

## AJR Show Oct 24th Transcript

0:00:01 - Annncr

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. I'm so thrilled you're with us. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We've got Chris manning the phones tonight. If you want to have a conversation with me, go to [AskJulieRyanShow.com](http://AskJulieRyanShow.com) and we have Samantha on the YouTube live. We're at Ask Julie Ryan, so if you're joining us via YouTube, just please put your question if you have one in the chat, put your first name and where you're located and then your question and we will be taking questions from both YouTube live and the people that are calling in. So it's always fun, because I never know who's going to call and I never know what their question is going to be and I never know what spirit's going to say.

This is, we're in the final stretch for the Angelica Tenant training in Atlanta. We still have people signing up a few last minute people. If you're in the area and you can't join us for the weekend, come join us for Friday night and if you want to learn the buffet of psychicness that I do, we've got people coming in from all over, even abroad. It's going to be just a blast. For more information, just go to [AskJulieRyan.com](http://AskJulieRyan.com) and you'll see a pop-up for Angelic Attendant Training. It's November 1st through the 3rd in Atlanta. Also, I'm going to be giving away a free online self-paced class later in the show, so you'll want to stick with us and see if you're the lucky winner.

So, Chris, who's our first caller? Let's see who we've got first, or our first questioner from YouTube. Okay, we've got a question from YouTube. All right, it's from Luna. Hi, luna, from Australia, can I have an energy reading? Are there blocks or leaks anywhere that you can help with? Thank you, oh, I'm sure, but let me get you on my radar. The leaks are interesting, luna, because we all have our energy. That's our spirit and our body is contained in what I call the energy field membrane and it reminds me of a really thin and it reminds me of a really thin, stretchy plastic bag, like thin, stretchy saran wrap. And when we have a leak, it's always caused by an emotional event that causes an energy block. I'll let Eastern Medicine, acupressure, acupuncture clear the block, get the cheetah move, that whole concept. And it's always caused by an emotional event, and it can be something simple, it can be something dramatic. Doesn't matter what it was, because as soon as we illuminate it, it eradicates, it, allows the energy field membrane to heal, allows the body to go back to working on full power. There's always a leak in the energy field membrane before any kind of disease or illness takes effect.

So here we go. I'm going to raise my vibrational level to level of spirit. I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into you in Australia and then I'm going to have a hologram of you in my mind's eye and it's going to be as if I'm looking at an X-ray or a CT scan or an MRI and I'm going to look to see if you have any leaks in your energy-filled membrane. So we're going to do that. Hang on a second. I got to grab a tissue.

Okay, here we go. Here comes my laser beam from Sweet Home, Alabama, heading south. I watch it go underneath the globe the globe is turning and I watch it go literally down under from where I am. So heading down there. All right, got you Shooting energy from your feet up to the top of your head. You have what I call a beauty pageant sash slit, so you look like Miss Australia. You know how beauty contestants beauty pageant contestants wear those sashes and it goes like from the left shoulder to the right hip Looks like somebody covered you in saran wrap and made a slit right where that beauty pageant sash would be. So I'm going to go in and it's like I'm diving into the scene in a movie.

I get the years 1974. It may be a past life, I don't know how old you are, but 1974, I get you're in Perth in Australia in 1974. What's happening? You look like you're being shaken by a man, like you're upset, you're crying and he's trying to get your attention, trying to get you to calm down. But that's not a way to calm somebody down is to shake them. I mean, that would make it worse. So I don't know what the situation is. If we had more time together and I could talk to you, we can figure that out.

But by illuminating that what happens is that eradicates that energy block. Energy blocks look like little kernels of unpopped popcorn to me and they get stuck in the energy field and then other life's other emotional events pile on top of that kernel and then eventually cause enough pressure that it causes a blowout in the membrane and you're leaking power. So I think it's the most important part of the healing, because we can fix body parts all day long, but if you're still leaking power, what's the point? So your energy-filled membrane is healed. You're working on full power. This will help you regain and maintain health. So I hope that helps. Thanks for your question. Okay, we're at AskJulieRyanShow.com. If you want to have a conversation with me, if you're coming in and joining us on the YouTube live, we're at AskJulieRyan. Just put your question in the chat, put your first name and where you're located, and Samantha from my team will help you on that end. So, Chris, who's next? Yvette, hi, Yvette, hello.

0:06:57 - Yvette

How are you, my girl? Oh, pretty good. So exciting to be on here. Terrific, where are you? I am in.

0:07:04 - Julie

Yorktown, Virginia. Virginia, wonderful, you look like you're. What is that behind you? Are you in a doctor's office?

0:07:12 - Yvette

No, that's my, my fabric stash. I'm a quilter. Your fabric stash, oh?

0:07:17 - Julie

fabulous, you're a quilter.

0:07:20 - Grace

Yes, ma'am oh wonderful.

0:07:23 - Julie

Do you make like historic kind of quilts designs, or do you just do fun stuff? Or what are you doing with?

0:07:29 - Yvette

that I do a little bit of everything. Right now I am making a historical one called the Dear Jane. It's been 22 years of the making, but I'm hand quilting it.

0:07:39 - Julie

So my fingers are feeling it. Oh, I must be psychic or something. I'm getting that you do historic quilts. So there you go.

0:07:52 - Yvette

How may I help you? Well, I have a friend. Her name is Larice and she is in Jackson, Tennessee. She got COVID and then got bad gout and then they prescribed her allopurinol and she had an allergic reaction to that and so developed something called dress syndrome. And what is that? I've never heard of it.

It's a drug reaction with esophilia and systematic syndrome. So what's that mean in English? Syndrome? So? So what's that mean in English? So in English it means that, um, that, uh, that allergic reaction is pretty much, um, eating her from the inside out. Um, her organs are failing, um, her autoimmune uh, autoimmune system is, is, is shot, so she has to take a lot of infusions to fix all of this stuff. I mean, this one is a challenge, I think, because it's from head to toe that she is in severe pain and she's a single mother. Her 76-year-old mother is taking care of her and her daughters in New York. So I was just wondering if you could do your magic and, if not, heal her, help her with her pain, because she's a sweet lady and yeah, so I'm doing this for her and it's weighing so heavy on you.

0:09:23 - Julie

I can see it in your face. It's just breaking your heart. I know it is Okay. Yeah, absolutely Now. Remember nobody heals anybody else. We're going to send a healing to her. The healing will happen on the energetic level and then it'll integrate into her body, if her spirit chooses to integrate it, and that can happen instantly. It can take days, weeks, months, may need some kind of complimentary care, but when I'm describing the healing, I want you to envision what I'm talking about, because you're going to be my helper and then everybody else listening and watching. I want you to do the same thing. I want you to envision it Because when we're all focused on the same project, the same person, the same outcome that's when the miracles happen is when you know so much energy goes to them. It's like the power of prayer. So we're going to do that. All right, here we go and I'm going to ask her permission. You know that. Because, yeah, because.

0:10:22 - Yvette

I don't work on anybody without their permission.

0:10:23 - Julie

You know that because I don't work on anybody without their permission. I think it's unethical to do that. I can, but I won't. So here we go. My ladies are being from Sweet Home, Alabama. I'm going to hook into you in Virginia and then go over to Tennessee, and I know where Jackson, Tennessee, is. I used to live in Nashville, so got that.

Okay, Larissa, I'm talking to Yvette. Is it all right if I scan you? May I have permission to scan you energetically and do a healing? She said yeah, bring it on. Anything that will help is what her spirit told me. Okay, so let's see what's going on.

Oh, this is interesting. I've never seen this before, Yvette. So it looks like if her organs were made out of wax. It looks like they're starting to melt. That's an analogy I'm seeing.

The good news is she's not dying at the moment. Her spirit's in her body, because if it was out of her body and attached to the top of the head, like she was in one of the phases of transition, I wouldn't be able to scan her. So that's so. Hold on to that. That's your best. You know, your best news so far.

All right. So what are we doing here spirit what's happening? So I'm watching stem cell energy go in and it's a light amber color gel. It has sparkles in it Reminds me of dippity-doo hair gel when I was a kid in the 60s and 70s and it's like a swirl of sparkles that is rotating in her body and in the swirl it's depositing the gel wherever it's needed in the swirl. So it's like you know those ice cream cones you get at the drive-thru at Dairy Queen or at one of the fast food places and it's a swirl. So this is a swirl happening, but what it's doing like an ice cream cone a soft serve ice cream cone is it's expanding out and it's encompassing all of her organs.

Wow, all right, I love getting to see new stuff. All right, so I'm watching that and then inevitably that's like a new healing in my bag of tricks and I'll see it in another healing, usually not too far off in the distance. All right, so that's happening. Now there's an outside spiral that's spinning around her, but that looks like a thin blue line that's spinning. Imagine if we're wrapping her in a big slinky. Do you remember the slinky toys?

But it's a really, really thin blue line of energy and that's super healing. I've seen that since the beginning when I started doing this woo, woo stuff, all right. So that's happening and it's going up and down. It reminds me of, you know, an old fashioned wooden top that would have horizontal lines on it and when it spins it looks like those lines are moving up and down, but it's an optical illusion. That's what this looks like to me. So I've got that going.

Okay, there's this debris that's coming out the top of her head and it's kind of it's kind of rubbery and it's coming out in strands. It's being pulled out the top of her head. So I'm not sure what that is, but what the heck? It's a detox, right, we're getting that redone. It's a detox, right, we're getting that redone. Also, there's been royal blue energy put on her body to help lower the pain, like an anti-inflammatory energy. Inflammation looks like red fog on body parts. Anti-inflammatories are royal blue color, so I hope that helps.

The biggest thing is she's not dying. She's not in any of the phases of transition. So everything has the ability to heal. Absolutely everything is healable. That's number one and number two sometimes the healing is death. That's not what we want to hear, but she's not in that mode right now. So if you can give her the link to this episode and let her listen to this, if she can envision what I've described, it's going to help integrate the healing into her body. So you are a sweetie to call in for her. I know she's suffering, so I hope she feels better.

0:15:04 - Yvette  
Thank you so much.

0:15:05 - Grace  
You are most welcome.

0:15:06 - Yvette  
Love your show. You are a blessed woman, for sure.

0:15:09 - Julie  
Oh, send me a picture of your quilt in progress and then also when you get it done, and I'll put it on social media so we all can see it. Okay, will do, all righty, bye. Thanks for calling. Bye, all righty, everybody. AskJulieRyanShow.com. If you want to have a conversation with me and we're at, ask Julie Ryan on the YouTube, live and remember to subscribe, remember to share this with your family and friends all that kind of good stuff and then we'll get your questions answered. Okay, who's next? Hi Jack.

0:15:47 - Jack  
Hey Julie.

0:15:48 - Julie

How are you? I'm great. How are you doing? I'm doing all right. Where are you doing all right?

0:15:55 - Jack

I'm in Grand Rapids, Michigan. Oh, terrific Okay, how are things up there Not too bad. It's fall, so it's nice Lots of leaves.

0:16:05 - Julie

But it's pretty. Yeah, I bet it's pretty. It's beautiful, yep, wonderful. How may I help you, sir?

0:16:11 - Jack

I have been going to a chiropractor and I've been getting stronger to build up my back and neck problems and we started doing traction last week and something screwed up my neck doing traction and now I've got dizziness and tingling in my hands and in a lot of pain and just like I have like a spatial awareness weird thing going on.

0:16:37 - Julie

yeah, okay, I think they probably messed up. The little crystals in your ears is probably what happened. Have you heard of the Epley maneuver, Jack?

0:16:47 - Jack

I have. I have Yep. Well, I also have, like the SCM muscle, tension in my SCM muscles.

0:16:56 - Julie

Okay, all right, tell everybody what that is.

0:16:59 - Jack

It's basically trigger points in the muscles that just cause all kinds of dizziness, pain, tightness in the neck and shoulders and they just don't go away. They're hard knots in the muscle.

0:17:15 - Julie

I'm so sorry. So are you better standing than sitting or laying down, or is it just all about the same?

0:17:23 - Jack

It's about the same. It's about chewing makes it better. I don't know why, but Interesting.

0:17:29 - Julie

Huh.

0:17:30 - Jack

Yeah.

0:17:30 - Julie

All right, so I'm going to connect into you. Here we go. Comes my laser beam from sweet home, Alabama, heading up to you in Michigan Got you shooting energy from your feet up through the top of your head. All right, I've turned you around to the back, the hologram that's you in my mind's eye. I can see those knots in the muscles. There's several of them. It looks like it's worse on the right side than on the left side to me. So I'm watching a, uh, I'm watching, like, how can I explain this? It's like a, uh, this it's like a, like a metal. You know those when you're pointing at a map or you're those extendable pointers that they used to have that look like pens. You know, when I was in school they have, they'd pull them out and they use it to to point to something on a screen or on a, on a diagram or something that's maybe up in front of a meeting. And I'm watching those touch those spots, those knots. As soon as they do, they

unravel. It's like they're little knots of fibers and as soon as this metal wand touches it, the pointer, they just relax and unravel. That's pretty wild. Okay, so that's done on the right, let's do it on the left, same thing on the left. Got that? All right, I still am. The first thing that came into my head when you were telling me what's going on. I get what I call divide downloads, and so I get information already starting to be downloaded even before I get you on my radar, and I got you know.

Epley Maneuver can help, too, with the dizziness. So I'm watching your head get moved back and forth to get those little crystals that are in the hairs in your inner ear. They get stuck on the hairs, they don't move around, so your body's turning right, but your brain thinks you're turning left, and that's what causes the dizziness. So I'm watching those get replay, get back in place. When you were a kid, did you ever have one of those little like a pinball game that you could hold in your hand, and it was maybe a golf course or something and little silver balls and they're little holes and you had to maneuver it to get the little silver ball in the hole. You know what I'm talking about. Yeah, yeah, that's what this reminds me of.

All right, let's do the other side, let's do the right side. Okay, that's happening too. All right, that looks like it's worse on the left than on the right. So I would look that up, see if you can find somebody who can do the Epley maneuver on you, and you may need to go a couple of times, but that's going to help the dizziness. What I'm watching, too, is I'm watching a chiropractic adjustment happen to get you lined up with everything, because you're kind of scrunched, because you're in pain. So I'm watching that the traction pulled everything just too much apart. So what I'm watching is I'm watching stem cell energy get administered all over your whole back, all the vertebrae and all the discs and stuff, so they go into a proper alignment. All right, they just did so. Hopefully that'll help.

0:20:56 - Jack

Okay, appreciate it, I would find somebody on the Epley Maneuver?

0:20:59 - Julie

Yeah, all right, thank you, you're welcome. Hope you feel better. Appreciate it. Bye, Jack, bye-bye. Ask Julie Ryan, show.com. If you want to have a conversation and we're at, ask Julie Ryan on the youtube live so you can join us there. Just put your question in the chat. I need your first name and where you're located and then your question and we'll see what those are. All right, let's see who's next. Remember to subscribe, remember to leave a comment. All that good stuff. Okay, Chris, who you got. Who's up next? All right, Nicole. Hi, Julie, this is Nicole from California.

Does my grandma in heaven have a message for me about my health and career? All right, about your health, she says you need to eat better. She said you need to stay lower on the food chain, less refined stuff. And about your career, she's saying think outside of the box. She's saying that you are too focused on just whatever your niche is, that you're used to working in and that you're working now, but if you think outside of the box, that you're going to have way more opportunities. And she just said to me you got to expand your horizons. So so, grandma, horizons. So so, grandma, does that mean in other areas, like other businesses and other niches or niches I always say niche, or does it mean even a move in both? She's saying all of the above, nicole, so she wants you to be open to what comes in and don't prejudge anything and just say, no, I can't do that, and come up with a bunch of reasons why you can't. Explore everything that comes to you, even if it's outside of your current wheelhouse, what you're used to. So I hope that helps.

Thanks for your question. Who we got Nancy? Hi Nancy, hello Julie. Who we got Nancy Hi Nancy, hello Julie.

0:23:12 - Nancy

How are you, my girl? Oh, I am. I'm really, really good tonight. Thank you, I'm from Ontario, Canada. Okay, terrific.

I spoke with you late August about my 96-year-old dad, who I live with. Yeah, he was in phase seven. I'm really just calling to thank you and I'm just in such so much gratitude. I gave you a Google review and a YouTube review as well. It helped me so much because I asked once a week, only once a week what phase, and as he progressed, it made perfect sense. I read your angelic attendance and it made just perfect sense and that's why I wanted to thank you. I knew his spirit was in the vortex a lot and he couldn't really. Things were going over his head and he was getting confused and it allowed me to be compassionate because I understood, yeah, and he was at 11. I was ready and I just came on to thank you so much. He has passed. He passed on the 12th of October. God bless him. Thank you. On the 22nd, which was last Tuesday, like two days ago, it was his 97th birthday and we had his service right on his birthday how wonderful.

Yeah, I just wanted to thank you and whoever reads this. It gives you so much insight, and knowledge is power, and I thank you from the bottom of my heart. Oh, you're making me weepy. Well, hey, you help a lot of people. He's with my mom and husband, and I just wondered if there was any messages from any of those three.

0:25:13 - Julie

Yeah, what was it about the knowing about the phases and being able to identify them and know that if he acts like he's seeing spirits or talking with deceased loved ones or pets, did he do some of that? Did he act like he was looking up into the air or something?

0:25:36 - Nancy

Yeah, and the day before he passed he was telling us, he was lucid, he was telling us about all these people and he was talking to my sister and I and he said, oh, I wish you could see this story. There's two women over here and there's one over there and she has a funny hat, and we were engaging with him saying do you know her? Do you recognize her? I think they were ancestors. He didn't know that were coming to welcome him. And he said, oh, and there's this man with this map and he wants to show me the map. And it was beautiful because we had so much information from you.

0:26:16 - Julie

Yeah, versus. Most of us would think, okay, dad's hallucinating, you know, turn down the morphine, but that you know, 90% of people at the end of their lives see the spirits of deceased loved ones and pets. 90%, that's a bunch Nance. So, yeah, well, thank you so much for saying that your dad. Did you have cake after his funeral? Did you have birthday cake for him? What's with the cake he's talking about?

0:26:46 - Nancy

cake. Maybe we forgot we didn't have cake. Okay, maybe he's talking about birthday cake.

0:26:52 - Julie

Yeah, yeah, he's saying so, have cake. Now, you know, do cake, do cake and have a birthday cake, he's saying on me. He's saying have a birthday cake on me because of the special occasion of it. Yeah, oh, he was there, he saw it all. He's saying that the transition was really so easy. He was a little apprehensive about what to expect. Did he talk to you about that? No, he didn't, but I knew he was. Yeah, he was apprehensive and he's saying it was so smooth. He said he was amazed that it was just. He said it was just smooth. He's doing his hand like this it's just smooth. And he's saying that it was beautiful and wonderful. But he was surprised.

He's used smooth like four times. So I don't know if he expected a bumpy ride to heaven but it was a smooth ride.

0:28:02 - Nancy

One thing I also want to mention was you told us that hearing is the last sense and of course I remembered that and shared it with my family. And he wore hearing aids and he didn't have the men and my daughter, my daughter, his granddaughter said was talking to him, and then she said, oh, he can't hear me. And I went he doesn't, his spirit doesn't need hearing aids to hear you, he hears you. So, all your wisdom I have shared. I've shared it with a lot of people.

0:28:29 - Julie

Thank, you, thank you. Thanks for calling in and letting us know about that. Yeah, wonderful Well, and you got a big smile on your face too, which that's an accomplishment when you've just lost your dad.

0:28:42 - Nancy

I'm in his home. I've lived with him two and a half years, so he's all around me with my mom and I know he's with her and I'm not sad, I'm not sad, yeah Puts a different perspective on things.

0:28:55 - Julie

What Nancy and I are talking about everybody for those of you that think we're talking in secret code, we are, but Angelic Attendance, what really happens as we transition from this life into the next is my book. If you want a free copy, just go to [Julieryangift.com](http://Julieryangift.com) and we will send you a free digital and audio book version [Julieryangift.com](http://Julieryangift.com), and it has graphics in it. It's got illustrations in it that will show you, you know, the different phases of transition and help you visualize it. Also, if you have somebody at the end of their lives who's a loved one, if you go to my website, [askJulieryan.com](http://askJulieryan.com), on the 12 phases of transition page, there's a chart that you can download for free, and I probably asked you to do this, nance, I don't know if you did, but put it on your phone. She's shaking her head that she did. Put it on your phone, save it on your phone in the pictures, and then you just ask what phase is my dad in, what phase is my grandmother in Whomever, and then you'll hear a number in your head and then you can refer to the chart and everybody can do this. Right, you did it. Did you have any psychic network training before. Psychic friends, network training before? No, nope, you just ask a question and it's that first thing that comes into your head as best as you can snap your fingers. So well, congratulations and blessings to you and your family and your dad. Thank you, Julie, you bet. Take care, Nancy. Bye, bye. Well, how sweet is that? [AskJulieRyanShow.com](http://AskJulieRyanShow.com) and [AskJulie Ryan](http://AskJulieRyan.com) on YouTube.

There are many churches and synagogues throughout the country, churches of all denominations, that give my angelic attendance book to families who come in to plan a funeral and also families who have a loved one near the end of their lives. And there are many hospice organizations that also distribute my book to their patients and their families. And it's because there's a lot of information out there about what happens in the afterlife. There's a lot of information about near-death experiences, but not much that really talks about what's happening as we're transitioning, as we're in the last days, weeks, months of our life, and that's what I find people are most afraid of. So when we know we're surrounded by angels and the spirits of deceased loved ones and pets, it really adds a different component to it, not only for the person who's dying, but also for their family and friends who are there with them and going through that situation and that you know that end of their lifetime with them, and it gives them all comfort.

There are many clients and people over the years who have told me that when their loved one is afraid to die and they can't communicate, they'll just play the audio book of angelic

attendance so that they can listen to it and it alleviates the fear for them. So there you go. Anybody wants a free copy Julierengift.com. Share it with your family and friends, share it with anybody who has a loved one at the end of their lives or who's who've just lost a loved one, and hopefully it'll inform them and comfort them at the same time. Okay, thanks again, Nancy Alrighty, let's see who's next. Molly Hi.

0:32:42 - Julie  
Molly girl. Hi, how are you?

0:32:45 - Molly  
I'm pretty good. How are you Terrific? Where are you?

0:32:49 - Julie  
I'm in Virginia. This is like a Virginia call. Tonight here is a second Virginia girl. Well, so nice to see your beautiful face.

0:32:58 - Molly  
How may I help you. Yeah, so I wanted to ask you to ask Spirit a career question for me. I need some career advice. I've got a big decision to make.

I've been working in a very stressful career for over 10 years and I've also been battling chronic health issues for quite a long time too. I think that my career stress may have contributed or caused some of the health issues in some way. But it seems like I may have an opportunity it hasn't been approved yet, but I may have an opportunity at my job to switch to a less stressful role, except that it would be a pretty substantial pay cut, so I'd have to get a second job to make up the pay difference. And I'm trying to figure out which is in my best interest to stay in my current role and just kind of, you know, try my best to manage the stress load and, as I'm trying to heal from my health issues or taking that, that other role, the less stressful role, if it is offered to me, which I'm still not sure about yet, but I should know in a few days and having to get a second job.

0:34:14 - Julie  
Yeah, what I'm getting, mal, is that if you take the new job, you're going to be bored out of your mind. That's what came in first, even before you said something about the money and said you are going to be bored out of your mind is what Spirit told me. I also got out of your mind is what Spirit told me. I also got while you were talking that having the two jobs will be way more stressful than the one that you currently have. And I got that if you stay where you are and you just keep your eyes open, that another opportunity that's going to be a better fit within your same company will come up. So I'm getting, I'm getting. The guidance I'm getting for you is stay where you are.

0:34:57 - Molly  
Okay, okay, that's really interesting. My goal is actually to kind of start my own thing Eventually. I wasn't even thinking about something else coming up at this job, but that is interesting. I'll keep an eye out for it.

0:35:09 - Julie  
But the thing about it, too, is that when you're in the flow of another job opportunity coming your way, you're in that flow, so that doesn't mean that's going to be the only one. It means that you're attracting other opportunities, both within your company and outside of your company. So focus on how you can enjoy what you're doing now. You know, remember our thoughts, create our reality. Use the two minute rule, because it's going to kill me in the next two minutes if I don't get this project done or if this is so stressful. If we lay new neural pathways in our brains and it helps us think of the same thing over and over again, it's like we

get on a hamster wheel. So when we know that we can focus on things, that we're going to lay new neural pathways, let's lay ones that feel good, right, instead of oh my God, this is so stressful, this job is so stressful, so stressful. What are you doing? You're thinking more along. This job is so stressful, so focus on this. Job is a great job. It pays my bills. I enjoy the people I'm with.

You know, come up with something good. There's got to be something good about it. And it reminds me of you know how, when you get a new car and you didn't really pay any attention to the color and the type of car that much before you got it, and then all of a sudden you're seeing that car in that color everywhere, you're thinking, my goodness, I didn't realize there were this many of this car on the road. Well, it's because you've laid that new neural, neural, you know pathway, looking for your red Corvette, molly. And then you're. That's why you're seeing red Corvettes everywhere. So same thing, same principle here.

0:36:57 - Molly

Yeah, okay, I like that. That's great advice. Thank you, Julie You're welcome.

0:37:03 - Julie

Good luck, let us know how it goes.

0:37:05 - Molly

Thanks, I will.

0:37:07 - Julie

Okay, Bye, Molly, Bye, AskJulieRyanShow.com, if you want to have a conversation, and then we're at Ask Julie Ryan on the YouTube live. I'm going to, after this next caller, I'm going to announce who our lucky winner is for a free online class Angels and Enlightenment Training. So, Chris, cue the drum roll, because you're going to need it here in a minute. I used to do it on my desk and now, Chris, he came up with the audio of a drum roll which I love. He surprised me one time a while back and he just played this drum roll, which just cracked me up. So now you know I like him to play it every time I give away a prize. Okay, let's see who's next. Okay, Zach from YouTube. Hi, Julie, Zach from New York.

What do you think the root cause of all dysfunction, disease, is? Does it start in the spirit and manifest physically and it's for us to learn lessons, grow and elevate? Well, Zach, great question. I think that, yes, you're on it. I believe and I've've seen this billions of times in doing this work for decades is that we have things that we want. Our spirit wants to come in and explore and experience in each lifetime and when something is out of alignment and you keep thinking, okay, I got to change that. And then you go, yeah, I'll deal with that later. And then you hear, yeah, you know, you need to really be nicer to your little sister as a kid. And then you're like, yeah, yeah, yeah, yeah. And then you grow up and you're thinking, okay, you really need to be nicer to your sister and you're still not very nice to your sister because you just used to being a brat to your sister. Well, that's just an example of how we get this guidance from spirit. All the time, you know, we'll hear something in our heads and we're busy and we'll say, yeah, yeah, I'll get to that later. And then all of a sudden we have some kind of medical thing that arises in our body, because it's a way for our spirit to really get our attention. If you're in pain, you're going to pay attention to what's going on, and there's always an emotional component in place before any kind of disease or illness. So, like with our first caller, what did we do? We did the energy field membrane. We did the energy field membrane healing and that's the cause of the rupture in the membrane which is always preceding any kind of medical condition, because you're leaking energy, you're leaking power.

I like to say that if your car isn't working right and you need a new radiator and you go get your radiator fixed and then you're getting ready to drive it home but you got a dead battery and you

didn't change that right. Well, what's the point in getting a new radiator if you can't start the car because you got a dead battery? Same thing with the body. We can fix body parts all day long, but if you're leaking power, I kind of feel like what's the point? So that's why I love it when I get you for a whole hour, because that is always part of the healing is the energy field membrane. I don't do it normally on the show because I just don't have time, but I think it's the most important part of the healing. So thanks, Zach, I think it's the most important part of the healing. So thanks, Zach. I hope that answers your question. Alrighty, let's see who's next. Oh, I'm going to give the prize, Chris. Drum roll, please. There you go, All right.

The winner of a free Angels and Enlightenment training class, which is online, self-paced, comes with four practice sessions a week. You guys and they're live the facilitators are all graduates of my Angelic Attendant Training class, my big class. That's in person. And so Corey Reschetti is the winner. So, Corey, if you're listening, here's your prize and here's what she said. She said Julie, I absolutely adore your show. It's changed so much for me. Thank you so much. So, Corey Ruschetti, I love to hear the stories about when somebody hears that they've been chosen to win a prize. They say usually they're driving or they're, you know, put on their makeup in the morning or shaving or something, if it's a guy, and they'll say I screamed out loud. So, Angels in Enlightenment training class \$300 value that you've won for just submitting a comment on YouTube In order to win a free class.

I give one away every month on YouTube. In order to win a free class, I give one away every month and you just have to subscribe on YouTube and leave a review on YouTube, and then I always give away a free session at the beginning of the month, a free one hour session with me, and in order to be in that drawing, all you have to do is just leave a review anywhere. You can leave it on one of my books on Amazon. You can leave it on YouTube we're on all the podcast networks. You can leave it there too. So I always give away a free class and a free session just because I appreciate you guys listening and watching the show and it's just something that I can do to you know, to make it fun and to give back. So I hope you enjoy it.

Corey, Email us, let us know. Go to [askJulieryan.com](http://askJulieryan.com). Just send an email. You'll see a thing that says ask Julie a question on the homepage. Just send us a note and we will get you all the details. So congratulations All righty. Hi, Kim, Hi, how are you, girl?

0:42:55 - Kim

I'm doing much better. If this was two days ago, you wouldn't have been able to hear me because I had laryngitis. Where are you? I'm in Vernon, Alabama, about 100 miles west of you. Great, I have an update and a new request. The update I spoke to you a few weeks ago about my sister. She was a massage therapist that was having trouble not, let you know, absorbing pain from her clients, and she's doing well if she breaks that connection after every client. If it accumulates throughout the day, it's a little tougher, but it's been great. She's working on it and I keep sending her messages asking her if she remembered to unplug every day. So that's the update.

0:43:38 - Julie

Tell her to set a little reminder on her phone after every client, so have her do like a little chime or something that'll remind her to do that and that'll help a lot yeah.

0:43:53 - Kim

She's doing really well with that and she's talking about setting up in Fayette, Alabama. She's close to you also. She's been having trouble with her right hip. It's been going on over a year I would say probably a year and a half to two years. Now the only thing the doctor will do is give her a steroid injection.

It's not helping. I was just wondering if maybe you could give her a little scan and see if you see anything going on and could direct her to the right kind of doctor who's going to do something other than just, you know, shoot another steroid in there. That's not going to help.

0:44:45 - Julie

Yeah, yeah. So I'm going to connect into you and then from you into Lee and Faye. So here we go. Here comes my laser beam. Don't have to go very far because you're so close by. All right, got you, okay. Going to Lee. Got Lee, lee. I'm talking to Kim. May I scan you energetically. She goes oh yes, please Like that. That's what I heard, because you know I always ask Excuse me, good job setting her up. All right, going in. I've got the hologram of her. I'm looking at her from behind going in. Has she been to see a chiropractor?

0:45:26 - Kim

I don't think so. I think she's scared of chiropractors.

0:45:29 - Julie

Yeah, yeah, have her come to Birmingham and come see mine. Her name's Ellen Witt W-I-T-T. Okay, ellen Witt W-I-T-T. Okay, ellen Witt, telomai Center, and Ellen will fix her in lickety split. She's just amazing. I've gone to her for 25 years. She's just an angel.

And what I'm watching in the meantime, as I'm watching a chiropractic adjustment, her skeleton's out of whack and that's what's going on. So I'm watching that. I'm watching. It's like her right hip Tell her she's a twisted sister. I said that with love. Yeah, so her pelvis is twisted. Her right hip is in front of her left. If she looks in the mirror sideways, she's not going to be able to tell that, but that's what's going on. So I just watched an energetic chiropractic adjustment happen where we got her pelvis level, and so I'm injecting stem cell energy around that hip joint. Her hip joint looks fine. She's just a twisted sister and it's an easy fix. It may take, you know, a couple of adjustments for that to happen, but Ellen Witt W-I-T-T. She's her girl, she's the one that she wants to go see. Yeah, even if she has to travel, it'd be worth it, that's no problem. Yeah, thank you. So I hope that helps.

0:47:05 - Kim

Yeah, we have the catering business and when she's on her feet a lot doing that, it really, really bothers her and I hate to see her have to take, you know, medication, and so, yes, this will be great.

0:47:12 - Julie

Well, and of course she's in pain because her weight isn't evenly distributed, you know. And of course she's in pain because her weight isn't evenly distributed, you know her pelvis is out of whack, so she's, you know, she's just twisted, but it's easy to fix. Ellen will fix her in less than five minutes Good deal.

0:47:26 - Kim

We just wanted to make sure there wasn't anything serious going on in there and to know the right place to go, so I'll let her know.

0:47:33 - Julie

Yeah, it's convenient. She's close by.

0:47:36 - Kim

Yes, thank you so much.

0:47:38 - Julie

All right, thanks, Kim. Bye-bye, take care. Bye. That's always fun when I can give them an actual doctor's name Somebody's close. I love that. Yeah, I've gone to Ellen God once a month for 25 years. She keeps everything lined up so I don't have any pain. All righty. AskJulieRyanShow.com. Ask Julie Ryan on the YouTube live. Hi, Claudia, hi.

0:48:06 - Claudia

Hi Julie, how are you?

0:48:08 - Julie

I'm well. How are you my?

0:48:09 - Claudia

girl, good thanks, I'm calling in from Switzerland.

0:48:13 - Julie

Oh, my goodness, you are up past your bedtime. That I am, yep. Thank you for calling so late it's early.

0:48:21 - Claudia

How may I help you? I'm calling you with regards to my mom, because this week she went to the doctors and she has a big infection in I don't know if it's really her ankle, like in her right foot, and they're talking about maybe even amputating if they're not able to clean it out because she's got some kind of pus in her leg. I don't know what it is.

0:48:44 - Julie

Yeah, I've already connected to her while you were talking. She's got staph infection in her foot, all right, so I can see the pus. What I'm watching is I'm watching it get removed. I'm watching it get irrigated out. Antibiotic energy. She's on a broad spectrum antibiotic.

0:49:04 - Claudia

I don't even know if she is actually. I don't know, she didn't talk to me about it. Maybe she is, though, yeah, she could be.

0:49:09 - Julie

Yeah, she needs to be on a broad spectrum antibiotic. Have her take big doses of vitamin C and zinc.

0:49:18 - Claudia

Okay, I'll tell her that too. A thousand mLs, yeah, usually she takes a thousand vitamin C Anyhow, I know that.

0:49:28 - Julie

So have her do it three times a day. And have her do 50 of zinc, a thousand of C. Have her get C that's in a buffered form so that it's easy on her stomach, but that's an amazing immune booster. And then be sure that she's taking lots of vitamin D3 as well.

0:49:50 - Claudia

Yeah, okay, then I can check with her.

0:49:52 - Julie

That's an immune booster as well. Is she going to need her foot amputated?

0:49:56 - Claudia

No, if they're talking about amputating her foot, she needs to get two or three or four other opinions I'm getting that, yeah, tomorrow they're just going into the hospital, they're going to have a look at it, Because right now she's just been in the doctor's office and they couldn't do much. So they told her to go really into a hospital more like a clinic tomorrow. So I don't know what they're going to do, though for sure they're going to try to. I don't know if she's staying or if they're going to try to clean it out. They've been putting injections in it, I think she's been telling me like needles into that. It really hurts her a lot and trying to scrape it all out. But they weren't doing a good job in the doctor's office. So they told her to go really to the hospital, to the clinic, to see if they can maybe make it. I don't know if they're going to put the foot to sleep or what they're going to do tomorrow really yeah, she's not going to lose her foot.

Okay, that's already a good thing to hear thanks because she's already taking care of my dad who can't really walk. Who's in a wheelchair also? Today she really walked, was in a wheelchair also today so she's really. Yeah, she's a tough cookie. She's really. She's got a lot on her shoulders at the moment, so it sounds like it?

0:51:05 - Julie

Yeah, but tell her if somebody, if somebody wants to remove her foot, just say I need a second, third, fourth opinion. Yeah, okay.

0:51:13 - Claudia

Yeah, before anything they do anything, then she can heal from that, she'll heal from it. Okay, good to know.

0:51:18 - Julie

Great Thanks a lot Broad-spectrum antibiotic C-Zinc-D3. Okay.

0:51:25 - Claudia

Great, yeah, I'll tell her that then too.

0:51:27 - Julie

Alrighty, thanks a lot, Julie, you bet.

0:51:30 - Claudia

Thanks for staying up so late. Oh, thank you, I love your show anyhow. Oh, thank you, thanks a lot. Thank you, I love your show anyhow.

0:51:36 - Julie

Oh, thank you, thanks a lot. It's probably so. It's eight here central, so she's probably six hours, seven hours ahead of me. So eight, nine, 10, 11, 12, one, two, it's probably two in the morning, her time. God bless her. So, Claudia, thanks for staying up so late to talk to us. I hope your mom feels better.

Alrighty, let's see. I think we have time for another person here, Crystal. Hi, Crystal, I'm a veteran that's had two knee replacements and a hip, fibromyalgia and PTSD. My body hurts all the time. How can I fix it? Please help? Well, Crystal, first of all, thanks for your service and let's see what's going on with you. I'm going to connect into you. Where are you located? If you can tell us where you're located, I'm going to find you, but it's always fun to hear. So, all right, I've connected into you, shooting energy from your feet up through the top of your head so I can see it looks like most of the inflammation is in your joints throughout your whole body. Even though you've had the knees and your hip replaced, it looks like the rest of your body is just inflamed. So I'm using anti-inflammatory energy on you to get that calm down. I get that this is gut related.

Stay low on the food chain, remember sugar and anything refined is going to be the biggest inflammation causer there is. Sugar is the most inflammatory thing we can eat, believe it or not. Unfortunately it tastes really good, but you guys know I've been off sugar for five and a half years now. If I can do it, you can do it. The key is brain octane oil. I get it on Amazon and it's a highly refined coconut oil. It is the number one thing that helps me stay off sugar, because the brain works on glucose, which is sugar, or on ketones, and I choose ketones. So inflammation is caused by sugar. Anything with sugar in it, anything with wheat in it. Just stay low on the food chain. If God made it, eat it. If man made it, in effect, you do your best to avoid it, and then that's going to help a lot.

Fibromyalgia is always a gut issue. 100% of the time it's leaky gut, and PTSD can be helped by food as well, because inflammation causes problems in the brain, and Chris Palmer is head of psychiatry at Harvard and he says that 90% of his patients are helped by putting them on a ketogenic diet. They get off their medicines. The ones who are on disability, return to work, return to normal society, and he says that their brains heal. So that's going to help a lot with the PTSD.

I would suggest, Crystal, that you talk to Maria, dr Maria Amasanti. It's D-R-A-M-A-S-A-N-T-I.com, dr Amasanti, and she's going to help you get your gut healthy. She's in London. She works with people all over the world via Zoom. She is the goddess of the gut. I get so many emails and comments from clients who've worked with her saying oh my goodness, thank you so much for sending me to her and all of these references you guys that I mentioned. They're all on my website. If you go to AskJulieRyan.com and just go into sponsors, all these references are there. Maria is not a sponsor. I just send people to her, but I give her website so much that we put it on that page too. So, drramasanti.com, and that will help. So I hope you feel better. Thanks again for your service. Okay, let's see what Grace has to say. Hi.

0:55:40 - Grace

Grace. Hello, thank you for having me on. I'm honored to be here. You're welcome. Where are you? I'm in California, southern California, whereabouts Near Torrance, okay.

0:55:54 - Julie

Great South Bay Area. That's in the southern part of LA. For those of you that don't know where that is, how can I help you?

0:56:04 - Grace

Well, I have a horse. I've had her since she was two years old. I mean, I've had her since she was two months old and she's 18 years old right now. I've been riding her. She's my sweet pirate, but she's been coming down with a lot of things lately and she's too young at 18, really, this is the prime of her life.

And very bloated, her stomach looks like she's going to explode. I'm almost scared to feed her. You know, I feed her, though, but I have a feeling. I don't know, I'm not psychic or anything, but like I've been writing her, she seems happy, but I have a feeling in my stomach, in my gut, like maybe I shouldn't be writing her and I feel like there might be something growing inside. I don't know, I just don't know. I just get that gut feeling. Things aren't. You know, I don't know how long she'll be here. I hope for a long time. I don't know. She has a Cush's disease. I know that, but I don't know if you know that about horses, but I guess dons have it too. But I'm treating her for that and that should be okay. But it's something more than that. It's just because what's her name? Her name is Roxy.

0:57:21 - Julie  
I love that Roxy.

0:57:23 - Grace  
Yeah, she's a white bear.

0:57:26 - Julie  
She's a white horse, so you're coming in galloping on a white horse to save the day. All right, I'm going to connect to you, grace, and from you to Roxy, and then we'll see what's going on. I'm hearing in my head bowel obstruction, so we'll go in and see what's happening there. So obviously it's not a full bowel obstruction, because she's still pooping, right? You're noticing that you're having to clean out the stalls having to clean out the stalls.

0:57:59 - Grace  
It seems like she's bigger on one side of her body than the other. But I did have a massage therapist that she might be a little with energy too, I don't know. But she said, yeah, what you just said, that it might be.

0:58:08 - Julie  
Yeah, that's what I'm getting, so let me get her on my radar. All right, here comes my laser beam from sweet home Alabama out to you in Torrance. Got you All right going to Roxy. Ooh, she's beautiful. Yeah, oh, I can understand why you love her so much. All right, sweet, she's sweet too, isn't she? She's very gentle for a big girl.

0:58:35 - Julie  
She's a big girl too.

0:58:38 - Julie  
She's a big girl. I can tell by looking at her. All right, so I'm in her colon and it's miles long. In horses. I don't know how many feet, but it's just like it's crazy amount of length in humans, but in horses it's really crazy. So I'm going in there, but in horses it's really crazy. So I'm going in there. She's got a little bit of a bowel obstruction and what I'm watching is that the it looks like there's a little bit of tear in the intestinal wall and so toxins are leaking out. So what I'm watching is I'm watching a corkscrew go through her colon and it's going to grind up anything that's in the way. It almost looks like it's some scar tissue. Did she have an injury ever that you know of? You said you had her since she was a baby.

0:59:33 - Grace  
You know what, when I sent her off to get broke at three years old, I remember she flipped over backwards with the trainer and they sent her to another place and I have no idea when they trained her there and what happened there, but she's afraid deathly to go into trailers and I think something happened because and they didn't tell me.

0:59:53 - Julie  
Yeah, she's got some scar tissue. Scar tissue looks like. Imagine a spider web, the cross between a spider web and a basketball net, you know, like a basketball hoop. The netting that's on that it's fibrous, and this corkscrew spin through her intestinal wall or through her intestines to clear it out. It's in just one area. I get it's scar tissue from an injury which maybe when she flipped over there was something that happened there. So now what I'm watching is I watch that tear in her intestinal wall get stitched and now there's a patch going on top of it.

Grace, so imagine a piece of four by four gauze that you'd use as a wound dressing on a human. And you know, if you look at that, you can see the vertical and the horizontal threads that are woven together to form that dressing. That's what I'm watching. But there are these

hair thin blue lines and it's like this is being woven vertical and then horizontal lines, and that's a patch that's going on. It's being slathered with stem cell. Energy light, amber color gel sparkles, dippity-doo. You've probably heard me say that. Yeah, so I've got that. So that's integrated into the intestinal wall. I would have the vet check her. I think she needs to have a scan done at the vet, this healing will have happened on the energetic level.

1:01:28 - Grace

Oh boy, I can't do that, I can't take her there.

1:01:31 - Julie

You can't take her to a vet because she won't get in the van.

1:01:35 - Grace

She won't get in the van. She panics. The last time I had her taken there for something else, she was only there for three days and she lost 100 pounds and they didn't find anything wrong with her for what I took her there for, and if I do that again she probably just died. Do you have a visiting vet that can come see her at your barn?

1:01:53 - Julie

Do you have a visiting vet that can come see her at your barn?

1:01:57 - Grace

Maybe there's something they can help with. Maybe they could do a little lube thing where they put mineral oil through them. Maybe that might help too, besides what you're doing. Or I could even give her mineral oil in her pellets. I do that with my mini horse. Whenever she gets kind of sick and impacted, I give her mineral oil in her mush and she eats it all up and then she starts pooping. And you know, maybe I could do a lot of that with her too.

1:02:26 - Julie

Yeah, try her, but I would have a vet come check her though, just to be safe. If you can't take her to the vet, then have. I know there are vets that make house calls.

1:02:36 - Grace

But he gets oh, they do it here all the time. But they, oh all the vets around here. Now they go, oh, I can't do that. In the olden days they used to do that here at home because I had horses all my life. But now they go, oh, no, no, you've got to take her to the vet. They don't want to do anything, they just want to say, oh, just take her, have thousands and thousands of dollars.

1:02:55 - Julie

I know, I know, but they may have something portable that they can use to do some films on her in your barn.

1:03:05 - Grace

I'm going to see ask him what he can do without taking her to the vet. Now that you told me that because I had a feeling it could be that beautiful I'm amazed.

1:03:15 - Julie

That's what I'm getting. Yeah, that was coming into my head even before I got her on my radar, but I thought well, what's causing it? It looks like scar tissue to me, but we've removed it energetically, so hopefully that'll help, but I do believe she needs to be seen.

1:03:32 - Grace

Yeah, I'll call him again and see what he can do. I just didn't know what all I'm for, but this kind of confirms it with me now with what you said. Yeah, I'll call him again and see what he can do. I just didn't know what all I'm for, but this kind of confirms it with me now with what you said.

1:03:41 - Julie

Well, just tell him what her symptoms are she's bloated and she seems out of sorts, and there's definitely something going on.

1:03:48 - Grace

What told me was oh, she's bloated because it's a part of Cushing's disease. The horses do get bloated and they get a little bit of an arched back, you know. But this is more than that, because she looks like a balloon and it's bigger on one side and she stands like trying to make herself comfortable. But when I ride her she seems happy and she walks. Maybe she feels better when I ride her, but I was feeling bad to ride her.

1:04:14 - Julie

Is it okay for Grace to ride Roxy? I get a yes, it is Really yeah, maybe it's better I wouldn't ride her hard, but I think movement will help if you can be gentle with her. But yeah, and she loves you. Yeah, I just walk her, that's all we do.

1:04:32 - Grace

I don't let her even trot, because whenever I let her trot she goes crazy. She wants to go like a racehorse. So we walk. That's all we do is walk on the trail.

1:04:41 - Julie

Right, and if your vet can't help, you call somebody else, yeah.

1:04:46 - Grace

I have a Thank you so much.

1:04:49 - Julie

I hope that helps. You're so welcome. Let us know how she does, okay, thank you. Thanks, grace, have Okay.

1:04:54 - Grace

Thank you.

1:04:54 - Julie

Okay, thanks, grace. Have a nice evening. All righty, everybody. That's it for tonight. If you're thinking about coming to Atlanta, now's the time AskJulieRyan.com, go to the website, sign up. We've got a few spaces left and they're calling your name if you think you want to do this. In the meantime, everybody, have a great weekend and know I'm sending you lots of love from Sweet Home Alabama. Bye, everybody. See you next time.

1:05:26 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:05:41 - Disclaimer

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