

AJR - Irene Weinberg 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.

0:00:45 - Julie

Welcome to the Ask Julie Ryan show, where we blend spirituality and practicality to help you live a life of purpose and joy. I'm delighted to welcome my dear friend, Irene Weinberg to the show today. Irene's journey has been profoundly shaped by a premonition she had about her husband's passing that illuminated her understanding of fate and spirituality. Together we'll dive into topics such as spirit communication, the concept of soulmates, exploring past lives, navigating the grief journey and how to discover your soul's purpose. So join us as we explore the magic that lies within all of us. Irene, my babe, welcome to the show.

0:01:33 - Irene

What a pleasure. I think we're a mutual admiration society, Julie.

0:01:37 - Julie

Oh, my heavens, I've been on your show two or three times, three times, three times, my goodness, what an honor. And you know, we just started doing interviews routinely, so you were on the top of my list of people to have on Thank you. Well, everybody is going to just love your story, so let's just get right into it. Have you been an intuitive your whole life?

0:02:00 - Irene

I'm really what I would say is, the early part of my life I was a 100%, complete skeptic. I now realized, for different things that happened, from different things that happened in my life, that I was intuitive. But I didn't identify it that way and I thought people who were in the spiritual world were cuckoo for cocoa cups. I really thought that. I really thought that they were very woo-woo, until this thing that you know, that I'm going to, we're going to tell people about, happened to me and churn my life literally upside down. But I was never. I was very traditional. I had intuition, but I just thought, oh, that's a coincidence, how did I know that? Yeah, stuff like that that would go on, or I could read a room, and I thought it was because of my dysfunctional childhood and I had to read a room to get the right. But I realize now that that was an ability that actually saved me, because I was sometimes able to read a room like that. So that's all part of intuition.

0:03:07 - Julie

All right, so tell us the story of how your intuition really came online, how it?

0:03:13 - Irene

really knocked me for a loop, literally and figuratively. Well, I was married to the love of my life. We were both a second marriage. I had custody of his kids, he had custody of my little boy. So that tells you volumes. And we were really, really happily married.

We were married about 18 years and one day I'm sitting in front of my kitchen sink and washing a dish, which I guess you could say is sort of meditative. But because I didn't identify

anything of like that, I suddenly got a thought. That was not my thought, it was bizarre to me and what came into my mind was so all has to go. Many lessons will be learned from his death. I thought what the heck am I thinking? It was like so, not my thought, but it came into my brain like a thought. So my husband, so all he was watching a Jets game on TV. I filled a glass of water, I went over to him, I kissed the top of his head, I gave him the glass of water and I promptly thought I put it out of my mind, this weird thought. But of course you never forget that.

And two months later excuse me, we were on the. We were scared, Julie, we had a ski house and the Catskills and we were on the New York state through way and we you know we were we were driving through this up to our ski house and something told me so talk about intuition something told me make this the best weekend so I'll ever had. Even if he wants to go to a restaurant that you, with people you don't really want to go with, go, just because he was having a tough time with something in business, and something very strongly told me just go along with whatever he wants this weekend. So the night actually before this accident happened, he said to me wasn't this the best weekend a couple could ever have?

And he made a comment to me that he was. So he said I'm so lucky and thankful to have you in my life and which I will never forget. And the next day we got in our car to go home and we were on the New York state through way, going 72 miles an hour. We were in the left lane and all of a sudden the car went about an hour and a half after we had started our trip home. The car went to a huge, into a huge swerve and I looked over and my husband was sound asleep at the wheel.

0:05:59 - Julie
Oh heavens.

0:06:00 - Irene

In the car and I turned and I looked at him and I said so and he woke up and he went to pull the car out of the swerve and instead we rose into the air for the first of four flips. Julie, I felt like I was in a gigantic roller coaster and as we took off the first and each time we hit very hard on the right hand side we had four flips. I had four serious surgeries due to each of the flips, but I was conscious through everything. I didn't know the meaning of that word then, but I was kind of now I do and I was aware and conscious of everything. So as we took off for the first flip, we flipped up into the air, landed hard and flipped again. And as we flipped the second time, another message came into my head and it said he's not going to make it. You are Well. You hardly had time to process that as you're flipping into the air. And as we flipped to in the second flip, we got to if you were looking at a clock like from 10 of to 10 after.

During that time I left my body. I don't know exactly, it was black, but I knew I just left my body and I've been told that I was seated with the mission that I have now and I was given amnesia, but I but that's what I've been told a few times. So I I saw things were very weird and all of a sudden I literally felt myself come back into my body for the, for the third flip. We flipped up again, fourth flip, and then we landed upside down in a ravine and I look over at Saul and I go holy moly to myself.

I was told that he was going to go and I said solely, are you okay? And sure enough, I'm looking at the shell of my husband. The whole beautiful persona, everything that was so wonderful was gone and I said, oh my God, I got in that moment. He's with me, something's up here, there's war, that goes on, and all of this as this, all this is going through my mind. I see a helicopter land in front of the car because we were upside down and we held up traffic on the throughway for two and a half hours.

0:08:18 - Julie
Oh my.

0:08:21 - Irene

And these three EFTs jumped out of the helicopter and were rocking the car back and forth to get it right side up on the road. I mean, there were still pieces of my car on the road six months later, Julie. And as we kind of bounced back up on the road, one of them put his hands through the shattered window of my car, turned me around and started pulling me through the window of my car. And as he did, a voice came into my head and I tell women I want to tell you it was a female voice, but it was a male voice. I've been told it was perhaps an ascended master like Gabriel. And the voice gave me a directive and it said be loving and kind to everyone. As they laid me on the side of the road. Now I don't know about you, Julie, but that tends to change your cells as they're multiplying. I mean holy moly. So instead of screaming for myself and carrying on, all of a sudden I feel I've been given a directive by heaven and I'm saying to everyone what's your name? It's so we can be for Christmas. Thank you so much for coming out. Thank you so much for helping me. They're loading me into the helicopter to take me to an emergency trauma center.

I get to the center and I thank them so much for helping me. The nurse come, the doctor comes over to tell me that I have to tell you your husband's gone. And I said, doc, I know, and I'm the luckiest woman in the world to have been with this man for the time I was. And then there were other things that happened, and everything that happened to me because I had been given this directive was handled in a very loving and a very kind way, without screaming or big concern about myself.

And three months after the accident I got a call from the assistant to the surgeon who operated on me 19 stitches in an artery at the bottom of my right foot and that was torn. And I got a call from her and she said Irene, I need to tell you you changed lives in the emergency room that night. We have seen everything on that through way and we never saw anyone respond the way you did to such a tragedy, with so much love and kindness for everyone. And I said, Trish, I had a spiritual awakening that has changed my life. So, anyway, fast but be, but now I'm going to take you back because about six weeks after the accident. Okay question.

0:10:58 - Julie

I get your book, which I love. You guys, they eat bagels in heaven. They serve bagels in heaven is such a great read. I'll read your book for the first time. You're talking about going to the hospital and you're saying they take me to a Catholic hospital. Tell, tell them what you. You know what you thought when you got there. I laughed for two minutes.

0:11:22 - Irene

Yeah, it was a Catholic hospital and there it was, you know Jewish, with my, you know my background and all this. But this is the hilarious thing the surgeon was Jewish and the funny part about it was, you know, when he came up to me he said I have to tell you your husband's gone. Would you like me to tell your kids when they come? And I said you know, doc, I know he's gone. And I said I'm the luckiest woman in the world, blah, blah. I said but I sure could use a rabbi right now, because I feel I should tell the kids that their father's, that their dad's gone. And he said as a matter of fact, I'm the assistant rabbi of my synagogue and I'll be happy to help you with that. It was like so amazing, like wow, that of all people. And I said do me a favor, just come over and stand by me as I tell each of the kids.

And then there's a part of the book I talk about where my stepdaughter, who I had custody of, my stepdaughter the police had called her and she came with her husband and she came into the hospital room and I had she'd lived with me since she was 14 years old and I had to tell her that her father was gone. And, as I said, sandy, I have to tell you that your dad didn't make it.

And she fainted right away. She fainted and two nurses picked her up and I was so infused with that directive that I said to her honey, stop, because she was running out to tell her husband that her father was gone. And I said, honey, I want you to know that I love you and I will never hurt you. And she said I know. And she ran, running out. And that was another reason.

I think that the people in the hospital witnessing all of this couldn't get over my presence. And the other thing that happens to me was the following day, which isn't very much a part of my story, my sister-in-law who I thought was wacko because she was spiritual comes to visit me in the hospital the next day. She said my entire aura had changed. Everything was so different about me she couldn't even get over it. And I'll tell everyone about how I was able to connect with Saul. But when I had no one else to tell that I had, oh my God, I heard from Saul, on the other side, of course. Now I called my sister-in-law and she said thank God, because two weeks after Saul died he had come through with a message for her about the three kids and business deals that were left to me, and she didn't know how to tell me. So everything was starting to.

0:14:22 - Julie

Yeah, I want to get into all of that. I also want to get into all the miracles that you have witnessed during that time and since that time and how you've taken action on them. But I got to tell you, when I read that part in your book, I laughed out loud and then I thought, okay, I got to give Irene a news flash Jesus was a Jew.

0:14:42 - Irene

True. Well, I want to tell you that Saul has told me that he has met Jesus on the other side and he sees him as a great ascended master Right. Right, okay, so there you go, and the more that I've gotten into this world, Julie, the less religious I am. I really am now very spiritual. I see us all as the same, but when that happened to me, I was still very entrenched in my traditional beliefs.

0:15:09 - Julie

Sure, sure, as are most people in the Western world and really around the world period, not just in the Western cultures but around in all cultures. So let's get to some of the miracles, and then I want you to. I've got several questions for you about how you started communicating with your husband and how it's gone from there. But tell us about some of the other miracles that happened. Certainly some good Samaritan called 911 to let them know that your car was airborne.

0:15:40 - Irene

I would say it was quite a few.

0:15:42 - Julie

Yeah, quite a few, and the fact that they sent the helicopter was a miracle in itself, right away.

0:15:49 - Irene

Right away, Right away. And the other part that was really interesting is that my husband's nephew was caught in the traffic for two and a half hours behind the accident and later realized it was his uncle and he ended up being there for my son when my son came, had just cut my son. My son was buried on my son's 21st birthday and that's another part of the story of what I thought about. That changed my life as they pulled me out of the car and my nephew just coincidentally happened to be there to be with my son while my son went through this terrible trauma.

You know, and one of the things I do want to tell everyone is not only when they pulled me out of the car did, I hear, be loving and kind to everyone, but I also thought to myself I and this you know, Julie, how you can script yourself and how it's so important what you think. In that moment I said I will get through this and heal and do whatever I need to do one way or the other, because I have to be a role model for my son that you can get hit by a grenade in life and still keep going, which was amazing. They had just pulled me out of the car and four years after the accident, my son said to me you know what, mom? There's been nothing worse than seeing you in total despair and nothing better than seeing you be able to have joy again. So, as you, know, Julie.

That's why I asked everyone on my podcast what's your tip for finding joy, because that was, like, so important.

0:17:44 - Julie

Exactly so let's get into. Can you communicate with Saul yourself now?

0:17:51 - Irene

I communicate with Saul through a pendulum. Okay, tell us about that. I can tell you, I can pick up a pendulum, hold it perfectly still, and it starts swinging wildly to the right, which is his way of saying I love you. I can even show this to you if you'd like.

Yeah, it's amazing, and he comes through for me with the pendulum, like I can have a whole conversation with him, like gangbusters, and it's just so easy for me. So, for instance, okay, so I'm just holding it still right. Hey, Sol a year, look, there goes. This is this is why you're saying I love you, and then I can get the yes, no, the maybes and the and, and we can actually have a conversation. I've never had time.

I probably could hone it, Julie, if I had time to take my interview into my intuition and to develop it so that I I mean, I hurt which, but in a way, the fact that I got those three messages and I don't get a lot of messages like that and I don't get a lot of pictures like that makes what happens to me even more poignant, because I was out with my book for about three years, four years, doing my thing with it, and then I suddenly one day was sitting where you see me and the message, the word podcast, came into my head. So I believe I know your things like that, like except for when it happened to me. So go, I'm being told something. What's a podcast? I'm a baby boomer, what are they telling me?

So I was working with someone and I said I've just got the word podcast. What does that mean? She's oh, I can help you do that and I. And so that was a message that came into my head, and it's the same way. Someone gave me a message I do talk to mediums and healers and all of that and and I interview them. And I also got a message about this new book that we'll talk about. Then I'm writing that I was literally told to do this book, so I get the same thing, you get it.

0:20:08 - Julie

Yeah, well, I call it divine downloads and I'll get them during the day, Irene, I that I'll get. In the mornings, when I'm waking up early, I'm still kind of asleep, I'm a little bit awake. I get these divine downloads of boom, boom, boom, boom, boom, boom, boom, boom, boom. I've gotten a whole business plans that way. I've gotten, you know, do this, this, this, this? In the middle of writing a screenplay with a couple of partners. I mean, the characters are coming to me, the plots are coming to me. They're fantastic divine downloads and that's what's happening with you. For those of you that are listening, by the way, Irene held up a pendulum. If you're watching this on YouTube, you'll see it. But for those of you there in the car or whatever, and you're just listening this, that pendulum took off and that thing started swinging like nobody's

business when she held it up and she said, Saul, are you here? And that thing started going wild. So that was fun, what it's? What has Saul told you about his passing?

0:21:07 - Irene

he told me the actual experience of passing he said that he describes it in the book actually, and he said that he it because he was traditional in his Jewish beliefs when he passed. Of course, when we cross over, we get a much broader view. You know, we come to, we come to, we get there and we get whatever our religion is or whatever that we get that visual until we start to adjust to the more universal view. And he told me that he was as he crossed over, he clung to his prayers or whatever, and he crossed over, he went through a tunnel and he came to the other side and his mother, who had died when he was 16, presented him with a visual of a bagel and coffee in heaven, which would have been a very talk about. For a Jewish person that would be a very welcome home, right, and that was before she turned into. You know, his life for do with the creator and all of that kind of thing. So he described it. And then he described his life review and he said it was I was a very kind person in this life, but there were times I missed the opportunity to be loving and kind to people.

I was shown that and there were also choices that I made that I was shown what the cut or how it would have worked out if I made maybe a better choice or whatever. And all that and I and I. So, when I channeled him, I started asking him so have you found people who are evil over there? What goes on with all of that? And this has happened, and has that happened? He also told me that he saw people doing doing penance for crappy things that can I say crappy on your show, crappy things that they had done in their lifetimes.

Like he talked about one man who had been very cruel to his family and he was having to try to help his family from the other side and trying to make it up to them.

And that even has happened to me lately because I had, as I mentioned before, I had a kind of abuse of a very abusive father who had lately has been coming through. He must be healing on the other side because he's been coming through, apologizing to me, constantly, telling me he's learning so many lessons that I shouldn't stop what I'm doing. He's learning and please consider him as a stepping stone, not an ending, and he's so happy that I'm healing from whatever he trauma he inflicted on me. So all of that goes on on the other side to their healing places. There they really help you and people get the picture of the choices that they make because we're given amnesia. How would we learn if this is school and we come here to learn? How would we be if we had all the answers before we got here? So we get the amnesia and it is left to us to make these choices.

0:24:24 - Julie

I have people that will say to me, either on my show or private clients, and they will say, oh, my mom was just like the bitch from hell. She's the last person I want to see as I'm dying or when I get to heaven. And the thing that I always tell them is it's been my experience doing this for all these years and talking to thousands and thousands of spirits that the personality traits of the person in that incarnation like this woman as she knew her mother in this lifetime stays with the body. All spirits are pure love and that stays with the body. Now our spirits, our deceased loved ones, are going to give us nuances about their personality so that we know that we're actually communicating with them, but all of the snarkiness stays with the body. Have you heard that from?

0:25:19 - Irene

I heard that. I've heard that, yeah, yeah, because you get the picture and you're not, you're, you're not. Do you leave that behind? It's the same way where you leave when you cross over this disease you had, or these issues you had, you left, leave them behind. And a lot of people, when they come through and I know that you notice, Julie they present themselves when they

were in the peak of their, their 30s or their 40s and that right help not this person who was had dementia and was, you know, on the way out or whatever, and they can choose how they will present themselves to you, but they are, they are fine. When they cross over, they leave that, in fact.

I'll tell you something funny. My husband had a very, very hard time, so I had a very hard time divorcing his first wife. She had a lot of problems and it was a very hurtful, acrimonious divorce. And one day, many years later, many years later, someone was change, he was coming through. So I was channeling him to me and I made a comment about boy saw, you really went through a such, it was so awful what you went through and he said it's not, doesn't matter anymore, it's all done, it's all behind me because that doesn't matter anymore. They cross over. They see what happened.

People play different roles in your life for lessons that you're supposed to learn, right. And so now that person who was perhaps the villain in your life you cross over and they say, hey, good to see you. Yep, I did my part for the lessons you were supposed to learn or whatever, and it's different. And so the other part is they're healing places in heaven. And for that lovely person whose mother was such a bitch, she can be comforted for the fact that her mother gets that life review and gets to feel every single thing that she did to her daughter and that's part of her lessons learned. And now she goes, and she probably goes to a healing place and is working on herself if she chooses.

And the other thing that I've been told is that when we cross over, everyone is not the same vibration. So if you've been a, really it not. My mother did not have a good marriage to my father. She used to make a joke if your father's meeting me when I cross over, I ain't going. So now I happen. It was just a coincidence about four months before my mother passed, before she transitioned, as I like to say, I had made an appointment, just as a list, for myself to be uplifting with it, with the medium. I knew who lived in the UK and my mother was an assistant living in Florida and the appointment was set for four months after I made the thing. How did I know talk about coincidence that my mother, that the appointment we had would turn out to be an hour and a half after my mother transitioned?

0:28:35 - Julie
it was amazing.

0:28:37 - Irene
So I didn't know if I was going to hear from my mother or not. And I get on with this medium and my mother's message it was yay, I made it. And she describes my paternal grandfather who took her over and all of that. And I said to her in the message mom, have you seen dad? She said I'm taking my time. And she said but he's in a different place level than I am, so obviously my father's choices of behavior brought him in at a lower vibration than my mother was and now lately they've been presenting themselves together. So it sounds to me like he's healed there to get. Her attitude has changed. They're together on the other side and they've obviously healed and understand their differences and now they're doing this thing over there.

0:29:35 - Julie
I've heard from Spirit many times that the analogy they talk to me in analogies a lot I know you get them as well and they say is that when we incarnate, it says if to your point, we're playing a role in a movie, and certainly some of the most successful actors will tell you their favorite role was of playing the villain, because it was so rich in so many different ways they could develop the character, and so that's how I picture it.

And it's really hard for us in our human minds, I believe, to be able to make peace with somebody like a Hitler or a mass murderer or somebody that's just awful and abusive and

maybe on a global scale. And we said, well, how can that person I hope that person's burning in hell for forever? When they hear me say, well, all spirits go to heaven, all dogs go to heaven, like the movie in the 80s, and all spirits go to heaven too. And they say, well, no, I don't believe that. How could that be? And again I go back to do I understand all of it? No, is it feasible to me, after hearing this so many times from Spirit, that they're playing a role? Well, the other part to explore and for others to explore from their perspective as well perhaps being a victim, or being an accomplice, or being a whatever?

0:31:05 - Irene

Well, the other part about it was I asked Saul about Hitler. I said what happens over there with people who are so evil? And he said first of all, he said they cannot reincarnate until the consequences of their behavior has been healed and worked out. So I imagine Hitler will be in a treat till eternity or somewhere with his soul.

0:31:27 - Julie

But time doesn't exist in the spirit world. So, you know that eternity there may be, not even be a blip on our human time radar screen. Oh my gosh.

0:31:38 - Irene

Can you think about his life review?

0:31:40 - Julie

Oh gosh, I can't even imagine.

0:31:42 - Irene

Oh my.

0:31:42 - Julie

God yeah.

0:31:44 - Irene

So it's a comfort to me, Julie. When I encounter people who are toxic, I sometimes can comfort myself and say I'm going to detach from this person, but they're going to get quite the life review. I don't have to do anything about that.

0:32:02 - Julie

That will be taken care of Like we could anyway, right, we can't. We think we can, but we can't, right? Does everybody have a soul purpose?

0:32:11 - Irene

Yes, and your soul purpose can be I asked Saul about that. Your soul purpose can be this most simple thing, as you're coming here to learn how to love, or you're coming here to learn how to parent, or you're coming here to play a certain role or to help people in a certain way, and then other people, depending on their soul choices, have grander purposes, like you and I obviously have a purpose in this lifetime and, with no ego intended, we just have this. We're light workers. We have this job to do, which is to enlighten people and help people on their healing path.

0:32:50 - Julie

You know, people ask me all the time. They say you're a businesswoman, you know what are your goals, what's your business plan? With all of this, and I say I don't have one, I'll say what do you mean? You don't have one. It's the first time in nine companies where I don't have a business plan. I don't have any goals. I'm being led and something comes in and I say okay, and then I take step and then the path is in front of me and the people I need to show up right

when I need them. And I know the same has happened to you as well, very much so. And you and both of us have said well, I don't know how to do a podcast, I don't know how to write a blog.

0:33:27 - Irene

How about? What is a podcast?

0:33:31 - Julie

I wasn't that sheltered. I read but yeah, and then we figure it out, and you may think the same thing, but I always think, ryan, take a chill pill, you know how to read, you can find out what you need to know, and I just always trust the people I need and the circumstances show up and they do, and I know the same thing has happened for you as well.

0:33:56 - Irene

The perfect people constantly show up. For me, Julie, they constantly. It's the most amazing thing and it points to. You really need to know that angels are around you. You have loved ones, guardian angels. They're trying to help you and to have faith that you're being led. That's not to say you give up discernment, because there are other elements around, but I have found that if something shows up and it feels right to me, that's my next step.

0:34:33 - Julie

Right, exactly I do the same thing. So how does somebody figure out what their soul's purpose is?

0:34:42 - Irene

Well, I would say what are you really passionate about? What is really? What really turns you on? Are you passionate about being a parent? Are you passionate about your relationships? Are you passionate about healing? Now I was.

I had a really tough childhood, so I understand now that I was set up with that tough childhood because my purpose was what I'm doing now and if I had not experienced what I experienced, I would not understand the pain and trauma that people have to be able and understand how the healers who could help them. Because I have been healing all my life, which is why I love healing, love interviewing you, Julie. I love interviewing healers because I know how they can help you. So I like in my first experience from my dysfunctional childhood, I was working with therapists. When I was in my 20s, I was abandoned by my family and instead of killing myself or having a nervous breakdown God knows how, what I guess I was programmed. I went for therapy and I, as I started getting more and more enlightened and healthier, different things started happening and then, after so died, I worked with a life transition coach. I worked with an energy healer Medium, saved my life.

So when I started the podcast, I said, all right, they're telling me to do a podcast. Who am I supposed to interview? And I said I'm going to interview recent trauma specialists, healers, mediums and people who have been through a really hard time and been able to rebirth themselves, to heal and come through it. But I would not have had an inkling about any of that if I wasn't being prepared in the beginning for what was to become my life's purpose. And then, when all of this happened to me, it was crazy but it felt right. When I was told to write a book, when I was told that he was coming through with this message, it just felt right to me and there was no real rational understanding of it, but I went with it. And then what I did was I started finding people who I trusted, who could communicate with better than I could with the other side different people and they all started validating my sense of where I was being led.

0:37:17 - Julie

Well, and I call that having access to infinite wisdom, and I believe we all have access to that. Do you agree? I agree, I agree. How does somebody access that?

0:37:27 - Irene

Well, you could. You could go. The shorthand way is to start to talk to people who are, who can help you with that, who are, who have gone, who have. A lot of people have been born with these amazing abilities and then they hone them and all of that. So for me, my path was I started talking to different people who started coming through with these messages, and then I started believing in my own ability to get this, to have my own intuition. Then it became that they were validating what I was starting to feel. So I was checking it out and I know that it's my attitude of being open to allowing the information to come in, knowing how it feels, and then sometimes I check it out with someone like Julie Ryan it's what are you getting about this?

0:38:31 - Julie

Well, and what I teach, Irene and you know this is that our heads are big satellite dishes and they receive and they transmit frequencies. Every spirit has a frequency. They keep throughout all their lifetimes. Every thought has a frequency. So if you wanna know something, you just ask. You don't even have to ask anybody in particular. You just ask the question that thought's gonna come in and it's gonna come in in a second, fast, as you can snap your fingers or before, and then you ask more questions.

The more we do this, everybody comes in with the ability. It's just a matter of doing it and then doing it enough that we get validation, like you have and as I have, as I've learned how to do all this stuff. I didn't have to have people chase me. Since childhood I didn't know anything about this stuff. I mean, I always taught about angels and saints and the Holy Spirit and all of that, but I didn't have people talking to me.

Well, we all have spirit guiding us and talking to us. We're just not aware of it, we're not cognizant of it. So when we do it with some regularity, then we get validation. The more validation we get, the more we learn to trust. Case in point you've mentioned several instances where a medium or somebody else who's intuitive or psychic would tell you something about Saul that there is no way they could have known. And the more you heard that, the more validation that ended up stacking up in your brain, going okay, there must really be something to this. And then that helped you with your abilities as well. How is tell us about your practice of bless and release? I'm gonna know more about that.

0:40:18 - Irene

Well my attitude is if I come across someone who is very toxic, and I define toxic. Toxic is mean, mean spirited, deceitful, lacking integrity. The big one for me is people who love to create drama, making all kinds of problems in your life that are completely unnecessary and unwarranted. I mean, I got be loving and kind to everyone when I have experienced people who are so mean spirited and they're not loving and kind people and they don't have your best interests at heart or they're very manipulative in their way of having the ability to do things that are not right and in their way of having the you know, or they're narcissistic. It's only about them or whatever. I see them as younger souls. Perhaps they're in school, they have other things to learn. I don't judge them. I just say this is I don't and this has been a learning for me.

Trust me, Julie, I used to be judgemental before all of this happened. I have plenty to say about everyone. I don't do that anymore because I realize that if I had all these PS lives and I've done all these things and all these PS lives that were not always so savory as my soul was evolving, I don't know what stage of development this person is or whatever. So I, my attitude, is I send them love, I send them blessings and I detach. I don't get mean I don't get even.

I don't get into the drama, I just say this is, this is not for me and I wish them well and that has really worked well in my life in a lot of different situations.

Now that doesn't mean the person on the other side isn't still carrying on and may not like me or be mad at me or whatever, but I am not consumed with the drama and with having to get even. Or I had a situation a year or so ago in a group we organized a yoga group and one of the women in the yoga group was very, very toxic and she made a lot of trouble and she made up stories and all of that and I was like how am I going to handle this and how I ended up handling it was. Very respectfully, I told her that her choices with her behavior. I wish her well and I will always be nice to her, but I am not into being close to buddies or anything like that and I detached from her, but without vitriol, which is an amazing growth on my part, honestly, because I didn't used to be that way.

0:43:18 - Julie

How does that relate to those who have somebody with maybe an addiction or alcohol abuse or drug abuse or?

0:43:29 - Irene

something along those lines. I know people like that. I know lots of them, oh my God. Well, what I would say to these people is you can't necessarily change that person, but you can get healing for yourself and you can figure out how you're going to handle it. That will protect yourself, because maybe you've been brought up that everything is forever and you should let this person torture you or whatever is going on. But maybe through counseling and all that, you can empower yourself and give yourself permission to handle it in a different way, because if you change your dynamic in the relationship, then they often change. They can choose to change let's put it this way and then you can make your choice about how you respond to it. And people who are I've dealt with a lot of people who are very wounded and it's their responsibility to take healing for themselves, and if they don't, you don't need to be victimized by that. They're stuffing their lessons to learn.

0:44:42 - Julie

Right. Well, and that's a great point, and that's how I approach it too, Irene, very similar to how you do, and that is this is benefiting them in some way. I don't know what their past lives have been, I don't know what they've been through in this lifetime, but them going through all the drama and trauma is benefiting them in some way. It doesn't need to be in my world Exactly. I can choose whether it is or not, and the older I get, the more I choose. I don't want any part of it, but it's certainly something that when we stay out of judgment, it can work great.

An example when I was in my 20s and living in Los Angeles, my mid 20s, my parents came out to visit one time and we were in Hollywood or someplace. I don't remember where we were going, but we were driving down the street and there was a hooker walking by. She looked like Julie Roberts and Pretty Woman. I mean. You know, there was no doubt that this gal was a hooker and she had a wig on and obviously it wasn't her normal hair. And my mother said, oh, look at that prostitute. And I said, yeah, I wonder what she's gone through in her life to get her to this point.

0:46:00 - Irene

I always think that, Julie, I always think that.

0:46:03 - Julie

And later in the same trip, we saw somebody with a really less than optimal wig on and again my mother said something about oh, that wig is just atrocious. And I said yeah, I wonder if she's a chemo patient. And you know what happened, Irene. From then on, whenever somebody would be wearing a wig and I'd be with my mother, she didn't say anything. But she

said gosh, I wonder if that woman is having chemo and that's why she's wearing that wig. It totally changed her outlook on it. I didn't make her wrong for it. You know how the heck did I know about that at that point, who knows? But it just struck me as this prostitute. God love her. What is she dealing with at home? What is her childhood bed?

I always think that is that the only way, yeah, that she can come up with money. Maybe she's got a bunch of kids at home or something, and that's the easiest, quickest, most lucrative way for her to feed her family. Who knows, who knows?

0:47:07 - Irene
And how yeah?

0:47:09 - Julie
Yeah, I think the judgment thing really kind of smacks us in the face the older we get. Do you agree with that?

0:47:16 - Irene
I agree, I could not agree more. I could not agree more. I really I have had friends who choose behavior that I find rather atrocious. Or I'll be with people who I see are being very kind of abusive to their kids, or they're making decisions that I just I think they're terrible, but I don't judge them. I try to be very compassionate and just try to understand that they're on their path and there's really not too much that I can do about that at that moment. But I recently speaking to that. I recently had an experience where I witnessed someone being rather abusive to her daughter and many years later her daughter is now in therapy and she's healing and she's seeking me out as a more healthy person to come towards. So it's interesting. Instead of judging, I just maintain my loving stance and it's working out and it's on beautiful way.

0:48:27 - Julie
Yeah, she's resonating with your energy. I got a couple more questions as we wind this down. One is tell us about your new book project.

0:48:35 - Irene
Okay. So again, I was chatting with one of my spiritual mediums, whatever and she said I'm getting a message for you. I said really, and I had been getting told for a long time that I was supposed to write another book. In fact, I was supposed to write two more books. I said what? Okay, this is interesting. So, sure enough, there was a validation, you're supposed to write a book. And she said you are such a dynamo and such a role model for the third chapter of life.

And people think about the three chapters of life. The first chapter is when we're in our four minute stages, growing up, making our relationships, going to school and everything. The second chapter we're establishing our careers, we're establishing families, whatever we're doing. And then there's the third chapter we retire. So now, what do you do when you retire? Some of us become Julie Ryan and you'll have a whole new thing, marvelous thing, going on right. Some of us become Weinberg I have all this, and other people make all these other choices. And some people choose to go through their third chapter and they think, well, I'm going to die, I'm just going to let myself go, and they become very depressed and they have lives or basically their board or whatever. They're busy, they'll take good care of themselves or whatever.

And this person said to me because you're such a role model for getting older and taking care of yourself, it'd be really wonderful for you to. They're asking you to put together a book which would be an anthology of people's third chapters and it will help a lot of people. And so, as it felt right because I've been getting other messages and feeling inside too, I think I'm supposed to write another book or whatever and it just resonated with me and I, with faith, I start the

process. If I get the message, I start moving forward. And then my attitude is if other things kick in, beautifully, I know it's meant to be and that's exactly what happened.

And the book is called Good to the Last Drop, which dropped into my head talk about divine message. And it's going to be about people's third chapters, embracing your life's third chapter and, Julie, you're in it. As you know, you have a wonderful chapter in it, and I asked people, who I know, who are in their third chapters and they're men and women fascinating stories filled with different choices people have made, and all but every single one of them has chosen to make a difference in their third chapter Good to the Last Drop, and take care of themselves and make a contribution to the world. So I think it's going to be a very inspiring book. There are so many people who are aging with all of these choices that we have as to how we are going to live our lives. Are you going to live a Good to the Last Drop or are you just going to be miserable and drop? That's that's that's really.

0:51:51 - Julie

that's the part of the choice, and we'll have all the links to the new book and all of that in the show notes, so it'll be easy for you to find, and I can't wait to read it myself with everybody's stories.

0:52:08 - Irene

It's going to be fascinating, great fun. And let me tell you something One of the things that is really very touching when you read these stories is how many have how every single person. We're talking about third chapters. So if you look at their, if you read their stories, you see all the lessons they had to learn and all the things that they went through in their lives Not easy and how they took those lessons, those experiences and what they did with it. Now that they're in that third chapter, there are people who cling to their story. You know, Julie, this happened to me when I was 20 years old or 30 years old, and I'm never going to get over it and that's my story and I'm going to be miserable and I'm sticking to it. There are other people who come through it. They heal, they process it and now they're in their third chapter and they're moving forward with, as a result, of all the lessons that they've learned that have made their lives so wise.

0:53:16 - Julie

Last question why do we incarnate?

0:53:19 - Irene

We incarnate to evolve. We incarnate to learn our lessons from life to life, to life to life. I actually, in my first book I have actually a story of part of my evolution was not to cut with soil in a certain lifetime and I was on my own in that lifetime because I was evolving to learn how to be on my own in that particular lifetime. And we keep evolving until we go our vibration, we actually reunite, I think, with Source as we keep evolving and I've actually been told that some people, as you keep learning and evolving, then you can choose to stay on the other side and not come back to help, be a guardian angel or a spirit guide, or to help other people who are incarnating and going through their journeys. So I've been told I'm an old soul. I've had many, many lives and some of them were a lot of polluers, Julie, really, really hard. But I thank goodness, I learned the lessons and here we are.

0:54:26 - Julie

Here we are. Oh my gosh. Well, I am in awe of you. I think you're just absolutely extraordinary. Thank you, I think I believe that you are doing so much good in the world and I just I'm just honored that you're part of my life and grateful for you. And especially, thank you for taking the time to share your wisdom with all of us that are listening today. How can people learn more about you and your work?

0:54:56 - Irene

The easiest thing just go to my website Irene Weinberg W-E-I-N-B-E-R-G. Irene Weinberg dot com. You can check out my books, you can check out my website. You can hear the video of my story. You can subscribe, which thank you so much. Subscribe to the podcast.

I interview the most amazing people, including Julie Ryan.

My whole purpose, the purpose of the podcast and I encourage people also to please sign up for it on YouTube and wherever you get your podcasts the purpose of the podcast is to the mission is to educate, as I was educated because I did not know anything about this world and voila, to educate people, to enlighten them and to give them healing choices. Because I'm very passionate about the fact, Julie, that I've been healing all my life and what a pleasure to drop that backpack of drama, of self pitting, of victimhood, and be able to drop that all to really have joy and be able to pass it forward in your life. And so that is why I present people like you and other people for healing choices that hopefully they will listen to an interview from my end, like they're listening to us now, become educated as to we're talking about souls and growth and all become enlightened. So hopefully their vibes also continue to arise and if they need it. Hey, here are all these wonderful people. Take your choice. Listen to this story. Who do you want to choose to help you in your journey?

0:56:44 - Julie

Exactly Alrighty, everybody. That's it for this week. Send in your lots of love from Sweet Home, Alabama, and from New Jersey to where Irene is. We'll see you next time.

0:56:57 - Annncr

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 AskJulieRyan.com.

0:57:12 - Disclaimer

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