

## AJR Althea Lucrezia Transcript

0:00:01 - Anncr

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

0:00:44 - Julie

Hi everybody, Welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Althea Lucrezia Abano with us on the show today. Althea is a light language channeler, galactic contact and psychic healer. Among other things, she says she channels 5D frequencies and higher. I have no clue what that means, so I'll be asking her to explain and demonstrate it to us. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Althea Althea. Welcome, girl. Thank you so much for having me. So delighted to have you. You told me before we started recording that I could call you Alty, so that's how I'm going to talk to you. That's how I'm going to refer to you as Alty. What's a light language?

0:01:42 - Althea

What's light language?

0:01:43 - Julie

Yeah.

0:01:44 - Althea

So light language is, for me, the way I understand and how I work with it. I see it as the new technology that's coming in to assist on a planetary and collective level, um. So if you imagine um reiki, you know reiki, energy. A light language to me would be kind of like the further development of that. Light language works beyond the concepts of space and time, so it bypasses the conscious mind and works directly on the DNA structure. It can be expressed in so many different ways. It's a direct connection and expression of the soul in connection to source consciousness. So it can be done sung, written spoken. It cannot be translated verbatim written spoken. It cannot be translated verbatim just for convenience sake. We say language, but it's more kind of like a phonetic frequency experience that comes through through the first chakra and some people who have vision activated will be able to see the light language come through as sacred geometry.

The light language is very connected to the sacred geometry as well and the codes are intelligent. They go where they are needed in the system at that moment in time. So let's say someone receives a life language video on Tuesday, but their system is already working on clearing their solar plexus. It will only integrate the life language when they go to sleep or the next day. The codes can be attuned and they can be programmed in order to enter the system at the point which is best for the individual.

So to me it's literally like one of the best tools that there is out there, because it can literally, you know, assist in a whole bunch of different levels. It can assist on timeline clearing, it can assist, you know, to clear the chakras. It can assist to open up to ground, balance the line. It can assist to open up to ground, balance the line, release porting, create protection, make

shields. It can activate dormant codes and it can assist with soul fragment retrieval as well. So I mean, I can speak about how like language works for a whole hour, so, but this would be maybe like in a nutshell. I think yeah.

0:03:44 - Julie

Where's it come from? Where does it?

0:03:47 - Althea

originate. It really depends. So when it comes through and it's channeled through a being, it is infused. Generally, if there's a starseed connection, it can be galactically infused. However, the humanity has been speaking in tongues and doing channeling since the beginning of time. So the languages that would come through. Before you know, the Earth reached a tilt and point within the ascension and awakening process and the baseline vibrational frequency of the planet rose to what it is now. The light language would be more Earth based, more earth-infused, more elemental-infused, so it's a direct connection through source consciousness. So generally, if your light language channeler is operating from a space of integrity, it will channel through the heart center. Sometimes it happens that it gets bypassed and then people channel in different ways and then there can be some distortion there. But I wouldn't say that it comes from one specific place. It comes, you know, from a fifth-dimensional density realm where there is no space and time. So it comes from everywhere.

0:04:56 - Julie

So it's coming from source is what I heard you say, basically, and it's just another way to communicate frequencies to humans and others, perhaps in galaxies far, far away. That is useful, and it has its own what I'm hearing you, so help me with this. What I'm hearing you say is that it kind of fine tunes itself to the individual person to whom it's being sent or the person that's receiving it. Did I understand?

0:05:28 - Althea

that correctly? Yes, correct, yeah, correct, because the codes are intelligent. Whenever a person receives it, we'll integrate it in the way that is best for them at that moment in time.

0:05:39 - Julie

Okay, and you mentioned starseeds. Can you explain what that is for those that are watching and listening and have no clue what a starseed is?

0:05:47 - Althea

Yes, of course, of course. So for me, for example, like when I was about nine years old, I remember seeing on this old television they still had the box TVs from the 90s, so there were no flat screens and I remember seeing this woman in an interview saying that she had lifetimes on Pleiades, and I didn't know what Pleiades was, but I was like, oh my God, me too. What is Pleiades? For those who don't know, it's a constellation within the Taurus. So, basically, starseeds would be these evolved souls which have come back and reincarnated in Earth, which have had other experiences in other constellations, planets, galaxies, even universes sometimes and chose to reincarnate here in the body to assist with the ascension, awakening process.

Sometimes it doesn't necessarily mean that if you're a starseed, you're going to be doing energy healing. You know what I mean. Everyone has their, their own journey. So you can be assisting the essential process by building the school for children and still be a star seed, um, you know. So, everyone has their own journey, but I would say that it's people who, um have had a recollection of, of past, parallel and future lifetimes outside, what would be your earth-based lifetimes, and with that memory, they, you know, they do this, this, this, this, this healing work within themselves, and then start to activate and open up more and open up more to their

psychic gifts and intuition and do the soul fragment retrieval and then start operating from a space which is more within a 5D template.

0:07:30 - Julie

Okay, that's a lot to unpack and we're going to get to those because I've got questions for you on a lot of that stuff. When you're talking about coming from another planet, I, on an episode a couple of weeks ago with Simon Bowne, he did a hypnotist thing with me, you know, hypnotized me and did a past life regression to find out where my healing journey started. And it started 500 billion light years away on another star, and I was like what? And so it was really interesting and we get into it in detail.

But I hear you talk about these star seeds and I can't help but thinking about the movie Men in Black, where it's some kind of an alien being that has kind of a human suit on and some of them are white hats. They're good and some of them are not. So good, explain, you know, I get that that's Hollywood magic, but is it that when somebody is a star seed, are they cognizant that they're a star seed from their human perspective? And is their DNA, is their physical, physiological makeup different from somebody who isn't a star seed?

0:08:42 - Althea

Yeah, that's a very good question. So you have to consider two things you have to consider the biological and physical body and then you have to consider the blueprint structure of the soul, which are two different things. So I believe that within the body, within the system, we have the genetic keys to everything. Like we are, you know, like this is the best machine that you could be given, literally. But when it comes to the soul, that's a little bit different, because the soul, it's the one that's had the lessons and the experiences. Again, I believe that we are infinite beings of light. So, even if someone is listening to this and they're like oh, I want to be a starseed, but I don't know if I am, but you know like you can be anything you want. So don't know if I am, but you know, like you can be anything you want. So don't limit yourself. Like, even what I say, like, take it with a grain of salt. If it resonates, good, if it doesn't, that's also okay. Because, remember, we all here live in this experience, you know. So something I might say might resonate with someone and not with someone else. So don't take it as, oh, the absolute truth. You know she's saying it and that's what it is. It's really important to form and create your own ideas and understandings. So, with regards to the soul, the soul generally has these experiences and these lessons and then comes on Earth to learn more of these lessons and then chooses to. If they get learned within a specific lifetime, then it can choose to leave. So for me, for example, I do cycles. I'll do an earth like 500 to a thousand years. Then I'll leave, I'll go and like another planet, another constellation. I'll maybe do like five, 600 years there. Then I'll come back here, maybe like do two or 300 years. Then I'll go away and do like a thousand somewhere else, sort of thing. That's kind of like how my soul and system operates and then kind of like how my soul and system, um, operates, uh, and then when you come, when you've had those level of experiences outside, you know the earth and you actually get to choose what body to come, and so you're like, okay, um, you know I want to come into this body, this family, because I need to learn these lessons and whatnot.

So it's really a matter of remembering, I would say, of you know, understanding yourself and doing the shadow work, and then go back into remembering and I think a lot of people are confused because, you know, we get disempowered from societal constructs, you know, consumerist society, like, oh, you need this external thing to be happier, you need this relationship or this job. You know, while it's really all going back to the self, and also like I mean, if you? I think also another thing is a lot of people have this attachment to identity, like, yes, he's speaking about starseed and saying, oh, I see it in Pleiades. Oh, I lived in medieval times. Oh, I was an ancient Atlantis and Lemuria. Yes, but also don't get too attached to that either. Again, you're an infinite being of light, so have knowledge. Knowledge is power, understand it, integrate it, release it and let it go and then, kind of like, move forward. Because

a lot of people get stuck like, no, I am a starseed from Lyra and it's this, this and that, and yes, but you're also a lot more than that.

0:11:48 - Julie

Well, you're a human on earth, having a human experience this round. Yeah, the other thing, when you say, okay, I did this thousand year cycle and then this 500 year cycle, I think it's important to mention at least just been my experience in talking with billions of spirits over the years is that time as we know it in our human existence doesn't exist in the spirit world. Time's a human creation. You want to explain that. What's your opinion of all of that? How does it work in from what you have come to believe?

0:12:24 - Althea

Yeah, this is a lovely question. I actually held a workshop I think it was like a few months ago on learning how to control time, to speed it up, slow it down and navigate it within your own 3D experience. So to understand how time works, you need to understand how dimensional densities work, which isn't the density of the soul, like there's also soul densities, but that's different. So if you imagine like the dimensional densities work, which isn't the density of the soul, there's also soul densities, but that's different. So if you imagine the dimensional densities overlapping, you'll have the first dimensional density, where something just is, it just is. The second one, it overlaps, it is, it has consciousness of being, and the third one, which is the 3D reality that we're living in now. Something is that has consciousness of being can now take action. However, it is limited by constraints of time and space.

When you access your 40 realm, which is your astral realm, where your disembodied spirits would be, where you're lower and higher tiers of 40, when you dream, you have no limitation of time because time is all happening at the same time. However, you still have a limitation of space. You still need to walk, run, fly and move to places. When you access your fifth dimensional density realms. There's no more limitation of time and space, so I think time is a really important tool that we can use, you know, to our advantage, learning how to slow down time, speed up time, understand time and yeah, that's kind of like my take on it and how I understand it.

Within dimensional densities, you can learn to live in a 5D template within your human structure but operate on a 3D realm. That is the essential. That's what's going to happen. We're not going to fly or go anywhere. We're just going to start co-creating our reality and understanding how time and space work and all the other multidimensional, multifaceted aspects of this construct that we live in, and we're going to start utilizing them to create our reality while still living within solid third dimensional density.

0:14:17 - Julie

Okay, all that was way above my pay grade. Girl, we're going to have to dissect that here in a minute because you're going 3d, 5d, I'm going okay, whoa over my head, so I need you to enlighten me on that in a minute. But first, I had a client earlier this afternoon and we were doing a past life situation with her to help heal an energy block and a tear in her energy field membrane, which, as I perceive it, is the container that holds the energy that makes up our body and our spirit. And she was born in like 1953, but I got that this was another lifetime, in 1957, in a different country on a different continent. And she said, well, what's that mean?

That's not past life. I said no, it's a concurrent life, happening in the same reality, the human reality, but like on a different reality. The human reality but like on a different time clock, because she was a baby in her life that she's living right now. But in this 1957 life she was a man and she was 37 years old and we got what he was going through and it was a similar script to what she's living in this life now. What's your take on concurrent lifetimes?

0:15:48 - Althea

I mean definitely. I mean we're multidimensional, so there's so many happening all at the same time and, as we just explained, you know, there's no time in your 4D and your 5D, in your higher realms. So it would make absolute sense that we are living a lot. I mean I'm in like so many apocalyptic scenarios when I navigate the astral. I'm like saving planets and like sometimes I'm like you know, shooting like beams of light at people to assist them, and sometimes it's me.

Sometimes I'm like this seven foot tall man, sometimes I'm like an etheric being, sometimes I'm like a blob I don't even have a body and so for sure, like we, we definitely exist in all these parallel reality and simultaneous realities. And it's interesting when they start to merge, because then that means that you're starting to do sulfide when retrieval and you're integrating part of yourself. So for me, for example, I have different, very higher versions of myself that I work with when I work on clients that live in like high vibrational frequency spaces. So I've got a nine-dimensional Pleiadian being that I work with and a 12-dimensional Mantis being that I work with, which are me, existing, but in parallel timelines and realities, but also at the same time, and they are also me in the future and me already existed. If it makes sense, so yeah, definitely for sure, yeah it doesn't make sense to me.

0:17:15 - Julie

So when I go to that place of like what I think, I say to myself I don't have to understand it when I go is will I understand it when I'm in heaven, you know, when I'm back into non-physical? And I believe I will, and it will make total sense now then. But for me to make sense of all of it now, I don't really need to go there. I need to experience what I'm experiencing in this moment. I know I get into different realities when I'm communicating with deceased loved ones and real time with people who are dying, or pets or trees or whatever. If we're doing past lives, I understand I'm in a different reality and I don't know how it all works, the mechanics of how it works, I just know it works. So, yeah, I can dissect it all day long, but I figure that's not my wheelhouse.

0:18:14 - Althea

Yeah, you can get stuck in the loopholes, yeah.

0:18:17 - Julie

You know, go down the rabbit hole Exactly. You've mentioned star soul fragments a couple of times. What's a soul fragment?

0:18:27 - Althea

so what happens is okay.

So, first of all, I just want to say, for everyone who's listening, you're already whole. There's nothing missing from you. You don't have to, you know, you don't need soul fragments to be whole. You're already whole. However, when you start working on yourself and you know, doing the shadow work and healing and whatnot, and you start having recollection of these past, parallel and future lifetimes and experiences, what happens is so. Again, I'm going to give a practical example because it's the easiest way.

I was shot in, like now, maybe it was like the 13 1400s and like a maybe they did they have guns there, maybe it was the 1500s. Anyway, I was shot in like a revolt, in like a town, and I went back and relived that experience. I actually did. It was one of the first times that I had post-life recollections and I was with a colleague and she did a QHH, she did a horse cannon method, which sent me back, and that was something that came through. Anyway, long story short, I relived it and it was very intense because I got shot and I could feel the warm blood

seeping out of my back and it's like a feeling that, like I've never been shot in this life, I'm like how would I know that the blood is warm, like it was just you know?

Anyway, long story short, when you die in quite traumatic ways, or let's say you know the witch wound or the witch trials or the woman that were like hung and burnt and whatnot sometimes a piece of your soul fragments out. And what happens? When you do this healing, when you do this energy work, when you reintegrate it, and sometimes having memory of it is enough. Sometimes you need to cry, sometimes you need to send love to the situation. Anyway, when you reintegrate this part of self, you then open and activate more of your psychic abilities and senses, so more of your clairs, more of your connection, more of your understanding. So this would be essentially how the Sulfag Ridge Retrieval works.

And again, you don't have to do it. You can live a perfectly nice life without going in your previous lifetimes and having knowledge of them. But at some point, if you're here to learn the lessons, you will see that the lessons will come to you and you will have to shift in one way or another. And whether the lesson learning is releasing attachment to a toxic union while you do that, you might be releasing it also in other lifetimes but not have the conscious awareness of it. But because you've done it in this experience, you've reprogrammed yourself and you've let it go and you've done soul fragment retrieval. So I just do it consciously and assist people doing it, to do it, because it's my work and what I do. But you don't necessarily like it's obviously quicker if you go to someone who knows what they're doing. It helps. But you can still do it in your own time within your own experience.

0:21:19 - Julie

So it sounds like the technique for soul fragment retrieval involves, or does it always involve, past life regression or past life information coming forward. Is that how it works? And then, once you identify it, then the soul fragment is rejoined back to the person's soul in this lifetime. Is that?

0:21:45 - Althea

I wouldn't say yeah, I wouldn't say always. I mean, I try to never really deal in absolutes because there's so much that you know we don't know. But that would be one way, yeah, that would be one way of doing it. But again, you can also do it by teaching someone boundaries and you know they have been abused all their life from their father and one day they stand up to him and say no, I'm leaving the house or whatever, and they're doing a soul fragment retrieval. So it's just generally working on yourself, healing the shadow work and whatnot. So everyone also operates in different ways. Like I will actually go in, see the timeline, neutralize, clear it and then tell the person you I've opened the door and did this. Then this is what you need to do, sort of thing. But other people work in different ways as well. So I think everyone has their own way of doing or working with this.

0:22:37 - Julie

You mentioned shadow work a couple of times. For those who don't know what that is, can you explain that for us please?

0:22:50 - Althea

Sure, shadow work is just a term. I mean, this whole industry is like terminology. So shadow work would be you get triggered. Okay, something triggers you. You ask okay, why is it triggering me? Okay, what is it trying to show me? What is it reflecting back at me? You know, and seeing within your own reaction to it. It's learning to respond instead of react. That would be a good way of seeing it. Going into the uncomfortable parts of self, you know, if something makes you feel upset or sad or you don't want to face a specific person, go there and do it. That's also shadow work. You know, forgiveness would be also shadow work. So, again, like you've been mistreated or someone treated you in what you would consider to be unfair and

you forgive them and let it go, because holding onto it is only harming you. You forgive them and let it go because holding onto it is only harming you. So shadow work is just a term. To really explain, you know, working on yourself and going into the uncomfortable places and spaces. That no-transcript.

0:24:00 - Julie

Okay, this is a three-part question. This next one, okay, I'm ready. How do you do the work that you do? Do you meditate for an hour first? Do you like light candles and hum a tune, or what do you do to get into the frequency that you want to be in first of all? Secondly, how'd you learn how to do this stuff and what attracted you to it? And thirdly, what did your family think about it when you first started doing it, and what do they think now? Is that even a part of your life?

0:24:34 - Althea

Yeah, I'll take them one at a time. So I'm at a point where my channel is very embodied and integrated. I don't really have to do anything to do the work that I'm doing now because I've been doing it for so long and I mean I'll channel all day, every day, for clients. So I do tend to follow structure. So, yes, I do. I mean I've got a blue candle on for communication. Whenever I'm doing any work where I'm communicating live, then I'll light incenses here and there.

I do shielding. I do work a lot with the schematic, which is what? What shielding? I do a process called 12-dimensional shielding. I activate my Merkaba, pull it down, anchor into Gaia, pull it up, create a shield and anchor into Andromeda. It's actually based on the Lisa Renee meditation. You can find it on YouTube. It's called 12-dimensional shielding. So that's the one that I mainly work with.

But enough is, you know, imagining a bubble of white light around you, again connecting to Gaia, the core of the earth, imagining light coming out from your heart and coming around your system. So, but always shielding out of love, never out of fear, because then it's counterproductive and you know you're entering in a space where you're attracting things that you don't want. So, like today, I was in the car and I was feeling like super irritated. I was like, okay, let me just like redo a bit more shielding. And I did more shielding and I was fine. Um, so I always profess in the saying that you don't need to be a master meditator to operate from a high vibrational frequency space. I mean, I lived in India, I've learned from the sadhus, I traveled, I'm a kundalini yoga teacher, I did a whole bunch of things and, like you know, like it's good, it helps meditation. It's a tool like everything else. You know, like you don't have to meditate 10 hours a day to operate from, you know, a high baseline vibrational frequency space. So, yeah, so I wouldn't say I have a specific process. Whenever I will. You see, when I'm channeling I do pull in a bit of gridding just to grid the space. I will clear my space as well after, like, the day of work. But I'll have candles. You can see behind me there there's a candle going. I do. I have candles. Candles 24 7 going and, based on what I'm working with, I'll have different colors. I've got a team of about 300 beings that I work with. I work with Hindu deities, I work with Egyptian deities, I work with elementals, I work crystals, um, I work with a lot of different galactic beings and then I'll work with my clients team as well. So, based on who wants to come through for them, I'll work, I'll work for them. So yeah, so that's kind of like my process.

I got into this. I mean, I was always intuitive and psychic. I was one of those kids who would get like prophetic dreaming and couldn't sleep and told their parents I can't sleep, I can't sleep, but there's beings in my room and no one believed me. And then, when I became a psychic for a living, they were like, oh, you're really sorry. And I'm like, yeah, I was actually seeing stuff. So and I come from a long lineage of witches, my mom has psychic vision and intuition and my grandmother did as well, but they didn't do it like for a living, but my mom is still with us. My gran has passed on. She's assisting me occasionally from the other side, um, so so that kind

of runs in my family, if it makes sense, and yeah, like um, I think my parents were a little bit like yeah, it was interesting.

I mean, I started very early with the tarots and all of that I had my first tarot deck at 12. So it was kind of like always like a thing, they were. They never really judged me. Um, I took my Reiki attunements about 10 years ago. So I was. I started, I opened my first Reiki studio at like 24, 25 or something. I was doing it like as a side job, um, next to, you know, my other job. So they kind of already knew that I was into that industry and into that space and I think, yeah, when they saw that, you know, I was happy and it worked, and I don't think they fully consciously understand, but they're very supportive. So like, yeah, that's all I need, you know.

0:28:41 - Julie

So if your mom and your grandmother could do some of this, it sounds like you've left them in the dust with your abilities compared to what theirs were, primarily because you've sought them out and you've educated yourself on them. It's interesting to me that they, as a child, didn't believe you when you were seeing entities and things like that, and I find that that happens a lot. That's why I wrote my children's book series Angel Messages for kids, for dogs, for cats and for truth, and it's to help parents and grandparents explain to the child what's going on. When the parent and grandparent doesn't understand. And even though the parent can't see great-grandpa Jimmy, well, this three-year-old can, and the three-year-old knows stuff about great-grandpa Jimmy that there's no way he could know, because this man died long before this child was ever thought of, let alone incarnated. So I find that fascinating. I think we all have the ability. It's just a matter of developing it and then enhancing it, would you agree?

0:29:50 - Althea

with that, Totally, completely. It's like a muscle the more you use it, the better you get at it. It's like playing a sport you know, like if you practice you're going to get better at it.

0:29:58 - Julie

Right, I agree. Okay, let's dive into the 3D, 5d, 12d, whatever, and please explain it to like a six-year-old. That's how I need you to explain it. Like, pretend I'm a six-year-old and you're going to explain it really simply to me so that I can get it, because I hear people throw around these terms and I just got to go. I have no clue what they're talking about.

0:30:28 - Althea

Okay. So, as I said before, like your 1D would be your plane of existence, where something just is. It just is. So it's like imagine a rock, okay, it just is Okay. And because you have dimensional densities of souls and then you have dimensional densities of constructs that you live in, and that's two different things, so I'll go into both.

So now we're talking about a rock. It's a one-dimensional density, being in the 1D. Your second dimensional density will be something is and it has consciousness of being. So it would be something like a dog would be your higher tiers of second D, a tree would be in your lower tiers of second D, if it makes sense, if we are responding it to like you know, a soul density. And then your 3D, which is, you know, your humans, but the human, okay, the starseed souls are more evolved, but your 3D would be your whole construct around here. Something is it as consciousness of being, where also beings from 1D and 2D live in the 3D, because the dogs and the rocks also live in the 3D, but their soul consciousness is not as developed as the soul consciousness would be within a human being or a starseed. But we are still limited here by time and space within the three, okay.

Then when you enter your astral realm, which would be your 40, where your spirits who have passed on often reside, there is no limitation of time, just of space. So you still need to walk



and fly and do things you know. And then in your 5D, so imagine they all like overlapping one on top of each other, and then in your 5D you would have everything that's going on below, but no limitation of time and space. And then in your 6D you would start seeing your beings, which are called a collective consciousness, so something like the Christ consciousness, the raw collective, which would be souls that have merged together to become one bigger soul, to then get closer to source consciousness. So let's say, five souls, they've learned their lessons and they're like oh, we want to get back together, to become more embodied within each other and then make our way closer back to consciousness. It's all about, you know, going back to that source, experiencing itself and having the lessons. So just does this explain it a bit better?

0:32:52 - Julie

Yeah, a lot better. And what it's reminding me of I get while I'm listening to you. I'm getting what I call divine downloads. I'm getting information from spirit downloaded into my head and what I just was getting in my head was it kind of reminds me of Kabbalistic healing, the Jewish mysticism healing, because they have these different layers.

0:33:15 - Althea

Oh, I don't know, I don't know how it works.

0:33:18 - Julie

Very ancient and it's very powerful. I studied it for three years. Oh wow, ancient and it's very powerful. I studied it for three years. Oh wow. And it's so powerful that it's not written down anywhere. It's all oral tradition and it's all past. It used to be that you had to be over 40 and be male and be a rabbi, which when I learned it, I wasn't any of the above. But it's because it's so powerful.

And there are some scholars that believe that in the New Testament, Jesus, the stories go from Jesus being 12 in the temple and then he comes back when he's around 30. Well, so what happens between 12 and 30? And there are biblical scholars that believe that Jesus was in Egypt and other places, learning India, places like that, learning these other healing techniques and Kabbalistic healing, which is the ancient Jewish mysticism. Healing was part of that equation, not to negate that. He was you know what Christians believe the son of God and you know and could perform miracles and stuff. But he was here to have the human experience. So perhaps he was combining his divine skill sets with human skill sets, you know, in these different healing modalities, and then that was part of what was going on.

Who knows, we'll find out when we're in heaven, but it's at least an interesting concept, and when I get stuck on something like that, I don't believe that we're always supposed to know what the answer is. I think, my goodness, people have been interpreting and, just you know, pontificating and all of that on the Torah, on the New Testament, on all the ancient texts since the beginning of time and prisons in the New Testament. Scholars have been debating this stuff for over 2,000 years and it's the same writings, so I don't know that it's necessary for us all to understand every nuance of it. I think to your point earlier. If we can pay attention to how it feels to us, does it resonate with us and with what our path is that we're exploring? That's all we need to know. Yeah, for sure. Anything else you want to mention about that?

0:35:36 - Althea

No, I just want to say with me like I specifically get told to not do research to certain subjects because I have my own channel. So they're like if you need to know, we're going to send you the information. Then there's books and things where they're like go read this, read that. There's like five different books right now that I'm reading, but I only read like certain chapters in between, sort of thing. That's like how they make me operate. So what I know, it's because I've channeled it or because it was relevant to me or my experience at that moment in time.

Having said that, I obviously have my own interests and do my own research and whatnot, but a lot of things they're like actually don't, because it's just to confuse you.

0:36:17 - Julie

Well, I get that all the time too. Not don't research this, but I'll be working on something. Let's say I'm answering a question somebody has submitted and we're going to be doing it in the blog. For that week I'll be led where to go get the information to answer that question. It sounds like you're doing the same thing. You talk about that. You're involved in raising the vibration of the planet. Say more about that. What's going on there? How do you do it? How is it going to affect things?

0:36:49 - Althea

Well, I mean, first of all, every time I do collective work that assists in raising the vibrational frequency of the planet. So whether it's like a workshop, whether I'm doing a channeling, whether I'm working on a one-on-one, whether I'm working on a group of people, so that's one way I do grid work as well. I get sent to specific areas in the world like nature, forests, mountains, old temples. I did a lot of work when I was in India and then I'll actually work on the grid, which is the ley line and the energetic portals where the ley lines cross and it's usually clearing. I'll generally usually do clearing. In the last two weeks over the Lionsgate portal, I was sent with a group of about 100 other energy workers in the astral space to clear mountains. So we were literally extracting low vibrational frequency beings that had been residing into mountains for quite a while and they were clearing through the systems of quite a lot of these energy workers, myself included, as per contract for that experience.

So I work a lot with the land. Sometimes I don't even know. They just say to me you need to go here and this is what. When I get there, I know what I need to do. So, like one of the places I need to go is New Orleans, and they actually even said to me where I need to go stay in the French Quarter but I don't know when that'll be and I don't know what I'm going to do when I get there. I'll know only when I get there, sort of thing. So that's how I work and actually in February I'm going to be at the Conscious Life Expo again. I was there last year in LA and I'm going to be presenting and speaking about planetary grid work and how this works and how anyone can do it. And, you know, teach people how to learn how to do this to assist on a on a broader spectrum level.

0:38:33 - Julie

I had a bunch of girlfriends meet me in New Orleans for my 40th birthday and we spent the weekend there and it was a blast.

They flew in from all over the country. It was so much fun and we went, as one of our outings, to the open market area in the French Quarter and, oh my God, the frequency in there felt so bad to me that I needed to leave. And I was talking with a couple of my girlfriends that are into woo-woo about that. I'm seeing they were feeling the same thing and we were thinking what the heck is going on. So we didn't explore it because we were there celebrating, you know, my birthday. But it was really interesting. So when you're saying you don't know what you're going to do there, I think you're probably going to go to the open market for part of it in the quarter and see what's going on there and see what's happening. Okay, what's the rainbow ray spectrum?

0:39:29 - Althea

It's basically just the energetic spectrum that I work with, because I've had a lot of lifetimes in Pleiades. That's mainly. It's like, if you imagine a healing frequency that comes in like a multitude of rays and colors, that's the one that I work with. Basically. It's just kind of like my imprinting structure. So if people have vision activated, we'll see a lot of rainbows around me.

Whenever there's rainbows like, I'll connect energetically to them. And yeah, it's just. Again, it's like terminology.

0:40:00 - Julie

The interesting thing about that is I had a client this morning and we were talking with her deceased brother's spirit in heaven and she said does he have a message for me? And it's been my experience, I'd love to hear if it's yours as well that they don't come in with some earth shattering, you know advice that's going to change somebody's life. They'll come in with something that's pretty pretty random and basic. And so this this guy says his spirit says remember the rainbows. And she went oh my God. And I said so, obviously that means something to you. And she said yes, as children we used to chase rainbows and we have so many pictures of the rainbows that we took as children. So she said that makes total sense that he's saying remember the rainbows, and that's how I heard it Remember the rainbows. So now you're talking about the rainbow spectrum as well. You say you're a galactic contact. What's that mean?

0:41:03 - Althea

I channel galactic beings.

0:41:06 - Julie

Okay.

0:41:06 - Althea

So tell us a little bit about that. Yeah, so I mean, as I mentioned, I work with this nine-dimensional Pleiadian version of myself and a 12-dimensional mantis being version of myself. But depending on who I have in front of me clients I'll have their galactic family sometimes come through and then channel specific beings for them. Sometimes I'll channel beings that are just like outside the atmosphere here. Sometimes I'll channel, like children, aliens sort of thing, hybrid beings as well. So it really really, yeah, yeah, it really depends.

I generally tend to operate through a higher version of myself, um, and you know, through that, then whatever else wants to connect in it's quite funny. Whenever I do lives on Instagram generally, I've got maybe, you know, about 100 people on, and then I've got all these like all these like beings from there, like councils and galactic families and parallel lifetimes that want to come through. And then I've got all these like all these like beings from there, like councils and galactic families and parallel lifetimes that want to come through and then literally start forming like a queue behind me and they like all want to come in and I'm like guys, like no, I just need to kind of like clear the sonar plexus, remove the blockages, like I do, I do, I do work. That is, that is you know. You know good for everyone, because if I start giving specific messages to everyone on the live, I'm never going to get you know, I'm never going to get out of it. So I know you probably understand what this is like.

0:42:24 - Julie

Yeah, yeah, every Thursday night at Julie Ryan my call-in show, we always have way more callers and questions on the YouTube live than we have time to answer, but it's still so much fun and I just trust that the people I'm supposed to talk to are the ones who show up and pose the questions and their questions get answered and then inevitably and I'm sure you realize the same thing those questions that get asked and answered benefit many, many other listeners and so I think that's why those people are chosen to ask their question, because there's a bigger picture happening.

Yes, exactly.

0:43:06 - Althea

Yeah, and it's funny when you mentioned that they don't come through with these like earth shattering messages, because I always also tell my clients I'm like, give me like precise questions, it'll be easier, instead of like, oh, do they have a message for me?

Like there's something also called the law of non-intervention, which I'm sure also applies to people who've passed on. Like I speak more to galactic beings and higher versions of self, but it's the same process. You know that they can't come and say, oh, you need cause they're like, oh, what job should I do? I'm like they're not going to come tell you that you need to do one job instead of the other, because that's, like, you know, a violation of your own sovereignty. Like they're going to empower you and be like, hey, use your skills that you learned growing up or whatever, but they're not going to say, oh, go become a potter or, I don't know, a builder instead of an architect, you know, sort of thing. So, yeah, it's the same. In my experience. I always say it's better if you give me like more precise and direct questions for me to get answers, rather than like a very vague oh like what should I do with my life, what is my mission and people don't know, so you have to obviously explain it to them.

0:44:15 - Julie

Well, and that's the question that everybody asks, does so-and-so have a message for me? And then it'll come in with something random that is not that earth shattering, but again, it's intended for them to know. Yes, we are communicating with your deceased brother, who you chased rainbows with when you were a child, because that's something that means something to her, and perhaps the big life changing message is yeah, you're talking with your brother's spirit. It's possible, it happens all day, all the time. Does everybody have galactic relatives or galactic past lives? Do all humans have that?

0:44:56 - Althea

Not necessarily past lifetimes, but we all have galactic DNA within us because we were made by ET beings. So our DNA, we all have a mixture of galactic DNA. So if we learn to tune into that then we can go back and trace back to our origins.

0:45:13 - Julie

Are the galactic beings more advanced, you know like, from a consciousness standpoint, from, don't know, amoebas, or you know?

0:45:39 - Althea

and I'm like for sure. There is less evolved ones, but most of the ones that are in contact with earth well, I would say, all the ones that are in contact with earth and communicating with us are more evolved.

0:45:52 - Julie

Yeah, okay, so I want you to channel the light language, but first here's my last question for you why do we incarnate in our human form?

0:46:03 - Althea

To learn lessons. I would say you know to learn lessons to. I mean, earth is great, Like why would you not want to be here? You know, there's great food, like there's a lot of pleasures and a lot of beautiful things to do here. Whenever people come to me and they're like, oh, this is my lifetime, I don't want to come back, I'm like I want to come back, I want to get here. Why would I want to be somewhere where I can't do all the great, amazing stuff that I can do here?

And I think every soul's reason for incarnating is different. So can't again deal in an absolute and say you know, someone might incarnate to learn a lesson of non-attachment. Someone might incarnate to learn a lesson of unconditional love towards their brother, which was their I don't know slave master in a previous lifetime, you know. And then they choose to come here



Expanding, expanding, expanding, opening, attuning, opening, attuning, attuning, attuning, releasing, releasing, releasing, letting go, releasing, letting go, letting go, letting go. Any shame, fear, guilt, resentment. Releasing, releasing, grief, releasing, releasing, releasing, releasing, releasing, releasing, expanding, expanding. More light, divine rays, anchoring, anchor, green rays or rays into the heart, expanding, expanding, expanding rainbow rays into the heart. Unconditional love, love of self opening, expanding, expanding, expanding, releasing, releasing, releasing, releasing, releasing, releasing, releasing, chanting, chanting, chanting, chanting, chanting, chanting I'm going to read it to you balancing, anchoring, closing, sealing, closing, sealing, closing, sealing, sealing, closing, sealing, closing, sealing, closing, closing, sealing, closing, sealing. Anchoring. Back to the now, to the present moment, coming into the heart, center, grounding into the heart, coming into space of understanding, coming back to the body, coming back to the body, coming back to the physical vessel and, when you're really sure, ready, we can open our eyes. Come back to the now and to the present moment.

0:54:08 - Julie

How do you feel? Wow, all right. So first of all, I'm hot, I'm fanning myself, I'm like holy criminy. This is like having a hot flash. So when you were, I'm very visual, I'm a visual learner. So here's some of the visuals that I got. It's going to be really fun. You guys listening I want you to you know, put in the comments what you got, if anything. You know what you felt, what you saw, whatever.

So you talked about the angels to the north, south, east and west. So I saw that in a grid I saw a line like a cross, I saw them like a you know, a weather vane north, south, east, west. And then you called in other spirit guides so they filled in those quadrants of that grid and then there were more and more and more spirits coming. Then, when you said to anchor, when you said, okay, anchor, you know those really big.

I think they're iron, those chains with that great big hook on them. You know you'll see them at ports and stuff and you'll see them on construction sites when they've got steel beams and they're trying to lift them. I watched this hook thing go down and anchor me into the center of the earth. And then you kept saying keep anchoring, keep anchoring. And once I was anchored in with that hook, then there were these beams of light going on as soon as I anchored into the core of the earth. Then there were these rings of light that surrounded all the spirits and there were bazillions of spirits that came in.

0:55:49 - Althea

I work with a big team.

0:55:52 - Julie

I guess. And then and my team is probably pretty big too, considering when I, oh, you know, between you and me, girl, we got, we got the teams going on there are these big, huge rays that were rings. They looked like Saturn rings almost, but I, you know, I was looking at in a 2D form and then their rings were were going around. And then the rings were going around and then when you said release the grief and the anger and all that stuff, I saw the whole front of my body open up, like you open up a box, you slip the tape and you open up the box and I saw moths fly out, not butterflies, moths, butterfly's moths, like moths that are going to come in and eat your wool clothes in your closet if you've got them, because that was negative stuff, right. And then when you started saying okay, we're, you know, we're coming back into the body, the heat went away and I could feel it wasn't cold, but I could feel kind of like a cool breeze that was cooling down my body as I was doing that.

So I laugh about this, because I get to see all these wild things when I'm with my mentor. I have for 30 years and I always say this must be what an LSD trip looks like or an Ohio Muscat trip. I mean, I've never done any drugs so I don't know, but I've read people's accounts of that and we laugh and we always say, you know, it's like you don't need drugs. Just learn woo, woo, you can steal this wild stuff and experience it.

So I was. It was visceral, I could feel it, I could see it in my mind's eye, I could hear it, I could. I don't remember smells or tastes or anything but the. You know the, the kinesthetic, the visual, the. You know. All of that was all present. So I could see that you were fanning yourself too, did you? Do you get hot when you're?

0:57:52 - Althea

doing that. No, I just clear. This is how I clear. I just I just remove through. But yes, I do overheat as well. Yeah, I'm also quite hot. Yeah, I do overheat. It depends, not always. But it's so funny that you mentioned the box, because when I did the transmission I did a public transmission there were like maybe 300, 400 people early last year and we were on a panel and the girl sitting next to me she was super visual and she was like babe, it's like you open the blueprint and you pull out all this stuff and then you kind of like reclose them and retie them and then they just cleared all these things and you go in and do like, yeah, yeah, I thought it was interesting the analogy that I saw of the moths and there was a bunch of them coming out.

0:58:37 - Julie

And I'm genuinely a happy person. I mean, it's not very often that I get mad or whatever At this age, at 65, I mean, really I've done my share of all the mad, all that jazz earlier. But what do moths do? Moths eat things that you love. What do anger and jealousy and all those negative emotions do? They eat away the joy and the love that we have towards other people and even towards ourselves a lot of the time.

0:59:08 - Althea

Yeah, for sure.

0:59:09 - Julie

I thought that was a great analogy that I saw coming out as you were channeling all of that.

0:59:14 - Annncr

Yeah, for sure, thank you for doing that. That was just terrific.

0:59:17 - Julie

All right, you are just darling and you're fascinating and obviously really talented. How can people learn more about you and the work that you do?

0:59:28 - Althea

Yeah, they can just go to my website, which is [www.talocrazia.com](http://www.talocrazia.com). I'm sure you can put my links and then, yeah, and then through my website, I offer a lot of different things. So I offer trainings. I do six week and six month programs for channeling, for really like stepping into the higher version of yourself and then being of service, whatever that means for you. I work organically with each individual client. I do one soft light language sessions and activations. I do Akashic clearings. I work organically with each individual client. I do one soft light language sessions and activations. I do Akashic Clearings.

I've got a Costa Rica retreat coming up in November. I've got a few slots left without the 17th to the 22nd of November. I've got a workshop coming up Manifestation Magic on the 9th of September. That's a portal, it's a portal workshop. And then the 15th of September I've got a collective healing event that's coming up as well. I've got a whole bunch of there's about 20

different workshops on my website as well that people can go through and find, and I've got meditations even for just like 12 dollars, um, too. So I'll offer, yeah, like a whole, a whole wide array and bunch of different things. And I just want to quickly add for the people who listen to the like language. You'll be processing and clearing for a few days. It can take up to three weeks for full integration of everything. So you might feel like you're going to get a little bit sleepy or you might get triggered more easily. You might feel emotional. Your astral space might be more active. So just be mindful that this is a full sister recalibration so stuff might come up, yeah.

1:00:58 - Julie

Is there anything they need to do? They need to drink extra water.

1:01:00 - Althea

Yeah, drink lots of water. Yeah, drink lots of water as they're clearing?

1:01:05 - Julie

Yeah, terrific. Well, what a delight to get to talk to you and have you explain all this complex 3D, 5d, 75d, whatever different concepts to me and to those of us that are listening and watching. All right, everybody. That's it for today, sending you lots of love from Sweet Home, Alabama, and from South Africa too, where Alty is. We'll see you next time, thanks for joining us.

1:01:34 - Ann cr

Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com psychological, financial or legal advice.

1:01:55 - Disclaimer

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