

AJR - Paige Lee Transcript

0:00:01 - Intro

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

0:00:43 - Julie

Welcome to the Ask Julie Ryan Show, where we blend spirituality and practicality to help you live a life of purpose and joy. Today, we have a truly inspiring guest with us. Paige Lee is a beacon of strength and wisdom and joins us to share her profound insights on grief, loss and the power of healing. So if you or someone you know is grieving the loss of a loved one, you're going to find this episode super helpful. Let's go talk with Paige. Hi Paige, welcome to the show.

0:01:16 - Paige

Hi Julie, thank you so much. I'm really excited to be here with you today. Thank you so much for having me on and my son, Brian. We're both here.

0:01:24 - Julie

Oh, what a treat. We talked to everybody before we started recording and we were together at the Helping Parents' Heal Conference a year and a half ago in Scottsdale and met each other.

0:01:37 - Paige

And then next summer, if I actually make it, I'm planning to go, I have bought a ticket. Then I'll be able to come up and say, hi.

0:01:44 - Julie

Absolutely so. You know, it's interesting how people's paths cross and we're unaware of it, and then they cross again when we're supposed to chat. I just think that's a message from above, message from heaven, that we're supposed to have a conversation and get to know one another. Thank you. You say that pain is the natural response to loss and grief, but we're not meant to carry it forever. Can you explain that please?

0:02:14 - Paige

Yes, oh, my gosh, that's kind of my new little mantra. It was actually about a year ago in a session with my higher self. Probably a few years ago, maybe three years ago in a session with my higher self, I received the message. It was kind of like we know, we know that the pain has been immense, just know that you agreed to the plan right, referring to soul planning but you did not agree to always carry the pain, and so that changed my life. That absolutely turned everything upside down.

When I heard that, even though I was so far along on the journey it's been 15 years for me Just it was almost like it gave me permission to once and for all let go of the pain.

So now that's on my website, I believe prominently somewhere and and I use that in my coaching and my teaching now because we need to give ourselves permission to let go of the pain, because if we can imagine, when we're on a grief journey as horrible as mine was, as

many people's were, you know whether you've lost a child or a parent or a spouse or a sibling or a friend or a pet, even sometimes right and for some people it's a job, right Like a career and that loss of self and who we are.

Whatever it is that we're grieving and we do, I think our immediate reaction is to. Obviously we're falling into some shock and some disbelief and all of that in the beginning, but then we get into that plane, that pain place, and it just hurts so bad and there's a whole lot that goes into why we hold on to that pain. But the message now coming from spirit through me is we don't have to carry the pain, that if we can look and see ourselves in the future as who I am, without the pain, what does that look like and how do I get there?

0:04:10 - Julie

Wow, that's profound girl.

0:04:12 - Paige

You know, thank you, high yourself between my higher self and, you know, creator and my son. They give me everything I need. They give me all the tools. I very much work in unison with them. So thank you, tell us about your son, Brian. Oh my gosh. Brian was my only living child. I had three babies who never took a breath. One of them was still born to remiss carriages. Brian was my first pregnancy and he's the one that made it until he was 23. And then he was murdered while he was walking home one night to his apartment in downtown LA, just on the outskirts of USC where he was finishing his second degree.

Brian had been a West Point cadet for a year and a half. He almost finished his major in economics. While he was there he chose to leave. It was an honorable discharge. I could have told him he wasn't going to like it, but you know kids they don't listen to their parents and anyhow. So he ended up. He wanted to go to an Ivy League school still, and so he applied and was accepted at USC and finished his economics degree, you know, in that first semester. And then he decided he wanted to go back and go to film school. So he applied. It's a very prestigious program actually, the film school at USC. He applied, he was accepted, it's all on scholarship. We, you know, don't have that kind of money to continue a USC education for years and years. So he worked really hard to just get the scholarships he needed to be able to stay and unfortunately, just six months away from that degree, finalizing of that degree, he was murdered walking home.

So it was a random act. I say that and there's a whole conversation again around soul planning right where we can discuss was it random or not random. But from most people's eyes it would be a random act. He was walking home with two friends and he shut a gate and that was all it took and a man came out raging and ended up stabbing Brian and he died in the ambulance on the way to the hospital. So so you know, okay.

So I get the phone call and I'm absolutely you know, I mean I'm just thrown to the floor, I just started screaming and screaming and screaming and you know I just all of what we go through, we parents who have lost a child, and you know he was my only, he was my. Everything and everything I did was for him or about him and revolved around him and I just didn't know, Julie, who I was anymore. I didn't know. I just I couldn't see a future at all for myself and I certainly couldn't imagine a week without him or a month without him or a year without him. And here it's been 15 years and here we are and here I am talking to you and he teaches, he helps me, he works on his side of the veil, he helps the kids over there, he encourages them to have their parents. Call me if it's a good fit, you know if there's some way that I can help them and the work that I'm doing. And he's just like holding up his end. So I figure you know what he chose to leave early. He's holding up his end of the bargain. I need to do the same.

So I became a seeker and learned all the things and got a lot of certifications and it just is my, it's my life's work and it really is my sole purpose to just do what I can to help ease somebody else's pain. That's really why I'm here. I don't make a lot of money at it, but I charge a little bit here and there and I do a lot for free and it's just. It's just. I can't. I'm just so happy with nothing more than seeing somebody who has been in heavy grief and pain, like I was, and just watching them get to the other side of that. That's who I am. That's who I am. That's what I love.

0:08:04 - Julie

God bless you for the work that you do. My goodness to help so many people, both in person and also just with your materials that are available online and elsewhere. I mentioned soul plan a couple of times. Tell us what you mean by a soul plan.

0:08:22 - Paige

Yeah, you know this, a belief in a soul plan is probably the first thing that really brought me some measure of peace when it, when it came around to answering the question why? Because when, when somebody dies before their time, right, as we're led to believe, right, we have a time to die there's, you know, kids should not die before their parents, things like that, and and so it's like why, why? Why? I'm obsessed with the question why, why did you have to go? Why, why not me? Why, you know, why couldn't it have been me? You should be here. You've got a life to live and I had heard from a medium early on in my journey, because I started seeing a medium pretty early on and all that's in my book, which we can talk about if you want, but it's it's.

I didn't know anything about psychic just before Brian passed away and then, of course, I was thrown into everything spiritual and, you know, related to that and he had said that it was karma, that Brian had had a past life with this person and that, you know, and past lives, Brian had killed him and that it was just karma coming around and that it's done now. And I don't, I just didn't know if I really believe that or not. But I was like, okay, maybe you know, okay, maybe right. But it wasn't until I met Rob Schwartz honestly in Virginia Beach at a conference many years ago and I took his workshop on soul planning and then I had a private session with him and he really has a wonderful program about helping you see your way through to belief in the plan. But I realized that if that were true, that if Brian and I had planned this possibility right in the life, between lives, as you know, in in the journey of souls, right the life between lives, if we made a pact that he was going to come to this lifetime and he might choose to leave early because I do believe we have free will and that we can change our mind when we're here and if we made that pact that he would say I might choose to leave early and you might want to come with me and be my mom, because that's going to, you know, be the catalyst for the biggest spiritual growth you've ever had in any lifetime thus far. Maybe right, putting words in his mouth and and come on, let's go for the ride. And I'm I'm sure I was like no, no, not doing that can't imagine the pain.

And somehow we worked it out and I agreed to come, knowing that my perhaps I knew it would be my only child. Certainly I knew it would be one of my children would choose to leave early. And after understanding the concept of soul planning and Sarah Rubel's another wonderful Sarah Rubel is another wonderful resource for soul planning there are there are many out there these days and I realized that if I had agreed to that and Brian followed through on his part of his plan, that it would be such a disservice to him and to me and to my soul's growth if I turned my back on that. Like why would I right if I had agreed that I would say yes and that I would be here to to launch into the work that I knew I wanted to do when I came here, why would I turn my back on that? It felt like such a betrayal to him and to my own soul's growth. So I embraced it and I would turn my back on that.

0:11:49 - Julie

It's interesting. I haven't really explored soul plans that much, yeah, although a couple of points. I have been told a bazillion times by spirit that we all decide when we, when we're born, where we're born, to home we're born and the to which we're born, so that our lives can have a trajectory that will allow us to explore an experience. Whatever we want to explore an experience, our spirit, soul plan Same thing, I just don't call it that. Yeah, likewise Same thing. When we exit, we decide where we go. When we go, who's with us or not, what the circumstances are and all the nuances with our departure.

And that's hard for a lot of people to understand, because when they go through something horrific, like you have the loss of your son, they say why in the name of God would anybody choose to do that? And what I've heard repeatedly from spirit and I'd love your take on this is in the spirit world there's no right or wrong, good or bad. It's just an experience and we expand from each experience and every time we expand it helps the collective consciousness is. It helps all spirits that are living, all spirits that are going to be born, and it's kind of like all of our experiences go into this big soup that ends up being humanity as I try and understand it.

Furthermore, when I do past life scans with people, because I'm a buffet of psychicness, so I can talk to Brian, we can talk to Elvis, if you want, we can talk to your dogs. We whether they're alive or not, that matter Medical stuff, past life stuff tell how close to death somebody is. All of that you are in my talk in Arizona, so you know that when I do past life stuff, it's really fascinating because I'll see a semblance of a script that will be repeated in multiple times and it says if we're looking at the same situation from a different perspective, different vantage point, different gender, different time, different set of circumstances, same basic script Is that what you found as well? Well, I do believe.

0:14:11 - Paige

I love that you use the word experience, because a lot of people talk about the human life that we have as as lessons. We come here to learn lessons and I've always rebelled against that. It just doesn't feel good to me.

That's like you didn't get it right, you know and I don't believe that spirit or God works that way at all, and so I've always used those words myself to say that we come here to experience certain things, to help our soul expand or to help our soul grow.

So so there's that we definitely have that in common. The other, the second half of what you said I don't know that I can speak directly to it, other than it does resonate with me. I think that that's those feelings of deja vu that we get, that we've kind of been in a certain situation, or we've been, you know, something similar that has happened throughout our lifetime. I think it always comes back, though, to our soul's evolution, and, as souls were constantly evolving, we're constantly growing, just as we are in humans, just as we might be in the work that we do, and so I think that's all of that. So, in every modality, there are new evolutions of insight, new evolutions of teaching, right as we go and as we learn more and as, as consciousness is rising and as even the earth is, you know, evolving right along with humanity, and that extends to me that we would just be repeating situations, but with different, in a slightly different way that can help us grow, maybe in a slightly different direction.

0:15:40 - Julie

I like to use analogies a lot to explain this will stuff, because I don't think we're supposed to understand all of it. I think we're here to have the human experience and when we understand bits and pieces it helps us in the human experience. I like to say we blend spirituality and practicality to help us live a life of purpose and joy. And when I'm talking about past lives, I like to use the analogy of Hamlet. Think about how many times this Hamlet been performed since Shakespeare wrote it in 1602.

Exactly, I don't know, but certainly same script, a different perspective. When was it performed? Where was it performed In what year? By home? What language, what country? What was happening in the world? Same script, different perspective. And so that's how I look at all of our lifetimes. The other thing that's interesting that I've been told a whole bunch of times, countless times is we live multiple lifetimes concurrently, and that makes my head want to blow up. Oh my gosh, because I can't even begin to bat an eye.

0:16:49 - Paige

Yes, simultaneous lives. Yeah, I got a glimpse of it one time, a long time ago, and it's interesting, okay. So I just know a little bit about a lot of things and it's just enough to be dangerous. So don't let me go down some deep rabbit hole, okay. But I was pondering that question one day I can picture it as if it were yesterday, but it was probably 10 years ago and I was standing in my kitchen at the island and I was like, oh, you know what is it about time? And I'm just kind of doodling, and I saw I found myself drawing a figure eight and I got it Like. I got it Like in that nanosecond.

I understood that the continuous life, that continuum of life and the continuum of all of our lives, it's like it's it's. It never stops, it's constantly in motion, it's constantly in movement. And while I might be in one life at the top of the eight, I've got another life at the bottom of the eight and maybe other lives at various other sections of the figure eight, which the figure eight is infinity, of course, right? So infinite lives, I mean. So it all, just in that. I don't know that I could explain it any better right now.

0:17:55 - Julie

Yeah.

0:17:55 - Paige

But it's interesting that you said that, because we're in an eight year numerologically and there's a lot of eights going on in the universe right now. So so that that was interesting that you brought that up out of me, because I forget that sometimes, but it made sense, it made perfect sense in that moment and I think that's where the deja vu comes from too. It's not necessarily 500 years ago that we're remembering a lifetime, because there is no time or space, right? So I do a lot of distance Reiki for clients, and it's that same concept of there is no distance there, there is no time and space. And so how can a Reiki energy trans transmute right, translate over the airwaves, the internet waves, to the person receiving the energy? I think it's the same thing with that continuum of the lifetimes. That's how I see it.

0:18:46 - Julie

Yeah, most of the work I do, too, is 99.99999% of it is remote as well. Yes, people say, well, I'm going to not be at home. Is that okay? I'll say it doesn't matter if you were in a galaxy far, far away. Yeah, you know, I'm like a human MRI. I'll be able to tap into your eyes.

0:19:03 - Paige

So much of its intention, isn't it? It's like when the intention is set and then that just really helps. Everything just go the way it's supposed to go.

0:19:13 - Julie

Well, what I believe is that our heads are big satellite dishes and they receive and they transmit frequencies and every spirit has a frequency they keep throughout all their lifetimes. So when we think of that person, it goes to their frequency and that's how we connect. And I think it's interesting that it's regardless of how many lifetimes they've lived. If you're thinking of Elvis, well, Elvis, let's say, lived 1700 lifetimes. No matter what lifetime he's in, you're connected to Elvis and you're connected to his spirit, and it's all the same thing, yeah.

0:19:44 - Paige
Again.

0:19:45 - Julie

I don't really understand how it works, but I just know that it works with that. Yeah, that's great Interesting. If somebody is dying and they're going through what I have coined the 12 phases of transition, there are lots and lots of spirits, thousands of spirits, that come to welcome them and they can be dressed in all different periods of history.

They're dressed, I may see somebody in Renaissance clothing I may see somebody in the 1960s midi skirts and go-go boots, whatever, and we're all surrounded by angels and the spirits of deceased loved ones and heads, and it's from all of our lifetimes.

0:20:27 - Paige

Yes, it's not just our current lifetimes, and not only that. But yeah, go ahead. Sorry you go.

0:20:32 - Julie

What I was going to say, and it happens to everybody, regardless of how they die, like in Brian's case. Brian was surrounded by angels and the spirits of deceased loved ones and heads, because time doesn't exist in the spirit world times of human creation. I've had Dr Lenore Matthew on the show. I don't know if you know her, but she's done lots of research that shows when somebody's grieving, one of the best ways for them to deal with and live with grief is to be able to communicate with their loved one in spirit, and I know you've done that with Brian. Can you tell us about your first experience and then how it is now after all these years?

0:21:15 - Paige

Yes, yes, thank you for asking. It's my favorite story. Well, that and the ladybug Okay, well, you can tell us that too, okay, so, yeah, so obviously devastated, all of that, right, we've been to LA, come back about three weeks after he passed and I'm lying on my bed. It's not nighttime, it's whatever evening, right, I'm not in bed, I'm laying on the bed, my husband's in the bathroom and I'm waiting for him to come out. So I'm kind of in that space, right, if not really awake but not really asleep. I'm just kind of like there and just laying there motionless and all of a sudden I hear out loud with my ears, I hear mom out loud with my ears, Like I heard it. I don't know where it came from, but it filled the room, filled my bedroom, and I literally jumped up out of bed and I said, Brian, where are you? And I just I knew it was him and I'm like where are you, where are you? And I'm looking everywhere and I can't see him and I'm like, Brian, say something more, let me know. And I didn't hear anything else. But I knew, I knew I'd heard it, I knew I wasn't making it up, I knew I had not been asleep, I wasn't on any medications or anything like that. I just knew that it was real. I knew that it was my son. I knew that he was calling out to me from the other side, as I thought of it then, and I knew that he still lived. I knew that he still lived and at that moment I said Brian, I will find you, I don't care how long it takes, I will find you. I promise I will not stop looking. And that was it, and that launched me on the journey that I've been on for the last 15 years, which, of course, has continued to evolve, as I evolve, I think, and just different times in our lives and things, but my work has evolved as well as I as a soul and as a human, have evolved. But that moment I will never forget, because that moment was everything.

And then from there, I went to the bookstore. I started looking for books on the afterlife. Like books are falling off the shelf in front of me. The first book I read was George Anderson's Lessons from the Light, and I'm just like, oh my gosh, that's like that's that people can talk to dead people. Like what? Because I didn't have an awareness of any of this. I had only been to church a few times in my life and didn't really like any of the doctrine that was being thrown at

me, and so I didn't really pursue a religious route ever in my lifetime. And so I finally I'd been having major panic attacks and I finally got up the strength to go with my husband to the grocery store one day and this was an additional so that was three weeks after. So this was that was in September, so probably early October.

I heard his voice and in probably mid November I had finally ventured out to the grocery store for the first time and there's a woman there who, whose son had gone to school with Brian, and I'm like I don't want to talk to her because when we go in public. Brian was murdered, right, it was a very, it was brutal. He was a local high school kid, you know, on the varsity football team, varsity lacrosse. He was a 4.0 student. He was a West Point grad. Like you know, it was news in our little community, and not that we're anything amazing, but he was such an accomplished kid and so it made all the news. It made all the news. You know, slain Eagle High student was the headline for weeks and weeks, and every time you turn on the news that's what you would see. So I, you know, didn't turn on the news.

But in any event, I see this woman in the protest department at WENCO, our little grocery store, and I hear this voice First time. That voice started speaking loudly to me and I, and it said, go talk to her. And I said I'm not going to go talk to her, like I don't want to see that look in her eye, that look that says I'm so sorry for your pain. But I'm glad it wasn't me, because that's what I was convinced everybody was feeling. Everybody was like I'm so sorry, I'm so glad it wasn't me, because people don't like to be touched that closely by death, right, because if they see it in me they realize that it could happen to them. And people don't like that and I understood that and so I just didn't want to put myself in those situations. But the boy said go talk to her three times. That's always the way it is with me. They have to tell me three times. Hopefully I'll get to the point where they only have to tell me once.

So I went over there and I spoke to her and I said hi. And she said oh Paige, how are you, how's Brian? And I fell to my knees again. I said oh my gosh, how how does she not know? How could you not know? We're in a small community, like oh my gosh and I. So I was so upset but I told her what had happened and she's like oh my gosh, you know, I'm sorry, I didn't know, Schaefer didn't know, I hadn't heard.

And she says I. She said is there anything I can do? And I said well, you don't happen to know of a psychic, do you? And she goes. As a matter of fact, I'm having a private circle in my home in two weeks and I have two spots open. Would you like to come?

You are led, girl. I'm just so led. The whole journey I've been led. I mean I could go on and on and on and I'm sure you don't have time for all of the miracles and all of the ways. I was led to this spiritual awakening so that I could step into my power and do what I came here to do. So so of course I said yes, and then that you know there was no turning back from there. I was taking psychic development and angels and guides, workshops and all of those things you know, like trying to understand what all of this was, and ended up at a retreat with a woman who's now deceased, who opened up my eyes further to things like Reiki and crystals and just it's just been an amazing ride. It has, and so mostly what I do, Julie has helped people learn the tools so that they can begin to build their own toolbox, because it might be different than mine, but they can start deciding what brings them comfort, what's helpful for their own journey.

0:27:20 - Julie

Yeah, I do the same thing in my Class of Two page, because how people are going to receive the information is going to be specific to them. For me to say you got to do it this way is just nuts. It reminds me of back in the day when the teachers would make a left-handed kid right with their right hand. Well, who cares what hand they're right with? I mean, why would you not allow a child to do it? However it comes to them, naturally, it makes no sense. Same with this, same with woo-woo, I think, and communicating with spirit. Furthermore, we all communicate

with spirit all day long. We just don't know we're doing it and we're busy and we're preoccupied and we're stressed and we're doing whatever, but spirit's there all day, always.

0:28:07 - Paige

And I tell people and I don't work just with parents of children in spirit, but, like our group, transcending Grief is open to people who are grieving the loss of anybody they loved, not just children, although we talked about the helping parents heal, which is just for parents. So I'm a member of both organizations and I tell people all the time that your child or your spouse or your loved one is always with you, always by your side. And I know that there are people out there who disagree with that, who say that's not true. But I only know what I know. I only know what I've lived through, I only know what I've experienced and I try to limit my talk and my teachings to that right, to things that I know because I experienced it. And I'm telling you my son is always here from ladybugs when there's 10 inches of snow outside, to you know, hearing his voice.

To now I get these. Well, I haven't had him in a while, I have to admit. But we kind of transitioned into this what I call the Brian hug, where the energy just enters through my crown and runs through my entire body, just like reverberating through my entire body, all the way through my arms and my hands and my legs and my feet and my toes and like I'll just be like standing there, you know, like shaking for a moment, and just the love is just incredible. So I call those my Brian hugs and he, just that's his love that he's sending me and it's very intense and I love it. They don't come all the time.

Now he communicates with me on a zoom screen, so on your screen. I'm not really paying attention, but he plays with the emoji button on my zoom screen when I'm in session and he'll, when I say something I guess that he thinks is profound or whatever, some kind of good teaching moment. He or sometimes I think it's their kids too, or their loved ones he'll pop up either the happy face or the thumbs up emoji and it's always at the exact right moment, like right after something is said. So he's doing that now, which I like because that's a super tangible way to validate and to prove the existence right. So that happens a lot.

0:30:16 - Julie

I have a graduate of my class who's lost two of her three children and her son died, I don't know, six months last fall not quite six months yet and she says I'm doing good to turn on my computer. I mean I don't know how to change any of the settings or anything else. So after he passed she's been communicating with him and through me and on her own and with other graduates. We all have a very cohesive community. So she's gotten a lot of support from that. But she said the first time she turned her computer on, her name on this screen said mom instead of her actual name. And she said I don't even know how to change the name on my computer screen. But my son, whose name is Ryan, you know, I mean he was my fave because of the shared name and Ryan, she said Ryan was such a computer whiz and so she just left it up there.

0:31:16 - Paige

Oh, that is so awesome, which is so sweet. You know, we use so many ways to communicate with us and in the early days it was just, I mean, ipod and TV and songs on the radio, and you know the license plates. I mean it was nonstop. The signs are everywhere.

0:31:31 - Julie

What are some of the signs that you've received? You alluded to some of them, so give us some specifics.

0:31:36 - Paige

Okay, so I'll tell you the first Ladybug story. It was the summer after he passed, so it was probably it was July of 2009. Brian passed September 18th of 2008. And so it was July. It was out in the front yard. We live on a small piece of acreage in Idaho and I was out in the front yard working on one of the garden beds and all of a sudden I sensed a presence, right, and so I don't have very many close neighbors, but I look up and I'm like you know, is Laura or is Molly over there? And I don't see anybody. And I my mom passed in 2002 and I stopped and I said, mom, is that you? And I don't hear anything. And I'm like Brian, is it you? And I don't hear anything. So I say, but I know the presence is still there. And I said, well, mom, if it's you, send me a yellow butterfly, because ever since she passed I've associated yellow butterflies with my mom. And I said, Brian, send me a ladybug, just first time. I'd ever made that association you know, never had an affinity for ladybugs before and so then I just went about my business. Our kids were coming, my stepkids, my husband's children. They were coming over that night to celebrate my birthday. Okay, so that's important and it was a milestone birthday and I was cooking. Don't ask me why, Julie, I was cooking on my own birthday celebration, but for some reason I think I was, but which is neither here nor there. But I look back on it and I'm like, why was I cooking on my own birthday? But I was wrong. That's just wrong. That's just wrong. That's what I think. I think I need a redo, but I would never redo it because guess what happened. So I'd forgotten all about the story in the garden and whatever we were doing. And I just remember walking by the Bay Window area in the dining room and I just walking by and I looked down and there is a ladybug on the window sill. I had never we'd lived in our house. It's been 25 years now. So I guess that was you know what 10 years, 10, 11 years. At that time we'd lived here. Not one time, not one time had I ever seen a ladybug in the house. That day I looked down there's a ladybug. I started screaming. I'm like Brian, Brian, Brian, and I'm jumping up and down and they are all looking at me Like I have completely lost my mind, like all the loony bin. We got a gaver admitted and I knew that it was him. That how could that be? How could that night on my birthday celebration, the day that I said, if it's you, send me a ladybug, right, you can't make that up. And so that was the first ladybug. And then, ever since then, on important dates my stepson's wedding, just like on the beach people always send me these photos of ladybugs on the beach. They're like there's a ladybug. I think Brian came to say hi.

And another fun ladybug story is when my dad was in the hospital. He was preparing to pass and my phone died. And it's a long story, so I'll cut to the chase. But I got to Verizon to buy a new phone and I'm like I need this particular phone, this particular, and he goes, oh, we don't have any, we don't have any. And anyhow, he called me later and he said, well, we have one. And I said, ok. So I go to the store and he's like, OK, well, we found one, it's yours. And they get the deal done and get the phone put together. And then he said, well, what else do you need? Do you need a case? I said, yes, I need a case and he walks over there and he looks and he goes how about this case with the ladybug on it On the back of the phone case? It's just this huge ladybug and I'm like, are you kidding me right now? So I told him the whole story about the ladybugs and I just knew that Brian wanted me to have that phone. He arranged it all. There was no phone in the store, no phone available for me. He made it happen, gave me the ladybug case to prove that he was thinking, wanted credit, and so that he knew that I wouldn't worry about receiving the news about my dad if I was needed. So that just, and I told the people at the Verizon store all the whole story and they were just like, oh my gosh, I think they became believers that day because it was too incredible of a story like the manager had come in on his day off unexpectedly. It all just adds up to spirit miracle.

So I kept a log of all of those miracles. I would call them and all the things that happened. There's so many. A lot of them are in my book.

My book is Choose to Believe. I don't know if you, I think I sent you the link for that. So it's called Choose to Believe. It just kind of tells a lot of those early stories of miracles, the signs,

the synchronicities. It also has some. It has some darker moments in it, right Moments where we test ourselves in our grief. But the book is primarily 97, 8% is about healing and the tools that I found along the way, the guidance that I received from spirit, how I learned to listen to that guidance, even though they have to ask me three times. So it basically tells our story.

And another way that I communicate with him now is through automatic writing as well, and so he does a lot of writing with me.

I do a little channeled writing as well.

I don't know who they are when I'm channel writing, but someday I'll figure out who they are.

But I can tell if it's Brian's energy or not. And you asked how I feel him now. He's always here. He's on my right side, which most people say their kids are on their left side or their loved ones are, but he's always on my right side. That's where I've always felt that he is and I feel my spirit guides on my left side. I feel my son on my right side, so I don't know. That's just what it is for me and he just he laughs, he tickles the top of my head, he just lets me know he's got a very rye funny sense of humor and so I can hear him sometimes in his little attitude. Because let me ask you this, can I ask you this? I always feel that when our loved ones pass, that only the physical body has died, that their personality, obviously, the essence of who they are right, their spirit, their soul, all of that remains the same, but including personality and if they were funny here, they're funny in spirit, right that I feel that they still carry that essence. Do you agree with that?

0:37:57 - Julie

Yeah, it's been my experience page that they're going to show up in a way that's going to let us know it's really them. It's like we're all playing a role in when we're human and the spirit's everlasting and we think about okay, they lived all these we and they have lived all these lifetimes. So they're going to show up in a way that's going to let us know that that's them and if he was funny when he was alive, he's going to do that. All the snarky bits stay with the body when somebody dies. That's been my experience. All spirits are pure love.

0:38:30 - Paige

Yes, yes.

0:38:31 - Julie

And the stories are just endless. And I have a client with whom I spoke last week and she lost her husband recently and she plays this game with him where she just asked him for the most outrageous signs. I mean, he just comes up with these just crazy old things that she wants him to show her, and so she said that she was leaving the house. I said, well, give me an example. And she was leaving the house and she said I think his name was Frank. Hey, frank, send me a pink elephant. She said. I was away from the house for about three minutes. I was at a traffic light, stopped at a traffic light and this truck drove up and the truck was painted pink and it had a big pink elephant painted on it.

0:39:18 - Paige

Make it up. I'm telling you you, can I mean?

0:39:20 - Julie

and so that's what she does. She asks for outrageous things. Yeah, I think you bring up a really good point, though, to page, and that is spirits gonna talk to us in phrases and sentences, in scenes, in Symbols. Yes, they. I have another client that. That was this deceased dad and I was trucking with his wife and his daughters and I said he's showing me this old pickup truck. Does that mean anything to you? And they all gasped and I thought, oh, this will be good. They said,

yeah, her son had died at 24 and and that was his pickup truck that his dad drove after he died, and then the dad, before he died, gave it to his grandson. So three generations of men in that family have driven, as the wife said, this old ratty pickup truck and they love it. And of course that's the sign he's showing them to let them know that that's really him. Because there's no way, of course I would have you know, come up with that.

Yeah, I think the other thing too, with symbols is I. I like to say that symbols are Spirit language, because they have their own language that they use, and then we translate it into whatever language we speak, so that it's understandable for us. Right, and I use the analogy page, I think, if you're in Paris For a trip and you don't speak French, but you're in the airport, well, how are you gonna know where the restroom is? You're gonna look for a picture of a toilet. Yes, right, I mean, it's a sign. Symbols are universal Languages. Everybody understands them, regardless of how they know them. What's the word for them in their language?

Also, I think you bring up a really important point with the ladybug on the windowsill, and that is Spirit can give us information. It may make sense to us at the moment, it may make sense in the future, perhaps within an hour or two later in the day, maybe next week when you're thinking about it, or it may pertain to something that has yet to happen. Yes, yes, as what happened with you? With you asked for a ladybug and within a few hours, you had a ladybug in a highly unlikely place.

0:41:37 - Paige

I do tell my clients that I think the, I think the, I think what we can when we, when we want to ask for these signs or any miracle, any prayer that we have right of Spirit or God or, you know, creator, is to make the ask. But then just let it go, and I know it's hard, but it's like the harder we hold on to it, like please, please, please, please, please. Then we almost don't even see it when it happens. And or I don't know if we shut it off, I don't know, but I just know that when I let go of the outcome Now that was an accident for me that day, I was busy, I had forgotten all about it. But I've learned that if we can just let it go and then just be open, you know, keep our, it's like, stay alert people, eyes open, ears open, heart wide open, and be ready to receive the, the miracles that are here for you because they're all day, every day.

0:42:30 - Julie

Well, in the ladybug could have shown up in a photograph in a magazine, that's right might have seen it on TV, in an ad or in a movie or something. You may have seen somebody wearing a ladybug pin. You may have seen a ladybug Painted on the side of a truck or a van or something. You may have seen a ladybug in a multitude of ways. So, to your point, be open and be open to when it's gonna come in. I want to get to some practical things that people can do today to help them in their grieving. But I have another question for you before we get there, and that is when you started Communicating with Brian telepathically Communicating with Brian in spirit, and getting information from him that was validating that it was him. You've mentioned several times you didn't come from a spiritual background. How has your family Taken that? It your, your husband and your stepchildren and other loved ones and friends? Yeah, how has that been with you being able to communicate with Brian and get messages from him?

0:43:36 - Paige

Yeah, it's. It's a little bit of a mixed bag, but I will say that everybody has been so supportive and when I first quit hiding as who, I am now right.

0:43:47 - Julie

I'm out of the closet came out of the closet and quit hiding about my.

0:43:50 - Paige

Intuition and the fact that I do communicate with it. Well, really writing the book. Right when I wrote the book, it's all in there and I was terrified, but I it's like you have to do it. I mean, I had to quit my job to get it done because spirit was so insistent that it had to happen that year Anyhow. So my dad, when my my dad was very upset, you know, obviously, when my, my son died, it was his grandson, the only grandchild that had gone into the armed services. You know, my dad was, you know, career military and, anyhow, my mom had passed, as I said, in 2002.

So when I was seeing the psychic and I would get this little Video videotape recording of every session and I would go over to my dad's house and I would just play it and I would make him listen and we would just sit there at his kitchen table and every week I went, every. I went once a month for a year, so 12 times. I made my dad sit there and listen to these tapes and his dog, zoe, in the background would be barking furiously at nothing and I'd be like dad Brian's here, you know, mom's probably here. Zoe's just going crazy because she's just like barking around the room looking at you know, like babies do, right, when they're looking at somebody in the room and they're laughing and giggling and nobody's there. So so that was really cool and I'd like to believe that when my dad passed just four years later, we were very, very close. I like to think that maybe in some way that helped prepare him a little bit right, that maybe he wasn't as afraid and on his Not quite deathbed. But when he was in the hospital really preparing to go, you know, when hospice is called in and he's like half here and half, you know, half with the spirit world, and he started talking to Brian and he's. I was in the room when he did it and he was saying I'm so proud of you, son, and you know was, you know, etc, etc. And then he was talking to his, my mom and his parents. So that was interesting to observe.

My husband is what I would call a reluctant believer. I think you know he's less. You know there's nothing woo-woo about my husband. He's as grounded as they come. But I have to tell you this man has supported me. It's not inexpensive getting all the trainings I've gotten and he just has supported me the whole way and I work as hard as anybody I know and and to hardly bring home any money, and so he's okay with that. So I'm grateful that he's my rock and that he, you know, provides for us and in that sense as well, right, and that's just honest. I I do what I do out of love and compassion, you know, not because I'm the main breadwinner in the family my stepkids that was kind of interesting and I do think of them as my children. But we had a group circle Just probably two months after I had done the initial psychic reading, and that ladies home and so I had all my my stepkids there, their partners, my husband of some of my best friends, and the kids were really open, and so we created a code word.

We created a code word so that when one of us passes, we're gonna give the medium the code word and that's how they'll know it was me or I'll know it was them. But they keep forgetting the code word. I'm like I'm gonna write it in my will remember. The code word is this I'm gonna put it in their phones.

Yeah, but there was one of my. One of my best friends was at that group circle and while she was so supportive, drove all the way over here to see me all the time. My friends were fantastic. In that group circle the medium kept saying you know, I have a Bob here. I have a Bob here. You know, who's gonna claim Bob? Nobody's gonna claim Bob, nobody. And I'm like you know, we'll come to find out, that's her dad. And she just didn't believe and and I'm like, well, you could have, you could have said my dad's Bob. But she was so convinced that it was all BS that she wouldn't even claim him, which I thought was sad.

0:47:44 - Julie

But you know but that's all right. She's just not ready to hear it yet.

0:47:48 - Paige
Yeah, yeah.

0:47:48 - Julie
Yeah, yeah. And with your husband he's, he's coming along with the journey. Mine too, mine doesn't, my doesn't, he doesn't actively participate in this stuff. But he'll say I've lived with you long enough for all these decades that I know when I'm getting led, or I'm getting I call them divine downloads, or I'm getting an idea, or yeah, you know, they Assimilate this stuff even if they're not, they're not out on their when Brian has given messages just to my husband like clearly you know like specific messages just for him.

0:48:23 - Paige
So that's been kind of cool too, yeah.

0:48:26 - Julie
Yeah, exactly, you've mentioned numerology a couple of times. How can numerology help somebody when they're grieving or in life in general?

0:48:36 - Paige
I think numerology is one of the best tools, astrology readings also, but it's it's about really sole purpose, because at some point on my journey I I quit needing those kind of validation readings. I didn't need that anymore. I didn't need proof that Brian existed. I knew that he existed, I knew he was okay, I knew you know all of those things that had been discussed in so many mediumship readings, and my questions shifted into ones of well, who am I now? What is my purpose now? Why am I here? Why has this happened, you know, in my life, and and how do I move forward? And so I started seeking answers to those questions, and Every reading I had gave me the same answers. I hadn't had numerology yet, but the astrology readings you know the charts. I had a destiny at your fingertip reading. I had gone to different you know medium psychic people specifically with that question, and they all said the same thing. And so I knew I was on path, I knew I was doing it right.

But it wasn't until I met with Sue that first time Sue Frederick 10, 11 years ago and got the numerology reading that I understood how our birth date that we choose to come to this lifetime with. There's a lot more that goes into numerology, but the basic teaching is all about birth date and life path, your birth number or your life path number. And I found out, like my whole life, I had chosen number 11 for my baseball jersey when I played softball, like if number 11, what's your favorite number? Number 11,. Well, turns out, I'm a life path 11, right A 2-11. And who knew right. And when I started reading about all the characteristics of the 2 and the 11 and I could see so clearly how I brought with me the energies and the vibe you were talking about vibrations earlier and that everything, everything carries a vibration, including numbers. And when we choose the birth date, we choose it intentionally to bring in the vibrations of that number, either to help us on our journey and to help us step into our power and onto our path, but also there are challenges also associated with each number that can help us in this soul growth, right, if we. But we have to be careful and we don't want to fall prey to kind of the more negative vibrations of a number. You know the goal is to stay into the positive vibrations of the number, so so, knowing that and being aware of the potential pitfalls that might be associated with a particular birth path number. The gifts that are associated with a particular birth path number can really empower you to understand what the gifts are that you brought to this lifetime and how you might use them to you know, fuel your pain and the purpose, so to speak. And so that's the work that Sue has done. Her book Bridges to Heaven is wonderful, lays it all out for everybody, and so I used to do numerology readings for people. I don't do them anymore, but I'll have a couple of courses coming up soon on just basic, how to do the math and how to decipher the numbers.

So the other interesting piece to numerology is the concept that our life revolves in nine-year cycles, and every nine years we have this kind of opportunity to recreate, to maybe shift the focus of the life that we're living, right. So when you do, if you start your lifetime with your birth year, is your one or your zero, right? And then you count nine from there and you start over with one, and you count nine, and you start over with one and you count nine, you can see patterns that have arisen in your lifetime. You can see how, in a one year, you might have started a new job, moved to a new city, got a divorce, that you may have made changes, that, and then you work for that nine years on, whatever it is your soul wants to work on, and then you shift and move into something else.

So, interestingly enough, my book was published in 2020, which was a nine year for me and it was kind of the. It was the conclusion of all of those years of I could write a book. You should write a book. Do you want to write a book? I don't know. Brian, should we write? You know it was, and then everything I had learned up to that point in time and you know, like, getting that out to the world, it was so important to do that. Then it's just a little book it's not you know, it's just it's my story and then launched into something new with the one year that followed.

0:53:13 - Julie

So, what do you have? Two or three, what do I want to call them? Two or three suggestions for somebody who's grieving that can help them now, yes, like today. Yes, today, this week, this moment, because, as you know, the waves of grief come and go, yes, and then they come crashing in like waves of the ocean. Are there three things that you can mention that will help somebody who's in deep grief right now?

0:53:47 - Paige

Well, first of all, if they're in deep grief to the point of needing help, please reach out to a friend or you know I don't know if people need professional help, but find somebody to talk to, because grief really is healing when it's right. So we don't want to carry it alone. So definitely reach out for help, whether that's a close friend, or find a grief coach, find a counselor. Join, you know, join a grief organization. I have one on Facebook called Transcending Grief. If you're a parent you're welcome to join that. There's also helping parents heal. Go to retreat. Seek.

Number two would be to seek answers, to seek help, read books, whatever you can, to understand what, why this has happened in your life, and figure out how you can move forward in a positive way. Number three for me was book a session with the medium called Julie. Book a session. You know, call me, I can provide Reiki healing for you, which is another just amazing tool.

So ways to self care and self nurture yourself, because we need to allow ourselves to grieve on the journey. We need the grace and the compassion to be able to honor that within ourselves, to understand that our grief needs to be witnessed but also needs to be felt and released that we don't want to store that pain in our body and in our our our muscle system, our joints and our fascia. We need to release that. So movement of the body. I know I'm giving you more than three, but move, perfect, bring them on. We have to move and get it out.

So walk, slow walks, even if it's 10 minutes a day. Getting out in nature is critical, listening to the birds and the wind and the trees. And go, touch a tree and just let the tree give you life, let it give you strength. You know I can't tell you how many hugs I've given to trees. So if you have a pet, love your pet. You know there's just so many ways. It all comes down to love and allowing yourself to be loved, asking for love and then loving yourself.

0:55:54 - Julie

On the nature point. Yeah, one of my dear friends her parents were aristocracy and hungry during World War two lived in a hundred room castle on 6000 acres and the Nazis came and

overtook it and everybody that they loved, except their children and it was dicey at times past you know was killed or some awful situation. And I said to her mother, the countess, I said how did you survive that? And she said I went for a walk in nature every day. She said I went for a walk in the park. I'm thinking a neighborhood park. She's talking about their land. You know there's 6000 acres apart that had the gardens, because the Nazis overtook their castle and they gave them just a few rooms in which to live with all these kids and I mean it was just awful.

0:56:49 - Paige

But they had access to the grounds.

0:56:51 - Julie

It made the sound of music look like it was nothing.

Wow you know, what this family went through. But anyways, the countess told me my friend's mother. She said I went for a walk every day in the park and she said I knew I would see the seasons change. I saw the birds flying, I saw the flowers coming up, I saw the trees, I saw the grass. She said I knew this was going to pass and all of this nature kept coming back. It was all there. If nature can do it, I can do it. And she said I used to tell myself that on my daily watch, just to help me get through what we were experiencing as a family. And I think of her often when I'm talking with somebody and I, like you, will say you got to get outside. Nature is so healing.

0:57:44 - Paige

Well, and not only that, I hear, I hear Brian loud and clear outside, and I'm a hiker, or used to be, I should say. I don't find myself out there as much, but I love hiking in the foothills around, around where I live, and I just the sound of my feet on the dirt, you know, just the sound of my feet, the sound of the wind, the birds, all of that. But then I would hear him so clearly and I just I would. I would hike with a friend, I would hike, I'd be telling her all of my, you know everything I was learning. She was quoting scripture to me and you know we, eventually, and it was the most healing experience because in the end she, you know she, she understood that there's much bigger than you know what she thought there was.

And I have much more compassion now for, for you know, people in the church, you know, who don't see outside of that, because we're all saying the same thing, right, we're all saying the same thing. It's just using different words and so being open minded to that, but being out there in the mountains and the freedom of it, and I remember one time in particular, I just have this little hike, I like it's only like 2.2 and a half miles or something, up and down, right, and I was like I'm going to go do it real quick before I have to go to the doctor. And then I got to the very top and I'm like, oh my gosh, like I wasn't aware of the time, I'm not going to make it, I'm going to be really late and I'm like, help, Brian and I ran down that hill, but I don't run, it's pretty steep. I know he carried me down that hill. It was kind of an amazing experience. And then, when I left, a hawk swooped down in front of my car.

0:59:18 - Julie

And they're messengers from the divine. The hawks are. That's their symbol.

0:59:21 - Paige

Oh gosh, don't even get me started on spirit animal animals.

0:59:25 - Julie

Yeah, yeah Well we're going to have to have you back because I got lots more questions for you.

0:59:30 - Julie

I have. I have one last one, okay, if I may, and that is why do we incarnate?

0:59:37 - Paige

I believe that we incarnate if we choose to, as my belief system A, to have the human experience, because it's so beautiful being human, like the things that we're talking about the wind on our face and all of that. Like we, I don't. My understanding is we don't experience that as spirit, I guess, and so I love, I love being human, I love tasting food and all of those things. So I think partly we come because we want to experience that, but I think we come for the experience of soul growth and I do believe we have soul families and that we travel, you know, often with the same people, which brings me peace and comfort that Brian and I not only will I see him when I meet him, you know, in the life between lives, but that we'll have another life together ahead, and that brings me peace.

1:00:22 - Julie

Many many many lives, I always say I'm not doing this again.

1:00:26 - Paige

I always say I mean meaning to lose a child, like I'm not exactly.

1:00:32 - Julie

Yeah, ben, they're done that don't need to do it again. Well, really, and you've lost four, if you think about it, that's right. Yeah, one living, to your point earlier. How can people learn more about you and your work, your retreats, all of that?

1:00:46 - Paige

Thank you. Yes, we didn't really get to talk about the retreats, but I do do retreats. I do two of them in Connecticut this year with Kat Bailey, who's a medium from the UK, a medium, and so much more she's been on the show.

1:00:57 - Julie

Yeah, you've had Kat on the show.

1:00:58 - Paige

She's so funny, isn't she? I just love her. So we do still have openings for those retreats. They're all on my website, which is paigewlee.com p-a-i-g-e-w—lee.com. And then I do my own retreat every year, which is called Mom Child Reunion, which is a give back. I only cover expenses. I don't try to make any money on that. It's basically a replication of the first retreat that I was gifted to attend that I told you about, where I experienced Reiki and crystals and so many things. For the first time that's held in Idaho. We just got a new venue and so it'll be sometime in the fall, I believe, this year. So I'll have all of that on my website. Yeah, thank you. And on Facebook you can just friend me, page wle or follow us on Transcending Grief. We have a page, but we have a private group, so look for the private Facebook group. That's where everything happens. We do a lot of events, both free a lot of free events and a few small cost events, so we'd love to have you join us there.

1:02:02 - Julie

Miss Page, you are such an inspiration to me and to everyone who meets you and gets to know you. My goodness, the good that you're doing in the world, and for other parents and just anybody who's experienced grief. We're all going to be there if we haven't yet, buckle up, because it's common, nobody gets out of here without experiencing grief and I know the work you're doing.

1:02:28 - Paige

I'm just blessed really that so profound. I'm blessed and I'm grateful to do the work. You know, I think it's our job to ask every day what can I do to be of service? And I try to live my life that way. But you know, we're human. So, yeah, thank you, I do the same thing.

1:02:44 - Julie

Yeah, before I get out of bed every morning Okay, show me what you want me to do. Yes, yeah, exactly Same thing. Yeah, all right, everybody. That's it for this week. Send in your lots of love from Sweet Home Alabama, and from Idaho to where. Paige is Bye, everybody Bye, thank you.

Paige

Thank you.