

AJR - Heather Mays Transcript

0:00:01 - Anncr

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

0:00:44 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Heather Mays on the show with us today. Heather's an intuitive artist, psychic medium and channeler. Now you know how I love hearing channeled messages, so I'm going to be asking her to bring in her guides to talk with us to see what kind of wisdom we can glean from what they have to say. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Heather and her guides. Heather, welcome, welcome. So delighted to have you with us today.

0:01:27 - Heather

Hey Julie, thank you so much for having me. It is a delight and honor and a joy and all the things, and I can't wait to see what we get into in our conversation today.

0:01:36 - Julie

Oh yeah, I got lots of questions for you. My girl so ready. This'll be fun. This'll be fun. You say love never dies. What do you mean by that?

0:01:47 - Heather

I mean the purest form of the thread of love that connects all of us, whether we are in a physical form, in a non-physical form, it's always there, it's always tethered. We can always access that beautiful depth of connection that we have with other people, almost like when you ask the question, I'm picturing kind of a spider web and you have the fly on the very end that the spider always can feel and sense and see. And when we can tap into that which I think sadly we lose track of sometimes in life, and when we can track, when we can tap back into that and feel that connection. It can be just this beautiful recentering for us to know that, regardless of the losses we suffer, the obstacles we face, the challenges we endure, the ooey goeey goodness of love is always underpinning everything. Yeah, I agree.

0:02:44 - Julie

Yeah, Well, I think that spirit it's been my experience. I'd love to hear your take on this that spirit is going to communicate with us in a multitude of ways just to let us know that they're around us. And I had something really amazing happen yesterday. I was in Columbus, Ohio, which is the city of my birth, and my late sister, who died in 2010, and her husband, who died a couple of years ago. Their home was close to my girlfriend's house where I was after a bridal shower. I was in town 24 hours and I was doll wild idea. I thought I'm going to go knock on Joan's door and see who bought her house and see if they'll give me a tour, Because I'm dressed up, you know, I'm like I don't look like a criminal or you know, like somebody who's going to hurt anybody, and the man that owns the house was there and he was so gracious out there and he let me in and gave me a tour of the house.

And then we got upstairs to her master bath Now she's been gone since 2010. And he handed me this hand painted brick that she had painted, that she used as a doorstop. And he said we found this after we moved in. And he said something just told me that I should keep it. Well, they moved into the house two and a half years ago and so he gave it to me and I thought that's a gift from heaven from my little sister. What? Almost 14 years? It'll be 14 years since she's been gone Now. Think about all those different spider web tentacles right that had to connect. I just burst into tears at the middle of this guy's master bathroom. It was amazing. So I think that was a gift from my sister from heaven. Do you agree? Exactly and not?

0:04:36 - Heather

just the whole production of it. I'll say, you know, not just the brick which what a beautiful, tangible thing to be able to take with you as well but, like you said, all the, the ifs, the thens, the, the tiny little minutiae that led up to that, for you to be in that place at that time, for them to be home they could have easily been, you know, out doing something else, for them to answer the door, um, all the things that set that up for you. Can I trade a story with you, sure? In? That same regard.

So, um, my father passed away a couple of years ago and he was a pretty solid prankster in real life. And not too long ago, a few months ago, I had ordered something and the package got misdirected. Fedex said it was delivered. No one was here, there was nothing in the driveway, they didn't have photo proof or anything, and it's one of those things that I just, yeah, okay, I let it go. Said it was delivered, no one was here, there was nothing in the driveway, they didn't have photo proof or anything, and it's one of those things that I just yeah, okay, I let it go and asked for the refund for the item. And then, a couple of days later, I checked my voice messages and I had the caller ID from the funeral home that had handled my father's service and I thought, okay, like I'm intrigued. Number one it's a little creepy, but I creepy doesn't bother me, I kind of deal in that on the regular.

But I called back and they said hey, we got your package delivered and we don't really know why, but could you come pick it up? And they are I don't know two, three blocks away from me, like it's not like they're just down the street where and our addresses are not similar at all but the fact that it went very specifically to that business instead of here like set up this whole kind of like oh of all the gin joints kind of thing for me to be able to go on this little treasure hunt to track it down. So I love those little winks like that. When they happen, and I think you're absolutely right, they're always there for us. Spirit is always willing to kind of put a sign, a feather, a brick, anything in our path to just say we see you, we got you, we're still here, we're with you which I think is just beautiful.

0:06:46 - Julie

Love it well and then it even transpired when I was in the airport. I stopped back at my girlfriend's house. I said you guys got like a hand towel or something I can wrap around this. And we wrapped it in tape and I and I always check my luggage and well, tsa wouldn't let me put it through. And I said, why not? And they said because you could break a window in the plane with a brick. And I said, well, okay, never thought of that.

But I thought, okay, if I have to throw this away or leave it at the airport, I'm just gonna believe that this is the gift that I was supposed to have in the way that I was supposed to have it. And so I said to the GSA guy this really cute young guy I said, well, can I send it to myself or whatever? And he said, well, you can. You can check your luggage, ma'am, and it'll get through just fine. And so I did, and I had plenty of time to get back through security and all of that.

So I think that was even a continuation of you know what was happening, that I was willing to let it go and just take it for a, you know, a short little gift. And then, as it ended up. I was able to

bring it home, and it was probably better that I didn't check it because my suitcase was heavy. So I think that when we get a sign from our loved ones that it can continue in a multitude of ways if we just stay open to how it's going to unfold and certainly there are lots of other meanings that come with those signs have you found that to be the case?

0:08:17 - Heather

Yes, if you are willing to kind of sit with something and I love what you said about the surrender, like you got in that zone of I'm going to let that go. And you know the, the old adage if it's meant to be, it'll come back to me. If it's meant to be, I'll be able to check my luggage and we're going to rewrite that one today for you. And I think, yeah, there's so much more like for yours the, the brick is, that's home and that's like I almost want to say like that's a building block of your relationship with her and this very visceral symbol that you were able to get from that, I think, the more we are able to understand too. Spirit often speaks in shorthand or symbology, because that's, that's their vibe, that's kind of how they do it. So wherever something resonates with you to have a larger meaning, absolutely lean into that and say, yeah, I feel like this was just I mean my thing with the package.

Somebody could have written that off as coincidence. Or, oh, now I'm annoyed, or I'm triggered because now I've I've put my energy back in the space of a funeral or whatever. But if you just stay open to how things can kind of unfold and look in a bigger way and I like to think that was like a thumbs up from my dad, like yeah, you're okay, I've got you, like this is great that you are making these decisions and getting this. And it got me to have a lovely conversation with a total stranger, which there's no coincidences there, who knows what that story may have touched for her in the work that she does in her profession. So, yeah, I think it's just beautiful and leaning into those expanded heartfelt understandings of what comes up when we do get those signs, I think can be really beautiful.

0:10:07 - Julie

I agree. You mentioned home that you know the brick signified home. Look at this brick. This is it.

0:10:16 - Heather

Oh, I love that.

0:10:18 - Julie

It's the painting of, I think it's a Charleston home. I get that, yeah, With the. You know the three tiered thing. And it's a house and look, it's painted all the way around.

0:10:30 - Heather

Well done, oh my goodness.

0:10:33 - Julie

This is what this guy gave me from my sister's house. Now, how bizarre is that? That's that's like she left that. She painted this probably who knows 20 years ago, and I'm getting it now. It just makes me weep even thinking about it. So your point about her letting me know that it's a home kind of a situation. And then when you said that, I thought, okay, I got to show you the brick because the brick is the painting of a home. That's so cool. I love that, I love it. Okay, I got to show you the brick because the brick is the painting of a home. That's so cool. I love that. I love it. All right, it's great. You have a team of multidimensional guides in the angelic realm, as well as the seventh and ninth dimensions. What do you mean by that? I do? How do they work with you? That's like above my pay grade, girl. What does that mean? You?

0:11:25 - Heather

How do they work with you? That's like above my pay grade girl. What does that mean? Mine too, it sounded like from that introduction I feel like I'm on a game show and I need to like end. Behind the scenes we have the team.

So ever since I was a little girl, I was aware of other beings, energies that I wouldn't have known what to classify them as. It was just my normal, that I had kind of like the peanut gallery following me around and when I would go to sleep at night they would help me walk through kind of a mini life review where we would say here's what we did through the day. I would see it on a movie screen. I would be able to pause and change things if I wanted to, to say, oh, if you had maybe gotten, I can't think of a good example because I was to say, oh, if you had maybe gotten, I can't think of a good example because I was a little kid. But if you had maybe played with this friend instead of that friend, this is what would have happened. So I kind of always was in consultation with others and as the years progressed many, many, many, many years the team changes based on kind of what I'm into, what I'm vibing with.

When I was writing my first book, I had kind of some authorship guides. I guess, like different specialties will drop in. And then, around 2020, I got this new energy and I can always tell the quality of the energy. So, just like somebody might know if they're blindfolded and like in a corner of their room and their husband walks in and their kids walk in and their best friend without hearing anybody say anything, you can kind of sense who is who, because we have this unique energetic signature. So I can tell on my team who is kind of. I think I've created this kind of ranking. They wouldn't say they're ranked, but kind of where they are on this like platform, like bleachers I don't know how to describe it but those who are in spirit feel they have a denser quality. To them, the angelic realm feels lighter and bigger.

And then I got this new kind of flavor of energy that started to come in. That was just like bouncy and zigzaggy and almost erratic, but would come in with a really quick, really fast pulses of information and working with them they led me to understand that that was kind of a galactic connection. That was completely new to me and so they're on the team now too and we just kind of it sounds so funny we just kind of all vibe together and we just, you know, hang out and when I am doing channeling or when I'm working with clients, they will often feed me information. In my mind it looks like when you have the Senate hearings and there are the staffers behind the senators who are like passing them notes like here's the next thing you need. That's relevant. I sometimes get information in that way. So it's not something I really set my GPS to ever do in life, but just kind of unfolded as part of the package that is me, I suppose. So I hope that answered the question.

0:14:26 - Julie

Yeah, it does. It does you kind of feel like Princess Leia? But you got galactic help now.

0:14:32 - Heather

Yes, yes, obi-wan, yeah, you're my only hope.

0:14:37 - Julie

And some of the healings that I get to watch happen with my clients and with people that call into my show. I kind of joke and I say, makes me feel like Princess Leia and I have a lightsaber, because what it does is it's like a laser that's zapping parasites and viruses and jazz like that. And so I always think, yeah, you know a tall blonde as Princess Leia not so much, but makes me kind of feel like I'm in a Princess Leia kind of a vibe. So you sound like you're a kinesthetic learner. It sounds like you feel the guidance from spirit first, and then do you see these guides as well? Do you hear them with your ears? Are you hearing them telepathically in your head?

0:15:23 - Heather

It varies and it has changed and morphed over the years somewhat. So typically it is. I agree it is kinesthetic and my team wanted to joke and say she's an accidental learner, like they were going to correct you. Wait a minute. Thank you, I think.

But so I will most often, most frequently, feel something and the kind of strength of it determines and discerns. Is it mine, Is it someone else's? Where is it in that person? Is it like even where on a timeline? Is it with someone? Was it something from their past? A future in this now, moment like that I will also hear, which here's a fun story I had to clarify with my team for many, many, many years. Their kind of signal for me as a confirmation of yes was a ding. And then iPhones came out and I would be out in public thinking, wow, I'm really like on it because I'm getting all these confirmations, and it was everybody's cell phones, text messages going off. So I had to kind of re-jig that whole situation and get a different affirmation. But I will also, seeing them not as frequently, have definitely had those experiences and I think sometimes there's an escalation to it.

So if I brush something off the first way it comes through kinesthetically or clair-sentiently. Someone might say if I don't pay attention to that, it kind of it like goes up to the mid-level management and I get it in a different way. I might get it clear audiently, or I might have something come in front of me that catches my glance and my vision a little bit differently to let me see it. So I kind of drop in and out of different ways and it also depends on the message that comes through. When I was channeling my book, that was all kind of I called it like spirit zip drives, Like it would just be a whole host of information coming in all at once and then I would have to sit with it for a few days and kind of tease it out and say, okay, what was all that that you just said? What does it mean? Put it in human language for me? So it's a bunch of different ways.

0:17:35 - Julie

As a child, did you talk to your family about this? Do you come from a spiritual family? What did they think?

0:17:41 - Heather

Yeah. So I had the best experience of that because I had at least an open family. So we would always talk about guides and different visionaries and we would watch kind of the PBS and Nova programs about science and exploration and mediumship and all these different things. So it was never really out of the realm of norm. However, there was a little bit of hmm, but I do it Like I didn't quite feel comfortable enough owning it, I think in the way that I do now.

But it definitely was not something to be feared. I wasn't made to fear it, I wasn't made to feel it was bad, I just I don't think anyone had the same experiences as I did, so I wasn't really coached in it in that way until I got into my adult years. But I also had an experience of my sister. Maybe we're talking about sisters today as part of like this sub theme, but my sister passed away when I was six years old and I walked through her death experience with her as a kid. So I always, we were always speaking about what's happening in heaven, what's going on in that. So it was just really conversational in a way that I think was really helpful.

0:19:04 - Julie

Can you say more about you walked through her death experience with her? Tell us about that?

0:19:09 - Heather

Yeah, I just threw that in like a super casual sentence.

0:19:11 - Julie

That was a good tease but I need to know more. Thank you very much.

0:19:17 - Heather

So my sister had severe cerebral palsy and didn't live in the home with us full time. So she was in a care facility and I mentioned that because the night that she passed away she wasn't in the physical environment with me. I got kind of packaged off to a neighbor's house to sleep overnight while my parents went to visit her because they got a phone call that said it's probably time if you want to come spend some time with her. She's transitioning. So as I was at this neighbor's house, I had this, what I know now in retrospect, very vivid telepathic exchange in a dream where my sister showed me and I know you've seen this, Julie the colors, the like. There are not words to explain the colors. It was neon times, a thousand Beautiful colors, and in what she was showing me she made kind of mountains out of the colors and valleys and streams and all of this, and so she would show me our whole family, my two parents, myself and my sister, on one side of a mountain and one parent jumped across the valley to get to the other rock or mountain and then the second parent jumped and then I jumped and then when it was her turn to jump and join us, instead of jumping, she made the leap, spread out these huge, beautiful, multi-dimensional kind of kick-ass wings and soared down this valley.

As a kid I was kind of kick ass wings and sword down this valley. As a kid I was kind of like that's cool. But I also somehow had this understanding that I get it Like you're not in a physical body anymore. I understand I didn't have the emotional maturity or language to really understand it in that way, but I knew it was her saying kind of I'll see you from a different perspective now.

And then she for a long time joined my team of guys so I could connect in with her, which in her physical body she was nonverbal. So we kind of had already mapped that out where and again, beautiful blessing as a family because we had the awareness of, yeah, she feels this today or what do we think she's feeling Like we were always connecting in a different way, without language. So that was very comfortable and familiar for me. And then I just kind of felt her presence with this other group of I was going to say yahoos, this other group of beings of energy behind me, and knew that, based on that kind of signature energy that she had, that that was her.

0:21:52 - Julie

Oh, what a great story. Wow, when my sister passed, we were all around her. She was in the ICU, she was on a ventilator and they took her off and she wanted me to take her to heaven. So I did and escorted her with the angels, got my spirit out of my body, you know, got her through the plasma wall that's what the pearly gates looked like to me Got her on the other side, heard the roar of the crowd when she crossed over and then came back and reattached myself to my body and I always think you know what an honor to get to do that. I've done that a couple of times. She was the first one I'd done it, but she said you have to go with me and I said okay, so I did. So it was. It was really a life altering experience for me.

0:22:46 - Heather

I'm getting weepy just telling you about it, you know all these years later, but it's profound, yes, and I've walked people I say like walking across the veil a few times as well, and it is, I mean, let's just cry, let's just have a moment, shall we? It is unbelievably resplendent and ecstatic and just flat out gorgeous, and then to kind of bear witness to that is such an unbelievable honor. And have you had the experience too where maybe you're not with someone as they're transitioning, but but I've had this happen a few times with friends or the pets of friends or kind of distant relatives, where I'll just be doing my own thing in the course of a day and I get this sense of elation like we've got her yeah, it's like like she's come across almost like Red Rover.

You know, the game is like we've got her, she's over here now, but it is this absolute large feeling that there's nothing, there's no emotion here to really compare it to. Yeah, it's pure ecstasy.

0:23:56 - Julie

The only thing that I compare it to is we're a football, college football family at my house and when we're at a big football game, you know, with 100,000 people in the stadium and there's a touchdown scored by the home team, and everybody goes bananas and there's this roar of the crowd. That's what I hear and see. When somebody gets on the other side, you know I call that the welcome to heaven committee. That's there waiting for them, but there's this actual roar of, yeah, she's here, he's here and you know, welcome home. And all of that which adds a glorious component to normally. What's a heart-wrenching situation for the family. But just knowing that they're received by loved ones and you know and others, I think is really terrific. What's quantum mapping?

0:24:56 - Heather

quantum mapping in the way that I do it. So this was one of the transmissions. I guess that's a word everybody's using these days, so I'll be hip and cool and use it to one of the downloads or transmissions for my guides a few years ago. A different way to kind of or maybe not different, maybe different for me a different way to look at someone's energy body as it relates to current parallel timeline. I'm getting dizzy talking about it. Current parallel timelines and just this kind of multi-dimensional nature of a person, so like expanding them out to all of their unlimitedness and mapping for them in this present moment as the human that they are. Hey, you may be experiencing this because it's connected to this other thing. Let's put it on a map just so you have the awareness of it. Doesn't mean we have to like bathe in it and walk through our traumas and all that again. But we can also again back to that spider web kind of analogy. We can also blip out there, resolve it, bring it back, bring it back. But it for me was this way to kind of visualize and help other people visualize for their own energy where the gunk is, or the I call it the dryer lint, like the things that are not energetically as potent and healthy as they could be on many different levels. So it's not just related to health, it might be relationships, it might be inner landscapes of your thoughts, all those different things, and we just kind of talk it through in an organized way.

Before I was doing this work full time, I've always done it kind of as a side profession. But I was in the corporate world a project manager. So I think I like to have the structure and the organization of something to help reinforce the kind of lighter, more esoteric stuff. So for me it was giving a structure and a voice and a place for all of these things which, from my perspective and the feedback I've gotten, helps people also kind of pull down these kind of light ideas and say, okay, I understand if we like put it here, pin it down, almost like the travel maps when you would put a pin in oh, I've been to North Dakota, I've been over to California, like we can look at stuff like that and it helps people kind of have the awareness which then sort of also works to dissolve whatever the imbalance was.

0:27:23 - Julie

Well, great segue, and I want to talk to you about past lives. I also want to get you to channel your guides here in a couple of minutes. But first let's talk about time. It's my perspective from hearing this a bazillion times from spirit Time doesn't exist in the spirit world. Time's a human creation, and so say more about that. Number one, and then number two I know you do a lot of work with past lives and there are many schools of thought that claim that we live multiple lifetimes concurrently. That makes my head want to explode and I don't understand it. But I go to a place of okay, is it feasible? Yeah, Well, I understand it. When I get back to heaven? Yeah, so just go with it and just take it at face value, because I've just heard it so many times. What's your take on those?

0:28:20 - Heather

Yes, I love that. So I often tell my clients and my team I'm on a need to know basis and if it gets like too big, I'm good, I'm okay living in the unexplained. So I agree, time is a construct and, wow, what a construct we came up with as humans, because it just gets in our way sometimes, doesn't it? But it allows us to be on this playing field and in the rules of the game that we have here in our human body. So I think for me it's helpful to classify something as a past life. I don't feel it really happened, like you know, in the middle ages or the Renaissance or whatever. I kind of see it as the collapsible cups, like we're all in here together, but it's stacked out and you can kind of open it up, and maybe this top rim of the cup is something that you're also facing right now and that's why that particular lifetime may be something that is triggering you or something that's coming up for you or something that you feel particularly connected to. I think that's often one of the signs there are so many people now with the Atlantis memories or the Egyptian, like everybody's passionate about Egypt. I think that's because we're approaching a similar frequency and it's almost like when you are dropping in and out of cell phone coverage as you're traveling.

I think as we're going through our lifetime we're dropping in and out of the kind of bandwidths of the same similar, parallel or concurrent lifetimes that we classify as past because, like you said, it would make anyone's head explode to kind of like consistently think of it, because you can get lost in that as well. But I also see this tunneling effect where if I was someone in the Renaissance and I was having a very bad health challenge, maybe now if I take care of myself, like there's this reciprocity to it, so I'm affecting that other timeline and that other lifetime as well. As you know, vice versa, it's affecting me and, yeah, you're right, it just gets like out of control, like weeds in the garden. It's too much.

But I think it also is such beautiful proof of how freaking unlimited we are, like we're never just one thing, we're never just right here in this human body, but it is from the leverage of this lifetime in this human body that we can connect in and have these beautiful relationships with all these other lifetimes and then, if we want to get exponential there, all of the people we knew in those other lifetimes. And then, if we want to get exponential there, all of the people we knew in those other lifetimes and are they here with us now? And the pets we had in those other lifetimes are they with us now? And it just goes and goes and goes and goes.

0:31:11 - Julie

Yeah Well, I see them all there when somebody's dying, and to your point, they're dressed in period clothing to identify themselves. I'll see some, you know, renaissance guys Like you go to a Renaissance fair and there's some guy dressed in that garb and he's eating a turkey leg.

0:31:27 - Heather

There's only the turkey leg involved.

0:31:30 - Julie

There's only this turkey leg and I'm a white meat kind of girl, but anyway that, and I also see that there's a semblance of scripts that repeat throughout subsequent lifetimes. Like to your point, if there is a let's say, there's a liver condition, well, there'll be a liver condition in many other lifetimes, but different perspective because different health possibilities for helping the person get well. Perhaps the person dealing with the liver situation is the doctor or the spouse of, or the child of, or the liver donor or whatever, and so I'll see that in lifetimes. It's fascinating. There's always a correlation. Okay, I want you to channel your guides, but first see if they have a message for us. But first, how do you do this? Do you give us what your technique is, and then we'll go into if they have a message for us?

0:32:31 - Heather

Sure. So the best way I can describe what it's like when I am bringing them in like when I am bringing them in, I feel energy come from this side of my body in and I kind of almost like if you were to that space between being awake, falling asleep, when maybe you get a notification on your phone and you're like brought back into it. So it's kind of a drowsy awareness, but not fully me. I also like to envision it as if we were in a conference room and I'm the speakerphone in the middle, so I'm letting other things speak through me, but it's not for me. It isn't so much, they're coming into my body and using it.

I used to describe it like that and it's changed over the years. It doesn't really feel like that anymore. I just Heather as a human, not necessary anymore. So I kind of step out and let others use that, but it isn't like an incorporation or anything like that. I don't know if that even makes sense the way I'm explaining it, but the speakerphone in the middle of the table is the best way, because I'm also in the room. In that scenario where I hear what's going on, I may not remember things. Yeah, that's probably the worst answer ever.

0:33:50 - Julie

I'm seeing a picture because I get divine downloads, like you do too, when we're in the middle of a conversation. What I just saw was the I Dream of Jeannie, you know conversation. What I just saw was the I Dream of Jeannie, you know that TV show. I saw the I Dream of Jeannie bottle where, when it was uncorked, your spirit could come out and the other spirits could come in, but it was still you. And then there was an exchange, like when you, when they were done, they left. Yeah.

0:34:19 - Heather

We're high-fiving like when we passed.

0:34:21 - Julie

Yeah, and then you're back in, and then it's corked again.

0:34:25 - Heather

I love that. I think I'm going to borrow that. I'm going to use it. I'm stealing it. You're welcome. Yeah, that's what it is Like. I pop out for a second, like I don't know how to explain it other than that, right? So yeah, is there any?

0:34:41 - Julie

particular line of questioning we want to start with, or just let them, I think, just see what they, what they want to want to tell us, everybody that's watching this video, regardless of when they watch it. I mean, do they have a message for us?

0:34:54 - Heather

Yeah, OK, and it's usually. It's a quick thing for me to kind of jump out of my genie bottle. Right, I'm going to do my hair like that now and like, yeah, are you going to wear the outfit?

0:35:06 - Julie

No, I don't know that. We need to see that. No, no, barbara.

0:35:15 - Heather

Hello, bright and beautiful beings, we are so delighted to be with you today. There has been so much joy and so much love already in this conversation, and what we would say to you is find that more often in your lives, in your homes, in your souls, in your hearts, for it is the seed of joy that gets planted at this time that eradicates all of the fear, all of the hatred, all of the sadness, all of the darkness. There are many of you at this time charged with being bearers of the light and many of you feel up to task. Many of you feel it is not your responsibility, it is not in your

job description, as you would say it, but we feel that it is your presence at this time and your attention to conversations such as this that bring that forward within you. Do not judge those parts of you that feel inept, that feel inadequate, for they are simply muscles waiting to be developed. They are simply opportunities for you to take on, try on, as you would try on clothes in a dressing room for yourselves, see what fits you in this moment, we would also say, so many of you are weighed down with your identity of who you were years ago may not be a good fit for who you are now.

Allow yourself to sit in a space of resilience and flexibility and, most importantly, trust of yourself, for it is a very confusing, chaotic and discombobulating time on your planet. What that does is allow for more opportunities to come before you, to come before your awareness and to unfold in front of you as selections on a menu. If you go to a restaurant, you may try different things and find what suits your taste. Try different things and find what suits your taste. This is the time for you to do that as well, as the frequencies are increasing and the time is seeming to spin faster and then expand slower. And we did hear the earlier conversation as it relates to time and we would say time in and of itself is changing. We would say time in and of itself is changing. Allow that to register in your awareness and use it to your advantage.

On the days where you feel motivated, you feel energized. See how the day stretches before you and feels as if it has many more than 24 hours. There may also be times where it feels very short and compressed, and this is actually part of the change in frequencies that your planet, as well as all of you are undergoing at this time. So ride those waves, make use of that time in the way that it best suits you and try on those different aspects of yourself. This is the time to face any fear and use it as motivation and leverage, for there is nothing that can permanently harm your soul. You are unlimited. You are radiant. You are so much more expansive than you are held in the framework of your beliefs. Step into the inner knowing and the divine radiance within you and find that kernel of truth that allows you to rise up and shine. We would answer any questions if there are.

0:38:55 - Julie

Well, along the lines of living multiple lifetimes concurrently. Can you simplify that for our human minds in a way that our human frame of reference will make it?

0:39:08 - Heather

understandable for us is one that many of you may be able to pull into your awareness quite easily. And we mentioned a dressing room earlier. We will go back to that same analogy. If you were to wear all of the layers of clothing in your closet at once, that is what it is like to have multiple lifetimes. You are still there, at the very core of that, in your what we would say nakedness, in your soul, in your true essence. But you may also wear a plaid shirt, you may have on a dress, you may wear a skirt, you may have boots, you may have all of these different identities at the same time. If you were to rip one of the shirts on an outer layer, you may then expose something that is closer to your body in that way.

So do your lifetimes bleed through and open up and allow you to explore and investigate and understand who you are peeking in from underneath all of those layers? We would also say it is more important for you to step out of the logical understanding and feel into it. Do you feel that there can be an echo, a reverberation, an expanded version of you? Many of you do. Many of you feel that this lifetime is not it. This cannot be the only time at bat, this cannot be the only chance that I have for these opportunities, and when you understand that there are many lifetimes all occurring at the same time, perhaps you can take a little bit of the pressure off of yourself Not that you would not hold yourself accountable and responsible in this lifetime, but understand that there are so many other variants and existences of you all trying your best, and feel the magnitude of that.

We would also say that's an amazing affirmation that many of you can take on I am doing my best. You can add to that I am doing my best in all of my existences. See how that elevates you, see how that makes you sit a little more firmly in the seat of your soul and allow that expanded version of you to be who shows up every day in the mirror. I am not just the me that I see here. I am the me that has existed across all time and all space, and all the answers lie within me, across all time and all space and all the answers lie within me Wonderful.

0:41:43 - Julie

What about healing in one lifetime? Does it help heal things in other, simultaneous lifetimes, lifetimes that are happening simultaneously? And I've heard about ancestral healing, where, when we heal ourselves in a lifetime that it can help heal our ancestors, are they one in the same? How does that work?

0:42:08 - Heather

They are not one in the same. We would say they can heal if it is in the highest and best interest of the current lifetime to resolve an issue. So what we mean by that is, overlaid upon all these multiple iterations of self, is the concept of, on your planet, free will. So if you are in a lifetime that also has free will and your soul has chosen to learn a lesson, let's say, of a physical challenge, a handicap, you may express something similar, you may express a shadow of that in a different lifetime. You may heal it in that lifetime through healing. But if the primary lifetime that has the more gravity, the weight of that physical limitation, if it is still in the highest and best interest of that version of you to walk that path of limitation for your soul's benefit, you will. The healing will enable you in that instance to perceive the lessons that you're learning in an easier fashion.

But it may not eradicate the illness or the disability In regards to ancestral lines.

What we would picture for you is the burning of a candle wick, but imagine that that candle wick is horizontal and when you hold the flame, hold a fire to one end, it goes back and forth across. So what you are in that way solving for yourself, or healing for yourself that is connected to you through generations, has the opportunity to go back and ignite a spark and a flame of healing in retrospect, as you would say, or on a prior timeline and in a future timeline. But again the issue of free will comes up. If it is in the best and highest good for all along that chain, all along that wick of remembrance to heal, then they will. If it is not a physical healing or a full emotional healing, it will again be a lightning of the load, in which maybe a perspective is shared that they did not have before or an opportunity comes up that was unavailable before. So there is always a healing benefit or a healing effect, but healing may not be the resolution of an illness or an emotional quality.

0:44:27 - Julie

Last question. I could talk to you all afternoon. But last question, and that is is karma a real thing in the fact that a lot of people are led to believe that if you mistreat somebody in this lifetime, you're just screwed in your future lifetime because it's going to come back and bite you in the rear end? So how is karma a thing and how does it work? What is it?

0:44:52 - Heather

Karma is a tool for learning, to the extent in which a soul chooses it to be, so it is not necessarily in the way that it is currently described or held as a common belief that one misstep damns you for other lifetimes or allows you to suffer for wrongs that you have done. At a soul level, you will feel the weight of all that you have perpetrated against others, and so that is the reciprocity of karma. However, we would add, if a soul chooses to believe in karma, in that definition, they have their free will to do so. It may affect their decisions, and that may then, therefore, be the lesson that their soul has chosen to learn that, oh, that karma thing that I

held on is such a hard belief that really that slowed me down. I didn't need to limit myself. In that way, I could have gone into fifth gear on the highway and had smooth sailing.

We are mixing metaphors, but karma is not as restrictive as it is often led to be believed, as it is often presented or instructed. Fears sometimes slow down in life and say I won't take that chance because if it goes wrong, then maybe that screws up the karma. It is also too often an easy eraser to say, oh, that's someone's bad karma, that's what they deserved, and then you are sitting in a space of judgment, either for yourself or someone else. So it is a tool through which many of you on your planet at this time kick around and play with as far as definitions, but it is not the limitation that you think that it is.

0:46:49 - Julie

Wonderful. Thank you so much for joining us and for sharing your wisdom with us.

0:46:56 - Heather

Thank you for having us everyone. Please be blessed, dear friends. I thought they were going to have something else at the end of that, but they were just like be blessed and then we're out.

0:47:10 - Julie

I had about you know 40 more questions I wanted to ask, so we'll just have you back. We'll have you back. You know what would be fun Would be to have our listeners and watchers on YouTube submit questions and we can just kind of have a Q&A with your team.

0:47:31 - Heather

Okay, so that is so on the money, because and I would love to, let's do it I was toying around with that idea like five question Friday or something, where I would get like questions in and do it. So yeah, totally yeah.

0:47:44 - Julie

Love it. I think we'll do that. I don't think I know. Yeah, we'll absolutely do that interesting thing when you, when they first came in your I Dream of Jeannie bottle.

0:47:55 - Heather

I already forgot that. I told you I don't.

0:47:57 - Julie

I can hear hang on, I could hear a low buzzing noise, like when you've got interference, you know, on a speaker. It wasn't annoying, it was just like just like a frequency. Yeah, frequency, and and I could hear it the whole time that you were channeling yeah, yeah, and so it was. It was yeah, it was interesting that it was an auditory thing. I did feel your energy vibration heighten and get lighter. It felt lighter because the body has density. The density of the body slows down the vibration.

0:48:37 - Heather

Is my belief it absolutely does, and that is something that I've had to play around with as I've learned to do this, because early on I would do a channeling session and I remember one time in particular I walked outside and a squirrel nearly ran up my leg Like it didn't see me anymore because I hadn't really dropped back in. It's this weird. I know that sounds so strange to people, but it's this weird thing. And I have, like some trail cameras on my property and I've walked past them before with my dog. He'll be on camera the same place where my legs should be. I'm not there, so I don't know. That's why I don't know where I go with my little genie bottle. But I've had to work at kind of being lighter but also staying here.

0:49:22 - Julie

Yeah, because you got to anchor that in at the same way, and I think what's happening is our vibration is one thing, but then when you multiply it with a bunch of different guides all together it's been my experience. If this makes sense to you, it feels lighter to me. The more that are gathered together, that are spirits, it feels lighter.

0:49:46 - Heather

Like balloons, Like if you had just one balloon you're good. But like that movie Up you tie them all here, we go to the house again. You tie them all to the house, you're going to float away.

0:49:54 - Julie

Exactly that. Goosebumps on that little comment there, girl, that's cool.

0:49:59 - Heather

I'm dizzy. I'm like whoa, oh, you want to take a drink of water. No, I'm good, I I'm good, I'll drop back in, I'm fine. Part of it is just sheer happiness too.

0:50:09 - Julie

All right, talk to us about energetic signature portraits. I'm fascinated with this. First of all, tell us what they are and then tell us how you do them, and then describe what they look like.

0:50:36 - Heather

Beautiful. So an energetic signature portrait is basically my interpretation, my channeled interpretation, of the frequency of your soul. You want to do something, but don't limit how it shows up. So I had put this call out the universe. I really want to do something with art, but I don't want to just do it to do it, I want it to help people. And I have no idea what that looks like and at the time I wasn't really doing anything. I took art classes back in college from my scholarship but never really did anything and maybe as a hobby I would sketch every now and then.

But after I put the call out to the universe my team spirit, my own soul, however you want to classify it I started to have these vivid dreams of bright colors and geometry kind of floating past, almost like a kaleidoscope of multidimensional geometry, and I had no idea what it was. I would just kind of, in my dreams, sit there and think that's really cool, that's really pretty, what is it? And my guides didn't answer and didn't answer, and didn't answer. And then along that same time, I was writing my first book, which also involved illustrating my first book, and so I was learning digital art applications and as I would kind of play around with the stylus and the different apps, I started to kind of get out of my own way and this geometry would come out on the app and I still didn't know what it was. Didn't know what it was, and then the more I played with it, the more I started to understand that I think this is representing someone, and so it would have like a layer of these beautiful cloud looking shapes that are very vibrant and wispy, and then this beautiful geometry on top. And when I see them, even though I'm drawing them two dimensionally, I see them as moving, so they kind of breathe in and out and they move.

And I still wasn't quite sure, but I had this feeling that I think I've just drawn something that represents this friend or that friend. And so I would I have the best friends, by the way I would call them and say, hey, can I send you something? Can you take a look at this? Do you feel anything? And they're like yeah, but I don't know what I feel, or like they would feel physical symptoms, they would get their pulse would race, they would get dizzy. They would just feel this overwhelming love, like they had been hugged.

And then I started to trade portraits and, in a group of friends who knew one another, show them different examples and they would be able to identify which friend it was based on this and they don't look anything like people. These aren't like sketches of faces, they're just

geometry and color. So then I started to realize, or back into the awareness of this is someone's frequency, and my team started to say this is so much more real than like the name tag that would say hi, my name is Heather. It would be this, this is me. I am this bundle of color and light and shape and form and geometry. And so I started doing them and now I've done thousands of them for people in all over the world and get the most amazing feedback that it's just coming through me.

If I try to consciously do it, the funny thing is the app will crash, or the the stylist will stop working, or a color I select will turn into a different color, like I can't be there other than to be the vessel that it comes through, vessel that it comes through. But people will say like they felt immediate healings of a condition, or they feel like that's the first time I've ever really looked at myself or heard myself, or they'll hear their name called like from some external source. They have these reckonings and awarenesses with these pieces that are just staggering and beautiful, and it's my favorite thing to do. So thank you, mainly for the question, because I absolutely love them. And so for anyone who feels kind of like deprioritized by the world or where is that authentic spark within me? This is a way to say, hey, this is a version of you. You may not see yourself like this, but feel into it, because there are frequencies and healings and messages baked into the piece behind the scenes.

0:54:57 - Julie

When I was looking at them on your website when I was preparing for our chat today, it reminded me of a kaleidoscope. When I saw them and the energy in them that I was feeling in the different examples that you have on your website were very different. They were all really high, really joyful all of that, but they had different nuances about them. I felt number one and number two. I thought it was interesting that they were all geometric designs for the most part and I could see them moving as well, like what you just described when I was looking at them. But I found it fascinating that they were what I would call sacred geometry and I'm really interested in that and want to explore that further. We're lighting up some guests to come on to talk about that, but why do you think the sacred geometry is part of these signature portraits that you're channeling?

0:55:57 - Heather

I think it goes back to it's not going to be a light answer. I think it goes back to the secret structure of the universe that as we come in and out of incarnations and there's a version of these, that once I did these for a number of years spirit also brought to my awareness. Hey, you're a medium and you cross people over, don't you think? That has its own kind of shape and like, let's look at what the soul does as it's transitioning. So I also have soul gateway portraits which show, like, the comings and goings, either a birth or a passing, but I think it's the way in which our souls are organized into this multidimensional net, this framework of the world, and it's the way everything is designed and prioritized and built through math and structure and it's kind of all that.

This is above my pay grade, but it's all of that, the underpinning of the programming, if you will. And programming gets a bad vibe or a bad connotation a lot of times, but I think this is the good kind of programming a lot of times, but I think this is the good kind of programming. Like this is almost the energetic, skeletal structure upon which we exist. So we come in as these unique shapes and forms and then through that is overlaid, our DNA and our structure and our stories and our soul journey, and all of that is encapsulated in this essence of us we had.

0:57:31 - Julie

Dr Robin Ward on this show a couple of years ago and she's a math professor at Rice University in Houston and she was talking about how everything is geometry, how spirit is all geometry, and it was a really fascinating conversation about that. And her role is to help women in math, because our educational system has really kind of said, well, you know, he's a

boy, he's really good at math, but she's better in the language arts or something else, and it kind of has diminished girls' actual performance in math, because it's just kind of a mindset that has permeated society and she's all about changing that. And she has this to help them see the different designs in the mathematical equations that are in art, whether it be David Hockney or Leonardo da Vinci or Chagall or whatever. And she's really on it with what's going on with this math stuff. And she's really on it with what's going on with this math stuff.

0:58:48 - Heather

That's lovely and yes, so you said it too. The golden ratio that's everywhere, that's in anything we find not attractive, but in anything that is coherent flowers, paintings, all of it. It's just the underpinning of everything and it's also, I think, how we interestingly, how we dovetail and connect with our world. It's like we are these fragments plugged into everything, and that's how we can kind of spiritistic, how we can kind of all fit together in one place. It's like the kaleidoscope, where all these different bits fitting together and recalibrating and reforming.

0:59:28 - Julie

Mosaics too. Tell everybody what the golden ratio is, in case they don't know?

0:59:32 - Heather

Oh, I'm the worst person to ask about that. I'm throwing that out. Well, what's?

0:59:36 - Julie

your interpretation of it.

0:59:39 - Heather

Julie, my interpretation of it is it is the structure through which yeah, I'm not even going to have a good definition.

0:59:49 - Julie

Ask your guides to tell us.

0:59:52 - Heather

They're suing me a bag of golden orita french fries. They're like that's your definition of the golden ratio. So we're off but not untrue, the mathematical constant through which structures can exist in a third dimensional realm and interconnect across other dimensions. So it's kind of like what they're showing me is um, I don't get it, I don't understand it. I don't understand it. They're showing me like toll lanes on a highway and it's like that's kind of the toll gate through which I guess I'm unpacking it correctly, the toll gate through which structure works. And they're like you can't just go about life willy dilly. You have to have an equation and a structure to things. So it's the bed frame of the mattress of life.

1:00:54 - Julie

Well, what I got from the toll booth thing on a highway was it was an entrance into a commonality, first of all, sure, and that there's a structure that you go into that does add order and it allows us to access things unknown from our human perspective. Right, because you go on the other side of the toll booth and you're on a toll road that you can't access unless you go through the toll booth. So it's opening up new horizons kind of a thing.

1:01:31 - Heather

Oh, I like that, that's much more beautiful than what I was pulling down.

1:01:34 - Julie

Yes, or write a french fries. That's hilarious. Okay, all right. Well, thanks, I think that makes sense. It's just a structure that we go through that opens new horizons that are connectors to lots of things that are unseen, perhaps, from a human perspective.

1:01:55 - Heather

Have you had?

1:01:57 - Julie

Robert Edward.

1:01:57 - Heather

Grant on your show? I have not, but I'd love to. Yes, I mean you need geometry and math and stuff. He is so proficient in all of that. That would be a great conversation.

1:02:10 - Julie

Yeah, terrific, all right. Last question why do we incarnate?

1:02:19 - Heather

I'm deciding that sigh was do I give the sarcastic answer or the real answer? But maybe we do both.

Okay, because we're glutton for punishment, was the sarcastic answer. Okay, because we're glutton for punishment, was the sarcastic answer. But because we're like the high performance, high adrenaline souls who want to come in and learn things in a way that is so tactile and sharp and absolutely reforms us as a soul that we just can't get enough of it and we can learn lessons in spirit. But it's like taking a nice casual cruise or taking a rafting trip down the Colorado River. Both are a similar experience. We just kind of choose where the adrenaline junkies. Like I said, we want the adventure, we want the lessons we want, and then I think we also get addicted to just the beauty of it and the magnificent expansiveness or the feeling of being unlimited but playing with limited rules. There's like such a unique quality to that and anyone listening who's having a really challenging day is kind of like oh yeah, it's a party, don't we just love it. But at a soul level I think we do. I think it's the best play, it's the best movie to star in in the universe.

1:03:52 - Julie

Wow, great answer. What a delight you are, my goodness, like I said before, with your beauty queen years, I mean, you're obviously the whole package. You're beautiful, you're eloquent, you're brilliant. You're beautiful, you're eloquent, you're brilliant. You're so wise. You have all these different skill sets that you've developed over your lifetime and what a joy to have this conversation with you. How can people learn more about you and your work?

1:04:22 - Heather

Thank you so much, Julie. That is so abundantly kind. I'm going to be glowing for the rest of the day. The best part, or the best way to find me, is through my website, heathermays.com. It has the jumping off point for anything we've talked about the art, one-on-one appointments with me, classes, that I offer, any kind of good stuff like that or just drop a note in my contact form and get in touch. I love to hear from people too, so I also have a YouTube channel. It's a baby channel, but it's there and that's just under my name, so I try to post a couple of videos a week over there as well. Okay, terrific.

1:04:58 - Julie

Alrighty, everybody, that's it for today, sending you lots of love from Sweet Home Alabama, and from North Carolina too, where Heather is. We'll see you next time, thanks for joining us.

1:05:10 - Anncr

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.

1:05:23 - Disclaimer

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