

## AJR - Alysa Ruston - Transcript

00:00 - Anncr (Announcement)

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.

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 Alyssa Rushton with us on the show today. Alyssa survived a near-death experience and brought back healing tools from heaven. Now you know I love talking about healing frequencies, so I'm eager to hear what she has to say. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Alyssa. Alyssa, I am so thrilled to have you on the show today. Thanks for taking the time to join us from Hawaii. My gosh, look at you. You're just like hula girl out there in Hawaii.

01:30 - Alysa

Oh my gosh, Julie, thank you so much. I'm so excited to just hang out with you and your beautiful audience today. You know your audience is so amazing. I love looking at the comments and just feeling the energy of everybody who's here. So thank you so much for having me on the show today.

01:48 - Julie

Oh my honor Girl, you had an NDE. Tell us what happened. Where do you want me to start? I just want you to tell us whatever you're led to tell us.

02:00 - Alysa

Okay, well, I think I'll give you a little bit of background rather than just starting out with the experience itself, because it didn't come out of nowhere. I was working at corporate and I was in what I call the gray cubicle of death. In what industry? In the cell phone industry. And so I was there in the gray cubicle of death, working my way up the corporate ladder and I had had a series of traumatic events that I decided to deal with by overworking, and I was a two pack a day smoker at the time and I would also have a nice bottle of Cabernet every day and kind of fueled my body off the free coffee at Corporate America that they give you in the vending machines. We worked for quite the place where you had a lot of free, you know, things to fuel your body, so to speak. And that really led me down a dark path of autoimmunity and I ended up getting diagnosed with MS, rheumatoid arthritis, celiac fibromyalgia, lyme disease, and I mean just every disease you could think of, autoimmune and bug wise and virus wise. I had it, and so I ended up just getting sicker and sicker and sicker, and at the time I had no idea that what I put into my body had any effect on anything. I had no idea about stress levels.

03:37

I was in my early 20s and I guess my my mid 20s, and I went down the path of Western medicine and I got all the diagnoses and the medication started to pile up and pretty soon before you knew it I was on 28 different medications, including fentanyl. They put me on fentanyl suckers that they give to only people who are going to die because they can kill you. As you may have heard from the literature on the streets today, right, one dose of fentanyl can

kill you and in fact in my house I ended up having to leave corporate America and be on, basically you know, government assistance for my medical care and social security and all that. And I got with this doctor and in my house were these placards everywhere for my caregivers to say don't touch these suckers because it could kill the caregiver.

04:36 - Julie

And that's how-? Well, why did they give you fentanyl suckers? I never heard such thing. Was it for pain? It was, it was for pain.

04:43 - Alysa

I was in extraordinary amount of pain and, by the way, let me also say that physical pain is so much easier for your body to express versus dealing with emotional pain, which is what I think was at the core of it for me and my body was like, look, we're in pain, You're not going to deal with it emotionally, so we're going to bring it out physically. And because I went down this Western medication track, it just really got amplified and bigger and finally I went down the path of this doctor who basically said we're going to use chemotherapy on you, a chemotherapy type situation where I had a PICC line installed and I would go every day and infuse in the hospital. And I was married at the time and my ex-husband will tell you I was riding the line between life and death a lot of the days because it was so much medication.

05:41 - Julie

Goodness. So explain what a PICC line is to everybody. I know what it is, but explain oh thank you.

05:47 - Alysa

So a PICC line is where they install a tube. It can be a port in your chest or in your arm and it basically takes medication directly to your heart so that you don't have to get stuck with a needle every day. And the chemicals that they use to infuse the body whether it's chemotherapy, regular chemotherapy or the type of chemotherapy I was having can burn through your veins. So they have to pick a bigger vein and all that stuff because it can really disintegrate your body and the goal is to kill everything in the body, like kill everything that you can destroy. And so you know I just gone on that track because I didn't know, oh, I could hire a nutritionist. I didn't know I could quit smoking. I didn't know I could quit drinking. So all of that to share with you where I really was at.

06:37

I was 240 pounds, I used a walker to get around, I had to wear diapers. I mean I was really. I was just really in a state where I don't really think I was expected to live. Most people in my life were not expecting me to live because I was going downhill so fast. So one day this medication cocktail was too much for me and I ended up not feeling good. It was nighttime and I went into the bathroom, where you go when you don't feel good and I woke up on the other side and my physical body was dead on the toilet. But I completely released the body and went up into this amazing feeling of to say it was bliss is such a limited word. To say it was love beyond what you've ever known is so, so limited. We don't have language for it, for what I felt, and I always say it's the most physical thing I've ever done without a body.

07:51 - Julie

What do you mean by that? Say more about that.

07:56 - Alysa

Because I felt these incredible sensations. It was like a feeling of expansion. If you know, ladies, if you've ever worn a really tight spandex, something, or you know, shape, body shaping. It's like taking that off times a billion. It just felt expansive and free and I could stretch in any direction, although when I am moving my arms, I didn't have arms, there was no arms to

stretch. It was stretching pure light, pure consciousness, in any and all directions all at once and it was incredible.

08:39 - Julie

It felt amazing and I felt so filled with love and peace and joy and like ecstasy really Did you see a hologram of yourself in your mind's eye, of your body, or were you just kind of like a blob of energy?

08:57 - Alysa

Yeah, I was a blob of energy. I was complete blobbing energy. I was complete blobbing. Okay, yes, and so I have purposefully not listened to a lot of near-death experiencers. However, I am speaking at this year's IONS Conference International Association of Near-Death Survivors and so you can't help but pick up stories.

09:22

I understand that I am a narrow-dust survivor who didn't see my body on the ground. I didn't see myself in the bathroom, or at least I don't have a memory of that. I have very strong memories of just being out of the body and then moving, like feeling I was going up, up, up, up, up, up up. Now also, I don't have any dead relatives. There's nobody for me on the other side, so I also didn't have the whole group of family waiting for me. Instead, mine was more cosmic.

09:55

But I tend to also believe that the death experience is designed just for you. It's literally designed just for your beliefs, so that it'll feel real supportive and real nourishing and not be scary in any way is what I think. And so I was going up, up, up, up up and I knew that I was merging with divine consciousness or God consciousness or universal consciousness, and I could see all of these circle type things and it was individuated experiences. So I could see Julie's experience and the flowers behind you's experience and the painting behind you's experience, and the rocks experience and Joe down the streets experience I think billions and billions and billions and billions and billions of experiences and I was getting all of that feedback into my system all at once and I could also choose to stretch my consciousness into really fully being in that experience as many of those as I wanted all at once. So it was literally like I had merged with God consciousness and I completely was no longer Alyssa.

11:20 - Julie

Do you think that those blobs of other people's experiences even plants, probably, and animals and things like that do you think that those blobs of other people's experiences even plants, probably, and animals and things like that do you think that you were merging with or melding with universal consciousness? Some people call that Akashic Records. That's the hit that I'm getting when you're talking about it, when I've heard from spirit a kabillion times. Once you're in pure spirit form, you have access to anything and everything. You have access to anything that's happened, anything that's currently happening, anything that's you know that's gonna happen within reason, because things are created in human form and they're able to perceive it in spirit form. Did you get that same sense, or were you just in such awe that you were like what the heck is this? I don't. I can't even explain it.

12:13 - Alysa

No, I felt 100% that I was no longer Alyssa, identification as Alyssa in a body, that I was back to one consciousness, that is all things. And, by the way, it was off planet stuff too. It wasn't just earth, it was, you know, the whole entire Milky Way galaxy, and I also got the sense that there was a consciousness that was even larger, bigger than that. Does that make sense? So, like, even though I was getting our whole Milky Way, I felt like, oh, there's more to go. So, yeah, it was incredible and amazing and completely no more identification as Alyssa and the body. And at some point I saw this beautiful sphere and it looked a lot like Earth and I thought, oh, let

me go check. That Looks really great. So I took all of my consciousness and just sort of dove into that and I popped back into Alyssa consciousness.

13:22

So now I went from universal consciousness back to Alyssa consciousness and I'm sort of wandering around the streets and I think, oh, I should check in on my ex-boyfriend from when I was 14. So I think of him and instantly I'm transported to his house and I'm seeing him there and he's kind of outside. He's smoking cigarettes and drinking a beer. And then I thought, oh, I, oh, I should look on this other boyfriend that I had, and so I instantly popped to him and this world was exactly like hers. I couldn't interact with anybody and I thought that was weird. At the time I thought, oh, this, so to your question. That's where I started thinking, oh, this is weird, why can't I talk to anybody? This is funny, but I feel good here, I feel really good and it feels, you know, nice, and I, the whole entire earth, was this olive color, like an army green kind of a tinge to it, and I didn't find out until, you know, after I came back. I didn't find out until five years later.

14:25

I read a book by Savannah Arienta and I'm reading this description of what happens to people who either commit suicide or die of drug overdoses, and it was the exact scene, basically the exact coloring, that I went to, and it's basically folks that get stuck after they pass in the astral plane and don't necessarily move on to something more.

14:53

It's a healing space for them. So I'm stuck in this healing space and all of a sudden, a group consciousness comes to me and says hey, you know, you can stay here, it's going to be a very healing space for you, but you cannot come back into the Elissa body. If you going to be a very healing space for you, but you cannot come back into the Alyssa body. If you want to come back into the Alyssa body, it'll be very tough, it'll be the hardest thing you've ever done, but it will be worth it. And I just thought, yes, I want to go. And as soon as I thought yes, I want to go, Julie, it was as if somebody dropped me off a thousand story building and just slammed me into my body and I just felt like this, you know, and I wake up with it and there's EMTs all around me and I'm in the bathroom and I'm back.

15:39 - Julie

So did your husband call the ambulance? You know the EMTs and the ambulance and all of that. And it's interesting to me that, out of all the people you could go visit when you're flying back to earth, that you're picking two old boyfriends from when you were a kid what's up with that? Because you felt the most loved by them, or the most whole, or what do you? Have you analyzed that at all?

16:05 - Alysa

I sure have. I think that those two folks were addicts oh, and I was too.

16:14

I see, and so I think and, by the way, this is my current theory on why addiction tends to get worse is because we do have unseen forces all around us all the time, and when we're addicted to a substance it opens up those channels. For you know, on the other side I was going to be the entity kind of sucking off their energy field to feel better and heal myself. Does that make any sense? So I think that that's probably why I don't think it's because I felt the most loved. I think it was just because I knew that that energy was going to help me heal somehow on the other side.

16:55 - Julie

By being able to be in an observer position to watch what they were doing. To watch what they were doing. Yeah, that's what I'm getting is that you were gonna watch them and see how their lives were going and then compare that with what your experience had been, so kind of like talking about an NDE when you're in a group with other people who have experienced NDEs. There will be commonalities and there will be differences, but it's all in the same mindset and everybody learns from hearing everybody else's story. Yeah, that makes sense. Yeah, okay, yeah, all right, so go ahead.

17:42 - Alysa

Yeah, so then you know. Then it kind of wraps up and I'm back, although I completely did not know who I was. Then they asked me you know they're asking me standard questions what's your birthday, what's your address? I had no idea. And they get to the pinnacle question and they said, well, what's your name? And I had enough awareness to realize the tone and feeling in the room's changing. You know, as I don't know my name and I my husband the only reason why I didn't fall off the toilet, by the way, is because there was a wall right here and I was slumped up against it and so my husband's, kneeling down beside me and I my whole left side of my face was not back to life yet. So it appeared as if I had had a stroke, and so I slurred to him and I said honey, what's your name? And he said it's Alyssa baby. And so I looked back at the EMTs and I said it's Alyssa baby, baby. Oh geez. So that's where I was when I came back.

18:53

And then that was after the first dose of Narcan, so that blocks all of the drug receptors in the body. And then they gave me they had to give me another dose of Narcan in the ambulance and they had to call and get special approval because that also can kill you, it can stop your heart. And that happened to me again in the ambulance. Only another time I didn't have the full meal deal, if you will. And then I woke up in the hospital strapped down to the gurney legs and everything flailing, even though I was strapped down, and that is when I realized oh, my life is horribly broken, so they're giving you Narcan, which is normally given to addicts who have overdosed.

19:39 - Julie

Yeah, were you taking larger doses of the meds you'd been prescribed, or was it just the cocktail from all of the meds you'd been actually subscribed?

19:56 - Alysa

Well. So I had a prescription that should have killed an elephant Of Of all. I was on fentanyl, morphine, Ativan, Benadryl Like you talk about a cocktail to kill somebody. I was on fentanyl, morphine, Ativan, Benadryl Like you talk about a cocktail to kill somebody. I was on it. It was like a Michael Jackson type cocktail, and plus all the infusion drugs, plus all the other stuff that I took every day all the time, and so, like I said, I was riding the line between life and death, and what happened that day is I did, I got into, I forgotten that I took one of the medicines it's called Zyrum and I forgotten that I had taken that and I took an extra dose and that's what threw me over the line. So, yeah, the Narcan was blocking all those receptors.

20:42 - Julie

So were all those medicines prescribed by different doctors. Were you, like you know, prescription hopping, or it was all by two doctors? Two main doctors that were in charge of my care and obviously they weren't communicating with each other to see what the meds were that you were on, or they just didn't know enough to know all the contraindications.

21:08 - Alysa

I think that they knew exactly what was going on. I think this the doctor that was treating me killed three people that year. Oh geez, Wow, and I was maybe going to be the fourth. I just got lucky.

21:25 - Julie

So was he, was he, was she prosecuted? Yeah, okay.

21:33 - Alysa

Yeah, there was a whole series of events that happened after this happened for me, but I do want to say something, because this is real important that along the way I had choices, I did have doctors that said why don't you try quitting smoking? Why don't you try going gluten free? You know why don't you try these things? And I didn't want those doctors. I sought out the doctor that was going to figure out what was going to take to kill me and back it off a little bit, you know, hopefully, and that's what I sought out energetically.

22:12

And so at some level, I have to take responsibility for not even being able to look at my other options, not even going down those paths and even turning a blind eye to the doctors that said, hey, you know you've got this incredible pain, you know this pain situation happening. Have you thought about cutting back on your sugar? Have you thought about stopping drinking the bottle of wine? What about that as a first step? And I just wasn't willing to do any of it. So I do think that, as much as I don't agree with this particular doctor that I picked, I picked her.

22:55 - Julie

Well, yeah, but would you say that you were an addict at that point? That point Okay. On the cigs, on the wine, on the drugs, on the lethal mixture of all of the above.

23:16 - Alysa

Yeah, yeah, I wasn't to a lethal level then, but I think that I came into this lifetime programs for addiction. You know, my dad smoked four packs a day. He's an alcoholic and he I love him. You know, I still talk to him all the time, but he is an alcoholic and when he stopped smoking when I was 10 and I went through withdrawal to the point to where I started smoking when I was 10. Tell us about that. Well, yeah, because I had.

23:40

You know, here's my house filled with four packs a day of cigarette smokes. I had grown up in that environment's my house filled with four packs a day of cigarette smokes. I had grown up in that environment since before I was conceived, right and so and this is back in the 70s, when you could smoke in the grocery store and all of that was you could smoke in the hospital while your wife was giving birth. All of that was happening. So I came into a world filled with addiction and it is in my father's lineage of a lot of addiction, and so I feel like I came in with those genetics and also in my family. You know, if you had a problem or an emotional issue, well, worse, we didn't talk about it. We just dug a hole, buried the problem in there and then overworked and overdrank and oversmoked and that was a solution for everything.

24:33 - Julie

So yeah, Well, and those addictions, especially the alcoholic gene, I think. I mean I just know so many people that it runs in. It's multi-generational. I think. Alcoholism it's my opinion that it's a sugar addiction, Because when people stop drinking, they go to sugar a lot of the time, and so they're just substituting one thing for the other, and alcohol is just a sugar IV. You don't even have to process it, I mean it just goes right in. Yes, so interesting. Okay, so you come back, you're in the hospital, you're roped down in your bed and then what happens?

25:16 - Alysa

I'm in the bed and I realize, okay, my life's broken, this is, I cannot let this happen again. I'm in the bed and I realize, okay, my life's broken, this is, I cannot let this happen again. And so, you

know, at this point it's like 2 or 3 o'clock in the morning and I'm begging the doctor to give me drugs. I'm like give me drugs. This is horrible, because all of a sudden I can feel all the pain again. And he says woman, you just had a massive drug overdose. I am not giving you drugs, right, you know? And I just realized like, oh God, I can't, I can't live these with these things, but I can't live without them right now. So we I can't remember what time we checked out of the hospital, probably like 5am, and then the very day I went back, sat back in the hospital chair and did my infusions with the doctor who knew all the drugs, and she met with me and she's like, yeah, but I still think we need to put you on the same protocol and nothing's really going to change. And so I know, and I'm sitting there in the chair thinking I have to change and I don't exactly know what to do in this moment, but I have to change.

26:33

And I started hearing this man's voice and I found out again years later who it was Emile Couillet, do you know? Do you know that name? I don't. He was in late 1800s, I believe early 1920s, sort of the father of the modern day affirmations and a mysticism. And it was his voice in my head replaying I'm getting better and better every day, in every way. And he was the father of that affirmation and it just I couldn't turn it off. I couldn't turn it off, it would just kept playing. But it felt so lovely and so loving and so I didn't try to stop it and I was just like, yeah, okay.

27:16

And then I set on a course to not tell my doctor what I was doing and slowly cut down my pain medicine without telling her, because I knew that she was sort of against that. And so I just thought I can't tell anybody what I'm doing except my husband, and I'm going to secretly get off all these drugs. And so I set about to do that. By the way, when you are a total, hardcore end of life pain management addict, it is an extremely difficult thing to do. I sometimes wondered why I wouldn't have checked myself into like a 30 day detox program or something.

28:00

And looking back, I realize why I have been so successful at being clean and like when you look at me, you know there's no drugs in my field. People would they're shocked when they hear my story because it's just not inside of me at all and I don't identify as an addict, I don't ever say I never went to a meeting, et cetera. And so why I think I've been so successful is because I had to switch my identity. I had to lose my identity there on the potty, completely forget who I was, come back, and when I came back I was still in such bad physical shape that the only thing I could really do was lie down and I lay on the bed and I would listen to Kelly Howell, who is one of my mentors. She does these incredible meditations with binaural beats. She owns BrainSync the company, and they really have fabulous technology. And on the other side, that's one of the things that really downloaded to me was how we have to use light and sound frequency together to shift and adjust our physical body, and so that really came through and all of these things just started coming to me back in the world, and so I can remember just laying in the bed and just listening to her meditation and visualizing myself walking and then running. And pretty soon I was well enough to take my walker outside and walk from my driveway down to the neighbor's house. And each week I would add on a house and I just built up and it felt like I was walking around on stubs and amputated stubs and it hurt really bad, but I would just chant to myself my legs feel great, I feel great, my legs feel great, my legs feel great, and I would just keep going. And then pretty soon, my legs, legs feel great, my legs feel great, and I would just keep going. And then, pretty soon, my legs did feel great and I hired a health coach because I knew I didn't know anything about anything.

29:58

And I remember this woman's name. Her name was Shelly Murray she still practices today, I believe, and she had this sparkle in front of me and I think she's about 10 or maybe even 15 years older than me, but she looks so youthful and so beautiful and by this time I'm in my

thirties and so she was probably her late forties and I thought, whatever this woman tells me to do, I am going to do it, because her skin was so glowy and so beautiful. I wish we could show some pictures of what my skin looked like. I mean, I had acne everywhere. I was so bloated and puffy. I just looked like a mess, you know, and she's like we're going to make some changes and you're going to really get to feeling differently.

30:41

And so, literally everything Shelly told me to do, I did it, and sometimes I did it to the extreme, because I'm a bit of a overdoer. I'm a recovering overachiever. What did she tell you to do? Well, the first thing she told me to do was smoothies, and that was easy for me. I could do the smoothies and I loved that. And then she also started me on juicing and she made me this fabulous juice. It was celery and romaine and lemon, and I just loved it. And so that day it just felt like crack, so wonderful, for the lack of better words. I'm like, wow, what is this? I love it, it was delicious and I just felt my whole body light up, and so I went out, I bought a juicer and then I went out and bought all the vegetables. Okay, instead of starting with the recipe she started, I bought broccoli and onions and garlic and beets and carrots. And I went home and I threw all of it in a juicer and I made 32 ounces of this juice and, oh my God, I got so sick. It's just terrible. And so I, you know, had a little rough start here now and again. But now, you know, juicing and smoothies to this day are still something that revitalize me. I love them, I don't go without them.

31:56

And she had me go gluten free. I realized, yes, I was gluten intolerant. And it was funny. She said do you think you're gluten intolerant? I said absolutely not. I've been eating it all my life. And she said well, what about dairy? And I said, well, I grew up on potatoes and eggs and cheese. No, of course not. And so she said well, I just would like for you to experiment Just 14 days, go without it and see how you feel. And I did. And I had never felt that good in my life and I thought, oh, hold on here, there's something to this eating. Hold on here, there's something to this eating. So, yeah, and then, from there, it was so inspiring that she was so inspiring. I asked her. I said where did you go to nutrition school? I want to learn everything that you know, and so I did. I went to nutrition school and I learned all the things and I just that really started me on this course and I was meditating. I will also share this story with you because I think it's really powerful.

33:00

I was at the place where I still wasn't driving. I couldn't read yet. I didn't know how to read again because my brain was so damaged, and so I thought, well, I'd like to get my brain back and going. And I talked to my doctor and she said, well, listen to some books on tape. And so my husband drove me to the used bookstore and I walked to this section and I'm standing with my walker in this section and a book flies off the shelf as if someone had poked it from behind, and I picked it up and the title was big enough I could read the title and it was Inspiration from Wayne Dyer and it was the old CDs.

33:46

And so I just I went home and I put those CDs in and I would, you know, put it in my waistband and use my little walker and I'd listen to Wayne and something about him and his frequency just completely changed me and helped me start to really incorporate all of that learning on the other side, because, listen, on the other side I got to see how the universe is formed. I got to see how light and sound work. I got to see the math, which I didn't hold on to the math. But I got to see all of these amazing things that I had no idea how to deal with down here. All of my psychic gifts came online. I had no, I thought I had so much brain damage that I couldn't see color the same way and I couldn't hear sound the same way. But what? After cleaning up my diet and all of that stuff, I realized oh my gosh, I just now see frequency, I hear frequency, I smell frequency.



34:48 - Julie

Right. So what does that mean? Dissect that a little for us.

34:53 - Alysa

I'm going to do my very best. So on the other side, what I felt was everything was made up of a frequency and a bit of a coding, and so down here we, I feel like, have been programmed out of our extrasensory perceptions. So, for example, smelling frequency to me is I can smell an individual or a dog or a cat or an animal and smell. Are they healthy, are they friendly? Do they have cancer? Do they have kidney disease? Do they need their paw checked? So I'm smelling that, all of that. Also, when I'm seeing people, I see the same thing. So it's like, informed by my smell, my sight, my sound, in somebody's voice I can hear their frequency in terms of where are they emotionally, are they happy in their marriage.

36:00

You know, I'm just getting so much data that it's hard to break it down in terms of human senses. But imagine seeing somebody. You walk up to somebody and you see codes and colors and swirls and you know what all that means and you have this, I know, and you're hearing and seeing and smelling and sensing it all and it's just all feeding into your system and so you know when you meet somebody. It's a real interesting information that comes in and one of the cool things about this, I think, is I believe everybody has this ability. It's not special. I'm not special. Yes, I did have to learn it on the other side and bring it back, but now I actually teach the skill in my academy because I know it's teachable. I know it's just mostly about opening up to it and clearing out our channels, and what I think the benefit of this is for is that as human beings, we've been living in a state where we can lie to each other, where we're totally cut off from our heart, where we can do sort of whatever we want to do for our own good. But when you have your channels open and you're able to see sense and feel frequency, you then have to live your life in a very specific way so that you're authentic and your heart's open and you're clear with your emotions. Not to say that you don't have hard emotions or hard experiences, because you still do, but you're open about it because you're able to read other people's selves and you're also not able to harm other people because you are.

37:54

You know that you're just a fractal aspect of the diamond, and so what I feel like is happening on planet earth right now is that we're getting this huge activation of people's extrasensories coming online, and what's so cool about when that happens is that you can no longer do anything for money. You can no longer take land from people, you can no longer do some of the things that we've been doing as a civilization for the last, let's say, four to ten thousand years. Um, that surface to self. Let me see how much I can get energy, and so I think this is so positive, but it can also be weird, as people are waking up to that and you know there's more light coming onto the planet, so it's sort of forcing the issue a little bit for many people. Um, so it's just yeah, does that make sense about how I see, feel sense that energy?

38:52 - Julie

Yeah, yeah it does. I'm chuckling to myself because my client, right before I got on with you to have our chat, we were working on her thyroid and she had had thyroid cancer and she went through radiation and it just looks like it's charred. To me in my mind's eye it looks like you leave a chicken breast on the grill too long and it's just charred. And so I watched a new thyroid get manufactured with stem cell energy and took the diseased one out, watched the new one get put back in, watched the plumbing all get hooked up and then when it gets going it's so funny, Alyssa, because I always it sounds like a diesel motor. When it gets going it reminds me of the generator that we have that'll power our house if the electricity goes off, and that thing is loud, it's like a diesel truck or a Harley driving by. I always hear that with thyroid

and it's hilarious. And then I'll hear certain other sounds when other organs or healings happen. So I'm with you on it. I completely understand and I agree with you.

40:07

Everybody has this ability. It's just a matter of developing and enhancing it and practicing it, because the more validation that we get, the more we learn to trust the information that's coming in and then it's just second nature. I don't walk around scanning people. I turn my abilities on and off at will. Do you do the same? How do you work that?

40:37 - Alysa

I have learned to do it, although there's still an initial flood of stuff when I meet people that will come in. However, you know, if I'm, if I'm tired, it happens a little bit more. But yeah, and I have since learned also to you know, when it first started happening, I'd walk right up to somebody and be like, oh, do you know about your?

40:53 - Julie

thyroid. Oh yeah, that's a little invasive.

40:58 - Alysa

Very cringe. So, yeah, I learned to not do any of that, but I still do get a lot of information. But I definitely would never do a body scan on somebody without permission and I'm not you know. But they might show up to me and their higher self is like you know tells me some information that's just like okay, but I'm not ever going to do anything with it.

41:20 - Julie

Yeah, I turn it on and off. I never scan anybody without their permission. And if somebody is saying, hey, can you scan my son or can you scan my husband or my daughter or whomever, my mom and I'll always ask that spirit's permission before I scan them because it's none of my business. I think it's an invasion of their privacy. Now I have had situations where I've been in a place and I'll have something that will be kind of like hey, turn your radar on.

41:53

I was in the Driscoll Hotel in Austin, Texas, and I smelled cigar smoke and I thought there is no way they're going to be letting somebody. And I was upstairs, outside of the ballrooms and I thought there's no way they're going to let somebody smoke inside this historic hotel, let alone, you know, cigars. And so that was my clue to turn my radar on. And there was Colonel Driscoll, who founded the hotel, waltzing through the lobby of the ballrooms smoking his stogie. You know that kind of was like okay, turn your radar on because there's a bunch of stuff here for you to see, and so that kind of was a trigger too to turn it on. But that's how I do that. I want to back up a little bit back to your NDE thing Was your family spiritual? I know you said you came from an addictive family or a family where addiction was prevalent, and also I want to hear about your worldview before your NDE and after your NDE.

42:57 - Alysa

Yeah, well, my dad actually was apprenticing with Billy Graham oh wow, it really is and in fact he did get kicked out of the program because he you know you have to sign a letter saying you won't drink and smoke and do dating, and you know play cards, and he got caught doing all of them one night Play cards, no gambling. Oh, it's insane.

43:28

I believe Billy Graham's Baptist. So, yeah, so he was supposed to be groomed like he was in the program to be groomed to be maybe one of the next Billy Graham. So, uh, that was the tone and tenor in my family. I grew up in a very Christian church. We went to church on Sundays and Wednesdays just in case. Just in case Sunday didn't hold you. We need to go

every Wednesday night, we need a church meeting. And I was in the youth choir program and in fact at one point I think it was around 11, I wound up in the Portland Memorial Coliseum singing on stage with 10,000 of my new best friends, with the Bill Gaither trio, if that rings a bell for anybody. So very Christian family.

44:17

But my mother had some esoteric views and in fact when I was older enough to read, she handed me the book the Silva Method and said you got to read this. And I was about seven reading the Silva Method. And when I came into this world I was just learning how to talk and I had to have been not quite two yet and I would talk to her about my other mother from San Francisco, and where was she. So I had remembered past lives and she would never shut me down. She would always try to keep me open. But I think just life in general sort of trains you in. And then I went through the Christian thing.

45:00

But when I was 12, we had traveled to Thailand on a mission trip to hand out Bibles and build churches, as you do, and I remember meeting the most incredible people, just filled with light and love, and I was the only blonde that they had ever seen. They thought I was an angel. Then people stopped me on the streets and asked to get their picture. Like whole families would stop me and get pictures with me. It was a real strange experience for me and I just remember thinking, wow, these people are so incredibly peaceful and filled with love.

45:41

And so we were on this tour and I asked the pastor we were building this church in a very remote town called Nangrong and I said so what's the deal? Are you telling me that these people go to hell? And he said I sure am. I said no, surely not. He's like oh no, they're absolutely if they don't take Jesus. And so I thought, wow, isn't that a really disconnect? It was such a cognitive dissonance for me, isn't that a really disconnect? It was such a cognitive dissonance for me to see these people that I could feel were so filled with love and brimming with generosity and kindness, and just they would give you anything that they had and they didn't have anything and I thought there's no way I can believe in that. And that's when I never went to church. After that, ever again. Yeah, interesting.

46:36 - Julie

Well, yeah, and I think that religions have in some instances, in a lot of instances, have helped us from a spiritual standpoint to get in touch with our spirituality angels, saints, holy Spirit, that kind of stuff. And yet the whole control thing, you know, when it came in, just really got them off cue. And I think that they're finding their way back, a lot of them, because they're losing the kids. The kids are not going, they don't buy it, they don't resonate with it. You know there's too much scandal, there's too much whatever.

47:19

And so you see the old timers in church, but I think even the old timers are starting to adapt into kind of a hybrid of spirituality where religion was originally intended to take us the great cathedrals of the world. They were beautiful to the eye, to help raise your spirit. The music was beautiful, the incense, all of those, the candles, all of that, the congregation, and it was all to raise the vibrational level, to help us get closer to spirit. Yeah, and I think in some instances it's gotten corrupted along the way and I think that they're finding their way back. And it was interesting what you said earlier about how you believe that the frequency of the earth is shifting, and I believe that's all part of that the effects of that. Say more about that, and then I want to talk to you about the healing frequencies. I want to change directions after that, but talk more about how you believe that the earth or what you're experiencing, that the earth's frequency is changing.

48:30 - Alysa

Yeah, well, I think one of the things scientifically you can actually go and look at this we are at a different place in our cosmic position than ever before, so we are more aligned up with our own galactic center of the Milky Way, and that lines us up with receiving more light. Light is information, light is frequency and information. It contains information. So when we just like, when you turn on more light in your house and you're like, oh dear, I've got a dust, let me get the dust out of here, you see more than you saw before, and so one of the things I believe that's happening is we are having more light flooding the planet Again. That light's activating us within our DNA. That's why people of all ages are coming online with things that maybe they haven't experienced before in their lifetime. Maybe it's just knowings and intuitions or synchronicities now happening, or, you know, maybe a new gift of being able to just go and talk to people in the grocery store without feeling weird about it. It could be anything, but I believe that we're being triggered on a cellular and genetic level with this new frequency and information, but so is Mama Earth, because you know what we got taught in school, which was we're just living on this dead rock and we can do anything with this dead rock that we want to. We now understand that that couldn't be farther from the truth and that Mama Earth is one of the biggest, most sentient large bodies that we will come in contact with in our lifetime, and that she has a deep wisdom that we can tap into and talk with, and that she too is raising her frequency as well. And you can really feel it.

50:26

I mean when, for example, I live here in Hawaii and so there's some places that that earth's energy is transmitting through a little easier. I live on the big island. It's I always say it's like living on the world's largest crystal, because we've got all this lava around and that lava is comprised of mostly crystal quartz. And what is the green stone? It's not peridot, it's another green, but it's all these crystal minerals in the land that we live on and it amplifies everything. And so you can feel, I always feel the frequency coming through here first, and then I'll see it kind of transmitting out into the rest of the land.

51:12

But I think part of what that's doing is you're seeing Mama Earth go through her own shifts. She's quaking and shaking a little bit more. She's, you know, going through her own thing, and then we are just living on top of the surface, and so we're impacted by whatever frequency shifts she is going through as well. So I'm hopeful that we'll hit a point at some place where we can remember many of us can remember that, oh yes, this is a living being that we're on, and oh yes, we can live more in harmony with the earth and ask the earth what types of building structures would actually stand the weather? And right, because if you want something to blow down, you make a square box, a house. If you want something to stay up, you make a circle. So even in our housing developments, we don't really even honor the circular nature of the life, and so I think we're about ready, though, to move into some different spaces. So it's real exciting to see what's going to come forward.

52:16 - Julie

I love how trees communicate with each other through their roots. Even if a tree is struggling, other surrounding trees will send nutrients and energy to the tree that's having a tough time.

52:30 - Alysa

And I find that fascinating yeah. In advanced communication. I mean, if there is a gypsy moth, it lands on one of the trees, that tree will send out communication, advanced communication to every single tree in the neighborhood to say, hey, we've got gypsy moths here. Now cue the chemical that's going to help to scare them away.

52:50 - Julie

Yeah, it's fascinating. Okay, let's go back to the subliminal brain retraining and the frequencies to help people heal. You said you used it in your own journey to get yourself well after you died and then came back. Talk to us about that.

53:08 - Alysa

That stuff fascinates me. I love that you asked this question, because I believe that this is one of the most amazing healing tools that we have, because our energy informs everything and our identity, our mind, tells the body what to do, so our mind also tells the energy what to do. So if you can get the mind into what I call reprogramming mode, you can then reformulate your identity, your identity. And so I want to make a quick analogy you might have wanted to start running or exercising, and your identity is not an exerciser or a runner. So every day you think about like, oh, I want to exercise, I want to run, and maybe you even buy yourself some running shoes and you still don't run. And maybe you put those shoes by your bed because you think, well, if I just put them by my bed in the morning, for sure then I'll do it. But our identity is such that we can't outperform our identity. So, even though I wasn't always a sick person, I had developed over time the identity that I was a sick person. And so with brainwave technology, we can take the brain into reprogramming mode. So we want to get ourselves into theta brainwaves, because that's the reprogramming mode, and then, hopefully, we learn from a good master.

54:42

I, of course, have these meditations out there, but I love Kelly Howell. She's a mentor. I just love her work. I can't recommend it highly enough. She owns the company BrainSync. Also, Joe Dispenza Dr Joe is incredible, he does this work as well and so you're literally learning to visualize yourself at the identity level, because you can't outperform your identity.

55:08

So you're changing the identity of who you truly are, and I really believe that we've forgotten who we truly are. And when we come back into the identity of I am a multi-dimensional being. I am capable of having all of these beautiful psychic gifts. I'm capable of instantaneous healing my own body and I can talk to my cells and oh, by the way, they too are conscious and they've got to listen to me. All of that starts to inform all parts of your energetic being, upwards and downwards. Right, because we have our four bodies. We have our spiritual body, our mental body, our emotional body and our physical body. But it's the stream that you're working with.

55:51

So when you're doing this brainwave frequencies and you're visualizing yourself in this state that you'd like to be in, over time, your energy, your body, your mind will start to come in alignment with that and your emotions will line up with that and it'll be easy. For example, for me it was easy to make the smoothies. It was easy for me to think the thought nothing tastes as good as healthy feels Right. So when you're, when you're visualizing yourself and you're working at that energetic level of your identity that even starts before your physical body, then it's informing everything that's there and below and things just start to become easy. You don't have to think about it. It doesn't feel like you have to force it. You know, I just literally thought oh, I want to breathe free, I don't want to smoke anymore, I want to breathe free. And I stopped smoking and I have never looked back since. I can't even imagine picking up a cigarette. It just sounds. I can't even believe I ever smoked for 20 years.

57:00 - Julie

Wow, yeah, well, and everything that I see, especially in healings, is all frequency too, and it comes in in these crazy analogies that I see. Like I may tell you, your elbow looks like whipped cream, but that's the frequency that I'm seeing it in and it's a way for us to have a frame of reference for the energy frequency that's doing the healing. And oh, by the way, a lot of them are funny and honest to God and I'll make them up. I mean, that's just how they come into my

head and I learned many years ago that spirit is hilarious, has a great sense of humor, and when we're laughing and we find something that's funny, what's it doing? It's raising our vibrational level, helps us integrate the healing in a way that's going to help our body heal.

57:55

So, although I went through phases of being embarrassed of you know, stem cell energy looks like dippity-doo hair gel from the 1960s and 70s and people that is the one thing people say to me most of the time They'll say I want some of that dippity-doo. And the first time that came in I asked Barrett. I said seriously, and I heard yeah, and I said why. And I heard because women your age and my clients are mostly women women your age are going to know what you're talking about and everybody else can look it up and it's funny and so it's memorable. And I hear that. I heard that four times today already with four different clients. Hey, I want some of that dippity-doo stuff which is. It's just how it comes in, so it's. I think we're all going to translate the frequency in a way that not only makes sense to us, but also in a way that the people with whom we're working can understand it as well. Does that make sense to you?

59:02 - Alysa

Absolutely the same thing happens for me, like they wouldn't give me the dippity-doo reference.

59:28

I that they, the guides, wouldn't bring that through for me, but they're bringing it through for you and that's because something's happening in our body a disease process, a broken bone, whatever it happens to be cataracts.

59:34

We can shift that, we can go in and actually switch out the energetic frequency, the energetic imprint, and you know you can do this yourself. However, I think it's helpful to have someone else helping you through it and helping you see it with yourself. I call it the twin up process, because where two are gathered right, energy really flows and when two people are seeing the same outcome, then it really seals itself. But you know, I'm sure you've had so many of these stories yourself where a patient has cancer or something really gnarly and you do that energetic level. But I also love the sound frequency because sound is one of those things that you know sound and light work together and they work so synergistically and they both are frequency carriers and you could program the frequency of sound and light to carry any frequency that you want the frequency of sound and light to carry any frequency that you want.

01:00:55 - Julie

I watch DNA get resequenced, so I see DNA healings all the time. And I also have a graduate of my class actually, who's a physician and a couple of weeks ago I was talking with her and we had spoken a few months ago and we had worked on her mom's cataracts. Speaking of cataracts, this is triggering this memory and she said a couple of weeks after we did our session, her mom, who's like 90, I think early 90s, went to the doctor for her pre-op visit because she was going to have the cataract surgery. The cataracts were gone. Now that was my graduate, who is a physician, so she's looking at it from a clinical standpoint as well as from a woo-woo standpoint. She and I working together to your point wherever two or more gathered in my name you know out of the Bible and then her mom wasn't even present. We asked her permission to work on her and she knew we were going to work on her and she integrated the healing.

01:01:51

So that, I think, is just one of many examples and I know you have them too where we can say, okay, you just can't make that up. Something like that. Or a new organ is generated a new spleen, a new liver, a new kidney with stem cell, energy, the dippity-doo stuff and they'll go for

a subsequent scan. And the doctor's going ah, wait a minute, what's going on here? You had a kidney removed 10 years ago and now that kidney's back and we did a scan six months ago. Kidneys don't grow back. Well, yeah, they do.

01:02:29 - Alysa

If you're doing the energy medicine along with everything else, and I think to your point that we will look back in 10 years time and go. Can you believe we used to cut on the body? Can you like just we look back now and go? Can you believe we used to bloodlet and put leeches on people? I think that we'll really think the same thing about some of the methods that we're using now, because they're actually archaic methods and when you understand what you and I understand, which is you can do it with frequency, you can do it with sound, you can do it with just visualizing in the hologram and update the program. That's really all it is at the end of the day.

01:03:09 - Julie

Well, cancer treatment, cancer treatment is. I think we're going to look back on that and go, good heavens, that was barbaric. And the key is going to be and I'm starting to see this shift, and I know you most likely are too where the business model of medicine that I was in for 30 years, designing and manufacturing surgical devices that help people get well. But the business model is the biggest GDP in the country. I mean it is the number one growing business. I mean it is the number one growing business.

01:03:52

I went by my alma mater, Ohio State, and a few months ago I was up in Columbus and they're building this massive addition onto their medical center that my girlfriend who works for the university they're bringing in 800 new doctors to staff this place, and so my husband and I were there and he said, oh my God, look at that building. I said I know, I think it's really sad. And he said why do you think it's sad? And I said because there are so many sick people in the area that they have to add a building that's going to need an extra 800 doctors. Something's not right about that doctors, something's not right about that. So I approach it as a multi-pronged healing equation. You got the energetic, you got the stuff that the patient can do, you know, with diet and exercise and sunlight and stuff like that, and then you've got the medical the Eastern and the Western and all the other medical specialties, and they all work as part of the healing equation. Do you agree with that?

01:04:52 - Alysa

Yes and no. What I'm really well aware of is that our diet in America is banned in 40 countries, is banned in 40 countries. So what I think about? I definitely believe there's a place for westernized medicine, especially for acute issues, exactly. However, I'm also very well aware of the feeder system. Our food system is into the medical model and what a big industry that has become, and so that's a little upsetting for me because I say more about that.

01:05:36

Well, I don't think that. I think that some people are onto this and some, like my mom's, totally onto this. She's known this for years and she's eaten so well and she's in her 80s and she looks amazing and she's totally fit and all the things. But I don't think people understand that so many of the products that are in our food are literally banned in other countries. You can't get them because they poison the body, they create chronic inflammation, which we know is at the heart of every nasty disease out there cancers, heart disease, brain disease, dementia. You look at places where they literally don't have dementia. They're not eating these foods, they're not utilizing the hospital system in the way we do at all, and there's still places on this planet like that in the blue zones.

01:06:27

And so you know, for me, I wish that there was some heightened awareness from the average everyday person that if you, you know the foods that you're eating, that we call foods, are not actually foods.

01:06:42

They're chemical products that look like a food and act like a food, but not in your body and they work to make your brain not work and make your body hurt and be inflamed. And you know, you take people off processed food and you start feeding them whole foods like vegetables and fruits and maybe some whole grains and maybe some you know animal products, and all of a sudden their diseases go away. Their brain starts working, lo and behold, especially when she detoxed them. So I believe there's a place for acute Western medicine. But what has happened in our world is that that model of here's the foods that you're going to eat that are going to give you the symptoms, and then you sit in front of the TV at night and you see the commercials for the food, and then you also get the drug that can help you manage the symptoms that you got from the food, and then we hope to see you back in the clinic on Monday, and so I think it's real important for people to understand that that's a thing here. It's a business model.

01:07:47 - Julie

Correct. Yeah, I agree, I agree. Okay, a couple more questions as we're winding down here. When we say negative things to ourselves and all of us do do you believe it has an effect on our body and on our health? Absolutely.

01:08:06 - Alysa

I agree, oh gosh, yes, well, I you know there's a lot of studies out there about how this happens, but you can feel it in your system and I can see it happening with clients when they make the switch, because that actually is something that I've let go of. I don't say the harsh things to myself anymore. I'm probably like 99% at it, because I was so on the other side of it before, and it's one of those things where you live a life of gratitude and gratitude for your body. Listen, when you've been as sick as me and at death's door, when I came back, I realized I have to have gratitude for every little thing, every little process in my body. And so when you live your life in that gratitude, your cells change, your body changes, everything starts to change. But it cannot get different. If you're constantly in beat up mode or if you're in bashing mode or in not appreciating mode, you're not in alignment with the beautiful life that you could have. That's up here. You just can't get there from there.

01:09:20 - Julie

So what's? An easy way, easy to implement, free, if that's even possible for people that find themselves kind of with these running tapes of negative thoughts in their heads about themselves and about others? What is? Do you have an easy suggestion for people to implement to help change that?

01:09:51 - Alysa

help change that I do. The first thing is to realize that you are running a mass program and to set your intention to change it, because one of the hugest lessons that we are here on planet earth to learn is to love and to forgive. And so if we're walking around not loving ourselves, not loving others and in judgment of others, you are missing the life lesson. On the other side, you cannot take anything with you except your lessons that you learned. That's the only thing you will take with you. It's your consciousness, the lessons that you and.

01:10:24

So why not just decide right now, if you're hearing this, to say I'm going to decide right now to go on a detox, I'm going to go on a judgment detox, and I consider those thoughts against yourself as self-judgment and it's the most unproductive energy there is. You cannot create



miracles in the judgment zone, but we are all here as miracle makers. So the simple process is really a one, two, three Understand. If you're there, if this is triggering you somewhere in your system to go, I'm going to commit to doing this and then give yourself 30 days where you catch yourself. You tell your brain I'm going to catch myself every single time I make a judgmental thought against myself and others and I'm going to love that part of myself and I'm going to say, oh gosh, I love this part of myself that just is running an old program.

01:11:19

And what could I feel? What could I think instead? That's a loving thought, that's an appreciative thought, of appreciation about this person, and I teach my clients to look, even the person that's screaming at you. Maybe it's your spouse, maybe it's a car next to you, maybe it's somebody acting badly. How can you look at them and find the divine in them? How can you notice that? And when you're able to start doing that with others and yourself, well, one, you're mastering the lesson that you came here to do in this life and your whole world change.

01:11:56 - Julie

Yeah, I agree. And that leads right into why do we incarnate?

01:12:03 - Alysa

Well, I think this is a little more complicated process because there are so many different folks down here that incarnate for different reasons, and so it just depends on who you're talking to. Some people are incarnated at this time to be ascension guides and to help lead humanity through this huge next phase of evolution that I see playing out over the next four generations in a very big way and creating a massive shift for humanity. There's also people who come down here right now who maybe have only had one or two human lifetimes and they're very new to the human process, and so they're learning very base lessons. They're not learning the lessons maybe, Julie, that you and I are learning, right, and then there's no matter what.

01:12:54

When you come down to earth, the big lessons that we're learning is to hold unconditional love and unconditional forgiveness, to master the physical body, the mental body and the emotional body. Because if you cannot do those three things, have the physical body, the mental body and the emotional body. Because if you cannot do those three things have the physical body, the mental body and the emotional body when you get on the other side, you get a faster vehicle that creates instantaneously. So if you don't have mastery over your own physics, it becomes very difficult for you on the other side. So yeah, so all that to say, there's a lot of different reasons why people come down here, and it's not just one thing. I think we tend to make things a little too simplified, and life is not the world is not a simple place.

01:13:37 - Julie

Fascinating, all right. Well, what an inspiration you are, my girl, good heavens, thank you for deciding to come back and, you know, help all the people that you're helping around the world with all of your experiences and your knowledge and your wisdom that you've gleaned during your NDE and have gleaned in helping yourself. Really pull yourself up by the bootstraps that's an old fashioned saying, but that's exactly what you did, and obviously you were led in how to get yourself well and become sober, and then all of this as experiences for you is that's what's helping you, lead others, to help them better their lives. So thank you so much for the work that you're doing and for being willing to come back and help all of us.

01:14:36 - Alysa

Can I share the question that I always ask? That gave me the guidance? Sure, because I think I can do this, and it's amazing practice. So what I would always ask is do this and it's amazing practice. So what I would always ask is universe, show me what I need to know about this,

whatever it was, show me what I need to heal, show me what I need to have in order to heal this. You can hybrid the question, but if you just ask the universe, universe, maybe you say guides, maybe say angels, the universe, you know it really doesn't care about your language. But if you just ask show me, download to me what I need to know, you'll start getting hits and nudges and maybe a YouTube video will pop up, or maybe a book will fly off the shelf, or maybe someone will come into your life and say, oh yeah, well, you should check that out. You know, whatever it is, if you just are asking the question, you will be shown.

01:15:28 - Julie

Yeah, oh, what a great piece of advice. All righty everybody. How can we get in touch with you? How can we learn more about you and your work?

01:15:39 - Alysa

Yeah Well, I have a little toolkit that you guys can go check out. It's a great way to connect with me, because then you'll we can get in the conversation and chat, and it's the [raiseyourvibrationtoolkit.com](http://raiseyourvibrationtoolkit.com), and it's filled with free goodies where you can raise your vibration and learn some of the tools that we've been talking about today. So it's the toolkit I made for myself because I needed it.

01:16:00 - Julie

Okay, terrific, and we'll have that in the show notes. All right, that's it for today, sending you all lots of love from Sweet Home, Alabama, and from Hawaii as well. We'll see you next time.

01:16:13 - Annncr (Announcement)

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit [AskJulieRyan.com](http://AskJulieRyan.com).

01:16:28 - Disclaimer (Announcement)

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