

Ask Julie Ryan - Louise Crist 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.

0:00:44 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. I'm so delighted that you're here with us today because we have Louise Crist does. Hey, Louise,

Louise
hi, hi,

Julie
welcome to the show.

Louise
Well, thank you for having me such an honor, oh my gosh.

Julie
Well, Louise is an RN with decades of hospital experience and she's the author of always remember to kiss me good night. What an amazing title. I love that title. And Louise has a daughter in spirit. Oh, she has brought, she has, she has the book right there so we can see it, terrific. So I asked Louise to come on the show to tell us about her experience in working with patients at the end of their lives and Also if those experiences helped her navigate it when her, her daughter passed. So, Louise, lots of questions for you, my girl, god bless you and Everything that you've been through and that your family has been through. When your daughter passed, I Hear you say that although people die, love never does. Tell us what you mean by that.

0:01:56 - Louise

Love is infinite. It never, ever stops. Even though our bodies die, I believe that those on the other side still have a way to send their love to us, and Julie has demonstrated that to me multiple times.

0:02:09 - Julie

Yeah, I'll bet. Is it possible to Continue our relationship with somebody who's?

0:02:16 - Louise

passed, absolutely, absolutely it's. The conversations can be a little bit one-sided until you learn how to communicate a little bit better with them. But if you're open until it winks, I call them a links. Some people call them signs. They're there, I have proof.

0:02:34 - Julie

Yeah, well, first of all tell us about your daughter and Then tell us about some of the signs or the winks that she sent to you All right.

0:02:44 - Louise

Jillian was 19 when she passed away. She had just started nursing college, or nursing courses for college wanted to be a neonatal nurse Just love babies. She died in a car accident. She was the passenger. About a month before she died, her and I were driving down the road and I did a U-turn and she grabbed my arm and said mom, this is how it's gonna happen and I go what she goes the car accident, I'm gonna die it, it's gonna happen on a turn. I'm gonna get hit the side. I hope my face isn't messed up.

She left us notes two nights before she died on her dresser, thanking us for being good parents. She had told us from probably about the age of five that she would not live to be an adult and that she was steadfast in that belief her entire life. I took her to counseling and they said and doesn't seem to bother her, so just go with it. So we had a lot of conversations about her dying young and when it happened, I mean she was the passenger, not the driver, and it happened exactly the way she said it would and and in fact she even drew a picture of the accident scene which I found two years after she died. She had drawn it two years before she died and I found it two years afterwards and the the accident scene is Drawn in such great detail.

0:04:12 - Julie

You just can't make this stuff up, wow so do you think that that was part for life plan coming in, that she knew she was gonna exit that way? Number one and or number two? Do you think it was a premonition, or both, or a combo, or what? What do you think that's all about? Have you talked to her about it since she's been in heaven?

0:04:34 - Louise

Yes, she was highly, highly intuitive. She told us that if it had not happened the way that it did, it would have happened close to that time and it might have involved more people instead of just her going. So I was I was, I Guess relieved that she went the way she did and didn't take out a school bus full of kids, which could have happened at a different time of day. Did the driver survive? Yes, she did. The driver was her best friend. She was trapped in the car with her for about 15 minutes and till somebody came and helped and she saw she hasn't driven since. She really took it quite hard. There was a. There's always court proceedings with things like that, even when it's an accident, and she, just she. She physically recovered mentally. I don't know that she'll ever recover.

0:05:34 - Julie

Are you in touch with her still, uh-huh.

0:05:38 - Louise

Yeah, I still love her, to love her to death. I love her pieces. Good, I do always say there was never, ever any anger just Because jelly had told us so much. You know, going back to her when, when she died, I was driving down the road looking for her because she wasn't, they weren't home on time and the place called and said that there was an accident. And I kind of knew. And as soon as I hung up that they confirmed that she had died and and I hung up the phone, I heard her right here in my ear going it's okay, mom. I jumped before the impact. I didn't feel a thing. It looked like it was gonna hurt, but it didn't. And my friend jumped out too. But I told her she had to go back because it wasn't real time yet. So I was like alright. So I got to the scene, I identified her. She had a. She died with a smirk on her face. She was always messing with me when she was alive, like she would pretend she was sleeping. I go to give her a kiss and she'd scare me, you know, and she had that same kind of look. So I'm sure I look like an idiot walking up to the green going don't you dare set up, don't you set up? Yeah.

So when she died we picked out. One of the first lengths was that we picked out a necklace for her to wear in the casket and it had a Charm that said faith on it. It had little frost, she always

wore, and then it had a ring that her, she had just broken up with this guy. They dated for about four years but his grandmother had Alzheimer's and just adored Jillian. She forgot a lot of things, but she never forgot who Jillie was. So she gave her this little costume piece of ring, out of a bubblegum machine, I think, and Jillie put a. She wore it on the necklace.

So we decided to have those things buried with her and we got the clothes already Monday afternoon. She down on a Saturday morning. Monday afternoon we went and got all the clothes ready and the ring was missing off the necklace and we're like oh, that's really weird. No one's been in her room. Packed up the clothes, went to the funeral home, set the bag on the table with the clothes still in it, my husband sits down across the room and he starts. He starts kind of like he goes what is that shiny thing over there under the chair, it was grandma's ring At the funeral home and we hadn't been there yet.

0:07:59 - Julie

I remember when you first told me that story and we were marveling how that can even happen. You know how do you think something like that happens. How does that object show up to a place where you haven't even been.

0:08:16 - Louise

I have no idea. I was hoping somebody could explain it to me. But she leaves us quarters. That's her thing is quarter. So she leaves those in really bizarre places. And if I had an answer to the ring I'd have an answer to the quarter.

0:08:33 - Julie

Yeah, well, like where, where's some of the places where the quarters show up?

0:08:37 - Louise

The very first one showed up on my youngest daughter's chest the morning after she died and she didn't think much about it. We were all in shock and this was her baby sister of her best friend, you know. And my youngest daughter, sierra, put her feet down on the floor and stepped on a quarter, went over to put on her makeup. There was another quarter. There were so many quarters at her funeral that people would stop by and say, did you drop this? She must have dropped this. I was wearing a dress without pockets, so Jilly has about five dollars and quarters with her in the casket. There were that many quarters being dropped and no one knew where they came from. They weren't there a minute ago and all of a sudden they were there. Wow, she's like a little foodie. She has, and she was when she was living too. She had a very unique sense of humor.

But my husband built a Jilly garden for her and he dug this Circular area that was probably 15 feet across and about a foot deep and he took out every rock, every piece of stone To dig to put the foundation down for this garden, and he hit a tree root and he got out the saw and he sawed up this tree root and found what he thought was a button underneath, but it was actually a quarter when he rinsed it off. Now We've lived here since on 2000 and my parents have lived here since 1986. That part of the yard has never been used for anything and when he when he found that it was a quarter, it was a Virgin Island 2009 quarter A foot under the ground under a tree root. I don't know, but the Virgin Island quarters have a beach, which was her favorite place to be, and A seagull on it, and Hollister was her favorite clothes and Sweet Home Alabama was her favorite song and free bird.

0:10:23 - Julie

Oh, what is it about the quarters that has her Sending you all so many quarters? Was there a significance when she was alive?

0:10:34 - Louise

When she was a little girl and we had pay phones, I talked my kids to memorize our phone number and I would put a quarter in their pocket when they left so they could call home if they needed me in an emergency. She's calling home.

0:10:49 - Julie

Yeah, some males. That just struck me, just came into my head. I call those divine downloads, Louise. When that happens is Two and five. Twenty five cents. Two plus five is seven. Seven is the number for spiritual perfection in the Bible. So there's another significance that just came in. Yeah, that's going on. I love that. So she's calling home.

0:11:16 - Louise

Yeah, the picture that she drew before she died has her crashing into a dump and that's the way she drew it and the accident happened. Kitty corner from a dump, there is an empty lifeguard stand. That was her last job. There's the school she had just signed up for the college she just signed up for and she's hitting a gas can in the dump. They hit a gas main and then she's above that on a cloud with her boyfriend at the time and her dog, and over on the far right she drew the twin towers with an airplane flying into them and I couldn't figure out what that meant. And the last people she spent the night with had a set of twin boys whose birthday was September 11th. So that was the 911 reference. And then you flip over the picture and it says I'm in a box.

0:12:16 - Julie

Have you had conversations with her in spirit about these things, about did she plan this all along? Did her spirit plan it before she was born? Did she dream this up when she was? Has she known it her whole life? You said, when she was little she was telling you about it.

0:12:37 - Louise

Yeah, pretty much. I mean, we had lots and lots of conversations and she even picked out her casket. Nine weeks before she died we'd buried my father in law and we took the kids to the funeral home to teach them how to do it and she said oh, when I die, that's the casket I want. She told me her songs. It was like she knew and she was okay with it. That was the weird thing is, she was okay with it and we do communicate a lot.

She comes to me in dreams. She came to me in a dream probably two years after she died and told me why, why it had to happen the way it did, why she died young, and it gave me a lot of solace because all the questions that I had were answered. She basically said she came to learn about patience, love and forgiveness, and so God gave her the opportunities to learn those things. And she did. And when she finished her assignment she was able to go home and the final assignment is in the back of the book. It's toward the end of the book and you'll see what the assignment is and how she passed it. But she said if it hadn't been that way, it would have been another way, but it would have been close to that time because her time was done. She had done what she came to do, and now I have to finish the project that she started.

0:14:07 - Julie

Okay, so that's a lot to unpack. How do you wrestle with trying to make sense out of all this, or do you even try? I work with a lot of parents and others who have lost a loved one and I don't know that it ever makes sense to them while we're in our human form. I surmise that it's going to make sense to them once they get to heaven, once we all get to heaven, and I mean it certainly is feasible. But does it help with the grief and the loss and trying to make sense of it? Tell us, having heard that her whole life, did that prepare you? Did it help you? What effect did it have?

0:14:54 - Louise

It gave me a heads up. It didn't shield me from the grief and the pain that is still 100% there, but I was more open and able to do things a little different because of what she had told me about what she wanted, that she wanted her funeral to be a celebration of life, not a sad thing. She had reached out to somebody within minutes of her death that got ahold of me and that changed a lot of things. And the woman was a complete stranger. I didn't know her from Adam, but Jilly had gone to her and told her she needed to come to me.

And that's how it happened and we kind of replanned the funeral based on what she said and it was the best funeral ever. We had kids coming up going. You know, when I die I want something just like this, because it was all about the love and tasking those people to continue to carry on that love. We had a motto at her funeral that if life throws bricks at you, pick them up and build something with them. And I wanted them to pick up the pieces and build something positive with it. And they have.

0:16:08 - Julie

Can you share with us some of the special things that you did at her funeral that perhaps can help others, if God forbid, they're planning a funeral not only for a child, but for any loved one. We're all going to be in that position if we haven't been already right.

0:16:26 - Louise

Yes, yes, everybody pretty much unless you die really young plans ends up planning a funeral at some point. So she already picked her casket. That was a no brainer. Her godmother was the funeral director, so her godmother prepared her and got her ready. We did some special songs. Like I said, this was fresh off my father in law's funeral so she helped me pick out the songs to that. One of her favorite songs was Free Bird, so we played that. We did. We had two of her high school teachers read poems. One was Edgar Guest to all parents, which I heard for the first time when I was 16 and a friend of mine was killed and her parents read that at her funeral and I said, oh, if that ever happens, I want to do that for my kids.

We ended up playing Test a Biddle Up by Winona Judd because it was on a CD on my dresser. That was not originally part of the funeral but it kept falling off my dresser that morning and I finally looked at it and said you know, do you want me to play this? And got the answer yes. So we put that on at the very, very end and all 600 people were standing on their feet, waving their arms and hugging each other and crying and laughing and singing, and it was great. We had cheerleaders where the we had all the cheerleaders come up front. They made up a cheer and cheered her into heaven with audience participation. We had a see. We had free word. We had I got up and spoke. I didn't think I'd have the strength to do that, but I did and my youngest are both got up and spoke and we had a big balloon launch at the end. It was. It was a fabulous funeral and she was the prettiest girl in the room.

0:18:22 - Julie

Oh, how wonderful, oh, my goodness. Well, how tell us about your nursing career and if or how the working with patients kind of got, if it got you a little prepared for this too? Did it help because you'd been through this before with patients in the hospital?

0:18:47 - Louise

Yes, from the time that I was a little girl, I've kind of been able to see people that have passed. It's not, it's not a solid thing, but that continued into my nursing career. So when we did codes I could usually see them in the corner on the ceiling. You know, yes or no, doing what they're going to do.

I had one gentleman he was an Amish guy and he had had a heart attack and they brought him in and we shocked him and I could see him up in the corner and he's, you know, going like

this. And I go. That's usually a sign they're going to come back. So I'm like, all right, we're shocking him again. We got him back. He went up to the ICU.

I went and visited him a whole days later when he was awake and I said do you remember anything? He says, oh, I remember you. You were down there on the, you know, on the right hand side doing this, this, this. And I go, okay, and I said, do you want to tell me about your experience? If you did, you see anything else besides us? And he says, yes, I went down a long tunnel and I saw Jesus at the end.

And I said, really, and he goes, yeah, and he gave me the best hug and then he held me out at orange length and he said you can't stay. And this man was so upset he goes. I've been such a good Amish man. I followed every single rule my whole life. And Jesus said I want you to go back and tell your people. It's not about rules, it's about love. And he did. He went back and told his people and every time I saw him after that, which was many, many times, he would cry and tell me that story and say I just can't wait to go home again. It's so beautiful there. If you saw what what Christmas looks like on that side, you'd never want to come back. Yeah.

0:20:26 - Julie
Did he describe it to?

0:20:27 - Louise
you he did. He said it was, it was colors that we just don't have names for. He said he was able to be not only at the hospital watching what was going on with his body, but he was also at his daughter's house and he was at his brother's house and he was in 10 different places all at once watching what they were doing, because they weren't aware of this yet. And then somehow he was back in his body again and he said it sounded like a gunshot going off over here when he got sucked back in his body. It was really loud. And then there he was and he's been gone now permanently for about three or four years. But he did go back and tell all of his Amish friends. It was all about rules, he'd tell anybody that would listen. It's all about love, it's not about rules. I love that.

0:21:12 - Julie
Yeah, that's. I think that pertains to all of us, right, regardless of what the religion is or the the culture, that it's all about love, not about the rules. That's what we hear from all the great masters is. Is that it's all about love? Well, and then people hear that and they say, well, I, you know, it's the ways a mass murderer or is or is a Hitler, or is he somebody like that, how can that be about love? Have you read across anybody that said that kind of thing? And what's your answer? If you have, I have, you have.

0:21:48 - Louise
You know the story of Jesus and his whole story and his resurrection. What would that look like without Judas? Totally different story. So somebody kind of has to be the you know the bad guy, more or less.

Neil Donald Walsh wrote a fabulous children's book called the Little Soul and the Sun and I had read it to Jolie before she died and I read it to her driver after she was released from the hospital and it talks about a soul wanting to come down to learn things.

And you can't learn those things in heaven because they don't exist, they're considered negative. And so his, that little soul's best friend, comes up and says I'll go with you and I'll do these things so you can learn about hate or whatever it is. Just remember who I am, because I won't remember it. I'll be so busy acting out that role I won't remember it. But just remember I always love you and I always will. That's kind of how I looked at the forgiveness aspect. As far as the driver goes, she didn't get up that morning intending to do that and there are no, as far

as I'm aware, there's no support groups for accidental killers and there's a lot of people that they're in that situation car accidents or they left their kid in the back seat, or you know, the guilt is there.

0:23:15 - Julie

Laura Bush, former First Lady. Laura Bush was in an accident. I think she ran a stop sign when she was in high school and the accident killed one of her classmates, a boy, and I've heard her talk about that. She said the guilt's still there. She's just decided to live her life. But yeah, sometimes I think that's harder perhaps than even being a family member who's lost somebody. What are some of the other experiences that you've had with your patients? Have you had any patients see deceased loved ones or pets in the room at the end of their lives?

0:24:00 - Louise

Oh, yes, yes. So my father-in-law and I was his final nurse the night before he died. He was scanning the ceiling back and forth and talking to this lady over here and I said well, who is that? He kept saying it's Louise. I'm standing right next to him, so that was kind of odd that he was not a particularly religious person. So as far as I can tell he was doing his life review.

I have had people. I can see them at the foot of the bed. Not everybody can, but I can show up when someone is about to die and the patient can see them because they get this big beautiful smile on their face and say there she is, or there he is, or mommy or daddy or whoever it is that came to get them and they usually go out with a smile. They're often so scared we can't help that survival instinct is so strong that to give yourself up and go over. I'm glad Jilly went suddenly and didn't have time to think about it, but not everybody has that and it's scary. And these people come and they give them a lot of comfort and sometimes animals will show up and they'll say, oh, they're a Snoopy, there's my dog when I was 15. They show up and they're comforted by that. Nobody dies alone. Even when their body is alone, nobody dies alone. There's always people around bugging them.

0:25:25 - Julie

Yeah, yeah, spirits that's what I see too in my mind's eye and working with the families, and I'm honored to have the opportunity to work with them and their loved ones at the end of their lives and, like you, spirits and deceased loved ones and pets, and then angels surround them and nobody dies alone, ever, nobody dies alone.

Yeah, and university-based research shows that, now that 90% of people at the end of their lives see the deceased loved ones and pets and angels, a lot of people see angels too. Have you had any of your patients that have seen angels?

0:26:07 - Louise

Yes, I have, several of them have, and they tell me that they're very tall. They're taller than humans, so 8, 9, 10 feet, whatever they glow. When my grandfather was dying after a stroke, the nurse came in and was turning him or something and he reached up behind her and he wanted to know how her wings were attached, because he was a very analytical kind of guy in vote stuff and he was so confused. But well, how do you have those wings attached? They're so big. Was he seeing that? Yeah, I believe he was. Yeah, and especially with the babies, when we've lost children, you can feel the angels in the room. The room gets a little bit warmer and it feels like you're being hugged Interesting.

0:27:00 - Julie

The room gets warmer because most of the people that I've heard talk about the experience say that the room gets colder. So maybe it's an angel thing where the room is warmer, huh yeah.

0:27:13 - Louise

I haven't ever heard that before. My husband had an experience where Jilly showed up and sat on the side of the bed and gave him a hug and he said when she did that that half of his body was colder.

0:27:26 - Julie

Yeah. Yeah, I've heard that a lot. I don't experience that, but I have heard that from people when spirits are present, I think the other thing that's fascinating, too, is how many people say that they find this to be so comforting, and the experts say that it's not the person hallucinating, because hallucinations cause anguish and stress and they're upsetting to the patient, but when they see deceased loved ones and angels and their deceased pet spirits, that it's comforting. Have you found that to be the case as well?

0:28:07 - Louise

Yes, Be like oh, there you are, and I'll say, if you see them, it's okay to go with them. They're here to get you to take you to God and they'll okay. Most of them go off once they see that angel or that deceased loved ones show up, they go off with them pretty easily.

0:28:26 - Julie

Yeah, and to your point earlier about that, we're afraid. I find that a lot of that, certainly the survival instinct that you alluded to before. But I also find that, especially in our Judeo-Christian culture you're in the Western world we're so afraid to die because we don't know if we're going to fly or if we're going to fry. You know, are we going to go to heaven, are we going to go to hell? And people are very afraid. Everybody goes to heaven. That's been my experience and doing this thousands and thousands of times. The other thing is I do an exercise called the walk to heaven, the ways. That's a dress rehearsal and I teach people that take my class to do it as well. What seems to be so comforting to people who are afraid to die was they see that their loved ones are there and they're going to greet them and welcome them Makes it a lot easier and in most instances I would say gosh. 98, 99% of the cases, they pass within a couple of days. The ones that are afraid to go.

0:29:32 - Louise

Well, so you know, I've had patients tell me I don't want to go to heaven. If you know, my ex-husband is there because he was abusive and we have to work through that before they're okay to go, right, right.

0:29:48 - Julie

And when we say, well, all spirits are pure love, even your husband's spirit when he was abusive. That was the human side of his equation, you know of this lifetime, and that snarky personality stayed with the body when he passed. Hard to understand, hard to wrap our heads around, but certainly it warrants being afraid if somebody's lived through that.

0:30:13 - Louise

Yeah Well, Jilly kept her sense of humor. I think most of them do keep their sense of humor on the other side, or at least a little bit of their personality, because that does come through.

0:30:26 - Julie

Yeah, it's like they assume a role is how I look at it. It's like they're going to have some of that personality come through, so we know that it's really them that we're talking to.

0:30:38 - Louise

And that's how she described. He said well, it's just like being on a drama series and some exits are more dramatic than others. You know, some people just close their eyes and go to

sleep, and other people go out in a really spectacular way and it's all just acting. So I'll just get off the stage.

0:31:00 - Julie

Yeah, instead of with the cane, you don't pull them off by the neck right? Are you seeing a shift in your medical provider colleagues that gives them the opportunity to at least come up with the spiritual side of the end of life procedure? Is feasible, I mean, are they more? Do they seem to be more accepting of it than they were perhaps when you started your nursing career? Is it about the same there?

0:31:33 - Louise

are. It depends on the hospital. The hospital I'm currently at has a holistic nurse program, so they're very open to that and they can go down and, you know, talk to people who are going through that process and comfort them through that. There are still people who are like, nope, I don't see anything, it must not be there. But there are a lot of us who do sense, you know that and they're more open to it. It's come a long way in 37 years.

I mean I have a friend who's a death doula. Tell everybody what a death doula is. Death doula is like a midwife for the dying that's the best way that I can describe it. And they help that person go through the process, tell them what to expect, help their family with what to expect and make death the most comfortable transition. That's not scary, because when moms give birth to babies, we put them through childbirth class so they know what to expect. Why don't we do that for people who are dying? This is what's going to happen, this is how it's going to happen, and when you know, you don't fear it as much. So we give them those tools.

0:32:47 - Julie

Thank you. And I find that we aren't around that as families anymore. The family used to be there and have somebody that'd been through it and multi generations, and now we're so spread apart because people don't live in the same towns and all of that, and a lot of the time their loved ones in the hospital certainly as well, and they die in the hospital. So I had Susanna O'Brien on the show who said death doula, and she teaches a class on it. She trains death doulas. Oh my gosh, what a service she's performing for humanity.

0:33:26 - Louise

I would much rather have somebody coaching through it.

0:33:29 - Julie

Oh, absolutely. Do you come from a spiritual family?

0:33:34 - Louise

Yes, my mom was a professional astrologer back in the 70s I mean way ahead of her time. She was into natural everything. She was into reincarnation and Edgar K. I grew up thinking Edgar K. Everybody had an Edgar Kasey book in their library. I mean, that's what we had. The books that I read growing up probably opened my mind more than anything else, and the fact that she was so open about her journey and her death was even. It was typical mom. It was very spiritual, very spiritual. How so Most people when they are dying?

My mom had had a massive stroke and she lasted six and a half years and couldn't speak, couldn't talk anything like that. She had the use of one hand and she could do a sassy eye roll. That was it. And when she was dying, probably 20 minutes or so before she died, she was in and out of a fatal rhythm.

In fact, at one point she was flat-lined and I went over and took my stethoscope and went to listen and her eyes popped open and I'm like, don't do that to me. You know either stay or

leave that. She looked at us right about 20 minutes before she died and she started saying home, home, home. And we hadn't heard of her talking a long, long, long time and then it was out, out, out, and as she died, three of my siblings were there and she went down the row and made very specific eye contact with us, gave us a little mind-melt message. Mine was I love you, thank you, and then her eyes turned. She had brown eyes and they turned sparkly blue and then she closed them and out she went.

0:35:25 - Julie

Have you ever seen that before? I've never heard of that.

0:35:27 - Louise

I've never seen that before we all just went. How did you do that and I don't have an explanation for it. Maybe you do.

0:35:36 - Julie

Wow, I've never heard of that. I don't know. Let's ask the spirits and beyond. That's what my son used to say. Mommy asked the spirits and beyond. Why did her eyes turn blue? Because she was going into the heavens, is what I heard. Yeah, yeah, they were reflecting the heavens. Yes, wow, cool, that's really something you know. The other thing you mentioned this earlier, Louise. About that, one of your patients said that he saw all kinds of colors that he hadn't seen before. I've heard that many times from not only from the spirit that had passed when we're talking with their deceased loved one, but also from NDE experiencers, their death experiencers, who say oh my God, the colors that's like puts high depth to shape. It makes high depth look like your colorblind, almost.

0:36:34 - Louise

And then add the love to each of those colors that just permeates every molecule. My friend said it was amazing, interesting.

0:36:46 - Julie

Interesting, interesting. Why do you believe it's so important for people to walk with grief and experience it as a companion rather than a monster?

0:37:00 - Louise

That's a good question. For me, the way that I handle my grief is I have to find somewhere for my love to go, because if you put it off as a monster, it's over there in the corner. It's constantly chasing you. Your entire life revolves around that. If you are doing it to find somewhere for your love to go, you carry it with you always, but in a good way. When we get close to our anniversary, my random acts of kindness go. They get ramped up because I have to do something. I can't hug her, but I can give out hugs for her or from her.

If you learn to walk with a grief, it's not really the monster you think it is. It does change you. I don't remember much about myself before that day, but I know I was a different person. I think that when you walk with love, it makes you more sensitive to other people going through that. You can pick them out of the crowd. There's something with bereaved parents. Most bereaved parents would agree with me that we don't think twice about stopping it at a visitation or sending a new parent to know it, even when we don't know them, because now we're part of one group. If you don't have somebody to hold your hand as you enter that group. It's hard when you do have people like it helping parents heal. It will hold your hand through that journey. It turns from something that's so scary to something that is so full of love that you can't even measure that. Does that make sense?

0:38:40 - Julie

Well, it does because, as you know, I'm involved with helping parents heal too. I spoke at their last conference and it was the first one, albeit their conference as a speaker next summer too of 24. It was amazing. There were a thousand people there who had lost a child and I thought it was gonna be sin and it was gonna be Lots of tears and certainly there were tears, but it was incredible. It was one of the most joyful gathering of people I've ever experienced, especially at a conference. It was amazing.

0:39:21 - Louise

And I ran into one parent at that conference that hadn't even buried their child yet. Their loss was that new and here they were getting that support right from day one, and most of us weren't that lucky. I didn't find helping parents heal until year eight.

0:39:39 - Julie

Oh goodness, wow, yeah. I recommended a lot to families who've lost a child, regardless if that child's 70 and the parent's 92 or whatever, it's still your child, absolutely yeah. And to parents who've lost a child in year two they've had a miscarriage or a stillborn baby, because we still talk to those spirit babies all the time. I do with clients and along those lines the research shows and certainly I know from working with so many families who've lost a child or any loved one. The research corroborates that one of the easiest ways to help solve grief is to talk to your deceased loved one's spirit. Have you found that to be the case as well?

0:40:28 - Louise

Absolutely, yes, absolutely. And ask you know, hey, I'm feeling low today, I need a little wink. Can you send me one? Quarter will show up, you know, or somebody will send me a. Just the other day, somebody took something out of their storage unit it was a statue and pieces and she picked up all the pieces and there was a quarter under one of the pieces.

0:40:50 - Julie

Oh my gosh.

0:40:51 - Louise

In a shopping bag. Well, in a shopping bag, in a shopping bag.

0:40:57 - Julie

Oh my gosh, tell us about the dream you had with Jillian Jesus, the dream I had with Jillian Jesus.

0:41:04 - Louise

That was more of a visit, but it was a dream. It was so real that I can still remember every bit of that dream. But in the dream I was walking through the forest and this beam of light came down. And at the bottom of the beam of light, Jesus was sitting there in a rocking chair with this little girl. And as I got closer I realized it was Julie. And then I was suddenly glued to my spot. I could hear the conversation, but I couldn't go pick her up. I couldn't go talk to her.

And she's telling Jesus you know that she wants to come to earth and try patience and love and things that you can't experience on earth forgiveness. And he said, well, okay, that's fine, everything that you do is your gift to someone else. Everything that they do is their gift to you. So when you meet somebody new, you have a unique gift for just them and the same they have a unique gift just for you, and you will have lots of opportunities to learn about forgiveness. I'll give you a great big sense of humor.

She thought that she could just go run back to heaven every night and, you know, that's why the name of the book is always remembered. You know, kiss Me Good Night. She said I'll

come back every night and sit in your lap and give you a hug and a kiss. And he said you can't do that until the soap or cord is dissolved between your body and your spirit. And she's like what? No way, how am I gonna get along without you? And he said well, I'm gonna give your body just a little tiny bit of heaven, and when you're on the right path, you'll know, because it'll feel like I'm hugging your heart. And so she did. And he sent her down this slide and right into my arms when she was born, and I understood now the forgiveness she wanted me to learn and I did. S Chapter Two book.

0:42:56 - Julie

Yeah well, forgiveness, certainly with her friend who was driving the car when she was killed. My goodness, I don't know that any mother, let alone any person, would have a bigger lesson in forgiveness than a situation like that. A Kenny Moon Fathom.

0:43:17 - Louise

I had a lot of good role models. Yes, I did. When I was in high school I had a friend who was six who was murdered, and her parents got up and told everyone in that church that morning that they needed to forgive the murderer. And we didn't even know who it was yet Turned out to be a classmate. He just recently got out of prison. He was sent when he was 17, and he just got out and her parents were instrumental in him getting out. They asked for leniency and clemency, went and visited him in prison. That was their only daughter. So I had some very good role models.

0:43:59 - Julie

Well, that was like Pope John Paul II going to visit the guy who shot him after giving him, when he was in prison, rubber I don't remember what the year was when he was shot because he and Reagan President Reagan were shot within a month of each other. I think they both had assassination attempts on their lives within a month of each other. And, interestingly enough, speaking of those two, I read a book. It was by Nancy Reagan, president Reagan's widow and interviewers said, well, who did the president have a best friend? And she said yeah, pope John Paul II.

And I was surprised by that. She said they shared so much in common because both of them had assassination attempts around the same time. Neither one of them was expected to live. They both lived. And then they shared so much in common because of that not only that situation, but also because of their faith, and they knew that they were here to do a job and there was way more to the equation and it made them really focus on what it was, what their life's mission was, what they were supposed to do. And then they worked together.

Actually, there's wonderful books about this, about how they worked together to help with the fall of communism from Eastern Europe and the fall of the Berlin Wall and all of that, and how the priests behind that, what they used to call the Iron Curtain would deliver messages to the Vatican, and then Casey, who was Reagan's head of the CIA, would fly into Vatican City in the middle of the night and they'd get that information. I mean it's really interesting to see how the two of them worked together on this mission after both of them lived, after their assassination attempts. So that comes to mind with all of this as well. When we incarnate. What do you think's going on there? Why do you think we all incarnate?

0:46:08 - Louise

To come and learn what our soul wants to learn. You know, my soul needed to learn something than Jilly's soul did, or I wouldn't still be here. But I think some of us come specifically to learn hard things and try and make the best of that. My stepfather was born to a 14-year-old girl and his father was probably I don't know in his 20s or 30s. Nowadays we'd look at that and go, wait a minute. This 30-year-old impregnated this 14-year-old. That's not kosher, and he raised himself. He could have been bitter, he could have been many, many things, but he wasn't. And

I think if we can take those hard things and make something positive out of it and help other people, I think that's why we came I really do, you know with Jilly's book, which she also drew the cover for, by the way. She kind of helped me write it, but she also drew the cover.

And when she passed away we started. We did a food drive right there at the funeral. We took in a truckload of food because the girl loved to eat. She's built like a Barbie, but she loved to eat. So then for her birthday we did something for the animal shelter and when I wrote the book, all the proceeds from that fund scholarships for future healthcare professionals, and we gave out our 99th scholarship this year. Next year we'll be a hundred, so it gives other. It's my story, but it's also our story. Anybody that has lost a child will look through that book and go oh yeah, I can relate to that totally. I mean, there are some crazy parts of that book that other parents can relate to, like I literally jumped in a hole and tried to find her casket, okay so tell us about that.

0:48:08 - Julie

You can't just throw that out there and then I give us more information. That's too much of a tease.

0:48:13 - Louise

I had gone to the cemetery and I noticed that her flower pot was moved. She didn't have a stone yet and her flower pot was moved up. And I went up and there was this green board there. Well, curiosity got the best of me and I lifted up the green board and I'm like I know her fault. It's right there. I just got to touch that fault. So I picked up a stick and I started kind of poking to see if I could find it. And I was so wrapped up in trying to find this thing. I was on my belly looking in this hole. I didn't notice that I was no longer alone. So I looked over and there's a pure of seat right here. And I'm like, oh my gosh.

And it was a very well-known person in our town who was part of the city government and I she said what are you doing? And I'm like she goes, you're trying to find her vault, aren't you? And I said, yeah, she goes, hold on, this has always been on my bucket list. And she runs back to her car and she comes back with this thing that looks like a snow scraper and jumps in the hole and starts digging for Jilly's vault and I'm just like I'm still laying on the ground and she's in the hole and this other car pulls up and it turns out to be her aunt and I'm like, don't you dare pop up out of that hole? And she pops up like a jack in the box. I think aunt's weighed a little bit, you know, and she said, oh, I dropped my phone in that hole. That's what I was doing down there.

Well, we did eventually find the vault and took pictures of it. I can tell you that it's on four or five people's bucket lists, apparently. Who knew? But you know, that sounds crazy unless you've been through losing a child, and then it's not crazy at all. I know people that have gotten exhumation orders to you know, because they just don't believe that that's their child. And yeah, so I mean, grief makes you do crazy things.

0:50:02 - Julie

Yeah, interesting. When my sister died, we buried her on her 50th birthday. I kept having this dream about her inside her casket and she and it was winter in Ohio, in Columbus Ohio, and she was buried in. And I just kept having this dream of her being cold in the casket and I would wake up from it and think what? And so I thought, what can I do to help her? And once I had that thought, Louise, the next thing I knew there were all these little fairies. They look like lightning bugs, they look like Tinkerbell, and her casket inside with her was full, full, full of these little fairies and they kept her warm. And then I never had the dream again. So I thought, I thought that was an interesting. I'm sure there's symbolism. I hadn't thought about it for gosh long times until you're now telling me about being in the graves with your daughter. But yeah,

the fairies, the little, they all, they all look like Tinkerbell, yes, Like a cross between Tinkerbell and a lightning bug, yes, yeah, I was.

0:51:18 - Louise

I had forgotten to blanket at the funeral and I just wanted to drive right by the house with the entire funeral processional, 300 cars, and I was like surely nobody will mind. Yeah, well, we couldn't do that. But you know, no, just take a blanket. Yeah, yeah, oh my gosh Well.

0:51:38 - Julie

thank you for sharing all of these precious stories. My goodness, everything you've been through. Thank you for all you do to help the world and and also parents especially, who've lost a loved one. How can people find out more about you and your work and get a copy of the book?

0:51:58 - Louise

They can get a copy of the book on Amazon. They run for 1999, because that was Jilly's favorite number and it's always been my favorite number was 19. She died on the 19th at age 19.

Oh my gosh and all those. Like I said, all the proceeds go to her scholarship, which is on Facebook, the Jilly and Chris Memorial Scholarship page, and even even the book I was. I was getting to the point where I needed to come up with about \$2,000 to publish it. And we're driving down the road one day and I just said to my husband where in the world is that money going to come from? And the phone rings and we have something called a hospice duck race where they let ducks loose in the river and the first one to cross wins the prize. And the phone rang and I had won the \$2,018 prize that morning, which was donated by her godmother who's the funeral director, funeral director. So yeah, yeah, and it was 2018 to 18. Her birthday was to 18. So just another wing.

0:52:56 - Julie

You just can't make this stuff up.

0:52:58 - Louise

I have a whole other book full of things you just can't make up, yeah.

0:53:05 - Julie

I agree. Well, thanks again for taking the time to join us today. Everybody's sending you lots of love from sweet home Alabama, and from Michigan to where the wheeze is. We'll see you next time. All right, thank you so much.

0:53:21 - 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.

0:53:35 - Disclaimer

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