

## AJR - Jim Fortin 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. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Jim Fortin with us on the show today. Jim combines brain-based science, transformational psychology and ancient wisdom to help people manifest their dreams. I'm eager to hear how Jim combines these modalities and about the results his clients are experiencing. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Jim. Jim, welcome to the show. I'm so delighted you could join us today.

0:01:26 - Jim

Julie, thank you for having me, and I'm excited to be here today. I know we're going to talk about a lot of things that a lot of your listeners are really going to enjoy listening to and absorbing Sounds good you help people become a cosmic being.

0:01:41 - Julie

What's that mean?

0:01:43 - Jim

Well, we all are that and I'm surprised you knew that, because we're not using that so much anymore. But we're all cosmic beings. But it's the awareness of that beingness because I talk a whole lot about being. We as human beings have become human doings. We've lost ourselves and a large part of what I talk about in transformation goes back to being. The way that we be is the genesis for everything we create in life. So I spend a lot of time in that little sandbox talking about being and what it means.

0:02:21 - Julie

So what's a cosmic? Being to you, though, so what's a cosmic?

0:02:24 - Jim

being to you, though you me. We're all part of the cosmos. I mean, we are all in this container of this particular universe. There are multiverses, but we're in this particular universe and we are cosmic beings your listeners will have no problems with this, I'm sure is that we don't die. The physical body, actually your space and point in this existence now will cease to exist, but we never die. We literally exist in the cosmos. So that's what I mean by cosmic being is having that awareness that you are an infinite cosmic energy.

0:03:14 - Julie

Okay, I agree, I call that spirit. Yeah, just, it's interesting, jim, because lots of terms of cosmic and cosmos and that kind of stuff and I think a lot of people just think of aliens and different galaxies and things like that and it's way broader than that in my opinion. I'd love to hear your take on this. But it's our spirit is infinite and it's not restricted by different galaxies or different

incarnations. It's many different experiences all helping that spirit expand. Do you have a thought on that?

0:03:57 - Jim

Yeah, I do, and I want to add here let me back up a little further. You're the only person which is interesting in a good way that's brought it to my attention like that. There's a reason that I had, many years ago, actually applied for the trademark for cosmic being for marketing purposes. But here's the thing so many people use the word spiritual and so many people don't understand the word spiritual. Many people think that spiritual means religious as well, spiritual teachers, but they're preachers of Christianity. Well, many people. What I have found I've worked with a real shaman not somebody who calls himself a shaman a real shaman for almost three decades, and what I've noticed over the years in life and even people working with him, is many people will consider themselves to be spiritualists, but they turn spiritualism into dogmatic religion. It's the religion of that spirituality. So even when we hear the word spiritual, people have a connotation and a human identity about that. I'm spiritual, I'm not spiritual, and that's why I chose cosmic, because that is infinite, whereas spirituality can be dogmatized.

0:05:21 - Julie

That's why I did that. Yeah, I love it. How do you tell a real shaman from a fake shaman?

0:05:28 - Jim

Well, real shamans most people will never find, and that's a great question. I'm asked that a lot as well. There are many people out there right now saying, oh, I'm a shaman. I heard somebody say they're a money shaman and this kind of shaman and that kind of shaman money shaman and this kind of shaman and that kind of shaman. There are many people who practice shamanism, which is the oldest system of thought on this particular planet, and there are many people who practice shamanism and they will call themselves a shaman, but they're not a shaman. A shaman, a real shaman, is someone who's learned to transcend all physicality, all awareness of physicality, and they can merge with pure spirit cosmically. And you'd mentioned aliens, and I know it's not far-fetched for this podcast. My brother-in-law is this shaman, my sister's husband. I am aware of many, many, many hundreds of instances of him connecting with higher intelligences that are not on this planet, but they're all, to your word, all spiritual.

0:06:50 - Julie

Can you give us an example of something that really caught your attention and made you ponder okay, there's really way more to the story here that meets the eye with what's going on?

0:06:58 - Jim

I can give you a hundred, but I'll give you the first one in 1996. We went we used to go every spring equinox to a power vortex on the planet and do ceremony. For two days my family has been allowed inside the King's Chamber of Cheops, we've been inside Deodehu Akan, we have been to Uluru, machu Picchu, whites, isla Sol, et cetera, chaco Canyon, twice, isla del Sol, et cetera, chaco Canyon. And when we were in Chichen Itza in 1996, I was young I mean, I'm younger than I am now, I was probably 31. And I had a whole lot of tequila to drink the night before.

We went in Mexico and we're driving to actually it's Tulum, not Chichen Itza and he's sitting behind me in the van and he's energetically working on me and everyone in the van is quiet. And I said to myself I just did not speak it, but I said to myself I feel so bad, I'm going to leave my body until we get there Now. I have no idea why I said that, until we get there Now. I have no idea why I said that. And he tapped me on the shoulder and said hey, get back in your body, there's time for that later. And in that moment I knew that he could see me energetically as

opposed to just thinking about it physically, and at that moment I knew there was something unseen, ethereal, energetic that he could do, that I wanted to start learning to do. So that was my first experience of at least something relatable that would be translating the ethereal into the physical.

0:08:44 - Julie

Yeah, yeah, and I get to see that all day, every day, when I'm working with clients. It's so much fun. But that was your first encounter, it sounds like, with him. Okay, this guy is legit in what he's talking about.

0:09:00 - Jim

Yeah, well, to share the story with you. There was a very famous story written in the 60s called the Teachings of Don Juan by Carlos Castaneda. Castaneda was not the original student, he's never met Don Juan. He recounted the books through what was given to him by the actual apprentice of Don Juan, which was my brother-in-law, who grew up in Mexico and started apprenticing with Don Juan when he was a little boy so a lot of people. I remember talking to Wayne Dyer about this many years ago, because Wayne Dyer asked me to meet my brother-in-law and Wayne told a story one time back in the 90s about be careful what you believe, because when the truth comes knocking you won't recognize it. And when I told Wayne all this, he's like I will go anywhere, anytime, anyplace, to meet your brother-in-law. Oh, this is the truth. Carlos Castaneda wrote these, but he didn't write them. He was simply the purveyor, or the conveyor, of what was given to him.

0:10:13 - Julie

Tell everybody who's unfamiliar with Don Juan. Tell them why he was so special.

0:10:19 - Jim

Well, don Juan was a Yaqui sorcerer. He lived in Mexico, a real physical being. He lived till about 105 years old. He was really old when he transitioned off the planet and he was a sorcerer in Mexico. Carlos Castaneda was a grad student, I believe, at UCLA, working on a dissertation, who wanted to go to. He went to Mexico to find a sorcerer who understood peyote, and so he ran into a lady I've never mentioned this on any other podcast a lady named Connie Mendez, who's also a metaphysician, who lived in Oaxaca, Mexico. And so Connie Mendez knew my brother-in-law, Javier at the point, as a boy, and she knew Carlos Castaneda. Carlos asked Connie, can you introduce me to Javier, to introduce me to Don Juan. So then Javier said well, let me ask Don Juan. Don Juan said no, he's not on my path. You can talk to him all you want, but I will not meet with him. So that's the story behind the scenes. But Don Juan was a sorcerer in Mexico who did all white magic and a healer.

0:11:36 - Julie

You say you utilize brain-based science, transformational psychology and ancient wisdom to help people manifest the life of their dreams. That's quite a combo platter there, Jim. I want to hear about how it all comes together, what your journey has been, how you got to that, and just explain how it works to us.

0:12:02 - Jim

I think you and a lot of listeners will understand this, in that many of us well, we live in the 3D world physically and we all, many times, we'll look at life and go, well, how did I get here? What happened? What created this? So how I got here was all by divine management. I mean, I couldn't have planned this 30 years ago. So what happened was is I started working with Don Javier in 1996.

And it took me all the spiritual path, all the sorcery and the shamanism and all these kinds of things that I've been on that path for decades now. But he often, quite often, talks about

physics, quantum mechanics, things that are well, physics, I'll put it that way, and he's taken me even beyond things that physics understands. And I'm like I want to talk to people about this. My interest is spirituality and spiritual evolution, but I want to concretize it because many people think a word that you used, many people think that spirituality is a woo-woo and it's not. It's physics. You know, I don't normally have it on my desk, but I have this book on my desk, which is the only book Don Javier told me about, called the Kabbalion, which was written about 120 years ago, but the manuscript is believed to have been written by Hermes Teresmas Justus thousands of years ago. I'm curious have you heard of the Kabbalion?

0:13:32 - Julie

I haven't, no, I just wrote it down. I'm going to check it out.

0:13:35 - Jim

Seven cosmic laws, and the first cosmic law is that the universe is mental, the universe is mind. Now I can tell people that all day long and I'm still answering your question here. But how do you concretize that? How do you make it to somebody that might be an analytical thinker, a cerebral thinker, a scientific thinker? How do you concretize the universe is mental? Well, there's all kinds of research in physics now, like the double slit experiment, which demonstrates that.

So I take the spirituality and I literally match it up with corresponding physics, which is the physics part of it and the science part of it. But the brain part of it is mind and brain. People confuse mind and brain. They're not the same thing. The brain is organic, it's biological. The brain is the medium for mind, universal consciousness or mind. So then I talk about a lot of brain-based applications, but the science behind the brain. So, like habits, my own podcast.

I did an episode recently on addiction and we think addiction's all psychological for the most part. I mean, we know it's also chemical, but what drives all of that? What are the energies that drives all of that? And it's mind, and actually we can use the mind to control the brain, but for most of us we let the brain control the mind because it happens neurologically, which is research has shown, and so we live by what we learn as habits and the brain controls us. But brain is all 3D and we have to move over to mind. Now the ancient wisdom part. I talk about shamanism and ancient wisdom, a lot of it, and I just somehow mixed it all together over the years and it works. So how I did it couldn't tell you, it was just all just happened.

0:15:39 - Julie

Yeah, where you were inspired. Obviously you were led. I live in the deep South. They would say you were led, darling, you were led. I live in the deep south.

0:15:45 - Jim

They would say you were led, darling. That's exactly. Well, I'm careful with my because I'm usually not on podcasts like yours. This one, yeah. And people will say, well, how did I don't know, I was led. It's just, it's my dharma, it's why I'm on the planet and why do I have these gifts, or why can I take them and put them together? I don't know, I flunked, I didn't flunk. I made a D. I made an A in every college course, but I made a D in college. Biology it's not my jam, but I understand it. So if I could take people in what I call the 3D world and I can help them understand more of the ethereal than I feel like I've done my job. So I've been very hypervigilant about how can I merge them so we can understand it, but to gain bigger perspective on ourself.

0:16:40 - Julie

Yeah, well, I agree, and that's the work that I do too, especially with the medical intuition and energy healing. I see in my mind's eye these images and analogies that oftentimes will emulate surgical procedures and other procedures, and it's to give us a human frame or reference for

this, what I call woo-woo. That it's the energy healing. And I have a dear friend who's a Taoist priest, named Song Jing, and he says that Wu is the Chinese word for source, energy source, right. And so I laugh and I say, well, I've always led to use the word woo-woo because it is source and it's also fun, so it disarms people. They go, oh, I don't believe in all this stuff. I go, that's fine, you don't have to believe in it, whatever, but it's woo-woo and it's a lot of fun, and so I've come to really enjoy using that a lot.

0:17:48 - Jim

Let me add before you go on have you ever heard of Gary Zukov?

0:17:51 - Julie

Sure, yeah sure.

0:17:53 - Jim

Gary's a good personal friend of mine, number one. I want to introduce you. Okay, great, and his book. The first book he wrote was called the Dancing Wu Li Masters.

0:18:04 - Julie

That's right I read all his books.

0:18:06 - Jim

Energy. And Gary told me that when he wrote the Dancing Wu Lee Masters in 1979, he took it and he wrote it on a legal pad and he threw it in the trash and it's like no and he literally pulled it out of the trash and finished and I think it was a New York. He's got like four New York Times bestsellers and he was on Oprah 36 times.

0:18:30 - Julie

That's where I first learned about him was. Oprah back in the day, yeah.

0:18:34 - Jim

Yeah, and it's all spirit land and it's all physics, but woo is energy and that's how you know. I just remember that story because Gary told me that. But after we're done today I'll make a note, I'll let her introduce you to Gary.

0:18:48 - Julie

I'd love that and you guys can do whatever you want to do.

That would be great. Back to the sorcery thing. Sorcery, I think, has a negative connotation to a lot of people in our world. And it's not negative, it's part of the whole healing thing. I think of Merlin the magician, you know, in the Camelot and the King Arthur Arthurian legend and all of that, and I think that there I believe there have been sorcerers since the beginning of time. It became edited when, probably in the mid-1800s or so, when the natural healers were being squashed, you know, the witches burned at the stake. And even before they were, in what? Late 1700s, early 1800s, as we were going more into allopathic medicine, late 1700s, early 1800s, as we were going more into allopathic medicine. Say more about the sorcery thing, just so that our listeners have a clear idea of what that's all about.

0:19:55 - Jim

Yeah, let me explain something first to lay groundwork for that. That's a beautiful question Is do you know why we have the current calendar in the world? I don't. Okay, so the current calendar is called the Gregorian calendar, Right, as many of us know, Right Now the Gregorian calendar follows no natural cycles. The Gregorian calendar that we live on as a species literally tampers with messes with our consciousness because it throws our natural rhythms off. The most accurate calendar to live by is the Mayan 13-moon calendar 13 cycles of 28 days and then one

extra day. That is a cosmic cyclical calendar. The Mayans were the masters of astronomies and mathematics.

Now, the reason I give you this is most people listening don't know this. So we learn things and then we just carry it through generations, not even recognize that we've learned it generations ago. So back to sorcery. Yeah, many people think it as a very negative, very dark, which actually most people don't understand that you need the dark because you have the light, you have the yin and the yang, they're both. But most people think, or many people think, sorcery is oh, that's bad, that's black magic, that's whatever. Everything comes from source. Source is consciousness, Consciousness, physics, everything is an energy in the universe. That is source. But we tend, as human beings, to put a label on it saying, oh, it's this white magic or there's dark magic, or the wizard or this or that, but everything is source. Everyone listening now came from source.

You can take an oak tree and that oak tree came from an acorn that was nowhere. You can take that oak tree. You can take the oak tree. Take an acorn from that oak tree, bury it. You can take that oak tree. You can take the oak tree. Take an acorn from that oak tree, bury it. You've got another oak tree. You can cut them down and burn them and it turns back into a heat again. Energy, Everything is a cycle from source. But we tend to put human labels on source and everything, all of us, every thought you have, every breath you take, every fish in the ocean, every bird in the sky and every universe there is comes from source. And so we're all sourcers because we can bring that through us, but we don't know it as a species. But we source everything in our life. We source, but again, we think we have no power when we're extraordinarily powerful as sorcerers.

0:22:51 - Julie

I just had a eureka moment when you were talking, when I'm thinking well, sorcery, duh, source, it comes from source. I love that.

0:22:59 - Jim

If you ever have him on, Gary's written four books and you can ask him. I'm sure he'd be on your podcast. You can ask him, Gary, where does your information come from in your books? Because I already knew the answer but I didn't want to answer for him. One of my sister-in-laws had read Seat of the Soul and she goes. I want to know where he gets his information from. And I said, Gary, I'm only asking because I told her I would ask and I want your answer. Where did you get the information in your books? And he told me where he got it. And I said, Gary, you're a sourcer. And Gary said, no, I don't think so. Like Gary, yes, you're a sourcer. It comes from source, everything comes from source and we as beings need to learn how to tap into and connect with source.

0:23:48 - Julie

Right, and I always say every author, every composer, every artist, every screenwriter.

0:23:57 - Jim

I mean all of them, JK Rowling, it's all source, please.

0:24:00 - Julie

Really. I mean, yeah, all of that was channeled, all of that came from source. How could they have dreamt all that stuff up? There's just there's more to it, and I know that you've most likely experienced what I have in writing my books, where I will write something and then I'll go back and read it later and I'll think 3D because I can work with people energetically without telling them that.

0:24:32 - Jim

And when I coach, people are like, what did you say? And I'm like I have no clue. Go back and listen to the recording because I couldn't even tell you what I said. What I said, and even like when I'm visiting with you or anyone except my friends and normal 3D things, it just starts coming through me and I have to get out of the way. Yours is medical, mine is not that. Mine is something different, but I just have to get out of the way and I can feel it start coming and you can probably relate to this. Whatever comes, even if it doesn't make sense, I have to say it in the way that it comes, because it's not mine. And if I try to change it going what are you talking about, dude? It's not that If I try to change it, then I'm changing what's coming from source, and that's what I call a lack of impeccability.

0:25:25 - Julie

Well, and you don't know if it's going to make sense to the person with whom you're conversing. Because what I have found and what I teach Jim is, once you connect to a spirit, you can do it all. I mean, you know, we can talk to dead people, we can heal pets and people and do past life stuff and tell how close to death somebody is. In the whole nine yards it's just been siloed. It reminds me of the medical industry where you got the neurologist and the cardiologist and the gynecologist and all of that. You know where you got the pet psychics and the mediums and all of that. And there are just thousands and thousands of examples I can share where I'm talking with someone and they're a deceased loved one. And I'll say I had one recently and I just thought this was so cute.

I was talking with a client and her deceased son's spirit in heaven and he said, mom, just look for the surfboard and that'll let you know that I'm around you all the time and she's like the surfboard. That'll let you know that I'm around you all the time and she's like the surfboard. I live in Nebraska. My son never surfed. I don't live near an ocean. What's a surfboard have to do with anything. I said, well, just be open. You may see it in a magazine, you may see it in a movie, you just never know. And then she kind of chuckled and she said well, I do have a surfboard on my key chain. And I said there you go.

0:26:48 - Jim

He's with you all the time.

0:26:50 - Julie

Yeah, exactly, and so that's a great example of she lived in Nebraska. If I would have edited well, that doesn't make sense. She lives in Nebraska. So I learned very early on and I teach this don't edit anything that you get, and it's that first thing that comes into your head.

0:27:09 - Jim

Which you don't think about People listening. You don't think about it because if you think about it, your analytical brain's going to get involved and you're going to mess it up. So let it come. And even though you're like what is this? I can't say that yeah, go with it.

0:27:25 - Julie

Exactly, exactly. You say in order for us to create, we need to figure out if our subconscious mind is working against us. I think a great example of that is when somebody gets a medical diagnosis and they have a gut feeling that this is healable. I can use different modalities, I can learn different things, but the doctor is saying you know, you need to get your affairs in order because you're not going to be around much longer than maybe a few weeks or a month or two. I would think that would be a great example of how to get you know, get our minds out of the way and follow our intuition and follow where we're being led.

0:28:10 - Jim

Yeah, okay, so I'll tell you a story here that's not part of my official bio and all that. Okay, so I'll tell you a story here. That's not part of my official bio and all that. I am 59. When I was 55, I had not so much, had had a prescription in 25 years, just never needed it, always worked out, always been healthy.

Now, don Javier, my brother-in-law not the Don Javier on you there's some guy named Don Javier on YouTube, not the same guy, my brother-in-law shaman you will not see shamans doing things amongst people. They hide, they're in the woodwork. You will not see shamans doing things amongst people. They hide, they're in the woodwork. You will not meet them unless they want you to meet them. But he can see and I've had decades of experience with that and I started noticing it was hard to breathe, february of like 2020, 2019. I don't know. Anyway, it was 2019. It was hard to breathe and I said Don, I said I'm not feeling that great. Can you take a look and see if everything's okay? And he said okay, and dream time. He gets everything in dream time in the ethers, and he goes. A couple of days later. He's like you're fine. I'm like is my heart fine. He goes you're fine, and I've known him to be extremely accurate.

February that year I couldn't eat. I couldn't hold food down. I was having extreme anxiety. I had zero energy. I mean I couldn't walk a hundred feet without being tired. And my sister, his wife's like you're going to the ER. So the next morning I went to the ER. We're like you need to go to the. I mean I went to care now Like you need to go to the ER. I'm like no, I'm not going to do it.

Next day I went to the ER. They checked me in that day, did all their tests. The doctor walked in and goes you're in heart failure. And my thought was literally I'm not exaggerating. Okay, most people will flip out, but I knew that even when I leave the body, things are great. It doesn't matter to me. I'm at that place and so I heal.

But the doctors told me the cardiologist told me all these things, how I'm going to be sick for a lifetime and how this is going to happen and that's going to happen. And I said I want to hear. I didn't tell them that, but I said to me I want to hear none of that, because they don't know the power of healing. All they know how to do is diagnose something based upon very limited science and very limited evidence. They don't understand the power of consciousness.

Now, in October, I was at my brother-in-law's house. Several months later this happened in February I was at his house and I said I had heart failure. And he looked at me very, very directly and said get over that, you're healed. And now the next month excuse me, a month later, doctors don't know why I had the heart failure. A month later I had a stroke and the doctors don't know why that happened either. And the cardiologist I had all these tests done again in the hospital again and the neurologist said you told us you had heart failure and I said I did. He goes, we've run all these heart tests on you. Your heart's stronger than most people's hearts, and how is that?

But my point is then the neurologist started filling my head with all these stories about this can happen and that can happen and this can all fear-based. Not one cardiologist and not one neurologist talked about. You can heal no matter what you have from source. You can heal anything when you connect into divine mind, source, quantum field, quantum dimension, woo, woo, whatever you want to call it, you can heal everything. Now I'm sharing with people, listening, because there are many people that are dealing, experiencing physical things. You can heal. If you need medical attention, go get it, please. I'm not dispensing medical advice, go get it. But here's what I tell people, because I learned it from somebody else who was near death. Because I learned it from somebody else who was near death Listen to the prognosis, but do not accept the diagnosis. So my diagnosis is I can stay well and healthy for the rest of my life.



0:32:39 - Julie

That's the power of consciousness, yeah Well, and I get to see healings that utilize stem cells, that generate new organs and, in my mind's eye, any healing I'll watch and I'm an inventor of surgical devices sold throughout the world and a former manufacturer of them. So oftentimes I'll see procedures that emulate what I saw in surgery for all those decades. And it used to be early on, Jim, that I would see like a kidney transplant and I'd see the donor patient and the recipient. I'd see the disease kidney get taken out and the you know the harvested donor kidney. I'd watch it get put back in.

Well then, several years ago, once stem cells became part of the zeitgeist, I started seeing new organs get generated with stem cells and I watched the disease organ get removed, the new organ get put in and it has shown up on scans at doctors' offices and hospitals and I've had doctors over the years call me and say what the hell are you doing and how does this stuff work? And it's just spirit working through me and with me to help that person heal themselves, Because nobody heals anybody else no doctor, no healer, nobody. We all heal ourselves. No medicine, right, Right. I heard somebody say recently that the most fabulous pharmacy on the planet is in our brain. It's our brain power.

0:34:06 - Jim

Let me add there, Julie. So I've done well over the years and I've pretty much driven Porsches and Mercedes the last several years. And Don Javier is at my house and I live in Sedona, a small town. We don't have anything fancy here. We have a lot of visitors but like we don't have like a Porsche dealership in Sedona, and he said to me he goes okay, so you're Porsche, if you need something done, do you go to the Joe local mechanic or do you go to the Porsche dealership in Scottsdale? And I said I go to the Porsche dealership in Scottsdale and he said why? He said he said why. I said because they know how to work on my car. He goes yes, they are the creators, they are the experts on your car.

So when we need to heal, do we go to the mechanic locally or do we go to the source to heal? And he goes for you to heal yourself. Don't go to the local mechanic, go to source. Now you can call that whatever you want divine mind, god, source, whatever you want. But you probably know Bruce Lipton. I was talking to Bruce one time. He's been on my podcast and Bruce's words were no medication heals anyone. The only thing that will heal anyone is your consciousness, which is all source. We're vibing 100% on this.

0:35:31 - Julie

Yeah yeah. It is so much fun to watch this stuff transpire. And then the docs are just going. What the heck? How does this work? And it's interesting to me no coincidences in life that you live in Sedona. Tell us about the energy there and why you? You sound like you're from Pittsburgh to me. Where are you from originally?

0:35:52 - Jim

I'm stopped up today. Number one I have to work on this because I tend to be the cobbler of no shoes and that I've never had allergies till I moved to Sedona. I've lived here five years and I've got allergies. The weather's changing today and my family, with my brother-in-law, used to come here every year on vacation and one year he said we're going to be needing to move to Sedona and so my entire family moved here back in 2019.

The energies here are very intense. Here are very intense. Sedona is known as sacred Hopi land and the Hopi knew it as home to the ancient ones, meaning the star people, and in Sedona you will see a lot of with your bare eye. You will see a lot of nighttime activity that cannot be explained, time activity that cannot be explained. So the frequencies here are higher. Candidly, it can be a very challenging place to live. I mean you've got to be able to manage the energies. A phrase that I heard when I moved here from somebody is that Sedona will either

nurture you and grow you or it will spit you out, and I've seen that with a lot of people, because if you come here and you live here and you don't raise your frequency, you'll start slowing down and getting sicker and you don't feel good here anymore and you've got to get out of Sedona. But that's why because I worked with my brother-in-law for decades he's like it's time to go Now.

Prior to that, I'd already bought a house here. It was going back and forth to Dallas. I just resonate. So everything's energy there are it's called geomancy, there are plates under the earth, under the crust, that carry certain frequencies, like in Paris and New York, and of course it's railways and commerce. Of course it's railways and commerce. But if you've ever been somewhere and you're like I don't know, I just feel like I'm at home, this feels good. So that's your own energy, literally connecting with the energy at that particular plate on the planet. I had the same thing happen, which I have family that has a house there as well, in Jackson Hole, Wyoming, which is literally a very sacred place as well. But that's why I'm here. Technically, as my brother-in-law said, it's time for us to go, but it's also a very, very high frequency place. When I leave, I get sick.

0:38:18 - Julie

When I've been there and I've been up on the Mount Dobson, that kind of stuff, and it looks like a bunch of little vortices that are spinning in the valleys and like the dust devils you know the old Western movies where. But they, but they're vortices. Some are bigger than other and I can feel it, but I can also see it. See that's unusual.

0:38:40 - Jim

Most people they get a sense when they're here. I can see it also and I can feel it, because I feel it like it, like it waves coming at me when it's coming at me, like jello when it comes at me, and you can see it and feel it. But most people are like I don't know, there's something different here, and that's as far as they can go. They don't know what it is. But yeah, there's definitely this whole place like one big vortex here.

0:39:11 - Julie

Well, and I find it fascinating too how there are different parts of the world where that is palpable and people like you and like me who have developed our skills. Everybody has the ability. It's just a matter of developing and then enhancing it. But certainly where the pyramids are built, you know the latitude and the longitude coordinate all over the world where a lot of these pyramids have been built and these healing centers and, like Lourdes and France and some of the other Marian shrines and things like that, they're all built on big energy vortices that are in the land, and I find that fascinating.

There's one here I live in Birmingham, Alabama, Jim and there's one here and it's so funny, it's called Gravity Hill and it's outside of town, and we were visiting somebody my daughter-in-law's aunt, we're at her home or something and so I got my son and my husband. I said we're going to go to Gravity Hill, which was a few miles from where this place was, where we were for dinner, and he said oh, come on, mom. I said, just come with me, let's just see what it is. And it's a hill that goes down and it ends on a state highway and the premise is you put your car in reverse, you put your car in neutral and you're facing the highway and the car's pulled up the hill. And they were laughing at me and said no way.

So we did it and it pulled the car back up the hill, Jim, five miles an hour and I thought OK. So we did it three times and my husband and my son were going oh, this is wild. And so of course I needed to scan the area and I thought, well, there's probably some ancient burial ground up there or something. But there wasn't. But there was one further down, but it was a vortex and lots of universities have come and studied it. Even if you do like a Google Maps, it's on there because so many people come to experience it, and I think that's a great example of these

different energy patterns and different vortices and things that are throughout the world in different areas.

0:41:20 - Jim

We gravitate, based upon our level of consciousness, to where we end up. So if we keep all of our frequency low, then we probably won't gravitate towards those places like Chaco Canyon or Machu Picchu or NAD's vortices, wherever they might be in the world. But the higher we raise our frequency, the more we're pulled to higher frequency locations, just like higher frequency people. Now, why that happens, erin, I don't have a clue. I have no idea, but I know that places like that on the planet do exist.

0:41:56 - Julie

Well, and I think once you learn, once somebody learns to raise their vibrational level, then they see magical things all over. I was in Ireland a couple of months ago and I was at an 800-year-old castle and on a morning walk I was walking through the woods and I just said, okay, you guys, I know you're here, come out and say hi. And I was talking to the fairies and they came out from the woods and they started swarming around me, not in a bad way, just in a fun way. And then more of them came out from the ground on the ground and they formed six concentric circles around me and they were like doing ring around the Rosie, but they didn't do the part. We all fall down.

You know they were dancing. And so I said I'm so glad you guys came out to say hi. And they said well, we knew you could see us. And then they said you're magic like us. And I thought that's the sweetest thing anybody's ever said to me in my whole life. But what did they look like? They look like Tinkerbell and the men look like little leprechauns, because that's what I think they look like.

0:43:02 - Jim

That's a great point. Is that that's your model of reality for you as to what they look like, but me they might look like something else, because that's my model of reality, because those dimensions are set up based on what we can comprehend with our current reference points in the universe end with our current reference points in the universe, right?

0:43:23 - Julie

So how do you incorporate that into your? You know what you teach. How do you incorporate? Okay, it's going to be what you perceive and what you perceive is right, because we're all taught critical thinking in school and so many of us are worried we're going to get it wrong. And there is no getting it wrong, correct. So how do you incorporate that? That it's going to be an individual perceiving, perception thing.

0:43:49 - Jim

Yeah, let me. This will help a lot of people also. So Don Javier said to me one time he goes how come Wayne Dyer talks about me this is about 20 years ago about the work that I do with Don Wan. You work with Don Wan. Deepak Chopra's talked about the work about 20 years ago, about the work that I do with Don Juan huge work of Don Juan. Deepak Chopra's talked about the work A lot of people talk about the work.

You're my brother-in-law and you don't talk about it at all is what he said to me. That's back in around 2001. Now, where I'm going there is about just following where you're led Now logically following where you're led Now logically. I would follow the path of only talking about shamanism or the ethereal things or sorcery, but I don't. That's why you had mentioned. It just dawned on me. Now you had mentioned not dawned that you'd mentioned, but the meaning behind it is you talked about my background. That's in neurolinguistics, it's in hypnosis, it's in

science, it's in quantum mechanics, it's in transformational psychology. How did this come together? I don't know, it just did so.

The point is is, even in my programs my signature program is called the Transformational Coaching Program we don't promote any of these things that you and I are talking about at all, and the reason why? Because my role in this lifetime is most of us don't know how to live in balance. We think balance is work-life balance. That is not balance. Balance is learning to integrate and balance the higher part of us with the physical 3D part of us. Most of us live all woo-woo, the higher energies and we're broke and can't pay our bills a lot of times, and a lot of times people are sick like that, or the majority of humanity lives in the lower. Oh, my ego and my homes and my cars and my this and my title and my job and all these kind of things. We got to integrate the higher and the lower, as above so below, as below so above.

So I talk about a lot of things to help people function for lack of better words more productively in the 3D and the physical world and the 3D and the physical world. It's even hard to reach the physical world without if you're living in the streets. I mean to some degree you know so what I do. It's kind of like in marketing you sell people what they want and you give them what they need, and I never set it up that way, but I set it up. Let me help you create better life, better this, better that you know, manage your life better, better relationships.

But in that frame now I get to talk about the woo-woo and I get to talk about the spiritual things. Had I only promoted that way, I'd get a very small percentage of the marketplace. But when I talk about better quality of life, better health, better relationships, you know, talk about better quality of life, better health, better relationships, you know, just a better quality of life. I attract more people and then I start filtering with the energy through that and I tend to bring the people into my fold that I need to bring into my fold, if that makes any sense whatsoever.

0:46:56 - Julie

Yeah, absolutely. And you again were led. Yeah, absolutely, and you again were led. Spirit was guiding you to market it in that way. And then you bring them in and then you give them a full 360 overview of everything, because you don't want somebody to be turned off by oh, this is just woo, woo and I don't. You know, I don't want to do it kind of a thing, but that's brilliant, and that's with my stuff too.

My main spirit guide showed up and he said you need to teach the world what happens when somebody dies because they're so afraid. And I said I'm a businesswoman. People think I'm nuts, I'm not doing that. Say bang. And so I thought, all right, how am I going to get that to them? Well, most people come to me for, at least on the surface, medical stuff, because they've been to a bazillion doctors and they still have the same symptoms. And then, while they're there oh, by the way, you know, can you check my grandma, who's in the nursing home, and I don't think she's going to live very much longer and we can talk to grandma's spirit, even though it's still attached to her body. We say, okay, she's in phase seven of the 12 phases of transition.

So same thing bring them in. People are going to meet you based on what their interests are, and then you present what we were talking about earlier. Once you connect with spirit, then you have access to all of it and we're all a fractal of the divine. We're all part spirit. You know spirit's the main part of us, and then that's the everlasting part. You, in your context, coaching I want you to say more about that, and I want you to say more about that and I want you to incorporate. When people feel trapped by their thoughts, their circumstance or just what they perceive to be bad luck, how does your program help them navigate that and come out on the other side, to help them design the life that they want to live?

0:49:04 - Jim

You know that's an interesting question. People caught, the reason people are caught. Let me go back to your question. I've never had this happen on an interview. This one's a little harder for me because the energy is different on this one, and I know it's coming from you, so it's throwing my rhythm off. So I have to keep coming back and thinking in a good way. That's all positive. So let's go back, though, because it'll tie in.

Now I want to answer, and I have found in my experience, when there's something going, when there is dis-ease in the body, you don't heal the body. You have to go to a higher frequency, higher resonance to heal the body. So that's your experience, I'm guessing, based upon your head rot. Okay Now. And, by the way, people listening. A lot of times I find people listen to me but they don't and I'm sure it happens with you and then someone else says the same thing. I will say something and they'll listen to me. Then they'll go listen to you and say well, when she said it, it made sense. I said the same thing.

0:50:10 - Julie

It's like kids, you know, get that from their parents and then they hear somebody else say they're like mom. Did you know Exactly?

0:50:19 - Jim

Yeah, exactly so. I was just saying because I can keep it together, but the energy and the frequency is throwing me off a little bit. But where I go with people in the transformational coaching program is everything has. I'm just going to say it in my words and this is a way that I've learned from the shamans stop putting so much self-importance on yourself.

This container you're living in is temporary and we think and I've been there in my life I have, I've chased, I have it, fortunately but it doesn't mean anything anymore. The homes and the cars and the money and I have all that stuff. It doesn't mean anything anymore, but it used to be. Oh, I'm successful from my past. Meaning this is you know, I grew up a small town, texas, foreign boy, so I have these kinds of you're in the South too. I have these things and I'm rich and doesn't mean anything.

And what I've learned is we have to let go. We have like our claws into this human identity. We have to let it go, and when we do that, we automatically start letting higher frequency come through and we heal our relationships and our life and boom in dream time. The clarity comes and all these kinds of things come. So you're asking me questions in a way that I thought about them but I haven't. That are timed together.

So many people have been in my programs and I don't ever say we don't promote it as healing or any of that. It's transformational. And they'll say I was on anxiety medication or I was on depression medication and I'm not a doctor, I can't take them off that. And they will say but I just stopped in the program because all of my work is about 3D Makes no sense. But let go of the 3D, have the 3D and let's create more 3D, meaning the homes and the cars and the money and the whatever you want, but own and attach to none of it. Now I'm going to ask you, julie, did that make any sense whatsoever, what I just said?

0:52:28 - Julie

Yeah, it does, Because what you're doing is you're helping people and this is what I do too. You're helping people raise their vibrational level, which is where all the abundance comes in, from both the material and the health and the relationships and all of that jazz. And I always say, Jim, spirit doesn't communicate on the I feel crappy channels because the vibration's too low. So we got to get on the same frequency as spirit so that we can receive the information that's coming into us and then act on it. So that's what you're helping people do is raise their vibrational level, and then that's when all the abundance and all of that comes in.

0:53:14 - Jim

Let me add yes. And let me add there is I'm doing my I've got to record my podcast after this one today and something I talk about a lot, a whole lot, and it's challenging for a lot of us to get. I get my information in dream time or it just comes to me and I just know it in the moment. But in dream time, don Javier came to me maybe six, seven years ago and he said you need to let go of attachment to everything in your life, including your own life. We never think we're attached to this container of skin that we're in. We think we're attached to the things the container owns. But we also attach to the container and I've recognized.

You know, the Buddha said the greatest cause of suffering is attachment. And I've recognized the less you attach to, the more clarity and power that you have. And that means you can own half of the United States, like Bill Gates and land. I don't care, you know. I mean I guess I do, but anyway I don't. But don't attach. Don't attach to what other people say to you, don't attach to your past, don't attach to your ideas, don't attach to your sentiments. Simply observe life and then let things come to you, but don't attach and then bury yourself in things, which is what a lot of us do Now. I don't know if that made any sense, but that's where I live from. Is the peace.

0:54:53 - Julie

Yeah Well, and it's a learned skill, because we're taught the exact opposite of that. So I believe it's a habit that we create. I could talk to you all day, but I've got one more question for you, and that is why do we incarnate?

0:55:10 - Jim

As I understand. Number one as many people say, we have past lives. We don't have past lives, we have different lives. We only have one life and that is the continuity of our consciousness for infinity. And then we incarnate and leave, incarnate and leave, incarnate and leave. But we attach the word attachment again to the incarnation and we identify that to that and stay trapped in that. Now we can also incarnate, not just on this planet, we can actually go to other star systems and incarnate.

A lot of people think that incarnation is like the Buddhist philosophy you incarnate and you climb the ladder as you incarnate.

As I understand and have been taught to me, it's not that way, because you can incarnate but then you can leave the body and then incarnate again. But you incarnate like three levels below where you were in the last lifetime, because you have to go back there and learn lessons back there, to go seven steps ahead for your next incarnation. Now, as I understand again I know nothing about it, but I do, but I don't we incarnate for the evolution of our souls. Now people can say well, why do we incarnate? What I've learned is that spirit, mind and energy cannot manifest anything without also coupling with the carbon of the body, the plasma of the body. We must be in the body to grow. When we leave the body, no matter what universe that body is in, when we leave the body we cannot actually grow. We exist till we incarnate back on a body again, have an experience in matter and we can continue the growth. That's what's been explained to me over the years.

0:57:05 - Julie

Well, and I've heard from bazillions of spirits that when they're in non-physical, what I would call heaven, they think of something and it immediately materializes, whereas why we're here is to create. And even if somebody is going through something that we would perceive, from our human perspective, to be horrific, in heaven the spirits are going cool. What's Jim going to create out of that? Wonder, where he's going to go, what decision is he going to make? And all of that which we look at and we think, well, that just is nuts, it doesn't make any sense. But

when we look at it from a macro view, then we can see that, yeah, it's feasible, so it's a possibility. You are a fascinating guy and I, on behalf of humanity, thank you for your wisdom and for being willing to share it with all of us, and you too, I mean you're a healer.

0:57:58 - Jim

Thank you for that.

0:57:59 - Julie

You bet, and how can people learn more about you and your work?

0:58:04 - Jim

So being is a genesis of creation. Everything comes from being, whatever that being is. Last year I created a program. I sell it, but I want to give it to your listeners. But I want to give it to your listeners. I created a program called Be, do have. And you must be before you can do, before you can have. As I mentioned earlier, we're human doings. That's what we become and we're really beings because your doing is only as effective as the doer doing the doing. And so I created this program called the Be To have Challenge. It's a nine-day challenge where I walk people through understanding at a profound level what it even means to be without all the dogma of being on the planet. We did change the name to the Get Unstuck Challenge because that appeals more to the ego, but it's a nine-day program.

I've sold thousands for \$97 and I want to give them. I want to give the program to people listening because they've stayed, and I want to give them something that will help them expand their existence, that'll create expansion for them so they can grow and evolve and help more people. So what they want to do is go to [jimfortin.com](http://jimfortin.com) slash Julie, [jimfortin.com](http://jimfortin.com) slash Julie, and they can download the program. We track all of our metrics when we sold it. People tend not to appreciate things that are for free. That's just the reality. But when we sold it we had a 93% completion rate after nine days, which is really high for a challenge. So people were finding great value there, but it will help them understand the true nature of their being and from there we can build and create from that. So that's probably the best place I can help people out.

0:59:58 - Julie

How wonderful. Thank you for your generosity. We will, of course, put that in the show notes, yeah, and thank you for your time. Thank you for making time for us. I know your schedule is crazy, so I really appreciate your making time for all of us today, everybody. That's it for today, Sending you lots of love from Sweet Home, Alabama, and from Arizona, too, where Jim is. We'll see you next time.

1:00:23 - Jim

Thank you, Julie, Thanks guys.

1:00:25 - 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](http://AskJulieRyan.com) distributing it Assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.