

AJR Summer McStravick 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

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'll explore the concept of flow dreaming and how it can benefit us with intuitive medium summer mixed rabbit. We'll also discuss our deep connections between the plant world, how we can manifest our desires and quickly and easily improve our lives. So join us as we explore these questions and more and delve into the very essence of our existence on the Ask Julie Ryan Show. So we're welcome to the show. I'm so delighted you could join us today.

0:01:24 - Summer

Thank you, Julie, happy to be here.

0:01:27 - Julie

Terrific. What's flow dreaming mean.

0:01:31 - Summer

Well, we just jump right in, don't we?

0:01:33 - Intro

We do.

0:01:34 - Summer

Oh gosh, flow. Dreaming is a modality that just sort of dropped in my lap around 24 years ago now. It was a year 2000. Back then, you probably remember, manifesting wasn't considered such a thing. It was there, but it wasn't mainstream by any stretch. If you wanted to find a book in Barnes and Noble about manifesting, you had to poke through the esoteric bookshelf to find it. It wasn't right there on the front tables.

At the time I was playing around with all the current forms, the creative visualization and affirmations, getting in the vortex, all the stuff that people were suggesting, and really nothing was working for me. The long story short is I dropped into this process as I was practicing with my mom one day. She's intuitive as well and I was begging her for her help and creating what? The time I had a literary magazine that I was trying to get off the ground and build and make it into a big deal. She said, well, we'll manifest together and we just ended up going into a place that felt really different. And that's when we discovered this flow state, a flow place, and I began researching what is flow and positive psychology.

Dr Mihai Chichun. Mihai had put out work around what is flow, but it was always applied to regular things like your golf swing or figuring out a mathematical problem. It was not being applied to your spirituality or energy work or anything that I was doing. I brought together this

flow place with guided daydreaming because I also realized that I couldn't really meditate pretty well at that time, daydreaming though I was an instant success at.

Then once you get in there, we bring the third pillar in, which is strong, deep, beautiful emotion, and that's what we communicate with when we go into flow. It's a wonderful practice for people with imaginative minds, people who need to wake up their emotional selves, and those of us who feel like a real power comes from when we're in a deep, emotionally connected space with who we are and what we're creating. Anyway, that was like the nutshell of the nutshell. What is flow dreaming? We can unpack it more as we go along, but I've been practicing it ever since.

0:04:09 - Julie

We'll unpack that as we go forward. We'll talk about golf swings. When you were telling that story, I was thinking. The first time I heard about manifesting was Tiger Woods. See the ball be the ball. He would envision where the ball was going to go. You and I, as intuitives, know that we have some control over that. I'm doing that. He was helping the ball go where he wanted it to go because of the energy frequency he was on. That was helping to steer the ball. I still think most people don't realize that.

0:04:54 - Summer

I think they see it as more like something that people in sports do when they're envisioning the perfect swing or the perfect double axle or whatever it may be. I don't know that they really connect it to. I would call it energy templating or blueprinting, which is we're creating a space, a structure, an informational space for what we want to occur in physical space. Most people only make stuff in physical space but, being an intuitive, we work all the time in non-physical space. If you're going to make something, make it here and make it here, you make it in both areas.

0:05:30 - Julie

It's a much bigger and greater result yeah, our thoughts control our reality. Yeah, exactly.

0:05:38 - Summer

Which is so mainstream. Now, I love it, I know.

0:05:41 - Julie

I don't know, I'd say it's mainstream. It's mainstream maybe in our little niche, but I think there are still a lot of people out there that would go huh, what are you talking about? I always think of Scooby-Doo, you know, in those cartoons back when I was a kid and Scooby would tilt his head and go, wow, blah, blah, blah Kind of a thing. I think there are a lot of people that still think that. But I also believe that we can control things with our thoughts and not control completely, but certainly put a boost to it as far as you know what we want to do and in at the same time, be open to an outcome, because oftentimes it doesn't look like how we envision. Sometimes it's even better than what we envision when you agree with that.

0:06:35 - Summer

Well, yeah, just to go back to my first early attempts trying to build this literary magazine, I realized in hindsight, of course, because I was in my 20s, my life did not want me to build a literary magazine. It was responding to a much deeper yearning, which I call the emotional content. Or you know what my so-called purpose would be? Reach a broad audience, share wisdom whenever you can find it, make an impact, improve people's lives, become strong enough to be a big mouthpiece. And it led me to not getting my. My magazine went down the toilet, I have to tell you, and I thought this is manifesting this, just this just sucks. This failed, you know. But it was within, I'd say, a couple of months that I was then hired by Hey-Hus and was put in a position of building and producing their entire audio division. So their audio books,

they're brand new. We just began some of the first webinars, Hay House Radio, some of the first podcasts this 2004, 2005.

And not only that, but really learning how to produce programs. Take people who are at the top of their game, you know, they've got all the most amazing contents in the world. How do we deliver it? How do we make it work for the person who's ingesting it and taking it in. So I basically got my MBA in that and that really served my bigger purpose. So I call it my flow universe universal consciousness. It was listening deeply and it was saying oh hon, you don't want to be just an epitole little free magazine in your local town. Here's where you need to be If you're going to go. You want to go. So I've gotten good at setting the intention, as you say, and then just dropping the means to get there. And it's that, that parcel control that I hate to use the word control. It's that synergy, or that partnership, as they say, with the universe that makes all the difference. In control, out of control, in control, out of control it's dance.

0:08:48 - Julie

Yeah, well, and it's God, the universe, or just sea slow ones, or angels, the whole kit and caboodle conspiring on our behalf? Yeah, and it can produce and imagine things far greater. You're a great example of what our purpose is and us fulfilling what our spirit came here in this incarnation to explore and experience. It was way more than we're ever going to know, and that's what makes it part of the adventure.

Yes, Fortunately for us right, exactly, Exactly. But people struggle and I've struggled, certainly in my life, and I know you have too. I think everybody does, and that's part of the equation, because it helps us know what we don't want and in doing so, it helps us create what we do want. And that's where it goes. And you just brought up the fact that you worked with Hay House and some of the most well-known spiritual luminaries and thought leaders of our time in this spiritual space Louise Hay, Wayne Dyer, Christian Northrop, Marianne Williamson and others. What is it that you think? Their teachings, what kind of an influence did their teachings have on you? And certainly you were led to work with those people and now I would imagine you parlayed a lot of the things that you learned in working in that space into helping people on your own.

0:10:23 - Summer

Tell us about that journey. You know, every generation has to reinterpret the old truths, right? So Louise was reinterpreting Florence Scovelchin and others. You know, like her, I feel like my 10 year, 10 year, 10 years of tenure kind of helped me also take those truths and bring them to well, this generation, our generation. Now I can't say that any one person's particular philosophy was the one that I began to follow. You know, lock, stock and barrel, but you hear the same whispers, the same words, the same underlying threads. Like sometimes we joke all of us out here we're all saying the same thing essentially and we worry about not sounding new enough. It's like you don't have to sound new, you just have to give it out in a way that's going to reach certain people's ears and other people will never hear you and some people will, and that's why there's so many of us singing this song. It's like Bird's Song in the Forest. I like that bird, not that bird. I hear that bird better than that bird. They're all singing. So I think it was really just a combination.

You know, I had a really interesting upbringing as well. It kind of set me up for this. My father was a Catholic, my stepmother was a Baptist. My mom was in a cult, if you can believe that. So I had three different, very different religions circling around me all the time in my childhood, and Sunday School would tell me one thing Every time I went to a baptism or a death or a birth, they'd tell me something else. The cult was saying the spaceship people were going to come for me.

I remember thinking as a kid, like it's so darn weird, they all think they're right. I mean, they're all so sure they're right. How can they all be right? Maybe they can all be right or maybe they're all wrong. So I've been in this literal melting pot of people's philosophies, ideas, belief systems since I was born and I think that again, that sort of skewed me in one direction that I found on my own, which was science. So I'm always looking for natural correlations, patterns, quantum research, a lot of studying on that in the early days, 2004, 5, 6, 7, 8. Trying to figure out what is behind all of this. Why do I do? How can we do what we do? How can we move our consciousnesses to different points in the universe seemingly effortlessly and somehow be right, which is how I feel being intuitive? So I've been I'm still searching for answers for that, but it's getting a lot more clear.

0:13:19 - Julie

Well, science is catching up with Woo-Woo, I think, and it's wonderful because people I'm sure they say this to you too not very often anymore, but in the past, when I first decided to learn how to do all of this stuff and put myself out there, I had a couple people say well, do you need to prove this to me? I said well, really I don't. You know, if you want to talk about it, I'm happy to discuss it with you. Otherwise, what do you want to talk about? Football, the weather, you know, the stock market I can pay you on pretty much anything. And it's so funny because everybody's interested in this stuff, even if they don't, even if they aren't outward about it, you know, if they're not, what's the word I'm looking for? They're not public about it, or they're not even willing to talk to somebody one-on-one about it, and I think that's just fear. So they stay away from it because they think they've been brought up probably in a western culture. You know, when you die, you're going to fly or you're going to fry.

0:14:20 - Summer

And so it's just easier. Sorry, I haven't heard that Fly or fry.

0:14:24 - Julie

I like that yeah.

0:14:25 - Summer

I like that.

0:14:26 - Julie

Look at that from my parish priest, from the altar, drink one of his sermons, father John Fallon. I love that. I stole it from him. I told him, though he gave me permission, and so I think people are really afraid of what's going to happen, and so it's just. It's kind of like if you don't think about it and you ignore it, then maybe it won't happen.

0:14:48 - Summer

Yeah, I also, if you want to get into some of the politics of it. I feel that you know, religion has been really good for us because it's given a structure, direction, morality, but it's also been a big structure for control of people's deep inner power and their knowing. And you know, for a long time we kind of had to keep people smaller, you know, because we were fighting plagues and wars. We were still doing that. Nowadays, what's happening is more people are like I'm just going to find this for myself, I'm going to let myself be this way, feel this way, have a direct communication with spirit or, you know, guides, etc. And it means that the teachings are so solid and foundational. But we've really let ourselves expand more and I think we expand on our own inner power. When we do that, we reach something greater as individuals. So, yeah, that's my little nutshell. Again, take on that. It's all in that show today, Julie.

0:15:51 - Julie

I completely agree. I think it's religions and governments and civilizations that utilize fear Heck, we just saw this with the pandemic. They utilize fear to control the masses. You have to do this.

You have to pay me that. If you don't pay this money, you're going to go to hell in the express elevator. If you don't do this, if you don't do that, I do see a shift. However, I go to Catholic Church most weekends and I see the energy things that are happening during certain prayers and during certain parts of the mass. And, interestingly enough, in 2016, pope Francis came out with a papal ball kind of like a newsletter that told his pastors to welcome psychics and healers because they were doing the work of the Holy Spirit.

0:16:45 - Summer

Really, I didn't know that.

0:16:46 - Julie

That's so cool, yeah, and my parish and many churches and synagogues across the country give my book *Angelic Attendance* what happens as we transition from this life into the next? They give it to every family that comes into Plano Funeral or has somebody that is a loved one at the end of their lives, and so I do see a shift in that. I do think that control is starting to wane as the older generations are dying off because you can't be a Catholic unless you believe everything. Well, nobody believes everything. I am a proud cafeteria Catholic. I take what I want, I leave what I don't want, and I think people, especially in this day and age, a lot of people, are losing that, regardless of the religion or the culture, and are becoming more open. I think part of that is just because of the internet and we have access to other cultures and other thought processes. Do you have an opinion on that?

0:17:49 - Summer

I think A lot of religion has been very contractual over the ages. If you do this, then you get that. You get either a reward or a punishment, as you'd say, which is basically a way of keeping everybody in order right, keeping everybody in line according to certain rules. As we move into, I think, a newer era of spirituality, I don't think people are becoming less spiritual. I think they're becoming more connected in many senses just not in the old form formulations that they used to be and the contractualness is starting to also be questions.

We talk about our own personal growth and it's not that if I'm good, I will get this. I want to explore who I am. It's a very different question in our growth. Who am I? What would I be like in this situation? Am I kind and giving, or am I rough and defensive? What pieces and parts do I want to keep? What do I want to let go? What do I want to give to others? How do I want to show up for them in their lives? Very different than good girls go to heaven, bad girls go to hell. So I see that shift. That's what I heard in my family Good girls go to heaven, bad girls go to hell Exactly.

0:19:06 - Julie

You could write a song with that line. I can just hear it. Oh my gosh, how funny. I think the other thing, too, is that each generation that comes in is more advanced. I laugh how toddlers know how to use an iPad and an iPhone better than I do, and they can't even talk in sentences yet. Yeah, how's that work Well, I believe it's been my experience that each generation is more spiritually connected, more advanced. The kids that are playing the video games have different neural pathways laid in their brains than I would, because I've never played video games. But boy, they can do it and they do it like nobody's business, and I've read that that helps them, especially in technical jobs and in the military, because they have those neural pathways laid to be able to fly a helicopter with all the electronics that are designed, whereas somebody like me, I'd be like, okay, I don't even know where to start with this. Have you found that to be the case as well?

0:20:15 - Summer

Yeah, I have a 17-year-old son and a 21-year-old daughter.

They are both gamers game-game gamers, and I took a different approach than a lot of parents. I had a lot of conversations with my neighbors about this. They said well, we don't want our kids on the internet, we don't want our kids on the computer, as it's bad for them. And I'm hearing my mom saying no more than one hour of TV a day or your eyes will rot and fall out. And I'm like. My eyes never rot and fell out. In fact, I felt more culturally savvy and aware as a result of watching Scooby-Doo every single Saturday morning. So I let my kids have copious, generous amounts of screen time. And what I've seen over the years in my little experiment I did of my own children, in hindsight, they have learned to network in a way that we all only figured out after we got our first job. But they are learning to network with people across the globe. They use translational. You know this. Tap a button and everybody's translated. So you're talking with somebody in Dubai, another person in Australia, another person in Singapore, and you're getting to understand how they game. And gaming is its strategy, its interaction, it's office politics. So my kids have been exposed to this since they were eight, nine and it reminds me that you know, we are literally in the era of communication Like. This is the communication era. This is the era the industrial revolution is over, dark ages are over, Renaissance is over, Age of Enlightenment over. Era of communication.

So, of course, what do we do? We create the internet so we can all speak and get to know each other's patterns, get to know how to be with one another, which for me perfectly kind of overlaps the work you and I do. We're basically communicators. Right, we are communicating just like in an internet, but in a different kind of internet. But we're right here doing the same thing as everybody who's typing on their computer and surfing the web right now. So I see it as kind of a, like you said, a point of development in humanity. This depends on what kind of communications you want to do. You can write code and be a communicator. You can be a gamer and be a communicator. Be a blogger and be a communicator. You can put up a social media and be a communicator. You can be an empath and an intuitive and a medium and be a communicator. It's all the same thing, Just pick your medium.

0:22:39 - Julie

Yeah, right, I agree. One more story about Scooby-Doo my son, Jonathan, who's now in his early 30s. When we were building our home he was just turning seven and we said, well, honey, is there anything special you want in our new house? And he said, yeah, I want a bookcase that opens with a secret room behind it. And I said, okay, describe it to me. He said, well, what should be able to push a bookcase? And then you know there's a secret room. And I said, well, where'd you get that idea? And he said I saw it on Scooby-Doo. Okay, it was seven, so not only does it help us communicate, but it helps us be creative.

Uh-huh, I think all these different ways that we do communicate and that fosters informational downloads, because that's how we create, that's how we invent. Every writer, every composer, every screenwriter, every actor, every actress, we're all bringing in information. Everybody that's fixing dinner how are you going to cook this meal tonight? It's all coming in from spirit and it helps us create. I think that's why we're here is to create and live a life of joy.

0:23:56 - Summer

Ah, you got no, no protests from me on that one. Um, yeah, exactly yeah, I think our big issue is learning how to parse and and and receive the information in a way that does not overload us. We talk about psychic overload or emotional overload. Um, what we're facing now is informational overload. There's something like 10, 100 million I can't remember. I saw I was reading statistics like three days ago. The number of social media posts that are put out per day is utterly insane, I mean, absolutely wild.

So we have an onslaught of communication and we're learning how to navigate it and find our way through it and not be overwhelmed by it. Again, same thing that happens in the intuitive world. Right, we're swimming in all of this information, everything past, present and future. How do you navigate it? How do you swim through it and not be overloaded by it? And that, I think, too, is why, uh, lately so much talk has been coming up about empaths. Right, it's, I mean, the word empath is everywhere. Now these are people who are saying I've just recognized that I'm on informational overload. I'm like, yeah, you and everybody else in the rest of humanity right now. So let's, let's figure this one out on all the levels. We just got this great gift. Now we need to learn how to how to make it work for us.

0:25:19 - Julie

Do you believe that everybody's an empath?

0:25:23 - Summer

I think it's a lot like artistic skill Everybody can draw and write their name right. There's always a connection, um, because I think the connection we're born with no one is just dropped here with no connection. So being empathic is a kind of for me, divine conversation or connection. Some people come with a little greater skill than others. Some people really work hard on their skill and, um, you know, it's just like with artists I'm not talking Picasso's, you know, these aren't the top people Um, the in the art world.

You have, um, self-taught artists, uh, people who are street artists. They're artists and some of them have museum showings and you look at their work and you say it's so crude, it's so, you know, not doesn't look like they have skill. But you have to look at a different layer and realize, oh wow, they were, they were deeply skilled. They just never had any formal training. So I think empaths are the same. Some of us are deeply skilled with no formal training. Some of us are highly trained, but and there's all varying degrees of it Um, that's just what I've noticed over over time. If a person really wants to shut it off, they can try their hardest, they can ignore it. Um, I think a lot of people do that, but it doesn't mean it's not there. What do you think?

0:26:39 - Julie

Yeah, I agree. I think we all come in with intuitive abilities and about the age of six-ish, seven-ish, we start to shut them down, because grown-ups tell us oh honey, that's just your imagination, that's not really real. Yes. Or our friends say there's nobody there, You're just weird. And so children?

0:26:58 - Summer

How many?

0:26:58 - Julie

times I heard that Kids can set it off.

0:27:02 - Summer

but back to your point earlier the scarlet letter of weird right here on my forehead growing up.

0:27:08 - Julie

Well, I want to talk about that in a minute, but when you were talking about that, we all come in with with empathic abilities. I believe we do intuitive abilities all the same thing but I think the person that came to mind when you were talking about that was Paul McCartney. He's never got any formal training. The guy doesn't even read music, for heaven's sakes. It doesn't seem to have held him back much. No way, yeah, exactly so that. Let's talk about your family. I I've read that you're a fourth generation medium, so I'm eager to hear what this family lineage is and and what you experienced as a child, what you were around with all those different

thought patterns, with the Baptist and the Catholics and the cultists and all of that. Were they all mediums as well?

0:27:59 - Summer

Well, this comes down from my mother's side. We've traced it back about seven generations, which I just think is a neat little fact. Some people ascribe more mystical ideas to that. We go all the way back on my mother's side to the Viking kings. Interestingly enough, We've traced it back to about the year 1032.

0:28:28 - Julie

So that's where your beauty comes from. You were a Viking queen or princess, or something.

0:28:34 - Summer

I didn't even know that until earlier.

I also just discovered within the last year that one of my ancestors, direct ancestor, captain Alden, John Alden, was jailed in Salem, actually for being a witch, a man, a dude, a sea captain, if you can believe it. So I'm sure there was a lot of political ramifications there, but it shows me that there's been a lot of strange intersections. He actually escaped. He broke out on horseback in the middle of the night from witch jail and his partner, who was also jailed with him, didn't leave. The man got crushed to death a couple of days later. I mean, they were serious as any. So, yeah, I, like I said in the beginning, because I grew up with a family. My mother is a beautiful psychic media master herbalist. I grew up as a, say you know, a plant witch. Essentially she had a shop where she used herbs for many years and I grew up in the back of a philosophical library's classroom listening to her lecture on all the uses of plantain or goldenrod or and which is ancient information Ancient?

We gravitate to things that I think are in our bones and ourselves. And eventually they're going to express themselves, just like your genes will turn on and off. My grandmother was a fantastic healer. She was practicing acupuncture. She was practicing healing touch, touch for health. Way back in the day. Her mother you know they came from, they were turkey farmers. Even before then they were back in the the planes of the US practicing astrology out in the middle of nowhere.

0:30:26 - Julie

So I was going to ask if your family was from Minnesota or someplace in the northern where there's Scandinavian and the Norwegians and all those Viking kind of you know.

0:30:37 - Summer

One side is the pilgrim side, the other side is the. Is the medium, deeply witchy medium. Well, I guess they both are. Come think of it now, because Alden was on my father, my grandfather's. It's my grandfather's side where the women doing this work so much, although there were men in my family who do it as well.

0:30:54 - Julie

You know the thing about the witch, the Salem witch trials and the stuff that went on in Europe, and I didn't know this until recently. A friend of mine, Perdita Finn, was on the show and she talked about this. She I mean, she is really versed in the history and she said it was all the most learned, successful men that were behind all of this, because they were trying to get the herbalists and all that out of the way so that they could get the medicine in that they wanted to do as part of what we know as a pharmaceutical industry now, and that whole philosophy. And wait, when I listened to her tell the history, it's amazing how this was planned and plotted and we think, well, these people were barbarians. No, they weren't. They were the most well educated, sophisticated people in society and they were all men.

0:31:44 - Summer

Yeah, again, yeah, so I get rid of the wise women has been a credo of Western civilization for way too long and that's why, you know, today I finally decided to step into this work and again going back to my upbringing, when you come from this family, the first thing you want to do when you go to college is leave it all behind, be anything but like your parents, please, which is why I decided to go to school. You know, become a writer, go into publishing anything but you know. And, of course, the very first job I get in publishing Hay House. At the time I didn't even know that that was Louise Hay's company. I didn't know because I didn't want to know, and I was just swept right back in. It was like Spirit was saying you think you know what's up for you. You think you know, no, no, no, no, come on, girl, get back here. This is right where you belong. So I kind of had a quote come to Jesus moment at a certain point. I kind of still remember it. It was around 2000,. It was around 2009. Could have been a little bit later.

I was standing in my bathroom and I distinctly had a conversation with Spirit, which is usually, it's not as obvious and like clear. This was clear as about, and it was. You're making us think we wasted our time on you. We gave you all of this and what are you doing with it? Nothing. What are you afraid of? Did we made a mistake?

And I could tell I was being, you know, like they wanted to get me riled and they made me feel like I was guilty, like for not stepping in and using the gifts I'd been given. And apparently it was the right move for me. It's strangely enough, because it humbled me and it sort of shamed me and made me realize I was putting my own ego in front of the gifts that I could give, because I was embarrassed, I didn't want it. I wanted to look and be important and, you know, well, respected and sciencey, and they really kind of put me in my place Again. Best thing that happened to me because, gosh, after that, you know, I went full into my flow, dreaming, work and teaching people all over and just it's just been wonderful. Not easy all the time, but wonderful.

0:34:10 - Julie

Had you ever heard of Luizier at that point? You know what?

0:34:14 - Summer

When you started working there. I can't remember if I had or hadn't, but there was certainly no, you know, spinning glory in my eyes like, oh my God.

I'm going to work for Luizier. I remember I was like I just want to lay out your books. I'm a great graphic designer. It was so strange I didn't even look on a website or look for a job posting. I just wrote a letter saying I live in town and I know how to use PageMaker and Photoshop 1.0. Will you hire me to work on your books? I never followed up. I never made a phone call, didn't know a single person there. Lo and behold, I get a call. Yes, come on in. I was like what Did I? Oh, yeah, I did. I said something to you.

I mean, talk about those divine. You know how do you have these pivot points in your life? You only see them in hindsight, right, but they change the trajectory of everything and I've had a number of those. You don't know when they're coming, you don't know what they mean, when they're happening. Sometimes they feel like nothing Like to me, this was like oh cool, I got a new client. It's a publishing company. Awesome, didn't mean anything. No-transcript, my launching pad, you know, for me and my life and everything that I've guided to step into. And then, of course, I've had other pivot points that weren't as pleasant. But there you go.

0:35:34 - Julie

Well, you were led, sister. You were led to that place by the God of the Universe. You know the whole group conspiring to do you good At this point in my life. There are times now where

there will be a pivotal moment, and I'll know when I'm in the middle of it. Okay, Ryan, pay attention to this. This is a big deal, something you're being led in this.

You need to write this down in your calendar because this is something that's coming that is so far beyond anything that I've ever thought of and imagined, and I've had a lot of amazing experiences in my life and continue to. They seem to ramp up more, they're more frequent and they're more fun and they're less stressful. Now for me and I believe that's because I play in a really high vibe all the time and once we get ourselves able to access that spiritual energy, that's below state for me, because I'm just like okay, you want me to do this. I have no clue how to do that, but I figure I know how to read the people that I need to show up, always show up exactly what I need them and so that's me thinking okay, that's what she's talking about with flow, dreaming when that happens, and I think we all probably have our own definition of it, but it's what you're describing. I believe in the flow, dreaming state.

Back to the intuitive thing, I'm interested in your family when you were a little kid, did your mother and your grandmother, and maybe your granddad? How did you know they were intuitive? How did you know they were mediums? I'm sure it was just natural to you. But what? Can you give us a couple of examples, like did they know? Okay, but you know that car is going to crash. We need to stay away from that car. Could they predict the future? What was going on? That in hindsight you look back at that and you think, oh, these people were all good to us.

0:37:53 - Summer

So that's the strange thing when you grow up in your family, you think all your families are like there's nothing abnormal or out of ordinary, nothing that you would actually notice. So I had to look back and like, oh, I got my first set of tarot cards when I was 11. Just little things, you know. When I was 15, a bunch of old Crohn's took me out on a beach and gave me blessings and ceremonies and I said, oh, this is wonderful. They said we're celebrating your men's system, like cool, all right, you know I don't know what I was initiated to, but it was wonderful, it was lovely. They're wonderful women.

You know, my grandmother would lay me down on her, you know her, her mat and run my meridians and she would say are you? You know here we are? Are you feeling the energy move through? I'm like, yeah, she's like, come on over, get it tuned up. I do it all the time, normal stuff. She, my grandmother in particular she had a friend, automatic writing. That was sort of a thing back for the older, older generation. Like we all have our friends, right, automatic writing was the thing. So my mom had a friend and they communicated regularly.

We would build journals together and we never thought much about it. Sometimes she'd share passages and we would. She would read and we'd all listen. We had healing circles. Just, my mom was one of six, so there were you know six, and the little kids and the grandparents. So there we'd had pretty good sized circles and in the circles we would just share energy. I don't know how to describe it. We would just share and send energy. Here's some energy, here's some light, and we would physically feel it and move it and even as I describe it now, like I completely forgot that we would do that, if somebody was ill, we would do it. We did it for my uncle with a heart condition 10 or 12 years ago and, oddly enough, it reversed. We did it with another uncle who got leukemia as well. Oddly enough, you know, he just came right back and out of it. We just go do you want to get together? We need to do a circle and it's just like an unspoken thing I don't know how else to say it.

0:40:00 - Julie

Well, like families, do a prayer chain or something like that. It's just a different form of prayer. I think it is prayer it is. It is using energy to allow spirit to work through us to help that person, facilitate healing. And you're talking about your family. I'm hearing it in my head Da, da, da, da.

0:40:23 - Summer

You can see now the Adams family. We literally had parents in the neighborhood. I can see your friends going. What the?

0:40:31 - Julie

heck is going on in that house.

0:40:33 - Summer

There were parents in our neighborhood who would not allow their children to come into our house and sometimes even into our yard. And I just wanted to say my mom was not a quote hippie. She wasn't using drugs, could not tolerate marijuana at all, because she's hearty, wide open. She's like I think she tried it once and she was like it was the worst experience of my life. She said I was so untethered it was horrible. So it was just that we fought so differently and you know, I suppose over time I learned to curb my mouth and try and fit in.

I remember all through junior high and high school Well, junior high especially, you know learning that you just, you just fit in. I wore penny loafers and little you know checkered shirts and tried to do everything to look as nerdy and conservative, as normal as possible. It didn't work, but I tried. I tried it really hard, turns out, you know, I actually have one of my childhood friends a couple of them still with me after like 45 years now and she says to me now I just thought you were the coolest person, the neatest person in the whole neighborhood and I'm like how come? I didn't know that at the time? She's like well, because the other girls and da, da, da, da da. Now when I meet people and share, they're like oh my God, I wish I knew your family, I wish I was. Oh my gosh, I totally forgot my mom.

My grandmother also read tea leaves, right, she wrote a book about tea leaf reading back in the 90s and I illustrated it because that's what I did. But she was always giving readings People would. We lived in an old white farmhouse, really old, one of the oldest houses in town, a small little country town, and it was. It was just a known fact that if you had a bad day or you needed something, you just drive up the driveway. All the dogs would meet you because we were the family that if dog wanders in from anywhere, it's your dog now. So we always had a bunch of big dogs, none of them trained. You get out of your car, your truck, you walk in the house, didn't have to knock. Grandma put on tea and she'd say let's see what you need, let's give you a reading. I knew everybody in town. That's just, that's just what we did. It's kind of a bygone day. I miss it. You know nobody. Nobody does that nowadays.

0:42:44 - Julie

Well, and those women were in every village, in every town, in every you know part of the world and they had their own way of doing it, whether they were reading the tea leaves or using a pendulum, or doing herbs or whatever. And and I believe that you and I and our colleagues in this space, we're kind of like the modern day helpers that were in all of those villages and towns and, to your point, it's just a new way of expressing all of the same information, perhaps in a, you know, in a more modern way, if you will. Yes, so, yes, interesting. You alluded a minute ago to being what you called a plant witch. Do you incorporate that now into the work that you do? Do you utilize herbology and natural minerals and crystals and stuff like that in the work you do?

0:43:48 - Summer

I don't do it like the way my mom did. I mean, that was her literal career for 20 years. You know, mixing up different combinations of herbs to build or cleanse or, you know, for you know natural. We call it natural health, right, natural medicine. I've just been an avid gardener since I was a little kid. I had big rolling gardens going down the back, you know. You know areas of the house all the time, starting from when I was six. It just felt natural, normal.

But I've always drifted more into a world of just pure I don't know pure energy. So I'd say it's a tendency of me and I probably could have pursued that. But you know how, you have intuitive gifts and we all just kind of pick a niche or a specialty. Some people love communicating with animals. That is, they're using the same skills that you and I are using, but they're just using animals because that's the thing that just lights them up For me.

You know I could use cards or oracles. I don't usually. I have a tremendous amount of crystals on my desk. You can't see it. I have loads of them here. They kind of just kind of help absorb and take stuff off for me if I get too much, but my way of doing things is just to go into my space and I just go there. It's like a direct and straight connection. I don't really use any intermediary objects, unless I'm trying to find out information for myself and I feel like I'm getting in the way because I'm too attached to this. Then I might use something like some oracle cards just to give some some detachment from the question, because I know that I'll be biased in my reading of it, and even then I'm trying not to influence the cards, which is really hard not to do.

0:45:33 - Julie

Yeah, I'm the same way. I don't use anything either. I always say you don't need to meditate for an hour. First twirl three times, raise your right hand and hop on your left foot. It's not necessary, you're turning on and off in a second. Yes, it's just you go right there.

0:45:49 - Summer

It's like turning on the kitchen tap. What do you?

0:45:51 - Intro

do Exactly.

0:45:52 - Summer

Some days I'm a little too tired, my energy is low, it's harder to get into that space and I recognize that I'm like okay, my battery is empty, let me charge up a little bit, then I'll do it, and then I can run for an hour.

0:46:04 - Julie

Right Right, I know that you do work with personality types and I've read that you say that narcissists and empaths are attracted to one another. Can you say more about that?

0:46:17 - Summer

for us, please. Yeah, that was a recent podcast episode that I put out because I've been getting a lot of people coming lately saying I just got out of an abusive, narcissistic relationship and I thought you know I need to explain what a narcissist is to you, please.

0:46:34 - Julie

Yeah, we all have very good.

0:46:36 - Summer

We all have really different. You know I'm not necessarily talking about what's in the DMSR, it's my interpretation of a narcissist is a person who is taking or extracting emotional energy from their partner, and they're often doing it for the receipt of feelings of control or power. They have to constantly fill what seems like a bottomless hole in them. You can never fill them up, it's always. It's always like need, need, need and the house, on the other hand, I believe that a lot of empaths actually grew up in difficult childhoods, whether they were emotionally shut down, physically abused, sexually abused, whether it was just an unsafe home. Like I say, we all have an empathic skill, but when you grow up in traumatic environments, your skill develops rapidly

and faster than the rest of your peers and I don't think it's a mistake that this happens for you. This is part of who you are and who you're becoming. But you learn to read the room real quick, real fast. You have to know is this a safe night or not. This is the empath getting their first training. Unfortunately, and it's gruesome and I wish it didn't have to happen like this. But he went up with a lot of people who later say I feel damaged. I feel emotionally vulnerable, Like, yeah, because that, unfortunately, was your only train. You didn't explore the light in this, the skill in this, the control.

So now, when you feel somebody who is traumatic or seeking control or lighting up those circuits in you, your empathic circuits, you're like I'm used to this, I know this and I know how to do this. And then you have this tendency to give to them, because you were always having to give in these abusive environments when you grew up. I mean, something was literally being taken from you, demanded of you, whether it was to shut up and go to your room or worse. So you get this familiarity that's already kind of baked in. So the narcissist is looking for someone who has that in them that need to give and give and give and read them and stay safe by reading them and taking care of them and dancing on ice cubes for them or eggshells for them, whatever it is.

And the narcissist is likewise. They have their own set of lessons to learn and people have taken me to task on this. So, like a narcissist, just pat you on the user and you just there's nothing you can do about it. I believe everybody has things that they're learning and growing true. Whatever we are quote cursed with, whether it's someone has narcissism or I had cancer. You know what? I have something I have to grow from and through, no matter what it is, it happened to me. It's an affliction of some type, what we call it an affliction. So the narcissist is likewise gaining the ability to become sympathetic, to become gentler. Not all of them, I think, pursue that. So, yeah, there's some surface level thoughts on it for you.

0:49:52 - Julie

Yeah, it's a big topic and I completely agree with your assessment that it's been my experience that it's usually people who have grown up in some kind of what we would say a dysfunctional home and they it's just feels familiar. You know you could be in a barrel of Pope smells bad, feels bad, looks bad, but it's familiar. So you stay in the barrel of Pope. I mean, that's terrible in an analogy, but I see that happen with a lot of my clients and it's and you just want to say, okay, this person's an energy suck and here's what's going on. And I think, too, being able to gauge when does it get to the point where it can become dangerous with a narcissist. And that's why I think it helps to have somebody who's a licensed professional therapist as part of the healing equation as well. Yeah, they, yes, they can get into their spirituality and all of that. But in some instances, that's when somebody who's a professional therapist needs to be involved as well to help the person heal.

0:51:09 - Summer

I agree, I don't suggest that anybody stay in an abusive situation, and I don't think you have to be with your narcissist to become a better empath. That's like I said. It is a way of learning, but it's not the preferred way of learning. Our preferred way of learning is to understand. This is happening to me. I have to leave and I have to develop boundaries, and I have to go through this stretchy discomfort of learning how to say no and letting another person handle their own feelings instead of me handling their feelings for them. Cause that's what the empaths tend to want to do.

We're always anticipating what the other person is going to, what the other person will feel, what they'll think. All of us who run around conversations in our head over and over about how we think a person is going to react If we say this, if we do that, that's an empath out of control, because we are already trying to control this other person's one. We think we know who they're, how they're going to be, because we're empathic and we kind of do know. But then we

have to release from the need to say and so I'm going to prevent that person from feeling that I'm going to prevent that person from being in their own anger. I'm going to prevent that person from trying to take something from me that they should be actually giving to themselves. Right, that's the next growth phase, the healthy growth phase for empaths to reach. And yeah, get a therapist and leave. Leave in the middle of the night if you have to, but leave.

0:52:38 - Julie

I agree. Can anybody manifest their own desires?

0:52:44 - Summer

Well, that's a four-hour conversation.

0:52:47 - Julie

Give us the abbreviated version of your answer, All right to go back to manifesting.

0:52:52 - Summer

So I've been practicing for 20 years. For me, manifesting and just background manifesting and intuition are two sides of the same coin. You're writing an email, which is you're putting information out into the world, you're manifesting. Or you're receiving an email and you're reading it, you're taking it in, you know and, like I said, we all have our preferred medium that we like to work in. I, for a long time, was heavily vested in manifesting because the idea of making stuff energetically was cool as anything. So I loved it. I still love it lately. I don't know, I'm aging. I'm kind of like, yeah, I spent 20 years doing that. I'm really curious about my intuition and I want to grow that and deepen that now and even start teaching about that. So I'm kind of opening that door a lot more and I have a feeling that's going to be my next 20 and maybe I'll get evened out by the end I don't know by the time I'm 80, 70. But when it comes to manifesting your desires, like I explained, we can create energy templates. I always say you're trying to create something, as like building a house. You throw all the physical stuff there, throw the boards and the concrete, and get all the workers and tell them build this, and they'll be like what you want us to build a house, what is that? Anybody's guess? And so we end up building all these things in our lives and they're janky and weird and you know, our house has five bathrooms and no bedrooms. And I'm like, yeah, you were missing something vital. You made something physically. You did not make it non-physical. I always do both. So I make a non-physical structure, a non-physical template, in essence, and I do that through my well, I do that through it. Float dreaming is an actual technique, I should say. It's something you sit down and you do it. It's sort of like meditation or going to the gym. If you do it, you become better at it, it becomes more part of you. So I'm practicing what I call these emotional endpoints. The emotional endpoints are what I'm using. Again, I'm making this really condensed. I'm using these emotional endpoints to create the structure. This house feels like a house. This house feels good to walk inside. It feels affordable. It feels like it's in the perfect neighborhood. Oh, I love my neighbors so much. I feel joyful and secure, I feel safe. I feel a blooming and happy family. I feel all good things surrounding the effortless, easy home. Live here for two dozen years. Ah, this feels so beautiful. So I'm creating this emotional structure around my home and my life is saying all right, let's line up the physical stuff that matches that set of architectural plans, and that's predominantly what I teach people how to do create the energy plans for this.

And another thing with manifesting and manifesting your desires is most of us just don't even ever spend time doing it, or we do it in silly, gimmicky ways, like the popular write things out or whatever. I get the writing things out as a focusing agent, but that's not what does it. Just putting pen on paper isn't going to create for you. Most of us spend almost all of our waking hours in a state of reaction and responding to what's already been created. You know, I respond to the fact that I'm in a house, that I have a kitchen and I have kids and they have needs, and I have emails to answer and I have work to get done and I have clients to attend to.

I'm responding to what's already there and, yes, it comes up in the moment, but it's usually a response.

In the world of manifesting, I'm reminding myself constantly if I want to program something that I don't yet have. I need to do the opposite of responding. I need to pre-pond. I need to pre-act and not react. So I spend time daily creating these energy structures, creating emotions around things that aren't even in my life. I don't wait for life to give me permission to feel how I want to feel. My house. I'm going to use the house again. I love my house. It's paid off. I feel freedom in it, I feel luxury in it, I feel joyful and happy. It's so warm and sunny and perfect and delightful. It fits me. I love this feeling.

You can tell I'm getting kind of emotional. I do stuff about it too right, because that's the most potent way I can communicate with the universe. Frankly, anybody else in this world. We don't have to use the same language. We all have the language of emotion. That's the language I use. I'm pre-acting this and now my life is saying we want to stay in alignment with that. It's kind of weird. We always try to like. Water seeks its own level. She's showing us this. We better make some things match that.

So, instead of me always matching the outside world and whatever chaos is going on, because all the stuff that people bring in, god help us. It's just a bunch of stuff Everybody desires and we can just always just be responding to that and try to navigate, push our way through, or we can let the world start to respond to us. That's like a guiding foundation in how I see manifesting my desires. So my desires I don't call them physical things as much as I call them emotional endpoints. Every physical thing I want is actually an emotion that I think that thing will give me, every single thing Without anything. So I always go for the emotions.

Like if I'm working with a client and they say I want to meet a man with dark hair and he's 6'4" and you know he's got good business and a great family, and I'm like, okay, how does this man make you feel? Oh, he makes me feel loved and wanted and secure and honest and transparent, and emotionally I'm like, great, he makes you feel all those things. How about we just go for that? How about we just go in there and we flow dream. I am with a partner who just lights me up. He's sexy as anything, he's emotionally mature. God, he just, oh, I just love being in his presence. I admire him, he admires me, oh so, and I'm like tell you what you will not get a man that you find unattractive, but you might get a blonde who's only 6'4" I don't know, but it doesn't matter. You said he's attractive. That's all that the universe needs to know, right?

And it opens up a wealth of new opportunities to come in. Instead of that tiny, narrow little thing Like I need \$3,000 to pay my bills this month, I'm like, no, you don't, you need \$10,000. You need \$300,000. What you need is to feel secure. I have what I need. I have more than I need. Ask the universe for that and see what the cat brings home.

0:59:32 - Julie

Exactly, yeah, when we try and control things, we limit ourselves. Yeah, yeah, wow, beautifully said. Beautifully said. Last question, as we're winding down here why do we incarnate?

0:59:46 - Summer

Why do we Inc? Are you going to keep asking me these 4-hour questions? Because this is your last question of the whole chat.

0:59:55 - Julie

I'm just trying to give you ways to expand here. Why do we Inc On all your wisdom?

1:00:02 - Summer

Okay, there are.... This brings me back to the fact that I was brought up with a dozen competing belief systems. The one that I've currently settled in and, by the way, one of my biggest belief systems I have is whatever I know today, better be wrong in 10 years. If I am not wrong at a certain point, it means that I have stopped growing and I have settled, and I say I have found the truth. Flowing water is healthy. Water that stops is stagnant, is where everything rots and dies. If I am not continually expanding my understanding and sometimes flip-flopping and changing it, then I haven't really been seeking. If I'm not seeking, I'm not growing. So, with that caveat, the current understanding I have is we're incarnating.

Because, boy, being in a physical body forces you to live in little, tiny chunks of time, non-physical. You don't have to do that. But when you have to experience things one after another, you have to be a lot more intentional about what is going to be put into each and every minute of your life. It's going to skill you up. So that's, on the one hand, it's a gift. And sometimes I go full Buddhist and I'm like don't have desires, right, they do cause suffering. And other times I'm on the other side of it and I say yet we are here to learn what lights us up, helps us become who we want to discover in ourselves.

Bigger picture, I also have a philosophy that you know. Just like I have a cell in my body, it doesn't know that the rest of my body exists, but it's vital, it's crucial. I'm a cell in the body of all that is, and I have good functions and I'm here to do certain things. But I'm also here to get to know myself, because I'm going to go back at some point and I'm going to bring all of this wealth of experience back into all. That is, if I get to know myself, god or the universe is likewise getting to know itself through me. So in many ways I'm a collector of experiences and we all have wildly different experiences we bring back. But I think the ultimate goal is to grow those experiences and those self-awarenesses. You know they say know thyself. It's not just as a being, but I think the universe itself wants to know thyself and has many ways of doing it through humans, through other civilizations, on other planets. So, yeah, that's my four hour four minute response. It gets you thinking right. Good job.

1:02:40 - Julie

Good job. Well, and I agree with you that everybody is contributing to the collective consciousness. Yes, whether they're living in Tent City in downtown LA, or whether they're a billionaire and are on some hundred million dollar yacht in the middle of the Mediterranean, everybody has a role that they play and we all are contributing to the collective consciousness, and the cool thing about it is when we figure out how to access spirit. We have access to all this universal information that we all can bring in. And how fabulous is that. And that's what you teach and that's what I teach. So you are an absolute delight and I'm so thrilled that you've taken a few minutes to share your wisdom with us. How can people know, get to know you better learn more about you and the work that you do.

1:03:36 - Summer

I am everywhere. I've been a busy little energizer bunny for the last 20 years. I have a website, flowdreaming.com. I have hundreds of recorded flowdreams. They're not meditations, they are energy activations. They get you into the state and they help you create these emotional endpoints around all kinds of things. That's a great place to start. I have a monthly mastermind People can be part of. It's very low cost. We do workshops every month. I have an app on your phone which also teaches you how to do. I teach the process of flowdreaming for free. I always have. I feel like it's a God-given gift that I don't make people pay for. I don't want as many people as possible to learn it. Lastly, I have a podcast of my own. It's called Flowdreaming still kind of woo-woo.

I go deep into manifesting and mindset and personal power and getting beyond fear. My favorite thing to manifest is new internal qualities more than any external material thing. I like to

manifest things like fearlessness, inner power, gentleness, ability to embrace things. I work on that level of manifesting often, but I also have manifesting houses, cars and boyfriends. It's whatever money, whatever we need. Those are the best places to start. It's a technique. It's also a philosophy, so you can really go deep down this rabbit hole if you want to.

1:05:10 - Julie

Well, we'll have all those links in the show notes too. All righty everybody. That's it for today, Sydney Day. Lots of Love from Sweet Home, Alabama, and from California, where summer is. We'll see you next time.

1:05:25 - Summer

Thank you, Julie, so much. Thank you.