

## AJR Show Nov 7th 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. I am just off of angelic attendant training in Atlanta. Oh my goodness you guys, what a weekend. It was just magical. We had people flying from all over the US and multiple other countries. That camaraderie and the relationships that were formed and the high vibe and the love were just. We about blew the roof off of the hotel and everybody had a ball.

I think that's the thing that surprises people the most. Somebody said to me you make it so easy and you make it fun. And I said well, it's supposed to be easy and fun. There's no reason to complicate all this woo-woo stuff. It's all pure love and joy coming in from spirit. So we're going to do an online training in May. Those dates will be on the website for those of you that can't travel. So we're going to do an online training in May. Those dates will be on the website For those of you that can't travel and you just want to do it online. We'll do that and then we'll do another live one next November in Atlanta again, so wonderful to meet everybody there.

A bunch of my graduates came in and held and that was a ball getting to see them too. So we got a bunch of people on hold. Chris is going to help us on those that have called in. If you want to have a conversation with me, go to [AskJulieRyanShow.com](http://AskJulieRyanShow.com) and we will get you. Get as many of you on as we can. If you're coming in on the YouTube live Samantha's helping us there from my team and it's AskJulieRyan on YouTube and you can just put a note in the chat section. Just put your first name and where you're located and then your question, and we'll get a bunch of you on as well. You wanna stay tuned because near the end of the show I'm going to be announcing a free session that somebody has won. If you want to enter the drawing, I give away one every month, you guys, for the beginning of the month, and so if you want to be entered into the drawing, you just have to leave a review anywhere you watch the show. Listen to the show YouTube. We're on all the podcast networks. Just have to leave a review Anywhere you watch the show. Listen to the show YouTube. We're on all the podcast networks. You can also leave a review for one of my books on Amazon, if you want. And those count too, we take those as well. So, Chris, who's our first questioner, who's our first person this evening? Okay, got to get my glasses on, because this is coming from YouTube. Here we go, terry. Hi, terry, Julie. This is Terry from Duluth, Minnesota.

I was told that my inner eye is closed and that's why my ears have been ringing for so long. Could you scan me and tell me if this is so? Okay, miss Terry, right off the bat, I'm hearing. No, that's not it. It's a medical thing, you know, it's a physiological thing, that whole thing that people, people oftentimes will say to me well, somebody told me that my inner eye is closed, my third eye is closed. That is nonsense. Nobody's third eye is ever closed. It's just learning to develop it and then enhance it. And it depends on how you learn. Some people learn visually, like me, some people learn from a hearing auditory, some people hear from a kinesthetic standpoint, and then you get information through the easiest way for spirit to communicate

with you, and then those other skills come in with practice. So nobody's third eye is ever closed. That's nonsense. So, tara, here we go.

Here comes my laser beam from Sweet Home Alabama out to you in Minnesota. For those of you that are joining us for the first time, how this works is I raise my vibrational level to the level of spirit. I'm going to watch a laser beam in my mind's eye go from my body here in Birmingham, Alabama. It's going to hook into my collar from wherever they are, even if they're on a planet far, far away. I can find you. And then I'm going to envision shooting energy from your feet up through the top of your head and I see body parts in my mind's eye. I'm like a human MRI. For those of you that are listening or watching, I want you to envision what I'm describing to the person. Obviously, the person needs to envision it too, because that's going to help integrate the healing into their body. And when we all envision it together, we're, all you know, like efficacy in numbers. It's like the power of prayer. We're all working on the healing, for we will be for Terry and for all the other people who want one that call in tonight, and it doesn't matter whether you're listening in real time or whether you're listening next week, next month, next year, in five years. It doesn't matter, because time doesn't exist in the spirit world. Time's a human creation, so that's what we're going to do.

Okay, Terry, I'm already hooked into you. I'm going to your left ear first. Looks to me like you've had some ear infections at some point in your life, because your eardrum looks like it has little holes in it that have healed and they're not uniform. So my guess is, as a child, maybe you didn't even know that you had a ruptured eardrum. I think a lot of us don't. It's just during a cold or something that will have that happen. So what I'm watching is I'm watching those areas get cut out of your eardrum and your left ear, and then we're going to replace them with stem cell energy. Light amber color gel has sparkles in it because it's whoa, whoa, gotta have sparkles, and it reminds me of Dippity-Doo hair gel, which was a thing in the 60s and 70s when I was a kid. It's kind of a watery gel, and so that's in there.

There's a vortex spinning outside of your ear and that centrifugal force is what transforms the stem cell energy into new body parts. Whatever we need, I mean, this is amazing stuff, and so that's happening to regenerate that eardrum. Now the eardrum is being pulled in different directions, like in the 11 o'clock position, in the 4 o'clock position, in the four o'clock position, in the two o'clock position, and what it's doing is it's stretching it, because the tautness is that a word? How tautly the membrane is pulled, is what handles, it's what determines the reverberation on the eardrum and that's all connected with your hearing. It always reminds me of a pair of bongo drums. You know, how tight that membrane on the top is pulled is going to determine the tonality of those bongo drums. So that's what I'm watching happen. I'm watching a little corkscrew go through that eustachian tube on the left side and clear that out too.

Looks to me like you're congested, like you need to pop your ears, like that happens when you go up and down mountains, or perhaps if you've flown and you get off the plane and you think, oh, my ears have to pop. That's what happens there too. So, Terry, I hope that happens and I hope that makes you feel better and I hope that that's going to help the ringing in your ears. One last thing that you may want to do is turn your Wi-Fi off at night, because oftentimes Wi-Fi can exacerbate any kind of tinnitus or tinnitis, any kind of ringing in the ears. So try that. Go out in nature, away from cell towers, see if it's better. It may have a big effect on your ringing in your ears. So I hope that helps. Thanks, Terry, all righty.

AskJulierianshow.com. If you want to have a conversation with me, we're at Ask Julie Ryan on YouTube in the live chat, and just put your first name and where you're located and what your question is, and we'll be answering more questions from YouTube as well. Remember to subscribe if you're listening on a podcast or if you're listening slash watching on YouTube. Remember to subscribe and we will let you know when a new episode comes out and that

helps YouTube. Actually, when you subscribe, it helps YouTube send this to other people, which gets this information out, which is really helpful to people in their lives. Okay, let's see who's next. Hi Hi Rosita when? Are you? Where are you located? In Hermosillo, sonora.

Mexico, in Mexico. Okay, terrific, well welcome. You got a question for me.

0:09:57 - Rosita

Thank you so much. Yes, I'm calling in like for somebody else who's not here with me. Her name is Mariana and, like a couple of weeks ago, her husband disappeared. Like a couple of men took him. She just told me that information and they don't know where he is. Would you look if he's deceased or where he might be?

0:10:30 - Julie

What's his first name?

Diego,

Julie

Diego, okay, Diego. All right, diego, are you still alive? I'm getting a. No, he's not.

Oh my gosh yeah.

Julie

I'm so sorry with that. Will Mariana find his body? I heard good chance, so let me see if I can get some confirmation on that. Will she find his body on her own? Will it be brought to her? No, she'll find it eventually. She'll find it eventually, but I don't get that. He's still alive at this moment in time. So I'm so sorry about that. Thank you so much. You're welcome. Have you read my book Angelic attendance what happens as we transition? Okay, it's in Spanish and if you go to [Julieryangift.com](http://Julieryangift.com) you can download a free digital and audio book. Download both in English and in Spanish, and it will. I believe it will help your friend a lot, because nobody ever dies alone. We're all surrounded by angels and the spirits of deceased loved ones and pets, so hopefully that'll give her some comfort. Thank you so much.

You're welcome, you're sweet. I call in for her. That's so tough, you know, when a question like that is asked, you guys know I don't edit anything because his spirit working through me and with me to help facilitate healing and get information to people, whether that be on a medical issue or an emotional issue or whatever. So, and am I a hundred percent right on the? In this case, I hope I'm, I hope I'm wrong. I don't think I am, but you know there's always a chance. So I always say all I can do is give you the information that I get downloaded into my head. And am I a hundred percent accurate? Well, I don't think anybody's ever a hundred% accurate. And if they are, I think, if they say they are, I think you need to run the other direction because we are human. But I wish lots of love and peace and comfort to Rosita and to Mariana and their families. So let's see who's next. Hi, Lori, hi, how are you, my girl, doing?

0:13:10 - Lori

well, A little thyroid issue. I live in Atlanta, Georgia. Okay.

0:13:15 - Julie

Yeah, Lori's a graduate of my class and she was in Atlanta with us last weekend. It was a ball, wasn't it?

0:13:23 - Lori

Yeah. So since that time I've had some results come back that my thyroid. I have thyroid nodules. I kind of mentioned it to you on Saturday, but one nodule is like 3.3 centimeters and they would like to biopsy it like just a fine needle aspiration to see if it's cancer or not.

0:13:46 - Julie

I don't think it's malignant. So what I'm going to do is I'm going to connect into you, and so here we go. Here comes my laser beam from Sweet Home Alabama heading over to you in Georgia and got you coming in from behind. I have a hologram of you in my mind's eye. From behind I'm going in, I'm seeing a nodule on the left side, upper left side, as I'm looking at you from behind. It's pink. It doesn't look malignant to me. I'm watching a hot wire cut and cauterize to slice it right off. You know those cheese slicers that just look like it's a handle with a wire in it. You can cut really thin slices. That's what I'm watching happen. But the one that I see get used is electrified, so it just slices and then cauterizes so that it won't bleed. I'm watching that. You've got a bunch of other little ones as I'm coming around on the top and coming around over the top of the right side Again, as I'm you're right, my right as I'm looking at you from behind. They all look benign to me, they're. I think they're all fine, so we're just removing those.

You may want to get in touch with Dr Maria Amasanti, and her website is D-R-A-M-A-S-A-N-T-I dot com and she's going to be able to help you get your thyroid function back and get it elevated and get it cranked back up. That's what I'm doing now. I'm shooting energy into it. It looks a little sluggish. Are you on thyroid medication? No, okay, it looks kind of sluggish to me. And it's so funny, Lori, with the thyroid, when it gets cranked back up, gets started. It sounds like a diesel engine starting up. It sounds like we have a what do you call it? We've got a generator that powers our house. If the power's out, and that thing cycles every once a week, I think on Wednesdays, and I can hear that thing starting up. It sounds like a diesel truck next to my house, and so that's what it sounds like.

You're going to be fine. Work with Dr Maria, get your thyroid back in order. You've had a lot going on. Her daughter just got married, she just sold her mom's house and farm. I mean, you have been up to your eyeballs in busyness, so I am not surprised that your thyroid's going. Hey, I need you to slow down a little bit. Then you were with us for the weekend for the training, so you're fine. You're fine. Work with Dr Maria. I'm not seeing any malignancy. Okay, thanks.

0:16:37 - Connie  
Julie.

0:16:37 - Julie

Okay, you bet Bye. All righty, askJulierianshow.com. If you want to have a conversation with me, if you're coming in on YouTube on the live stream, we're at AskJulieRyan, and just put your question in the chat box. Samantha will help you and just put your first name and where you're located and we'll get those questions answered as well. So we'll take it from there. Let's see who's next. Who's the next person that's going to ask a question?

Cheyenne, hi, Cheyenne. Let's see who's next. Who's the next person that's going to ask a question? Cheyenne, hi, Cheyenne, from LA.

I've been dealing with severe stomach pains that have lasted seven months. I think I have a rash and weight gain that are related to it. All right, let me get you on my radar and here we go. Here comes my laser beam from Sweet Home, Alabama, heading out to you in the City of Angels. All right, got you Shooting energy. From your feet up to the top of your head. You are

full of candida yeast. You look like a yeast roll, my girl. It's like somebody sprinkled white powder on the inside of your GI tract. So I'm removing that.

You have what's known as leaky gut, and that's when there are little separations in the intestinal wall and microscopic particles of food and toxins from the gut get into the bloodstream and the body says, oh crap, we're under attack. Oh crap, literally, because it's coming from the intestines, which is the sewer of the body right, and the body goes into an immune response and it makes the cell membranes tough to keep out the invaders, which is all fine and good. However, at the same time, it's keeping out all the vitamins and nutrients and goodies that we need to have healthy bodies. So Dr Maria again D-R-A-M-A-S-A-N-T-I com she's the goddess of the gut. She will help you get your gut healthy. She works with people all over the world via Zoom. She can't prescribe you meds because she's in London and she is a miracle worker. Everybody I've sent to her love, love, loves her and just says oh my goodness, thank you so much for introducing me.

The rash is normally a sign that there's a yeast thing going on too, so it's a fungal infection that is systemic, and that's why the topical stuff doesn't work. You've got to get it internally and that's done. With food, stay low on the food chain. God made it, eat it. If man made it, in effect, you do your best to avoid it, or at least read the ingredients If it's got more than like five or six ingredients. Be sure you can pronounce all of them and you know what they are. You know, don't use any chemicals or things like that. You want to do that. You want to do a biome test, which is a fancy name for a gut biome test. It's the brand, which is a fancy name for a poop test. Go to viome.com. Put Julie Ryan is the coupon. When you exit, there's a huge discount. I think it's 50% off. You do it at home. You don't need a doctor's orders. It's about 100 bucks. It's going to tell you what the best foods are for you to help your gut get healthy, since food is the best medicine that will help a lot.

Stay away from fermented foods Wine, beer, alcohol, kimchi, sauerkraut, yogurt, vinegar, soy sauce, pickles, kombucha all that jazz. Sauerkraut, yogurt, vinegar, soy sauce, pickles, kombucha all that jazz. Not for life, Cheyenne, but at least in the short run, because when we have yeast overgrowth, our guts are fermentation factories and it's like pouring jet fuel on the fire when we do that. Let's see what else. If you're going to eat fruit, peel it because there's tons of yeast on the peel of fruit. Peel it because there's tons of yeast on the peel of fruit and you don't have to peel a blueberry or a grape, but certainly an apple, a peach, pear, a plum. Never, ever, for the rest of your life, ever put a slice of lemon or lime in your drink of any kind, whether it be water or tea or whatever. Just avoid that, especially in restaurants, because they don't wash the lemons, they cut them up early in the morning, they sit out at room temperature all day and we put them in our water and it's like what the heck is in there. You know, it's just a toxic glass of water. So avoid that always. Freeze and reheat your food, because yeast gets on food that's left over in the fridge overnight.

If you think of, yeast and mold are nature's garbage disposal. They make things disintegrate. So that's how you want to think of it. You want to get a hold of some Nystatin, which is an antifungal N-Y-S-T-A-T-I-N. It's a prescription here in the US and then, lastly, work with Dr Maria and you'll be able to get all that handled and cleared up in no time. So I hope you feel better, Cheyenne.

Thanks for your question. All righty, askJulieryanshow.com On the YouTube live. We're at Ask Julie Ryan. Okay, let's see. This is from Beth. Hello, my dear friend, this is Beth and Lisa in Byron, Georgia. We met you last Friday night in Atlanta. I love it.

Hi, Beth, do you have a question for me?

Okay, we'd like you to scan our two elderly dogs, pony and Pippi. Are they in transition? Pony and Pippi, don't you love those names? All right, here we go, heading over to Hotlanta. All right, got you?

Okay, pony Ponies, okay, pony ponies, kind of that, that dog's spirit's, kind of playing whack-a-mole. It's coming in and out, you know whack-a-mole. The wall comes up. Then you hit it with the mallet, like if you're at the at the fair, the county fair, so that that one pony, no, pippy, pippy, no, neither one of them are in transition. So, but we can ask them are you ready to go? No, are you in pain? Yes, both of them are saying yes, what do you need More treats? As long as they want more treats, I think they're going to be around for a while.

When they stop eating and can't control their bowels is a lot of what's going on. If you find that they're not joyful anymore, Beth, then you know they're not playing, they're not having fun. That's when you want to consider what your steps are if you want to euthanize them or just make them comfortable for the rest of their lives, but right now I think they're both still going to be around for a while, so I hope that helps. You know, future events are fluid, so all I can give you is what I'm getting at this moment in time. I have a colleague who says all thoughts about the future are lies, and I think that's right. But he's right because there's no way we can know. There are too many variables that can come into play in a future event. So I think you're going to be able to enjoy him for a while, based on what I'm seeing right now. So thanks for your question.

Thanks for coming Friday. I hope it was fun. We did a live show in Atlanta on Friday and then we had a dessert reception in this upper upstairs crystal ballroom on the top floor of the hotel, which is right on the runway of the Atlanta airport, and they have this outdoor patio that's covered and you get a view of all the planes lined up waiting to land. They look like a bunch of angels just sparkling in the sky and they're off in the distance. And then we look the other direction and we have a full view of the Atlanta airport all lit up at night, so it's really magical. And, of course, lots of great desserts that I didn't eat because I don't eat sugar, but I could dream about it, you know, they look good. Everybody said they tasted good, so that was fun too. Thanks for coming, you guys. Alrighty, let's see who's next.

Hi, connie. Hi, how are you, Julie? I'm great.

0:25:14 - Connie

How are you Good? I am from Greenville, South Carolina. I actually had a private session with you one time. My question is I have a sister-in-law who is 69 years old. Three weeks ago she had major back surgery. She was in the hospital for a week and a half Then she was moved to a nursing home or rehab facility Two days ago. She is back in the hospital. She is very lethargic.

0:25:48 - Julie

I'm not even connected into her yet, but I get these divine downloads Connie, into my head and I'm getting she's. She's going into to sepsis. Is that what they're saying? She's got an infection.

0:25:59 - Connie

Well, I said she has an infection, and but they don't know what kind.

0:26:04 - Julie

yet yeah, yeah, get her. I'm going to connect into her. What's her first name? Rosemary Rosemary. All right, I'm going to connect into you and then into her. Is she in Greenville as

well? She is, she is in Greer. She's in Greer, right there, okay, all right. So I'm going to connect into you, first Connie, and then I'm going to connect into Rosemary and I'll ask her permission if I can scan her.

So here we go. Here comes my laser beam Heading over to South Carolina, heading east to South Carolina on Interstate 20, right through Atlanta. All right, got you Heading from you to Rosemary. Got Rosemary, ros. I got you heading from you to Rosemary. Got Rosemary, rosemary. I'm talking to Connie, she goes. I know it's fine, good, I don't know if you set that up, but she's given me permission to scan her.

She's not dying. Her spirit's in her body, so that's a good thing. She's got sepsis. So you want her family to get her on a broad-spectrum antibiotic. A lot of times they'll wait to treat until they know what they're treating, but broad-spectrum is going to take care of at least in the initial areas of what's happening.

The other thing is there's a protocol of Dr Paul Merrick, m-a-r-i-k. He is the most published critical care specialist, I think in America, maybe in the world and he has a protocol, Connie, that combines vitamin C, thiamine and steroids, ivs of all three and he has an amazing success rate for treating sepsis way better than the medications. So you want to look up Dr Paul Merrick M-A-R-I-K. And he's one of the ones that was, you know, lost his medical license and stuff because he wouldn't treat his critical care patients like the government told him he had to. So he's working for a consortium, I believe it's called the Critical Care Alliance and I believe it's FLCCC.org. It's flccc.org. So disregard all the nonsense about you know he lost his license and all that nonsense that was all political.

But he has a protocol that I've recommended to so many people around the world and it has helped save lives, many, many lives, even in my circle with my clients. So it's vitamin C, thiamine, which is B vitamins, and steroids, and you want to get her on that as soon as possible. If her doctors won't do that, you can get that changed into oral dosages and I would talk to Dr Maria D-R-A-M-A-S-A-N-T-I.com, dr Amasanti.com, and she can help you convert that kind of stuff where the family can. I have many families .where the doctors in the hospitals won't do this treatment and so they do it orally themselves, and I know of several situations where it saved their loved ones' lives.

0:29:33 - Connie

Okay, okay. Thank you so much for your help. That answers a lot of questions.

0:29:38 - Julie

Yeah, yeah, because she's not responding to stuff, is she?

0:29:42 - Connie

She's not responding to stuff, is she? Well, they've only had her on one antibiotic because they didn't know what type of infection it was, but she can't even communicate with us, right?

0:29:56 - Julie

now Right. Because she's so sick, mm-hmm, yeah, and sepsis kills hundreds of thousands of Americans in hospitals every year. It's an infection that they get, usually in the hospital. So, yeah, broad spectrum antibiotic and Dr Paul Merrick's protocol for sepsis. Okay, thank you so much, you bet. Good luck, Connie. I hope she feels better, you bet.

Thank you Bye, bye I hope she feels better, you bet. Thank you, bye, bye.

AskJulieryanshow.com. If you want to have a conversation with me, we're on the YouTube live stream at Ask Julie Ryan. Put your question in the chat, put your first name and where you're located and your question, and then we'll be answering from both. You know this is always a

crapshoot every week, which is what makes it so fun, because I never know who's going to call. I never know what their question is going to be. Chris is the. He's the captain of this ship. He decides who gets in when, and so it's always a surprise for me. And then it's always fun to see what the question is and see what spirit has to say as an answer. So let's see who's next.

Hi, Michelle.

0:31:08 - Michele

Hello, how are you, Julie? Thanks for getting me on you bet.

0:31:12 - Julie

Well, you need to thank Chris, because he's the one with all the power here.

0:31:17 - Michele

Thank you, Chris. Where are you located? I'm in Virginia, Virginia Okay Terrific. I'm in St Virginia Okay Terrific. In Stanton, Virginia, which is kind of in west of Charlottesville.

0:31:26 - Julie

Yeah, okay, wonderful, you got a question for me.

0:31:30 - Michele

Yes, so I have a history of concussions which ended up landing me on medication because it was a constant low-grain symptoms. I've tried to come off of the medication and then I left it a couple of weeks and it's like, oh, the symptoms are coming back and I would love to not get back on it. I would love for my brain to heal.

0:31:52 - Julie

Were you in a car accident. What happened with the concussions? When I was?

0:31:58 - Michele

four, my brother sent me down the hill on a sled and I slammed into a brick wall. I've been in a car accident, but not a horrible one. But then I had a. My poor brother gets teased about this the rest of his life. And then five, six years ago, a couple of freak like weird wind accidents, like a hot tub cover blew up and landed on top of my head and then my car door. When I was walking with friend we stopped at the end of our walk to talk and then the car door just like landed in the side of my head. So that was kind of like the okay. Here come the symptoms and I couldn't get them under control. So the neurologist put me on some medication.

0:32:42 - Julie

Okay, all right. What I'm going to do, Michelle, is I'm going to connect into you and I'm going to go look at your brain and we'll see what's going on. So here comes my laser beam from Sweet Home, Alabama, heading up to you in Virginia. Here we go. All right, got you. Have a hologram of you in my mind. I'm looking at you from behind. Have a hologram of you in my mind. I'm looking at you from behind. So the hologram shows up and then, depending on what we're going to investigate, that hologram moves around. So I'm looking at you from behind, I'm shooting energy from your feet up through the top of your head.

Okay, yeah, you've got a lot of scar tissue in your brain. Brain matter looks like thick cooked oatmeal to me, and you know my analogies are hilarious at times and I'm not trying to make them funny. That's just how they look in my mind's eye and I figured out after doing this for all these years, Michelle, that it's spirit giving us a frame of reference for the energy healing that's happening, so we can envision it. Because when we envision it, then that helps integrate the healing into your body, if you can envision it, and for everybody watching or listening, if they can envision it as well, then they're sending healing energy to you, just like I am. So imagine

that scar tissue looks like I am. So imagine that scar tissue looks like cartilage in a chicken breast, with the bone in you know that white flexible stuff. So imagine.

I'm scooping out where the scar tissue is and it leaves a divot in the brain matter in the oatmeal. So here comes my favorite thing stem cell energy. Light amber color gel sparkles, reminds me of Dippity-Doo hair gel. That's filling those divots. You know, if you've got a bowl of oatmeal and you take a spoonful, there's going to leave a divot in the thick oatmeal in your bowl. So I'm watching that. You've got some on the left side. You've got some in the front. You've got some on the top of your head. You've got some in the front. You've got some on the top of your head. You've got scar tissue that looks almost like it's a line on the top of your head. I don't know if the edge of that hot tub cover really slammed your head there or what.

0:34:59 - Connie  
It hit me yeah.

0:35:01 - Julie  
Yeah, I bet. And then you've got some in the back. You think about it. The brain is not secure inside the bony skull and so when we have any kind of an impact or we get hit, that brain moves and it slams up against the bony skull and then it kicks back. So we can see not only injury on one side, like on the front, but we'll see it on the back where it's kicking back, which to a lot of people doesn't make sense until I explain it that way and that's how it's been explained to me by spirit.

So every place where stem cell energy has gone into your brain, Michelle, there's a little vortex that's spinning above that area and that centrifugal force is what transforms the stem cell energy into new body parts, and this stuff will regenerate any body part we need. So we've got that going. When I see scar tissue in somebody's brain, it can occlude neural pathways and those look like little laser beams as part of a security system, for instance in a museum. Do you see Ocean's Eleven or a movie like that, where some thieves?

are trying to steal something out of a museum and they're stepping over the laser beams and rolling under them and all that. That's what the neural pathways look like in the brain. So I'm getting those reactivated because the scar tissue can occlude that neural pathway thing. I also get that you're being exposed to mold. Where's the mold? Do you have a water leak in your home?

0:36:46 - Connie  
or your office.

0:36:47 - Julie  
Have you had one? You've got mold in your system. Are you drinking mushroom coffee or eating something with fungi in it?

0:36:58 - Michele  
No, I think it might be the house we're renting. We own a home but that we turned into an Airbnb. The home we're renting has had a lot of water. I wonder if that might be the house we're renting. We own a home but that we turned into an Airbnb. The home we're renting has had a lot of water. I wonder if that might be it.

0:37:08 - Julie  
That's it. I think that's more so than your brain. Okay, I'm placing the problem. I believe it's a mold issue, so I'm clearing that out of your body. I mean, what the heck? Add access to your brain. So let's fix that.

While we're there, let's do a healing on that, which we've already done. We probably raised your IQ by a few points and it's probably already really high. So watch out world, but you've got a mold issue. I would bring in somebody who really knows what they're doing with the mold and get that remediated. If you're renting, you know you're going to probably need some mold tests to show your landlord, because they're not going to want to fix anything if it's going to cost them money. And in the meantime, again, work with Dr Maria to help detox, because it's really important, I believe, when we're detoxing from mold or any other kind of issues, to work with somebody that knows what they're doing, who can help guide us, because sometimes we try and detox too fast and our bodies can't handle all those toxins being released, and so we can take three steps forward and four steps back.

So D-R-A-M-A-S-A-N-T-I.com she's an expert in helping you get your gut healthy. In the meantime, michelle, I would get some air purifiers in there, and especially in your bedroom and in your common areas, you know, like your family room and your kitchen and places like that and get some HEPA filters really good quality HEPA filters in your HVAC system, and that'll help too. Okay. I think this is way more mold related than brain injury related.

0:39:11 - Michele  
Okay, okay.

0:39:11 - Julie  
Thank you. One other thing about mold mold is really a problem for everybody, but only about 30% of the population reacts very strongly to mold exposure. I'm one of them. You're one of them, my husband's oblivious. I can walk into a room. I can tell him in a nanosecond there's mold problem in here. I'm out of here and he'll say I don't smell anything, I don't feel anything, I don't see anything. I'll say honey, thanks so much, I'll wait for you in the car. So it's very common for a family to live in a moldy home and only maybe one person's having symptoms and all the rest of them don't. That doesn't mean you're nuts. It means that you're very highly allergic to mold.

0:40:03 - Michele  
Okay, yeah, yeah, and I can usually smell it and taste it and everything and places, yeah, so I'm sensitive to it, I guess. Yeah, okay, I hope that helps.

0:40:13 - Julie  
Okay, thank you, it helps a lot, wonderful, thank you so much you, let's do our winner for this month's free session. And there's Chris with my drum roll. He gets such a kick out of that, you guys. I think he waits for the first week and the third week of the month just so he can do his drum roll. All right, Somebody named Lulu Tree, who left a review on Apple podcast and Lulu Tree isn't that a great name says I'm so grateful to God that he brought Julie Ryan into my life.

Oh, how sweet is that. She went on to say I'm taking her online AET class. That's Angels in Enlightenment Training. That's kind of like the baby class. That's the self-paced class. And, wow, I can feel her high energy vibrate as she transfers it to me. Her book was amazing and I'm now not afraid to die.

This is a must listen podcast. I listen every day and sometimes more than once a day. I promote her show to everyone I know. Is that just a fabulous review? So, Lulu Tree, you have won a free session with me valued at \$250.

And we'll have a whole hour to talk about whatever you want out of my buffet of psychic this so we can talk to a deceased loved one, or pets we can, and or pet we can do medical stuff, we can do past life stuff. We can tell how close to death somebody is. We can talk to your spirit guides, your angels I mean anything and everything that we can cram into an hour. Most

people when I get them all alone for an hour. It's so wonderful for me. I get to meet so many amazing people from around the world and it's rare that somebody just wants to cover one area. Normally they'll want to hear from deceased loved ones and do medical and do past life and we just cram as much in as we can in the time that we have together. So if you want to be involved in being considered for our free session with me, just leave a review Wherever you listen to podcasts or on YouTube or for any one of my books on Amazon, and we choose from there. And then the third week of the month, the third Thursday of the month, they give away a free class, a free angels and enlightenment training class, and in order to be considered to enterprise there you have to subscribe to YouTube and leave a review. So if you listen to me on podcasts when you're in front of your computer, got to ask Julie Ryan on YouTube, subscribe and then leave a review and we'll choose somebody from one of those. So, Lulu Tree, AskJulieRyan.com. On the homepage it says Ask Julie, Just send us a note, Say, hey, I won the free session with Julie and we'll find a date and time that works with both of our calendars and I look forward to having you for a whole hour, Also myself. It'll be a ball Congratulations.

Okay, Chris, let's get somebody else on. Let's see what their question is. All right, We've got Martha. Hi, Martha, Greetings from San Diego. Thanks for all you do.

My question is I've been told by numerous intuitive and astrologers that I have brought forward fears from past lives I'd love to release. Well, we all bring forward past fears from past lives. We all come in with things that we want to explore and experience in each lifetime and I will normally see a semblance of a script that will repeat throughout each lifetime. If there's something in particular that you're afraid of, if you can put it in the chat and then we can work on that. But in the meantime, here's a technique that I teach. Some of you may have heard it, but it's worth repeating. It changed my life and has changed the lives of many of my students and graduates, and it's called the two-minute rule. It goes like this All thoughts that come into our head don't have a meaning until we give them a meaning.

Now, thoughts either feel good or they feel bad. It's our internal GPS system that helps us know if we're on track or off track. So when we have a thought that feels badly, it's always based in fear, anger, jealousy, boredom. Badly, it's always based in fear anger, jealousy, boredom, grief, actual fear. It's all based in fear. The key is is to determine is it a real fear or a fake fear, Because any kind of fear puts our bodies into fight or flight. It's an autonomic nervous system response. Right, Our cortisol levels go up, our norepinephrine levels go up, the blood drains from our brains, goes to our heart and our extremities, so we can run away from whatever the fear is and we lose clarity because our brains aren't operating properly. So we want to be able to figure out is this a real fear, Is this a fake fear? Real fear is something's going to harm you or kill you. Change the condition before it does. Fake fear is everything else, and it's 99.9% of the fear that we have that make us think thoughts that feel badly.

Here's how you tell when you have a thought that feels bad, you just ask yourself is this going to kill me in the next two minutes? Call it the two minute rule. Is this going to kill me in the next two minutes? Call it the two-minute rule. Is this going to kill me in the next two minutes? Well, if you're standing in the middle of the highway and there's a truck headed towards you, good chance it might get out of the road before the truck runs you over. That's a rational fear.

If, however, you're running late for a doctor's appointment and you're feeling all stressed and you're thinking, oh my God, if I miss this appointment, then I'm going to not be able to get another one, and then there may be something really wrong with me. And if there's something really wrong with me and it doesn't get diagnosed, then you know I may die from this, or you know I may not be able to eat, I may be homeless, I may lose all my money. You know how we get on those rabbit holes and we're thinking of all this craziness of things we don't want to happen. So if you're running late for a meeting or for an appointment, is that going to kill you in the next two minutes? No.

When you get a no answer, a lot of the time you're going to laugh and you're going to think, oh, quit being such a drama queen, right? And then your brain can help guide you through spirit. Just remember, spirit doesn't communicate on the I Feel Crappy channels because the vibration's too low. Keeps your vibration high. You can get guidance, like maybe I need to call the doctor's office and tell them I'm stuck in traffic but I'm on my way, and normally it's not going to matter because we wait in the doctor's waiting room for an hour before we're seen anyways.

So two minute rule you guys make it a habit. Is this going to kill me in the next two minutes? Yes or no are the only acceptable answers in this technique. It's going to help you live a life of joy when you make it a habit. When I have a thought that feels badly now I don't even think about it. I just go to the two-minute rule and nine times out of ten I'll say oh, quit being a drama queen, Ryan, you know, give it up. And then I go back to joy and it's all good. So give it a try. I hope that helps. All right, I think we have time for another question, Chris Hi.

0:48:19 - Bojana

Bojana Hi, thank you for having me. You're welcome. Where are you? I'm in London.

0:48:25 - Julie

London. Oh, my girl, you are up late. I am Thank you for staying up to talk to us.

0:48:32 - Bojana

What you got for me, you got a question to talk to us what you got for me. You got a question I do. Yeah, I think I'm in this life path changes. I've been working here in London with children for the last five years and I got the feeling like that's ending, because not a lot of new options are opening and I'm just wondering if the guides have any kind of message like what's the next step? I would like to go back to Slovenia. I have a little fear how the job is going to open there and maybe something will pop up here, or yeah, I'm just in this, yeah, so let's ask it this way Is it in, is it in Bojana's?

0:49:10 - Julie

am I saying your name right? Yes, bojana's best interest to stay in London and work. What for the?

0:49:19 - Bojana

next year, of course, sure, for the next five months, but then I would like to move out. But then what's like the right thing, right?

0:49:30 - Julie

I'm getting a no on moving back to Slovenia. A no on moving back to Slovenia. I'm getting a no on that. Is it in her best interest to stay in London indefinitely? I'm getting a no. Is it in her best interest to move to a different country in five or six months? I didn't get a yes. I got an absolutely. That's pretty emphatic. Absolutely Okay, what is it? I got EUA. I got Switzerland. I got Switzerland. Okay, Switzerland. Is there something that you have a connection to in Switzerland? Yes, no, not yet. Yeah, I get Switzerland. I get Basel. Yeah, I get Switzerland. I get Basel,, Switzerland. Okay, yeah. So look there. What are you teaching in London, are you?

0:50:21 - Bojana

teaching. No, I'm a nanny. Oh, you're a nanny.

0:50:25 - Connie

Okay.

0:50:25 - Bojana

Yeah, All right. Do you want to continue to be a nanny? No, I would like to involve my personal business of energy healing what I'm doing already.

0:50:36 - Julie

Great, okay, because I got that you're going to be a teacher, so yeah, so that would make sense. If you're going to do your energy business and do that, so is it in her best interest to teach and practice her energy medicine in Switzerland? I get, Switzerland is a home base, but you're going to be teaching it all over Europe. Okay, so probably online. There's going to be an online component to that. Do you have any other questions about that? What's in Switzerland? You're going to meet somebody You're going to? I get a yes, you're going to. Yeah, you're going to meet somebody. You're going to meet somebody. I get a yes, you're going to meet somebody You're going to.

0:51:19 - Bojana

Yeah, like, maybe where can I open up to Switzerland? And why not Slovenia? It's just too small. Slovenia is where I'm from.

0:51:29 - Julie

I get it's too restrictive. Is that where your family is and they're going to have demands on you? Maybe? Yeah, there's something too restrictive about it. I guess, Switzerland is where the energy is right now for you. You know, Switzerland, heck, you can be what in Italy, Germany and Austria like in an hour, depending on where you are in.

Switzerland, so it's close to lots of other places and other countries. I get that this is not going to be limited to Switzerland, it's going to be. You're going to be all over the EU, but I get that your cost of living and your quality of life will improve in Switzerland. Okay, so, do you live with the family for whom you're a nanny now? Usually, yeah, at the moment, yeah, okay, all right, and you're going to be able. You'll be living on your. You know you'll be living on your own, maybe with a roommate, but I get your quality of life is going to be better. Okay, yeah, good. So any last question before I let you go? No, that's it, thank you. Okay, you bet, keep us posted. Let us know what you do. Thanks, you're welcome. Thanks for calling in. Okay, who's next? AskJulieryanshow.com. Youtube live stream. Ask Julie Ryan.

Hi, Tina, hi, how are you? I'm wonderful.

0:52:58 - Tina

How are you, my girl? I'm good, I'm good. My question tonight is I've been told that I have GERD and I know from listening to your other podcast that I may have yeast. So if you could do a scan, tell me what exactly is going on. That be green, yeah, where are you located? I'm sorry, I'm located in Yellowknife, Canada. It's in the Northwest Territories, okay.

0:53:20 - Julie

Sounds like an adventure up there. Speaking of adventures, it is great. Do you have snow? Oh yes, I talked to a client today in Colorado and she said they had eight inches of snow in Colorado and she said they had eight inches of snow. Do you have a?

0:53:37 - Tina

bunch of snow. I see we have six inches. I'm already cross-country skiing, so yeah, it's just great.

0:53:50 - Julie

Yeah, it's wonderful. It was 83 here in Sweet Home, Alabama today. I took my walk this morning in a tube top and shorts.

0:53:54 - Tina

Wow, that's amazing. I know it's amazing.

0:53:57 - Julie

All right, so, and it'll cool down, you know, but it was warm today. All right, here we go. Here comes my laser beam from Sweet Home, Alabama, heading up to you in Canada. Yeah, you look like a yeast roll. Yeah, you're full of yeast. Dr Amasanti, d-r-a-m-a-s-a-n-t-i.com, I should like come up with a jingle or something to you know, sing that website, because I say it so much. But yeah, dr Maria will help you get that. You heard what I said to our earlier caller stay low on the food chain, you know. Stay away from fermented foods. People say to me all the time well, well, but I thought fermented foods were supposed to be good for the gut. Well, they are, unless you have yeast overgrowth. Because when we have yeast overgrowth, it makes our guts a fermentation factory, and so it's like pouring gasoline on a fire it's just going to make it worse.

0:55:00 - Connie

So you want to do that.

0:55:01 - Tina

Should I ask my doctor about a nice statin?

0:55:03 - Julie

Yeah.

0:55:04 - Tina

Yeah, yeah.

0:55:05 - Julie

Absolutely yeah.

0:55:07 - Tina

And that'll help with the antifungal.

0:55:09 - Julie

And that really, Tina, seems to make a difference because people that do it just on diet they need that antifungal boost and I think there are naturopathic and herbal things. I believe oregano oil can help as an antifungal. I forget what else. You can look it up. But people say, well, I take probiotics. And I say well, probiotics when you have yeast overgrowth is a waste of money because it's like throwing grass seed on a field of weeds the weeds are going to choke out the grass. The same thing. The yeast is going to choke out all the probiotics. So you got to get the yeast under control first before the other happens. But it's all healable, doesn't cause any permanent damage and you can heal from it. Work with Dr Maria, she'll help you. All right, awesome, thank you so much. You're welcome. Thanks for calling. Enjoy your cross-country skiing.

0:56:11 - Tina

Oh, I am Thank you. I'll talk to you again soon. Oh, I am Thank you.

0:56:14 - Julie

I'll talk to you again soon. All righty, bye, tina, bye, okay, everybody. I think that's it for this week. That went fast, as it always does. So enjoy your weekend, enjoy this fall time of November, and in the meantime I'm sending you lots of love from Sweet Home Alabama. Bye, everybody.

0:56:37 - Ann cr

See you next week. 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).

0:56:53 - Disclaimer

This show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional. The Ask Julie Ryan Show, Julie Ryan and all parties involved in producing, recording and distributing it assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.