

## AJR Show - July 18th Transcript

0:00:01 - Annncr

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

0:00:43 - Julie

Hi everybody. Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. Got a bunch of callers on hold. If you want to have a conversation with me, come in at [AskJulieRyanShow.com](http://AskJulieRyanShow.com), and if you're coming in that way, be sure to stay in the middle of your screen and stay in front of your camera until we get you on, because this is live. So if you're not in front of your camera, you're going to miss your time. If you're coming in on YouTube, we're at Ask Julie Ryan on the YouTube live stream. We've got Rachel helping with the questions on YouTube. If you're going to submit a question, please just put your first name and where you're located and then your question, and we've got Chris helping us on the callers. So again, [askJulieryanshow.com](http://askJulieryanshow.com). If you want to have a conversation with me. If you're just submitting a question on YouTube, then just come in at [AskJulieRyan.com](http://AskJulieRyan.com).

So a couple of announcements here. First of all, prayers go out for President Trump, his family, the man who was killed at his rally last weekend and also his family, and there are two men that are in the hospital that are recovering. I saw today that they were downgraded from critical to serious, so that means that they're healing, thank you, god. And for those of you that don't know what I'm talking about, here in America last weekend former president Donald Trump was shot by an assassin and really came within a millimeter of him losing his life. So that's all over the news here. So lots of prayers going out. Doesn't matter what your political affiliation is. An assassination attempt is an assassination attempt and good things will come out of this. It always does. But lots of prayers there for all those people involved.

We're going to do Ask Julie Ryan Live next Tuesday, July 23rd. It's from 8 to 10, eastern, and it's like the show but it's more relaxed. I can spend more time with each caller and also I give away lots of prizes. You guys Give away a free session, free class. Give away other free prizes too. So join us. [AskJulieryan.com](http://AskJulieryan.com) forward slash live.

If you want to come, join us next Tuesday, July 23rd, from 8 to 10. Also other freebie stuff. Give away a free session. You just have to leave a review. Anywhere you watch the show or listen to it. We're on all the podcast networks, we're on YouTube, we're on Alexa. So leave a review, you'll be entered into a drawing for a free session with me. So leave a review, you'll be entered into a drawing for a free session with me. And if you want to be in a drawing for a free class, we give those away each month the class and the session. Just follow me on YouTube, subscribe and leave a review and then you'll be entered in.

And then, of course, Angelic Attendant Training November 1st through the 3rd in Atlanta. It's starting to fill up, so if you're thinking of joining us, it's in person. It's amazing. You will be able to do all the stuff that I do after a weekend and plus it's so much fun. So come join us for that.

All righty, Chris, who's our first caller or first question on YouTube? Let's see. Let's see who's the first person we're going to get Lisa. Hi, Julie, Lisa, from Southern California. Is my lethargy, pressure in my head and brain fog, ascension symptoms or something more? Thank you, hi Lisa.

Let me connect into you and I'll get you on my radar and we'll see what's going on. How that works for those of you that are new to the show is I raise my vibrational level to level of spirit, because we're all spirits attached to a body having a human experience, and when we're attached to a body, we vibrate more slowly, simply because the body has mass. So I raise my vibrational level. I'm gonna watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into Lisa in Southern California and then I'll have a hologram of her in my mind's eye. Something will be identified and then there will be a healing.

I'm going to describe the healing in detail. So all of you that are listening and watching, I want you to picture what I'm describing too, because then we all work together to help send Lisa a healing. It's kind of like the power of prayer the more prayers being said for somebody a lot of times, the better the result. So, Lisa, here we go. Here comes my laser beam from Sweet Home, Alabama, heading to you in California.

Got you shooting energy from your feet up through the top of your head. I can see your brain fog. It looks like kind of a brownish, grayish fog in front of your forehead and so I'm removing that. I'm watching that. Get removed. It looks to me like you're on some kind of medication. Get removed. It looks to me like you're on some kind of medication, even if it's over the counter, because when I see brain fog and it has an oily ring around the perimeter of the cloud. Imagine taking a Q-tip and dipping it into baby oil and then putting it around the outside of a cloud. That's what it looks like. So I don't know what kind of medication you're on, but that may be having an effect.

What I'm getting is that it's all related to your gut and it's all food related. So stay low on the food chain. If God made it, eat it. If man made it in a factory, do your best to avoid it, or at least read the ingredients and make sure that there isn't anything in there that you can't pronounce, and that's going to help a lot too.

What I'm doing is I'm in your GI tract. I'm cleaning that out. You've got what's known as leaky gut, which is when the intestinal lining, which is when the intestinal lining it gets little separations in it and microscopic particles of food and toxins from the gut get into your bloodstream, and so that's what's causing your symptoms. So stay low on the food chain. Stay on the outer perimeter of the grocery store, the aisles in the middle. Try and avoid those as much as you can, because that's got all the processed foods and that's what I believe is causing a lot of your brain fog, so I hope that helps. Thanks for joining us. Alrighty AskJulieRyanShow.com. If you want to have a conversation with me, if you're joining us on the YouTube live stream, it's at AskJulieRyan, and it's always fun to see who calls in, because I never know. Hi, Ayumi, hi, how are you this evening, did?

0:07:54 - Ayumi  
I say your name right, Ayumi.

Ayumi  
Yes, you said it perfectly.

Julie  
Where are you At this time?

Ayumi

I'm in SoCal as well, in California.

0:08:07 - Julie

In California, Southern California. We got our California girls on tonight.

0:08:12 - Ayumi

Okay, I've been traveling and I'm really from Japan and Hawaii, but at this moment I'm just kind of busy with my son. I have talked to him once when show was still calling in, so I never saw you like this, but I did talk to you before.

0:08:37 - Julie

Terrific, well, wonderful to see your beautiful face. I just got to talk to you before.

0:08:44 - Ayumi

It's amazing what you can do, oh wow.

0:08:48 - Julie

Oh thanks, everybody can do it. That's the way I say it. Come, take my training, everybody can do it. I learned how to do this stuff, so can everybody else.

0:08:55 - Ayumi

Yeah, it's on my list. I've been thinking about going to Atlanta.

0:08:59 - Julie

Come on, girl, come join us. It'll be a life-altering event in a in the best way. It is so much fun, I promise people. People say that they go. Oh my god, it was so much fun. You keep saying that, but you don't know it till you come join us. Well, do you have a question for me?

0:09:17 - Ayumi

yes, I have and in Japan, who has fallen, and since then she kind of lost a lot of ability. She can't walk now and she's not. She recognizes us, but the world's not coming out and we thought maybe she just kind of went into dementia state. But she does say something like all of a sudden, like hey, thank you for coming to see me. So we don't know. I just want to know if she wants to tell us something.

0:09:55 - Julie

Yeah, what's her first name?

Ayumi

Miyoko

Julie

Miyoko. Okay, All right, what I'm going to do is I'm going to connect into you and then from you to Miyoko in Japan. Okay, so here comes my laser beam sweet home, Alabama, Southern California, got you going to Miyoko Goes across Pacific. I watch my laser beam go across the maps, the oceans, all of that. All right, Miyoko, I'm talking to your niece. Is it okay if I scan you energetically to see if we can help you walk again? She said oh, yes, yes, yes. That's what I heard in my head. Oh, yes, yes, yes, Okay, so I'm shooting energy from her feet up through the top of her head.

You know how I get divine downloads into my head when we're talking. Even before I get somebody on my radar, what I was getting was she's concussed. She got a concussion when

she fell, even though she may not have hit her head, but she still got a concussion. And that's what I'm seeing in my mind's eye. I'm watching Brain matter looks like.

You know, my analogies are wild. Sometimes they can be funny or they're just like. It's what I see in my head and it's spirit giving me that information as analogies for what our brains can understand when this energy healing is happening. Our brains can understand when this energy healing is happening. So brain matter looks like thick cooked oatmeal to me. Scar tissue it has a consistency of soft butter. Scar tissue in the brain looks like chicken cartilage, the kind that you'd see in a chicken breast with the bone in that white flexible stuff. So I'm scooping that out of her brain.

Looks to me like she had a little brain bleed and it's on the left side. I don't know, I don't know enough about the brain. I'd have to look it up to see what mobility section is affected. But when we have a fall or we're in a car accident or there's some kind of a you know a, some kind of a thump or we get, we get hit or something. What happens is the brain which isn't attached inside the skull. It goes slamming up against the inside of the skull and then it kicks back. So we see brain injury a lot of the time and it goes undetected. Because they were probably. If she even went to the hospital, they were probably checking out her hips and her knees and to be sure she didn't have anything broken. So I can see a brain bleed. It's clotted, you know, it looks like a. When I see a brain bleed after it's happened, it looks kind of like dried blood in the brain. You know, have you ever skinned your knee, maybe as a kid, and you get dried blood on it before you can wash the wound off? That's what it looks like. So I've removed that section.

We're using stem cell energy to regenerate that brain matter. Light amber color gel has sparkles in it because it's woo-woo Got to have sparkles. Reminds me of Dippity-Doo hair gel, which was a thing when I was a kid in the 60s and 70s. If you don't know what I'm talking about, look it up. You can get lots of information online with it and they still sell it on Amazon, which I think is a riot that it's still being sold. So light amber colored gel sparkles filling up that area that I scooped out where the brain bleed was. There's a little vortex spinning above that area and that's regenerating that brain matter. It transforms the stem cell energy into new brain matter. So that's what we're watching happen. Let me just check the rest of her skeleton. Did she go to the hospital? Did they say everything was fine? She didn't break anything.

0:13:54 - Ayumi

Yes, she did and she was okay for two months she was still talking and you know. But then all of a sudden we thought, maybe because she stopped, we have irritations, that you know. She kind of lost the will to live, but I don't think nobody mentioned about concussions.

0:14:14 - Julie

Yeah, yeah, yeah. So if you, I think some really terrific concussion advice is on Amen Clinics A-M-E-N Clinics, plural dot com. Amen, like amen, hallelujah, you know, at the end of a prayer it's A-M-E-N clinics dot com. And then if you do an internet search A-M-E on Dave Asprey, a-s-p-r-e-y and put concussion into the search bar, you'll get a lot of information about that. And I know that a lot of omega-3s can help, like fish oil and those kinds of things that can really help the brain heal and the brain can heal from those brain bleeds, from the concussions, from all of it. So I hope that helps. How old is your aunt?

0:15:12 - Ayumi

Thank you so much. I think she's 86. Okay, but she was doing really good. It's just that right after the fall just been downhill. I'm so glad she just didn't lose her will to live.

0:15:25 - Julie

Yeah, we just didn't lose her will to live yeah.

0:15:26 - Ayumi

We just didn't know Right.

0:15:29 - Julie

Well, I hope that helps. I hope she feels better. Thank you so much. You helped a lot already, you bet. Great to see you. Bye, nice to see you. Bye-bye, askJulierianshow.com.

If you're joining us on the YouTube live stream, we're at Ask Julie Ryan. So come join us and ask a question and we'll see what spirit has to say. And we'll see what the question is. It's always fun because I never know who's going to be on. What their question is going to be. What spirit's going to say, makes it a crapshoot in my mind. All righty, let's see who's next.

Sydney, hi, Sydney, from Hawaii, and I want to know the name of my guardian angel. Melvin is what just came in. M-e-l-v-i-n. I'm signed up for a reading with you in December, but thought I'd just ask a light question. Mahalo, well, right back at you, babe. Okay.

So here's the deal with guardian angels. All spirits are just pure energy. They don't have a gender, but we assign a gender with a name, which is fine from our human perspective. But early on, when I first started doing this work, I'd get these angel names that would come in that were like 15 letters and they were all consonants, and I'd say how in the heck am I supposed to pronounce that? And so I started asking for easy American English names, and those came in. Does that mean that's Melvin's real name as the angel? It means that's the name that that angel gave us for you to use. And if you wanna just say hey, angel, that's fine too, or hey, guardian angel, that's fine too. But I have, in my experience, I have found that it's easier to talk with spirit when we have a name that we can utilize, like a deceased loved one or a spirit guide or an angel or something like that.

So, Melvin the Angel, it sounds like a movie, doesn't it? I think that's right. It sounds like a movie, doesn't it? I think that's a riot. So thanks for your question.

Hi, Angela, where are you?

Angela

I'm in Cleveland, Ohio.

Julie

Oh, you know, I grew up in Columbus.

0:17:55 - Angela

I just heard that when I listened to your show last week for the first time, that's right the. Ohio.

0:18:01 - Julie

State University. Yep, many generations of my family have gone to the Ohio State University and so, yeah, well, wonderful, well, welcome. How may I help you?

0:18:16 - Angela

Um, my question is I am feeling encouraged by my guides to share my story and I am kind of, you know, trying to determine intuitively. Is that, you know, an ego thing? Am I getting tripped up by a little bit of fear? Should I be pursuing that? And I'm also feeling strangely, for some reason, like I'm going to be traveling soon, but I'm very new to the Ascension breakthroughs that I've had, so I'm learning as I go.

0:18:47 - Julie

As we all do for the rest of our lives and all of our lifetimes. Yes, so good job at that. You're right on target. Thank you, did you have?

0:18:55 - Angela

a question, I guess. Just you know whatever message Spirit wants to bring through, or that you have, you know. Am I going the right direction? Am I thinking logically about these next steps, or is there something else I need to do first, or where should my focus be, I guess?

0:19:12 - Julie

Your focus is where you're being led and how you know you're being led is something is fun, it's interesting, it's exciting. You want to know more. And then you take a step and you may be, you may have an idea in your head that's like oh, I'm going to check out this website. Oh, I'm going to watch one of these Ask Julie Ryan shows and see what that's all about. Oh, I'm going to call into Julie's show and see what she has to say. You're being led and all that.

That's all guidance coming in from spirit. When you have something that you want guidance about, just say it, either aloud or in your head. And our heads are like big satellite dishes, Angela, and they receive and they transmit frequencies. Every spirit has a frequency they keep throughout all their lifetimes. So you can just ask a question that goes to God, the angels, your deceased loved ones, your spirit guides the whole group. Or you can ask a specific like ask Angel Melvin something, and you can focus in on that and that tunes your satellite dish head to their frequency and then, when you have a thought in your head, how you know that that's them answering you is it is the first thing, fast as you can snap your finger. It's the first thing that comes into your head, and sometimes it comes in before the question is even out all the way, or the statement or the thought from your end, because time doesn't exist in the spirit world. Time's a human creation. So they've already got our question or our statement and they're answering us, oftentimes before we've even finished thinking it. So that's a really good way to know you're being led.

The other thing I'm getting to share with you is that there's no right way or wrong way. It all unfolds perfectly. There's no right or wrong, ever in anything we do, and we live a kabillion lifetimes. So it's like, okay, I got to get this done in this lifetime. No, you don't, doesn't matter, just enjoy the experiences as you go and follow where you're being led. Does that help? Yeah, absolutely, thank you so much. Okay, terrific, enjoy your evening you too. Bye, askJulieryanshow.com. Join us on the live stream on YouTube at Ask Julie Ryan. Remember to subscribe, remember to share this with your family and friends, and then we'll get some more people to join us and help them on their spiritual journey as well. I got to get my microphone down a little bit here. Okay, all right, let's see who's next. Hi, Julie, first time here. Julie from Miramar, Florida, love your name.

My question is will I ever find a different career path? I'm trying to find my passion, but I'm still clueless, oh goodness. Well, think about. I ask this question a lot to people that are looking for career guidance, and my question to you, Julie, is if you were a trust fund baby and money was never gonna be an issue in your whole life, for the rest of your life, what would you do for fun? And people oftentimes will say well, I'm going to travel, or I'd like to learn how to water ski, or I'd like to do whatever. Whatever it is that you come up with, think of a way that you can get a job in that industry. So, if you like to travel, check out working for an airline, check out working for a hotel chain, check out something in the travel industry that will allow you to maybe have airplane points you know flight points so you can fly places for free or hotel points that have different divisions, maybe in other countries, or they have properties in other countries or other parts of your country and you can stay there for free. I mean, there are tons of options. So just ask yourself that question what would I do for fun if I had the opportunity? I have a dear friend who she and her family love to go to Disney, so she books Disney vacations for other people in

her spare time. She does it very, very part-time and she gets to go to Disney at a reduced rate and or for free on some things. So I think that's a great example. Hope that helps. All righty, let's see.

Denise. Hi, I found you on Next Level Soul. Great, I love Alex. He's my buddy.

My question is for my husband. He has this rash on his back that has morphed into his entire back and now along the sides. Been years, tried everything. Please help, please help. Okay, I'm going to connect into you, Denise, and then from you I'm going to hook into your husband. So here we go. Here comes my laser beam. If you can type it in, type us where you are. I can still find you, but it's just fun to know where our callers are from or where are people submitting a question online on the YouTube live stream. Okay, here we go, got you. Got your husband.

He's full of yeast, yeast, overgrowth. He needs antifungals systemic. So Nystatin is my favorite N-Y-S-T-A-T-I-N because it stays in the GI tract and it doesn't have any known side effects and it's very gentle on the body. So see if you can get a prescription for Nystatin or another antifungal. He needs to take it so that it can help him systemically. In the meantime, have him eat low on the food chain.

If God made it, eat it. If man made it in a factory, do your best to avoid it kind of a thing, because yeast loves sugar and anything processed. She's Alaska Fairbanks, actually, way up river. Okay, she did say wild interior, I just didn't know where the wild interior was, girl. So thanks for pointing that out for us.

But here's the food stuff. Yeast loves anything with sugar in it. Yeast loves anything fermented. So stay away from sugar, stay away from anything refined, because the body digests it like sugar and the yeast have a party. They're like woohoo, here comes our favorite food. Secondly, stay away from anything fermented Wine, beer, alcohol, kimchi, sauerkraut, yogurt, vinegar, soy sauce, kombucha.

All that stuff is bad news if you have yeast overgrowth, because when we have yeast overgrowth, our guts become a fermentation factory. We add more fermented foods or liquids to our stomachs and it's just like pouring gasoline on a fire Just makes it worse. So that's number two. Number three if you're gonna eat fruit, peel it. There's tons of yeast on the peel. Never, ever, ever, any of you, for the rest of your life, ever put a slice of lemon or lime in a drink, because there's tons of yeast on the peel.

And if you're in a restaurant or a bar, think about this. They cut those lemons up first thing in the morning. They're not stored in the fridge. Even if they were, they'd get yeast on them. But it's really bad. When they sit out they don't wash them and you just don't even know what's on them. So when you put them in a glass of water or another drink, you're just drinking a yeast and god only knows what else. Cocktail. If I get a glass of water or another drink, you're just drinking a yeast and god only knows what else. Cocktail. If I get a glass of water with a, I always ask for water without lemon. If I'm in a restaurant and if I get one with lemon in it, I send it back.

I mean, it's that big of a deal, Denise, you want to freeze and reheat leftovers, because tons of yeast gets on leftovers in the fridge when they're in there, even overnight. Think of yeast and mold as nature's garbage disposal. It's what makes things degrade. So you want to freeze and reheat things. I am the Ziploc bag queen of the universe. Everything in my house that's leftovers goes in a Ziploc bag. I write with a Sharpie pen what it is on the top and then I'll lay it flat on a shelf in my freezer. And then when it's frozen, you know I get the air out of it and I'll lay it flat when it's frozen. Then I stack the packages upright like files in a file drawer. You will save so much food and so much room in your freezer if you do that.

And then, lastly, get a hold of some nice statin N-Y-S-T-A-T-I-N. And you may want to do a consult with Dr Maria in London D-R-A-M-A-S-A-N-T-I, and she's a general practitioner MD. She's functional medicine, she's holistic medicine, she's a graduate of my class, she's brilliant and you will love, love, love her. She will help you get rid of that in short order. So I hope all that helps. Thanks, Denise.

Okay, let's see who our next lucky caller is. That gets chosen.

Julie

Ah, Louise, you're our next lucky caller.

0:28:46 - Louise

My husband thanks you.

0:28:50 - Julie

Oh, tell everybody what for.

0:28:52 - Louise

Well, the last time I was on I think it was two or three weeks ago when we were talking about his prostate that I was trying to keep quiet from the world. He has slept well every single night since, oh wonderful. So I thank you for that.

0:29:10 - Julie

Oh, did you tell him we had fun in his Netherland area?

0:29:14 - Louise

Oh, he watched this with me after.

0:29:17 - Julie

Oh, oh, good. Well, that's all right. His face wasn't on camera, just your beautiful face it was on camera. Tell everybody where you are.

0:29:25 - Louise

I'm in Canada, in Ottawa, Canada, trying to hide from everybody. But here I am again.

0:29:29 - Julie

Here you are. We're thrilled, got a question.

0:29:33 - Louise

So I'd love to come to Atlanta, but I just don't want to be doing that kind of traveling right now. And if I waited for the online, am I still going to get the same out of it?

0:29:45 - Julie

Yes, you will. Great question, it's more fun in person. I just have to say you know, when we're all together it's way more fun. But yes, it's the same. We do a lecture and discussion for each of the different areas. You know, we do medical, we do talking with spirits, we do the 12 phases of transition when somebody's dying, we do past lives, we do spirit guides. We do all of that lecture and discussion and then there's practicum for each area. So we talk about it and then you do it, whether you're online or whether you're in person. And that's the key to learning anything, whether it's this, whether it's woo-woo, or learning how to cook something, or learning how to drive or whatever. You can watch a video, you can listen to somebody talk about it, you can read a book, but until you actually do it and experience it, you're not going to get it. And so, yes, yes, yes.



0:30:52 - Louise

So I spoke to Dr Maria Amasante two days ago. It was wild. I really love her. Thank you very much. I met her through your interview and, yeah, so we were talking about finding my tribe and she said to go to it because it's so much better when you meet people and you become friends.

0:31:12 - Julie

Well and that's a really good point too, Louise is that the tribe is global. We've had people, I think, from 14 or 15 countries. Now the only prerequisites is you got to speak English, because that's all I speak, and so we have nine practice groups a week that are free for the rest of your life, and so there are people from all over the world that come into the practice groups and they do this together. I'm not on them. This is all graduate led, and they get together and they work on themselves. They work on other people if there are special intentions, like somebody has a health issue or something else, somebody wants to talk to a deceased loved one. Somebody wants to talk to a deceased loved one, and the reason why they're so successful is because, when you have validation for what you're getting from spirit, it helps you learn to trust the information you get, and also, the more you do it, the more validation you get, the more you trust it, and then it's just second nature and it makes it so easy. That's amazing.

0:32:21 - Louise

Yeah.

0:32:22 - Julie

Yeah, yeah. So she's right, isn't she lovely, oh I loved her right away.

0:32:27 - Louise

Just just, there's my gal, you know.

0:32:31 - Julie

Give your husband our love, tell him that we really enjoyed working on his prostate and we really appreciate him being him being a lab rat for for us, a guinea pig for us on that.

Louise

I will do. I will do. Thank you

Julie

all, righty. Thanks, Louise, take care. Oh my gosh, how fun. Yeah, I, it's we all. You know how I always ask permission before I scan somebody or work on them, and guys just get a little touchy when we're talking about their manly man parts, and rightfully so. I mean, yeah, I understand that, but I'm so glad he's doing better. Okay, let's see who's next. AskJulieryanshow.com. Ask Julie Ryan on the YouTube live stream.

Hi, Brenda, how are you, my girl?

0:33:21 - Brenda

I'm doing great.

0:33:22 - Brenda

You know I talked to you a couple weeks ago and you worked on a CSF week for me. I want to tell you I have been slowly improving. I did take a tumble yesterday, but I'm not in bed all day like I used to be.

0:33:37 - Julie  
If I took a tumble, yay.

0:33:38 - Brenda  
I'm trying to tell you.

0:33:39 - Julie  
Oh yay, Tell everybody where you are.

0:33:44 - Brenda  
I'm outside of Omaha, Nebraska, in Bellevue, Nebraska.

0:33:47 - Julie  
Okay, tell everybody what a CSF leak is, please.

0:33:51 - Brenda  
A cerebral spinal leak, of a spinal problem, and what it does is it causes positional severe headaches, slurring of words, you lose your memory. I had extra back pain because of it. I mean, there's all kinds of like ugly stuff and doctors don't like to believe you got one, and so it's a battle if you do have one. I just want to thank you so much. I just cannot express this, but I was going to lie, because my sister had COVID three and a half years ago and she has long COVID and the way it affects her is cognitive dizzy spells, you know, extreme exhaustion, you know she totally lost her job, she can't drive anymore, you know, and I had talked to her a few weeks ago and she would love, love, love, love for you to scan her and see if there's anything we can do to help her out.

0:35:04 - Julie  
Yeah, what's her name and where is she?

0:35:06 - Brenda  
Her name is Becky and she is in Northwest Montana by Glacier National Park.

0:35:13 - Julie  
Here we go. Here comes my ladies who are being from Sweet Home, Alabama, to you in Omaha and then we're going to go to Becky. All right, got you Heading further west, heading northwest to get to your sister. You look like you're at the pool. Are you in a bathing suit?

0:35:29 - Brenda  
No, I'm in my tank top and I'm sitting on my saucer swing in my backyard because it's a beautiful night tonight.

0:35:35 - Julie  
Oh, wonderful, I thought you might be basking at the pool. Okay, Becky, I'm talking to Brenda. May I scan you energetically? She said, of course. So, good job setting that up. All right, here we go, going in.

Okay, so we're doing a lymph cleanse on her. Imagine that there's a vertical oval tube, Brenda, and all her lymph's going inside of it. Lymph fluid is an amber color and it's kind of globby. Do you remember lava lamps back in the day? That globby fluid inside a lava lamp? Yeah, that's what it reminds me of. And then there's a hole that's open on the bottom of each of her feet. So, as this is spinning in a clockwise direction, the toxins are coming out through the bottom of her feet. And now what I'm doing is I spirit working through me and with me to help facilitate healing.

There's a big dome that's come down on top of her like a metal dome. Think of the cover for a plate of food during room service. You know, when room service brings it in the hotel and it's just this metal dome, all right. When it lifts up, then all the lymph nodes that have sequestered toxins are coming out with it. Lymph nodes look like little D3 vitamin capsules and when they've sequestered toxins are coming out with it. Lymph nodes look like little D3 vitamin capsules and when they've sequestered toxins they can look brown or black inside. Those have been removed. She's being sprinkled with stem cell energy. Light amber color gel sparkles dippity-doo and there are vortices that are spinning in front of her, on top of her, on either side, behind her and then beneath her feet, all spinning concurrently. That's going to help regenerate those lymph nodes.

I'm also watching a heavy metal detox and there are two big U-shaped magnets, Brenda, that are encircling her body. They're joined in the middle. They go up and down her body. They're joined in the middle. They go up and down her body. They turn a quarter of a turn until they get all the way around her body and they're pulling out metallic particulates. They can look like little sparkly pieces of glitter. They can look like a dull piece of glitter. They can look like a strand of metal that you'd get out of a scrubbing pad, you know, like a steel wool scrubbing pad that we'd use in the kitchen to scrub pots and pans. So that's happening too. So that will help A couple of things we were just talking about.

Dr Maria, I would suggest she work D-R-A-M-A-S-A-N-T-I. We'll have that in the show notes. You can get in touch with Dr Moran and then also have her go to F-L-C-C-C, which is the Frontline Critical Care Consortium, or something like that. F as in Frank, I as in Lucy, ccc, cat, cat, cat, f-l-c-c-c. Just do an internet search on that. There's all kinds of protocols there that I believe can help her.

0:38:52 - Brenda

Okay, yeah, and she also had at least three vaccine shots, so that's probably got something to do with this, even though she would never admit that it would. Yeah.

0:39:05 - Julie

I agree. So FLCCC and Dr Maria can help her get well. She can heal from this. Thank you so very much. You're welcome. Thanks, I'm so glad you're feeling better.

0:39:17 - Brenda

It's like a night and day difference almost for me. I'm like Brenda again.

0:39:23 - Julie

Oh, wonderful, made my night. Thanks so much for letting me know.

0:39:27 - Brenda

You bet.

0:39:29 - Julie

Okay, take care.

Bye, Brenda.

AskJulieryanshow.com, come join us and ask your question and we'll see what spirits have to say. When I get answers in my head it's a merging of guidance from spirit and then my experience as well, so you kind of get a. You know, you get it all merged together and that's how the answers come in. And the reason why I always give references like Dr Maria or FLCCC or something like that is because the healing happens on the energetic level and then it's going to integrate into your body and that can happen instantly. It can take days, weeks, months may

need some kind of complementary care, like change in diet, physical therapy, whatever. But healing is a multi-pronged approach and so we'll do it on the energetic level. You want to do it on the physical level. There are other things you can do other medical providers, acupuncture, chiropractic, whatever. But healing is a multi-pronged approach and the most important thing to remember is nobody heals anybody else. We all heal ourselves. So the work that I do, the work that doctors and other medical providers do, is all facilitating and helping you heal yourself. So just like to remind everybody of that. Every once in a while I'll have somebody say well, I just want you to heal this, oh yeah, well, I can do it on the energetic level, but then it's your spirit's choice how you integrate it or whether you even integrate it into your body, and that's all based on what you're exploring in this lifetime, what your spirit is exploring. So a little bit of a tutorial there on how all this works. Alrighty, let's see who's next.

Hello Julian, everyone Checking in from Texas Okay, I can't read what her name is, but anyways, or his name, can you please link why? I can daily see angels encamped around the entire perimeter of my property, even stacked up into a pyramid over the home. Wow, great question. All right, so I'm going to connect into you. I want to see in my mind's eye what you're saying and then we'll ask them see what they're up to. So here we go. Here comes my laser beam from sweet home, Alabama, heading to Texas. I had to look to see where you were. Okay, heading in Texas, got you? Okay, yeah, goodness girl. Okay, what is going on with this? Why are all the angels around you so much? And what's going on with that Protection I'm getting. Protection from what? Protection from perceived invaders is what I'm getting. You know, all spirits are pure love. There are no such things as evil spirits, but we do have in our human existence. We do have things that can happen, like when President Trump was shot last weekend. You know those kinds of things.

So do you have something going on that has you scared, that has you feeling uneasy or worried or fearful about something that could happen at your home or somebody breaking into your home? Is what I'm getting? I'm getting this is a physical threat that the angels are protecting you from, so I hope that helps. You may want to get one of those security systems where I know that they have cameras that you can have at your front door and cameras elsewhere, and they've got some new ones that are fairly inexpensive. So you may want to look into that. But I get that this is an actual threat that you're worried about from a physical standpoint and it has to do with somebody getting into your home or on your property that you don't want or something along that. So let's see what's going on.

She has MS, okay, so maybe your mobility is limited. Now this has to do with a physical threat to your property. I don't get that. It has anything to do with your MS Perhaps your MS in your mobility issues, but you probably want to beef up some kind of a security system in your home, whether that, like I mentioned, whether that be cameras or an alarm system or something like that. Hopefully that'll help. And in the meantime, the angels are there. So that's as good as it gets too. I would beef it up on the physical level, though. Hope that helps. Good as it gets too. I would beef it up on the physical level, though. Hope that helps.

Great question, okay, hi, Julie. I'm Athena from New Mexico and my beloved dog, tanya it looks like passed away almost a month ago and I was wondering if he had. I don't think it's Tanya. I can't read what the name is. I was wondering if he had any messages for me and my family and is he okay? Thank you so much. I doubt if his name's Tanya, tama, maybe T-A-M-A. It looks like. Okay, let's, I'm going to connect into you, Athena.

Here we go and from you to your dog Messages he's around you all the time. You think you feel him. He says he gets in the bed with you. It'd be interesting to hear if you feel him in the bed with you. He says he snuggles up next to you in the bed, so he's around you, you can talk to him anytime. What I was talking about earlier, that our heads are big satellite dishes that receive and transmit frequencies, and every spirit has a frequency, including every animal. So

you just think of them and then that tunes your satellite dish head to his frequency and then you can just ask a question or make a statement and he'll answer you. So I hope that helps with that.

We're at AskJulieRyanShow.com, also at AskJulieRyan on the YouTube livestream. Remember to subscribe, remember to leave a comment. Anywhere you listen to this show, either on YouTube or on a podcast network or Alexa I don't know how you leave a review on Alexa, so podcast network and you'll be entered into drawings for free sessions and also free classes. So it's a great deal. You guys Don't get any better than free. So we've got that, all righty. Let's see who's next Chris is get any better than free, so we've got that, alrighty. Let's see who's next. Chris is spinning that roulette wheel. See where the marble lands, the ball lands, whatever you call it, and we'll see who's next Elizabeth.

0:46:56 - Elizabeth

This is my first time and I'm coming to Atlanta in November.

0:47:02 - Julie

Yay, fabulous. Oh, how exciting. Oh, you're going to have a ball. Yeah, can't wait, you'll have a ball. Yeah, yeah, wonderful. Well, where are you located? I'm up in Maine, terrific. How are things up there?

0:47:16 - Elizabeth

I'm sure they're beautiful, beautiful and hot and humid, but it's great yeah. Well it's summertime, it's supposed to be yeah. So I just got a phone call from my daughter. She's getting married next week. Her fiance's grandmother is 97. She can't come up to the wedding. So the three of them snuck off about a month ago and got married just Claire and Matt and grandma. So grandma is about to pass, like could be tonight. The family is gathered, so I just wanted to see if there was any intercession to help her pass. Yeah, yeah.

0:48:00 - Julie

Yeah, sure sure. What's grandma's name? What's her first name? Fran. They call her Fran-ma. It's so cute, how cute is that. I love that Fran-ma, all right. And what's your daughter's first name? Claire, Claire. And where are they? In Atlanta, they're in Atlanta, okay, great, okay, all right. Is that where the wedding is? Is?

0:48:24 - Elizabeth

in Atlanta. They're all coming up to Maine, which is why they had a private little ceremony with just Matt and Claire and grandma.

0:48:34 - Julie

So Nice, how sweet. Okay, here we go. I'm going to hook into you. So we're going to, we're going to be bebopping around here, I'm going to hook into you in Maine. We're going to come down to Atlanta and we're and I'm going to go to Claire and then from Claire to Franma, okay, okay. So here we go. Here comes my laser beam from sweet home, Alabama. Alabama got you ricocheting back south, got Claire going from Claire to Franma.

Franma's in phase 11. She's at the end, she's ready to go. The vortex above her head is very strong and, for those of you that don't know what Elizabeth and I are talking about, it's the 12 phases of transition and it's what happens as we are dying. We're all going to go through this and we're surrounded by angels and the spirits of deceased loved ones and pets. Phase one is, you know, the beginning the spirit exits, the body holds on to the top of the head, looks like a cartoon caption bubble or a speech bubble, and then phase 11 is. There's a big vortex above her head, the angels are in a straight line at her feet. There are many, many, many, many thousands of spirits that are there to welcome her to heaven.

And so let's ask her the three questions I always ask. So, Franma, are you ready to go? She's saying more than ready. More than ready. Are you in pain? Not at all. What do you need just for them to let me go is what she's saying. So be sure that everybody's told her it's okay for her to go. Suggest that with Claire, have Claire check that out. Number one and she's saying that she wants to go now because she doesn't want to interrupt the wedding next weekend. I believe it. She's saying that would be her worst nightmare, would be to just infringe on that time that everybody's together. But she's saying at the wedding, she wants everybody to raise a toast to her and she wants everybody to do a dance with her. She said she'll be there in the middle of all of it, she'll be dancing with all of them. But yeah, she wants to go so that the wedding goes. She's saying, goes off without a hitch.

Yep, that sounds like her so, the wedding goes off without a hitch. Yeah yeah. So you've read Angelic Attendance. I know my book, but anybody that hasn't read it, this is what it looks like Angelic attendance what really happens as we transition from this life into the next. Anybody that wants a free copy, free digital and audio book version, go to [Julieryangift.com](http://Julieryangift.com) and we'll send you a free digital and audio book download. Or you can just get it at [askJulieryang.com](http://askJulieryang.com) on the homepage. It's right up at the top. Just click on that and we'll send you a free copy. So, Elizabeth, I'm so thrilled that you're going to be joining us in Atlanta. Have a wonderful time at the wedding. Do you have your dress? Oh, yes, I do.

0:51:49 - Elizabeth

I do, I'm sure you'll look fabulous. Yeah, I'm going to text my daughter right now. I'm going to tell them to say the words out loud you can go please, that's right.

0:51:58 - Julie

That's right. That's what she's waiting for. Yeah, okay, yeah. And she's saying that she's going to watch over everybody from heaven and she's going to be in the middle of the whole bit next weekend just dancing with everybody. Great, thank you so much. I hope that helps.

0:52:13 - Elizabeth

Thank you.

0:52:14 - Julie

You're welcome. Thanks for calling in. Bye, bye, how fun is that?

All right, I think we have time for one more question, Chris, see who's next.

Karen Hi, Karen Hi, how are you, my girl.

0:52:29 - Karen

Well, I'm not doing so good, I'm sorry. I'm from Mecula, California. Okay, I have a couple of issues I'd like to ask you. I've had neck problems for two and a half years with what we call cervical dystonia. Okay, explain to everybody what that is, please. Cervical dystonia is when you have muscle spasms in your neck which are very uncontrollable, and it comes from your brain. So your brain is sending signals to your muscles to twitch and turn your head, and it's like if somebody was pulling your head over and you're trying to get it back. It won't go back. It's just like this. And then, on top of that, I had my husband pass three months ago.

Oh, I'm so sorry so being back, that I have to sell the house. I'm just so overwhelmed and filled with grief that you know it's hard to function.

0:53:39 - Julie

Oh, I bet, Do you have some support systems there for you? Do you have family that can help you?

0:53:46 - Karen

Yes, I have three adult children. Good, are they close by? Well, one's in Idaho, the daughter, my oldest son's in Palm Desert and my middle son is in Manhattan Beach. So they're about an hour away.

0:54:12 - Julie

They're close, that it's going to be best if you can increase your good fats Like that. My favorite good fat is brain octane oil, which is a highly refined coconut oil. Have you ever heard of MCT oil? Oh, yeah, medium chain triglyceride, but this is C8, which is most. Mct oil is C12. This is C8. And it creates more ketones.

It works better in the brain and my favorite part about this is the body can't store it as fat. Hello, oh, yeah, I got plenty of fat, I don't need any more. Thank you very much. So, yeah, you can get it on Amazon, Karen, you can get it from bulletproof.com. That's by far my favorite one. The other thing is it's highly refined so it doesn't upset the stomach like some of the other MCT oils do.

So while you were telling me about that, I was getting, you don't have enough good fat in your diet and in your body, and that's what's helping to cause these spasms. In the meantime, what I've done is connected into you and I'm in your brain and in your neck muscles and they're all being coated with this brain octane oil, which is a clear oil that doesn't have any flavor, and your muscles and everything look tight now and they look. So this is the healing and energetic brain octane oil. I think is really going to help you a lot. How's your diet? What are you eating? Is really going to help you a lot. How's your diet? What are you eating? Being from the?

0:55:57 - Karen

Midwest and a baby boomer sandwiches for lunch, and then I'm using one of those pre-made meals factor.

0:56:09 - Julie

Yeah, yeah, oh, please. Sandwiches for lunch, god. Bologna sandwiches is what was in my lunch for most of my grade school, with ketchup on it on white bread.

0:56:20 - Karen

That's right, and maybe some cheap.

0:56:23 - Julie

Yeah, that's right, and other stuff, twinkies, usually potato chips, I mean all just awful stuff. Yeah, yeah, but it was good going down right, yeah, right stuff.

0:56:38 - Karen

Yeah, yeah, but it was good going down. Right, yeah, right. But they also want me to have a second cervical spine surgery to see if they can correct this torticollis and the arthritis in my neck.

0:56:50 - Julie

Okay, so the arthritis already got taken out during during the healing and arthritis looks like a little. Looks like that white crunchy calcium deposit stuff on a battery that's expired. Have you ever had a battery like in a flashlight that's expired, gets that white crunchy stuff on it. That's what arthritis looks like. That's what it looks like in the operating room when a joint is being

scoped. That's what it looks like on the monitor. So of course that's my frame of reference, because I've seen a million of those back in the day when I was developing new products and stuff in the operating room. So that's been removed. How do you feel about the surgery?

0:57:34 - Karen

You know, I'm to the point where I'm desperate and the doctor said he goes. If I didn't have the other, the torticollis, he would be over 90%. Sure it would work, but with my history he's not 90, he's under 90%. That it'll help and it's at C1, 2, and 2, 3, he's going to fuse.

0:58:01 - Julie

I'm getting a hold on that for now. I would try some other methods. Certainly that's an option, but I'm getting to place a hold on that in the short run. Oh, and that's just what. I'm getting to place a hold on that in the short run, and that's just what I'm getting from spirit. Follow your gut, follow your intuition. The thing about fusing is then you know you got problems above and below with that and that's something that they don't really tell you. But one of my best girlfriends has had multiple surgeries and multiple fusions and then the stuff below is problematic. So I'm getting a hold on that, if it's not just absolutely essential. So I hope that helps. Have you read Angelic Attendance yet? My book.

0:58:54 - Karen

You sent it to me and I've got through the first couple of chapters. Okay good good, With my husband passing, I'm still waiting for some signs. Yeah, you'll get them.

0:59:07 - Julie

Well, you're in grief and you know spirit doesn't communicate on the crappy channels because the vibration is too low. So ask him to visit you in your dreams. Too low, so ask him to visit you in your dreams, okay, because when our brains are rested and our vibration level resets to the factory presetting of spirit every night when we sleep, so it's easier for them sometimes to communicate with us in our dreams, especially when we're grieving, because grief is a low vibration. Oh, but you know, the audio book may be easier for you to get through if you listen to it and then you can multitask while you're doing other things. It's going to give you a lot of comfort and a lot of information. Oh, good, so I hope that helps, okay, well, let us know how you're doing.

Karen

Will do, okay,

Julie

good luck with your house sale. Yeah, all righty, take care, thank you,

okay, everybody. That's it for this week, sending you lots of love from Sweet Home Alabama. We'll see you next week. Bye, everybody, thanks for joining us.

1:00:11 - Anncr

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1:00:24 - Disclaimer

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