

AJR Carrie Cardozo 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 Keri Cardozo with us on this show today. Keri's a psychic healer, author and podcast host who calls herself a clear channel. She works with clients, helping them develop intuitive gifts that enhance their business and personal lives. I'm interested to learn about Carrie's techniques. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Carrie. Carrie, welcome to the show. I'm so delighted that you could join us today. Thank you for having me. I'm very excited to be here. Oh well, we've got lots of things to discuss.

0:01:37 - Carrie

First of all, for people who don't know what's a channel, so that's a great question actually, because everyone does, at least in the industry. I walk around and people are like oh, I channeled this or I channeled this. So for me, a channel is a direct connection to either source energy, or to a guide or to a higher being that directly relays information. So word for word information in order to be able to get a message across. So that's what a channel is Okay.

0:02:09 - Julie

So how do you hook in with the entity or the tree or the dog or the person or whomever? How do you do that so?

0:02:22 - Carrie

for me, have a. I'm really incredibly good at reading energetics, so it's not something I actually even have to work at. As connecting in it's always like you're just always connected. As long as you're almost, like, attuned to a specific frequency, you have the ability to connect with energetics at every moment of the day. But in order to really do that, like somebody who maybe isn't connected all the time, it's a process of like getting out of your head, clearing your opinions, clearing your beliefs, raising your vibration, so you become a match for the energetics that you're looking to connect with.

0:03:00 - Julie

So how do you do that? How do you clear your head and get into the same frequency as spirit?

0:03:07 - Carrie

So there's a lot of things that you can do to really clear your head and get into that frequency. When I'm working with clients to help to teach them, do it same process that I did for myself. The very first step that I have people do is really go in to understand themselves. So we start with healing work right away. One of the main reasons that people have such a hard time connecting to whether it's their intuition or whether it's through channeling or psychic abilities

or communicating with nature is the fact that there's a lot going on in the subconscious or there's a lot of things that are going on with inside the person that are distracting them. They're keeping their vibration low. It is keeping them in their head or their opinion. So I dive in first to really doing some healing work and really looking at what's in the subconscious, where the ego comes in, where there's some beliefs that prevent you from connecting. So somebody who has a really strong belief about something, it can be really hard for them to get channeled information about that because their belief is overriding any of the channeled information that comes in. So that's the first thing.

The second thing I have my clients do is work on silencing the mind. So the mind is the. It's one of those things that I would love to say to psychics you don't actually need your mind, like you don't need it If you are incredibly good at what you do you. The brain is not involved in channeling at all. It's the information is coming in. You're using your receptors, but the brain and the knowledge that you have it's not necessary. So the more that we can silence the brain, silence the mind, that chatter, the egos, those opinions, all that kind of stuff, the clearer your channel is going to be. So I'd have people work on even if it's just seconds worth of time of really like silencing that mind. So we have just nothing going on space and part of that is dropping into the heart center. So bringing our focus down to what I call our midline, to that heart space, that heart center, and really getting into that space of disconnecting your mind.

You can't do two things at once. Technically, I was one of those women that was like I'm a multitasker, I can do anything that I want, all the things at once, but you really can't. So if you bring that focus and attention out of that head and into the body, it starts to silence the mind. Our job is to extend those periods of silence longer and longer and longer by learning how to control the mind, by learning how to really give it your full attention and to be able to understand it, in order to bring that focus and attention down to your midline.

Then the last thing that I would have people do is really work on raising their vibration. So raising their vibration, you can do it in so many different ways tapping into love, tapping into joy, eating healthier foods, really taking care of yourself, as well as really tuning into the energetics within, inside of yourself. And really, the more you tap into them, the more you can actually work with them and you can use energy to actually raise your energetic vibration, so it expands beyond you and that, a lot of the times, will help you to open your channels to receive information better. So those are the three things.

0:06:23 - Julie

Are there techniques that you can share for the novice of how, to you say, get into your heart, quiet your mind? Are you using meditation? How do you quiet the mind? Number one, Number two, how do you teach somebody to get into their heart? And number three, how is there a technique that you use to raise somebody's vibration?

0:06:45 - Carrie

Yeah, so with the mind, I do use meditation, but somebody doesn't have to. So you can use a prerecorded meditation. I, for my clients, I have them, and my meditations aren't just like walking you through something, they also help your energetics. So they're energy infused, which will help you to pull that mind down and silence that mind. But doing a meditation, or even just focusing on the breath, you can do a meditation literally anywhere, like if you're washing the dishes. You can keep focusing your mind like down into the heart space or just focus exactly on what you're doing. The idea is so the mind doesn't wander, the mind doesn't control us, so we're more in control of that mind. So you can do that. You can do even like a visualization where you're sitting outside. You just focus on the tree, connect with that tree, allow those thoughts to just kind of settle and go away. So keeping really present is a really great way to work on the mind as well.

There's lots of different things that you can do with that, with the mind and silencing it. There's another technique that I learned from a woman years and years ago. Our mind really does respond to what we say and that's why there's such like a long process of this thought, then this thought, then this. It's like it just keeps going. So one of the things that you can do is, as you're sitting with your mind, you can practice either visualizing like a little off switch on your mind, or even just saying to the mind I'm asking my mind to shut off at this time, and you'll notice it will go silent for a couple seconds, and so our job is to keep extending that silence. As we're doing that and again we do that by being aware of what's going on in our mind, letting the thoughts go, come back to that silence. So sometimes it can involve journaling to get the chaos out first. It can involve looking at what we're really thinking and feeling and addressing it in order to give the mind that space to kind of expand.

0:08:43 - Julie

And then how does somebody get into their heart?

0:08:45 - Carrie

that space to kind of expand. And then how does somebody get into their heart? Okay, so with the heart space, I actually find that the heart space people might not think this because the minds can be really crazy, but sometimes the heart space is actually harder because of the fact that heart space is where we hold some wounding, we can hold a lot of vulnerability and we can hold some protective energy. So the heart space is actually a little bit harder for people to get into, but it's also incredibly transformative when you can get into your heart space. So with that heart space, there's a couple of things that you can do. For one, when the mind is silent, it's easier to get into the heart space. So I always suggest working with the mind first and then going into the heart space. But whatever somebody feels really good, but even just putting your hands on your heart space and bringing your focus and attention. So if you were to almost, like, take your finger and have this awareness that your finger is right here, bring your finger all the way down to that heart space. If you bring your awareness down to that finger, it brings it down at least to the heart space area. Then what we want to do is I ask my clients to focus on one thing in life that they know they love, they truly have love for.

I do not care if it's a lobster dinner or a car that you drive, I don't care what it is it can be your dog, it can be your kids but it really has to be something that you're unafraid to love. If there is like a fear around loving it or there's tension, what can happen is our heart space closes. Our aspect, our idea of this is to get that heart space to open. So, no shame, you pick whatever it is that you love and you focus on that. And you focus on that love feeling as your attention's on that heart space and your heart begins to open. And the more you can open that heart space, the more you put your focus and attention on it. It's like it's just this cycle that it keeps getting bigger and bigger and bigger and expands.

Ideally, we also want to do like healing on the heart space. It'll help it to open better. And then the other thing is which is actually a really powerful healing tool to open the heart space is sitting with this focus and attention on a heart space and really repeating things such as like I love you, Carrie, using your own name, it does something to really like open up that heart space and expand it even more. When you're in the space of like I love you, Carrie, I love you, just like really feeling it, and it will activate and open that heart space up.

0:11:08 - Julie

The body's going to follow what the brain's telling it, whether the brain believes it or not. And I always use the example of you know you may be watching, like Frozen 2, and there's a sad part of the movie and you find yourself getting weepy and then you think wait a minute, this is an animated movie. That's pretend, and here I am crying, but your body's following what your brain's showing it.

0:11:33 - Carrie

Yeah, agreed, agreed, yeah, even if you don't want to.

0:11:36 - Julie

Yeah, exactly, and I love that you teach that the heart space needs to be open because all spirits are pure love. Yes, and I completely agree with you, with you got to get your vibration raised, because I always say spirits don't communicate on the I feel crappy channels because the vibration's too low. It's like you're listening to the country music station and they're whining about mama, the truck and the dog. If you want to be on the classical music station or even the disco music station, I mean you can't listen to disco without being in a good mood. It's just you can't. It's not possible. So what do you do? I love these techniques. What do you do to get somebody into the vibration of?

0:12:22 - Carrie

spirit, so to actually connect with them and be able to hear spirit. So it was one of the biggest struggles that I saw a lot of my clients having, because what I have found is that people overthink it, everyone overthinks it. You ask a question and our brain naturally wants to answer it. It just goes right to somebody's like okay, so, um, you know what's going to happen next week and your brain immediately goes into trying to figure out the answer to it. So, which is why we practice silencing the brain but one of the things that I have found which works phenomenally for most people is that if we can keep our brain busy and we can raise our vibration, tap into our heart space, raise our vibration, then spirits, information, comes in very effortlessly. It can, as long as we're not trying to get it. And so when I was sitting with this, I was like, well, what can I do for people to keep their brains busy? And there's two things that you can do One a little bit harder and a little bit annoying. The second one is phenomenal and it created this like little workbook to help people on all levels, whether they're just beginning or they're like master psychic level. One of them is, as you ask a question and remember, we want to silence the mind, we want to get out of that monkey mind, connect into the heart space and really project our energy up and out, because it takes it away from our own stuff. Because when we're connected with spirit, it's not about our stuff that's in this human body, it's about the information that's coming to us. So one of the things that you can do is, as you're in this really great space, your vibrations rise, your mind is silent, your heart space is open.

You ask a question. So you might ask a question like you know what program should I offer? Okay, I work with a lot of people in business, so what program should I offer? What price? Then what you want to do is you can literally just keep repeating something very simple in your head what program should I offer? Like without trying to get the answer, and you will hear spirit can come and speak to you because the mind is busy, not trying to figure it out, just repeating something. Or program, program, program, program. And all of a sudden this information will come in and it's like this influx of energy that will come in. That works for a lot of people not everybody, because some people Like a mantra yeah, you just repeat something, because it's keeping the active brain busy. So the channels can receive information.

0:14:51 - Julie

Makes sense.

0:14:51 - Carrie

Okay, yeah, so. But the second thing that works literally for everybody is you grab a piece of paper, you get in the same space and I always tell people to get into like a really comfortable space, quiet, they're not disturbed. They do some journaling to release the monkey mind. They drop into that heart space, expand their energy up and then they grab that paper and they start writing. You just start writing and you do I'm sorry, we'll back up a little bit you invite your guides in, or spirit in, of the highest good, greatest you know, greatest of love. You invite spirit in.

That's the premise here, that we're communicating with spirit.

So after you do that, you just start writing. You just start writing, not worrying about punctuation, not worrying about you know grammar, not worrying about if you're answering the question, and the writing keeps the active mind busy and the information just starts flowing and you'll notice that you're starting to write messages from spirit and you're starting to write things that you haven't consciously thought of. And because this is so powerful, what I've trained my clients to do, I created them this little. It's called the Psychic Development Journal and it is two pages and what it does is it asks you to tune into your body, what is your body feeling? So it is a journal to help you to develop the connection to your body. Your spirit guides your own soul, asking specific questions, and when my clients do that every single day, they're like you wouldn't believe that the message I got is the exact message that you said later on this afternoon about, like you know, some energy of the day or something they find that the information they need comes flowing through because they've opened themselves up to spirit.

0:16:36 - Julie

Yeah, Automatic writing is what that's known as Well automatic writing is a little bit different than this.

0:16:42 - Carrie

Automatic writing is when a spirit comes through you and actually moves your hand. This one I call channel writing, because you're in full control of your hand, where the automatic writing a spirit controls your hand, and where this one you're in control. But the things, the thoughts that are coming in, the information that's coming in through your head and then to your hand, is very much from spirit, and what my clients have said is that they can pick up their hand and stop at any time. Nothing's controlling them, but the information that's flowing in is things they never even thought of. Yeah, and that's what I love.

0:17:18 - Julie

I do too. That's great advice. I find it interesting, too, how we're raised in this especially Western world to overanalyze the crap out of everything, and I always tell my students I say stay out of the weeds. You don't need to know how this works, Just receive the information you know, let it flow, you don't need. I had somebody in my training last weekend who's a brilliant scientist at a very prestigious university doing medical research and she's like well, I'm left-brained, I don't know that I'm going to be able to do this. I'm like quit overanalyzing it, Let it flow. Everybody can do this, Stay out of the weeds. And so you know, people hear me say stay out of the weeds, You're just overanalyzing the crap out of it. We're saying the same thing. You're saying the same thing.

Okay, so let's take it a step further. You say that you're a clear channel, which I'm using. Air quotes for those of you that are listening instead of watching. Air quotes for those of you that are listening instead of watching. How do you determine that the information you're getting is exactly what it's intended as it goes through your human filter? How do you become a clear channel? How do you teach your students and clients how to become a clear channel. What does that mean to you?

0:18:44 - Carrie

Yeah. So for me, there's a couple ways and a couple of things that I look for in order for being a clear channel, and part of this does require really knowing yourself. So one of the things that my clients really get into is really understanding the different ways and the different places with inside their own mind that information comes from. So I teach my clients that you have a knowledge section of your brain, you have an ego section of your brain, you have a desire section of your brain and then you have kind of just a chatter and then you have places where

it can feel like you're receiving information. So I hear, I hear, see, feel, I do all all of that. So I can hear my guides and part of it does feel like it's coming from your own brain, even though it's not. So, the more that we really understand oh, that's where my ego chirps up and that's what my ego sounds like you know that if information is coming from that area, with that tone, with that vibration, it's not your guides. It's not your guides. So the more that you truly understand your own brain and it does take time to really understand it you can tell when it's something else that's speaking and it has. When I communicate with something, it has a very specific vibration and it depends how it is. I have many different guides and many different things that I can communicate with. They all sound a little different, they use different words and they speak differently, and so by understanding that you're hearing something or seeing something outside of yourself is very important. So knowing that difference and really recognizing the energetics that come from your own brain versus the energetics that come from a different being or just energy source outside of yourself we can do this with.

I'm a seer, so we do this with the visions as well. Your imagination will not look the same as a vision that's given to you, and so the more that you practice just imagining or you visualizing something and you know what that looks like, then when you receive an image, you should be able to tell the difference and you have to do your discernment, you have to do your due diligence on this. So when you're first starting out, you do have to overanalyze it a little bit, because of the fact that I do want to know, especially for it a little bit, because of the fact that I do want to know, especially for the women that I train and the men that I train is that I want you to be certain in the information you're giving people. So you do need to know if this is coming from your own mind, your own thoughts, your own beliefs, versus is it coming from outside of yourself. Another really great thing, especially for me, specifically, when I'm channeling, I will have my own thoughts.

I'll have a full on conversation, and the other day I was I was doing like an energy reading for my group and I was like there's this really strong manifestation portal between November 1st and November 11th and every single time I said November 11th, one of my guides was like it's November 15th and I'm like fine, and so, like I will say I want to say the 11th. He keeps saying it's the 15th, so we're going to go with the 15th. So I know what my own thoughts are and I will say I want to say this. They keep saying this, so we have to go with this. So I know the difference between my own thoughts and my own beliefs versus what it is that they're telling me.

And again, that just takes practice. It takes, you know, doing your due diligence, and it really does take getting information, taking action on it, realizing it was wrong, or getting information and not taking action on it and realizing it was right for you to be able to say wait a second. This is actually what it feels like when this information comes in, and that is a huge part. Practice is a huge part of psychic mastery.

0:22:31 - Julie

It really is. That's an important part. Yes, I think Early on my main spirit guy Kerry is a dead pope, pope Clement VI and early on, when he first came in, I'd argue with him. And then, the more I thought about it, I thought really, ryan, you're arguing with a dead Pope. I mean, he's got access to universal intelligence. What are you doing? And then I learned all the advice that he was giving me. You know, when I followed it, he was right, and so then I just gave it up. But early on I did that and I was like, nah, I can't do that because of this, this, this and this.

0:23:12 - Carrie

Yeah, I did it too. I would argue with my guides and I'm like why do I have to? I was arguing with them even recently I'm a stubborn person and they wanted me to book a flight at five o'clock at night. And I was like I don't want to fly that late, like I want to fly at two o'clock in the afternoon. And they're like no, you're going to fly at five, but I'm like I don't want to. So I kept

trying to buy a ticket at two o'clock. My card kept getting declined. I'm like it's impossible. And they're like no, and so I finally gave in and I was like fine, I'll, I'll buy the five o's.

Not that I didn't think they were right, but I was just like I don't understand, can't we just make an exception and I fly earlier in the day? You know like so it's funny and I I actually enjoy it because it makes it feel like it's it's more normal. You know, like it's more, it's a real interaction you would have. And I want people to feel that way, like it is a real interaction that you would have. And I do believe you should create relationships with your guides. That's how you get to know them better and you get more information. That way. It's like a regular talking to somebody. If you don't create a relationship, then you might not trust them as much. You might be a little bit more standoffish. So we do want to create that relationship with our guides as well.

0:24:29 - Julie

Well the other thing that I realized that it sounds like you have as well is you know, they have such a great sense of humor, and so Pope Clement always shows up with his hat on, his Pope hat on, and after several years that I'm like I know who you are Really, do you need to wear the hat? He goes, and he always tells me this, Carrie, I get to say it looks good, though, don't you think? You're like yes, it looks very well, it's hilarious. And what I find, too, is that at this stage, after doing it for so long, like you, it's like okay, you know everything. I know my own little piece of the puzzle, so if you're telling me to take a flight at five, okay, I'm just going to trust it.

0:25:13 - Carrie

Yeah, and that is so true. I think that statement right there has helped me so much, because when I'm channeling, I will go in and be like I don't know anything, so show me, you know. Like when we do that, when we get in this space of I don't know anything, so show me, it's not like a lot of people will say, oh, it's giving your power away if you don't think you know anything, but as a psychic, you need to, because we know a fraction of the information that we can receive. And so when you go in with this idea like I don't know, you, tell me. You get a lot more information.

0:25:44 - Julie

Well, and it's spirit working through us and with us to help our clients. So it's. You know we're part of the equation, but they're the ones that have all of the information and I find, too, that it makes it fun, especially when I'm talking with somebody who's bereaved because they've lost a loved one, especially a child. You know, that's so awful, regardless if the child's 70 and my client's 95 or whatever and it's been my experience. I'd love to hear your take on this, where oftentimes they'll come in.

The spirit, will come in with their first or second statement, will be hilarious. What they're doing is they're trying to let their loved one know I'm great, this is fabulous, you don't need to be in pain, you don't need to suffer over this, and they get them laughing and then it's easier for them to have a conversation because, again, spirit doesn't communicate on the I feel crappy channels, because the vibration's too low and grief is a low vibration. I agree with you also on that emotion. I say is like an internal GPS system and it helps us know okay, are we in alignment with spirit or are we out of alignment with spirit? Because if you're feeling bad and you're thinking, oh, I'm not getting this, I'm never going to get this. You know, whatever, and you're in fear, you're kicked off the channel.

0:27:12 - Carrie

It's been my experience. Do you agree with that? I do agree with that. I think that people who are in a really bad place are having even just having a bad day. If you're having a bad day and you're just in that like negative Nancy kind of aspect, you know that it's like you want to shift

your energy, because then the information comes in much clearer. Otherwise you clog your filters Absolutely.

0:27:31 - Julie

Yeah, yeah, I love that.

0:27:34 - Carrie

Negative.

0:27:34 - Julie

Nancy yeah, if anyone's name is Nancy.

0:27:36 - Carrie

I don't, I'm not, I'm not trying to offend you, but it's one of those things. Oh, that's a good one.

0:27:40 - Julie

I heard Debbie Downer. I haven't heard. Negative. Nancy before. That's great. You say you were born psychic. When and how did you realize that you were different from your siblings, perhaps, or peers, and did you grow up in a spiritual family? Tell us about that.

0:28:01 - Carrie

So I did not grow up in a spiritual family at all, but I also didn't grow up in a religious family.

Like we went to a congregational church when I was really little, but it was like I can remember sitting there and listening to some you know stories of the Bible or you know different things that the pastor it was called a pastor was sharing and I'd be like I don't think that's true or I would just sit there and just have a feeling. But we didn't go to church very often. So I didn't grow up spiritual. I didn't grow up with confirmation that what I was seeing and feeling and experiencing was true. Every single time I would say something to my mom. Like my mom still lives in my childhood home and there's absolutely a spirit there. Her name is Gloria and I would see her all the time and even to this day my mom's like yes, she is. You know, like I can feel her, I know she's here and there's always been weird things. But my mom was really busy. So anytime I said something to her she would be like it's just your imagination. Or oh, okay, you had a great dream. Or oh, okay, okay, that's fine. Like probably didn't even hear what I said. So I just kind of grew up feeling completely normal. It was. It was just like everyday life of. I thought everything that I was seeing, feeling and hearing everybody else was. I didn't think it was different.

And then, when I was about 27 or 28, and I have little glimpses of this before that 28. And I had little glimpses of this before that, but about 27 or 28, I remember having a conversation with one of my cousins and I was really upset because I was going through a divorce. I was young, I had three kids and a lot of things that happened in my life. And I said I don't even know why I'm so stressed about this, because obviously we always know what's going to happen in our life. So why am I acting like I'm surprised? And she was like, well, what do you mean? And I was like, well, I've seen all of these things. We always get to see what happens in our life, so we shouldn't be surprised about it. And she was like we don't see what happens in our life. What are you talking about? I'm like, yeah, like Madison being born when I was 19, or I got pregnant at 19. I had her when I was 20. I had cancer when I was 26.

And then I got divorced when I was going through divorce, at about 28, 29. And she was like, uh, no, like what are you talking about? I was like no, I've seen all those. You haven't seen everything that's happened in your life. And she was like no, and I remember just sitting there being like that's weird, like knowing that I had had like this, was up, like things had. I'd been seeing things and hearing things and being like am I psychic, am I not? That's so weird. Of

course I'm not psychic. You have to be like born it and all this kind of stuff. So it was sitting in my mind.

And then, when I was um and back in 2014, I was in the most amazing and I was working full-time at a business that I'd helped grow and I always had these ideas and business. And I woke up one morning and found my fiance dead, oh heavens, and it completely shattered my entire life as well. As he had, he had been telling me that he wasn't feeling well and, as he was saying that to me, he would be like I feel, like I have like heartburn and I'd say, okay, but are you sure it's heartburn? And I just had this terrible feeling, terrible feeling like something terrible was going to happen to him. And I was one of those like no stress moms, like if somebody felt like you're fine, get up. You know, like I had three kids, really young, and I was just one of those like nothing ever bothered me, nothing ever worried me. And this really worried me and we had been away all weekend and he had been having these like chest throat burning incidences, he would call them.

We went to bed on a Sunday night, a Saturday night, and I woke up Sunday morning and had felt him get out of bed and was just like he must just be going to get water or something to drink because we didn't have our children. And so I fell back to sleep and when I woke up again about an hour later he hadn't come back to bed. And so I got out of bed and I heard very clearly Mike is dead. And I was like why am I thinking these crazy things? Like stop, stop, stop, stop, stop. And I went and used the bathroom. I went downstairs and he was on the couch, unresponsive on the couch.

0:32:15 - Julie
Oh girl, I'm so sorry.

0:32:17 - Carrie
Thank you. Yeah, it was the hardest, the hardest thing I've ever been through.

I can't even imagine Ever been through. And from that moment on, it was my world shattered, like everything we had ever planned was done, every single thing, and it was like life moved in slow motion, like in that time I had to call 911. I had to do chest compressions on him. It was just. It was like this horror, like you watch it on TV. It was like this horror story that was playing out and through while I was doing it and I can remember some things. But I also remember this almost like this, like huge piece, like calming feeling coming over like it's okay, it's okay, and then I get into a freak out mode again, coming over like it's okay, it's okay, and then I get into a freak out mode again. And so, after he passed, it was this drive for me to figure out what happens when you die.

I wasn't religious, I wasn't born, I wasn't raised religious and I was like there's no way that this man can just exit my life and I never see him again and I never talked to him again, like where did he go? What did? And I went into this deep dive journey of really understanding the afterlife and what happened, and from a very early time, like I can remember sitting in the hospital with him. His mom, his family lived far away and so I had to stay in the hospital with him until his we weren't married, till his mom could come and sign like the papers to release him and make decisions. So I sat there for eight hours by his side and there were so many times that I would like jump up because it felt like he was standing right next to me and I was like I'm going crazy, I'm going crazy. So I ended up really deep diving into spirituality and I went to see a medium, and I went to see a shaman first and then a medium, and both of them were like you're a psychic, he's telling us, he will not communicate with us, he will only communicate with you. And he refused to communicate with any mediums, any psychics, anything, because he kept saying she is the only one I will speak to. I can only communicate with her and I will only communicate with her. And I begin to realize everything that I had ever experienced in life. I experienced it differently than anybody else did and that, like I could see him, I could feel him.

And again, like you said, grief is one of the lowest emotions, and so it was like this battle between being in this grief and being able to feel him, like I could feel a physical touch, like on my cheek, like he worked so hard to get me to feel him and to acknowledge him. He made me.

I went to three different mediums before I was finally like fine, I'll do it myself, you know, because he wouldn't speak to them. He just kept saying, and they would confirm, and they would say they tell me all this information about him. But they would say he is saying you have to speak to him, you have this gift. And once I decided like, okay, fine, I'll do it. I just I think a huge part for me was that I was 33 years old.

I hadn't been psychic my whole life and now, all of a sudden, I'm going to be like my fancy died and I can see him. I sound legit, crazy. That's what was going through my head. You know like I sound crazy and I come from a very you know like corporate background, very you know like strategy and this and logic and all this kind of stuff. And now I'm like, oh yeah, I can talk to dead people. And so I had to work through that. But I realized really early on that. A lot of the things I've heard in my head, you know, air quotes in my head my whole life or saw or felt or just knew it was my psychic gifts and I passed them off and everybody does this this way. But I soon learned that they did not do that that way.

0:36:00 - Julie

Yeah, yeah, no-transcript.

0:36:30 - Carrie

Yeah, you like feel this pull inside, like you know you're supposed to do it, but then you're like, you know, all of my, all of my acquaintances in the business world are like bankers and doctors and attorneys and realtors and I'm like, hey guys, I talk to dead people. Now you know like it's just a weird feeling, but you know you're supposed to do it and there's almost this feeling of no other option but doing it.

0:36:52 - Julie

Well, I was like I was given a talk at a business conference. It was all C-suite level executives in Austin, Texas, and it was primarily men. There may have been two women in the room and it was right after I finally got the golden ovary. Courage, you know what I'm talking about. Guys have brass balls, girls have golden ovaries. You know to put yourself out there. And so the AskJulieRyancom site launches and I'm thinking, okay, please, god, don't let anybody see this while I'm at the conference. So, of course, I finished with my talk you know about business stuff and this guy comes up to me with his iPad and he goes is this.

You and I was like duh, that's my picture, yeah. And I'm thinking, oh God, I'm going to get hammered on this. He's going to give me so much grief about this. And he said, well, I'd like to know more. Can we sit together at lunch? And I'm smiling and inside I'm going, oh Lord, have mercy. And I said, yeah, sure, and I'm thinking, oh, prepare yourself. So long story short.

I sat at a table of eight. It was seven guys and me. All we talked about was woo woo. They didn't talk about was woo-woo. They didn't want to talk about business, they didn't want to talk about the conference, they didn't want to talk about what my presentation was. They only wanted to talk about woo-woo. And I said, okay, god, okay, I got the message. All right, I'll go forward with this. And that was really the thing. That. And I needed something. It sounds like you did too. I needed something fairly definitive to get me to the place to say, okay, I'm going to put myself out there and now, after doing it for so long, I don't care what anybody thinks. They want to talk about it. Great, you know. Fine, what do you want to talk about? Talk to you about whatever, and are you in the same place, yeah, yeah.

0:38:43 - Carrie

And I did need something very definitive. Like 10 years ago I would have called myself this skeptical psychic. Like I was just like prove it, show me, show me again, show me another time, like I needed, even with Mike. When I was communicating with Mike, I remember I worked with a medium for a while. Like I had ended up with her and she's like he won't talk to me but he says you can channel for me, can you answer some of my questions? And I remember I'd paid for a session. I remember just being like sure, I'll answer your questions. You know like I ended up doing for her, but her and I would sit with each other and practice and I remember so many times she'd be like just ask, mike, I'm like I can't call myself a psychic. And they were like you have to call yourself a psychic. And we went back and forth.

My business maybe was making a thousand, some months, no money. The most I made in a month was maybe \$2,000. The month I started calling myself a psychic, I made \$10,000 and it's only grown from there and I was like fine, you were right, you know like, and you have to just embrace it. And now I'm just like if you don't like me, you don't like me. Whatever Like this is just who I am. Yeah, it's just who I am.

0:40:04 - Julie

So you're like guys, I need some help.

0:40:05 - Carrie

I can't, I can't pick your three kids on a thousand dollars a month. I know Exactly, exactly it was very stressful in that moment.

0:40:10 - Julie

Yes, and having the courage to do it as well.

0:40:13 - Carrie

Well, yes, and I will be honest with you, for me it was a lot less courage and a lot more. I had just come off of Mike dying, so I was like it can't get worse than this. Like that's all I always said to myself was it can't get worse than this, like I don't even care, like I'm just going to do it. I didn't care if I ruined my credit, I didn't care if people thought I was dumb, I didn't care if it didn't work, because I was still in that space of this isn't the whatever? So I always, and even to this day, if something's really challenging, I'm like you know what? I made it through Mike dying, I can do this. So it's more of like I would go into that. But yeah, there is a level of courage and just kind of like go for it. Like you have to just go for it.

0:40:54 - Julie

Well, you're being led. Yeah, we're being led. I live in the South Darla, that's what they say down here you being mad, so all right. So it sounds like the way that you developed your gifts, mike was really the catalyst for you to take it to the next level, and then you worked with other mediums and psychics to help you develop your gifts, is that?

0:41:16 - Carrie

No, it's really just primarily Mike. The only thing I did with another psychic was she would quiz me on stuff or she would say I'm thinking of a number and I would do it. I've not had any single person teach me other than spirit. Anytime I would find somebody I would teach them. So my anything I've ever learned, I've never taken another course from somebody. It is just and when. Even with this specific friend, I would tell her what to quiz me on and tell her how to quiz me, and she'd be like okay, they're showing me something, so now you have to, you have to tell me exactly what they're showing me, type thing. So I am totally a hundred percent self-taught and Mike was a hundred percent the catalyst of it.

0:41:59 - Julie
for sure, I love it yeah.

0:42:00 - Julie
So are you in another relationship now? Are you married? Did he send you?

0:42:05 - Carrie
somebody. You can send me somebody if you'd like, but no, I'm not married, I'm not in a relationship, no, I'm not at this time yeah, ask him. Hi, mike, I know, I know I've had a couple. I had one other serious relationship but, yeah, not right now.

0:42:23 - Julie
My girlfriend's husband had cancer and suffered for about three years. They've been married, I don't know 30 some years. And he told her before he passed. And I'm telling you this story because this is something for you to hold on to. You're too fabulous to not have somebody fabulous in your life. So she, her husband Frank, her name's Deb, her husband Frank said I'm going to send you a guy to keep you company until we can be together in heaven again. And she's called me going. It's the morphine. I know it's the morphine. And I said well, just listen to him. And he and she. So she said well, how will I know he's from you? And Frank said look for the mermaid. And they live in Florida. And she's like look for the mermaid, what the heck's that mean? I know this is the morphine. So Frank passes.

Two months later somebody sets her up. She goes out to lunch with this guy. I get a call afterwards Nice guy, wonderful, all that kind of stuff. They go out to dinner a couple more times. He's a retired pilot from Delta, used to fly international routes and he has a plane. And he said you know what you want to see my plane? And I said is that kind of like. You want to see my Rembrandt in the bedroom. Nobody's taking her to his hangar, and so they go to the hangar. I promise you, girl, on the tail of the plane is painted a mermaid.

0:43:45 - Carrie
Oh my gosh. Oh my gosh If that is not the most beautiful. I just got chills, that's right.

0:43:49 - Julie
If that's not the most beautiful sign wow, I know so, point being ask Mike for a sign, ask Mike to help send somebody amazing. So cut to the chase. They got married a couple of years ago. They've been living this amazing life together and Frank sat down to her.

0:44:09 - Carrie
That's amazing, yeah, that's amazing. I know. When he first passed, I just had no desire to connect with somebody else. And then I spent so many years building my business and, you know, being with the kids. But yeah, I think you're right. I think it's about time. Actually, one of my clients today was like girl, I've been praying for you to find the most amazing man. She's in China right now and she was on Kuan Yin's mountain. She's like I was saying prayers for you, so it was super cute, yeah.

0:44:39 - Julie
Yeah, and now this will go out and so bazillions of people will see it, so you probably have a guy sent to you from all over. Maybe we shouldn't have said that yeah, no, no, no, I was led to talk about it with you.

0:44:55 - Carrie
Okay, do you believe that anybody can learn to do this A hundred percent? I believe every single person is psychic. They just do not know how to do it yet. Yet yeah, I totally do.

0:45:04 - Julie

You do a lot of work and this is fascinating to me because I do some of the same thing, but not as much as you. Mine's more general, but I'm a business woman and an inventor and a manufacturer, so you know I'm interested in the business stuff. How do you help somebody become a channel and how does that help their business, whether they own the business or whether they're an employee, whether they're working on a manufacturing line or whether they're in the C-suite, does it help everybody? How does that work? Give us a couple of examples, if you would.

0:45:42 - Carrie

So, yeah, this is such a great question because one of the things that I see which is a misconception is that if you have psychic abilities, you just have to do psychic readings. And that's not true. That would mean that every single person on the planet has psychic abilities. It's just, it's our success, it's our ability to connect and understand energetics. So everyone on the planet is not supposed to be a psychic and just do psychic readings, you know. So you're supposed to be able to access your psychic abilities and be able to communicate with energetics and understand and get messages, but use them in a way that you're supposed to use them. And one of my gifts in this I don't know if it's so much a psychic gift, but just one of my gifts is to be able to see exactly how somebody can use their psychic abilities, no matter what industry they are in. So worked with people in the style industry, marketing industry. I've worked with people in medical, construction, food industry, and your psychic gifts can enhance anything that you're doing. So think about it.

I was just on a call with a doctor one of my clients and she was just looking at changing practices and building her own practice and she's like I just don't want to hire the wrong people. I'm like girl, that's why you have me. She hasn't opened her psychic abilities yet. We more work on direction for her business and that kind of stuff. But when you're sitting interviewing somebody or you're being interviewed for a position or a job or something, by being able to read that person's energy and really understand them at their core, you can put them in the best possible position inside your company. You can know if something's aligned. You can know if you're purchasing the right house because of the fact of the energetics involved. I actually have a child who's in med school and she's an energy reader. So here's the situation. I know what's wrong with them and I will say this is what's wrong and the hospital will tell me that is not wrong. That is not wrong. That is not wrong.

I remember one time my daughter had a kidney infection. She had a high fever, wicked pain, and they did an ultrasound and they're like no, she's fine, her kidneys are fine, we don't see anything. They did a urine test. They did everything. Two days later we ended up back in the emergency room with she had to do several rounds of antibiotics because her kidney infection was so bad and I was like I just said she has a kidney infection, you know. So like or I had another daughter who broke her finger and the doctor swore to me there was no break. I brought her to a specialist about a week later. Once insurance said we could you know? About a week and a half later and they were like it's broken. And I was like I know, I told the doctor that, but they're like no.

So our psychic abilities can help us to see things beyond. What strategy would show us, what logic would show us, what tests can show us. And that is such a benefit because we see the unseen and there's so much in this life that is unseen. So, no matter what industry you're in, even if you're a stay-at-home mom, my gifts have helped me raise my children and to help me to be there for them as well as let them navigate their own journey in life because of my psychic abilities, in ways that I never would have been able to show up for them had I not used my psychic gifts or been psychic. So you can literally use it in anything that you do, anything.

0:49:07 - Julie

Right and I think people think, people believe, or they've been told, that channeling is only with spirit, only with dead people's spirits. You can channel with a tree, you can channel with a baby. That's not verbal. Yet I mean, how helpful is that as a mom with a new baby and the baby's wailing and you're trying to figure out what the heck's wrong? You've fed them, you've changed them, whatever, and yet they're still upset. And to be able to communicate telepathically with that child's spirit is so helpful to do that. Yeah, before we had Waze and GPS, I lived in LA. I used to use it to go. Okay, should I take the service trees or should I take the highway?

0:49:55 - Carrie

Yeah, yeah, and it's so true I could share hundreds of stories. I channeled this woman's dog once who was so anxious. She's like the dog's upset and blah, blah. I'm like she wants her red ball that you put in the closet and she's like, oh my God, I did because she wouldn't leave me alone, like three weeks ago. I'm like, go get her her red ball, she just wants her red ball. The dog was perfectly fine after. Like it's things like that. They seem so just changes everything and you can communicate with anything, anything Like this pen, this book, anything holds and everything holds energetics. If you learn how to read energy and communicate with energy, not just guides and spirits, you can understand the world very differently than you might understand the world right now.

0:50:47 - Julie

I agree. I find it fascinating too that trees in particular communicate with other trees through their roots, Like if a tree is diseased or has something going on that is less than optimal, the other trees can send it nutrients and whatever. They need vitamins. I don't know. Do trees need vitamins? I guess they probably do yeah. I think they do Minerals right, yeah, and so through their root system. So is that an energetic thing? I tend to think yes, it is.

0:51:21 - Carrie

Yeah, I tend to think it is. And it's also like nature works so beautifully with itself. So nature is always regenerating, it's always giving, it's always working so beautifully. And there's this beautiful system, and part of that system is energetics. Like, think about the tides and the moons and all this stuff that happens. So much of it is energetics. Like, think about the tides and the moons and all this stuff that happens, so much of it is energetics. Or when you know animals bring messages so often and that's such a beautiful thing. When you're sitting there and all of a sudden there is, you know, a hummingbird sitting on you know, the arm of the chair next to you. Or you know, my daughter texted me the other day. She's like I feel like Snow White just got dive bombed by an owl. You know, my daughter texted me the other day. She's like I feel like Snow White just got dive-bombed by an owl, you know. And it's like, okay, that's a message. You know Like, yes, that's cute, oh, you just got dive-bombed by an owl, but like that's a message.

0:52:14 - Julie

And so when we start to pay attention, to that, like there's so much energy in nature. Yeah, did she ask the owl what his message was, or her message?

0:52:20 - Carrie

No, she was like mom. What does y'all want?

0:52:21 - Julie

me to know.

0:52:22 - Carrie

No, my kids are very, they're very psychic, but they're lazy. So, like the other day, she's like are there ghosts in our house? And there always are. I just channel with so many beings and for so many people and I was like I'm sure why. I don't know why. She's like there's somebody in my room who won't leave me alone. Can you just ask them to, Like? The spirits interact with my children all the time.

0:52:42 - Julie

Yeah, all the time. Well, speaking of which, tell us about Gloria, who's still in your mom's house. Yeah, is Gloria, like you know. Is she Revolutionary War age, or what's the story on Gloria?

0:52:55 - Carrie

Yeah, she's more Revolutionary War age.

0:52:57 - Julie

That I was betting.

0:52:58 - Carrie

Yep, and she very much is like the matriarch of the house. Very much is like the matriarch of the house. So she stays with the house. But she is very motherly and nurturing over my mom. So she did interact with us a little bit as children but I never felt like she was trying to mother me, she was just kind of there. But she very much has a connection with my mom and that's really who she does a lot of her overseeing on. But if my mom were to move out, Gloria wouldn't move. She stays with the house. It's very clear. She just stays in that house. She's not, you know, she doesn't mess with things, she kind of just is, is there like overseeing and being a part of it and she really does like to be a part of, like the family. You always see, I always see her at family events. But it's funny because the house has an addition onto it that my parents had built. She doesn't go into the addition.

0:53:55 - Julie

What's the age of the main part of the house, the original part?

0:53:59 - Carrie

So the main part of the house was moved there in the early 1800s, so but it came from a different place, so, but there were other small buildings on that property, so but it was 1800s, so yeah.

0:54:18 - Julie

So that was my question Did she come with the house or was she on the property that the house was brought to?

0:54:24 - Carrie

I think she was on the property that the house is brought to. That's what I'm getting to. Yep, that's what I'm getting as well. Yeah.

0:54:29 - Julie

And I'm seeing her with one of those, like Betsy Ross caps on.

0:54:32 - Carrie

Yeah, she does, yeah, and always wears a dress. She's always got the same dress on, but she always has a dress on. Yeah, it, it's very much like revolutionary war type things. Oh, always totally done up. Yeah, that's what.

0:54:45 - Julie

I would say too, but she's super sweet, Like I don't know.

0:54:47 - Carrie

She's never been afraid, and it's funny because she oftentimes doesn't even come downstairs Again. The house is very old and she will oftentimes hover just on the it's in this house it's three full floors, Three like main floor. There's no basement, so main floor bedroom floor and then the attic is a full room, a full floor, with a regular stairwell up to it, and she oftentimes will stay in between the second and first floor just watching the first floor, but her main thing is second, and third floor is where she kind of stays, yeah.

0:55:22 - Julie

I love it. Were you the first one to identify her in your family? Yes, and she told you her name was Gloria.

0:55:28 - Carrie

Yeah she told me her name was Gloria. Yeah, when I had asked her, she was like my name is Gloria and, yeah, I saw her every night. My bedroom happened to be the room right across from the third floor stairs and there was a door there. But every single night she would like walk down the stairs and walk through the halls of the second floor and every night I would see her. And she was not scary to me. She never came into my room. She would stand at the door at times. But in the third floor was my playroom and I played up there all the time and she always was there. When I was playing up there you just felt like this motherly figure behind you. But again, anytime I said something, my mom was just like you're just imagining it, you know, kind of thing. So I just was like, okay, she's probably not there, it's just my imagination type thing.

0:56:18 - Julie

So how did your mom get to the point where she believed really that Gloria was, her spirit, was in the house?

0:56:23 - Carrie

So my mom, really, when I went on my deep spiritual journey after Mike had passed, I was sharing my journey with my mom a lot and um. And then my mom started to like she would hear these other I had seen three a shaman, a medium and a psychic who had been like you're a psychic, you're a psychic. And she had sat in or heard the recording of those. And so she was like, oh my God, like you can do it too. And I think in the beginning she was a little bit like, nah, can she actually do this? But then she would start asking me questions, like I remember one time she called me. She's like is my, is my washing machine broken? And I was like I don't know, call a technician. Like I'm not a washing machine technician. But I heard, yes, yes, you're going to need a new washing machine. Okay, goodbye.

You know, like she would call me for weird things. Or you know, one time she has chickens, like laying hens, and she's like I think the dog stole a chicken. I'm like she didn't steal it, like she did not and the chicken's not dead, it's not. And your dog did not take this chicken. And the chicken ended up coming back. And as it came back like, or right before it came back.

Around that time my mom saw that a hawk was taking the chickens and so she was like you're right, it wasn't Miley, and the chicken did come back. So she would ask me those questions and I think when I started answering them for her and kind of sharing like the things that I knew as a child, she was like, yeah, it all makes sense. So, and then there I was like, oh, by the way, gloria lives here, and she was like, oh, and so many things that I had shared with her about Gloria and things that Gloria had done. She was like, yes, I feel that. Or I wake up at night feeling like somebody's standing in the doorway, that kind of stuff.

0:57:55 - Julie

So so does she communicate with Gloria now too, or just through you?

0:58:00 - Carrie

yeah, she doesn't. She used to do a little bit of like journal writing and channeling that way and she would, you know, talk a lot to her angels and stuff like that. And actually, unfortunately, right about two weeks after Mike passed, her mother had passed.

0:58:20 - Julie

Oh geez.

0:58:21 - Carrie

So I did share a lot of messages with her about her mom and from her mom and that kind of stuff, and she would say I think my mom is saying this and she'd be right, so, but she doesn't really do it, yeah. It's not that I'm a parent. She's got you.

0:58:36 - Julie

Yeah, she's got you, yes, yeah, and it's so funny because our families see us in a certain way, you know, because they've known us our whole lives and they're going, yeah, she can't do that and and I used to get that, and then I'd mail stuff like you, and they'd be like, oh well, maybe she really can do this. And now it's like, hey, you know, do your thing. That's what my brother says Do your thing.

0:59:00 - Carrie

Do that thing that you do or talk to those your guys that you talk to. And let me know, yes, people will say just weird things like that and I'm just like yeah, okay, cool, okay.

0:59:09 - Julie

Yeah, same thing. You also brought up a thing about a portal at the beginning of the month here in November of 2024. Tell us more about that.

0:59:19 - Carrie

So one of the things that I do I absolutely love doing this and I do it every year I One of the things that I do I absolutely love doing this and I do it every year. I've done it since 2016, I think is I do an entire year energy reading. So in November, I will sit down and do everything that's coming for 2025, what we need to know, what you can be aware of. I'll do a general overview of the entire year and then it will go month to month to month to month. This is what you're going to feel. This is what you're going to feel. This is what you're going to experience. This is what's going to happen, and so I also do it. I do it in November. It's a two-hour event. People listen to it all year long. I will even listen to it again and be like, oh my God, so spot on. You said, I said this and blah, blah, blah. But I also do it every year. So I just every month. I mean, I'm sorry, I do it every single month for my private community and I'll say okay, so this is what's happening and this is what you can expect. So when I did November's, there is a manifestation portal that is open right now between I kept wanting to say November 1st and November 11th, but they keep telling me it does extend to November 15th.

We're in this concentrated energy of like, really pure, powerful manifestation, and whatever it is that you're focused on, whatever you're speaking about, whatever is coming to you, has the ability to be manifested rapidly. But that also means if you're sitting around here worrying about your business failing or whatever you know, somebody having your dog, doesn't matter what it is that can be manifested very, very quickly too. So it's not just the good manifestations, it's everything. So we're in a very potent period, and actually 2024 in entirety has been a very potent period of using and understanding your gifts and your abilities that everybody has.

I'm not talking necessarily psychic, but our gifts and abilities as a soul here on earth and our power and our connection to energetics and our ability to create our life. And so that's part of what we're experiencing right now is this awareness of what it is that we're manifesting and creating and the power that we have and how quickly that works. So you know, on all levels, people are beginning to understand the power that they have over their own life, and so that's that period of window. But yeah, I do this every month and I do a big one every year. It's something I've done for eight years now. I love it.

1:01:41 - Julie

It's so fun. So, basically, be cognizant of your thoughts, correct, because thoughts create your reality. Yes, and thoughts don't have a meaning until we give them a meaning. And so all thought has a frequency, like every spirit, like every tree, every desk, every whatever. All has a frequency. On that With these readings, is it? It sounds like it's generalized, it's not individual for each person, it's more of a generalized thing. And then if you have a client that wants something more individualized, can you break that down and go, go do a deeper dive.

1:02:18 - Carrie

Yeah, so I do a universal energy reading. So it's what everyone's going to be feeling. So it's a universal energy. So some people do like you know they'll do like an astrological reading. So they'll say like Mars is here or whatever. I don't know any of them, I have no idea, and but I read the energetics of it. So it's what every single person's going to be feeling or experiencing. But you're right, like just what you said, with this portal of manifestation, some people are going to manifest much faster than others, so everyone experiences it a little bit differently. But this is what you want to focus on. So I do the general one and then I also do a ton of personal ones, and I do personal. The same thing.

I do your year overview. What is this focus of this year? What is the main theme of this year for you? What is your soul looking to experience? What's your business going to do, your health, all this stuff. And then I will go month to month to month in important events that happened in that month that are very specific to them.

So like meeting people launching a program, maybe like a child needing your attention. One of my clients just messaged me because she's like you said I was going to get a car in September, and I was like, yeah, and she's like, and I kept telling you my husband was going to buy it for me, excuse me. And I was like, yeah, and I kept saying he wasn't. And she's like, yeah, you're right, he didn't and I bought it and she didn't end up taking delivery of it till October. But she's like close enough, but you, things like that, some are very fun. You know some some things that I shared during those, but a lot of them are very important to your spiritual growth, your business, your purpose, like what's unfolding in your life.

1:03:53 - Julie

So, yeah, I do, I do both. Does everybody come in with a purpose just for them in each lifetime? Have you, have you come up with kind of an overall opinion of that?

1:04:08 - Carrie

with kind of an overall opinion of that. Yeah, yeah. So one of the things that I've done, have you ever heard of like human design or gene keys or stuff like that? I have? Yeah, so none of those ever resonate with me, even like my zodiac sign. They just don't resonate with me.

So I sat down a couple of years ago and I channeled with Source this thing called Soul Theory, and what Source showed me is that every single person has come into this life with a purpose, both personal purpose, so, as well as a global purpose. So a personal purpose is like things you're working through, lessons you're experiencing, situations you have to have, like the main focus of this life and the ascension process and what you're doing. But the global purpose is

what I call a soul designation, and so there are five different main purposes on this planet as to what people are here to do, and everyone falls into one of those five categories, and then that can look very different. Like one of the designations is healers of the planet. Well, that can include doctors, it can include healers, it can be people that trigger other people.

They gave me, like all of these descriptions, and so I have learned that souls come in for a global purpose, excuse me as well as souls come in for an individual purpose.

And it's amazing because one of the things that I've seen and we're getting closer and closer, we're working more and more toward that. Maybe not getting closer yet, but we are meant to come together as a global community, not just like the community in your neighborhood or the community in your own country, but we are supposed to be coming together as a global community. Instead of this separation as we advance and get more technology and expand and our awareness is increased, we're actually supposed to be coming closer and closer and closer together as a unit of one. So everybody's purpose kind of helps and supports everybody else's purpose, and so you have both. You have a global one and a personal one. I read people's blueprints like their soul blueprints as to why they're here and what they're supposed to do and their main purpose in this life and what that looks like, as well as their own purpose in this life.

1:06:18 - Julie

And that's so fascinating and I'm with you on the astrology thing, I love hearing about it but Pluto's third moon and my second Saturn house I'm like, okay, just give me the bottom line.

1:06:30 - Carrie

Yeah, I can't even remember. I'm like if you wanted me to list the planets, I might not even be able to do that for you. It's just not my thing, yeah, right.

1:06:37 - Julie

Me too, but I'll go to somebody or I'll talk to somebody. I'm fascinated to hear what they have to say and certainly that's one aspect of the channeling of the information. It's one methodology that's been used since the beginning of time. So has reading the tea leaves? So has you know whatever? In every culture this stuff's been going on, and I think in the last 150 years or so it's been undercover a lot of the time because people are going oh yeah, well, I don't want anybody to know it, but you know, if I have a consult with you, it's confidential, right? Well, yeah, it's confidential, so nobody needs to know. But good, every ruler, every president, pretty much they all you know they're getting advice somehow, whether it's through the power of prayer or whether it's through astrology or somebody like you or like me same thing.

1:07:38 - Carrie

Yeah, I totally agree. There's even all those people like years ago people talked about manifestation and then they kind of stopped. A lot of people did, but every single person, especially the leaders of our world, are absolutely connecting with something. They're getting it from me.

1:07:58 - Julie

They're all doing it, every one of them. And you think about it. All the great holy books, they're all channeled, everything's channeled. All books, all music, all you know, all, whatever inventions, all of it's channeled. So people are doing it, they're just not aware that they're doing it.

1:08:15 - Carrie

Right, and they're doing it in different ways. And it's funny because for some people, prayer is acceptable but manifestation isn't, and I'm like it's the same thing, we're just calling it something different, you know. Or like they'll wake up and be like God told me this. And I'm like, oh, I was talking to my guides and they're like you shouldn't do that. And I'm like, okay, it's the same thing, you know, like it's, we're still receiving messages. I think it's just what you feel comfortable with and in your way of explaining it and doing it.

1:08:41 - Julie

Yeah, Was God sitting in the Barker Lounge or next to you in the family room watching TV while he was telling you to do stuff?

1:08:47 - Carrie

I know.

1:08:48 - Julie

Yeah, no, I couldn't see him. Oh, you were talking with God's spirit, I see. So you've been communicating with spirit, so you're channeling. No, it's not the same thing, but yes, it is.

1:08:58 - Carrie

It's totally so many different ways to explain what we do.

1:09:02 - Julie

I agree, tomato, tomato, right. Yes, same thing. Last question why do we incarnate?

1:09:08 - Carrie

Ah, such a good question. So one of the things that I used to believe is that we incarnate because this is like school we have to learn a lesson. But I don't actually like that's part of it, but a huge part of incarnation is for the experience. It but a huge part of incarnation is for the experience, and it's for this aspect of understanding oneself on a much deeper level, who we truly are, as this soul, as this energetic being, and our life is supposed to help us to release the limitations that this physical body puts on us, without releasing the physical body, in order to increase and continue to expand that awareness. To come back to that pure energy of source of who we really are, is to remind oneself of who we really are, be able to create our own existence.

1:09:59 - Julie

But yeah, I concur A hundred percent. Well said, thank you, you are just fabulous my girl.

1:10:06 - Carrie

Oh, thank you, this has been fun, yeah, so fabulous.

1:10:09 - Julie

How can people learn more about you and the work that you do?

1:10:13 - Carrie

Sure, so everywhere on every social media platform. I just use my full name as Carrie Cardozo, so I'm on Instagram. I actually just started a YouTube channel. We just started it, so there aren't many videos up there, but we did that. I have a TikTok, started Facebook, linkedin or my website is carrieicardozo.com.

1:10:35 - Julie

And if people want to get that annual and or monthly reading, that you do. Whatever, what are you calling it?

1:10:44 - Carrie

Yeah, it's a universal energy reading. Universal energy reading.

1:10:48 - Julie

Can they sign up for it? Is there a fee for it? Can they sign up online?

1:10:52 - Carrie

Yeah, they can sign up online, if you find, if they find me on Instagram, or just go to carriecardozo.com. Yes, there is a fee to join or get the replay for it, or especially if they want their own session.

1:11:05 - Julie

Yeah, there you go, yeah, great, terrific. Well, ms Carrie, thank you so much for taking the time to join us and sharing your adventures and your wisdom and your experiences and all of that with us today. In the meantime, everybody, we're sending you lots of love from Sweet Home, Alabama, and from Connecticut to where Carrie is. We'll see you next time.

1:11:29 - Ann cr

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.

1:11:43 - Disclaimer

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