

AJR - Susan Grau 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. Hi, everybody.

0:00:45 - Julie

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 Susan Grau on the show with us today. Susan's a healer, intuitive medium and author whose skills came in after a near-death experience as a child. It's always fun to compare notes with a colleague and see how we can assist you on your spiritual journey. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Susan. Susan girl, I am so thrilled to have you on the show with us today. Thank you for making the time.

0:01:26 - Susan

Oh well, thank you for having me. I'm really excited to be here.

0:01:29 - Julie

We were chatting before we started recording you guys and I feel like I've known her for forever. I feel like you're a sister from another mister, that's right, that's right.

0:01:39 - Susan

Very comfortable. It's going to be great.

0:01:42 - Julie

You had an NDE as a child. What happened?

0:01:47 - Susan

I was playing for it with some boys that were older than me and they said, if I go in the garage into the freezer and get them popsicles, that they'd let me play more. And I wanted to play for it more and so it was my favorite game and so climbed up in the freezer. It wasn't plugged in and I was getting ready to call out you know the flavors and I was really excited. And boom, the freezer door shut and then I thought I was in on a game. I thought we were playing, and then I heard the thud of the garage door and I recognized that I was in big trouble. I mean, even at four and a half, tipping on five, I knew I was in real danger, I mean innately, and I started screaming and the whole story goes from there. It's quite extensive. Do you want to hear it?

0:02:39 - Julie

Yeah, Okay, you can't leave us hanging just with that tease.

0:02:46 - Susan

I actually started screaming at the top of my lungs. My mom heard me screaming but she thought it was the we had, you know, cats and animals on our land. We had a lot of land and little creatures and she thought, you know, it was a cat in heat. Quite honestly, and that's the sound of terror, that really high, high pitch scream. And I, you know, I just kept screaming and she ignored it. And then I saw three lights and one of them said you know, stop screaming. And

I didn't. I just kept screaming and I just got more and more scared. I felt like I was a caged animal. That's how it felt to me and I knew. I just knew. I don't know how because I didn't know what death was, but I knew, at five years old almost I knew I was going to die and that I was just terrified.

And then I heard another really loud, saw three lights and I heard that loud, stop screaming. It was kind, but it was very firm and she felt like she was very powerful. I called them my angels, that's how I be then and I stopped and they said we're going to get your mommy. And kind of I got the feeling like but first they didn't say it, but I got that feeling and, um, the next thing I knew I was at the bottom of a stairwell and I was looking up these stairs and I and I'm going to talk to you about it as an adult, because as a child they played a story for me. It was a story that I could understand. I always wondered why they did that, but as a child I wouldn't have understood what was going on and I was coming back.

So I was going to remain a child and I remember seeing this room and it had an open ceiling and it had these pillars, and now I call it the Greco-Roman room. That's what it looked like and I knew at the top of that it had these pillars. And now I call it the Greco-Roman room. That's what it looked like and I knew at the top of that it had an open ceiling. So I knew that the inside this room there was an open well and I wanted to get to that well and as soon as I thought it, I was on the edge of it with no fear, and I looked down into this well, which you know I studied under Raymond Rudy, and he said to me did you ever think that was the tunnel, because I always say I never saw the tunnel. How come everybody sees a tunnel but me? I was really bummed about it and he said did you ever think that was your tunnel? And I was in awe. I would say what you know. That blew my mind and he said or I said, you know what is going on? Because I could see all of this.

Looking back, it looked like DNA of one consciousness and it was moving together and it was words and prayers and I was hearing things like my mom has cancer, please don't let her die. And I'm going to get a new car I'm turning 16, but my dad says I can't have a car. Please make him give me a car, talk him into it. God, you know I was hearing all these different things and I looked at these angels and I said where am I? And they said you're in the room of hearts desires.

And I said do you answer all these? And they said no, susie, sometimes what people desire the most isn't good for them. I didn't want to hear that. It sounded like my mom and you know I thought well, my mom says that to me, so why are you saying it to me? Where am I really. And then I saw some other things in that room and then I see this yellow path and it was pavers and I remember just looking out at it and it just felt so close to me but so far away and and it looked like the yellow brick road. I'd seen the Wizard of Oz, so I always called it the yellow brick road.

0:06:22 - Julie

Right, that's what I got, too, when you were describing it.

0:06:25 - Susan

Yeah, and you know what's interesting is later on in life. Just to go forward for a second, I was in a church and I heard the preacher say and the paths were paved in gold. I was a married woman with children when I heard that I'd never read the Bible and I almost hit the floor and I said do you? And my husband was going to be a priest and he was in seminary and I said did you know? It said that. And he said yes, I thought you did too, or I thought you would figure it out.

I didn't even really it didn't consciously come to my mind to tell you that I blew my mind, but anyway, it was such a verification for me.

But I saw these beautiful at the end of this road, or at the beginning actually. I saw these beautiful pyramids, pillars and they were shaped like pyramids and I could see pavers building them and people were. I saw people. They were going to the bottom of this pyramid and I innately knew that this was their life journey and they were pulling from the bottom and I knew inside my soul that they were unbalancing their life journey. I didn't know what it meant, but I knew that's what they were doing and I watched them start paving this path and I heard them, you know, saying for the love of God, please help me.

So, and I saw it all bumpy and crooked and messy and I knew they were throwing their life path out of balance, their life journey, and they were praying for help. You know, please do something. Everything's going wrong. And I watched these beautiful angelic beings come in and start removing these pavers from the path, putting it back at the bottom, rebalancing their journey and going to the top of these pyramids and pulling pavers and they would recreate. They just watched them recreate, just like our energy. We use it and it recreates.

0:08:10 - Julie

Pavers would recreate yes, back into full. As soon as one was pulled off the top, then another one would just take its place.

0:08:17 - Susan

Exactly. And I watched them start paving their path and I said what are you doing? And they said we are the pavers. You are not. All you have to do is walk it. And I asked what if you're not walking it right? Like how do you know? And I didn't get that far, but what if you're not walking it right? And they said we bless and block everything. And make no mistake, susie, you can get through a block wall, battered and bruised at best, or you can shift and if you see another wall, shift again. And if you see another wall, shift again, and before you know it you'll see us paving your path. Make no mistake, we are paving your path. We do think you know meaning humans, what's best for you? We know what's best for you. What you run from chases you and what you try to control controls. You. Don't forget and I never did my whole life, I never listened. I tried to control everything my whole life, but I never forgot what they said.

Don't we all? Yeah, but I never forgot. And they explained some other stuff to me. And the next thing you know I'm in this room, that I you know. They told me it was the room of knowledge. I believe people call that the Akashic Records. I don't relate to the word, but I know it's. You know, it's real. I understood the room of knowledge.

I was little I don't think I would have been able to even say that word and I was watching I want to call them families, but I was watching groups and I was watching what wasn't short show then, because there was no such thing. But I was watching these tablet type books coming in front of people rather quickly and they were saying I'm going to do this and I'm going to do that and I'm going to do this. And I was hearing these angelic beings and these guides where I thought were guides. Now, looking back, say I don't think you want to do all that, honey. I think that's too much for you, sweetie. Oh no, that's too much for one lifetime. And I'm listening to this and oh no, I can do it. I can do it, I know I can.

And they said, well, you do have free will. And then they were gone and I asked where did they go? And they said they went to their next incarnation. I had no idea what they meant None. Later on in life, someone said something to me like do you believe in reincarnation? And I almost fell off my chair again because I went oh my God, that's what they were saying Because I had never heard those words. I grew up Catholic and we didn't hear the word reincarnation, and so it was mind blowing to me that that made sense.

0:10:53 - Julie

But Did the tablets look like? How the 10 commandments are depicted on tablets like Moses received from the burning bush Kind of. Yeah, like that Moses received from the burning bush Kind of. Yeah, that's what I'm picturing too, as you're describing this story.

0:11:08 - Susan

Yeah, but then they'd turn into like books, but they were tablets. Yeah, I never thought of that. What a great question. And then I, you know, they said some more things to me in there and then I popped into this. I say pop because it's a little girl, it's how I saw it.

But actually I was just there into this other room and it was called a room of companions and I was seeing animals. I had never lost an animal. I was too young to have experienced that and so I didn't see any of mine. People always ask me for years you know, did you see your animals? And I go no, but I saw other animals, all kinds of creatures actually. And then I saw them romping and playing in this field, and there were dandelions in this field and there was these most beautiful I want to call them daisies, but it goes beyond that. There's colors like you've never seen and and words and music like you've never heard and it's just phenomenal.

And I was a little girl. I knew I was sitting in the field, but I couldn't see myself. It wasn't like I was seeing a reflection of me, so I can't tell you what I was wearing. I just knew I was a little girl and I was sitting in this field and every blade of grass was vibrating with life. Every blade of grass was vibrating with life. It was like pulsating Everything. Everything pulsated Like whoosh, whoosh. That was the feeling. But I didn't feel dizzy, I just was there in this space and I rarely share this.

But I looked to my left and I saw this mountain and I saw this being. I think it was source, it wasn't really a body, it was light and it was filled with this. This is why I don't share it. It was filled with this love you can't unimagable. And I saw, I thought I want to get up this mountain, I just want to get up this mountain, but I didn't move. And then I saw that it was from the left and I saw this light coming at me, this love, energy like nothing I can describe. But what I felt was perfect, I was enough, I was beautiful, I was lovable, I was whole, I was everything and nothing but love. And it's hard to talk about because it it's so emotional, but it just was so perfect of love. Perfect, and I remember it surrounding me and just all these experiences, and shared something with me that I always hold to me. It's just really amazingly precious to me.

And then I looked to my right and this I call it the light angel this angel came out of this cobblestone type cottage towards me and said it's time to go. And the next thing I knew I was by a river and she explained to me that we come through water and we cleanse through water. And she was talking about water and she said you're going to have a hard life journey and you know, you're going to learn so much and everything will be wonderful and you'll understand when you're older. And just kind of described everything to me and I asked me if I wanted to go and I wanted to see my mom. I wanted to be with my mommy and when the angel was first coming to me, where she was floating, all I could think of is I want to float. Am I floating? Can I float? Because I couldn't see myself, so I didn't know if I could float.

And then the next thing I knew I was in this water and I was, I guess, back in the freezer, because the next thing I knew my mom was opening the freezer door and she said the whole time she was hearing your baby's in the freezer and she wasn't listening. Now, my mom had this gift, my sister and my brother had it, or my brother had it, and my mom was medicated on volume because of it, because she had a nervous breakdown, they said, and was in psychosis. So they medicated her. So she wasn't listening. She kept hearing your baby's in the freezer, your baby's in the freezer. She heard it three times and she didn't listen. She thought it wasn't her knowing. And finally she listened and I remember seeing her and talking to her and she

wasn't responding to me but she would look around so I felt like she could hear me and I think that was my first lesson in communication. That's the only thing I can think of.

But then she said she went out. I don't recall exactly this part, but I remember somehow her saying to me that the garage door was closed and she opened it. But before she did she thought I don't think Susie could have opened this. There's no garage door openers in that time. I don't think Susie could have opened this. She's probably I'm going to turn around. It's ridiculous. This is what I remember her telling me, but she had some different things she told me. So I can't be sure.

And then and I want to be accurate, you know and so, and then she said she went in and she opened up the freezer door and she said she spun me around because I was facing inward, I guess I was looking for the popsicles. And she said I was ashen and my fingertips were blue and she panicked. There were no cell phones. And she said that she let go of me to go run to a phone to get help. And she said I fell, obviously, and I cracked my chin open. Really, ever so slightly I have a scar, but it wasn't like a I don't remember it being like a slam of pain and I took a breath and when I was very out of it I was very like an ethereal world to me. I felt like I walked in both worlds. But at that point I feel like I was disoriented completely fully for several days. And but when my orientation came back and I recognized that I was Susie and I was with my mom and I could see spirits Now I saw them before that, but it was animals.

I would see them floating. So we had animals that weren't my animals, that were on the land like kittens, that I didn't know, things like that, and they passed, but they weren't connected to me. So when I would see them I wouldn't think much, you know, except for that. Oh, you know how sad my mom has to bury this creature. That I didn't know Other than that. You know, that's all I understood about losing an animal. But they weren't my loss and I would see them float and that was normal to me.

So I never asked any questions, I just saw them floating and I didn't have a full memory of that until later in life. I saw an animal that and they had those old big cell phones, those first ones. I had those big, giant ones. And I was in my car and I saw a dead animal but I didn't know if it was dead because I wouldn't get out of the car. I called my husband and I'm saying you got to come home, there's a dead animal. And you got to come home and I can't get you know, and he goes well, did you get out of the car? And I said no and he goes how do you know it's dead? I said it's floating and it brought me back to that memory really strong. It was almost like I'd stepped back into it and that's how I had the full memory of that.

0:18:43 - Julie

Wow, that's a lot to unpack. It is a lot to unpack. Did you grow up on a?

0:18:47 - Susan

farm. Where did you grow up? I grew up in La Plante, but we had acres, so we had a grove and then across the street was another grove where we used to, you know, pick the blackberries and gobble them down like candy, and we would see animals. You know that, you know maybe someone, unfortunately, you know, hit an animal and put it in the grove, things like that, and and cats were always running around everywhere. You know there was always cats and turtles and, and you know, little bunnies, and you know so yeah, yeah Interesting I that your comment about the angel telling you that we're born from water.

0:19:31 - Julie

And you know, and we're I forget what else she said but born from water. I thought, yeah, the, you know the, the sack that we're all born in, that we all grow in in utero, right?

0:19:39 - Susan

Yeah, yeah, later on in life I understood that. I felt very, you know, when they said it would clean me or cleanse me that was the word they used I thought they meant my outer body, like I was going to be clean from my mommy when I got there, when I got back, and they didn't, you know, they just meant like a cleansing. That's what the water does. And later on, not that long ago actually, I was reading the English version of the French word Claire, the English version I want to say that, and because somebody came after me when I said the French version and it says on this definition, it says Claire means clear. Um, claire means clear. And then it says clear and in parentheses, water.

I blew my mind. I looked at that and went what, what? You know? It's like all these things that happened during my journey that reawaken and explain, and it keeps happening, it will happen the rest of my journey here, what I saw, you know, because I'll never understand everything. None of us will. We were not meant to. But for me, you know, people say to me how do you remember everything that you saw? And I said did you see the Wizard of Oz when you were a child. And they go yeah, and I go. Do you remember it? Do you remember the yellow brick road? Do you remember the little guys, lollipop kids? Do you remember the Wicked Witch? And they go oh, yeah, I could tell you the whole story. And I go. Exactly, I remember because it was so profound for me.

0:21:14 - Julie

So you have the amniotic fluid that the fetus grows in first of all, and then what's? Baptism Involves water. Yeah, that's true. I didn't think of that either.

So those two things came to mind when you were talking about the angel talking to you about water Fascinating. When I'm in heaven, visually oftentimes I'll be in this big garden and there's always a river running through it or a brook or a stream or some kind of water. So I find that interesting as well, pigging back on what you're describing, that the angel tells you Wow, what an experience. So let's go back to sounds like you came from a spiritual family. I'm sorry that that happened with your mom. I don't think it was as rare as we think it was with the women that were medicated when they were able. They thought they were schizophrenic or you know whatever, delusional or whatever.

0:22:19 - Susan

My brother actually became schizophrenic. So they say my brother. He was very gifted, he saw spirits from the time he was just itsy bitsy, he'd be talking to them and he was older than me. But I hear all the stories or did, and he was told he was schizophrenic and medicated, very seriously medicated. He ultimately ended up taking his life, but both my brothers did and my mother. But the gift was well, it taught me to be a better person. It didn't, and it expanded my gifts for sure, but it made me more, I don't know compassionate, kind, true to myself, I had to be. You know I had. I either went that direction or I went to hate, and hate was not part of my repertoire of feelings, it just wasn't.

0:23:13 - Julie

Um so yeah, so you came from a spiritual family of intuitives, it sounds like. And do you think that everybody's an intuitive when they come in and then we just shut down our skills? I do too. I do, yeah.

0:23:27 - Susan

I think everyone Little children get this stuff.

Oh yeah, you know I work with children. I have my doctorate in divinity, from Raymond Moody, actually, and he taught me about life after death too, and I told him my story and he taught me some of the things that I saw and what they meant, and because he had heard it somewhere

before through other people. That's why I want to say that it's not because he decided it meant that, um, but I so I work with children who have near-death experiences and, um, when I do have them, have the fortunate, you know, gift of having them in my office or or talking to them on the phone they all understand clearly what they experienced. As I got older, I stopped understanding it completely and I had to be reminded. But they don't have to be.

They're still young. They know what they saw. They talk about being intuitive prior to that. They're so exactly as we come in, and I think every soul comes in, but they're not tainted, not yet you know that they can't trust it or it's crazy, or you know they're crazy. You know they're not hearing that yet, right?

0:24:36 - Julie

right. First time I was exposed to any of that with Kiss was on Oprah, probably 30 years ago, and I used to videotape her show and then I'd watch it on the tape recorder later in the day or, you know, in the evening, when I had the opportunity to do so, the VCR recorders, you know, with the tape, things that you put in yeah, yeah, yeah, I remember that.

And she had a little boy on who remembered being in a black Civil War Confederate troop squadron, whatever you call it, and he knew his name, he knew his dog tag numbers, he knew who his commanding officer was, he could tell them where they were when he was stationed certain places, different battles. This kid was three, he couldn't read, there was no way. So that exposed me to little children having these experiences and also the near death, not the near death, but the past life thing, oh yeah. And I find that little children, all of them, come in with the ability and then, about the age of maybe seven-ish, they've heard so many times oh honey, that's just your imagination, that's not really real?

That was just a dream. Or somebody saying no, no, that's not real. And their friends at that point are starting to say there ain't anybody standing there, you're just weird. And so that's why I wrote my children's book series. I've got four of them because I had so many mothers and grandmothers over the years say can you help me explain to my child what happens when a loved one dies? We'll say, honey, grammy's in heaven. And Tommy will say no, she's not. She's asleep in that box up there in the front of the room because they're at the funeral home. And then how do they know about past lives? And then also, the other thing is that they can talk to spirit and get information that is either about a loved one that his family knows he or she that child's family knows or it's about something else that they can get corroborated with historic documentation, like Edgar Allan Poe's in my room, or you know, or Beethoven, or some random spirit that adults would know, but a three-year-old or four-year-old wouldn't know that name.

0:27:04 - Susan

You know, I did some work. I went to some of Brian Weiss's past life regression things and learned from him and some of that, not personally, but in a group, and I ended up doing a past life and I gave all this information, which was so bizarre because I was talking about, you know, being in this crowd and I was killed, and this was way back before I which, and all that. And I kept saying you know, my children, tommy and Sarah, which Tommy was my brother and Sarah's my niece in this life journey, and I said they're in, they're watching, you know what's happening to me? And I and she kept saying, are you in the witch trials? And I said no, you know, I, I, I didn't feel that Right and I kept giving her my name and, um, she said, okay, you know, and I kept telling her the dates and it was right before the witch trials and it was in another place.

And I kept saying you know, this is what happened to me and my husband was really mean and my children had to say that they, I think I worked with some kind of greenery or something, and I was telling her all this information and anyway, I, when I gave her my first and last name

and my children's first last name and and she finally, she looked me up and pre-RICH trial, there was a woman who went through being killed, stoned and killed not cut off, you know how they did and or lit on fire, killed the way I said. I was killed with my name first and last, with children with that name in history. I was blown away, and where were?

0:28:46 - Julie
you Were you in.

0:28:47 - Susan
America or were you in Europe? I was in Europe and I was blown away and I couldn't find it, because when I got home I'm looking it up right I couldn't find anything on this person and I thought, no, no, no, this can't be right. And she did. It took her like a month trying to find this person because it wasn't an important moment in history. It was just what happened in the beginning of all of that and it happened to be right before that all started happening. So, anyway, I just thought that was.

0:29:18 - Julie
Europe I was getting. It was Europe and the interesting thing about all the witch trial stuff and the things that preceded that we think how barbaric. But it was the most well-educated men you know in England and Ireland and Wales and Scotland and those places, especially Germany. These guys were the pillars of society. They were the most well-educated, most affluent, all of that that were behind all of that and the same thing in America. And there are some schools of thought that it was the precursor to our Western medical model that we have now, that it was a concerted effort and I get that that's feasible, but that it was a concerted effort to squelch the natural healing, squelch the intuitive healing, the energetic healing that every culture has had since the beginning of time Wow, and that it would be more allopathic based and that they wanted everybody to all basically march to the same drumbeat with the new Western medicine as we know it. And that just blew my mind the first time I heard that.

0:30:35 - Susan
Yeah, that's kind of how I'm feeling right now.

0:30:37 - Julie
Yeah, but it's feasible.

0:30:38 - Susan
Yeah, absolutely, it makes total sense. It's the only thing that makes sense.

0:30:42 - Julie
Yeah, and every time I ask Spirit about it I get a yes that that definitely was part of the equation, with all of those.

0:30:50 - Susan
It makes sense.

0:30:51 - Julie
And it was all women. I mean, you don't know, you don't hear about men being burned at the stake, but women are natural healers. You know, we all, in every culture, that's part of our DNA is to help you.

Okay, one more question about your NDE, and then I've got lots of other areas of questions that I have put together for you. Do you think now, looking back on your four and a half almost five-year-old little self, that that was really where your journey into this woo-woo space began? That that was kind of. You were placed on the yellow brick road Susan's yellow brick road at

that time and it's led you to where you are now. I mean, certainly I can't imagine having an experience like that not, and it not having just a phenomenal impact on your life.

0:31:46 - Susan

I believe that to be true, but I have to be real and say I don't know who I would have been without it. I was too little. But I believe that to be true. I think that it was my introduction into what I would be doing later, which I had no idea I do. I mean, I'm a counselor. I work with grief and addiction. I wasn't going to be a medium, that wasn't going to be my life journey. So I think that they had that all figured out and I decided to open the door to that, because I can choose not to, obviously, but I opened the door.

0:32:21 - Julie

Do you think that the addiction therapist and the grief counselor part of you was part of your training to get to the place where you are today, to combine those methodologies with the woo-woo that you're doing now?

0:32:41 - Susan

Absolutely. Not only does it give me some clout, so people trust me more, so they're willing to come, because it just does, but I also understand the grief process, not just personally, but as studied, and I understand addiction is a huge part of grief and what's happening now in the world even more so than it ever was. It's always been there, but even more so so than it ever was. It's always been there, but even more so. Death is coming through that and loss. So, yes, I absolutely think it was something to catapult me into understanding this more. I agree.

0:33:15 - Julie

Did you ever have a situation where you communicated with spirit and you were trying to help somebody and it was just hard to connect with that person who wanted to talk to their deceased loved one, and can you tell us a little bit about an experience and then what your takeaways were from that?

0:33:40 - Susan

It's really painful when you can't connect in and and it's happened to me and I've just had to say it's just, I don't know why. I, of course, never blame the client, but I do want to say that if they're shut down or they're challenging, it's very hard for me. I don't like the challenge like, well, what was the scar on the back of their neck? And that kind of challenge, you know, or the girth mark on their knee, you know, that's really hard. The spirit decides what they're going to tell me and what's important to them to relay. But I've had people come and I just simply refund them and send them to someone else. I've actually referred people to you. They say you've got your two booked out. But I have referred people to you and I just, you know, say I'm just unable to connect in and I apologize and I take full responsibility and I let it be what it is.

But inside I have to be honest, I feel like I failed and I have to really work through that Like why couldn't I connect in? Why am I so lost in this? What am I? What's going on inside of me? I always want to blame myself instead of just, this is the way I. I wasn't meant to give them the message Someone else is meant to, and it will be more profound for them or be exactly as it needs to be for them. But the expectation is what is hard? You know, people expect us to know things that we, you know, we're having a human experience here. We can't hear everything and we're not meant to. We just know what we know and hopefully it's accurate and, and you know, most of the time it is. But we are humans having a human experience. We're not just souls having a human experience, we're humans having a soul experience. So we have to, you know, give ourselves grace. It's hard, it's painful.

0:35:17 - Julie

Well, a couple of things come to mind.

First of all, we have a colleague who said to me one time we were talking about this and he goes well, this isn't jeopardy, it's not like you know, you guess the right answer and then you come up with the question, kind of a thing To your point earlier.

It's what spirit wants us to convey to that person. And I find that sometimes, oftentimes, when somebody wants to talk to a deceased loved one, they expect them to come back with some just earth shattering comment or guidance or something like that. And they'll say something like I had a guy call into my show recently and his wife was deceased and we were talking to her on the show and she said tell him to go get some blueberries and eat them. I'm thinking, okay, that's random, but I've just done it, enough that I just trust what comes in. I said she wants you to go get some blueberries and eat them and he started crying and I'm like, oh, he said that was kind of our code word was blueberries. And he said to the point where her email address was like 23 blueberries or something at Gmail.

So I find that spirit will communicate in symbols and signs and words and phrases, things like that. Do you find the?

0:36:40 - Susan

same thing I do, and when I'm in my office I just work with my claircognizance. I just know. And I don't usually see anything coming in front of me, but every once in a while I'll see them come through the wall and look at me and I'll go oh, that's your dad. He's got a chubby face or you know, big nose or you know. And they'll go how did you know that? And it's because I can see them. But I don't use that normally because claircognizance for me is so immediate and I just try to trust that. I don't always, but I try Explain what claircognizance is, for it's a clear knowing. I just know, I just know your father's in the room, I know he likes blueberries or whatever it is. I know that he died from this, you know. And then I feel. So I always find that with my clercognizance comes clairsentience, which is feeling. I have clear feeling and they kind of come together and so that's what I utilize, because it's efficient in my office, because I only have 45 minutes, so I want to make sure I'm efficiently giving them information and I, you know, do the which most of us do is, you know, evidence, emotion, evidence is like a roller coaster evidence, emotion, evidence, emotion, evidence, emotion. Because we want to make sure that they understand they're still here. We're not just telling them oh, they loved you and so you know that's it's hard, it's not easy, and it's not easy to relax our minds enough to hear them clearly and and then to convey what that means with clarity. You know so, and I don't mean hear them with my ears, the knowing. I say hear them because I don't know how else to convey it. I just know, yeah, it's a thought in your head, yeah, yeah, yeah. And so sometimes I will hear them outside of me, but it's very brief.

When I'm in the office Now, in regular, when I'm out, just out and about, and I haven't turned that dial down and I want to feel the experience I'll look at someone and I'll start hearing their mother outside of myself, or, you know, in my head, and it's so loud, and they'll say I'm right behind him and they're eating my favorite meal and they're talking about me. But they don't know I'm here, we, you know, and I'm just thinking, oh my gosh, and I want so bad to say something. But you know, of course we don't, we don't approach people like that. It's an invasion of their, you know space, but but yeah, it's a trip to me that we have.

All of us have that ability, but we have to let go of those limiting beliefs and I have to do that every single day. You know, I don't go in and go, not, this, that's not what I do. I go in and go oh my gosh, what if they don't show up? You know what, if, what, if, what if I do the same fear-based stuff that other people do? But once I'm in there, something shifts and I just say to them suit up, show up, your loved one needs you Please. And then I just let it be and that something

just shifts in me. It's like I step into a different space and there it is. You raise your vibrational level.

0:39:40 - Julie

Yeah, yes, what you're doing, yeah, yeah, and it takes a nanosecond after you've done it for a while, and then it's just like driving a car. You don't think okay, you got to sit in a car, I got to put my seatbelt on, I got to put my foot on the brake, push the button or turn the key and, you know, put it in reverse. We just do it Right, I think, with practice and everything's like that. It's not just the talking with deceased loved ones, spirits. Do you find that there's a, there's a system that you follow? When you're talking with a deceased loved one or anybody, I always say who do you want to talk to? You know, you just think of them and they come right in. At least, that's been my experience. So what's your technique or what's your system? That?

you use when you know you just think of them and they come right in. At least that's been my experience. So what's your technique or what's your system that you use when you are working with a?

0:40:31 - Susan

client. I share a little bit about my story. And then what I do is I look to the right. I never stare at the client. I'll look back and forth, but I always stay out of their energy because that throws me to look them in the eye.

When I'm doing this, especially if I'm doing intuitive work and I'm doing, you know the mediumship I usually look to the right, kind of like a ballerina. I don't look like a ballerina, but kind of like a ballerina. I have that focus, it's my focus and it's the corner of the room and then I it just starts flowing and I'll say I feel, you know, a, a male energy that crossed from this side. You know and, and you understand, losing male energy. Yes, it's, and that's what you're here for. And this feels like a father figure. I see an umbilical cord drop, but I'm not really seeing it. I don't know how to express. I know the umbilical cord dropped, so I say I see and um, and then I just start giving them information and sometimes, you know, when they cover their mouths and go oh, how did you know that I'm going? Oh, my god, how did I know that? You know. So I'm doing what they're doing. I'm not, you know. I'm not, you know, cocky at all.

0:41:37 - Julie

I'm a human, I have a lot of humility yeah, I'm in awe and I will be the rest of my.

0:41:42 - Susan

I know that I'll never be that cocky person that goes of course I hear it, of course I see it, you know. It's just not there for me. So I'm in as much shock as they are when it makes sense. But I can feel when my fear starts building and I have to take a breath and I'll say, just give me a minute, you know, and I'll let that fear go, that limiting belief fear, and then it starts coming in again. But I'm so big on getting all this evidence, which is really hard on me. I have to remind myself you don't have to pound them for evidence, just give what they give, you know. But I feel like I have to. I have to have all this evidence because that's what I have to do, and so I put a lot of pressure on myself and so I try really hard to break that cycle and just let it be what it is. And when I do that, enough comes that they need to hear, because the spirit world knows what they need to hear. Their loved one knows Right.

0:42:42 - Julie

And when you go there and this is what I teach all my students is you've kicked yourself out of the spiritual frequency because you're in fear and spirit doesn't communicate on the I Feel Crappy channels and fear is a low vibration.

And so I was working with a client who's also a graduate of my class and we were practicing doing a past life thing with her just earlier this afternoon and she said I went to this guy, this gal and I think it was a gal and she was trying to regress me and hypnotize me. And I couldn't be hypnotized and she said she'd never had that happen with anybody else. And so I've got a big block. What's wrong with me else? And so I've got a big block. What's wrong with me? We went through it. She was right there. I said you were in fear. Spirit's not going to communicate to you. It's like being on the country music channel listening to somebody whining a song about mama, the truck and the dog when you want to be on the classical music station.

They're not broadcasting on that frequency, right, and so they understood that. You mentioned that when you're working as a medium versus an intuitive, what's the difference?

0:43:52 - Susan

Well, intuition is inside of me and mediumship is outside of me. So it's a completely different vibration for me, and I think everyone's a little bit different in that. But I know, for me, when I'm in mediumship, I'm outside of me and I can feel that vibrational energy is extremely hot and when I'm in my intuition, it's coming through into my gut and I'm knowing information from a different level of vibration, which is actually lower vibrating, but it just seems to be clear. So the guides have a lower vibrational energy for me, but it just seems to be clear. So the guides have a lower vibrational energy for me.

0:44:27 - Julie

Then that's how I know the difference. What's the difference between a guide and a deceased loved one's spirit?

0:44:32 - Susan

Well, a deceased loved one's spirit is familiarity. They feel completely different. So a guide is plus, you know. A guide comes in and they want to boss you around a little bit. At least that's my experience. You know why did you do that? Why did you do this when a loved one, if they could boss us around and control what we're doing, they'll show me they were that way here. But if they could fix it there, I would never learn anything, because they would fix everything, because they love me, they would fix everything. So I know that I can feel the difference of someone that's actually guiding me and telling me what I need to do or what they need to do. And a loved one, you know, obviously doesn't have that power. And if again, if they did, we'd be in big trouble because we learn from our pain and our the doors that we choose to open, our free will.

0:45:15 - Julie

Can anybody get in touch with their guides and their deceased loved?

0:45:18 - Susan

ones, Absolutely. You know that they can. You know it's, it's right there for them, it's a matter of how do you?

suggest they do that. Get rid of your limiting beliefs. One number one, most important and be present. Be present. So when my students come to my class, the first question I ask them is what color were the flowers you passed when you came into the room? Their jaw drops. Not one of them has ever been able to tell me their first class what color the flowers were, but there's a whole row of them always right there. When they walk up to my door, right below my door, and I tell them life's in session, you're not present. How will you know that they're there if you're not present? You're not present enough to even know that you walk past flowers. So I tell people you know life's in session, be present, be where your feet are and you'll experience the energy around you.

Once you experience that, you let go of your limiting beliefs. So I have these three A's I use, it's awareness, acceptance and action. And I say to them you become aware, something's changed in the room. Your hair stands on end, you feel a chill. You aware something's changed in the room. Your hair stands on end, you feel a chill. You know you're present, you become aware, they become aware, you're aware, and then you accept right, you go. Okay, something has changed. I feel like somebody's here, I can feel it, and they become aware again that you're accepting that they might be there.

And then the actions letting go of limiting beliefs and the trust. And once they realize you've trusted, they're there. Maybe that time wasn't what they said to you, but then they've said they are trusting that I'm going to come by talking through their head. I'm going to come now by talking through their head, so you can't be wrong, because now they're going to visit you that way. So those are the three A's I teach when I teach, and I take them, of course, much further into each individual A, but it really helped me be aware of the existence of them as being present in the.

Moment.

0:47:18 - Julie

Is that what you teach to clients and students who say I've lost my whomever husband, wife, mother, child and I just don't feel them. I can't hear them, I can't see them, they haven't visited me. What's wrong with me?

0:47:38 - Susan

Part of what I teach, but I also help them understand that. But I also help them understand that grief is the lowest of vibration, like anger and hate, and I kind of compare it to the sloth, the hummingbird and the butterfly. So what I say to them is you're the sloth when you're in grief, and I love sloths, they're precious, but they're very slow moving. And I may be the butterfly, okay. So I'm a little closer to that hummingbird energy which is the highest vibration, and I said so.

I want you to picture that sloth. By the time the sloth has got the movement, it's so slow in movement and vibration. By the time it looks for the energy it's feeling, it's gone to a million different places and it's now moved out of the way. And so that's why. So you're in that deep grief, and the reason that I see it is because maybe I'm the butterfly, I'm not in that deepest, lowest vibration, I'm in a middle vibration, the in between, and so I can sense them quicker and give you the information quicker, and that's the only difference. As they move through that grief, their loved ones can reach them easier, and then they have to get to the three A's.

0:48:45 - Julie

Right, and I also suggest that they ask their loved one to visit them in their dreams, because it's been my experience and I'd love to hear your take on this that we all our frequency resets every night when we sleep and it goes back to the factory preset level, which is spirit, just automatically when we sleep, and so oftentimes it's easier for spirit to come communicate with their loved ones when they're asleep. Absolutely.

They're not in that low vibration of grief and they can communicate on the high vibe that they've reset back to have you found that to be the case as well.

0:49:23 - Susan

Absolutely 100%. I love the way you put that that we reset. Also, when we are awakened, at usually very particular times, when our loved ones are trying to wake us or anyone for that matter, when we are awakened and we are not quite in the space of our brain, we're still in that ethereal type space of dreams et cetera, and they are able to show us they're there. So I tell

people you know, if you're woke up at 3.30 in the morning and you're not completely in your head and you look around the room and you'll normally see something and feel and experience something, because you're at a different vibrational frequency, at that point You're not in that head space which is so low vibrating. Also, our brains we need them to function here, but they're still low vibrating.

0:50:18 - Julie

Clark Strand is a buddy of mine, he and his wife Perdita Finn, and they're both fabulous. And Clark's been on the show a couple of times and he calls three to five the hour of God and he says that's when spirits show up. That's when I've heard, the veil is the thinnest. You know, for whatever reason I haven't heard an explanation of that, but that I think that goes along with what you've just mentioned as well.

0:50:50 - Susan

Absolutely, and Christ died at 33. Both my brothers were 33 when they committed suicide. So you know, I think 33 has some powerful significance, you know, if we think about it. So, from that time to our wake time, there seems to be this ethereal thing going on, and I think it has. You know. And I say that, you know, for those who don't believe in Jesus or whatever, that's fine, you know, but I'm just letting, when you look back in history, you're going to see a lot of that. You know those numbers 33 to you know, 530.

And then you30, it just seems to be a very impactful time for death or crossing over, whichever we choose to call it. There's no real death, but it's our human words. But I think that there is significance to that. It has significance and I do believe we are in the most ethereal space at that time, regardless of where we are in the universe. Because you know, people say to me well, I'm in a different time zone, so 3.33 for me is not 3.33 for you, and I go, but you're in yours, you know, and they know right where you are.

0:51:58 - Julie

Yeah, I get downloads. I get I call them divine downloads. I'll get divine downloads like five-ish 5.30 in the morning, before I'm completely awake. I've gotten whole business plans downloaded Do this, this, this, this and it's just concise and accurate and I follow it and it works. It's really fascinating. Or if there's something that I need to do that I've forgotten to do the day before, I'll get that thought at 5.30 or 6 in the morning. Like I remember you sent the email to whomever, which is fascinating because that's guidance as well. Yeah, because there's something going on with that.

0:52:37 - Susan

That happens to me. You know part of the path 1.11. Oh, in the mornings, almost inevitably, I'll send a text to someone, because I know they turn their phone, because I tell them listen, I do it at night, okay, and I'll look at the text it's 111 and they'll. They'll actually text back to me normally, especially my, my manager. She'll text back to me and go it's 111, she's got the picture. You know she, how do you? How do you know it's 111? I didn't know. You know, I just picked up my phone and started texting, but I did that with my book that you know, between 3.30 and 5.30 in the morning I would wake up and I would have this download of what I needed to say next, yeah, not necessarily how to say it, but definitely what I needed to say and how that was going to fit.

0:53:21 - Julie

Yeah, well, that's that hour of God thing that Clark Strand talks about. The other thing, 111,. You add them all together it equals three, and in the Bible three is divine perfection, because the Bible numbers are all part of the oral tradition to keep the stories somewhat uniform, without the telephone game being played, you know okay. Well, I heard the skunk cross the

road. Well, I heard the skunk cross the road, but the skunk then skipped when he got on the other side of the road and then the next person's going well.

I heard that the skunk skipped before he crossed the road and then he skipped also. You know that whole telephone game thing. So I find that the Bible numbers are really interesting. And another interesting point is I was introduced to those by a priest who was an Indian fellow and his real name, his real first name, was Joy. We called him Father Joy and that was his name that he was given when he was born by his family and he taught me about the Bible numbers. He gave a lecture on it one time and I was like what? And he was talking about numerology and Bible numbers and stuff during mass from the pulpit.

0:54:34 - Susan

I could just see you now you're going through your Bible going. Let me see, I'm going to check this out.

0:54:37 - Julie

I mean I would I would have to have afterwards and I said I need that slide.

0:54:41 - Susan

And you email it to me, that's even brighter.

0:54:44 - Julie

Yeah, yeah, you know, let's cut to the chase.

0:54:47 - Susan

I want to get the bottom line here Wow, wow, yeah, yeah, I never knew that. I thought that was interesting.

0:54:52 - Julie

Yeah, you teach people to love themselves into being enough. You help people figure out how to do that. What does that mean? Figure out how?

0:55:02 - Susan

to do that. What does that mean? Wow, those are actually my words. I'm stunned. No one's asked me that. I really believe you mentioned it during your NDE earlier.

0:55:13 - Julie

Oh did I? Yeah, that the angels told you that you had a feeling. Oh yeah, when you were getting weepy, that you had the feeling that, okay, I'm enough, I'm whole, I'm pure love.

0:55:25 - Susan

So yeah, say more about that. Well, I really believe that our bottom line, end of day soul path not our life path, but our soul path, our life path gets us there somewhat is self-love and that's always been my belief and it's the hardest thing we do and to empower ourselves to feel that our love for ourselves is more important than others. Love for us, you know, like if you love me, I'm okay, kind of thing, and knowing that I'm okay regardless of what you think of me. So that empowerment of love and I don't always feel it, but I work very hard at feeling it I do my best to have self-love because I know that the more I step into that, the more I'm reaching my soul journey, my soul path, which is my personal empowerment of who I am.

So when I teach people, I start out by telling them every morning you should be waking up, calling your guides in, asking them to join you on your day. And then your next step is to look at yourself in the mirror and say I'm lovable, I'm capable, I'm worthy, I'm enough. And then when you go to bed at night, after making things go wrong or not doing it right, reevaluate your

day and then say I'm lovable. And if you do that enough times, you begin to love yourself Not, oh God, my skin is wrinkling and look at the. You know my jaw's dropping and all the things that we do. And internally, I made a mistake and now they're going to hate me. It's not about them, it's about what we feel for ourselves, it's about us. It's about what we feel for ourselves. It's about us, and so I teach people how to empower themselves through their own personal empowerment not yours, not his, not she, hers, not my husband's, not anyone else's my own personal empowerment to feel a sense of who I am and then evaluate anything that I've said. Contrary to that, because I can all day long if I took a check on every that I've said. Contrary to that, because I can all day long if I took a check on every time I've said oh, my hair looks like crap and you know I shouldn't talk like that. Now, I talk too much and you know all these things I do. And I actually, with my students, I have them carry around a pad and every time they have a negative thought about themselves, I have them put a check. And when they come back in, they go I couldn't keep up. Yeah, I couldn't keep up. We're our worst critics.

Yes, so learning to you know reverse, that is, by doing the opposite, right, that's the reverse. And that's to tell ourselves we are and then to believe that, to seat in that knowledge that our soul is the divine, bind to the divine. And they created us. I tell them, if you take a leaf and put it in your hand, it's just a leaf, but when you hold it up and look in the light, you're going to see vines. That's your soul connected to the divine. That's your lifeblood.

Talk to your soul. Your soul can never be damaged. It can feel the wounds, it can feel it when somebody harms us, but it is never damaged. It is divinely connected. And if you recognize that, you always have somewhere to go. And so they say well, yeah, but this and that and I go. But let's think about it for a minute If your soul was damaged and my soul was damaged, where would we go to heal? There'd be nowhere to go. There'd be no inside job, right, there'd be nowhere to go internally. So knowing that is very empowering. And if you know that it's the lifeblood to the divine and it's constantly pulsating and reaching you, you know that you are enough because they created you. How can you not be?

So, now you've got to get out of your head and remind yourself continuously that you are connected to the divine.

0:59:14 - Julie

The best piece of advice I heard about this ever in my whole life. I heard not too long ago, and it was from Coach Nick Saban, who just retired as the head football coach at Alabama. He's the winningest football coach in all of college football history and I live in Birmingham. You know a big college town, and so he was saying that his players got so upset when they'd read snarky comments on social media. And he said let me tell you something, guys, look the person that's putting that snarky comment on Twitter or Instagram or whatever. They're sitting in their mother's house in her basement with just in their underwear. They don't have a job. They probably haven't had a shower in weeks or months. You know they're just like to your point a sloth weeks or months. You know they're just like to your point a sloth and they are not worth your time and energy reading what they're saying about you. If it's derogatory Right, it has way more to do about them than it does about you. And I thought cut to the chase, coach.

1:00:17 - Susan

Great, and that's so true. You know, I say people do what they do because of who they are, and how you respond decides who you are.

1:00:26 - Julie

Right, right, couple extra areas I want to cover in some last questions for you here. You use hypnotherapy to do past life regressions. What's the bonus of that kind of an experience for somebody?

1:00:43 - Susan

Well, first of all, I really think that everyone should be a licensed hypnotherapist to do this. I do, and it's just my belief system, and so I worked very hard to gain that license to do that. I think it could, because it is a tender area. This is why, when we go back in history and bring forward our experience, we usually understand why we are the way we are, why we do the way we do things, why we fear certain things. All of those things are coming from that hypnotic state of being in our subconscious mind, bringing it to the conscious mind, and it is the most healing of mechanisms.

When I understand something, I'm present with changing it. It's when I say I don't know why. I don't know why. So what I tell people is, if you can let go of the why, when you're doing a past life regression and get into the how and what what occurred, how did I handle it, how do I want to handle it now? That's how you're going to heal and move forward with the past life regression. So if you are afraid of water, the why comes to you through that regression. Now we're going to let go of the why, what are you going to do different and how are you going to do it? Because now you have the knowledge of the why. So that's what it's for.

1:02:04 - Julie

I agree, I had a buddy hypnotize me on the show a couple of weeks ago and we he, I guess our question was where did the healing stuff come from? With me. And he went to a planet 500 billion light years away and did all of that. I mean, it wasn't a problem question, it was a where did this originate, kind of a thing. It was wild. I was totally coherent. I'd never been hypnotized before and I completely trust him Simon Bowne is his name and it was fascinating. It was really interesting and I can do that in a nanosecond for myself. I don't have to be hypnotized to do it. But the other thing I do, what's called past life scans, where I'll see myself in this endless hallway. I'm not hypnotizing anybody, it's getting information. I'll see myself in this endless hallway, very narrow walls, very tall ceiling, and on the walls are these 12 inch by 12 inch square mirrors. Each mirror represents a different lifetime.

So we'll ask a question and then the mirrors that correlate with that question will come out from the wall as if they're on a hydraulic arm, and then I'll say, show me the one that correlates the most with this person's current life, and that one will come out the farthest. And then it's like I'm jumping into the scene. It's like I'm walking into a movie scene. Reminds me of Mary Poppins in the sidewalk scene when she and Bert and the kids jump into the cartoon or the chalk illustration. And then I'll be given where it was when it was a little bit about what happened and we'll correlate it with what's happening in their current life. It's fascinating how they go together.

1:03:52 - Susan

I have never heard anyone say I, you know, sometimes when I'm doing PLRs, I will be there with them. I can, I'm there with them, and I don't ever hear people talk about that, so I don't talk about it. You know, I'll tell the client. You know, I saw this and I saw that. Did you feel that? Did you sense that? Did you see it? Oh, yes, I did. How did you see it? I was there with you and but I've never heard anyone else say that. So it's so affirming to hear you say that, that you can actually, because I do feel that way.

1:04:24 - Julie

Well, and then we, to your point, we can figure out, okay, what's affecting this lifetime that happened in a past lifetime that's not really prevalent, other than the main script of what it is we're exploring. And I like to use the analogy of Hamlet. You know Hamlet's been performed who knows how many times since Shakespeare wrote it in 1602. Well, every time it was performed it was a different perspective, different time, different place, what was happening in the world, what language, you know where, all that kind of all those different variables. Same script, different perspective. And that's what I see with past lives. We're exploring this same or

a similar script, basic script. You want to be a teacher? Okay, how are we looking at it from this perspective? It's fascinating.

I think the past life thing is really of it's fascinating. I think the past life thing is really for lack of a better description, it's like a. It's something that hasn't really been utilized that much, I know. You know it's an amazing tool. It is To help us understand why we behave the way that we do and when we're afraid of something like flying.

Or I got a guy who was afraid to fly and we got that he in the past life. When I did a scan on him, I got that he was like a Pythagoras, you know the Greek god that flew too close to the sun and his wings melted. Wow, this guy had grown up in Greece and it was ancient Greece and he'd heard that story his whole life, growing up with all the other mythology that was taught, and we were able to connect that with him being afraid to fly in this lifetime. I said I promise you the wings won't melt if you get too close to the sun, because the plane's not going to get, you know, over 30 or 40,000 feet and the sun's way farther up than that.

1:06:27 - Susan

But yeah, it's fascinating that past life says Well, and I think people have an expectation of what hypnotic state is. So you know, I tell them when they come in. You know, when you drive in a car and you're at point A and then you pull into your driveway, which is point B or let's say it's C, you don't remember any of the turns, you don't remember how you got there, you don't, but you got there safely and you know you drove and you know what you're doing. That's a hypnotic state. So they have this expectation of coming in and being like gone. That's a great analogy.

1:07:00 - Julie

Yeah, I'm going to steal that one. I'm going to poach that one, please do. Yeah, that's great. A couple last questions as we're winding down here. I could talk to you for hours. Can homes, buildings, rooms, even furniture, carry unwanted energy?

1:07:16 - Susan

I think there's an imprint. I believe in imprint. I do not believe in evil spirit. I have to be honest, I'm the same way. Oh, I'm glad to hear that. I have a real struggle with that. And you know, spirit is love. It's too contradictory to me. It makes no sense. It's kind of you know I do want to add this in there it's kind of like when people have a near-death experience of hell and I say to them well, let's talk through this.

So you lived your life pretty much like hell, doing drugs. You know, motorcycle gang probably did things. You know you had all these experiences right. And I will tell you, 99.999% of them have not been happy with how they lived their life, what they did. Maybe they beat their wives up. I mean, there's different things.

And I say and then you get to the other side and they've tried everything to get you to change. They've given you every door to open and you still did the same behaviors. Now they're going to show you the hell that you've lived and you're going to experience a change. Don't think for a moment they don't know that you're coming back and that you will make a complete metamorphosis because of it. Don't think for a moment. They don't know that and they go. What you know, you can see it on their face. They just go.

Oh my God, that makes total sense. So I'm not going to hell and I go. You created your own and now they've taught you through it. And look at how different you are. You're a good person, you do good things, you don't hit your wife, you don't do drugs, and they just go. Oh my God, I understand.

So you know to your point of you know, spirit is love and so, no, I don't believe there's evil spirits, I don't believe they're coming to get us. And, by the way, I like to tell my clients and my students they wouldn't just come in and say boo, you'd be flying through windows, you'd be flipping around, you'd be, you know everything that they had the power to do if they were powerful, if they actually were that powerful and if they existed, you wouldn't just be told boo, and they go. Oh, that's true, I wouldn't be sitting here with you, would I? No, you would not. Evil is evil. I say evil's in the minds of mankind and we create that fear base. So, yeah, so I don't believe in that either.

So I'm so happy to hear you, Joan, either. I mean, like there's just this TV and you know the way that people perceive things, but I do believe in imprints and it's an energetic flow, because we are energy. So there's an energetic flow that does stay and remain. I mean, if I'm holding a knife in my hand that someone has killed 50 people with, I'm going to feel the energy of that. I am going to feel it, but that doesn't mean the knife's going to rise up with evil behind it and kill me. It simply means I'm filling me in friends.

1:10:04 - Julie

I agree A couple of points. I've heard from spirit so many times that I've lost count that things that are horrific in our life and we need to have that. We need to have the right, wrong, good, bad. You know to have the duality of the human experience. But I've heard so many times from spirit and I'd love to hear your take on this that there's no right or wrong, there's no good or bad in heaven. It's all just an experience.

And so when we're going through something horrific, our loved ones are in heaven and our spirit guides and our angels are going oh cool, wonder how Susan's going to deal with that. What's she going to create out of that? How's she going to get out of this? What's going to happen next? And they're watching us create and they're excited to see how it happens. And then, when we get back to heaven, we can review all that and say, oh, that's why that happened. I was telling a client earlier today who was talking about a relative who was like the bitch from hell, and she was going on and on. I said look, when you're both back in heaven, she's playing a role for you in this lifetime. I said, when you're in heaven, you can hand her an academy award and say man, you, girl, you get the bitch from hell award you know great performance, you were just wonderful at it.

And when we can remember that, it helps, I think, lessen the charge that we get when somebody mistreats us. Absolutely, it's their stuff. It doesn't usually have much, if anything, to do with us. It has to do with them. As far as things holding energy items.

One of my dear friends, Nina, who's 92, I, was in her house a few years ago and she had this little stool. It was this little wooden stool and it felt icky to me and I don't normally have my radar turned on. I mean I'm just like regular Julie Ryan during the day and in the evenings, unless I turn it on. I said tell me about that stool. She, I mean I'm just like regular Julie Ryan during the day and in the evenings, unless I turn it on. I said I said tell me about that stool. She goes, oh, I just bought it at the, at the whatever antique store, and she said my son has the other one. There are two of them and they were casket holders when people used to be you know, when they used to be waked in the home, you know their casket stools.

And I'm saying, why would you have that in your house? And she said, well, I just thought it was kind of cute, I thought it was a cool, a cool, you know, conversation piece and I just thought it was interesting. And I said, yeah, but think of all the energy that it's storing, of all the grief of people whose loved ones laid on those stools in their caskets. So of course I cleared it out for her, and then she had me go to her son's house to clear his out too. Unfortunately he just lived down the street, so we did that too. But yeah, it's fascinating to me how objects can hold energy. Absolutely. How do?

you clear that when you're clearing energy out of an object.

1:13:07 - Susan

I usually just ask the spirit world to take control here. And I do some of the Reiki movements that I do when I'm clearing energy inside of people, because I'm a Reiki career, reiki master, and so I, you know, I do my thing, my thing, and it just feels that setting the intention is the most powerful part. You know, I set the intention that energy is leaving and it's unnecessary, we don't need it anymore, it's not doing anything here to help us and so it's time for it to go. But you know to your point previously about, you know, um, having the bitch from the bitch from hell and what's Susan going to do, I agree with that 100%. You know, and I always tell people we have doors in front of us.

The spirit puts in front of us that's our free will. So you might have the free will or the contract to be married, who you marry, how long you marry, the kind of marriage you have, et cetera, et cetera. It's free will and there's doors that we choose and that's how we grow and learn and they go, yeah, but I don't know what's behind it and I said it doesn't matter, it's a door, open it, open it, no-transcript, and those walls, and so we can destroy things by, you know, beating our heads against the wall and having everyone join us and it's like, okay, stop, you know it's not working because it's not meant to, and just shift a little bit. It doesn't mean you run from it, it will chase you, so just shift a little bit.

1:14:46 - Julie

Right, right. Last question why do we incarnate?

1:14:51 - Susan

Because we can never do it all in one lifetime. Anyone who has the ego to think that they could do everything and learn everything in one lifetime has got the ego that I wouldn't be able to carry on my shoulders. I just really believe that it is. Everything about us is about learning more and more and more. We are to expand and grow. We are here for soul growth and expansion, not soul damage. Soul growth and expansion. And through pain and joy we learn. And pain is my greatest motivator to change. So it's my greatest lesson, you know. So you know the more pain I go through, the more I learn.

1:15:27 - Julie

I agree, what a delightful, brilliant, kind, knowledgeable, wonderful woman you are. Thank you, and I've thoroughly enjoyed our conversation. We'll have to have you back because I got more. I got more questions for you, I would love. How can people?

1:15:45 - Susan

learn more about you and your work, susangrauw.com, and they can go there and learn about what I do. I actually have all the explanations of all the things that I offer. And also they can go to social media, susan Grau Official in any social media. I would suggest they get the book, because that'll tell them more about themselves than me, which is probably the most important part of this. So tell them about the book and hold it up.

So everybody that's watching can see it, please. It's Infinite Life. Can you see that? Infinite Life, infinite Lessons, wisdom from the Spirit World on Living, dying and the In-Between. Look, I'll detach it right here because I hold it up so much. And it's you know.

It talks all about everything we just talked about. It starts out with, you know, your baby's in the freezer. Those are the words my mother heard. And then it goes through that story. It's the light within the darkness, I call it. And then the room of heart's desires and living among the dead, which is just walking with them in my life. And she talks about how to understand the

difference between fear and intuition. And it has exercises for everything, including mediumship, intuition, learning to expand yourself. Every chapter has exercises and integration moments that you can utilize to grow and expand. So it's very powerful.

I know Spirit wrote it because I heard you need to write a book and I said are you crazy? I'm not an author, I don't write. And Hay House says to me now you do, now you are, now you know, and I think, wow, that's really something. It's really surprising to me. It's very humbling, but it's a fantastic book. It helps you grow in this area and so many others? How do you get through grief? It's all in there. You know I've touched every area I could think of that could help and shared my story of loss and what happened to me and what happened on the other side.

1:17:37 - Julie

Wonderful, and I kind of find out did you ever learn if it was those stinky boys that shut the freezer door and then shut the garage door and left you in there? Yes, wives, was it your brothers and their friends, or who was it?

1:17:52 - Susan

No, they were boys that I played with. My mother was in the belief system that you go out, no matter how old you are, and you play until the streetlights come on. Unfortunately, that created, which you'll read in my books, I might as well just say it. I was trafficked in my neighborhood and along with many other children, and I didn't know that I, you know that was wrong. I didn't understand that, so you know that was a learning lesson for me, and so I was out playing with the boys you know and being groomed in other areas, and so I didn't know that. You know I shouldn't be letting you know. Boys that were mean to me tell me to go into a freezer. I didn't know not to do that and so I did what I was told. They were told me what to do and I did it. Goodness, wow, I don't think they recognized.

1:18:39 - Julie

They were told me what to do and I did it. Goodness Wow.

1:18:40 - Susan

I don't think they recognized that it could kill me, but they certainly were having fun terrorizing me. That same little boy locked me in a bathroom and turned the light out and held the door so I couldn't get out after that experience. And so we had kindergarten, first grade, second grade, and he did that to me again and I lived. You know, I was in that room thinking I was back where, I was Very frightening. But you know he was just a mean little boy. I'm sure he grew up to be a sociopath. You know I worked with sociopaths. He had those traits so I would say he probably did.

1:19:14 - Julie

Well, and what was he going through in his home too? Yeah, that makes me wonder that too.

1:19:19 - Susan

He had a very unhealthy older brother.

1:19:20 - Julie

So, yeah, yeah, we'll continue that conversation another time, everybody. That's it for today, sending you lots of love from Sweet Home, Alabama, and from Southern California too, where Susan is. We'll see you next time.

1:19:34 - Anncr

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.com.

1:19:51 - Disclaimer

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