

AJR - Anne Tucker 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.

0:00:43 - 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. We have Anne Tucker on the show with us today. Ann channels guidance and healing frequencies from the angelic realm and, like me, Anne transitioned from the business world and now focuses on how spiritual connections can enhance our lives. I'm going to ask Anne to channel the angels and see if they have a message for us. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Anne and her angels. Anne, I'm so excited that you're with us today. Thank you for taking the time to join us.

0:01:29 - Anne

Thank you so much, Julie. I'm super psyched to be with you. This is awesome.

0:01:33 - Julie

Let's just get right into it. You say we're in the middle of a planetary shift in consciousness. What's that mean?

0:01:42 - Anne

Yeah, oh my gosh. So I mean, that's such a big question, there's so many layers to that that we have been, for the last many, many thousands of years, gradually moving increasingly into separation separation from each other and separation from ourselves. If you think of us as energetic beings that have a left and a right side, we have a yin and a yang side. We have a yin and a yang side. We have our masculine and our feminine energies, which have nothing to do with masculine, being male or female. It's just too. It's about coming. It's a polar opposites way, sort of like the positive and negative pull of a battery is kind of one way to think about it.

But we have been in the process of moving increasingly, increasingly, increasingly, toward the fullest expression of separation and we think of that as extreme polarity into our masculine energy. And we are getting ready to shift, to turn around and start moving increasingly back into balance, bringing back in feminine energy, coming back into the feminine. This is in alignment with the great shifting, the great, great evolution of the earth herself. She earth is going through an energetic upgrade, she is moving to a higher state of consciousness, and think of us as the neurons of the earth. So if we want to stay on earth, we've got to upgrade too, and so this is all part of moving out of separation and then back towards unity.

This is how we move to a higher state of consciousness. So so it's driven by the earth's timeline, it's driven by her and her evolution, because we, as we are embodied, our, our body is part of the earth. So so, but in order to move with that, we have to learn how to move closer and closer into our own internal harmony as as beings, as all of humanity, not just one of us, but, gradually, all of us. It's one by one, by one by one. We move closer and closer into harmony, into unity, trying to move out of separation, hopefully keeping the lessons of

separation right, learning what we gained through separation, and then moving closer and closer into harmony and unity with one another. So, in a nutshell, I guess that's how I would describe it.

0:03:51 - Julie

Do you find that when individuals raise their vibrational level, that it helps the whole collective? It helps the whole population, the more of us. That seems to be a situation where more and more people maybe it's just because I swim in this stuff, and so do you, but it seems that more and more people are moving into spirituality and less into the dogma, perhaps, of religion.

0:04:21 - Anne

Oh my gosh.

0:04:22 - Julie

My parents and grandparents just did what they were told. If the church told you to do something, that's what you need to do. You don't question it, you just do it, whereas my generation and those that are younger than I, including you, are going not so much this doesn't make sense and we're embracing more of a spiritual thing, certainly using and keeping the wonderful things about religion and those cultures and adding those to spirituality, and it seems to be affecting the masses. Are you finding that?

0:04:59 - Anne

Oh gosh, yeah, absolutely, and it's. I mean, I think it will just to speak to the kind of the general shifting that I think the majority of Americans now define themselves as spiritual but not religious. So I think people are. They understand there's something bigger out there. They understand that, that there is a higher power. You know, not everybody understands that it's them, not everybody is ready to say I am, you know, that aspect of the divine. But more and more people are starting to think for themselves and I think there's been so many things that have happened that have pushed us in that direction, including there's been, you know, not a lot of good press happening for organized religion in a long time. So that is a factor.

But then I think, as you think about where we're headed, just the general common conversation, if you're wondering like are we making progress? Every like nowadays everybody talks about energy, meditation is common, like there was a time when meditation was out there, when yoga was like, ooh, you're weird, you know now you cannot go down a block in any suburb without seeing a yoga studio, and like they're as prevalent as Starbucks, and so these are ways in which we're becoming open, increasingly open. But I think, and is it possible, you asked, is it possible for someone who does their individual work to have an impact on the world? Absolutely Like? There have been measurements taken of. Like, for example, say, you picked a person you would associate as being really high vibe, like the Dalai Lama or you know, or a very high level spiritual leader, and they have measured. When people like that come into a city, they show. They show that the actual crime rate goes down.

Like, there is an impact, a measurable impact, on the vibration of a community. If you get one person there who is a high enough vibration, that energy can ripple out. But you know that yourself. If you go, if you go into let's talk about Starbucks you go into Starbucks and you order a coffee and you have the person who's helping you is radiating positively. They're smiling, they're happy, they're radiating. You feel that and you walk away changed and it's really as simple as that. It doesn't have to be energy like something. That is necessarily what we would think of as mystical. It's. How do we feel, what is our emotion that we're carrying out and then infecting other people? Because when you're carrying a higher vibration, what it means is that you are living through your world from a happier place. Right, you're living with less friction in your world.

0:07:28 - Julie

Yeah, I agree. A couple of points along that too. It's been my experience that to build something new or create something new, we've got to shatter the old. And I believe that's what we've been going through, with all this turmoil. And people say, well, America's never been more divided. And I say, well, have you ever heard of the Civil War? You? Know, I live in the deep.

South now, you know and I'm a Yankee, so when those damn Yankees came South and you know, just caused all that, all those problems. But that certainly was it. We didn't have the 24-7 news cycle like we do now, so not everybody knew what was happening. And then the other thing too I read somewhere that our energy can impact up to 750 people around us at any given moment. Have you read that statistic before? And if so, what do you think about that?

0:08:26 - Anne

I haven't seen it, but I would absolutely believe it. I mean, I think it would be like there is definitely a ripple effect and you can feel it the opposite way too. You know what I mean. If you walk into a space that is that is not, you know, a high vibration and and people can feel like even say, for example, you're watching a movie and the movie is carrying a lot of negativity, and you feel it and you just you walk away, you feel bad, you feel you're right, there's a, there's a noticeable difference that that our bodies are like antennas and that we, you know, we were born with this equipment to be able to feel our way through this experience. It's an energetic experience.

So just because we can't see it doesn't mean it's not real. We can feel it, and so I think is that people can be guided by that. If we can become more and more present to what is this antenna? What is this instrument telling us? Do I feel awesome, right? Do I really resonate with this person I'm talking to? Or am I falling into patterns of who I was that I don't particularly like right now? Is this drawing me into a space or a place or a frequency that I don't enjoy?

0:09:32 - Julie

Yeah, I agree with that. On the movies, I'm not interested in watching anything violent. I'm not interested in watching anything that's depressing. And when I come downstairs to our media room, my husband's in there watching something violent. I'll hear it on the stairway. Coming downstairs I'll say hi, honey, he knows, I not only don't want to see it, I don't want to hear it. He mutes it. I've trained him well.

He mutes it immediately and then he switches the channel because I don't want to see it. It's too. I have too much of a negative impact when I see that and for heaven's sakes, I'm not going to pay to go see a movie that's violent or upsetting. I mean, that's not entertainment, that's just torture it is, I know.

0:10:21 - Anne

I frequently when I want to watch. If I want to watch something, I will Google like uplifting movies on Netflix or you know what I mean, or things that cause it. It makes a huge difference. You walk away so funny.

My daughter when she was little she was so sensitive to like she didn't like to watch movies at all because the tension, even if it was just suspense, she was almost like her antenna. Her body was so sensitive that she just couldn't stand it. And I loved to go to movies at that time and I wanted to go and I wanted to bring her and her friends and my son and his friends and I'm like this will be so great. I was always trying to talk her into it and one time I got her to go and I've got this whole row of kids and I'm like, yay, this is so fun, everybody have and everybody had popcorn.

And the movie starts and she's sitting in her seat. She's two kids, she's one kid between me and her. She's right there. Movie starts, it's suspense music and I see her and I'm like, oh no, and she gets up to bolt and I stretch and I just barely catch the back of her bum pocket. My finger catches it and she's running so hard the pocket rips off of my hand and she's out the door like she literally wouldn't stay. Yeah, so I mean just she could not feel it was too much, it was overwhelming the sense of the suspenseful anything. You know what I mean. It's very powerful and I think we learned to tune it out, but not all the way.

0:11:34 - Julie

Yeah Well, and I always say, our heads are like big satellite dishes and they receive and transmit frequencies, so we're saying the same thing. Speaking of frequencies, you channel angelic guidance and spiritual healing frequencies. Tell us about that.

0:11:51 - Anne

Oh my gosh, it is. I tell you it is not something I understood out the door. Like it's taken me time to understand what it means and how it can help people. Like it's been an incredible journey for me. Really, the journey has been about allowing. It's been learning about how to release my need to understand and my need to control or to really. It's like learning to allow myself to just open up and to trust the angels and to allow them to come through.

When I first started channeling them and they told me they said when this first started happening, they said you're going to channel a series of nine angelic frequencies that have never been felt on the planet before and they said you're going to do it for people from all over the world. It's going to be hundreds and hundreds of people from all over the world. I was like how on earth is that going to happen? But it did and they said it's going to be 90 minutes long. At the time, trans-channeling the angels takes a ton of energy and in the beginning it was painful. It was physically painful because it would come down, they would come in. They're so high vibration that they can't. It's like a pressure. It feels like being at the bottom of the ocean, like the pressure, like at the bottom of a swimming pool if you've ever how it feels, just really fresh, like on your ears, imagine that's like a helmet that would come over my body to about here and I could, and it would be, you know, very, very high pressure. And then, yeah, and it was draining. So they said, yep, you're going to do this 90 minutes and you're just going to show up. So the I was like, okay, you know, you just got to trust, allow, trust, allow. The first time I did it I showed up and sure enough, I had like 600 people show up and uh, and I come from a corporate background, so the idea that I'm going to show up for 90 minutes in front of 600 people with no slides, no plan, no idea what's going to happen, like it was terrifying. You know what I mean? Like absolutely. So he's like trust, allow, let go, just. And so I had to. I had, I mean, you know. So I just leaned into it. They came through and then magic happens and they spent about four months before this happened. They spent about four months reconditioning my vocal cords. So for about four months I could barely speak, I could talk for about 20 minutes and then my voice would be gone and they were doing something to my vocal cords so that I could transmit these frequencies through my voice and they come through my body as well too. But the voice is important. And right after doing that it was so funny I went to a friend of mine, had a gathering she called it her psychic salon of all of these friends who are all into the woo and everybody's got their different modalities and we would talk about whatever is up to him.

A friend of mine had just bought this man-made, made, this device, called a Healy device, which transmits man made frequencies, and she's, like anybody want to try it. I, of course, like you know, I was curious, I want to try something. So everybody else was using this thing and it's so subtle they couldn't feel it. They had to turn it up to like a hundred, a hundred 98, to be able to feel anything. I got near it, like I literally got a finger near it, and it shocked me, like I had put my hand in a outlet, like an electrical outlet. It was so much charge and I couldn't come near it without it shocking me and I finally said, yeah, I want to try it, but she had to turn it

down and she had to put it on like one or two degrees or I couldn't tolerate it. It was so strong to me.

And afterwards I asked the angels like what was that about? And they were like what were you thinking? We just spent months attuning you to angelic frequencies and here you go, try to get you know, to start running human frequencies. You can't do that. So it was them. They were. They were basically shocking me, preventing me from touching it. So, so, yeah, so it was a, it was a process of me finally like, oh, I get it. Okay, I understand, this is, you know, like getting it, trusting it, allowing it to flow. But, yeah, it's been an amazing journey, absolutely so. Did they just send you?

0:15:35 - Julie

a text one day and say hey, ann, we want to use you as a channel or we want to send frequencies down to Earth to help you and your people, you and your fellow humans. What happened? How did that come about?

0:15:50 - Anne

Wouldn't it be nice if it was like that, if it was just like oh in your inbox, oh hello, no, no, it wasn't. It was so, not that it was. It was really confusing, like it was in the beginning. So I was, I used to be in the corporate world, and then I started having a lot of sort of like crazy psychic experiences that led me down a path of becoming a healer, did you?

0:16:10 - Julie

have those as a kid? Did you come from a spiritual family? Did it just show up all of a sudden like out of the blue?

0:16:18 - Anne

Yeah, definitely not a spiritual family, like for sure. Like, I had four. My parents had both divorced and married other people, so I had kind of four parents and each one had a different religion. So I wasn't brought up in any one school of thought. So I think that was helpful because there was no. There was nothing I had to fight to get there. But there was also no structure. There was no like nobody taught me meditation or any of the tools you know. But I was interested.

I remember when I was a kid seeing 60 Minutes where they did an episode on kids with ESP and I was thinking, oh my gosh, I think I have ESP. You know, I'm like six, I think I have it, but I didn't know. You know, it was just this inner knowing of like I know what that is, I can do something like that. I don't know what it is, but I could never access it. And I always had this inner knowing and I and I remember being little I have a very specific memory of being five or six, being in my bed and having a conversation with one of my guides, I'm sure, who was an angel. I remember the conversation, but at the time I didn't know, I didn't have any context, which is sound. You know, when you're a kid you think everything's normal. I didn't have a way of defining it. And then, when I was older, I didn't have those conversations anymore. So as a young child I was talking to them, but it stopped at some point as I became logical and left-brained. But yeah, and then so going down a whole journey of becoming a healer I mean like all of that was like I had to give up my job, I had to start down this new path that everyone said you'll never make a living during that. But I did. It was great, it was awesome and I was a healer at the time.

I was channeling clairvoyantly to claircognizance, clairsentience, and I had this fabulous healing modality and it was great. I thought this is it, this is what I'm supposed to be doing. And then I would meditate on my own. And so one day I sat in my usual spot, my meditation spot, the minute I closed my eyes. Then, all of a sudden, this pressure formed on my forehead and on my chest and it felt like my guides. When I would heal, my guides would come in

through the rear of my chakras and they would kind of work through. Energy would flow through me and it would be healing and all this stuff would happen.

But this was different. They sat on my face, they sat here and here and it was so. It was so strong, it was so physical, I could barely breathe. There was a physical pressure right here. There was like I could I could barely expand my lungs and and I was like what is going on? And I could not for the life of me, figure. I thought I'm like, I thought they were trying to come in my body. So I'm like, well, come in already. Like I trust you, like what's the problem? And this went on for six months where every single time I closed my eyes, this would happen. They would immediately I closed my eyes, boom, they're right there. And I didn't.

0:18:51 - Julie

I didn't understand, like just in your normal day-to-day activities or just when you were on purpose? No, no, just when I sat to meditate. Yeah.

0:18:57 - Anne

Only when I was purposefully meditating. Yeah, so they could, like they know, you know what I mean Like it wasn't, like it wasn't like I was driving and all of a sudden, oh, it was like I have to do the dishes and roll the dishwasher and turn it on Right. Yeah, none of that. It was just when I was actually trying to meditate. So after six months I finally realized and this is how a lot of it works is we have to figure, we have to kind of play with our gifts, we have to understand through our willingness to explore and figure out. But there's no manual, you know what I mean? There's no user's guide.

So after six months, it finally dawned on me that they were not trying to come in, they were trying to pull me up. And as soon as I had that thought, like it just came into my head, and then boom, all of a sudden, zoop, I go up. It was like I felt my crown open and then, boom, I'm up. And it was like I felt my crown open and then boom, I'm up and I was clairvoyant, I could see things through my third eye. So I go up, I'm like, oh my gosh, I'm in this space and I see, I'm surrounded by this like semicircle of angels and I'm like oh my gosh, this is so exciting.

0:19:56 - Julie

What did they look?

0:19:56 - Anne

like they were. They showed up because they will show up. In the beginning especially, they showed up how I anticipate them to show up. Over time they showed up more like they are, which is sometimes they will show up as they look almost geometric is the best way to describe it like a face on a column of light that has angles in it. It's the best way I can describe it. But often they will show up in a way that we understand. So they'll show me wings and feathers and flowing robes and they can show up however we want them to. So and I like them like that, I like them with pretty feathers and wings, and so they give me that most of the time. But sometimes they'll show up with the angles or sometimes it's just a point of light, but um but they can show up like Denzel Washington and Preacher's Life.

Wouldn't that be nice.

0:20:42 - Julie

I know he was the angel for Whitney Houston. I love that movie yeah, yeah, exactly exactly.

0:20:50 - Anne

But yeah, it's all possible, but yeah, so, so. But the crazy thing then. So I go up, I see them all and I'm like this is amazing, like okay, now, what, like what am? What am I supposed to know? What do you want to tell me what's going to happen? And crickets, nothing. They just sat there

and smiled at me for like six months, another six months, and for that six months I am like, okay, can you write me a message? How about it? You know a chalkboard, a tablet, maybe you like tablets, like you know what I mean. I'm like what, like nothing it was, and I would just show up and they would just smile and it was like I call it the patience of the eternal, like people who don't know time. They could just wait forever for me to figure this out, and it took me six more months to figure it out that how to this was me trying to learn the process of trans channeling. So after six months I realized, okay, yes, going up is half of it, but I have to, I have to keep a part of myself down here. So it's like I send my awareness up and then I stay partly down here and then I just I'm like, okay, I'm just gonna try this.

One day it was like, okay, I kept trying different things. One day I'm like I'm gonna try this. And I just sat with a pen and paper and I just said, okay, just send me a word, one word. And I cause I didn't believe it was going to work I'm like, just send me one word. And immediately I see it's like a pipe and I see one word come down the pipe and I'm like, okay, so just one word at a time, because I didn't want to. I wanted it to be where I couldn't follow it, so that if I got to the end I would know like is this? Am I just making this up? Am I crazy?

One word, one word, one. I just I'd write a word down and next word and next word. I'm going through this process. None of this is making any sense, it's just gobbledygook. I get to the end. I got a half page, okay. I'm like, okay, fine, let me read it. Oh, and then here's a crazy thing If I don't write a word down, the word just sticks in the pipe, just sticks there, just waits. Can you read the word in the pipe? No, I just word. I either know it or feel it. It comes in like it's a and it's right there. It's like oh, there it is. And it's like what's?

0:22:48 - Julie

is there a difference between trans channeling and channeling? What's the? What's the difference?

0:22:55 - Anne

So when I trans channel, I mean I go into a deep meditative state and so so that that was the beginning, when they were coming through and I'm, I was writing it. But over time they said, okay, now we're going to come in through your body and through your voice, and that is where they basically come in. I step aside and they come through and they speak through me. But it took me a while to figure out how to do it. So this was all steps in my process of learning how to work with it, and then I had to strengthen the connection.

0:23:19 - Julie

And you're raising your vibrational level and learning how to hold that vibration. As you're going through those steps, that's what I always tell my students is when you take my class or if they take one of your classes, it's the same thing. You've got to sit in the vibe for a period of time in order for your physical body to get used to the vibration and, furthermore, it helps you reach higher and higher vibrations once you do that.

0:23:54 - Anne

Would you agree with that? Oh, 100%, yeah, absolutely, and it's like you're getting conditioned to the new vibration.

0:24:01 - Julie

Great way to put it yeah, okay, so go ahead. So then they decided they were going to come through and use your voice and use your body.

0:24:09 - Anne

So I was doing that. I was doing it writing, and then they said you should dictate, and so then I bought dictation software and then I would just and it became a process of me learning how to

try to get out of the way and how to let them come through, and so it was step-by-step. It was not, it was not like a natural thing where one day it just turned on and I was like, oh, I can do this forever. It was and it would, and it was exhausting, Like each time, cause their frequency was so high bringing them. It took me a long. Now I can do it and it's not painful at all and I can do it for a long period and it's okay. It's still, you know, like if it changed, they change things that can be tiring, but it is. Yeah, it's become very integrated to who I am these days.

0:24:50 - Julie

Yeah, so when they tell you stuff, does it come in like it's a thought in your head? Are you actually hearing something with your ears? Is it a combination of all of your senses? How does that work for you?

0:25:02 - Anne

It is a combination of there. They come through a specific, like it's words. So imagine if you uh, so I guess the best way I can explain it is if I told you now, if I told you to imagine a red truck, and you have a picture of a red truck in your head. So then imagine you're looking at the red truck and then all of a sudden, bigfoot runs through the scene and you're like I wasn't thinking of Bigfoot, where did that come from? And that's kind of how it's like I can be there. And then all of a sudden, like there's a thought that runs through, I'm like that's not my thought, oh, that's them. And so it can be like that. They certainly send me images. They sometimes they will break through and and it's that same Bigfoot running through the scene where I'm like okay, wait, there's something that they're answering a question. So they can press thoughts or images or feelings in when they want to. They can press it in. But when I'm channeling I step out of the way and then it just seems to flow Like it just kind of comes like I'm in there. I have a when I'm channeling.

Now I have a really hard time following what they say. I've ever had time retaining it, but they kind of give me a second track. They I it's almost like I'm really far in my right brain because I they show me visuals and I can retain the visuals, but I cannot retain the words very well. So I'll come out and I'll know mostly what the session was about, but there's always surprises and then if I go back and listen to it I'm always amazed by what came through. But I can usually afterwards kind of tell people oh yeah, so this is you know, and I can add kind of an extra layer because of what I was shown during the experience.

0:26:35 - Julie

How did you know it was angels? Did you hear a voice in your head that said we are your angels and we want to communicate with you? I mean, how do you know? Did you ask okay, who is this, who are you, who are these spirits?

0:26:52 - Anne

Yeah, oh yeah. I for sure asked like who are you, what is this, what's going on? And they introduced themselves, but they said they prefer for me to just like. I said, okay, do I have individual names? But they said they prefer me to refer to them as angels, because they said they are a collective consciousness, they are a unified consciousness. They said that they are an essence actually, which is fascinating, but they said, yeah, but that, and they're everywhere.

Angels are everywhere. They're like all around us, all the time. They're in essence, but then they have within that essence, they have multiple, uh, uh, almost what we would call personalities like Archangel Michael and Archangel Gabriel, and they can out of it and it's almost like we think of, like our, in our cell, is the information for the entire body, as the blueprint for the entire thing. Every whatever Adam or whatever you want to say, has all of those angels in it and they can all collect and be like Archangel Michael. You know what I mean. And then, when we're done talking to him, he can dissipate out into the you know everything. So it's so, it's. They are there, but it's like that's how they're everywhere at once.

0:27:50 - Julie

How I perceive this and I'd be eager to hear what you think is. We're all a fractal of the divine. We're all made in the image and likeness of source God, spirit, whatever you want to call it and it's been my experience, Ann, that we I, anyways was brought up to think of God as like this old man, long white hair, long white beard, you know, looking like father time sitting on a throne on a cloud someplace. That's not what I believe now. What I believe is God is source, God is the energy. We're all a fractal of the divine. We all have the energy, and when we're communicating with a specific angel or a deceased loved one or a saint or a spirit guide, it's all spirit communicating with us through something that's more understandable for us from a human perspective. Instead of wanting to hear guidance from God himself, we're hearing guidance from Grandma June, but it's God, it's spirit, talking through Grandma June's spirit. Then it all merges and gets us the information in a way, perhaps, that's more easily digestible to we humans. Do you have a thought about that?

0:29:16 - Anne

Yeah, I think I agree with you that we are all, as you said, fractals. We're all like every one of us, and so the way I think about this, very similar to you, is. I think of it as like if in the beginning, before, there was anything and there was only source and source alone. If source wants to understand itself, it has to see itself outside of itself, and we were the, we were birthed through that process of the question of who am I, what am I, and then every aspect of source, almost like split into a million different. I think of it as like the. When, the, when you play pool and the ball hits the, you know the triangle of balls, and then they go, you know, and a billion souls are born, you know, and each one is an aspect of the divine which is wanting to understand itself better. Who am I, as you know, Ann Tucker, who am I as Julie Ryan, you know, and what would I be like in this life doing these things with these people, and how will I respond when I'm given these challenges? What will come out of me? How will I emerge? And so so we are all in the quest of understanding.

So, each of us, the angels say each of us humans. We are different from them because we carry the spark of the divine. Angels carry the light of the divine. They are divine awareness and we are the spark of the divine, so we carry the ability to create our reality. So our reality emanates from us. We are divine creators. We are constantly creating our reality. Angels can't create, but their reality doesn't emerge from them the way that ours does. So I think that is right. There is supporting what you're saying is that we are, in that way, the divine creator.

0:30:51 - Julie

And I've also heard from bazillions of spirits that that's why they want to incarnate because we create when we're a spirit attached to a body, not so much when we're in pure spirit. Call it heaven, whatever you want. What I've heard from many spirits and I'd love your take on this is they have a thought, but that's how we understand it. They think a thought and it immediately materializes. So, even if we're going through something that we perceive as less than optimal or even horrific, our spirit guides, our angels, our deceased loved ones are going oh interesting Wonder how Anne's going to get out of this. What's she going to create out of this situation that she doesn't want to be in? And they're cheering us on and looking at us with lots of fascination and love and support and guidance and all of that, but they're not necessarily in the same mode in heaven, because they just think of it and it immediately materializes. Have you heard that?

0:31:56 - Anne

Oh yeah, absolutely that. That is the benefit. One of the benefits of being here is that it slows things down, so we have the potential to perceive how we manifest that. When it happens instantly, you are detached from the process because it's like you just think it and boom, it happens. How does that happen? But here it's all slowed down through the instrument of time

and through the thickness of like this. This place is so dense that it takes time for things to materialize and things to manifest. Now that's shortening big time. I don't know if you've seen that recently, but boy do I see it all around me where people all of a sudden dreams coming true like crazy, you know, and stuff coming into fruition like crazy. And I think it is as we're getting closer and closer to higher and higher frequencies.

0:32:43 - Julie

I think that's coming. My son just had this. This week he's visiting, he's home from LA. The people that follow me know I call him His Majesty Jonathan, and you know, center of the universe, the only one right. Of course you know we stopped with him because the only one right.

Of course you know we stopped with him because we reached perfection when we got, anyways, he had a big thing materialized for him that he's been wanting for years and I kept saying honey, it's, it's happening, it's happening. You've got to be patient. It's not available yet. It's being put together and it's going to have everything in there that you want. It's happening. You got to be patient. It's not available yet. It's being put together and it's going to have everything in there that you want. It has more in it than he even realized that he wanted number one and number two. I've been listening to him through these years as he said well, I'd like to do this, I'd like to have it incorporate this. All this is incorporated into this new opportunity for him and much more. And so I said to him he's just getting ready to go to the airport as I was coming on to record, so I didn't cry. I'm really proud of myself.

You know my baby's leaving and he's a man child now you know, but he I said to him, the thing that I want you to pay attention to the most is we have an idea of what we want and our spirit and God and the universe and the spirit guides and the angels all know what we want, better than what we think. We know what we want and if we let it unfold in the way that naturally it's doing and don't try and put up roadblocks, it always ends up better than what we've imagined.

0:34:26 - Anne

So true, so so true. I totally agree with that. Like I, all my life I've loved gardens and I always loved the idea. Like you know, as a little girl I read the Secret Garden and you know. And then I visited gardens and always dreamed about, like how amazing it would be to have, you know, like a botanical type garden, and but I don't have. I mean, I just I've never. It's not like I'm out there willing to do it, like I just don't have. I don't have the skills or the knowledge or the time to invest in that and and, but I did want to.

I recently moved out to an area where I could get a larger piece of property and and then I now have a partner who that is his passion, he loves building gardens and he has created and I have the most incredible garden. Like it is so, and it is the. It's like I didn't know how it was going to happen. And boom, I walk outside and I've got this amazing, fabulous. You know what I mean. It just happened and yeah, and in so many things like that where it'd be like, oh yeah, I always wanted that, but it wasn't something you know what I mean and just poof it, just like right there I said my son too, I have two kids and my buy a condo for himself, his first place, and he was so disappointed because prices where I live are just astronomical, it's so expensive here, and he just felt so discouraged. You know what I mean, that there's just nothing available at his, you know, for his generation.

And it was this whole conversation. And all of a sudden, a place better than he could have ever imagined showed up at a ridiculous I don't you know. It's like, how did this happen? It's the perfect place, the perfect price, the perfect, better than you could ever imagine, at a price he can afford everything, just gel, you know what I mean. And he's over the moon excited and it just boom. There it goes, and it's that thing. Trust, you know, trust your guides, stop your

resistance, right, the things are, yeah, just amazing. So I do see that. I see is where, like it's happening, it is shortening, the time of manifestation is changing and, yeah, it's really exciting, isn't it?

0:36:25 - Julie
It is.

0:36:25 - Anne
It's been phenomenal to watch not only in my life, but also in my child's life. Yeah, yeah, yeah. And that is not to discourage any of your viewers who are like where's mine?

0:36:45 - Julie
Like it's coming. It's coming, but yeah, let's back up a little bit. When you decide to talk to the angels, do you get a thought in your head Okay, I need to channel. Or is it when you're working with clients? Certainly, that's part of the equation, but do you just kind of get a hit? Okay, I need to tune on my angel channel and see what's going on.

0:37:04 - Anne
How does that work? Sometimes they will give me a nudge and they'll be sort of like we have a message, let's you know, and I feel it. How does that happen? It feels like that Remember, I told you about the pipe. It feels like the pipe is blocked. It feels like, oh, there's pressure, I feel pressure, I feel this inherent like oh, there's something, it's like a, it feels like a physical pressure. When there's something, they're like yeah, we want to, we need to have a conversation.

Um, there are times where they if I'm, if I'm clear and I'm in a good state, they will sometimes just speak in so like, like, for example, and I can, I can communicate them without going into deep trance. I can, I can open up and and and hear them, but not in this, when I'm in deep trance, they come through and they speak through me, and so that's and so. But I have a regularly scheduled. I do a Friday live on YouTube every week, and that's I, they know I, they have this message. I, I imagine them up there crafting the message all week.

You know like, you know getting it ready and then, and then it comes through. So that is, you know that is regular, and then you know the same thing. It's sort of like I set the intention, like when I'm going to do, uh, you know, sessions from my different programs, I offer, I have that intention and I make sure I'm yeah, I've created the space for it, for that message, for that specific energy to come through for them, cause they do bring in different energies, different, uh, different angels for different things and and so I try to try to make the space and set the space for each event so that it is the as successful as possible, yeah, as helpful as possible.

0:38:33 - Julie
So you don't, but you don't walk around talking to angels all day long while you're cooking dinner and doing laundry and making beds and stuff like that.

0:38:42 - Anne
No, I mean it's. There's certainly things that come through, but it usually for me to tap in uh like, cause there's different levels of it, so there's like, for example, one of the ways I've been able to include my kids in this journey is that when they and they were older now they're in their 20s now but when they were in their teens and I was channeling and doing all this stuff and in the beginning you know they're like mom's going a little crazy, you know mom's going off the deep end. But then they discovered that I could tell them things about people and so tap into and feel into their conversations or their what the person thought of them. So all of a sudden, it was what does this boy like me, or does this girl like me, or do you know what I mean? It became this whole thing where it got to the point where I'd have to be like I'd have to

give them an allowance of how many questions they could ask. But what was amazing about it is it opened up the conversation with my kids, you know, and now they both are, they do their own healing, they're very, you know they're, they're, they're both on a beautiful spiritual path, and so it created that conversation.

But but that is a different skill of just it's like I just call it looking. I just it's like. I just it's almost like I just have to kind of I just kind of look into a separate space and then I can tap in and feel and receive information and knowings and things like that. But it's not the same. The trans-channeling is just a whole nother ball of wax. It really is, because it's me stepping out. I'm not really. I'm there but I'm not.

0:40:06 - Julie

Okay, I have a question about that. But first, it sounds to me like you do the same thing I do. I turn it on and off in a nanosecond. I don't need to meditate for an hour first twirl three times, raise my right hand and jump on my left foot. You know, I mean, that's great for people that that's how they do it, especially at the beginning. Now I meditate every morning and do my morning prayers. Meditation is definitely part of my life, but eventually what happens? It's been my experience with teaching hundreds of people how to do this and I know you've done the same thing. You'll get to the point when you learn how to do this stuff where you turn it on and off in a nanosecond and it's really convenient with that, so trans-channeling. When you've said a couple of times, when I move myself out of the way, what's involved with that? So trans channeling. When you've said a couple of times, when I move myself out of the way, what's involved with that, what do you do with that?

0:41:03 - Anne

So much of it, I think, is allowing and letting go. I mean, like before it was trans channeling and I was learning to channel through, you know, clairvoyantly, and all the other things you realize it's. You have to be neutral, you have to be in a state where you're not attached to the outcome, which is one of the biggest challenges is trying to be clear. You know, trying to get out of the and you're so. You're always trying to get out of the way Anytime you're channeling is you know. But with trans channeling I have to get really out of the way. I have to allow to the point where, uh, it's, it's like you kind of have to let go of not just the outcome but like even the performance of how it comes through. You have to just be in a state of. So for me it is, I feel myself open up and as they come through, they kind of come through and I feel them come in as an energy. So I used to imagine when I was connecting, I would imagine that there was like a fireman's pole going through my head and I would kind of see them spiraling down the pole and kind of energies. Then they work with it. If I come up with. I wanted to come up this way. They'll work with that.

These days. I feel them and they come in and they move into the body first and as they move in and I, it's more like I just relax and let them do it. So I'm still there. It's just imagine that you just get it's almost like you're almost falling asleep, to be honest, Like I'm, like I'm, I'm so relaxed I'm not asleep, but I, it's like the way your body opens up when you sleep, it's that. And so I feel them come in and they, they kind of start moving around and I just I just kind of get sleepy. Yeah, but it's not, I'm not.

0:42:49 - Julie

I mean, it's hard work, like I said, it's not resting, but I'm kind of doing the same feeling as falling asleep. Yeah, I find this same thing that when I'm working with clients, I remember the client, but I don't necessarily remember what we talk about.

I mean, I remember little bits and pieces and when I talked to them in a subsequent appointment, I had a client this afternoon and we were talking about her little seven-year-old boy and she lives in Chicago, and I said and you have a little girl too who's younger than your

son, right? And she said, yeah, I'm impressed. You remember that? It was a year ago. I remember that when I got on the phone with her, but when I started talking to her I was able to go back and get information. But I don't need to know all that information. I don't need to remember it and I would think that you're the same way with that. You've mentioned Yeshua a couple of times, and I know that that's another name for Jesus and or Christ consciousness. Do you find that when you're channeling angels or you're channeling Yeshua or you're channeling some other spirit Does your voice change? Does it feel different? When you're in your body? How do you know what's going on and when does Yeshua come in versus the angels? Versus St Anthony?

0:44:10 - Anne

Yeah. So most of the time, like, if I come into the conversation with a specific request, then they will most of the time listen and do what I'm, unless there's like, sometimes they're like no, we know what better. Like sometimes they're like, no, this is what you need to talk about today, or this is what we need to talk to you about today. But, but often they will listen if I come in with a request and so, but when I never anticipate, like, yes, when he shows up it's always like a wonderful surprise and he comes in differently, and it's been he's. I've had some amazing experiences, like one time he showed up I was at a retreat, I was hosting a retreat and I did not know he was coming and, sure enough, we come back. We come back from lunch and we're going into our afternoon session and he was palpably, physically present in the center of everybody, Everybody's crying. I mean it was incredible. It was just incredible.

And he's speaking. But I could feel him. I could see him and other people in the room. I mean everybody could feel it. It was incredible. What do you look like? I mean he's like all the he's going to show up the way you expect, and to me. I see he shows up as you would expect, but to me he shows up like the funny thing about Yeshua is. He's funny, he's super funny. He's got a very quirky sense of humor.

0:45:30 - Julie

Oh my gosh Spirits are hilarious.

0:45:32 - Anne

Yeah, absolutely. And so I mean he dances around, he has, he's cracking jokes all the time, he's very slender, he seems very slender, um, uh and but, uh, but he's, yeah, he's, he's amazing. One time recently he showed up, uh, in my room and, uh, it was just, it was not, and, like I said, it's always, it's never expected. When he shows up. I'm always, it always blows me away. But he, one time I, uh, he, he showed up a couple of times but I didn't know. It was him where I was in the process of waking up, in that sort of liminal space of just waking up, and he would say something from over by the door to my bedroom, like in a audible inhuman voice, human voice. I would hear it and it scared me because it was like there's a man in my room. You know what I mean. I startle awake and I would wake up and I'd be like, oh, who was that? But I didn't know. And that happened twice, like several months apart, and then and then maybe six months ago it was the same thing, was I was kind of mostly asleep.

I thought I was asleep and in my dream I was kind of having a dream and in my dream I saw Yeshua and he was showing me something. He had his head bent and he had his hands out like this and he's holding his hands to me like he's offering me something and he's doing this breath work, like he's breathing, this funky breathing, and I'm seeing this in my dream and I think I'm dreaming. But then I become aware that there's a man standing next to my bed and I think it's my partner. So I start talking to him. I'm like what are you? Why are you up? Like, are you okay? I think I'm asking him and he doesn't respond. But I can see him there's, I can see the outline of him next to me and I think it's. And so I'm like are you? And I'm trying to say, but I'm so sleepy, the words aren't coming out and I finally roll over.

I'm realizing I wasn't looking at him after all. I thought I was looking at him, but I wasn't. I roll over and there's no one there and I had been so sure that I was talking out loud to him that I thought. And then, of course, I freak out, I go oh my gosh. And that's when I realized, oh my gosh, that was Yeshua and he. It was like a physical, he was in my room, it was nuts and he was what he was trying to tell me was he wanted me to do breath work. So, yeah, it was amazing, absolutely amazing. But you just those are the cool experiences where you're like I didn't see that coming, that was amazing.

0:47:43 - Julie

That was so cool. Um, I think, too, that the interesting thing about this as well is you mentioned he was giving you symbols and signs for things that he wanted to convey. Symbols and signs for things that he wanted to convey, and I find that spirit does that all the time, especially when I'm doing my medical work. I'm like a human MRI, but I get these hilarious. You know analogies of these pictures in my head, like your elbow looks like whipped cream or something crazy, but it's to give us a human frame of reference for the energy healing that's happening. And I find the same thing when communicating with deceased loved ones, with my clients, and they'll show me a basket of breakfast rolls or a big bowl of blueberries or something like that. It's not always food. Certainly it can be a red truck or something, and they'll give us information too. That's in words, but spirit communicates with symbols a lot. What do you think's up with that?

0:48:50 - Anne

Yeah, I agree, and I mean I think it is like there's sort of multiple different tracks and I think it's different people prefer different ones. I enjoy the clairvoyance quite a bit, I find, as long as it's clear. I've had one time I remember I channeled for someone and she was wondering what was wrong with her system. She was having all this bloating and they kept showing me Comet, like the product, comet, you know, and I was saying it's Comet. I mean, do you use Comet? Like why Maybe you're getting exposed to Comet? Like I couldn't figure it out and then, like two hours later it dawned on me Comet is a cleanser. They're telling her to go on a cleanse. This is saying Comet, cleanser, cleanse yourself, cleanse yourself as if. And yeah, and it just.

I just didn't quite connect the dots. You know that's the downside of metaphors, but the upside is that they're so clear you know what I mean that, like I knew I could see it in my head. Now I could see that kind of comment, you know, whereas it's undoubtable, like the clarity of the vision is very and some of the other methods that you get things are, you know, can be sometimes a little fuzzy or like okay, is that so anyway, so it's there's. Everything has its pluses and its minuses.

0:50:05 - Julie

Well, I find too that symbols are more universally understood. If you're traveling internationally, you know I'm going to have a picture of a toilet and a female stick figure next to it, like oh, that's where the bathroom is.

Right right, and so you don't know necessarily the language, but the symbols are there and furthermore, it's been my experience too and I'd love to hear your take on this is, when we get a symbol for something from spirit, there are multiple interpretations. So perhaps it's more efficient that we get a symbol of a peacock, and it can mean 15 different things to 15 different people, or 15 different things to the same person.

0:50:43 - Anne

Very, very true, although that's super true too about even the spoken word that we think is so clear. People have selective hearing and they often will hear what they're expecting, and so, yeah, perception is a tricky thing to work with, for sure. But but you're right, with symbology it can be. Oh, that for me that means things. It means I mean that would be. You know, I don't do one-on-one sessions anymore, but back when I used to and I remember sometimes I would

get symbols that had no meaning for me but for the person I'd be like, and it's I just learned over time you got to say what you see, say it as you see it. You know what I mean, and even if it seems crazy to you, you got to say it because they're going to oh yeah, that's. You know, that's exactly what. Like you know, I have one of those right next to me. You know whatever it is.

0:51:23 - Julie

Yeah, I do that all the time and over time I've just learned all right. That's doesn't make sense to me, but and inevitably it does mean something to the person with whom we're conversing Would you be willing to channel the angels for us or whoever wants to come in? I think that would be really fun.

0:51:44 - Anne

Yeah, for sure.

0:51:44 - Julie

Whatever they want to say to you know, to this audience, certainly from around the world, I think would just be fabulous.

0:51:54 - Anne

So, yeah, you got it. Yeah, let's do it All right. So, if you don't mind, let's do it All right. So, if you don't mind, let's do a little grounding first, just to make sure everybody's ready. Yeah, okay. So go ahead and close your eyes and drop down from your tailbone a nice thick root that goes down through the floor and down into the ground, and follow it down with your mind as it grows and extends, growing deeper and deeper into the earth, following it down where it's dark it'll cool extending longer and longer, and follow it all the way down to the very, very center of the ear and when it reaches that center point, feel the root sprout and anchor itself in and, as it does, notice that the root is pulling gently and becoming taut, and now feel as that tautness moves all the way up the root and now all the way up your spine, anchoring you securely to the earth. Okay, I'll bring in the angels, beings of light. We wish to share in this parade of your journey an illumination, an illuminating point of reference. With new candor, we would reflect upon where you have been in a journey that has been disguised in its nature. You have thought of a journey that has been disguised in its nature. You have thought of yourself as a being in the play of a life that culminates where you are, as if tomorrow is heavy with the understanding of all you have been. And we wish to say, as you are disturbing the sharings of what you will unearth in the new beginning, that tomorrow shall stem from a new consecration of fresh ground, that tomorrow stands at a distance from today. It is not yet met, it is not begun from the same point of reference that you currently share. It stays from and beyond this space always. Tomorrow, the next day and the next beyond do not exist in conjunction with who you may become in the next second, and we would say that what you wish to create, what you wish to have felt in the next now, can be endowed into that next space, into tomorrow. We must reflect upon the conversation that has been made in this space of connection between you two, that there is a conspiracy amongst ourselves and all who are made to reflect upon your journey, that you are enlivening the mind to create more fluidity from within yourselves and the tomorrow which extends before.

You now need not harbor the same energies that you conjure up today. You now need not harbor the same energies that you conjure up today? What would you reflect onto that distance? What would you make onto a calendar which extends from tomorrow? How would you disturb the energies of yourself? How would you cajole a future that might reflect something new, a future that might reflect something new?

What would you say to a self who has waylaid and overcome the constraints that you are endowed with? How might you become in that new shade of aspiration? What should you

pitch forward into that new experience of self? What should you draw into the former you that has now found itself a new day? How will you extend away from what has held you back? How will you extend yourself the congratulations into a sphere of accepting what you would beckon into reality? How might you expand yourself to contain that new future? How might you hold within your soul an understanding of you without the endowments you have treasured, which have brought you pain and suffering, the collection of woes, the turmoils of your former experiences?

Let go. The future now waits. It waits for you. It calls to you into blessings. It speaks to you from a place, from a prominence, from a point beyond the now. It need not conjunct your current sorrows. Draw into the self the assimilation of all that is. You Draw into your heart the connection with all you have disembodied, call back to you your former selves and draw forward, from a place of internal harmony, a space of suggested power whereby you may reach the pinnacle of your own expression. Julie, would you have questions for us?

0:57:29 - Julie

What can you tell us, especially here in America, with all of the issues that have happened in the past few weeks President Trump being shot and President Biden deciding not to run for office, and all people think that we're so divided what can you tell us that will give us hope and give us maybe some insight here in America as to what's going on and how we can benefit from it?

0:58:09 - Anne

There is now division in your personality, in your person, in your individ. A part as someone isolated To disconnect permeates throughout the embodiment of humanity. Division itself must be understood. Separation must be loved back into perfection. And this starts with the self. It starts with your own heart. It starts with the conception of division internal heart.

It starts with the conception of division internal, the places within your heart by which you have subjugated your truth, understanding, where you have harbored guilt, suffering, shame, rejection of your inner heart, where do you house feelings not yet felt. These spaces of separation are kept within boundaries of protection, places by which you feel you are harboring secrets, where you feel weakness, where you worry about the effect of others, what they might do, how they might affect you, may it be pleasure or pain, may it be fear or settling even into an experience lesser than what you deserve. And we would say that the manifestation of separation in the human experience must be expressed, for it is harbored within, must be expressed for it is harbored within. And increasingly, as you move forward through the journey of ascendance, you will find yourself coming into coherence and as this occurs, polarity will express itself through into its own recognition and unity. Do you understand us?

1:00:00 - Julie

I do. Is there something simple and easy that we can do to help ourselves with the polarity, to help bring more joy and love into our own lives and therefore spread it to others?

1:00:19 - Anne

Polarity is an experience external and internal, and we would advise the self to not belong to either side, to not allow the self to imbibe the culture of hatred and confusion which permeates much of what is shared within social communities and dialogues of information. We wish to advise the self to remember that all sides meet in the understanding of one another when there is an allowance of justice for each, when each understands the other not as separated but as something within their own self, that each other contains within them their own heart, that what we reject most forcefully comes from within us. To aid the self in remaining peaceful, to draw these resulting tirades to a close, we advise the self to find peace internal, to seek shelter within your own solace, to find your heart open to loving all peoples and is there an easy tool or

is there a tool that everybody can implement to get to that place, to help them get to that place?

To stay in rejection takes effort, a willingness to engage in the fray, to stay by an opportunity to seek out anger. And we ask the self to release these grievances that you have to release the focus upon an outcome which may not come to fruition. There shall be not the same future which you are currently predicting. These agonies of exasperated battle shall not come to pass. There shall be a cacophony of forces which come into congruence and alter the capacity of this nation and many others, and all will be reframed into a new continuity going forward. Thus we say have not the tirade of these conversations any longer. Thus we say have not the tirade of these conversations any longer. Let them be free. Turn off your newscast, shut down your polarizing information. Limit yourself to dialogues of information that bring harmony to your spirit, that guide you towards peace and truth within.

1:03:17 - Julie

Great advice? No surprise there. I would think it would be great advice coming from you guys from the angels, so anything else that you want to share with me or the audience before we let you go. So appreciate you coming in and chatting with us today.

1:03:34 - Anne

We are carrying peace in our hearts, love in our feelings. We draw this to you now, a blessing for each we guide you, we say thank you and good journey, thank you, wow Hi, that was profound.

1:03:55 - Julie

There was a lot in that as far as, yeah, they tend to pack it in.

1:03:59 - Anne

I find I always get transcripts and read them later because there's so much that we miss on first pass. Like I said, they think in these, like they see everything at once and every sentence seems to have layers. So you just that's why I always, when I get the messages, I always break them apart and talk them through because there's yeah, there's loads there, loads there, it's amazing, absolutely.

1:04:24 - Julie

A couple of other questions that we're winding down here. Why do people want to raise their frequency other than the fact that it feels better?

1:04:33 - Anne

Yeah, it sure does. It feels amazing and it is, I mean it's. There is the question of like would you rather be in suffering or be in joy? You know what I mean. Enjoy is the higher vibration, and that's where we want to go, and but there is also the idea of karmic versus dharmic experience, that what we're moving into in this shift is we will no longer carry karma as we go through it. So when we come into this current incarnation, where we currently are living, we bring forward all of the like. We'll decide before we get here. These are the things I'd like to experience, these are the things I'd like to learn about myself, and I will attach certain karma.

Karma is just a promise. It's not a judgment by anybody else, as you know. It's just, it is something that I choose to experience in this life. Sometimes it's positive, sometimes it's negative, and sometimes it is helping to heal something that was unresolved from a past experience. Often that's the case, and so we'll bring those things in, and then they create these patterns that we're like.

Well, why is it? How was I born with this ability to always pick the wrong partner? Or how was I born with this ability to always get the crummy boss, or how was I like? It just seems like this impenetrable problem that you can't get past and it's just like a wheel where you just do it again and again and again. And that's karma. And we, the goal is to work through it.

As we move into this next state of being, we shift from that learning about ourselves through karma, through confronting ourselves. It's the idea that it's going to rise up and meet us and we can't help but grow because it's going to punch us in the face all the time. That's karma. The new state of being we're living dharmically, which is the way they describe it, is riding the edge of a wave where reality rises up to meet you and you're healing in the moment. You're so conscious of a wave where reality rises up to meet you and you're healing in the moment.

You're so conscious, you're so aware that you it's like you know, when you have these days, you have a conversation and you walk away and you're like, oh, I should have said this or oh, I have these other thoughts. Oh, I bet you, I misunderstood that. Like we think about it and we get the awareness, like two hours later, in the dharmic experiences, all that awareness is right there, bright and sparkly, and we're able to respond in the moment and heal in the moment and change our reality in the moment. And it's literally like surfing a wave that meets our reality. And it's this amazing co-creative experience and that's what we're heading toward. So it's more than just feeling joy, it's like feeling divine, it really is just feeling divine. So, yeah, I want that Love, that.

1:07:01 - Julie

Yeah, absolutely. What are soul types and why is it important to know which one we are?

1:07:08 - Anne

Oh, such a great thank you for asking. I love talking about soul types. So soul types are. It is, there are seven different soul types, and it's really about how you create or manifest in the world. We think everybody manifests in the same way. They don't. There are seven different, distinct methods of manifestation, and what's amazing is that you can spread them out in a line and they happen in order. So if each of us were to say you get seven people in a room, each one is a different soul type, you can line us up and say, okay, we're gonna work on a project together.

There are seven stages of creation to this project and each of us has a role to play, and so it'd be like imagine you're wrapping a gift and my skill is tying the bow and your skill is adding the tape and someone else's skill is cutting the paper, and together we're all going to march down and at the end, you get a perfect present. Well, that is what it's like, that in creation, there is a very specific series of energetic things that happen in the process of creating anything, whether it be, you know, a recipe, a business, a car, anything and in that process it takes all of these seven energies. Each of us is naturally born attuned to one of those seven, and then there are two or three others that we're pretty good at, but we either learn to do that we've adapted to, and then there are usually like two, maybe even three, that we stink at. That we're really bad at that. We literally don't even see it as something that needs to be done. And so often what I'll see is people who are trying to create something, and sometimes this is relate definitely relates to people who are trying to start their own. You know, businesses Like why are? Why do all the healers struggle in their businesses? Why did that? You know that that question is they're trying to create something, and what ends up happening is people start. They always start with the thing they do best with their soul type, with that task.

So me it would be like, oh, I'm going to just keep tying bows, tying bows, tying bows you know, if it was the wrapping present metaphor and then they will go and they will follow the sequence and do the things they know how to do, but eventually they're going to get a step to one of those steps that they can't see, that they don't understand, and when they hit there they

get overwhelmed and they get confused and they don't know what to do. And what do we do? When we don't know what to do? We go back to doing the thing we're good at.

So if it was me and it was the president wrapping metaphor, I would get to the point where I needed tape and I would be like I don't really understand tape. I don't not sure what tape is. I really understand tape. I don't not sure what tape is. I'll go make another bow and at the end I ended up with all these bows and no presents, you know, and that's that's kind of how it works. So so, soul types. Understanding soul types is really about understanding what your gifts are, what role you need to play in the, in the collective, but also individually, and then how to work with your own energy in the context of creation. So yeah, it's fascinating, absolutely fascinating.

1:10:00 - Julie

Can you name the soul types and give us like an example of maybe a public figure?

1:10:03 - Anne

that would be a couple of the different soul types that we would recognize. Oh yeah, well, let's do a couple so. So so say, for example, the the first of the soul, the first in the seven, is the optimizing soul type, and that is the energy of it's sort of like the coming up with the idea. It's the person who, the optimizing soul type, is the one that creates something out of nothing, that they tend to take things that exist and recombine them in brand new ways. They're very conceptual. They're the ones that it's like the seed Best way to think of it as a seed. A seed is like a packet that carries a blueprint for what the thing is going to become, but a seed by itself. You can put a seed on a shelf and nothing's going to happen, right? It's just a seed. It'll sit there dormant for years and years and years. What it really needs is the next step, the next gift, which is the expressive soul. And the expressive soul comes in and they have the gift of taking a seed and making it sprout. And what the expressive soul does is it understands how to find truth, it understands how to express truth, and it takes that seed. And what is the essence of the seed? What is the thing that needs to be shared to bring it up towards the light, right, and that is the expressive soul, and it knows how to do this and so and it's so we could I mean it would take, we would need another hour long conversation to go into each of them, because there's so much and it's fascinating, but you get the idea that each soul does a very specific thing. So, uh, and just to go into a little bit, was what I am?

An optimizing soul, and so my thought pattern, I tend to be like to be an optimizer means that you tend to be very nonlinear, like other souls, such as the learning soul, extremely linear. They're very. They're capable of looking at things at step one, step two, step three, step four, and that's their gift, right, they're able to notice the linear projection and be able to say, oh, there's the gap, that's what you missed, that's their gift. But for me, being an optimizer, I tend to go A, b to F, and then I find ways of stitching them all together in some new way. That doesn't seem to make sense to anybody else, but it's crystal clear in my head. You know and uh, and that's and that's, and then I create a seed, but, but I would be very, very happy to stay locked up in my attic and make seeds all day and just crack the door open and check them out and let somebody else figure out what to do with them, and that's the optimizer.

So, but each person, each type of person, so there are certain soul types that are very focused on connecting groups and finding networks. There are certain soul types that are really, really fabulous at developing people and forming relationships. Some soul types are all about momentum and getting things started and bringing energy. Some are about strategy and figuring it. So it's, each one has a critical role to play in the process of bringing things through to fruition. But yeah, but it's definitely. It would be a full hour conversation for us for sure. There's so much to it.

1:12:53 - Julie

You're right. I'm going to have you back and we're going to do a deep dive into that. It's fascinating. I think I'm probably an optimizer because I'm an inventor and an entrepreneur, so I come up with the ideas and then bring people in to help me bring them to fruition.

1:13:10 - Anne

Well, I tell you what we do on our next one. Let's use you as the guinea pig. Let's go through and I'll give you the quiz and you figure out, and then we'll do it live and show everybody what your results are and how and what your natural gifts are. Would that be fun, that would be fun.

1:13:24 - Julie

We'll do that. Last question why do we incarnate?

1:13:29 - Anne

To experience ourselves, yeah, to be in a human body where we get to see ourselves in front of ourselves and learn to love ourselves, to bring ourselves home.

1:13:41 - Julie

Okay, beautiful answer. What a delight to have you and angels join us today. My goodness, we covered a lot of territory here in our time together. How can people learn more about you and your work?

1:13:56 - Anne

Thank you for asking. I would love for people to find my YouTube channel, which is my name Anne Tucker, and my website is also my name annetucker.com.

1:14:04 - Julie

All right, that's easy. Okay, everybody. That's it for today. My goodness, that's a lot to absorb. I'm going to have to play this back several times myself to listen to everything that we covered. So, in the meantime, sending you lots of love from Sweet Home, Alabama, and from Washington State to where Anne is. See you next time.

1:14:26 - Ann cr

Thanks for joining us. 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 and like her on Facebook at AskJulieRyan To schedule an appointment or submit a question. Please visit AskJulieRyan.com.

1:14:41 - Disclaimer

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