

AJR - Chenee Fournier Transcript

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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.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Chenee Fournier with us on the show today. Chenee is an evidential medium, angel and spirit guide, intuitive and a multi-dimensional healer. It's always fun to compare notes with fellow woo-woo practitioners to learn of their techniques and what led them to pursue this spiritual path. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Sinead. Sinead, I am so thrilled to have you on the show today. Thanks for taking the time to join us.

0:01:29 - Chenee

Thank you so much for having me, Julie. I've been looking forward to this for so long.

0:01:34 - Julie

Oh wonderful, I love your set. I love the lights behind you. Makes you look like the fairy queen or something. For those of you that are listening, she's got these kind of snowflake lights behind her on either side of her head and it's fabulous, wow. And then it looks like curtains coming behind her. You guys need to look at this on YouTube. It's worth seeing. It's really beautiful. All right, you call yourself a multidimensional healer. What do you mean by that?

0:02:10 - Chenee

What I mean by that is, thankfully, we are comprised of so many different frequencies, so much light, so much energy, that when people have various issues going on, it's not just physical, it's not just emotional, it's not just spiritual. Oftentimes it's a combination of all of those things. So what I love when I'm interacting with people who are coming to me for healing sessions is reminding them that I'm not healing them. I'm just simply reminding them of their own ability to heal themselves. I'm also reminding them that they're already healed, they're already well, and I'm just helping pull apart those layers and get into the various dimensions and figure out where is the sort of catch, when is it that something is kind of maybe a little off kilter or out of perfect frequency for a gorgeous, harmonious cosmic resonance, and to help them figure out how to get themselves back into balance, Because I'm all about empowering people to know that they can do this work for themselves, whether it's the mediumship readings or the healing. So if you think that you're just going through life as this one dimensional sort of being, you're missing so much beauty that's all around, that comprises you, and one of the examples that I've used before and this came to me probably 10, 11 years ago in one of the Reiki sessions that I was doing. I'm old enough that we had those light boxes in school where it was the light box, where the light shone from below and you put transparencies on top and they were like eight by 11 transparencies, super thin layers of plastic, there might be the skeletal system of a human and then the muscles and then the this and then that all these layered on top of each other. So one of the times when I was working with one of my clients, this vision came really clearly of all of these different transparencies, of different layers and different dimensions. And

then I could kind of wiggle around in there and just kind of look around in there and figure out, oh okay, well, what layer of their beingness is where the sort of discordant energy is residing. And I don't want anyone to ever be afraid of energy. It's not like energy is coming in to do anything wrong.

But sometimes we can be so kind of discombobulated in ourselves that this energy that's free-flowing through all of us at all times isn't being utilized as efficiently by us as it could be if it just came in with our permission, to be attuned perfectly for us, cleared out what wasn't serving us and then brought even more divine, healing, up-leveled energy with it, and so often, even just reminding the people that I work with that that's the reality for us all.

You know animals as well as non-human animals it allows the person to think, oh my goodness, so I really can manifest much better health for myself just by being reminded that. So I think that's kind of the answer that's flowing through right now, and if you talk to me two months from now, there might be an even more depthful answer. But most of the time when the answers flow through me because I always set the intention, before I sat down to do these podcasts, that the sound waves created by my voice be encoded with healing frequencies and be imbued with love, and that whatever source wants to come through, whatever my angels or my soul wants to come through, is what flows through me. So what I love is sometimes the answers will change a little subtly, but not a whole lot, and most of the time one more transparency is added on top of it to create an even larger multidimensional sort of fabrication of life.

0:05:55 - Julie

I think you're a sister from another mister, because I use that same wording of nobody ever heals anybody else. We all heal ourselves. You know no doctor, no healer, no medical provider of any kind, because we're all capable of healing ourselves and nobody has the power to heal anybody else. All we can do is send the healing to them. And I like to use the analogy of you go to the emergency room with a big cut in your leg and the surgeon's going to stitch it up. Well, the surgeon doesn't make your skin grow back, you make your own skin grow back, and that's how this works too. The other thing I'm laughing when you're talking about the overhead projector, with the transparency, with the slide of the body. I use that all the time too, so I'm dating myself as well and there'll be a picture of a body, and then you put the transparency of the skeletal system, then you put the transparency of the cardiovascular system and then the neurological system and all of that. Yeah, all over.

0:07:00 - Chenee

Yeah, and the part that spirit is reminding me that I didn't say is that what I then tell people is you are the light that shines through it all, and not the, you know, incandescent light bulb that's underneath there, but the light, the divine light that animates it all, and those transparencies are just like the clothing that we wear.

0:07:18 - Julie

So, yeah, Well, and the interesting thing about that too, with the light, it's been my experience and I'd love to hear your take on this is as a 12 years of Catholic school educated girl here I was taught that the spirit or the soul is someplace in the chest area, and that's not what I perceive.

What I perceive is that the spirit or the soul is the main part of us and the body is inside of that, and then it's all encompassed in what I call the energy field membrane, which is a very thin membrane. That is the container that holds all of it. And the interesting part about this is, when somebody is dying, their spirit it's been my experience their spirit exits through the top of the head and it hangs on like a speech bubble in a cartoon and it's. I don't scan somebody energetically, I'm like a human MRI it sounds like you are too where I can see body parts inside

somebody's body. And I don't do that when somebody's dying, because it's as if I'm looking in an x-ray in a pitch black room without any electricity, because the spirit is still attached to the body but it's not inside the body anymore, it's exiting out the top. Have you experienced something like that? Do you have any comments along those lines?

0:08:49 - Chenee

What I've experienced is similar to what you're saying, which is we exist within our soul. So for me and I've used this analogy before too there's that debate of where does the sky begin? Does the sky begin an inch above the ground or miles up in the sky? So then when I heard that debate I thought, oh okay, well, I bet people would like to know and I would like to know, where does the spirit world begin? Does it begin outside the body, miles up in the sky, within the body, and what clearly the answer that dropped in was within the body. And what clearly the answer that dropped in was was actually the spirit realm exists within every single one of your cells. It exists within every single photon of light.

So I've been shown that what we look like from spirit in the spirit world are like pointillism paintings, where if you get up really close, you can see these individual points of light that comprise us, that are always in flux. And when you stand back, you know, not even that far back, a foot or two back, then we look like this person that we think that we are, but we exist within this toroidal field that is created by our soul and our spirit. That's what I've been shown anyway. And so sometimes the field, half of the field is coming in from above and going down and coming back around this way, and sometimes it's coming up from the bottom and exiting that way, and sometimes it's doing this simultaneously, and sometimes it's doing it the same way, and as long as we've given our soul permission to flow it into us, however it's best for each one of us, that's what will take place. So sometimes people can feel discombobulated because they didn't set those parameters first of.

Let this be attuned perfectly for me, and so, yes, for me, this human body exists within my spirit, and the majority of my spirit and my soul exists within my spirit and my soul, but the majority of my existence is still currently in the spirit world, having relationships with my family and friends that are still here currently in physical form, and having relationships with my family and friends that are no longer here in physical form but that have gone on to the spirit world before me. About that is that it dawned on me I forget how long ago that when I'm sleeping, I'm not dreaming, I'm actually being aware of what's taking place in the spirit world. So now I set the intention every night before going to sleep. When I wake up in the morning, let me be aware of what took place in the spirit world while I was having fun in the spirit world, while this beautiful body was allowed to rest, reset, restore and be rejuvenated. And so what I love about that, too, is when I can remind each person that that's the reality for all of us. Then it helps them become even more aware that, yeah, they can do the exact work that I do if they want to get in touch with their loved ones in spirit.

They don't ultimately need to go to a medium, but a lot of people even when you tell them that it's a new concept. So there has to be a little bit of like maturation time of that information to really get them to see oh yeah, I can do this. But what I love about sharing that information with people is I always see this excitement happen in their eyes, like wait a minute. You mean I can truly be in, in you know relationship still with my loved ones who've transitioned before me. I'm like, absolutely, without a doubt, you can, and the beauty is learning how to live in both of those realities simultaneously and being effective and powerful and successful in both realms.

You know you wouldn't want to just be there always, because then your life here in the physical world would be very challenging, and then I wouldn't want to be just here always and ignoring the spirit world and the fact that my soul exists simultaneously in all of these dimensions and in all of these realities.

So it's up to me what I focus on, and I really love knowing that, because then the sky is the limit or my soul is the limit, my cells are the limit, whatever you want to say.

But I love the fact that when you recognize that you are spirit, you are soul, you are divine, you are human, you're all those things really, so many limits get removed and you can just live a life that looks magical to others and looks mystical to others and looks like oh my goodness, look at all these synchronicities, and that can become commonplace. And so that's what I'm trying to normalize, is synchronicities being and that can become commonplace. And so that's what I'm trying to normalize, is synchronicities being normal, you know, existing in the spirit realm while also existing here in this physical realm. Normalizing that so that we can all really truly live simultaneously, being of service in both realms. So for me, first and foremost, I feel like the work that I do serves spirit, it serves source. It feel like the work that I do serves spirit, it serves source, it serves just all of consciousness and divine awareness and it serves those that are here in the physical realm as well.

0:13:58 - Julie

So I love getting to do this Me too. It's really fun too, isn't it? I think that's the thing that people, when they come to my classes, I tell them it's a ball, you're going to have so much fun, yeah, you're going to learn stuff and we're going to practice and all of that, but it's a transfer of energy at the vibration where I play to my students and you're going to have a ball while we do this. And that's the one thing that everybody says afterwards oh my gosh, you kept saying it was really fun and you weren't kidding. Yeah, I'm just telling you the truth.

The other thing, too, that I think's really interesting about all of this is that when you're saying that we can be in different realities all at the same time, and where our focus goes is what we experience, how powerful is that if we can control our thoughts? Back to the? You know, you control your thoughts because your thoughts create your reality, and I like to use the analogy of you're watching some movie and it's really sad and your brain knows it's pretend, but you find yourself sitting there bawling in front of the TV and you're thinking oh for heaven's sakes, you know this is just a movie and you're just boohooing. Well, your thoughts of watching this movie are creating your reality of feeling sad, which is eliciting an emotion in the physical. Say more about us being in lots of different dimensions at the same time.

0:15:33 - Chenee

Okay, and what I want to quickly do also is touch base on what you just said about when we're watching these movies and we have these feelings because of mirror neurons, our body actually has responses, as though what we're watching is happening to us. So I am infinitely careful about what I watch. There is also a fantastic organization which I know you've heard of, called HeartMask, and there was a study that they did where they put different electrodes and things on people to measure brain waves and heart rate and respiration and perspiration on the body, and they had people look at a computer screen and they would. They were either going to have a neutral image flashed in front of them, a negative image, something that's disturbing, or a positive image. What they found invariably across the board was the heart would always respond before the brain would. So the heart would inform the brain and what they started noticing was when the black screen was in front of the person, before the image came up. Even before the image came up, the heart responded appropriately about what image was coming up next. So that's why I find it incredibly important to be careful. What's even on the television in the room that I'm in or on the computer screen in the room that I'm in, because I don't want that influencing me and just kind of lowering my energy level, just making me feel heavy, oh yeah.

So back to the question you had asked about. I think your question was talk more about how we live in multiple dimensions simultaneously. Yeah, how we live in multiple dimensions simultaneously, yeah, okay. So for me, because I have a subtle energy body, because I have a

light body, because I have a soul and these words I do use interchangeably but when I look at someone, yeah, I can see their physical expression, but then I can also see a light body around them. I can see a subtle energy body. Sometimes I see it clearly, sometimes I sense it, sometimes I just know it's going on through claircognizance. Sometimes I can kind of see it through clairvoyance, sometimes I just feel it through a clairsentience. So for me, if you want to be focused on feeling sort of unstoppable and focused on really making your dreams come true, don't focus as specifically and strictly on the physical form, because, yes, you step off of a high surface and your physical form is going to experience gravity.

I don't ever encourage people to think they can fly. I don't know what people can or not. I've never seen it happen, I never have, so I'm not going to encourage they can fly. I don't know what people can or not. I've never seen it happen, I never have, so I'm not going to encourage people of that. But if you can be in a state of meditation, be in a state of contemplation, be in a state of deep appreciation, and then you can focus on the energy body, you can focus on the light body, you can envision sort of a mind play taking place, where you actually envision the way you want something to go, then it's going to be a lot easier for you to then believe it and bring it forth into this physical world.

I'm not the one who originated this kind of phrase, but you know the phrase that says I'll believe it when I see it. Well then, to turn that on its head is to say I'll see it when I see it. Well then, to turn that on its head is to say I'll see it when I believe it. And so that's what I try to encourage people to do, but also to not give up hope, to not sit there and think oh well, I thought that way and nothing happened. It's like okay, well, how much thought did you give to it? Did you put your heart and soul into it? Did you really believe it or did you just go? I envisioned it. Now where is it?

So I really want people to realize, too, that this work and having a life that you want it takes work, it takes effort, but for me it's joyful work. It's joyful effort and it's patience, and it's also realizing that if what I envision doesn't come to fruition, then I believe in divine timing. I believe in divine timing, I believe in divine will, I believe that, okay, that just wasn't mine to be had and that's okay. So now, what next? So it's kind of a combination of if it's yours, it will come to you. And don't work too hard at something, but put enough joyful effort into it that you're actually showing respect to the fact that anything does take effort. It does take, you know, time.

0:19:50 - Julie

Joyful effort New word combo for me. I love that Joyful effort. Say more about that.

0:19:59 - Chenee

Well, a lot of times when I'm working with clients or when I'm trying to bring something forth, if I find that I'm not feeling joy in it, then there's a lot of kind of abrasiveness going on in my energy field. And I'll notice that with clients as well. That you know. They'll think, okay, well, I've been working at this and I've been working so hard and it's just no fun. And I'll say to them okay, well, but if it isn't fun, if it isn't something that you want to do, if it isn't something that really lights you up and enlivens you, it's going to take you a long time to bring that into your physical reality and once you get it, you probably aren't going to be that happy with it. So, for one of the examples that I use is that I feel that the work that I do is a sacred vocation, it is my soul's calling. I really feel like this is what I'm here on this earth to do in this physical realm, and even when I'm no longer here physically, I'll be doing it from the spirit realm, and I am simultaneously doing it in the spirit realm as well as a being of spirit, with so much more influence and effectiveness than this physical world. But what I always tell people is I would do this even if I won the lotto and never had to earn another penny or another dollar in my whole life. I would still keep doing this work because I love it.

I don't do this work out of a sense of obligation or out of a sense of commitment. I do it out of a sense of joy. I want to do this, I love to do this. I like to do this because every time I'm interacting with people that I work with or even have deep conversations with or with podcasters such as yourself, I learn something new. Something beautiful flows through me and I'm hearing it as I'm saying it and I think, oh, that's exciting, it was something that I learned, that was new, and so I love that.

So I really take myself out of the equation as best that I can with what's called the unawakened ego. So I'm not someone who bashes the ego. I am someone who thinks that we have two different egos. We have an unawakened ego, the little ego that can be selfish and greedy and worried, and we can have the awakened ego that allows us to do whatever work we're here to do without getting steamrolled over, and to really help affect positive change, because my awakened ego says I deserve to do this work, I love this work, it enlivens me and by being in relationship with the clients that I work with or people I have conversations with, I ascend in consciousness and hopefully the conditions are set for them to ascend in consciousness, if that's what they want and they're ready for.

So for me it's really the process of helping to make earth more heavenly, helping all of consciousness ascend, helping every molecule of water, every particle of light ascend and be its highest version, because you know, water, light, air all sorts of things are flowing through this human body and comprising this human body. So if I can actually ingest that which is healthy and then put that back out into this beautiful world, even healthier and cleaner and more beautiful, then that's a gorgeous thing to get to do.

0:23:10 - Julie

Beautifully said, Back to when we believe it, we'll see it, kind of a thing. And back to someone who's lost a loved one working with a medium. I find that a lot of the time, especially if it's the first time that they've done that, they're like yeah, okay, let's see what they have to say, let's see if anything really comes through. And once it does and that really raises their belief, then that sets them on a trajectory to say, okay, how can I do this myself? But it's been my experience that a lot of the time people come in and they're hoping that something's going to resonate with them and then when it does, you can almost just feel the relief like, oh okay, there really is something to this.

0:24:06 - Chenee

I love it, yeah, and I love that I can see that in the person and then I can see the beings in the spirit realm, just like yay, yay, like this message has been received and they are joyful because their loved one here in the physical realm is now like so much more open to receiving their communication from them in spirit.

0:24:23 - Julie

Right, I agree, and they come in. I don't know about you, but for me sometimes they come in with just this random stuff that there's no way that. Certainly that I don't know it. But also I find it fascinating and I always tell people when we're talking to their loved ones, in spirit, I always say, okay, chances are good that they're going to come in with something pretty playful and random and it's not going to be some very deep, philosophical, theological, life altering, you know, lecture about what you can do to improve your life. That's what most people expect. They're going to come in with some profound wisdom that they're going to share.

The other day I was talking with seven people on the phone. They had lost their mom, slash grandmother, slash wife, and seven family members were on the phone and the daughter was grandma came in too, so it was a mom's spirit, and then her mother's spirit was there too. And so the granddaughter, who was my client, said I want to learn, I want to make my grandmother's meatloaf recipe. And I hear in my head ketchup. And so she goes on with the

question to grandma and she says do I need to use tomato sauce or ketchup? And I said well, she already told me ketchup before you even got your question out. And then grandma's spirit goes on to say and spread extra ketchup on the top, because when you bake it then it's kind of like a sauce and it makes it really good. Now you know, you're coming in to talk to your deceased loved ones in spirit for the first time and really you're going to talk about ketchup and meatloaf. We're just the messenger, right?

0:26:18 - Chenee

Right, exactly, it's the doorway in.

0:26:20 - Julie

It's just, and they come in with stuff and then I always say it may make sense to you at the moment, it may make sense later, it may make sense when it pertains to something that hasn't happened yet, but when it happens you're going to remember. Oh yeah, my mom's spirit told me that. Have you experienced the same thing?

0:26:40 - Chenee

I have, yeah, and kind of back to what you were saying too, where sometimes just something really mundane will come through. Sometimes just something really mundane will come through and sometimes that really reminds the person. Yep, this is who this medium is connected with, because one of the clients I was reading a number of years ago, her husband, had been kind of harsh while he was here in the physical world and wasn't very emotional and wasn't very sentimental, and so, of course, nothing sentimental. Well, love was coming through, but it's not like he just all of a sudden became sentimental. He did, of course, have apologies for her, but so, kind of as I was wrapping it up, I was asking him is there one final message you'd like to leave with your loved one through me? It's not a final message, because there's going to be tons of messages coming through for the loved one, you know, through her, but through me, through this reading, is there any final message you would like to get through? And it was so incredibly practical and mundane. He said tell her to finish the weather stripping on the windows. And I said okay, well, your husband is telling you to finish the weather stripping on the windows. And she threw her head back and she laughed and she said I didn't have any doubt you were connecting with my husband anyway, but now I have no doubt you were connecting with him. He was so pragmatic, he was halfway through that task before his passing took place and it's only halfway done and we live in Canada and it gets very cold and I do need to get that done and so it was like, yes. So sometimes the messages that will come through will be so mundane and sometimes they are really beautiful and sort of theological or answering this big question that the person had, and they'll come through in a way that the person will say, oh my gosh, that wasn't even on my mind. I had forgot that that was a question that I had, and then this information will just be downloaded through me for them. And then, yeah, you're right, there's just this there's this change in posture, there's this change in the vibrancy of the person and, in fact, one reading I did with a woman. She had an Australian accent and I always people join me via Zoom. I don't know where they're from. I don't ever look people up online, you know, I don't even know their area code, so I don't know where they're from. I don't ever look people up online. You know, I don't even know their area code, so I don't know where they're Zooming in from. They just connect with me.

And so she was wanting to know what to keep an eye out for for her beloved. And I said he's showing me coins, but not like a stereotypical coin, and that he showed me very clearly a gambling chip. And I said, oh, he's showing me a gambling chip. And she started laughing. She goes we live. Yeah, she said we live in Las Vegas. And I said okay, but more than that, it's not just that you live in a town where you might come in contact with gambling chips, it's something really important. And she said oh, yeah, we had those as party favors at our wedding.

So then the reading continues going, and so, before I signed off with her, he really wanted me to say this part. I said let's go back to the gambling chip. I said he's showing me a gambling chip with a little hole drilled into it and a cord put through it that you can wear around your neck. And then she said yes, with one of our party favors from our wedding it was since they were gambling chips I took one, I drilled a hole in it, I put a cord on it and I wear it around my neck, so things like that can come through, because I'm just sitting there thinking, well, gambling chip. That's so random, but okay.

0:30:05 - Julie

Yeah, a couple that have just happened and a mundane. My favorite one was the husband's spirit in heaven was telling his wife to check the pool pump and he told her what was malfunctioning on the pool pump and she brought the plumber out and a week later I got an email from her and she said spot on, we had a leak and I would never have known it, but it's been fixed and all of that All right. Let's get real quickly. Let's get to the sound healing. I know you do the sound bowl healing. Tell us about that and how does that work.

0:30:41 - Chenee

For me. Actually, I have kind of weeded that out of my practice, mostly because I don't have a really good setup for people to be able to hear my sound bowls over the internet. So if I were to ever go back to doing in-person stuff, I would start incorporating that again. But for me, when I was doing the sound healing and was having clients in my home before everything went online in 2020, the way that that the explanation I give to my clients is because we are comprised of energy and because we are comprised of so much water and fluids and liquids in our body, sound waves. You know the cymatics. When you have this beautiful sound that's played and there's a metal plate of glass, a metal plate of sand, I guess is what it is and and you play these beautiful sounds, beautiful patterns form, and when you play really discordant sounds, not so beautiful and very kind of out of order sort of forms appear, and so for me that's very much what's going on with sound healing. So what I kind of learned was if you make discordant sounds that can kind of break up kind of clunky areas that's in someone's energy field where maybe the energy is just sort of kind of coagulating they're not really doing its job of moving and staying fluid and staying in motion and just staying not static. So then you kind of break up the energies that are kind of not doing the person good, not really helping them be their best version. You break those up and then you play a much more beautiful resonance, a beautiful sound, and then that helps things become more orderly within their energetic body, within their light body.

What I found, too, is that clients liked having the bowls placed on them. So I have like a very large bowl and I have a smaller bowl and you know, you make sure first they don't have pacemakers, make sure they don't have tinnitus. You're very careful about all. I'm very I was very careful about all this stuff when I did this work. But yeah, they just, they just love that feeling and it looks very funny to do. But you can also take the singing bowl and put it inverted on your head and then hold on to it very lightly, tap it, and then you just feel this like it's like a shower of sound waves that's taking place. So I really love sound healing. Even though I don't offer those sessions anymore currently. I love that concept and what I love about that too, is yet again. That's one more thing that the clients can do for themselves. They don't have to have a practitioner doing it for them can do for themselves.

0:33:14 - Julie

They don't have to have a practitioner doing it for them. I've read a study recently where a scientist took vials of blood from the blood bank and put them in kind of like some kind of a device I want to call it an incubator not like an incubator in the NICU where neonatal department at the hospital, but some kind of a box and put these little mini speakers in there and play different music to see what happened with the cells. Now he got the blood from a blood bank. He bought it from a blood bank and I know a little bit about this because I invented

a device that is a transfusion device that takes the patient's blood during total joint surgery Someone's getting a new hip or a knee or a shoulder and it puts their own blood back into them and it's whole blood so that they can use their own.

Number one and number two. They don't have to get blood from a blood bank or a donor, because normally those bags of blood have been sitting on the shelf for a month or more and they've got probably 40 to 50 percent of those red cells are not viable anymore. So that's what the scientist found, and so he had the vial of blood. He played different music and the cells that were not viable regained their viability. They became alive again. And the interesting thing about the study is he said it's the base frequencies that were the most, that the cells responded to the most. It wasn't the sulfeggio frequencies, you know, they're really high, like the Gregorian chant and that kind of stuff, which I found fascinating, he said. And they didn't respond as well to the classical music, which was a surprise to me too, but they responded better to popular music with a lot of bass.

0:35:10 - Chenee

That's really interesting and you might know much more about the Schum human frequency than I do, but the human frequency of this earth is a very low frequency. Yeah, and many years ago I just kind of had this aha moment of I wonder if that's why so many humans love really bassy music, no matter what the genre, because I think it's reminding us it's the heartbeat of this universe, it's the heartbeat of this world.

0:35:35 - Julie

Well, and that's what he said. He was talking in this study about heartbeats and he said that the heartbeat, what he believes is going on, is it's the sound of the heartbeat that causes the cells to become oxygenated, which helps the body heal, because the oxygenated cells are the ones that are carrying all the goodies to repair whatever cells are in trouble. I just think this stuff's fascinating. Certainly lithotripsy, lithotripsy machines for people with kidney stones. They'll put them in this bath and they'll put sound waves and it breaks up the kidney stones. And that's what I watch in healings for people that have kidney stones. I just go in and blast them. But I know what's happening is that it's the frequency that's being used from the sound waves. It's a frequency that's coming through me through spirit, working through me and with me to help bust up those these stones.

0:36:40 - Chenee

Yeah, I love what you're saying about that too is, if I'm understanding correctly, you're doing that with intention. You're not actually even using an instrument to create these sound waves? No, it's all in my head.

Because a lot of those studies too, have shown that when you take a house plant and you water it with regular water and it can even be filtered water or you water it with water that has had loving intentions sent into it, the house plants do better with the water that has had loving intentions sent into it.

So what I love about all of this is it also lets people know yeah, if you want to go to a sound healer beautiful, perfect do that. If you want to use oracle cards and tarot cards to kind of back up what you already think or know, wonderful, do that. But you know what? Ultimately, we are the instrument. We are the only instrument that we need, and our thought process and our tapping into spirit, our intention, that which we wish to see come forward, that's the only instrument we use or we need to use when we really distill it all the way down. So that's also partly why I don't do the sound healing anymore is because I really want to be someone who can do this work with no instruments and no tools other than my physical form and my spirit and my light body, my soul.

0:37:50 - Julie

Yeah, yeah, well, and so it's all about the vibration. It's about sending the healing energy, which is a certain vibration, and helping the person raise their vibration. And back to our earlier conversation, which was it's all about belief, because the placebo effect is alive and well in every drug study that's done before their regulatory body, whether it be the FDA or the equivalent in another country. Before the drug is approved to sell, they have to do clinical studies and the placebo effect, where somebody's getting a fake pill, always performs better than the drug, always in every study. The drug companies don't want you to know that, but it's true. So it's that power of intention.

0:38:45 - Chenee

Yeah, and you'll probably know which study I'm referring to. But there was a study where they showed that as long as the person is wearing a lab coat and it works even better if the pill, the sugar pill, is red or blue, even if you tell the person I'm giving you the placebo, this is the placebo, even if it's you know, no matter what it is, and it is a placebo, it can work really powerfully because people have given so much power over to doctors and this person handing them this placebo and telling them it's a placebo will have the same result as if they're being given a medicine because it's being handed to them by someone in a lab coat and it's red or it's blue. You know, it's something that's very, very so. It's just to me that just says yes, this is an incredibly powerful apparatus that we have called the human body, that is able to receive this information and utilize it for the betterment of this human body.

And there was also a study, or it was an example, used many years ago, and I can't remember if I found it on the internet recently. And there was also a study, or it was an example, used many years ago and I can't remember if I found it on the internet recently. But as long as you have had an example of being burned by something, you can hypnotize someone and you can tell them I'm about ready to touch you with the tip of a hot match. If they've never had a blister, it won't manifest a blister because the body doesn't know what that is. But if they have had blisters in the past, you can touch them with an ice cube. But because you told them you're touching them with a tip of a hot match, a blister will manifest there. So you can manifest things physically or manifest healing physically, and I just think that's so exciting. I just think that's so wonderful to empower people with this knowledge.

0:40:23 - Julie

Do you come from a spiritual family?

0:40:27 - Chenee

I come from a family that, oh my goodness, they were, they are, they're all still alive, my immediate family, just really lovely, as in, they never tried. My mom and dad never tried to make my sister or I think a certain way or believe a certain way. It was always like oh well, go look that up. And this was before the internet days. Now it's very easy. Right Before it was like go to the encyclopedia, go to the dictionary, go do some research on that, find it out for yourself. So I think okay.

So when I was very, very little, I walked in my sleep a lot. I talked in my sleep a lot. I talked in my sleep a lot. My mom has this story of opening up the door because she heard me talking and I was looking into my pillowcase, having a conversation with my pillow or what have you. So I don't think that actually, during those times that I was walking or talking in my sleep, I think I was interacting with spirit. But I wouldn't have known that because I'm too little to even know that. Right, but none of it ever scared me.

0:41:20 - Julie

I never heard that before but that's resonating with me.

0:41:28 - Chenee

Yeah, yeah, and I also have this interesting story of waking up one night. I forget how old I was, maybe elementary school age, and I'm not from the 1940s, so I shouldn't even know what a zoot suit looks like at this age. But I wake up and I open my eyes and I kind of look out the hallway because my bedroom door was open, and I see a man standing there with a zoot suit on. But I realized, okay, but this isn't a physical being, because I can see the hall closet behind him and he was just watching me. I didn't feel any sense of menace or any sense of urgency and I thought, okay, that's really interesting. But it wasn't like I went oh, told my mom about it and tried to talk about it. This was just something that was normal to me.

The only time the spirit has ever come through that scared me is I think they might have been a spirit in training, because they materialized. And this is way back when I was a kid still, I think maybe junior high, I can't remember I had a television in my room those old school box televisions, right and I woke up and I saw just the top part of a head, so just the cheekbones, the eyes, the head. It was a bald head, and it was just on my television watching me on top of my television watching. That one did scare me. I got out of my bed and I ran out into the hallway, but then, when I came to full conscious awareness of what was happening, I started laughing, because I thought what am I even afraid of? He has no arms or legs, he can't come after me anyway. So I love the fact that these beautiful beings that show up, oftentimes they have a sense of humor, and when I interact with them they show me their sense of humor, and, with this particular being, the reason why I think it was a spirit in training was because I think that he didn't quite realize he hadn't fully materialized and he was showing up for me and appearing for me in a way that would scare the average person.

So what I love, though, is that not that I necessarily had conversations about this with my mom and dad when I was little, because I just thought this was normal sort of a thing, but what I did find out from my mom years later and I love this is that she has the same ability when she was a little girl and her I think it was her great grandmother who was in the phases of life of getting ready to make the physical transition and no longer be here in this physical world. She saw her great-grandmother in spirit form get up out of her body, walk around the bed once and then get back into her body, and I asked my mom, did that scare you, since you were a little girl? And she said no, I don't know why it didn't, but I didn't. And then over the years, her dad, which is my grandfather, has come to her many times in wakefulness, like not just in dreams, and so I said oh okay, mom, I think this is where I get this from.

And then my dad is super intuitive and even to this day, if I want my dad to hear a noise that my car is making, I better record it and play it for him, because the moment he sits his body in my car, it's going to fix itself. So he seems to have this like energetic ability, without even trying to fix things, to fix itself. So he seems to have this like energetic ability, without even trying to fix things, to fix things, and he's very intuitive. I think he would call it street. Smart probably is the word that he would use. So yeah, I think from both of them there is just this openness to tapping into the more unseen realities of life, whether they're aware of it or not, I'm not sure, but I love that.

0:44:42 - Julie

You had nicer parents than I do. I didn't have a TV in my room as a kid. Wow, you were probably better behaved than I was, although I didn't get arrested or anything. But I was mouthy at the time. I had my own ideas about things. It didn't always jive with what my parents thought, but that's right.

My daughter-in-law speaking of that, this just cracks me up every time I hear this story. My daughter-in-law's mom her name's Andrea and she never got in trouble, trouble but she'd be late getting home for curfew and stuff. And so in high school she tells this story about she'd be, she'd be late and she wouldn't want to come home by midnight or whatever time she was

supposed to be there. So she'd stay out and come waltzing in like three in the morning or something, and her parents would get mad at her and they'd say and she'd say that's fine, you can ground me, it was worth it. She said they'd take the car away from me or something. But she said but I knew they needed me to drive myself to school on Monday, so I knew it wouldn't last very long. But I laugh every time I hear her say this story Well, it was worth it. Oh, I think that's hilarious. You say that your soul's been cultivating spiritual abilities for many lifetimes. What led you to that conclusion?

0:46:06 - Chenee

Well, when I was a child I think I was definitely elementary school age these kids had this story and you can actually look this up on the internet. This was something that I think turned into a lawsuit and everything. I think it was through Procter and Gamble who I don't know maybe their rivals started this fallacy or this myth that if you had Procter and Gamble products in your house, you were already marked by the devil and you were going to die and go to hell. Now a lot of kids hear this story. It's not a big deal to them. I heard this story.

I went home, I looked into my parents' cabinets. I'm like, oh my gosh, our dishwashing detergent, or whatever clothes washing detergent, is Procter Gamble. Oh my gosh. So of course, I told my parents about that story. I, you know, oh, we got to get rid of this stuff. My parents were like we're not going to get rid of this stuff that's in the house.

That's not a true story. Well, somehow that just sent me down this deep rabbit hole and for a number of years I thought I was going to die and go to hell. So, and this was, I wasn't brought up in a household that was taught about hell and death and damnation and all their you know damnation and all these different things. So it wouldn't even make sense that I would go that far down a rabbit hole and it just really scared me. And so at nighttime I would do whatever I needed to do to prevent myself from falling asleep, because in my mind, if I fall asleep I lose control of my mind, I might swear my soul away and I'm going to end up in hell forever. So it was pretty deep I'm saying it right now with levity and it really helped form me to who I am today and how old were you when you learned about?

0:47:44 - Julie
the Procter Gamble curse.

0:47:46 - Chenee

Oh, okay, this was something that we recently, when I started kind of thinking maybe I'll write a book, I was retelling this story in the pages of what I was writing and I thought let me Google this or let me look this up on the internet, because why did this story have so much teeth to it? And I was like, oh wow, look at that. This was a thing back in the 70s or 80s, I'm not sure when it originated, but it just took hold of the popular mind, so to say, and I think what it turned out to be was a rival of Procter Gamble started that myth to try to hurt their selves. So anyway, you know, I just kind of kept it to myself about how much it was affecting me. So my parents didn't even know necessarily how much it was affecting me. And then, of course, over the years I did grow out of it, but many years later, because I've always been on a spiritual path, just wanting to know the meaning of life, even when I was a little kid and I learned about eternity, that freaked me out because I thought, well, even if I'm happy for eternity, eternity is eternity. It's a very long time. So then I sent myself down a rabbit hole, thinking about eternity.

So from a very young age on forward, I've always been interested in learning about spirituality. So then, when you get older, read books, read philosophies. And I started learning about Buddhism because one of the things that my dad had said when I was a kid and first told him about this and how scared I was they never knew exactly how scared I was. He said, well, have you ever seen the devil? And I said no. And he goes well, you don't even know if the devil exists. Then and I said okay. And then, as I got older, one or two years passed and I thought,

okay, but maybe I've never seen God, so how do I know if God exists? So then I quit believing in the concept of God because I thought well, I'm not going to believe in heaven or hell, or bad or good or evil, or blah, blah, blah. So then I found Buddhism. I started studying Buddhism for a number of years and then I forget how old I was Maybe I was at some point in my twenties, I'm not quite sure now that there was this loving, kindness meditation that I had learned about.

And it's where you sit down. I'm sure you're aware of this. You radiate love first off to yourself, and then you see a circle of people around you that are those that you love and you radiate love to them, and a circle of people that are kind of innocuous to you. You radiate love to them. Then there's a circle of people that you have problems with or you don't resonate with, and so on and so forth, and then you end up radiating love to everyone, no matter what. So then I thought, well, you know what? I still don't necessarily believe in the devil, but you know what? I bet, if there is a thing called the devil, if they could just sit in meditation and feel loving kindness and have me radiate love towards them and recognize you are racking up so much negative karma. Why don't you quit doing all the crap that you're doing in the world? You know, to this thing called the devil, which I didn't even believe in, but I thought, just in case, you know, just in case there's a devil, I'm going to invite this so-called being to sit in meditation and radiate so much love to them that it's going to melt this facade, it's going to enlighten them, right, and it's going to help, you know, kind of change the trajectory of blah, blah, blah, whatever.

So then, shortly thereafter, after that meditation, I had this powerful dream. I was walking upstairs. So it's very important that I'm ascending in the dream. I'm walking upstairs. Beside me is this beautiful, bright red wall. It was just this gorgeous paint. And so now, you know, because of fear in this society, some other people would think, oh, that's a blood covered wall. No, it's a red wall. And the red wall for me represents power and activation and love and agape sort of love. So I and this was a dream, or, for now, what I recognize what it was as me being in the spirit realm, coming up from the depths of something that had held me down so long in life, even just subconsciously. I thought I had outgrown it, but there was a part of me that must have still been afraid, otherwise I wouldn't have had that thought. Well, sit in meditation and radiate loving kindness towards this so-called devil, and I come up out of the depths of whatever I was partly still in. And then, from that point forward, I knew, okay, no, I'm never again going to grapple with that, because over the years, there was still every now and then where I would wake up at night and I would feel this warmth throughout my body and I would be afraid, but I didn't realize that what that was at the time was just my angels and guides up, leveling me and uplifting me and reminding me you don't do this alone. You're not alone, there is nothing to fear. So okay, now jump forward by a number of years and Brian Weiss.

I did one of his past life regression meditations, not with him facilitating it, but on video. I did those three different times. And then this I just love how life can just kind of keep spiraling around and waking you up deeper and deeper and higher and further. Because one I did it three different times. In all three of them I was some version of a healer and one of the very first expressions of my life in physical form.

This must have been whatever time period that was when they burned witches at the stake, because I was actually aware that I had been a folk healer, a medicine woman, whatever word you want to use, and the powers that be didn't like what I was doing, because I was doing what I still do to this day, which is reminding people of their divinity, their sanctity, their holiness and their ability to heal themselves. Their sanctity, their holiness and their ability to heal themselves. No, they didn't need to go to the powers that be to be healed or to be saved quote unquote, saved or whatever. I was letting people know the power is within you. You can have a direct connection to source, you can have a direct connection to your soul and you can manifest healings that you want.

Because of that, I was burned out of stake or stoned to death, and as I was dying in that lifetime, people were shouting horrible, hateful things at me she's the devil, she's a witch, she's blah, blah, blah. So then it made perfect sense to me why fast forward all these lifetimes? I heard that one thing about if you have these products in your house, you're already marked by the devil, you're already doomed to hell, because I had had a previous lifetime where, as I was dying in this physical form, I was having horrible things yelled at me. And then I had a dream happen where I realized, too, there were people populating the crowd and the spectators that were there, because they were people who loved me and who I had helped, and I told them you have to be in the spectator audience because if you aren't the powers, that being, you will know that you're a supporter of me and they will come after you. So I know it's going to be hard for you to be there, but please be there for your own safety. And then, while they were there and now as I'm saying this, my head is totally tingling. For me this is like source saying yes, say this. While they were there, they were radiating love towards me, they were upholding me, they were uplifting me in the spirit and light body form, and then it didn't even matter what was taking place to the physical form.

And then two other lifetimes that I had, I was also a healer and it kind of culminated with my final lifetime being like a surgeon in a surgical suite with every instrument possible that I could ever need. And then I was very successful. Because the second lifetime I seemed to be a medic during the Civil War, and that time I was a male expression of life and all I remember was seeing this dark field of smoke, because you know how when there's gunpowder going off well, I've seen reenactments of the Civil War it's like smoky and gun smoke is around and it's awful. And so I was standing all by myself in this field that was dark, all kinds of gun smoke around me and nobody else was alive and I felt like I had totally failed the people who I was meant to heal because nobody else was alive, and I felt like I had totally failed the people who I was meant to heal, because nobody else was alive but me.

One person can't prevent civil war. I mean, I don't know, I guess I shouldn't say that. Maybe we can if we're very strong within ourselves, but during that lifetime, no, I couldn't and I couldn't heal people, I couldn't keep them alive. So then it culminated with that third lifetime of being a surgeon in a surgical suite, with every instrument that I can ever need to be successful. And then now I have this lifetime where I've come back around full circle to doing the work without the surgical instruments, physically. So I love that you do the psychic surgeries that you do and you do the stem cells that you do, you know, to help people heal themselves. I love that. To me it's the blending of so many different technologies.

0:56:27 - Julie

I agree. You say that you've been called to service as a spiritual medium. We know that you incarnated to heal the devil. But in addition to that, how did you know that you were being called? Were there certain signs that stick out in your mind as far as you're thinking Okay, and did you feel any resistance to that, especially perhaps at the beginning, when you first dipped your toe into doing this as a career?

0:57:03 - Chenee

Okay, so definitely no resistance ever. So, because I've been able to be guided by spirit and perceive and interact with spirit ever since I was a child, I've just learned to be comfortable with that and to be actually grateful for that and to actually utilize it in service in my life and in service to others. And so, goodness, I forget. I spent a number of years in the nonprofit world being of service that way, and then I just got burned out. It was just kind of like such this big picture work where I never actually got to see. Well, actually, one of the organizations I worked for I wrote affidavits for Tibetans that were seeking political asylum, the drafts of the affidavits based on their story, and then our lawyers would then tweak them perfectly and then they would get used in the cases and then the Tibetans would always receive their political asylum.

So that was one of the few times where I was doing the nonprofit work where I saw the outcome, the fruits of my labor, so to say.

At a certain point I just got kind of exhausted by doing that work that seemed to be so focused outward and I thought, okay, well, what am I really feeling called to do? And energy healing came up for me and one of those stories where I read a book about Reiki, never had any Reiki done on me and thought I'm going to go to level one course and see what this is all about. See, it just resonates with me. And sure enough, it resonated with me, just beautifully, went on to level two, kept resonating with me, started doing volunteering volunteered my services with Reiki, I'm sorry, with hospice. So for four years I provided Reiki to hospice patients and I even got to be on the team that would sit vigil with people as they were actively making their transition from this physical world to the next. Just all these beautiful things would transpire. And then I went on to level three and then started offering my services as a Reiki practitioner, and every single time I would do this, these gorgeous images would come through my clairvoyance.

And then I started recognizing oh, I'm interacting with these people, my clients. I'm interacting with their loved ones in spirit. I'm interacting with their loved ones in spirit. I'm interacting with the higher version of themselves. I'm interacting with pets that have gone on to spirit. I'm interacting with beings of white.

And so then I thought, after a number of years of doing this, I thought I don't want to do silent Reiki. I don't want to do that. So then I started developing something developed through me that I dubbed spoken word energy healing. So it's a little bit of it's a combination of energy healing, also a little bit of self-hypnosis not self-hypnosis but hypnosis, because I'm using my words. And then I would just start asking my clients would you be open to hearing messages from loved ones that I'm getting for you? So then most of the time they would say yes. And also then I got to a point where I could get pretty good at discerning which client is going to be open to the messages from spirit and which wouldn't. And then if I could tell that they wouldn't be open to that, I wouldn't even open that door, Because if you open the door to the wrong person, then you can kind of feel them tense up and then they're not really relaxed for the rest of the Reiki session.

Because I think people have a misconception that I read their mind. I don't read their mind. I wouldn't want to read somebody else's mind. My mind is busy enough, it's noisy enough in here. I wouldn't want to read somebody else's mind. But then I just started. I think it was yeah, it was back in 2019 or 2020.

I thought you know what I really do want to start doing mediumship readings and just do this as my work, in addition to the other things that I'm doing. And so I thought, okay, well, I'll go ahead and take a couple of courses, you know, just make sure that I have different kinds of inputs at different teaching styles. And so I don't know if you've ever heard that lovely medium who's now in Spiritfully. Her name is Mavis Patila. Have you heard of her? Sure, yeah, sure, she's very famous, yeah, yeah. So I took a class with one of her students and then, when I was invited to go on to level two with Mavis, I decided, well, I'm going to go on and take a class with Suzanne Giesemann because I wanted different styles of teaching, and I thought, maybe I'll come back around and take a class with Mavis someday.

But then, during the practice sessions with other students who were in my class with Suzanne Giesemann, oh my goodness, their readings were so healing and so beautiful and so gorgeous, and I was doing sometimes three and four readings per day, four or five days a week, and I did this for a number of months and then, finally, I just heard this clear guidance. Okay, you're done practicing. You've been doing this for years. Anyway, go ahead and add this to your service offerings and go for it. And it's just been this gorgeous I don't know snowballing effect. That's

what I found. Is that because I love doing this work and because it enlivens me, the path just opens and it keeps getting more and more and more beautiful.

And that's why I always say too, like what I mentioned earlier, I don't do this out of a sense of obligation or like I have to do this. Because I think if I were to do it that way it would drain me. But it doesn't drain me. And in fact, one of the things I always tell my soul and my spirit guides and my mediumship guide is I want to know the information claircognizantly and clairvoyantly. But I don't really want to feel this stuff clairsentiently because I don't want a pain in my heart, I don't want to feel discombobulated. So they work with me really well on that. If something's not coming through clearly, then they will let me feel it, but then they remove the sealant very quickly after I speak it, because I don't want to be a medium that gets exhausted by the work, and I'm not. I'm enlightened and recharged by it.

1:02:57 - Julie

Yeah, Suzanne's a buddy of mine. She's going to be on the show again here in, I think, a couple of weeks. We're going to have her back. I had her on years ago and then I was with her at a conference and we were chit-chatting. I said don't you have a new book you need to talk about? She goes yeah, can I come on your show? I go yeah, absolutely.

1:03:18 - Chenee

You know what I actually have a story in her most upcoming book. Oh, perfect, I think it's Common Sentience. Sacred Stories is the publisher, and yeah, it's about mediumship, and so one of my stories was chosen for inclusion in the book, so I'm really excited about that.

1:03:33 - Julie

Fabulous, fabulous. Last question why do we incarnate?

1:03:38 - Chenee

I think that that is a multifaceted answer. I think because there are 8 billion people on this planet and counting, and that's just human people, not even just non-human animals. So there are countless beings on this planet that need a soul. They need something to animate them, they need something to breathe them. So I think a lot of it is source, cleaving off a bit of itself and becoming a soul to give that body a soul. So, because every body needs a soul, in what I've been shown and that's, of course, non-dogmatic the way that I'm using that word. Then I also believe that there are some more advanced souls that will say okay, well, we can tell by what's going to happen in this lifetime. Not that they're seeing life play out, because I don't believe in fate, I don't believe that it's all faded out like that and scripted out but I believe that they'll say okay, well, we can tell by the conditions of this mom and this dad, by the conditions of this life, that this child is going to have a lot of hardships. And so, therefore, this advanced soul agrees to be the soul in that body because they can withstand the hardships that that beautiful being is going to go through. So I believe that there are so many different reasons for reincarnation, and for me, what I've been shown is we don't have to continue to reincarnate. And if we say, you know what, I know that I can be of assistance from the realm of spirit and I don't want to incarnate again because I feel like I can be more effective being of assistance in this world, in this realm from spirit, from the spirit world. That's what I want to do. And so that also helps people when I tell them that, because they're afraid that they're just going to get sucked right back into a physical life form, and I say but you don't have to, you know you can choose to stay in the spirit world. And so, yeah, there's just so many different reasons for reincarnation.

I believe in the inherent goodness of all of creation and I believe that creation then continues to create itself. And I can't remember which spiritual teacher said this, but she actually said she had read this from somebody else that we are carbon-based life forms that are evolving through to someday being light-based life forms and energetically-based life forms and at

some point won't even need to come into a physical form and therefore wouldn't even choose a physical form. I don't know timeframes on that. But when I heard that I thought, wow, that really does make sense. And so, yeah, there's just so many different reasons for incarnation, and what I believe, too, is this universe and all of this created reality is so immense and so beautiful that there's room for a billion different viewpoints or more. I mean countless viewpoints and countless philosophies. So, whatever I say, I wouldn't want that to negate anybody else's belief system of why they reincarnated or if they can or cannot choose to stop reincarnating and just stay in spirit realm.

1:06:50 - Julie

Well said, you are so lovely and so wise and so interesting to talk to. You have a plethora of experiences and wisdom to share with all of us. So thank you for taking the time to join us today. You're welcome. How can people learn more about you and your work?

1:07:13 - Chenee

I have a website, which is just Cheneefournier.com, and that's where I post any podcasts that I've been on or any. I don't have any upcoming events at the moment, but I'm working on a few things, so anything that I'm going to be doing in the future outside of my home and outside of doing service this way, that will be updated on my website.

1:07:32 - Julie

Okay, we'll. We'll, of course, post that in the show notes so everybody can find it. Alrighty, everybody, what a fun conversation. In the meantime, we're sending you lots of love from Sweet Home, Alabama, and from Northern California too, where Chenee is. We'll see you next time.

1:07:51 - 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 JulieRyan To schedule an appointment or submit a question. Please visit.

1:08:05 - Disclaimer

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