe a year into it, that is the open label placebo, which is exactly like it sounds open label. So both the doctor and the patient both know it's fake and it still works. And then I was like, wait a second, it's not all about belief. And so it just kind of the mind is incredible.

0:05:47 - Julie

Exactly. Well, let's back up a little bit. Tell us about you had a horrible accident. Tell us about that. Tell us about what you went through and what led you to even explore the placebo effect.

0:06:02 - Brandy

Absolutely. You know I this is literally the last thing I ever thought I would be doing, but I used to do network engineering and operations and basically I had a car accident and then I had a fall and I fell just wrong, just right, however you want to say it, but I literally went from living a full life to being wheelchair walker cane. You know, on a good day I could get out using a wheelchair walker, a cane, and many days I was just stuck in bed on morphine in extreme pain and basically, after my doctor said that there's nothing they could do for me, I started searching, looking outside of the box diet supplements, meditation, theta, just looking at anything that I could find and it wasn't working. And so finally I got invited into a medical study and I thought, oh my gosh, like I'm going to get my life back. And basically, a long story short, they wheeled me to go into the hospital and when I got there, the doctor looked at me and he looked at my chart and looked at me and looked at my chart and he said you know, we don't actually expect you to get better, you can't be a part of the study.

And in that moment it felt like I swallowed a tennis ball, it just was. I was just choking back the tears just to maintain. And I got home after that I'm laying in bed in extreme pain and I just was like I'm done. I just I don't want to live anymore. What's the point? And that's when that thought came into my mind. Well, what about the placebo? You know, it's a known fact that there are a certain percentage of people who can get healing results, and so that is what drove me to say, okay, well, what is it? And it sent me on this incredible journey of understanding. What is it, how does it work and how can I use it to heal myself?

0:07:54 - Julie

Where do you think that voice came from?

0:07:57 - Brandy

Well, where do I think it came from? Let me ask, yes, of course, from, uh, let me, let me. Let me let me ask Um, yes, uh, uh, it was of course a, a, a. I would say, you know, it's interesting. So now I channel information, like so, after I healed myself, and then uh, then I cleared my mind and I got this gift and was able to channel information. But I, I think it was a think, it was a gift of a seed, because I would love to, I was not channeling information at that point. I would just say it was universal gift or divine intervention, exactly.

0:08:37 - Julie

Uh-huh, yeah, yeah. I call those divine downloads. When we get a thought and it leads us in a direction that's totally different from anything that we get a thought and it leads us in a direction that's totally different from anything that we've ever thought of. And a lot of the times it doesn't have to be totally different, it's just do this, how about that? Check this out, whatever and for you to be at the depths of despair like it sounds like you were and then for spirit to say, hey, Brandy, what about the placebo effect?

0:09:11 - Brandy

That's a divine download girl, yeah, and it sent me on this huge journey. That's why I say all this thought or this voice. You know some people aren't ready for all of that yet. And for me personally, to go from doing network engineering and operations to then channeling and downloading information At first I didn't even tell anybody about it, for when I first. How long you OK. So how long did you wait to tell people?

0:09:37 - Julie

A long time, a long time, and I and I had companies. So I thought, oh, my God, you know, people are just going to think I'm nuts and how's it going to affect my business, let alone the personal side. But what's it going to do to my business? And I was at, I was lecturing at a conference of C-suite executives in Austin, Texas, and I we had just put up my website and I thought, okay, god you know, just don't let anybody see my new Ask Julie Ryan website with the woo-woo on it.

And this guy, after I finished my talk, Brandy, came up to me with his iPad and he goes is this you? And of course, my picture is on there. I wanted to say, duh, yeah, that's my picture. Yeah, that's my picture. And so he said, well, I want to know more. Can we sit together at lunch? And I thought, oh, I am just going to get pummeled at lunch, so I sit with them at lunch. We're at a table of eight I will always remember this. There's seven C-suite men and me. They didn't want to talk about what the conference was about. They wanted to talk about woo-woo the whole time.

And so I said okay, god, all right, I you know. Every morning I say, god, show me what you want me to do, show me how I can help people, show me what my path is. And that was, that was how my baptism of fire, how I got over it.

0:11:00 - Brandy

Oh my gosh, I love that. That is so great. Okay, so when I was after I healed myself, I thought people are going to think that I'm nuts Right and I wanted to just show it. So I started trying to figure out how to show it and take people out of pain and show them how to use their own mind to do it Right. But at first when I was seeing people, I would just kind of I would I how I started? Because I thought people are going to, you know, think I'm crazy. And I was like.

So when I started working with them, I said, okay, well, you know, have you gotten enough greens? Or you know enough protein and water every day? And then I, and then I would say well, you know, stress can affect your body too. And they and they said you know, for example, let's say, your son, like you, had a lot of resentment towards your son. And they would go oh my God, that's exactly how it's safe. Well, let's talk about that. So I just didn't tell them that I was reading their energy. I just was trying to help them because I didn't care how they got the answer. I didn't want to freak them out, I just wanted them to know that they could heal Right. And then, finally, when I yeah, so it's a coming out process. And then, finally, when I yeah, so it's a coming out process Right.

0:12:06 - Julie

So tell us a little bit more about your healing process. After the accident, you studied the placebo effect and then what happened and how long did it take, and give us kind of a timeline and what you experienced along that timeline.

0:12:27 - Brandy

I'm going to tell you. When it comes to a timeline, the hard part is is that I wasn't sleeping. I was up all night, you know. So I didn't want to know how many years had passed, and so it was. My total injury was about six and a half years and so, yeah, so it was long. It was very, very, very.

And after I started just looking at anomalies as a mind or a multiple personality disorder was something that really stuck out in my mind.

That and energy, the awareness of energy of the body, bio photons, and how, just how much our minds can actually influence our energy, and that was really fascinating to me, especially because people don't know that energy actually exists.

A lot of people, you know a lot of people, think that energy of the body is just some spiritual woo woo notion, but it was actually discovered by a medical scientist, also in 1923, and he was nominated for 11 Nobel Prizes and fast forward to this day. I just talked to a medical scientist last week who was shocked after reading my book and he said bio photons are real and he's like there's actually energy in the body and he's been a medical scientist for over 40 years and so it's. That was another thing also, and, by the way, bio photons are energy of the body, light energy. There are studies that are actually also in. There's a collaborative database between Harvard and the Smithsonian that, under the NASA agreement that maintain this database that actually has information about energy in it, and so it's just energy in the mind and it just became this unfoldment of understanding how incredible our minds and energy really are.

0:14:21 - Julie

Well, EEGs, brain scans, ekgs the electrodes are on the outside of the body, for heaven's sakes, you know. I mean, that's about as basic as it gets when I tell people they go, I believe in this. I go. Well, you ever heard of an EKG? Yeah, I've had them. I go. Well, what are they doing? They don't have the electrode on your actual heart. They got the electrode on your skin. They're picking up the energy of your heart outside of your body. I never thought about it that way.

0:14:51 - Brandy

Yeah, exactly, and then. Okay, so when it comes to like bio photons, so what is a bio photon? Simply put, so the easiest way to think about a bio photon, so if we think about a photon as a particle of light, so a light bulb emits photons, particles of light, the sun emits particles of light, our bodies emit tiny particles, invisible particles of light, and so a photon is a particle of light. A bio photon is a photon from a biological organism, and what happens, though, is that to be able to see the energy from the body, these biophotons, it's hard to test, because you actually have to be in complete darkness and they have things called a photomultiplier tube to be able to actually check this energy from the body.

But that's what's amazing, and, and to be clear, when alexander gerswich, when he discovered the, this light energy from the body, he initially called it mitogenetic radiation, and so and he did win in uh Nobel Prize in Russia it's a USSR prizes, ultimately what he won but that our bodies actually emit different bio-photo light energy. And not only that, but there are research studies that show that this light energy helps communicate information through our bodies, such as homeostasis, and some people probably not many people here. But some people would might think well, how does light energy carry information? But then we think about fiber optics. You know, all of us are connected on the internet, and fiber optics is exactly that it's just glass with light going through it. And so our internet, tv, cell phones, all of that is all run off light information.

0:16:53 - Julie

Well, listening to you talk and I'm thinking, okay, well, no wonder, you know, you have a scientific mind, you're a linear thinker who knows how to process all this technical stuff because of your background, so that was all perfectly orchestrated to get you to the point where you are now, to be able to understand this stuff and translate it into understandable language so the non-scientific mind can grasp it. So bravo on that girl. For those of you that want to know more about Brandy's story, watch her TED Talk. It's one of the best I've ever seen. It is up there in probably the top five I've ever seen, and I've seen hundreds of them. So just look up her name, look up the TED Talk and it will be an amazing 12 minutes of your life to watch that TED Talk. Well, back to your journey. So you started studying the placebo effect, and then what happened next?

0:18:04 - Brandy

The placebo multiple personality disorder. Then, looking at the open label placebo and I was trying to figure everything out, and then the awareness that our minds could also influence biophotons or light energy and all of this stuff. And so I started looking at it and it was so much information and I said, okay, look, how do I simplify this? And I said, okay, well, if we just start looking at emotions for a minute, how can I see that our mind affects our body? Emotions Okay, if somebody's embarrassed, their face turns red, okay, somebody nervous stomach Okay, panic attack, racing heart, shortness of breath Okay, it's sexual thought, sexual physical response, different for men or women, but there's a physical response. And I said, okay, well, we know emotions affect the body. And of course, at this point I was like I need a lot more than emotions to heal me. I was a mess.

But then I started looking at it and I started looking at well, how much can emotions really affect us? And ultimately to the point of death. I mean, there's the widowhood effect, where a senior can lose a spouse and die, or even things like scared to death, where somebody can be so scared that their heart just stops. And I thought, well, let me understand this even more, and so, ultimately, what I began to realize is I was looking at everything objectively.

So that was another key piece is, if we look at stress objectively, we can see that there are people who have PTSD, who are extremely stressed and not sick, but then we can see that people who have less stress and who are very sick, and what I began to realize where there

were different combinations of emotions could impact us, and the kind of the simple analogy that I always use is it's kind of like if somebody has flour, they can't make cake, but if they have flour, mix it with eggs and butter vegan eggs and butter and ingredients and so forth they make cake. Now, of course, illness is different than cake, but point being much different. But point being is that different ingredients make different recipes, and so that's what I started to realize is just understanding that combinations of emotions work.

0:20:31 - Julie

I think the cake analogy is brilliant because I agree with you. In working with clients privately and also people that call into my call-in show, we release my call-in show on Friday mornings. We tape it Thursday night. People call in from all over the world and I scan them energetically. We talk to their dead grandma. I mean I can tell if they've got gout or cancer or whatever. If they want a medical scan, we can talk to their pet. We can do past lifestyle whatever. It's a blast.

But when I'm working with people there is always an emotional component that causes an energy block. This is my experience. The energy block builds with the energy of other emotional events throughout their life, causes enough pressure, causes a blowout, as I perceive it, in the energy field membrane. To me that's the container that holds the energy that makes up our body and our spirit. What causes the energy block? Always an emotional event, either in this life or a past life.

So I envision myself, brandy, going into this tear or hole in the energy field membrane and I'm shown a scene. I'm given a year, I'm told a little bit. It's like I'm watching a movie scene. If it's past life, we'll get where it was when it was, as soon as we illuminate where that block began. I'm not going for the most dramatic or traumatic thing that's happened to them. I'm going for where did that block begin, because it's been my experience in doing this tens of thousands of times. If we can get to that core, it eradicates all the other energy blocks. Energy field membrane heals, body goes back to working on full power. There is always a leak 100% of the time in the energy field membrane before any kind of disease or illness sets in 100% of the time.

So I agree with you on all of that.

0:22:26 - Brandy

Yeah, I've never seen anybody who has had an illness that there wasn't some emotional component connected to it. And who knows? Obviously I haven't met with 8 billion people so I can't say technically, but I personally, out of anybody I've ever seen and worked with, I've never seen somebody not have an emotional component.

0:22:49 - Julie

Me too, me too. So, between you and I, our unscientific poll it's probably 7.5 billion, I would say Perhaps.

But back to your cake analogy. I love it because there's an emotional component in place, usually for a lot of years, and they've got a leak in their energy field membrane and then it leads to other things, other behavioral issues, other environmental issues, that they're exposed to other you know what's their diet, what's their exercise pattern, what are they doing to keep themselves healthy? What's their exercise pattern, what are they doing to keep themselves healthy? And those are all ingredients that go into their recipe that forms the cake of whatever their illness is. So I love that analogy.

0:23:35 - Brandy

I think it's brilliant. Thank you, thank you, and well said it is. It's the combination, and when it comes to emotions, typically what I've found is also it can be underlying feelings of guilt or shame. That can be part of that, or also another thing that I've seen is part of the ingredients is that if people have been ill for a long period of time, it can become part of their self-image, the way they actually see themselves, and so their body then wants to continue to recreate illness or even feels unsafe to heal because it becomes part of their image.

0:24:14 - Julie

Well, to your point, I have a client who is one of 11 children and she's in her late 60s now and has been sick really for most of her life. And we went into her energy-filled membrane and I saw this scene in the 50s and it was her mother hanging laundry on a clothesline and it was near a railroad track. I said does that mean anything to you? And she said yeah, there was a railroad track that went behind our house and my mother used to dry the sheets and stuff by hanging them outside. And I said, in this scene that I saw in your you know, when I went through the hole in your energy filled membrane, I saw your mother coming in and you were in bed.

I said do you feel like that was when you got the most attention when you were sick? And she said yeah, with 11 kids, yeah, I was sick. And I said okay, so how does that translate in your life now? When you're sick, you get more attention, even if it's from doctors and medical professionals and your family. And there was a light bulb that went off in her head and she said oh my God, I never thought about it that way.

0:25:44 - Brandy

Right it is. And then also, what can happen is, in some cases is that lifetime of illness as well, and it's just about repatterning and and you know, and I've, I've worked with people who are, you know, like bedridden for eight years or you know, and sublime and all that, and yeah, I'm sure you've worked with and, and so it's when somebody's entire life is around all of it.

0:26:12 - Julie

It can get very ingrained into the brain in a variety of different ways. Okay, so this is the last time I'm going to beat this dead horse here about your healing journey. Okay, okay, okay. So I keep, I keep wanting to go down these. Yes, just, I know I'm distracting you, I keep going down these rabbit holes, down these. I know I'm distracting you, I keep going down these rabbit holes, but when you so you're in this tremendous amount of pain, all these doctors have told you okay, girl, we can't do anything for you. And you're thinking, okay, I'm just going to do this myself. And you started studying this stuff. Did you meditate? Did you change your diet? Did you change what you were envisioning yourself doing? Tell us about the actual physical things that you did to help yourself heal.

0:26:59 - Brandy

I did all of those things and those things didn't heal me, and so you know, there were different epiphanies along the way. I would say meditation was a great coping mechanism for me for a while, and like they stayed in guided meditation, so I did that for a long period of time. I would say what kind of a. One of the pivotal points for me was. This is that during my injury, I had a friend of mine. Her aunt was dying and they asked me if I wanted to go pay my respects, and so she came and picked me up and she took me over to her house and I went to go say goodbye to her, and I also. So I said goodbye, but I also. She was laying there in a deep, deep state of relaxation, in and out of consciousness, and she had been in and out of that state for a while I mean weeks and weeks and weeks, if not months and I said bye to her. But then I also had this epiphany. I thought, well, gosh, that's probably what I, because I was literally spending so much time in theta state and delta state and meditation trying to just heal, and that's when it hit me I have to do something radically different. And so, from that, what I really started doing

was I started instead amplifying emotions, like bringing in really really strong positive emotions and making a point to create new neural pathways. And so, basically, a lot of times, what happens is, when people engage in like positive thinking, it doesn't stick and so it always feels effortful or always feels after the fact. You know, blah happens and you go well, I'm going to think positive about this situation, and so it becomes a reactive thing instead of an active way of being and feeling. And so what I started doing is kind of a way to think about. It is this is that if you walk through a field several different ways and you walk through a field, you never really create a path. But if you continue to go through the same field over and over and over again in the same way, it creates a neural pathway, and then, of course, what happens is in the you can automatically take that path, and that's what our brains do, is they'll automatically take neural pathways that we've built, and our brains work in patterns, and so I started. One thing that I started doing is I started creating really, really positive patterns. Now, if we go on the kind of the geeking out technical side for a moment, something else that I had read because I was trying to figure out.

What are all these ingredients to cake healing, but not illness healing part of it. What are all the ingredients? Well, optimism was one ingredient, and time and time again research has shown that optimism can have a huge impact on our health, even after surgery. So post-surgical studies have shown that somebody who's in a state of optimism can heal faster, speed up cellular proliferation, and if somebody's in a negative state fear, anger upset it's slower healing. Increased re-hospitalization, all of anger upset it's slower healing. Increased re-hospitalization, all of these things. So that's been documented time and time and time again. There's even been studies from Harvard that have shown that optimism and emotional vitality can protect against heart disease and all kinds of things. So that was one ingredient, and so I was like, okay, well, I need this ingredient. And so it became a process of creating neural pathways, getting different ingredients, understanding what was impacting me and creating that shift.

0:30:38 - Julie

So on that line of optimism, I have an incredible story along those lines.

I have a client who sounds like something out of a silent movie, you know, a black and white movie from the early 1900s. She was coming home from the hospital I think she had had ankle surgery or something and she couldn't walk. She had crutches and all that. And her son was driving and the car stalled on a railroad track with a train coming towards it and the train was coming on her side of the car. The son was able to get out. She couldn't get out, she couldn't walk and there wasn't time. So she told herself I'm going to be fine, everything's going to be fine.

Period Train hits her like, takes the car way far down the track. I'm talking to her a couple years later. She said they took her to the emergency room. They couldn't find anything wrong with her. They did the x-rays and stuff. Everything was fine. Now here's where it gets interesting. When I got her on my radar and, like I mentioned, I'm like a human MRI, so it's like I have a big screen TV in my head when I got her on my radar, I connect to her energetically. I see the whole right side of her body looks like from a skeletal standpoint, looks like a bunch of little mosaics Like if you're you know you see a mosaic floor, you see a mosaic like in a church or something.

It's these little teeny pieces put together with ground. I'm like holy Moses, this is amazing. So her mind, in saying I'm going to walk away from this and I'm not going to be injured, her mind gave her body the opportunity and I think she healed herself. How can somebody be hit by a train and not have injuries? But she said that I was the first one that had told her injuries. But she said that I was the first one that had told her about all these little mosaic pieces. So, to your point, can we protect ourselves with our mind? I think she's a great example of it.



0:32:58 - Brandy

Absolutely. I mean that's an amazing example. And also I mean there are literally research studies that show in long term-term Harvard studies, 20-year studies that show having optimism, emotional vitality, that there's a much lower rate of illness, of coronary heart disease and if you think about, coronary heart disease, the number one cause of death, and so and not only that, but people who are optimistic, research shows they live about 15%.

0:33:30 - Julie

So I mean absolutely, I would say 100% Our mindset is incredible, so you were optimistic about the fact that you would be able to live your life without pain.

0:33:43 - Brandy

You know it'd be nice to say that I was optimistic. I don't think I was at that point in time. I was working on programming and I was in a really bad spot. I mean, I think if they had told me that I was going to check out, I would have been like, okay, yeah, I mean, part of what made me, part of what fueled me, is that that I would be laying in bed and there would be a trash truck that would come by. I remember that very like and I would think I wonder if I could just get my wheelchair and push it in front of the truck and just end it all. And then my next thought would be oh, I'd feel bad for the driver, he would feel bad and you know, then on my tombstone it's going to say killed by trash truck, and then I don't want that on there. So my mind would go down the spiral of it. And no, I would say part of what also.

I just my thoughts scared me and I research became a form of survival. As long as I could research and find some type of something. It was like an emotional, mental addiction. Survival had to. If I didn't do it for a couple of days and it would just get worse. And so I would say that. And I would say that then, from that place, part of the reason I went towards okay, I'll have to get positivity in is I had been also reading bio some.

There was something that I read that said endorphins are the body's natural painkiller and I thought, well, I need some of those. And then you go down the list and it's like chocolate. But then I was on a candida cleanse and couldn't have this and couldn't have that, and no sugar and blah, blah, blah, and, and, and then it was like exercise, okay, well, that's all. You go down the list and it's all these things. And it was just like yeah.

So I was just in a state where I said, okay, I just need to be to, to, if, if endorphins are going to help me to get out of pain, I need more endorphins. And so that was another. There were pieces. You know I was, I was navigating and figuring it out. I, I, it took me years, I now it's nothing like now, like now I can take people who are in chronic pain, I can show them under medical equipment. That's what I love. I like quantifiable stuff. And so, um, now I'll take somebody who's experiencing physical pain and and, and I'll show it under medical equipment and then show them how to use their mind and you can literally see the scan turn from red to green as their pain goes away, and that's like that, like so by point I I only figured it out because I probably made more mistakes than anybody.

0:36:14 - Julie

Well, it sounds to me like you were laying neural pathways with the results that you were finding in your research, and so you were laying new neural pathways in that. Okay, there's this placebo effect thing, but more people heal from the placebo than heal from the new drug. Okay, there's this endorphin thing. There's this thing, and that may be some of those pathways that you were laying. That all then came together in this confluence of all of the results of the research that you were being led to. Does that make sense?

0:36:51 - Brandy

I don't think that was my experience, because I know that. I mean, I hit a pretty low before I healed. I was in a rock bottom state probably six months before that. So, despite all the research and what was, it was a rocky road and, uh, I would say it's like this.

It's very much emotions. It's kind of now it's like when we look at different emotions and we say, okay, well, um, embarrassment, red face, anxiety, panic attack, you know, somebody's feeling panic and instead how I really experience it is just noticing the specific emotion and getting it to stop. So it's kind of like if somebody's having like a panic attack and they go, oh my gosh, like if they had no idea that emotions were affecting their body, and they go, well, run a scan, run a test, take some medication I wonder what this is and they have no idea that emotions are. What's causing it. They're like I don't know, it's shortness of breath. That's kind of how I see it now is there's these emotions that are impacting our physical body and everybody's doing all of these things to try to get it to change and it's not working, but they're not changing their emotions. And then, what's also fascinating so I was, you know.

I was also researching Freud's work and looking at repetition, compulsion and reenactments and the awareness that our brains think in pattern. We, you know, we have patterned ways of thinking and feeling, and so somebody might have a pattern of guilt from childhood, or somebody else might have a pattern of self-criticism or a pattern of abandonment or rejection or whatever that is. And you know, using a common example of a woman who has an abusive father, who leaves him and finds the abusive boyfriend, boss, spouse, et cetera, you know that those patterns can continue, and so what I began to look at was not just about clearing the trauma, but finding the pattern and understanding and then clearing the pattern, and that is key. So, like you said earlier, when you said, well, it's not just the biggest trauma, absolutely Okay. So I just actually had a study published in a medical journal and one of the participants in the study had uh, her ex had committed suicide. So here, her kid's father committed suicide, and that came up while we were working. She mentioned that and I was like I'm sorry to hear that and that's something you're definitely going to want to work on. But now we're going to work on what's hurting you, what your pain is.

And so most people would have thought, oh my gosh, this has got to be the issue. But it wasn't the issue. There were other things that were stressing her and other emotions that were more intense. And so I would say, I would say, you know, even with myself, I that's what I did.

I started identifying what emotion was affecting my body, and one specific thing that I did is I said, okay, well, my nervous system is off, so my nervous system. And if I said, okay, well, my nervous system is off, so my nervous system. And if I said, okay, well, my nervous system is off, what could be affecting my nervous system? Why is my nervous system? Because I had a neurological disorder and, okay, well, fight flight. What is the nervous system about? Fight, flight, fear, all of that, right. And so that's what I started looking at is what's? Why is my nervous system having such a reaction? And so I started to realize I had a lot of subconscious fear and then shifting. That Does that make sense? Yeah, yeah, absolutely. So we see, Louise Hay had an influence on me, or Florence Scoble Shinn was influential in my way of thinking. That helped me to really think also about the emotional connection between the mind and body.

0:40:49 - Julie

Okay, I have a snarky question for you.

0:40:51 - Brandy

Okay, bring it, any question you got.

0:40:53 - Julie

This is just for me. When you were healed, did you go back to all those doctors that said we can't do anything for you, you're just going to live your life like this? Did you go back and go? Eh, not so fast. You know there's a part of me that wants you to say, yeah, I went back and I went, but you may have more class than I do in that situation. But tell me, did you have any of the doctors with whom you consulted that gave you the doom and gloom answer? Have any of them seen you since then?

0:41:33 - Brandy

One has. So I did go back to one. I did have that one in mind that I wanted to do like the na-na-na-na-na thing, but I didn't. But there was a nurse. There was a nurse along the way that I was like, but with one doctor.

After I healed and I got better and I had started working out with my bodybuilder, so I was getting in shape, I was really working out, getting in shape, and so I went back and I saw him, but from a place he'd always been really kind. He was somebody who had been very, very, very kind and was just like I could do anything to help you. I just can't and he was so. He was just so sweet, and so I wanted to share with him what I did to get better.

And when I saw him, though, it felt like I looked five years young, maybe 10 years younger, and it looked like he looked years older. I mean he looked aged, and I mean we're not talking a long period, maybe a year, because I don't even know if it was that because I had been on triplicates Like to get morphine. There's a triplicate form, like you actually have to go in physically and get the prescription and whatnot, and that's what I had been on at the time in Avenza. And so, yes, I went back, but basically I was going to tell him what I did to get better and he didn't even really ask. He was just like, wow, you look great, amazing. And he was like, okay, well, I got to go on to the next patient. You look really good. I mean, didn't ask Again again, just a very good hearted gentleman. So I have, I have.

0:43:13 - Julie

Well, I think that's more common than not and and that's what I tell my clients all the time is look, the body's programmed to heal. Just because somebody gives you a diagnosis doesn't mean that's the end, all be all. You have the power through lots of healing modalities. They're all part of the healing equation, and no doctor, no healer, no medical provider heals anybody else ever. We all heal ourselves. We're here to assist you on the journey for you to heal yourself. The work that I do, I believe, is part of the healing equation. The work that you do is part of the healing equation to help people heal themselves. The analogy I like to use is at the end of surgery, the surgeon's going to close the incision with sutures or staples. The surgeon doesn't make your skin grow back, you make your own skin grow back, and that's just a simple analogy for this. Would you agree with that statement?

0:44:14 - Brandy

That's cellular proliferation, that's it and that is the positivity and that's, yeah, absolutely. And what I love and respect so much is I always tell people that same thing when they heal themselves, get out of pain, all of that. I say look at what you did, you did that. I'm just helping coach you and show you how to do it. You did it. I have so much respect for you that you say that and you know it, yeah absolutely.

0:44:41 - Julie

I want to get into exactly how the testing works. I know you use thermography. I want to get into that. And I also want to get into what can people do when they've gotten multiple diagnoses and they're all really awful as far as what the future holds for them, what they're being told. So I want to get into that. But first, do you believe the mind can create disease?

0:45:28 - Brandy

The mind can well, absolutely, and this minds can negatively impact our bodies absolutely as well. And of course then stress and illness. And yeah, absolutely yeah.

0:45:39 - Julie

Couple of examples from my side my Meemaw, for whom I'm named. I adored my Meemaw, my Meemaw and I still hear her to this day. When it's windy outside, she'll say you need to put a hat on or a scarf on because you're going to catch a cold. I mean, I hear this. She's been dead for 25 years. I still hear it in my head and I think a lot of us are taught this stuff. There's no harm intended. You know they're trying to keep us healthy.

But, that's what she was taught. She was born in 1902, that's what she was taught, and so she taught her children and her grandchildren that number one. Number two I have a friend who 30 years ago a little over 30 years ago, he told me that his number one fear in life was that he was going to die of prostate cancer. And I said why? Where's that coming from? He goes I don't know, I just feel like I'm going to die of prostate cancer. Well, a couple of years ago he called me and he goes I don't know, I just feel like I'm going to die of prostate cancer. Well, a couple of years ago he called me and he said I've been diagnosed with prostate cancer. Can you help? And I said yeah, absolutely. And he said, yeah, I don't know where this is coming from.

All that I said you told me 30 years ago than once that your number one fear in life was that you were going to die from prostate cancer. And guess what? Two years later, he did so. Do you think that was a premonition? Was that something he created with his mind? Was it some of all of the above? What do you think was going on there?

0:47:10 - Brandy

I would say it's a premonition, I would say that universe. I would say that we have a sense of what's going on in the bigger picture that a lot of times we ignore. It's kind of like this is some, you know, if you're heading towards a cliff, you might have an increased feeling of fear inside because you're heading in that direction. And so I would say I would see also what can happen. And so this is what's a little tricky with the mind is that if you take something like, for example, somebody having a pride in hardship, like, for example, somebody having a pride in hardship, so what can happen is if somebody has a pride in hardship, then there is a part of their mind that wants hardship because there's pride with that, there's significance with that, and so they want it. Now the other part of their brain is like I don't want any hardship, this is scary, this is a struggle, I don't want it. And so that that miswiring, if you will, is what creates a lot of illness.

And another kind of way to think about it is you know, we've all heard before that unfortunately a cutter, somebody who engages in self-harm. They might cut themselves and experience a feeling of relief or euphoria or control or safety from cutting themselves. Now it doesn't make sense, logical sense. But those things get linked up and so what can happen is you know, somebody could get up, get sympathy linked up to love, and from that there's a part of them that wants love. They go oh, I need sympathy. What do they need to have sympathy? Something bad to happen? And then what happens is then they live in a state of fear because it's like part of their brain wants to jump off of a cliff and the other part is like I know this would be painful, and so a lot of stress comes from miswired programming that doesn't make logical sense.

0:49:05 - Julie

That's the best definition of that I've ever heard. That was superb. That was just terrific. Okay, what's different about your technique that you use from mindfulness or positive thinking practices? I'd like to go into that for a minute in more depth. I know we touched on it a little earlier, but let's do a dive into that.

0:49:31 - Brandy

Okay. So what's different than I mean? There's so many things, so let's start with. One thing is this is the awareness that emotions control our consciousness. And a simple way to say that is that if we think about, if we're really really, really in love, what do we see? We see all the great things, all the wonderful things in a person, but if we're really really upset or we just had an argument, what do we see? Our brains automatically may fault find or see the negative or keep going back to an argument, and we don't do it on purpose. That's the way that our brains just spiral and they go and our perception. That's what we see, and what happens is we have all kinds of emotions that are running our subconscious mind that we don't even realize are painting our perspective, and so part of what I do are a few things. One thing is I mentioned amplifying the positive emotion. So when I was trying to get endorphins and amplifying it, that was a big thing creating new neural pathways but creating a strong enough shift that you're not just correcting a wound but you're really shifting, like, for example, if somebody were to go from feeling angry at their husband and their mind's constantly in resentment and fault finding, to saying, okay, I want to radically shift, let me amplify feelings of love and let me really really shift that, and then let me go into the negative, so then I can fall back into that state of love and create a different feeling. So it's kind of like that, but in a general sense in life. And so I'd say a few things from this. It's really about amplifying emotions. It's about being aware that emotions and subconscious emotions control your consciousness or your perception, and I call that emotion controlled perception or emotion controlled consciousness. So that's another thing. I would say that also.

A lot of times what happens is people, when they go to address negative emotions, they either they'll notice they have a negative emotion and they go start looking at that, or they immediately go to their childhood self. Now the problem is is that when we think about again, the emotion controls our consciousness. It means that we're just stuck in the same consciousness over and over, and, over and over and over again. And so, instead of people, I call it reverse emotional processing, where you amplify the positive first, then you deal with the negative. So it's not that you avoid it, but you shift it. As you do, you can start to see things in a different way, and it allows you to genuinely eradicate negative emotions. And so that's like there's there's a lot of different pieces, and then, of course, understanding the miswired you know what is miswired in the mind, because that's I don't think I've ever met anybody who didn't have something miswired in the mind that then was affecting their health also. So there's a lot of key pieces.

0:52:26 - Julie

Give us some stories, please, of people with whom you've worked, where, what their symptoms were, and then going through your processes and methodologies. What was the result of that? How were they able to heal?

0:52:44 - Brandy

Okay, so there was a woman that I worked with who had a tumor in her throat and the tumor was there for about four or five months and she had tried everything diet and supplements and meditation and all these things and it wasn't going away. So finally she scheduled surgery and she had a pre-op MRI and they checked the tumor and it was theirs five millimeters and they scheduled her for surgery on Friday five millimeters. And they scheduled her for surgery on Friday and her and I happened to connect on Thursday, which was a whole nother woo-woo experience of guides connecting us and etc. But we happened to connect. Of course you know who I'm talking about. And so we happened to connect the day before surgery and we worked together for about an hour and 15 minutes and when we did it was really um it basically when I, when I first started working with her, I told her this, I said look at, just so you know, you have some type of mind programming right now and I don't I don't know what it is yet I haven't stepped into your energy to check your energy, but there's something that you feel

and believe strongly about that I'm going to make wrong and um, and so, just so you know that's, that's where we're going. So there's some belief you have. We need to eradicate it. And I said, and so I'm going to push, just so you know. And uh, she, she was literally like she said bring it on, it was really really great. She, um and uh, so anyway.

So, point being, there were things like part of her felt guilty for being happy and felt like other people. So what had happened was there were fires in the area, so California fires, we had all these fires, and after the fires her house didn't get burned down, but a lot of other people's houses burned down. So then it was a lot of other people's houses burned down. So then it was a part of her. She had a tumor in her throat, so part of it was telling a story of sympathy and suffering. So part of it she had old business wounds, blah, blah, blah, like these types of things.

So that was part of it was that story of sympathy. So that was part of the ingredients. Another part had to do with feeling bad about others and that they lost their house, and then she didn't. So she felt guilty, and so it was the combination and so basically what to look? And they were like it's definitely there and uh and so. But the ENT finally came in and he checked her neck and he couldn't find it. And he said I just can't operate on something that's no longer there. And he said I've never seen anything like this in my 30 years of experience.

0:55:28 - Julie

Um, and so it was beautiful because, uh, she and she did you, you know, I just helped her to understand what was impact well, yeah, in medicine that's called spontaneous healing or spontaneous remission, and there's no, you know, there's no reason or rhyme to it, but it just happens sometimes. The interesting thing about that story, too, to me is is and you pointed it out is there were things that she wasn't speaking, and so that's where the disease manifested was in her throat. Do you see that with other patients, like if they have quote a broken heart or they have you know something along those lines?

0:56:34 - Brandy

Absolutely, absolutely, and I would say more so in hers. I saw the energy going the other way. So she's very she communicates burned down. This that the other. So I would say it was also a block in how much she was allowed to have and also feeling like she shouldn't. She should like part of our, part of our. The shift in that whole story was it was her duty to be amazing, and that was like a theme that came out of that session was that you don't have to work in the trenches, it's your duty to just be amazing. And getting rid of the story of sympathy and suffering. And so there was multiple shifts Again, it was just there were multiple things. That was a key piece that this fires really set it off for her.

0:57:18 - Julie

When you say that you step into somebody's energy and you find out kind of what their story is. Can you explain to us how that works for you? What do you experience during that?

0:57:36 - Brandy

that works for you? What do you experience during that? When I work with somebody and I see step into somebody's energy, that's not the best way to communicate it. I would say more. So.

Typically what I do is I ask universe for information the universe, god, divine energy. I can get guides, but I don't rely on guides for healing. So if I'm working with healing information, then I just ask universe directly and then I also check information between conscious mind, subconscious mind and the body. So if there's illness in the body, asking and getting information from that, seeing where the miswiring is between the conscious mind, the subconscious mind. So there's, there's multiple checkpoints, if you will, to just get information

and the information that I get is okay. Well, what emotions are impacting their body? What do I need to change to help them to get results? What do I need? What information do I need to give them and then helping them to shift the emotion. So it becomes an energetic process of getting the information and then an analytical process of then helping them to kind of like a talk therapy type thing, but I'm just talking with them and then I help them to shift their mindset about things.

0:58:54 - Julie

So spirit's leading you in what comes in and what comes up and what you can do to help them heal themselves.

0:59:04 - Brandy

it sounds like Spirit is leading me. That is true at a level four. Um, universe is. So I would say. Spirit is granting. I asked spirit for information. Spirit gives me information. I then utilize.

It's kind of like if, if it said, hey, uh, somebody is really upset, they have a pattern of self-criticism and self-blame and whatnot, and then I look at that and then I go into analytical mode. So I am very and you've probably noticed this, I used to do network engineering and operations, so I can absolutely geek out, which is great, and that's the reason that I've been able to show back-to-back-to-back results under medical equipment. Because to me it all like there's a, there's a, there's a formula, and if you just follow the formula and you so, that's the way, so the analytical side, and then I have this ability to channel information. So then when I work with people, it's, it's both. I get the information and then to me it's like navigating their, because I think, even when I mentioned before how our minds can miswire, that was something that I learned, that's not something that universe told me. That was like understanding that their point, they're together, so it's um, so it's, it's uh, it's an interesting, but it's so hard to communicate it universe.

1:00:42 - Julie

Universe led you to look that stuff up and educate yourself on it. Universe has and I use spirit as god the universe, you know.

1:00:51 - Brandy

this is what what the universe says. Yeah, exactly, you're giving Brandy too much credit. Brandy does not listen that way.

1:00:59 - Julie

Yes, you do. Yes, you do. I know you're being led Well. The interesting thing too, for me is when I'm looking at somebody's brain brain in my mind's eye and I'm connected to a client or a caller into my show. The brain looks like the cooked oatmeal to me and the neural pathways look like laser beams that crisscross the brain and they remind me of a security system in a museum or a home that's guarding the artifacts or the paintings or whatever.

And if there's scar tissue in the brain, I can see that and it can occlude the neural pathways. Sometimes those neural pathways and I think this is what you're alluding to I'm just giving you what my visual is on it Sometimes it can look like a rat's nest, Like if you ever get a tangle in your hair, and it looks like it's kind of all you know intertwined and it's a mess. It's not actual linear, yeah, Like laser beams crisscrossing the brain matter.

1:02:02 - Brandy

Okay. So I would say interestingly first and foremost, I may never look at oatmeal the same again, or laser beams for that matter, but I like it, I like it.

1:02:21 - Julie

I get these crazy analogies so that we can envision them from a human perspective and it helps us integrate the healing. When I'm describing this stuff and you're basically doing the same kind of thing, I want to jump real fast.

Our minds work very different, yeah, and I say, the work that I do combines the spiritual and the practical. You're doing the same thing. I'm getting all this information from spirit, from God, the universe, whatever you want to call it, and I'm seeing it in my mind's eye. And then, okay, here's what you need to do from a practical standpoint.

1:03:01 - Brandy

Yeah, but what I'm saying is as far as you're very visual and mine doesn't typically like I might get a vision of something that happened in somebody's life, but for the most part I would say my information. So when I get information, sometimes what will happen also is I get auditor, like I'll even speak, like the word bingo comes through. But I know I was like when that first started happening I was like okay, well, at least it's not Yahtzee. I mean, it was like I'd be walking to the street, you know bingo, but mine is very kinesthetic. So all the visions you were saying like I, mine is more auditory. I hear I, yeah, and I feel it and uh, very intensely, I feel it and uh, so it's fascinating.

1:03:47 - Julie

Well, you're a kinesthetic learner primarily. It sounds like I'm a visual learner, so that's been my experience. That's how and this is what I teach my students is information from spirit's going to come in in the easiest way it can, and it's how you learn and then all the other senses are going to come on board as well. So, like you said, you hear things, you feel things, you'll get a vision of something, but perhaps that's not your first way that you process information.

1:04:16 - Brandy

I wrote that very thing in my book. So go ahead. So I wrote it in page. There you go.

1:04:22 - Julie

Go ahead. Yeah, I want to cover your scans that you do and then talk about your new book. As we're winding down here. I could keep you on here for hours, I know.

1:04:35 - Brandy

I can see what you're like.

1:04:37 - Julie

Absolutely so. I know you're using thermography and you'll take one of your clients and you'll see inflammation. Inflammation in my mind's eye looks like red fog on body parts and I use anti-inflammatory energy, which is a royal blue color, like the color inside a refreezable ice pack is the color and I watch that inflammation go down and I teach my clients you can do this when you're in pain. Imagine this blue, cold energy going on the part that hurt. I want you to tell everybody what you're seeing in this, in these thermography images, when you have a client that's in pain and then they work with you and what happens.

1:05:22 - Brandy

Absolutely so with medical thermography and kind of just to give you a visual is that whenever there's some type of illness or infection in the body, it generates a type of heat. So if you've ever had a sprained ankle or an infection, you can feel heat from it, and medical thermography is able to detect this at the slightest temperature changes. And so what happens is you can see heat like illness or pain or inflammation in the body. And so when, let's say, somebody has neck pain, and with this thermal imaging, if they're being scanned, the entire neck area will be all red, showing pain. And then what happens is I'll talk to somebody and I'll talk to them about



the specific negative emotions they're feeling and help them to shift them. And, as I do, in real time, what happens is you'll see the scans turn from red to green.

And Dr Hillary Smith is somebody that has done a lot of scans for me and I've done a few in medical studies and this, that the other. But what? She had this brilliant idea to set the scan on so it's automatically going off every one second, so it takes a new one every one second interval, and so you can literally see as somebody shifting their mind, that it changes. And what's also fun is I mean not as fun is that if the person is triggered, their pain comes back. So if they bring in that emotion, their pain comes back and you can see it on the scan, and so it just. It shows you that it's also not placebo analgesia and that it's not some. It's that it's actually their specific emotions that are making the changes I have full body chills on that one girl which is spirit going.

1:07:10 - Julie

Yep, she's on it. I think this is so exciting that you're doing this stuff and we've got this medical imaging that corroborates and validates what you're talking about, what I talk about, and once again it's science catching up with woo-woo. I think it's just fantastic. Tell us about your book, which is coming out today. Fantastic. Tell us about your book, which is coming out today, march 12th. So tell us about your book, tell us where people can get it, tell us the name, all of that information.

1:07:40 - Brandy

It is called Mastering your Mind and Energy to Heal your Body, and you can get it at any local store, on Amazon, on Barnes and Noble, and it's incredible. So it's got both. It's got the science behind energy and how it works and the fact that it's in the Smithsonian and basically what I discovered, and then how to work with the mind to start creating radical results. It's incredible.

1:08:04 - Julie

Yes, everybody go get the book Amazon wherever. Doesn't matter where you get it, just go get it. You're going to love it. Last question why do we incarnate?

1:08:16 - Brandy

I would say why do we incarnate? You know, I would say there's a lot of reasons, but I would say that we are going through a transformation, like we are, which time it? You know? I mean, obviously we have many, many past lives. I would say that we are becoming conscious of ourselves. We are going through a transformation. I think there are so many reasons, but it depends on what level we're talking about. But I would say clearing up patterns. I would say all of these patterns that we're talking about all come from past lives and, of course, the way that I work with them in this current life is to clear them from the mind. But it's like why do we eat? Well, there are many different reasons why we eat and so, put in a nutshell, because we love life and we want to hang out with Julie those of you that are listening versus watching.

1:09:15 - Julie

you can watch this on YouTube. I'm wearing a brooch of a magnolia and Brandy's got the exact same flower right behind her on her her art, behind, you know, her desk. It's incredible. We were laughing about that before we started recording. I said let's be psychic or something when I chose this brooch to wear today, and then she's got the same thing.

1:09:39 - Brandy

That's how you know. We're exactly divinely where we're supposed to be on the day we're supposed to be there, and it's divine unfoldment.

1:09:47 - Julie

And how exciting on the day of your book launch. I love that exciting on the day of your book launch. I love that. You are so remarkable. Thank you for what you're doing, the research you're doing. Thank you for going through all that pain and suffering that led you on this path to help people around the world with your research and your abilities to help people heal themselves. I just think you're a remarkable woman and I am in awe of you. How can people learn more about you and your work?

1:10:19 - Brandy

The best way to do that is, of course, the book, or even on my website, [brandygilmore.com](http://brandygilmore.com). And what's really cool is you can. There's a video there where you can actually see it under medical equipment, where I'm working with somebody and you know, it's just truly incredible what we're all capable of Exactly.

1:10:38 - Julie

All righty, everybody, that's it for this week.

1:10:41 - Brandy

I have to say thank you so much for having me. You are fun, you're brilliant, you're wonderful. I love your heart, I love your energy and thank you for having me here to play with you. Oh, you are most welcome.

1:10:52 - Julie

Thanks everybody for joining us. Send you lots of love from Sweet Home Alabama, and from LA too, in California, where Brandy is. We'll see you next time.

1:11:03 - Annncr

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

1:11:18 - Disclaimer

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