

## AJR - Shanna Vavra 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 Shanna Vavra with us on the show today and we're going to be talking about angels. Shanna is an intuitive and she's the host of the Sense of Soul podcast. Shanna says there are countless arc and other angels beyond those mentioned in the Bible. I'm eager to discover why these celestial beings were excluded, who they are and how they might assist us mere mortals in leading better lives. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Shanna. Shanna, I am so thrilled to have you on the show today. Thanks for taking the time to join us.

0:01:36 - Shanna

I am so just very honored to be on your show and excited to talk to you today.

0:01:42 - Julie

As I mentioned before we started recording, I went today to be all about angels, so I got lots of questions for you, my girl, about angels. Well, that's an exciting topic. My first one is you communicate with angels and say there are many more archangels and other types of angels than the Bible references. Why do you think they were omitted?

0:02:09 - Shanna

Well, I'll have to be honest, when I first was kind of awakening, I picked up the Bible first because this is my religion, you know, I'm very deeply rooted Catholic. So I kind of wanted to read it with fresh eyes and I was living by my own experiences and wanting to really have what I believed in be my truth. So when I really picked it up, I mean I didn't get past the first few chapters before I said wait, wait, wait, a minute. The angel slept with Adam's daughters.

0:02:50 - Julie

What Right Is that in the Bible?

0:02:55 - Shanna

In Genesis in the beginning yeah, oh, I didn't know that. Yeah, you know, I'd always. I think that what amazes me? I think most Christians, they don't know that and I think that they're also the ones who probably haven't read most of the Bible.

0:03:15 - Julie

But they can quote certain verses.

0:03:17 - Shanna

True, it's kind of like it's what we've been told to believe and what we've been told to focus on, it's been selected. And when I, when I really did read that, it stumped me and then I thought to

myself, well, does that make us like hybrid? You know what I mean. And are angels aliens? Even you know? This was what I was thinking. And then, you know, I kept going and I read about how. We know that there was this maid got upset, actually. So he clearly says you know, I told you not to sleep with Adam's daughters and you did so. Then now there's this defiance and this is the whole reason of the flood, and so it's the destruction of this hybrid.

But when I came across the book of Enoch, which did not make the cut in the Bible, however, it is in the Ethiopian version of the Bible, Ethiopian version of the Bible. So they kept that book, the book of Enoch. And the book of Enoch is nothing but angel stories, it's nothing but like the army of God, and it talks about the story of when Noah was born. And even though we know that Noah, it was Noah and his family that were the ones kind of to be chosen to continue the human race.

His birth sure did sound very suspicious. So Enoch was his grandfather and tells the story in the book of Enoch that when he was born, he was one of those and he was so bright and white and it like lit up the whole house. It was like this miraculous birth. Now that was pretty shocking as well. Why would that be taken out of the Bible? It sounds like a very important story, but I think that it was all the rest of the things in the book of Enoch which were all the other angels that maybe we've heard of, even we've heard the names of these angels, but yet they're not names that are actually in the Bible.

0:05:35 - Julie

Okay, let's back up for a minute. First of all, Book of Enoch. Do we know who wrote it?

0:05:42 - Shanna

No, I don't. I mean, I think, probably the same author as maybe Genesis, okay.

0:05:50 - Julie

And when you talk about it was left out. Who left it out? How? How? Go back to how was the Bible put together? And I know it's had several iterations in several languages and I know that the translations have changed some of the meanings and I know the inspired word of God is what it is, but, and so let's.

I just want to spend just a couple minutes on this because I really want to focus on the angel part of it. But I think you bring up a real good point. I never heard that. I was raised Catholic too. Twelve years Catholic schools, exactly, and I think the Catholics do just a fantastic job of preparing us for this spiritual woo-woo stuff, because as little children we're taught about angels, our guardian angels, our saints, you know, the Holy Spirit, all of that kind of stuff, right, whereas people that aren't exposed to that as little children, they're starting on a different place than where you know where we were raised. I, at 65, can still recite the angel of my guardian angel prayer because I said it every night as a kid before I went to bed. So I think they've done a really good job. But I never heard about the hybrid thing. So was that doesn't sound like that was edited out. That's still in Genesis.

0:07:18 - Shanna

Oh yeah, it's there, it's right there, it's right there. There's so many things I have found, especially in religion, that are hidden in plain sight, but yet we didn't see it, or maybe we weren't in a place that we could receive it. Because I even remember reading you know that's those same passages, you know, just reading with new eyes, the entire story of Garden of Eden is total. I receive it totally different now. Eden is total. I receive it totally different now. So I think it's important for myself to not ever just really assume what I told you know, what I was told to believe you know, rather me go and actually experience and read it for myself, be that kind of truth seeker and really receive it for myself, because you know how, like in the book of

the book, the Alchemist, right, you could read it so many different times and receive so many different things, and the Bible is living in that way, I believe, as well.

0:08:19 - Julie

Well, I think it was written purposely that way, because scholars have been dissecting and pontificating on its meaning for God eons. You know the New Testament for a couple thousand years, but the Old Testament and the Torah and all that jazz, way, way longer than that. And I believe that it was written that way for us to ponder and to come up with. What does it mean today? How does it apply to our life personally? How does it apply to humanity? But back to my question why were certain things left out? Do you believe?

0:09:00 - Shanna

So it is. In my opinion, this was intentional, right. I think that some of them didn't actually match the narrative that they were going with. You know some of the books I mean, there's many, many books. You know the apocryphal text, or you know even, like you mentioned, the Gnostic Gospels, which I fell into and found very much to be true to what you just said that there are like parables or allegorical stories, and they bring you inward, they're very deep, and you can tell.

There is this rawness, though, of the Gnostic Gospels, because they haven't been touched by hierarchy. Right, they're more original than you know the many translations and the many hands that the Bible has gone through. But originally, when Constantine had ordered the Bible to be created, it was because there were so many different beliefs going around, so he wanted to kind of unite the people and make them all believe, really in one word. And the most amazing thing I think I found in the Gnostic Gospels was that there was much more feminine. Well, I believe that Mary Magdalene wrote it. Well, she does have her own book, the book of Mary in the Gnostic Gospels. I love that book. But there's so many, right, I mean, Jesus had many disciples, not just Matthew, Mark, Luke and John, you know, and so they all did also have their own gospels, many of them. My favorite one is the book of Thomas, and I'll tell you, you, growing up Catholic and going to Catholic school, I've had many conversations with my mom because you know she too can recite all of the, you know all of the prayers, and there's many angels that are mentioned and many stories that are mentioned say in like catechism that are not actually in the Bible. One, for instance, is Mother Mary's story, her parents, right Joachim, and Saint Anne. But how would you know who Saint Anne is? She's not mentioned in the Bible, but she is mentioned in apocryphal text and also in some Gnostic Gospels. So that, to me, is interesting. And her story was so amazing. As a child she was sent to live at the temple at three years old I mean St Anne herself had a miraculous birth. I mean it's a beautiful story.

And you know where Elsa just told in the Quran. And I compared three different gospels. One of them is called the Gospel well, it's the Nativity Gospel and another one I forget all three of the names right now because as I get older I forget these things but the other one was the Quran and I compared the three stories. Well, the two stories that were in the Gnostic text and the Apocryphal text, you could tell were the same story but told from a different perspective, but still the same story. And then the Quran validated it. And the only thing different was really the names were a little bit different because, you know, one was, you know, I think one of the texts was originally written in Greek and then another, you know, and theirs was written in their language. So the names were different, but the exact same story weren't the.

0:12:38 - Julie

Gnostic Gospels found in ceramic jars buried in the desert by some archaeologists. Am I remembering that correctly? Because I saw fragments of them, of the papyrus. I've seen them more than once in different museums where they're making, you know, they're like make a tour through America or something. I believe I saw it the first time maybe in the Metropolitan Museum in New York and then I want to say I may have seen him here in Birmingham and it's

amazing to see those things, because they've got the fragments of the papyrus you know mounted and they're, of course, in temperature and light controlled special enclosures to protect them. But when I was in the room the vibration in there was off the charts. I have experienced this Wow.

With the Dead Sea Scrolls.

0:13:36 - Shanna

I almost had to leave that room. I almost had to leave.

0:13:40 - Julie

Yeah, that's amazing so same thing. Didn't some shepherd boy find them out in a jar someplace?

0:13:50 - Shanna

Very deep in the Nagamati.

0:13:52 - Julie

Yeah, yeah, but that wasn't the first time.

0:13:54 - Shanna

What's the Nagamati? Oh, that's in Egypt, Nagamati. And then they named them like the Nagamati Library. But you know, there were other texts that was found prior. And you know, what I find is interesting is that most of them were in like a code, like the codex, like a code. And you know, that tells me something else too, that they were having to truly hide this because this was heresy, right To read these books.

And they are just as old, they say, as I mean, it's just up for arguments, but they say some of them are as old as you know, the books that we are reading in the New Testament, you know, and I think that I also did not know as a Christian, that Paul himself, you know he didn't know Jesus, you know, and he wrote the majority of the New Testament. So the Gnostic text, though there was also some found in the 1700s I want to say it was the 1700s. And then you have other pieces in the Nagamati that kind of almost were puzzle pieces that were putting stories together even more. But one of the stories that I fell in love with, that I was definitely led by so much synchronicity, was to know Sophia, which in Greek means wisdom, but, as in the Old Testament, in Proverbs, Solomon spoke of wisdom as sheep and he had this great love for wisdom and she was there.

You know it describes in Proverbs 22, when God made the earth, and so in the Gnostic Gospels, Sophia is also she, but she takes on more of a divine, feminine, mother, God role, and that, to me, is one of the reasons why I think those Gnostic Gospels were left out. The other part is that these were secret teachings of Jesus, and this is at the beginning of many of the gospels, like it'll say. In the book of Thomas it says these are the secret teachings of Jesus. They're like quotes of Jesus which are very similar to the New Testament but also have a different flavor. For instance, the kingdom is outside of you and it's also inside of you, and when you come to know yourself, then you will be known.

0:16:33 - Julie

Yeah, yeah, interesting. I think that stuff's fascinating. Me too I love that whole the historical stuff.

And I love to see how our interpretation based on the English version, you know, the King James version, or whatever and then what it meant in the original language in which it was written, which is Aramaic, and a lot of times it's not the same thing and it's. I think that's that's

all fascinating. Well, back to angels, because that's what I want to focus on with you today. Why do you think some of those angels were left out? Was it because of the hybrid thing? Was it because what? Why? I mean, angels are such an integral part of everything in the Bible. Yeah, so why would they leave that out? Was it just there? They wanted to condense it, or what do you think's going on with that?

0:17:35 - Shanna

Well, first of all, angels are not Campbell's Soup kids, you know, like we assumed either, and that was shocking for me too, because I can tell you right now Archangel Michael looks like Brad Pitt in my mind, right, he definitely does. However, you know seraphims and cherubs. These are described as well. I mean seraphim, I think, have six wings. You know three different faces, or four faces, I'm sorry. On the cherub, you know they're not, they're, they're frightening. There is no doubt that. This is why every time an angel went to visit someone in the Bible, they said fear not because they were fearful looking. They were not, you know, and this is right there in the Bible, I mean, this is described in the Old Testament. They definitely were not, you know, looking like that. But they would also describe that in one place that Archangel Michael is was like a handsome. He was handsome they made a reference to, but Lucifer right was known as being beautiful, or you know, or having that characteristic. But you know the entire.

There would have been no going around the whole hybrid thing if the book of Enoch would have been in there, because there's so much of that then there's also so much war and it's done pretty much interdimensionally, which also I've talked to many rabbis who say many of those stories they've always known were interdimensional. Some of the stories that are told in the Old Testament that are told in the Old Testament, I believe, like even you know, when you hear, I think it was the story of when Israel, you know, became Israel, when was it Joshua's son who became Israel? And there was, like this battle between him and, I want to say, some sort of interdimensional being, and that was done in a different dimension. It was, you know, many of the stories were almost well, some of them are dreams and also some of them may have even been under the influence of some sort of psychedelic.

Been under the influence of some sort of psychedelic Because the rabbis used to go into and they still do into caves and they would burn acacia wood. And this acacia wood is they would stay in the cave until it burnt out to nothing, and this is a hallucinogen, this is a psychedelic wood. So they were getting high, right, akash, they akasha wood, like akashic records. Yeah, that's interesting, isn't it kind of too? Yeah, wow, so yeah, and they would stay, yeah, they'd be all high.

0:20:45 - Julie

And I've just been talking to you for less than 20 minutes. Back to the bit about. You're right and I never thought about it before. Look at the effort Angel appears.

0:20:58 - Shanna

It's like fear not, Fear not Mary.

0:21:02 - Julie

Fear, not Mary and I always thought it was just because Mary was seeing this, you know, winged being of light going. Oh, what's that all about? But you bring a new perspective to it that maybe not only was it glorious looking, but in some instances perhaps it was really frightening looking if it had three faces or six sets of wings or stuff like that. I've never heard that before, I haven't seen it. But here's what I think. I'd love to hear your take on it when I see angels, I see them like a Catholic girl sees angels, because that's what I was taught they look like. You know, I went to St Michael's School in Columbus, Ohio. We had statues of St Michael's and pictures of St Michael all over Right, all over my room even and so, yeah, Right, Fascinating.

0:21:57 - Shanna

And you know Archangel Michael is a huge part of you know he is the captain, he's the head of this army. You know so, really, you know, you hear about the angelic. There is the captain, he's the head of this army. You know so, really, you know, you hear about the angelic. There's this war. So that's the other thing.

I think that the book of Enoch, it leaves out a huge chunk of that right Of the angel part, and so when there are references to certain things in the Bible, once you have read that book, it makes sense Like that, such as Well, even in the New Testament, I want to say, Jesus makes reference to something that would have been directly from the book of Enoch. Yeah, so there's, and even, just like there's no art. You know, you know there's a war, but there's no war talked around the Bible. This is what happens a lot with the actual Bible. You hear about things and in the angelic realm, I mean certain like Archangel, Raphael is not. I don't believe he is in the Bible. There's many of those archangels that Catholics worship and made known, but they're not in the Bible. I believe maybe Raphael is, but not I think. Raphael, archangel, Michael and Gabriel, those are the only three mentioned. And then there are some in the Catholic Bible maybe that are still there. There's a few stories, but there's so many more.

I want to go through all them later I want to ask you about all those archangels there's, so many. They are, though. In the book of Enoch there's tons, and there's also these dark ones too.

0:23:44 - Julie

What are the different categories of angels and what roles do they play?

0:23:49 - Shanna

There are many different. There's obviously some sort of like patriarch system. You know that they have. There's a hierarchy, there's the lesser ones. You have the cherubs who are guarding the entrance, you know. You have the messenger ones you have, you know, like the higher archangels that are mentioned, who seem like Archangel Michael, for instance, is the head of that army, and then you have, and also he's supposed to come back and save everybody as well, along with Jesus in Revelation. You have Archangel Gabriel, right, that's always there delivering news to seems, a lot of times to people who are pregnant, because he also went to Mary's mother, he also went to Elizabeth, that whole lineage.

And so I think that and this is my personal opinion I see them much like archetypes, I see them as all having different roles, all of the known archangels, angelic energy that is spoke of is also possibly very, I hate to say, alien, but extraterrestrial beings, because I mean, if you thought of the definition of an angel and a definition of an alien, what's the difference? You know they're both interdimensional beings from up there somewhere who would come down right and go back up and, you know, could come in between dimensions. You know they were terrifying looking, you know, or whatever they might have looked like. They were terrifying looking or whatever they might have looked like. But I do think that there are bigger angels.

Archangel Michael is mentioned around the world. I had on a guest not long ago, Diana, she wrote the book American Cosmic. I can't Plasuga, Plasuga, Diana Plasuga. And she wrote a book recently where she goes and meets this guy and he's just telling her his extraterrestrial experience. And she is also a Catholic professor and she assumed he was talking about Archangel Michael. He was describing him identically. But he wasn't. He didn't even talking about Archangel Michael, he was describing him identically but he wasn't.

0:26:34 - Julie

He didn't even know who Archangel Michael was. Wow, interesting. I never thought about that. But you're right, because they're not human, they're a different form, they're just energy, but it's how we've all been taught to think of them and I see the different types of angels in my mind's eye energetically and they look like how I was taught they look, and that's because it's been my experience and I'd love to hear your take on this that spirits are going to show up to us in a way that we can understand who they are and what they're doing.

So an archangel to me looks like all those statues of St Michael's that I grew up with, where he's got the you know little Roman skirt thing and he's got the chest plate and he's the armor and he's got those sandals that lace up his calves Brad Pitt and all of that. Bigger than Brad Pitt in my mind, but handsome, yeah, absolutely. And he's got a sword and he's got a shield and you know, and all of that. Well, somebody that grows up in the Amazon, you know, in an indigenous culture, may see it as just a blob of yellow energy or something. So it's been my experience. We're going to see them. Well, I'm interested too in. You got the archangels and you got the guardian angels. Guardian angels, I've been told a bazillion times from spirit stay with us throughout all of our lifetimes and stay with us in the lifetimes in between.

0:28:07 - Shanna

Have you heard that as well, well, I've experienced something I believe to be true. Yeah, what's that? So another thing, you know, when it talked about the four faces of the seraphim, okay, which is what I've never heard of that.

0:28:25 - Julie

What is that?

0:28:25 - Shanna

This is a major angel, you know, in the Old Testament that goes and you know is giving and actually interacts, you know, with some of ox, an eagle, a lion and a human. So that also makes I mean look at all the different animals that are angelic in other cultures. I mean look at the Indian. You know the Indian religions that you know in where else I mean there's lots of this. I mean Egyptian. You know there's a lot of different beings or deities that are also these hybrid half animal half human?

0:29:13 - Julie

I'm not sure, but you're saying half animal, half human. I'm thinking of what's the half man, half horse, what's that called?

0:29:21 - Shanna

Centaur, lots of mythology, right Lots of Greek mythology included in this and all the things.

0:29:27 - Julie

Even in Harry Potter. I mean modern day, right? Oh yeah, for sure.

0:29:30 - Shanna

In the world, I mean. And so Christianity had this too. You know it. Just for some reason, no one read that part of that. Actually, I'll be honest with you. There are very old churches, one called Hagia Sophia in Turkey, which was once the center of Christianity. People don't usually know that as well, but that's where the center of Christianity was and that's where it was created in Turkey. And the Hagia Sophia has original art of what they look like. They have the four faces and they have the you know six wings and they have the ring, like you know angelic beings. They have real depiction of what they are described in the Bible. I find that very interesting. It is now a mosque, but they did keep some of that old, you know original artwork that shows that and I think I thought that was very amazing. My best friend just went and

showed me, sent me pictures. I was like I'm going to live vicariously through you, but so back to the different categories.

0:30:39 - Julie

We've got Archangels and then what Guardian Angels.

0:30:46 - Shanna

Archangels and then what Guardian angels, oh, yeah, the guardian angels. Okay, so I had a past life regression once and I had been doing a lot of meditation. I kept seeing this monk in my dreams and in my meditations and it was a friar, like a you know, like in, yeah, you know the brown robe and he was bald, but he never talked to me and I just thought it was kind of silly that I, you know, I'd been asking for a spirit guide or sign of something like that and I just get this mute monk. So I have this past life regression and in between life session session this is like about eight years ago and I found out his name was David and maybe he had a vow of silence is what we kind of just assumed. But he called me by my soul's name, which was really amazing. He called me Nia, which was random, but I've done a lot of, you know, different meditations to connect with them and never would he ever talk to me.

But I had a dream about him a few months ago and I haven't seen him in years and I was like, oh my gosh, aren't you my spirit guide? And he turns around and he goes. No, you're my spirit guide. And I was like what? Yeah, Wow. And I, yeah, I felt like the most deadbeat spirit guide ever because, had I known I would have been I don't know. Yeah, it was really. Yeah, it was pretty amazing.

0:32:31 - Julie

So your spirit was his spirit guide, and there've been many, many scholars who've said that they believe that and have been told maybe by spirit too, probably that a huge portion, perhaps the biggest portion, of our spirit stays in heaven, in non-physical, and then sl portion of our spirit stays in heaven in non-physical, and then slivers of our spirit incarnate into this human life, and perhaps multiple lifetimes all happening concurrently, which makes my head want to explode because I don't understand that. But I just go to the place of well, I'll understand it when I get back to heaven. I don't have to understand it now. I just have heard it so much that I go to well, is it feasible? Yeah, it's feasible. So do I understand it? No, am I supposed to? Probably not. So there's that. But all right. So we got archangels, guardian angels. Then what? What's a seraphim? What do they do?

0:33:27 - Shanna

Well, I believe they're just, you know, messengers, you know, but they are important enough to be mentioned, you know. But they're also these hybrid animals, you know, and man so, and I think, actually, the seraphim does not, I think it's the cherub that has, you know, the faces. I might get it, I might be having it wrong.

0:33:49 - Julie

Well, the cherubs are like little pudgy you know little European babies yeah.

0:33:55 - Shanna

Yeah, definitely not. They would be terrifying.

0:34:04 - Julie

Really are depicted as chubby little European. You know, Caucasian babies because of that hybrid thing. I never thought about that before, Right, Because I didn't. This is the first time.



0:34:19 - Shanna

I've ever heard of it. There's so many. I found that that was my whole thing. I think what really led me to where I'm at today is being curious right. Really led me to where I'm at today is being curious right and stepping out of that heresy, you know, because heresy means choice in Greek. You know, and I think that we're now in a sovereign place where we can be, you know, we can think for ourselves and we can make a choice to. You know, just do a little research and read things, for maybe for the first time, you know, being able to see something or experience something that you were afraid to before because of, you know, these limitations of what we've been told to believe.

0:35:06 - Julie

I have many clients over the years who have said, oh, I had this horrible dream and this and this and this happened and this monster showed up or this evil spirit or whatever. And I said, well, all spirits are pure love. First of all, when we're trying to interpret something from a dream or from a different reality and it looks like something that and we don't have a frame of reference for it, of course it's going to be scary, right, and so we can. We can interpret things. That's that's why spirit oftentimes will send us signs that we can understand and appear in ways that we can understand, because we immediately go into fight or flight, because it's just an autonomic nervous system. We're all programmed with that in our human experience.

So something that has three heads that's depicted to us from our human, from our reality, we're like what? Wow, this is really frightening. So I believe that's what's going on there. And perhaps those angels, to those old masters and those sculptors you know Leonardo da Vinci and all his buddies those angels and those images were depicted to them. They channeled those images so that they could do something that would perceive to be beautiful by humans. Does that make sense?

0:36:42 - Shanna

It is, and also do we have such a warped kind of perception on what is beautiful and what is not? You know, I mean even age, right, as I get older, you know, I look at myself and you know I've got all these wrinkles and things, and you know, do I go and plump them up or do I just, you know, really accept that? You know, age is actually wisdom, it's, I think it's beautiful. And you know, have we been sold? You know, something that maybe is not right.

I mean, the whole polarity thing within the Bible is pretty interesting, and even more in the Gnostic text. The angels described in the Gnostic text are a little bit different, in the Pistis Sophia. Pistis meaning faith, sophia meaning wisdom, and also the Apocryphal text of John. There's a lot and also many other texts. There's a lot talked about the aeons and some there's 12, some there's seven, but the story is is that, you know, there's this essence, this energy of God, basically mass source energy, who basically seizes reflection, or reflection of himself in what ourselves do actually, and creates a feminine version of himself, kind of like an opposite, and together then they create.

You could call them archangels, because they all do have different names, like all of the virtues right, and they also have counterparts. So they're not just male, right, or you know they all have a counterpart and you know you have Archangel Michael. You know there's not actually, well, there is an Archangel Michael, but there is also his feminine as well. So that's the one thing. That's much different, I think, in the Gnostic Gospels and I love that about the Gnostic Gospels, because we do often just think, as you know, the archangels as masculine and protectors and male.

0:39:09 - Julie

Yeah Well, when you started talking about that story from the Gnostic Gospels, I'm thinking, well, that's the Adam and Eve story.

0:39:15 - Shanna

Oh, they have their own Adam and Eve story and it's definitely nothing like.

0:39:22 - Julie

No apples involved.

0:39:23 - Shanna

Oh no, there is apples involved.

Oh well it is, you know, the lesser Sophia, who is the last of the aeons, who does not have her counterpart with her, and she creates something and it turns out to be not so good serpent named Yaldabaoth, and she kicks it out of the heavens or the Pleroma, and because it cannot live in that dimension, the highest dimension, you know that they were in, so now she's stuck out of it too, and she, he, this creation, yaldabaoth, has just enough energy or divinity within him to make something that is 3D. That's all he can do. And he creates a 3D world. And she goes down there and says what are you doing? And he says look, I'm a creator, I can create things. And there's this blob on the ground that's supposed to be a man, and she blows into it and says rise, man, rise. So there's a totally different story.

0:40:36 - Julie

Well, two thoughts on that. First of all, what's an Aeon Is?

0:40:39 - Shanna

that just an energy, it's just the name of an angel.

0:40:42 - Julie

Mm-hmm. Okay, and that story that you told and some of these other ones that you're talking about, they're all metaphors with a bigger meaning. You know, they're like parables, like the whole Bible is full of parables. A priest whom I love I've had him on the show, father Sean O'Leary, who's an Irish priest whose grandmother was a mystic and his grandfather was a druid. He grew up in Ireland Wow, fascinating guy and he has his PhD as a psychologist. And he also, I think he has his doctorate in math too. Like super, super smart and he dissects the Good Samaritan story.

And he says, if you dissect this and you could go back to that time, and you went to the innkeeper where the Samaritan came and brought the injured man and said, hey, take care of this guy, and I'm going to come back Because that never would have happened ever in that time. But you get the gist of the story from the parable, right? A story from the parable, and I think that's what people have been interpreting in different ways since the beginning of time, and it's not so much what's the interpretation but what's the bigger meaning here. You know, what does it mean to you, right? And how do you integrate that into your life to help you live a life of purpose and joy.

Basically, yeah.

0:42:12 - Shanna

I absolutely agree and you know it disappoints me that some of the stories that are found that didn't make the Bible are so beautiful and so powerful for women, like the story of Lilith, who many rabbis have told me you need to redeem Lilith. She was Adam's first wife, so you know it is known very well now. Adam had a first wife. Eve was his second wife. Okay, remember, Jesus was Jewish, so he would have known Lilith right. And you know the other is Miranda.

0:42:47 - Julie

Whoa, whoa, whoa, whoa, whoa, whoa, whoa, whoa Back up. I know Adam had a wife before Eve, yeah.

0:42:57 - Shanna

Lilith. Her name was Lilith and she was cast out and the three archangels went to her in the Red Sea and said you either come back and lay before Adam or we will kill one of your, or like a hundred children every day. What's interesting is this also Lilith. This story is very similar to the story that you'll find in the epic of Gilgamesh, so it is interesting how a lot of the Sumerian texts actually are, you know, absolutely validating some of the Bible stories, which you know gets a little bit of credit with some of the stories, but a lot of stories.

Norea was one in the Gnostic Gospels you'll find. She was one of Adam's daughters, adam and Eve's daughters, and she was amazing, and many of his daughters and she was amazing. She refused to lay before the animals, the angels that were trying to sleep with you know, all of his daughters. And she also ended up marrying Moses and not Moses Noah, and burnt down the ark. That's another part of her story. But I mean these are feminine stories that actually, if I would have known as a child, I would have maybe even looked up to and thought, wow, I want to be independent like them, which also is the real, true definition of virgin is an independent woman.

0:44:34 - Julie

Okay, I'm confused just talking to you for a half an hour. I can't even imagine what a child would think about that, because you'd like, we're taught about adam and eve and then and then we find out Adam has another wife, but they're killing children. But I thought that the children started with Adam and Eve. So how could they be killing other children if Adam and Eve had only had like maybe two or three kids by then? And la, la, la, la and on and on. So, all right, let's change topics here, because my brain is all jumbled here here. Are angels considered to possess the same power in each of the different categories, just in different roles? Like, for instance is an archangel more powerful than a seraphim? Is a seraphim more powerful than a cherubim? Is that a thing?

0:45:28 - Shanna

I do think so. I mean, I think that that's the way they were writing it. I'm not sure if I personally buy into that, but yeah, they were definitely trying to show that there was kind of like a military and there was commanders, right, and there was leaders, and that there was, you know, your soldiers.

0:45:46 - Julie

All right, how do you communicate with angels? All right, how do you communicate?

0:45:49 - Shanna

with angels. Well, I must say that I mean, I called on Archangel Michael most of my life, just like you, right Boogeyman in my room calling on Archangel Michael. You know I used to do the prayer, the Archangel Michael prayer, yes, and I looked at him and I still do. You know if, when it came down to it, if I was in a situation where I felt my used to always get, you know, money every Archangel Michael day and I'm like when's Archangel Shana day? You know this is not fair, but after my dad passed, I had many moments, I feel, like in meditation with Archangel Michael where I felt a different side of him, where I used to see him as this warrior and I felt very safe with him and, but in a loving way, he really comforted me in my meditations. When I mean, I cried out loud in meditations with him and I've heard this before with many people that Archangel Michael has also been that for them, which I was surprised Early on.

I also had an experience with Archangel Gabriel in a meditation and I didn't know if he was male or female. He was very flamboyant and I've heard that from other people and I so you know, just talking about my experiences, which was brave because, you know, everybody around me was like are you nuts? You know, I started to also get a little validation through other people's stories and I found that, like I said, a lot of them have this archetype around them and I and I also see a lot of these archetypes in much of mythology, you know, and I think that either mythology was maybe about them or maybe they are modeled after mythology, I don't know. But you know, you'll find a lot of similarities across the board or around all cultures.

0:48:07 - Julie

So you want to have a conversation with Archangel Michael? I just think of him. He immediately comes in. Yeah, it's their big salad dishes. Boom, he's right there. How do you do that? Do you do like? You think of him and he arrives, he.

And it's been my experience in hearing this for all these years that angels are spirits. They don't have a gender, but we equate a gender with a name and they're fine with that. They don't care. But the energy doesn't have a gender. The thing that's so funny about guardian angels because I'll have clients or somebody call it into the show and they'll say what's my guardian angel's name? And initially, when I started doing this stuff, she had to come in with these names that were like either from a dead language or from some language I never heard of or whatever, and it'd be like 15 letters and they were all consonants and I said, well, how the heck am I supposed to pronounce that or even spell it? And so I said, can you just give me a name that we can use, that this person can use? That's like an American English name that's easy to pronounce, it's easy to spell. And initially I mean immediately they'd come in with another name and now, they just do that. So you know, is that their actual name? No, does it matter? No, Right.

Because when that person thinks of I want to talk to my guardian angel, whose name's Fred I'm making that up they're immediately in contact with their energy, and names are something that we humans believe are important.

0:49:46 - Shanna

Yes, but I would say that they are, and especially with the archangels. You know, all of them end with L, e-l and L is God right in the Bible, and so that shows that that is a group of godly angels, and so I think it does you know it is important, Maybe the archangels, but it's been in my experience that the guardian angels don't care Right.

Oh yeah, probably, yeah, for sure, you know, but I do think that they don't have genders necessarily. But don't you feel I mean that's how I can identify it right Is, if Archangel Michael comes in, I could feel that massive energy, that huge energy that is so strong and big. And have you heard of Metatron before, which is I want to go through all of them.

0:50:37 - Julie

Enoch, yeah, I want to go through all of them with you here in a second, so, and maybe this is a good time to do that. There are seven main archangels right Right yeah, Okay, Michael, we've talked about him. He's supposedly nearest to God of all of them and I agree his energy field really has to.

You know, are there female entities that have massive energy too? Absolutely, that's a human, that's a human take on it, in my opinion. So, you know, you think of Mother Mary, you think of the goddesses you think of. You know Saint Joan of Arc, you think of Diana, you know the goddess of the hunt, Massive, powerful women with that. All right, Gabriel, Gabriel, I think of him as the you know news guy. He's coming to marry. Right, he's coming to marry. I love how

you said the news guy, I love that. You know the angel that revealed the Quran to Muhammad too. I mean, he's like, right, yeah, so he's, he's known for that.

All right, Archangel Raphael seems to be a healer, from what I remember, is that what your take on him is?

0:52:03 - Shanna

Right, that loving, and I I I agree with you that loving energy. And was it Raphael that also had the story that is not in the, it is in the Catholic Bible, I want to say. And he goes on a walk and they go by a river Gosh, I can't remember the name of the book that it was taken. It's not in everyone's Bible, but I believe it is in the Catholic Bible. But I believe there is a story with Raphael in there. And so for me, whenever I think of him, I kind of think of him as someone who helps you navigate and leads you in that way. But maybe it's just because the story that-

0:52:48 - Julie

Yeah. I always think of him as the patron saint of healing.

0:52:52 - Shanna

Healing too, yeah, yeah, yeah Are all archangels, saints I was just about to say that. So, along my journey, I was very curious about saints as well, and I had found that most of the saints were not, are not even, maybe, real people. So, like take um St Sophia, um, there's many churches named after Sophia, st Sophia, and Sophia is said to have been this martyr with three children hope, charity and love. But there's no evidence of the St Sophia, there's no actual evidence. So same thing I found with Bridget of Kildare, saint Bridget, who's also goddess Bridget. So what I noticed is that there is this theme that was happening, that if people were worshiping a certain goddess or person, I think the Vatican said best we just saint them, so you know they can still, you know, pray to us or pray through us, their saint. And no, they weren't actual people. And the ones, almost every single one that I was researching I had found, there was no actual historical proof.

0:54:10 - Julie

Well, saint Sophia. When you say St Sophia to me, that immediately begs the question is she better known in the Orthodox religion? Absolutely, I would imagine she would be like the Greek and the Russian and the, you know, the Malkite.

0:54:30 - Shanna

They even have a soap and tog which is on my birthday. Is it, what's that? A feast day for her? Yeah, like her day. Yeah, oh, they have two of them. They have one in um that the Vatican, you know, will also. You know, so at one point I think they did, and then, and then they dropped her, which I understand, because as soon as those Gnostic Gospels became available, you wonder how much information they have in their secret archives.

0:54:59 - Julie

Oh, my gosh. Yeah, we had feast days for saints when I was a kid a million years ago that we no longer have. So I always laugh with the saying, which I love every saint has a past and every sinner has a future. It's hilarious.

0:55:15 - Shanna

Yeah, actually, it's almost Archangel Michael's day, I think at the end of this month All right, okay, yeah, uriel, tell us about. Uriel. Now see, sometimes you know she's see right away. I just automatically went to she. You know sometimes that energy, that's what I go to. I think the energy can show up feminine and soft right, but I think they all can probably have that, just as we all should have that, like I was explaining, with Archangel Michael. He can be that powerful, you know, warrior, but he also can be gentle and comforting.

So, what's Uriel known for?

0:56:07 - Julie

Well, I believe for myself receiving much of that loving energy and compassion.

0:56:12 - Shanna

I've heard that she's truth and wisdom. Oh see, there you go. That's so truth, wisdom, pistis Sophia, right, faith, sophia, that's. That's that divine feminine energy, that compassionate, you know, energy that's been missing in a lot and I hear a lot of people call on her right now. I've been hearing that a lot.

0:56:29 - Julie

Samuel, Archangel Samuel.

0:56:32 - Shanna

You know, I think, that Samuel is one that Catholics actually speak on. That's definitely not in the Bible, I think. I hear a lot you haven't.

You know, of course, if you're named after, if you have people in your family named after all of the saints I I could name every single one of those names were all saints in my family, you know, I I feel like Samuel, is he? I had gosh, I think he's long. Yeah, I, I feel like he. He comes up a lot with um, with like Valentine's Day and Twin Flames stuff. You know I'll hear people calling on Archangel Samuel and I also always think about which is also? Is it Shamiel, shamiel?

0:57:28 - Julie

I don't know about.

0:57:29 - Shanna

I don't know if that one I don't have that one, which is probably samuel right yeah, also, I think it's like the harp, you know, or the liar you know, but and I I see that a little bit of feminine energy as well.

0:57:48 - Julie

We've had people with NDEs on the show multiple times and Evan Alexander.

0:57:56 - Shanna

Dr Evan.

0:57:56 - Julie

Alexander, and he talks about the music you know that he kept the music, took him to higher and higher levels and I said did you hear a lot of harps? He goes no, not really, because you know we're all thinking that they're playing just harp music.

0:58:12 - Shanna

And that's how they're depicted. That's a huge part of my journey actually was King David's Liar. You know, in fact in my book I write quite a bit about that Because when I did some read I was trying to figure out why Solomon was so obsessed with Sophia. He wrote a whole book of her, the Book of Wisdom. Solomon was so obsessed with Sophia, he wrote a whole book of her, the book of wisdom, which also, I believe is outside of the canon Bible.

But I'm sure that if you would have this arc of covenant that was so important that you know two generations were asked to make you know this temple for this arc, that this lyre would

have been part of that ark. Because the lyre it said when he would play it for King Saul you know King David as a little boy it would like summon these spirits, these evil spirits, out of King Saul and it would create like this you know, in my mind I was seeing like this bubble of protection around him and that's why he always wanted David to play it for him. It was very healing. So I did a research on what the liar. The liar is talked about all the way to. You know other, you know very ancient stories of like Ur had a liar and I always wondered if liar was connected to like Lyra, you know, or Lyra. I always wondered if lyre was connected to like lyrans, you know, or lyra. You know? In the constellation lyra and you know, it says that those sounds are solfeggio sounds. You know every single one of them.

So you know the hurts, yes, absolutely divine healing of all of these different vibrations which I believe also are probably represented also by different archangels. So you know those different, that different feel of different energies.

1:00:02 - Julie

Well, and you bring up a really good point about the vibration in music, because I was in the medical device hospital supply industry for 30 years as an inventor and manufacturer and so I still got my fingers in it just because it's so interesting to me. But there are new medical devices and equipment that are being used to break up cancer cells from a you know, from a frequency standpoint Certainly the lithotryptor. When somebody has kidney stones, they'll put them in water. They'll they'll put use sound waves to bust up the kidney stones. It's been used for a long time. I see a really big connection with that and the sulfeggio and higher frequency.

1:00:48 - Shanna

Even the chant with that and the self-vegio and higher frequency, even the chant Chant Exactly you know, stimulating that vagus nerve. All those are so healing.

1:00:59 - Julie

Yeah.

1:00:59 - Shanna

I agree.

1:01:00 - Julie

Okay, moving on Amazing. Archangel Ariel.

1:01:04 - Shanna

Oh yeah, ariel. So this to me absolutely as well is, you know, a feminine. To me, you know, and I would say that many times it is Uriel. You know you'll hear Arianne Uriel or the same Archangel, and she could be male or female, and I've heard that as well.

1:01:26 - Julie

I hear Ariel and I think of Little Mermaid.

1:01:28 - Shanna

I know, of course I do too.

1:01:31 - Julie

But she's known as the protector of earth, environment and nature is what my impression of her is Archangel, is it Yafael, yafael, jafael?

1:01:47 - Shanna

Yeah, I think he's the one of music, is he not Artists? Yeah, yeah.

1:01:51 - Julie

Yeah, sandalfon, yeah, yeah, yeah, yeah.

1:01:54 - Shanna

Sandalphon. Oh no, sandalphon is actually the one who actually has a harp, and he is supposedly like the brother of Enoch, or Metatron, or Enoch in the angelic form.

1:02:08 - Julie

Okay, Sandalphon. In my research, some people believe he was the prophet Elijah yeah, I've heard that too. And then he is known as the angel of music. So Yafael is the patron saint of artists Azrael is the angel of music. Is that your?

1:02:36 - Shanna

understanding. Yeah, yeah, absolutely, and he is mentioned quite a bit in the Book of Enoch.

1:02:42 - Julie

Well, and you know, you think of the movie Ghost with Demi Moore. Oh, I loved that movie. The angel of death is in all classic literature. Oh, absolutely All of the Greek mythology. And is it scary?

1:02:58 - Shanna

You know, is it scary? You know, I mean, why does it have to be so demonized? You know, I mean, I know for myself, you know, understanding that transition is not a negative thing has been a huge like thing off of me. You know, to know, to know that you know, and it's just like the seasons, you know, it's just transition, right, yeah?

1:03:24 - Julie

exactly. You know, I am from.

1:03:25 - Shanna

New Orleans. So you know I got voodoo. Um, Marie Laveau was actually in my is in my ancestral tree and yeah, so you know that she is known for what, that she's the great voodoo queen. She brought voodoo to America.

1:03:48 - Julie

Well, New Orleans is just so interesting with all the above ground graveyards and you know all that stuff going on. And then, lastly, is Metatron. Tell us about Metatron.

1:04:02 - Shanna

Well, you know, metatron is mentioned. So in the book of Enoch it is said he is said to be Enoch. You know I've had JJ Hurlock on and actually that's a big part of my journey. You know, he and his wife they translated the Pistis, sophia as well as many other texts. But you know, jj, dr JJ Hertog also received the Keys of Enoch, metatron, they say. Which means what? What does that mean? The keys of Enoch is a book that he, he doesn't like, they don't like to call it downloaded, but he received or he did. He didn't channel it, he downloaded it and received all of this from Metatron, that's the same thing pretty much channeling, downloading.

1:04:55 - Julie

It's all the same yeah, but it is.

1:05:01 - Shanna

It is all this wisdom, I mean a lot of wisdom and a lot of keys right to how we can make an awaken to our consciousness, and a lot of it is very biblical, it seems. Of course I believe that he may be Jewish originally, but it's not really for one religion. But there is a lot of talk of



Metatron and about the archangels, and Metatron is supposedly Enoch in his angelic form. Now I have had this experience many times with Metatron, where he comes into my sessions when I do Reiki with younger people, usually Gen X, and it seems like he might be the angel for their generation, if there is one, and his energy is massive, kind of like an archangel, like an Archangel Michael energy, but just for me, I just picture massive, I just I'm more visual than anything, so I just picture just this massive energy.

And you know, when I had that dream where I saw the monk, that was one thing I wanted to know, like how does he receive me? You know, how does he see me? You know, does he see me as a color? You know, does he see my physical body now where I am? And I never got a chance to ask him and I still don't know, but you know, I think that it is kind of amazing that you can probably line up all the colors of the chakras, you could line up all the sounds of the esophageal and you could line up all the archangels and their characteristics, and you could probably find all this beautiful synchronization of you know, harmony, um, I, I believe that it all comes together that beautiful, yeah, your monk is calling itself anthony.

1:07:08 - Julie

Spirits don't have a gender, in my experience, they're just energy, and and what Anthony showed me was an image of imagine a horizontal oval where there was an arrow coming towards you from him and then there was an arrow coming from you to him. So it was a circle of the energy that you shared. So the energy from him was coming into you, was being interpreted and assimilated into you, and then it was coming back to him and it was this constant flow of energy that was going between the two of you. That was the picture he showed me. Yeah, now I refer to Anthony as a a him, he, whatever right, because you know, I mean, I've been taught anthony is a same thing I pray to him every time I lose my keys same thing, exactly.

So there's that, I think, and the thing that keeps coming into my head too, shanna, is that it's important for us not to get lost in the weeds with all this stuff.

You know, let's go to what's the bigger picture here. The bigger picture here is regardless of what the parable is or the metaphor, or if Ezekiel is really, you know, king George VII or whatever, it doesn't really matter. What matters is what's the big message here? And the message is, as I'm interpreting it from talking with you today is we're all connected, we're all part of the divine. We all have spirits that can help us, just if we ask.

It doesn't matter if it's Michael, you know Michael's probably really busy when we think about it from a human perspective, absolutely. But then we have to go to we're all a speck of the divine, we're all a spark of the divine. And if God is everywhere, always, and we're all a spark of the divine, do we have the same capabilities? Does Archangel Michael a spark of the divine? Do we have the same capabilities? Does Archangel Michael do?

All of the saints and the angels and our deceased loved ones, and all that when I talk with clients and they say well, how can my grandmother be with me and all my other 15 cousins at the same time? And I explain because we're all made in the image of likeness of God in spirit form, because we're all made in the image of likeness of God in spirit form. We all think God looks like some old man, like Father Time, but I think it's in spirit form and you've made my head spin with a lot of this stuff and then I keep hearing in my head Ryan, don't get lost in the weeds here. Yeah, you know, pay attention to what the bigger picture is. That's going on, that's trying to be conveyed and what was trying to be conveyed at different times throughout history. What was happening in the world? What was the perspective that the masses were going to understand at that moment in time? Last question for you why do we incarnate so?

1:10:16 - Shanna

I think that my whole journey really has been around what you just said. You know, I think, that one point I really truly went by what each one of them was supposed to mean. You know by what they were, what I was told, you know what they meant and even with like spirit animals or any of those things I tend to not go to, you know that dictionary of of what it, you know what it is and find my truth within myself. And reincarnation was definitely not something I believed in. You know I wasn't told to believe that. But you know, like I said, I don't believe that energy can die. I believe this is physics it can't. It can only transform, and death is only an opportunity to continue for our soul, to only evolve further for the greater good of, I believe, humanity and also maybe for other beings or other purposes that we aren't even aware of.

1:11:32 - Julie

Yeah, beautifully said. Something just came into my head just now while you were talking, and that was when you made the point of I was taught, you know, you pray to St Anthony, tony, tony, look around, something's lost and must be found right and we pray to St Whoever, we pray to Archangel Michael or we pray to whomever at any given moment, based on what our needs are. The thing the download I call this divine downloads that just came into my head, shanna, was that was intended to get us to focus our energies on a certain frequency.

So we were in tuned to the information that was gonna come in, that was gonna help guide us in whatever it was that we were facing and that we were asking for help about, and I was like, okay, that needs to be mentioned.

1:12:23 - Shanna

That makes so much sense to me too. Bingo, I will never forget what you just said. I just got goosebumps.

1:12:30 - Julie

Yeah, and back in the day people were illiterate you know they don't. They couldn't read and write, but they could remember the prophets and they could remember the angels and the different saints and stuff like that. But it got us to focus our energy because inevitably you pray to St Anthony. What do you do? You find whatever it is you're looking for.

1:12:54 - Shanna

It's so weird, right? I'm like why not do it? Because it works.

1:12:58 - Julie

Exactly my mother and both of my grandmothers used to do that all the time.

1:13:03 - Shanna

I still do it, my children do it because it works. But you're right, it's because you're tuning into that frequency that you need for that yeah.

1:13:12 - Julie

For that, for whatever it is, whatever the issue. Why didn't they just say this they wouldn't have understood it at the time. Right, they wouldn't have gotten it. You are fascinating. What a fun conversation. I could talk to you for days, girl. How can people learn more about?

1:13:29 - Shanna

you and your work, oh my goodness. So I talk about this kind of stuff all the time on my podcast I release twice a week on Sense of Soul podcast. I'm writing a book on Sophia. Desperately Seeking Sophia, my journey, which was all divinely led by synchronicity. I didn't really seek any of this. And you can also, you know, go to my website, senseofsoulpodcast.com.. I. My favorite thing to do really is is do genealogy and work with the

ancestors, breaking those patterns and, you know, healing generations. It's really fun to learn new history and, um, I don't know, I guess I'm, I'm a truth seeker, I'm kind of defiant, but you know. And I don't know, I guess I'm a truth seeker, I'm kind of defiant, but you know. So is Jesus, you know. And so, yeah, that's how it is Wonderful.

1:14:23 - Julie

Well, thanks for taking the time to join us today. Okay, everybody, your heads are probably spinning, like mine is, after this conversation with Shanna, so, in the meantime, sending you lots of love from Sweet Home, Alabama, and from Colorado too, where Shanna is. We'll see you next time.

1:14:41 - Ann cr

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

1:14:55 - Disclaimer

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