

AJR Liz Entin 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 Liz Entin with us on the show today. When it comes to anything spiritual, Liz is a self-proclaimed skeptic who studies psychic mediums and researches paranormal activity. After reviewing the evidence, she now offers people hope of the probability of an afterlife. Now you know I'm going to have a bunch of questions about what she encountered in her spirit explorations and how it changed her mindset. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Liz. Liz, I'm so excited to have you this afternoon. Thanks so much for taking the time to join us.

0:01:38 - Liz

Thank you so much for having me. I'm so excited to be here.

0:01:42 - Julie

I got to be on your show, so turnabout's fair play, right.

0:01:46 - Liz

Yes, and I just couldn't talk to you enough, so I'm like oh so happy to keep talking. I would have kept you on mine like five hours if.

0:01:55 - Julie

I could have. I know I felt the same way you say. You knew consciousness was a function of the brain and an afterlife was just wishful thinking. You now offer people hope. There's a realistic possibility of an afterlife. What changed your mind?

0:02:13 - Liz

My God, so much, and I can even say I think now there's a probability instead of a possibility. I've gotten to that point. My God, what changed my mind? It was step by step by step research, research, research and personal experiences. I guess I should start from the very first thing, correct, that would be great.

So, unfortunately, in 2015, my dad passed away and we were very close and I was raised culturally Jewish, but secular. Just an afterlife was not even a possibility. It might as well have been as realistic as saying there was the tooth fairy. So I had my very first thought, which was is it possible to turn back time? So much science fiction comes true, and time travel is part of science fiction. So you know, and you're kind of in that very trauma, like he was being moved to hospice. I never quite experienced a feeling like that, like your brain's just in a daze and what's possible versus impossible. You just kind of move to another realm. So I just had this thought is time travel possible? Because if we are time traveling, we might just not know it. I Googled that. Long story short. Time travel is possible Theoretically. It's not very practical, but

according to a lot of Einstein's theories, if we were, for example, to build a spaceship that traveled almost at the speed of light, you know we there's Einstein's twin experiment. I'm going to have the exact data wrong, but the concept right. Like one twin travels close to the speed of light and one stays on earth for, say, five years, five years passes for the twin traveling 15 years for the twin on earth. So if something as unquestionable as time isn't as factual as it seems, what else?

My very next sort of dazed brain fog thought was just thinking. Started thinking about the concept of eternity. And if you think of eternal big bangs, big crunches, the amount of goldilocks, planets we already have that are sustainable to, most likely sustainable to life, I have a really hard time believing humans and Earth is the only planet that hosts complex consciousness. And again, just eternity, like eternal Big Bangs, big Crunches. It made sense to me that there was another set of brain neurons would come together and create another me, not a Liz, but another person which I wouldn't get to be my dad's daughter again. But when your only thought was that consciousness would be completely obliterated, that seems pretty amazing and it would be sort of like having multiple lives, but you know, no karma and nothing spiritual to it, still consciousness created by a brain.

Then a thought hit me. If that's true, and is there any way, by some mechanism that I cannot begin to understand that some memories somehow carried over. I googled that and that is when everything changed. I came across the research of the late Dr Ian Stevenson and his protege, Dr Jim Tucker. They are child psychiatrists professors at the University of Virginia and they're studying cases of kids with past life memories and they're getting verified results and they're not like doing anything spiritual related to it. They're not talking about karma, just facts and data and facts and university professors. And once I found that it was just, I mean, everything changed. I bought every single one of their books, curled up under a bed I was already refusing to get out of because I was in such deep grief, and just read every single one of them with my heart in my throat. And that was just the first step of this life-changing body of research.

0:06:33 - Julie

Okay, let's back up for a minute here. Yes, are you a research scientist by training, or is that what your career is? How did you become so research oriented to the point where, when one hears you speak, it's like we're talking to some research scientist at the academic level? How'd that come about?

0:06:58 - Liz

Wow, wow, I will completely appreciate what you just said, because I guess I'm not a professional researcher. I actually am an entrepreneur and originally I was working in fashion both fashion styling and I had a fashion startup and it's kind of at a pivotal point at that time and I was looking into kind of closing it for multiple reasons anyway. And then when my dad passed, I was just like to kind of closing it for multiple reasons anyway and then when my dad passed I was just like you know not, I stepped away from it. But it's just how I've always put the world together, like I'm kind of a fact-based person and I guess when you're an entrepreneur you have to do constant research and you're getting constant realistic feedback because something isn't working and you have to tweak it and figure it out. It's just. I guess it just never really crossed my mind that wasn't. There was really another way to interact with the world, because if you want results, you know that it's just what you do. I've always sort of been a go figure it out person.

0:08:01 - Julie

Yeah, oh, I can agree with that. I've founded nine companies from scratch and five industries. Yeah, you, you figure it out as you go and do research, but but you're very analytical, and so you it's. It's been my experience, and spending a couple of hours with you is all but that you're.

You're one who, you're a person who you're looking for the corroboration, for the validation from the facts. You know, somebody says, okay, there's an afterlife. You're going, yeah, maybe not, maybe yes, maybe no, probably no and then when you start finding the past life stuff which is, I think, a really great place to start, because these little kids, most of them, can't read yet, they can't make their stuff- up, no, no, and they can't have found it anywhere.

0:08:57 - Liz

I mean in the specifications, like a little boy, for example, who had trauma memories of being a World War II pilot, was taken at like three years old to an airplane museum and knew things that only an expert pilot would know. I mean, that's just like one minuscule drop in a bucket of all of the positive research that Drs Tucker and Stevenson were getting.

0:09:28 - Julie

Tucker and Stevenson were getting. I like to remember when I first started getting introduced to things more than religion, more of a spiritual nature, and I don't remember if I heard Shirley McClain first on Oprah or if I heard little this. They had this little boy who was on who I believe was around three, and he said he had been a Civil War soldier and he knew his troop, he knew his dog tags, he knew his name, he knew where he was born, he knew when he was born, he knew his commanding officer's name. I mean all this information where he was stationed, that kind of stuff, every piece of it was able to be validated. Station, that kind of stuff, every piece of it was able to be validated. And this little boy couldn't read yet. And you just think, okay, there's got to be more to this than that.

And I used to watch Oprah back in the 70s and early 80s, 70s and 80s I guess I forget when she started, but it was. We had these old fashioned VCR recorders where I'd put the cartridge in and I'd set the recorder, you know, to play, so it'd play while I was working and then I'd be able to watch it that evening or over the weekend or something. Oh my gosh that was my first exposure to all of this that there's really more to this than meets the eye. You've studied a lot of mediums and psychics and other I would say woo-woo people that are out there and I say woo-woo with affection. I consider myself to do woo-woo. I think it's a fun description, you know. It always makes people smile when they hear it and all this is about joy and love and feeling good. How can you tell the authenticity of a medium or a psychic.

0:11:15 - Liz

You mean me personally or in a lab, both.

0:11:19 - Julie

How do you gauge it both personally? Are you using like gut reactions you? How do you do it in a lab? I know you're scientific, so give us your process on that.

0:11:32 - Liz

Yes, I don't use gut reactions. So for me personally, if I'm going to go get a reading, I you know I'm going to take away looking for the. The first thing I would do is go to places where the mediums are certified. Now let's take that part away. Let's just say I'm finding a random medium. I give a fake name. Sometimes I might give my first name I mean Liz Elizabeth, that's not exactly an uncommon name. I'll give a fake last name. I will have a friend pay, not a family member, not a business partner, not someone very easily traceable to me. I will book it. When I book it, I put a VPN on just a virtual private network, just so it can't trace my IP address. Maybe I'd even go to like a computer lab I've done that too just so it's not on my computer. I've done both and I have come to think the phone is the best, because then they can't even like maybe ones of the best of intentions might be unconsciously reading micro expressions. I mean I don't think that's likely, but if you're really, really going to be hardcore. Also, you know, if you're on Zoom they could be seeing your face and putting into Google image search. I mean that's the most extreme. Do some do that? Yes, but if you're really really trying to test and just

absolutely verify to, I believe, take every precaution and then record it, ask, be respectful, like even if you're researching, I feel strongly that you have to be respectful and say is it all right if I record you? I have only had one medium say no once.

And then what is the information they're getting? You can get 100% accurate reading, but that doesn't mean it's specific. I could probably sit here and give you 100% accurate reading right now. You have a selection of great grandparents on the other side, don't you? I have a feeling they really loved your grandparents. I mean, anyone could do Accurate, but now, is it specific? Are they getting the name of your loved one? Not everyone gets names, that's okay, but are they getting things that they could not have known? Are they getting a specific memory that you share? Are they getting something, a hobby, something that you maybe did together, something about their career, their interests? And so what I do is, after the reading, I take each point, I put it into a chart and I score it.

I like highly accurate, accurate, maybe or wrong, and some of what's interesting is some of the maybes, if they could be about a future thing, have ended up happening. I mean, what's interesting is there was a reading early on I scored a zero and then, like, all of it ended up happening. So you just never. You know, that's another good part of recording and so that is how I personally get readings with mediums and I still I said phone is ideal, but I'm talking about the most ideal.

I still like to go in person. I still. If they say they do Zoom, I like Zoom. I mean I tend to think I could tell if they were doing a Google search of me, because you know they would just know things that were only Googleable. Or if they recognized who I was from my book. Like, were they just getting stuff from my book? In fact, I disguise a few things. Some things are disguised in my book and some things aren't, and I don't say what's what? Like, some signs are signs I really got. Some names are true. I mean, everything is true that happened.

But I might like swap out a color or a date you know, nothing's just fabricated, but some you know my dad had a very specific hobby and I disguised that.

0:15:51 - Julie

So things like that I never thought about that Somebody Googling somebody in a you know coming to see them in a session. That's interesting. I thought it never occurred to me. I guess that's because I'm not a criminal, because you're an honest person, but you know, not everyone is.

The information comes in so fast when I'm talking with a client's deceased loved one or their spirit guide or their guardian angel or whomever, and it's just like boom, boom, boom, boom, boom, boom, boom. And they do often come in, and I know you've experienced this in your research. They do often come in with Spirit does, with things that just seem so random that I've just learned through the years. I don't edit anything, I just tell them and inevitably it means something to the person. Or sometimes there is certainly a percentage of the time where they're referring to something that hasn't happened yet, and then I'll hear back from the client. It's also interesting to me and I'm wondering if you learned anything in your research why some spirits will give us a symbol or a song or, and then some people, some spirits, will be giving us paragraphs of information, kind of like we're having a dialogue between them and their loved one and me. Have you found that there's any rhyme or reason to that. Does it depend on the spirit? Does it depend on the client? What's up?

0:17:27 - Liz

I would guess it's just like if you were to just go have a conversation with a person. People will say different things. Let's say you were just a person who liked to just randomly meet people Take away the fact that it's someone who's passed away and you were just like writing a book

about people's life stories and you were meeting them in a cafe. Every single experience would be different. Some would be really shy, some maybe just couldn't stop talking, some would be really loving, some might be disrespectful. Like there's as many different non-physical consciousness as there are physical consciousness, would be my personal guess. Have you?

0:18:17 - Julie

studied others getting readings from psychics and mediums other than just yourself, or have you only studied the ones that you've experienced yourself?

0:18:28 - Liz

Well, I've read about other people getting readings. I've been to group readings where I've watched other people get readings. I haven't yet been in a lab while other people are getting readings, but I've seen so much of it with you know, I volunteer at the Forever Family Foundation which hosts many grief retreats where groups of people are getting readings. I have gone just to group readings of both mediums I'm friends with and mediums I was just curious to see. So I've seen a lot of people get readings, but I haven't observed another one-on-one reading in a test.

0:19:11 - Julie

It's interesting because I'm thinking, okay, what's the differentiator? Because some spirits are really chatty I mean like chatty, chatty, chatty, chatty and they're coming in with all this information, and other spirits are just giving symbols and signs and maybe a sentence or a few words or something like that, and I guess I really haven't ever thought about it before this conversation began. But I'm wondering if I'm not wondering I'm getting, do I download? I'm getting that it's all predicated on how the person with whom I'm wondering I'm getting to my download. I'm getting that it's all predicated on how the person with whom I'm working, the one who's still in human form, how they can receive the information and have it make sense to them, which is feasible. But that makes sense to me, does it to you?

0:20:01 - Liz

I was going to guess the opposite. I mean, yes, they're trying to say stuff that would make sense to the person they're talking to, like you're not going to go just as you would here, you're not going to have a conversation with your sister and start telling them stuff that you normally would talk to your boss about. I mean, that just would make no sense heads. But I would guess and I'd like your thoughts on this too if someone's really shy and quiet here and they've passed and you're communicating with them, I would guess they're speaking less than someone who you know, for lack of a better word, can't shut up. And I don't mean that disrespectfully, I'm a pretty talkative person myself.

0:20:41 - Julie

so well, it's been my experience in talking with literally tens of thousands of spirits, souls. I use spirit. A soul to me has a religious connotation to it. I don't know that it really does, but in my mind it does. So I use the word spirit more often. But it's been my experience that when somebody dies, their personality traits stay with the body and all spirits are pure love. Now will they come in with things that they say or they give us symbols of? That will relate to their personality, perhaps when they were alive in that lifetime that my client spent with them Absolutely. But I'm going to be with a lot of psychics and mediums. This weekend I'm going to the Helping Parents Heal Conference. I'm speaking there.

And so I'm going to do some research for you and then I'll let you know what I come up with and see what others' opinions are of that why some spirits are really chatty and others and I think some of it has to do certainly with the person with whom we're working and how they're feeling about it, because we connect to them and then from them to their loved one who's in spirit, and there's lots more to it than just talking to dead people. I mean, as far as connecting

with energy and connecting with spirit, when you said that you personally just go to certified mediums, what's that mean? What are your parameters for somebody being certified?

0:22:28 - Liz

to them because I'm doing so much research, but I would suggest maybe a person who's trying to find a medium in deep grief, getting a certified one means that they've been tested. So I'll start with Forever Family Foundation. Forever Family Foundation has a set of certified mediums that means they've passed testing that eliminates cheating. They can't hot read, they can't cold read.

0:22:51 - Julie

What's hot read and cold read, what's in there?

0:22:54 - Liz

So hot reading would be Googling. It's you get the information of who you're getting your reading for and you're Googling, or you're on Zoom with them and you're Googling. You know you're doing a group reading and you have a plant there who's talking and then getting information and feeding it back to you. That's hot reading. Cold reading is where you read a person and get the information logically and kind of I mean I'm going to do a terrible job of it. But they're experts and sometimes it's stage magicians and it's really fun if it's a stage magician, but it's really diabolical if it's someone who's pretending to be genuine and it's a grieving person. But basically it's like a mentalist. It's like I'm going to give a very like okay, so Darren Brown probably would be a cold reader and a mentalist at a party and those are fun. I mean those are great. But an example of a cold reading could be, you know, like someone comes and a woman and you see she's not wearing a wedding ring but she's wearing it around her neck on a necklace, and you notice and you'd say I'm sensing you recently lost your husband and you're picking it up that way and I will actually stand by that.

I think some people unintentionally cold read because not necessarily good mediums that may be early on ones, you know, because I know I took a class and I don't have abilities, I'm just researching. You know because I know I took a class and I don't have abilities, I'm just researching and I was looking at people and getting very logical information, such as lost grandparents, you know. They had gray hair and they were saying, yes, oh my God, so you do have abilities. I was like, well, no, I'm getting this from a logical place. I'm not trying to cheat, I'm not pretending, but when you meet someone and you try to figure things out about them, most people are able to figure out just some basic things. So I do think sometimes mediums unintentionally cold read the not as good ones. But you also can't get very, very specific information through cold reading.

0:25:03 - Julie

Well, I wouldn't have any business if I had to be certified, because I'm not, but I have talked to tens of thousands of people over the years, so I think that that's something that's a valid gauge as well. Is, how does it feel when you're talking to somebody who's purporting to be a medium or a psychic medium? Because you know, I don't have a desire to get certified. It's like either I'm hitting it with you or I'm not, and all of my business is word of mouth for many years, so I don't know that it's necessary to be certified by any other entity.

0:25:43 - Liz

Oh, I'm sorry. Yeah, I was going to say I've had some absolutely wonderful readings too, by mediums that were not certified. So I don't want that to. I don't want people to eliminate some absolutely wonderful mediums who are not, so yeah, so pay?

0:25:59 - Julie

my feeling is pay attention to how it feels. You know, if you're, if you're hearing things like somebody saying, well, I have a 100% accuracy rating, yeah, run the other direction, because nobody does. And if you're hearing things that are of a general nature to your point earlier, you know you want to have something that's going to resonate. And it may not be that the whole time that you talk to the medium that that information is going to resonate with you, because sometimes it's in the future, it hasn't happened yet and sometimes it doesn't make sense to you at the moment, but it can at a later time. There are many, many examples of that as well. What do you think is leading you to write your books and to enlighten people about the afterlife? How are you being led? And explain to us what that journey has been for you and what it feels like, in that you know you're motivated to do this. Why?

0:27:07 - Liz

Interesting, to use the word being led. So I'll give some very quote-unquote normal explanations and some that maybe if I'd said years ago and heard myself say that I would think I was nuts. So I'll start with just the very normal. First of all, it's just when you grow up thinking consciousness is created by a brain. No other option To start to see clues for. Otherwise it's just. There are not words for how astounding that is. There just really aren't. I guess the closest I can come to that is like think of when you're a little kid and you pretend all these fantasy games and I'm like God when you just dream of waking up, finding a hidden key and walking into a room and there's your pet unicorn and castle. It's literally finding that and finding colors that you've never seen before. And when you start to find that it's really hard to think of anything else and it's of course not that instantaneous. It's finding, like this, one clue, then another, and then you know thinking, oh, there must be the catch, and just going further and further. And it was just. I mean, it's just so astounding and so fascinating. To me this is the most remarkable scientific discoveries I could imagine that I have firstly encountered. It would be like if I started speaking with beings on other planets. So I just kind of couldn't turn away and kept having to learn more and more. And then I began journaling just for my own kind of mental health and grief, journaling just for my own kind of mental health and grief.

I was in very deep grief and I felt basically motivated to do nothing except research this and then blogging about it for myself. I noticed I was like laughing while blogging about parts, because some parts were ridiculous, because I was so awkward and it was so weird and I was like I can't believe I'm doing this and I'm like, wait, I'm laughing and I'm not just in this heavy molasses of grief. And I never had any intention of telling people, but it just went further and further. And you know, part of this research is meeting a lot of parents who've lost children, a lot, who would be my age, older, younger and I felt like you know, like there was sort of a responsibility to do something of real meaning for the world, you know, because why am I here and they're not? And I'm no better than them, my parents don't love me any more than their parents love them and there felt like some responsibility to that. And I just also don't find there that many voices that talk very logically about this to people who are atheists, to people who are highly skeptical. And you know, where do people like that go when there's grief and even if you are religious it's, I mean, it's still, and grief, I'm sure, is just as brutal. So to have someone who's an atheist like come in and say, no, I think this I hope it helps them do, because then they're like wow, this is really strong.

And it just kept going further and it was like I kind of felt like this came to a little more woey part. I kind of felt like I was writing it with my dad, like I felt him there, and then I was just delaying and delaying was basically done. I'd hired an editor, but I'm like this is just too weird. And then like very tragically, my mentor in this whole world passed away.

And this woman, like you do not say no to this woman, oh my God, I don't know if you ever had the chance to meet Fran Ginsberg, but she was co-founder of Forever Family Foundation. That woman, there are not even words for her. But you do not argue with her, you do not say no, and basically message from a medium right On, like we did a little Zoom memorial. It was in

the middle of 2020. We couldn't be together in person and she was like my second mom, so it was an incredibly hard time and it was kind of got a little bit of a kick in the ass from Fran through a medium and I was like, ok, ok, that is it, and I just went, I went for it and I'm really glad I did.

0:31:26 - Julie

Well, and it takes courage to put yourself out there. I felt the same thing. You know you're just like people are going to think I am nuts and, like you, I come from a scientific background, but from a business background, and so you know it was a similar situation I was getting that it was absolutely your dad who was leading you to do this, so I love that you said you had that thought more than once that it was your dad that was right there by your side, helping, guide you and opening doors for you and all of that. Furthermore. It's been my experience, not only in my own life but in watching other people clients and family members and friends and colleagues that when we're interested in something, when we're being led, it's almost like an insatiable desire. We almost get.

Obsessed is probably a little bit strong, too strong of a word to use, but you want to know more. It's like this leads you to that, that leads you to that, that leads you to that, that leads you to that and you just want to know more and you just want to want to learn what you can and then talk to other people about it because you want to get what their read is on it, and my guess is that you probably ran into more people that were interested in this stuff than not ran into more people that were interested in this stuff than not Tell us about that.

0:32:56 - Liz

Yeah, I was so scared to tell people so I would kind of very, you know, I'd always lead with my more normal stuff. Then I'd sort of feel people out and very secretly be like, okay, I'm working on this kind of weird thing and I'm kind of writing a book and I would tell them and it was just like it's all people wanted to talk about. It was like the whole room where I just thought people could be like she's weird. I mean, I did have like one instance where someone was like, okay, you're weird, I don't want to talk to you. I'm like you know, that's fine, but like 99.9% of people are fascinated, you know, especially when you speak about it logically. They're not used to hearing about it that way, so they're really interested.

And I think also you know, some of it's what people have been exposed to happened to go to the University of Virginia for undergrad or grad school, had an immediate comfort with it, because they said, oh, yeah, there was a department at my university that was studying this stuff. So they just automatically didn't blow it off and I was like, yeah, that department changed my life. So you know, they just happened to be exposed to a norm I hate to use normal is a disrespectful word but to a science based approach to this, and very few people are exposed that way, and everyone faces mortality, whether it's grief or their own mortality. Everyone has a very vested interest in this. So I'd say almost everybody was just really respectful and fascinated. It was like they just wanted to talk about it all night. I'm like wait, no, I want to hear about you. I do, you know, but it's there's so that that made me feel like I'm really doing like on the right path.

0:34:45 - Julie

I've experienced the same thing and and it was surprising early on because, also like you, I was thinking okay, and then it would come up because usually they do an internet search on me and my AskJulieRyan.com would show up and they'd be like, oh well, I want to talk to you about this. And I'd say okay, and I just kind of almost braced myself to get pummeled. I thought, oh, here come the incoming. You know snarky comments and stuff Really minuscule. I, you know I can count on less than one hand of fingers, on one hand of people that said something.

Another interesting point too is when academia studies it, it kind of adds a new, whole new energy to it. Gary Schwartz is another at the University of Arizona and he says that it's been proven without a doubt, 99.9% accuracy, which is like 100% in academia that life does exist after bodily death is what he calls it, and he's done lots of research on that. And actually Arizona poached him from Yale. He was a tenured professor at Yale and they built this center for him down in Tucson at the University of Arizona. So it's really fascinating to see how more and more of this is coming out and really becoming, I think, a part of the zeitgeist, where it's not behind closed doors all the time. Did you ever get scared or freaked out in any of the research that you did? Was there anything that really scared you or you thought, oh my goodness, I don't know if I want to continue with this, or was it all just you know unicorns and butterflies and rainbows.

0:36:39 - Liz

Well, I can't call it quite unicorns, butterflies and rainbows, but I didn't find any of it scary. Like I have no fear of the idea of survival of consciousness. Like oh, it terrifies me is the thought of eternal obliteration. Like, so there's nothing. I mean startled, yes, like absolutely astounded, and like jumping. And like what do I do in this very moment, just because I'm shocked, but never scared? I kind of never really understand why people find I guess the word they use is ghosts as scary. Like to me the thought of never, ever existing again is what's really scary, and so just the fact there's other dimensions I just think is wonderful.

0:37:25 - Julie

Don't you think we're conditioned by movies and literature to be afraid more than any? Well, heck religions, you know, my God, the Bible, all of the holy, not all of them, but a lot of the holy texts. Heaven and hell, good and bad, all of that.

0:37:43 - Liz

I never read the Bible, so I probably was protected from that.

0:37:49 - Julie

Well, but the whole Judeo-Christian culture talks about heaven and hell, and it's I bearish praise From the altar one time. People are afraid because they don't know if they're going to fly or they're going to fry when they die, which I thought was such a great line, and so I told him. I said I'm going to steal that from you and use it. He goes yeah, be my guest, which I think is really true.

0:38:18 - Liz

Yeah, that would be terrifying if you believe that. I mean, I just didn't, I never crossed my mind, that was even real. So I and maybe that's why I was like such the good one to research this, you know, I mean, but yeah, that would be, that would be terrifying. And from what I've heard, some religious people, I guess, are told that mediums are communicating with the devil, which were that's horrible.

0:38:48 - Julie

Yeah, well, and here's my comeback for that. And I've heard that a handful of times. And so I say to the person and usually they're very religious, you know, they're very obsessed in their religion and so I'll say, well, do you pray? And they'll say, well, of course I pray. And I say, okay, to whom are you praying? Well, Jesus, or Moses, or an angel, or whomever, god. And I'll say, oh, great, do you get answers? Yeah, I do all the time, great. So does that mean that if you're praying to Jesus, that Jesus is sitting on the couch next to you in your living room and you're having a conversation with him, they'll say, well, no. I'll say, oh, you're talking with Jesus's spirit.

You can just see their eyes get wider by the minute and you can tell they never thought of it that way. I said what you're doing is you're communicating with the spirit. It's the same thing that I do. We all do it. It's just that most of us aren't aware that that's what we're doing. But that's where guidance comes from. Thoughts don't originate in our minds. They come in from the ethers and we can connect with any spirit at any moment, anytime, anywhere, it doesn't matter. But it's so fun when I get to say that to people and you can just tell they don't know what to say because they've never thought about it. They've just believed the line you know, the line of oh, those are evil spirits. No, they're not. All spirits are pure love. As an atheist, tell us about that. Does that mean that you just didn't have any exposure to religion? When you saw or heard about somebody that was very religious, what was your thought about?

0:40:33 - Liz

that I mean just religion, wasn't part of my life in a religious way. Growing up Like I was fairly embedded in Jewish culture. In terms of bar and bat mitzvahs we celebrated my mom's actually Christian, my dad was Jewish, so we celebrated all holidays but if you'd asked me as a little kid, christmas was about Santa Claus, easter was about the Easter bunny. This might sound like just incomprehensible to people who were raised in religious cultures and I have come to think the majority of this country in the United States States, for anyone listening, is religious. It was just completely irrelevant, like I'd go to bar and bat mitzvahs and they would mention God, but it was never as if I ever thought I would actually believe that as much as like kind of honoring our culture or history. Did someone I know believe in God? Maybe? It was just so irrelevant we never talked about it and I didn't really meet religious people. I think I met. I went to summer camp, I think I might've met one or two and but it was. It was just not part of life. So we just didn't talk about it and I wasn't going to be disrespectful to someone about it. I just thought, oh, like nice. And then I went to college and I was a college in Austin, texas. So I met quite a few religious people and I was just like kind of like, wow, they get to think there's an afterlife. That must be really nice. And you know, at that stage of my life I had flying anxiety so I was like a touch jealous of them.

But like just religion, it was just pretty irrelevant, aside from like aspects of Judaism being a culture and I've it was just like oh, interest, like someone believed in God Interesting, and I never really discussed it or challenged them Like why would I, you know, I, you know, why would I want to challenge them? I thought that was pretty like a good thing for them. I, you know, I mean I have since heard of more of the negative stuff some religions can do, not all you know. I mean I have since heard of more of the negative stuff some religions can do, not all you know. I mean I'm really careful saying that. You know, like I speak so much to grieving people and if you got comfort from religion, that is just wonderful.

But at that point I had been naive to the negative aspects of some interpretations of religion, so I just didn't really challenge people. And when I first heard some of the negative aspects, I was just like you know. I mean let people it just. It wasn't enough in my life to really even bother challenging them on it. You know if that makes sense and sure, sure, do you consider?

0:43:07 - Julie

yourself to be an atheist, still after all of the research that you've done.

0:43:12 - Liz

Yeah, I'd say so or I guess I prefer the word evidentialist and I've never seen any evidence of a god. I've seen evidence that there's non-local consciousness by far, but I've never seen any evidence of a god. I guess maybe you know the word atheist. The only thing I don't like about that word is it implies like factual knowing and we're just. Consciousness is so mysterious. I mean, who knows? But yeah, I don't think there's a God. Of everything I've seen, I have a funny story about atheists.

0:43:44 - Julie
I got to share this.

0:43:46 - Liz
Go ahead.

0:43:47 - Julie
I have it in my head. When I have five grandsons through marriage and when the ones that live here were little, I took them to the Space Museum in Huntsville I live in Birmingham and they were like four, five and seven. All right, they're in the car, we're going up there, we're having a Mimi adventure is what we call them. I'm Mimi and we're on the way back and the four and five-year-old are in the back seat and they're fussing with each other. You know, they're boys, they're just like messing with each other. And the four-year-old says to his brother Max, max, you're just an atheist.

0:44:24 - Liz
Was that considered like a bad word in their upbringing? Yeah, to a four-year-old.

0:44:30 - Julie
And I started laughing. He goes, the four-year-old Sam goes Nene. Do you even know what that means? And I said, yeah, I do. How do you know that word? He goes well, the atheist is the bad guy of the wrestlers. He watched wrestling on TV and one of the bad guys was the atheist. I about blew a quirk. I was laughing so hard that this little four-year-old and now he's 17. And that's one of the family stories that we all just crack up about. But I thought here's this four-year-old, and it's after the WWE, you know the professional wrestlers, where it's all scripted and all that kind of stuff. He goes yeah, the atheist is the worst guy of all. He said do you even know what that means? It means he doesn't, do you? He said, maybe do you even know what that means? It means he doesn't believe in God. And I thought, my goodness, this four-year-old, you know, has been inundated with this already.

0:45:29 - Liz
That's so hilarious and I assume he's in a culture where God is big in the culture he's raised in oh yeah, yeah, southern Baptist. Yeah, Southern Baptist. Okay, that's some of the most.

0:45:43 - Julie
Oh, yeah, yeah, yeah. So I, just just as an aside, I needed to share my-.

0:45:48 - Liz
That's really funny. I don't think I knew what that word was at that age. I don't even know how old I was when I learned it. And again, it was just like you know. It's a different kind of atheist. There's like the atheists that are reactionary to religious culture and then those that just almost more secular, where it's just like a non-issue you know?

0:46:08 - Julie
Yeah, exactly Like a political almost. You know there are people that could care less about politics. Don't follow it. Could care less, it's just like live their lives. It's just not an issue. You talked about that. You believe that there's pure consciousness. What does that mean to you?

0:46:25 - Liz
I believe there's pure consciousness. I guess what I mean is that there's consciousness that can be non-physical, most likely Like that. There's some. I absolutely don't know what it is, I don't think anyone does, but some form of most likely like quantum information that hosts our consciousness, hopefully our personalities, and it's not physical all the time. Sometimes it engages in physical experiences, like here, sometimes engages in other dimensions, and that's what I most likely think is the root of our consciousness or a form of it. You know, probably get to try all different states.

0:47:07 - Julie

I just think of it as energy. Energy, okay, I just think of it as energy. You mentioned science fiction. A lot of it comes true or is now realized, maybe years after it was thought of. I always think of the Jetsons, you know, because Jetsons have the phones that are TV phones. Well, we got that. Now they got the robots that clean the house. They got the dishwashers, the flying cars. Well, we've got drones that are going to be making deliveries, some of them already do.

0:47:42 - Liz

I'm trying to think of what else. I haven't seen the Jetsons, but I think I might have seen a clip now and then, so I can't fully speak. Oh, it was a cartoon in the 60s. I know what it is. Yeah, I just haven't seen it George Jetson.

0:47:57 - Julie

Yeah, you got to look it up Watch one on. Youtube, because everything they talk about in there has all come true.

0:48:03 - Liz

It came true. Yeah, not surprised Wow.

0:48:06 - Julie

I've got to check that. What are some examples in your mind of sci-fi? That's come true, zoom.

0:48:14 - Liz

I guess a lot of the stuff you said from the Jetsons, but I just didn't specifically know it. Was there A planet inhabited solely by robots, which is currently Mars? I mean, it's a very early stage of it, but we have a pile of robots there, a small amount getting to see into deep space. Most likely we're going to be living on other, or I'm sure there's life on other planets, but most likely we're gonna be um populating other planets, like we're gonna move to mars and populate it. I don't know if in our lifetime, but we're working on it um so much. I mean almost everything, our phones, um, I mean in a horrible way like pandemics. I guess pandemics have been in history, but still imagine, I mean that's just a pure sci-fi horror film there's a deadly pandemic and people can't step outside and they have to all live in, you know, a virtual world where they're getting on their computers all the time. That's the only way they can communicate.

0:49:19 - Julie

So well, that's a really good point. I'm thinking so again. You may not have ever heard of this show, but I'm thinking back to a kid. There was a TV show called Get Smart.

0:49:31 - Liz

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

0:49:33 - Julie

So look that up too. And there was a secret agent named Adam Smart, I think his name was, and he had a. He had a shoe phone and he was talking to his phone and he was. You know, he could, he could communicate with people on this secret network. That was all wifi. It's now what our wifi is and you know that's another example of it. He used to go into the cone of silence. It was like a phone booth that was all silent. And you know what can you do? You can silence your phones. It makes it a cone of silence. So I think you're bringing up, you're just triggering a bunch of my childhood memories of all these TV shows that were commonplace, that we all watched.

0:50:22 - Liz

I've got to watch them. I have watched the Twilight Zone quite a bit.

0:50:27 - Julie

Yeah, that's interesting. The Matrix is a little bit above my pay grade. I don't really understand it. My son, when it came out, I said okay, you got to translate this for my husband. I just don't get it. I don't understand it. It's just. And he was just boom, boom, boom, boom, boom, boom, boom. And I find that most people that were his age and younger they all got it, they understood it right away, Whereas my age and older my husband's, 10 years older than I am we were like what Huh, Did you understand the Matrix when it came?

0:51:02 - Liz

out. God, I saw it so long ago. I found it fascinating. I remember kind of like finding it an interesting concept. I didn't think there was anything real to it, but now I need to rewatch it. I do remember like really finding it interesting but an understanding that it was kind of like. I still like the scenes embedded where it was almost like we are avatars. You know they had, all of us are actually in, you know those little tubs and you know what I mean. So I got the concept of it. Just it seemed like such fantasy to me now and I know there was even like a spoon bending thing. So I'm like I've got to rewatch it because I think I'm going to have a whole other perspective.

0:51:44 - Julie

Yeah, and people in the woo-woo space, a lot of people refer back to it. You'll never hear me refer back to it because I don't quite understand it, but that's just me, right? Can you communicate with your dad telepathically now? Your dad telepathically?

0:52:05 - Liz

now? Oof, maybe I think so. I don't know. Do you do it consciously or do you do it on purpose? I do it on purpose as much as I can. I, you know, I mean being such a skeptic I don't know what I'm making up versus not but I'd say there was one instance that was fairly verified. So, and I feel like I am. You know, it's hard for me to say no for a fact if it's not verified, but I've had some things that felt a little different and sort of some weird things like okay, this is one example that was verified.

There's a medium, Joe Perretta, who's a good friend of mine, and we were doing experiments. My dad has a hobby I call it poker in the book it may or may not be poker and I was really sad no medium had ever gotten it. I got some possible signs about it, but like, why has no medium gotten it? And now I have a lot of theories as to why, and this is just part of it. But Joe and I were spending the summer doing different experiments and, like meditating, trying to move objects, he was trying to help give me mediumship and psychic exercises, and one day I was sitting there before a meeting and I saw something kind of related to poker and I like griped my dad a new one not allowed. But I was like dad, what the like? You know I'm a skeptic. Like you know, I don't believe this. Like maybe you think, like some people were, like he seems to want to keep it just between you two. And so I was like dad, if that's the case, like why would I want that, why would I ever want that? You have to tell it to Joe tonight. So Joe and I do our meditations. I completely feel my dad around me. It's like very intense, very emotional.

Joe suddenly said he saw he was like this is it? He got it. He felt my dad told it to him. But he's also like oh well, I'd asked Liz a few questions and this doesn't add up with the questions, but I'm just going to with the answer she gave. But of course I lied to him and gave a lot of misdirection about what it would be. So he says it and he's like Liz, I know this isn't it, but and I just start sobbing and he's like okay, that was it. And he's like but you told me that he's like wait, nevermind. Of course you lied Like, of course you were going to lie about any details about the sign the next day.

I am waiting. I'm you know, I think I mentioned live in New York City, so I'm waiting for my subway and I'm thinking that was so amazing. Joe got the sign. I should text him and tell him

how amazing that was, and I am way overthinking it. I'm like I should text him and tell him how amazing that was and I am way overthinking it. I'm like I should text him before I get on the train because there isn't good service.

And I'm like arguing with myself like why would I text him this? Like we're going to probably get a coffee tonight, Like so overthinking, just texting one of my good friends that I casually text anyway. And somehow, right before the train comes, I'm like, okay, text him now. And it was just such a small thing. Like, oh my God, that was amazing. You got that sign. He writes back immediately and says, oh my God, he had just walked into a store and saw something related to what we call poker and said, liz's dad, if that was you for real, I want Liz to text me within the next five minutes. And I texted him in those five minutes. So I like that argument, like overthinking something, so like why would I even overthink that? Why would I even text Joe when we'd already talked about it multiple times?

0:55:32 - Julie

So that's how it works. And just FYI, when you're throwing out camouflage things and you're lying about you know, is this true or not? And things like that, what you're doing is you're impeding that connection between you and your loved one and the medium, so it's like you're sabotaging it and I know that's part of your research, but that can happen. Your research, but that can happen. I've talked to several mediums that have had people do that and it's way easier for the medium to get information through, especially when somebody's grieving, because the research shows that it's very helpful to that grieving person to get information from their loved one. But when that and I and I get that, you're doing the research. But for somebody that's just going to a medium, you know, because they're grieving, stay away from that kind of stuff because spirit communicates on a really high vibration and when you're doing that stuff it's a really low vibration because it's deceptive and so it's.

0:56:43 - Liz

Oh yeah, Because it's science. You consider it I mean when it's coming from like a place of science, as opposed to trickery.

0:56:51 - Julie

I don't think that it's necessary. I think that you can get information from spirit that will give you validation without going there, and I think you'll get more information and I think you'll get more validatable information if you don't throw that low vibration stuff into the equation. I think it's a way that you've done it in the past. I would encourage you to try it without it, and my guess is you'll probably get way more information and way more easily validatable information when it comes through.

I had Mark Anthony on this show and he's a medium and he's a lawyer who has even tried cases in front of the Supreme Court and he's the first one that brought that up and he said that it really impedes that communication with spirit because he describes it as kind of like a triangular situation with the person whose loved one has passed, the spirit of the loved one and the medium, and so it's going to help generate that information even easier and more readily. Is there evidence? Have you studied, if getting this information to people who, especially, are grieving is it comforting to them? Have you done any kind of research on that? Do you have any kind of stories you can share with us along those lines?

0:58:19 - Liz

I don't have any data personally. I do have people who just say it is and you watch the transformations of people at the end of the Forever Family Foundation grief retreats. However, there is a woman I don't know if you know her, dr Mo Hanna. She's very involved in this. Sadly, she lost her daughter years ago and she's also a psychologist, a psychiatrist psychologist and she is doing a study of getting data on how people feel at the start of these retreats and how

they feel afterwards. And I believe Dr Julie Beischel at Winbridge is doing studies to test how healing medium readings are. And I mean I can't believe the data is not positive, you know so, oh, it is.

0:59:13 - Julie

We had Dr Lenore Matthews on the show. She's a good friend of mine. Yeah, she's a doll and she's done research that shows that it's. I forget what the statistics are, but it's very, very, very positive. And this whole Helping Parents Heal program is all about communicating with children's spirits who've passed and it is the number one way that brings comfort to grieving people. Well, the statistics show, and Dr Matthews' statistics show, that it is the most effective way to provide comfort to grieving people. A couple more questions as we're winding down here. Can you give us kind of a brief synopsis of some of the more interesting facts that you gleaned in your research of the afterlife?

1:00:03 - Liz

Of what the afterlife is like. Well of, or just yeah, or the existence of it.

1:00:09 - Julie

Well, all the above Things that you found to be the most interesting and most fascinating, oh my God.

1:00:15 - Liz

I can't think of this every single bit, so I guess I'll narrow this down. One thing I find really interesting is psychic versus medium readings. So psychic is like reading someone's energy, like I would sit if I got a psychic reading I'd want to know about like my dating life, am I going to have children, money, career, health, about my life. Medium is when someone would be communicating with my dad or someone who's passed away. Now what I find fascinating is, for example, the research of Dr Jeff Tarrant. He scans mediums, brains, and the brainwave patterns of psychic readings versus medium readings are different.

I don't have words Sometimes. I try to be eloquent, but I'm so blown away by some of this stuff Hence the title of my book All I can be like is I won't say the full word, but I am like WTF and that just blew me away. I mean that mediums are even getting accurate information. Astounds me Just all of this that consciousness is behaving non-locally In terms of what the afterlife is like.

I find I'm actually going to be attending the IONS conference and I find near-death experiences just remarkable. I mean, who better to talk to than somebody who actually has died and come back Like they know more than anyone. They have been there. I mean in theory, you can say, with past lives we all have, but within this life they have literally been there and come back. And you know, I find, especially the stories that are what they use, the word veridical. Where there's verified components of it, it's just, you know, it's like who are you going to believe if you, let's say you haven't been to, like this deserted island? Are you going to believe all the people speculating? Are you going to believe the people that took a plane there, went and come back.

1:02:10 - Julie

Yeah, yeah, we had Dr Daniel Amen on the show, who's a psychiatrist who studies the brain, and he did a brain scan on my brain and he said that he could see what part of the brain was more active than others and he calls it a spirit spot. I think we talk about it in the interview and he goes yeah, yours has really developed Because I learned how to do this stuff. I didn't have a childhood of dead people chasing me. I learned how to do all this and now I teach people how to do all of this as well. Last question why do we incarnate? Why?

1:02:52 - Liz

Oh gosh, it just seems I'm never going to give any spiritual, meaningful reason for this. Some say it's to learn. I'm just going to say it seems to be how physiologically, biologically, how the consciousness works, that our consciousness is made up of some form of non-physical particle and at some parts we're quantum entangled with physical bodies. Hence the definition People use the word reincarnate because you do it more than once and sometimes we go to non-physical states. It just seems to be the facts of how consciousness works and why. You know, people give spiritual reasons. I can't speak to those.

1:03:39 - Julie

No, but I love what you said. Yeah, from a scientific standpoint, I love it.

Well, so fun to get to talk to you, because we can just dissect this whole topic from a bunch of different angles and directions and all of that, and I think we're all basically saying the same thing it's all energy, and I don't know that energy can be destroyed. The scientists certainly don't think that it can. So it makes sense to me that we communicate with spirits when they're pure energy. We reincarnate because you can't destroy energy. Didn't your buddy Einstein say that you can't destroy energy?

1:04:17 - Liz

I will take it that he's my buddy. And yes, he said energy cannot be created or destroyed.

1:04:23 - Julie

Yeah, there you go. If people want to learn more about you and your work, how can they find you? You?

1:04:29 - Liz

can go to my website WTFjusthappened.net. It links to everything where you can get my books, my social media I'm especially active on Instagram and it links my podcast and reach out. Email me, reach out to me on Instagram. Sometimes I can be a little slow just because I work a lot, but I promise I'll get back to you and I absolutely love hearing from any of you. All righty.

1:04:55 - Julie

Terrific, all righty, everybody. That's it for today, sending you lots of love from Sweet Home, Alabama, and from New York City too, where Liz is. We'll see you next time. Thank you so much.

1:05:10 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at [AskJulieRyan](https://www.youtube.com/AskJulieRyan), and like her on Facebook at [AskJulieRyan](https://www.facebook.com/AskJulieRyan), To schedule an appointment or submit a question. Please visit [AskJulieRyan](https://www.AskJulieRyan.com) To schedule an appointment or submit a question. Please visit [AskJulieRyan.com](https://www.AskJulieRyan.com).

1:05:25 - Disclaimer

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