

AJR Ciane Calderon Transcript

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Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Diane Calderon with us on the show today. Diane's a medium, spiritual advisor and author. She experienced a remarkable after-death communication at the moment of her son's tragic death and that led to a profound spiritual transformation. As you can imagine, I have a bunch of questions for Diane about how she's navigated her tumultuous path and gotten to the place of joy where she now resides. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Diane. Diane, welcome to the show. I'm so delighted that you were willing to take some time to join us today.

0:01:41 - Diane

Thank you so much, Julie. I really appreciate an invitation to be a guest on your wonderful program and I you know I can't tell you how much this means to me and to the reason I'm here. So thank you very much career in governmental service.

0:02:07 - Julie

Thank you for your service. And you learned to be an evidential medium. I learned how to do woo-woo too, and so what was the catalyst for that trajectory for you to go from working for the government into what you're doing now?

0:02:19 - Diane

Well, it began with, first I retired from my work with the government and then entered a period where I became full-time caregiver for my husband who had developed Lewy body dementia. And you know, it was a quick transition from, you know, working full-time for the government and then working with my husband my husband During the early stages of his you know progress into dementia. My son passed away in a tragic accident. His passing led me on a super trajectory into trying to understand the afterlife and what happens when someone dies. What does it mean? Can I reach out and connect with him? So much happened because of his death which eventually led me to the work I'm doing now, which, at this point, I am a plant service manager for the carefree medium Suzanne Wilson. But along the way I have learned an awful lot, to the point of becoming an evidential medium.

0:03:30 - Julie

Yeah, all right. Well, so tell us about that. Tell us about Matthew's, your son, correct, correct? Tell us about Matthew. Tell us about what happened after he passed and was he in a car accident, what happened there and then what the steps have been as you've become more efficient and get information that you can validate from the Spirit. I'd love to hear about your journey. Thank you for asking. From the Spirit. I'd love to hear about your journey.

0:04:05 - Diane

Thank you for asking. Matthew was 35 years old when he transitioned over. Up to that point he was one of those only children in the family Spoiled, rotten, but a good kid, worked hard. Wasn't an academic fellow but liked to work with his hands. Wasn't an academic fellow but liked to work with his hands. Ended up doing a lot of work in construction and related kind of career. Shortly before his transition he was out to do residential construction work. I thought that was really good and I could help him do that.

At the time I was caring for my husband who was in the mid stages of Lewy body dementia and I was sitting at home a lot. So if Matthew would pursue this residential construction license I could help him with the business end because I was pretty good at books and computers and doing paperwork. So we were looking forward to that progress in his career. Accident he was actually near his home and was walking his dog over to the dog park, which was a block away from the house. Needed to cross a residential street to get over to the park. As he was crossing the street one evening he was hit by a car and it took him out of this physical world immediately. It was very challenging.

When I found out the next day that he had died Led me into a whole different world. I had been relying on my son to help me with his dad, with my husband. At the point of this happening, Matthew was living down in the Phoenix area. I lived two hours away. When he had time on a weekend or another day, he would come up and sit with his dad so I could run into town and take care of errands or paperwork or whatever it is I needed to do. So he was a big helper in my life.

He passes over and I've lost that. I didn't have anyone around me that I could rely on to be available, so it was a big hit on so many levels. My husband was in such a state of dementia that he wasn't always there. When I got the call about Matthew's death and I told my husband, he didn't quite understand. He said oh, I'm sorry, and patted me on the head, and that was that. It took some time before, I think, it dawned on him that Matthew had transitioned. Matthew, at the time he passed over, did, though, send me an incredible sign, which, at that moment, I did not recognize. 24 hours later, I understood what had happened. That sign made me aware immediately that he was fine, that he was in this afterlife and was reaching out and communicating to me.

0:07:23 - Julie

Thus, I needed to find out what that meant. Would you be willing to share the sign with all of us?

0:07:28 - Diane

Oh, you bet, so I am. I'll back up just a little bit. Three or four days before he passed over, he was up for the weekend and he was getting ready to leave and go back down to Phoenix, and we ended up having a very long conversation. He and I had a lot to do with the situation that we were both in and where we were hoping to head. Part of it touched on some spiritual things, and at one point I had said to my son you know, I'll probably die before you, Matt, because, hey, you know I'm older. I just think, though, that we need to make a promise. Whoever passes over first needs to come back and let the other person know, give them a sign or something to let them know that they have died. And he kind of looked at me like I was crazy and said well, gee, okay, mom, I guess. So, yeah, let's do that. So we had made this agreement.

So, two or three days later, I'm sitting here at home in the evening and my husband and I have the television on. A program is going to begin, and I'm kind of fidgeting because I like to keep busy and I hate sitting there waiting for a program to start. I noticed something unusual in front of me, about a hand, arms length away, and my hands practically were sparkling lights and

they were different colors. They look like a sparkler that one would have had as a kid at the 4th of July. They just sort of flashed and sparkled and they were there two, three seconds. They disappeared.

And I'm thinking, okay, what was that? No logical explanation here. And I'm thinking, okay, what was that no logical explanation here? And I look over at my husband and he's focused on the television and they appeared in front of him. He didn't see them, he's just looking at the screen. They were like he should have seen them. He didn't. Again, they sparkled for a few seconds and disappeared. So I look ahead again and I'm thinking, okay, I've seen these twice. I don't know what's going on. Maybe I'm losing it, which won't be good, because with both of us kind of out there hallucinating, how are we going to take care of each other? They showed up again in front of me.

This time they lingered, they moved over to my left to about a 90 degree angle. I've tracked the lights over there looking like oh my God, and they disappeared. After they disappeared I noticed below on the table where they had disappeared was a book, and it was a book about Edgar Cayce, called the Sleeping Prophet, and I thought, oh, wow, this is really cool. There's something in this book that I'm going to show Matt, because Matt was due to come up the next day to watch Sal because I had a situation with my brother I needed to take care of. So, ok, Matt's going to be up here tomorrow. I know I read in this book something about children choose their parents. We had this discussion Saturday about how I thought he chose me as his mom, but I couldn't remember why I had that idea. I now remember it's from Edgar Cayce, so I will show him. This is exciting. I opened that book right to the page where Cayce's talking about the souls planning their lives and choosing their parents. So I'm excited. I have forgotten about these. Lights Went out of the mind. Night progresses.

Next day I get up, and routine was I'd get my husband up, get him set at the table, get some breakfast and I would jump in the car and run down to the highway. I live in a rural area down a dirt road, have to drive down to get the newspaper bring it back. As I'm driving down the road, a flock of bluebirds came up and flew alongside the car. That caught my attention because I had never seen bluebirds in my neighborhood before ever. They're just not common. And here are these bluebirds and I'm watching them. They kind of flew off and I thought, wow, that was really great. My mind wanders off to when my son was little, three, four years old. He would sing that song, mr Bluebird, on my shoulders, if it he do dot. So that comes to mind. I get the paper, I'm heading back to the house. Then my thoughts wandered off to, you know, bluebirds flying over the rainbow. I had these thoughts on my mind as I got back home. Come in, settle down, finish breakfast, get my husband situated in the living room.

Phone rings Don't get a lot of phone calls. So I pick it up. It's a Phoenix number. No identity, just a Phoenix number. I thought maybe it was my son to call to tell me he'd be running late. I don't know. Wasn't his cell number, but I said hello. Wasn't his cell number, but I said hello, it was a Phoenix detective, who then asked if I knew Matthew and proceeded to explain that Matthew had been killed the night before. It was a hit and run. He was crossing this street in this residential area. Somebody hit him and then kept going. I fell apart. I fell apart. I couldn't believe what I was hearing. I did have enough presence of mind, though, to get as much information as I could, as long as I had this detective on the phone.

So I'm taking notes. You know, like well, what time did this happen? And you know, do you know if he passed quickly? You know, did they take him to the hospital? What was going on? I got the details Hung up, had to gather my wits, told my husband. I got the little pat on the head and then, you know, sat there and was like, oh no, what to do now? You get it together, you start making calls, so called out, to friends and relatives.

It was a long, hard day Later that night I'm sitting at the dining room table, had put my husband to bed and it was a little bit quiet. And I'm waiting for my two sisters to show up. Both of them lived in other states. They had to get planes and arrange to meet in Phoenix and rent a car and to come up to help me. So I'm sitting there waiting for them and my mind is going on. What kind of day was this? Oh my God, I never dreamed that I would face a day like this, especially at a time like this, and I recalled the discussion I had had with Matthew a few days before. And I'm sitting there and I'm thinking you know, Matt, remember? I said if one of us should die, the other one needs to come get a sign. I mean, you didn't send me anything and then, bang, boom, it hit me. Oh wait, what time did I see those lights last night? What time did the detective tell me this accident occurred? They were at the same exact time. Wow, wow, wow, wow.

I then knew in my heart that those lights were my son, that he had at the moment he transitioned, showed up in my living room, showed these lights to me, to his dad and again to me, and drew me to that Edgar Cayce book, as if to say hey, mom, this is going to make sense to you. Look at that book. Remember what we talked about? Yeah, yeah, I picked you, thank you. That realization floored me, but it also brought me to a sense of peace. It helped me move through that deep, heavy grief and move forward. With the next day, the next week, the next few months, I was able to handle whatever needed to happen because I knew my son was really okay. Yeah, it was going to be hard and it was tough and I'd never had to do this before, but I could do it because I knew he was there watching over me. And not only was it the lights. I was convinced that those bluebirds and the memory of the rainbow were connected to him.

There's just no other explanation I could have.

0:15:14 - Julie

Yeah, I agree, I've had goosebumps this whole time. You've been telling this story, Diane and goosebumps, as you know, and most people that are listening know that's just. They's what you call them, angel bobs, whatever you want to call them, it's just validation for the story. My goodness, what a heartache. I can't even imagine going through that. God bless you and you're still standing, girl, and you can talk about it. And then what a wonderful thing, and thank God that you mentioned that to him the weekend before he passed. No coincidences in life, but the fact that that was top of mind for you and for him and then that led him to send you those signs I think is just.

0:16:05 - Diane

And then that led him to send you those signs, I think is just, it's just remarkable, it is Thank you. It is phenomenal when I look back and I often review that moment of time, like the kid was not the most spiritual person growing up. I mean he had had some religious upbringing but it wasn't his thing as a young adult. But yet he was a spiritual person without the practice. I was struck when I went through some of his papers and books and things you know going through his belongings after his death, that he did have an interest in spiritual things. There were a few books at his home that he had obviously cracked open and read a little bit. That led to some spiritual insights. So I was very impressed because he had never really talked much about that up to that point before we'd had that one discussion before he died. So that was kind of remarkable to me that he was delving into a deeper sense of who he was as a self.

0:17:00 - Julie

And that's not typical dinner conversation. I mean, let's face it, it's just not. You're talking about other stuff. A lot of it's just kind of superficial. And what's the weather, what's the game, what's going on? Especially if he was starting a new business venture too and you guys, I'm sure we're talking about that as well I can't even imagine. Let's back up a few steps. Did you grow up in a spiritual home? What led you to get, eventually, the Edgar Cayce book? What's the

story behind that? And tell us, for those who don't know, tell us about Edgar Cayce. Who was Edgar Cayce? What was he all about?

0:17:45 - Diane

Okay, I grew up in a very Catholic home, very, very Catholic. Both parents, you know, pushed us into Catholic schools whenever they could and catechism classes and I, up into my early twenties, was a very strong Catholic person. My mother did have an interest in things when I was younger in, you know, like Richard Ireland and psychics and ESP.

0:18:14 - Julie

I'm not familiar with Richard Ireland. Who's that?

0:18:17 - Diane

If you go back into the 60s and early 70s, you see that Richard Ireland was a fairly well-known psychic. He was often on programs like the Johnny Carson Tonight Show, which is how I had heard of him, because my mom would watch those programs and when I was old enough to stay up late I'd watch with her and I remember Richard Ireland being on there thinking, wow, that's kind of interesting. My mom liked to read about Edgar Cayce. You know, mom wasn't into the spiritual stuff but she had an interest in those areas and I remember that as a child. I grow up, get into my 20s, you know, you get married, you have family, you're taking care of things, career, what have you. I put some of that aside but, interestingly enough, the man I married had a deeply spiritual feel about him and had an interest in books like Edgar Cayce. He came, you know, with a bunch of paperback books of Edgar Cayce. So over the years I would go through the books and read them and learn a little bit about Cayce. And my husband of course influenced me to kind of pull away from the religious perspective and look at things in a more spiritual light. So I shifted away from the Catholicism and started to be a little bit more spiritual and interested in those things.

Casey was called the sleeping prophet. He was a man who came to prominence in the early part of the 1900s through like 19, I'm going to say about 1908 to 1940s, and he was a remarkable I'm sorry, a remarkable man who wasn't the best educated, but he had a way of connecting with information from the other side One could call it today the collective consciousness but he could tap into those things that most of us do not tap into and give information. He was known as a prophet or a seer. He would prophesize things coming up in the future, some of which have come to pass, some of which are still pending. He was also able to go into what you would call a trance-like state, where he would be lying, maybe on a sofa, and a person would ask him questions. People would write letters to him and say, oh, I have this such and such a health issue. This has been going on, what do I do about it? And from a trance state, Edgar could give them a prescription or a recommendation on how to impact that health. So it would improve, if not be cured, at times when he would go into these trance states.

He would touch into past lives. He would talk about oh well, you lived previously in such and such an era. Sometimes it would be going all the way back to Atlantis. Sometimes the lives might go back to when Jesus walked this earth. Cayce had a very strong connection to who he called the master Jesus Christ, so he was a fascinating man. So if anyone is not familiar with Edgar Cayce, there is an ARE Institute ARE.org, I think it's called which is a group that studies Edgar Cayce. Tons of resources and information on him. He is fascinating.

0:21:27 - Julie

Here's a little tidbit that you may not know I live in Birmingham, Alabama, and Cayce. He set up shop in Selma, Alabama, where it's famous for the civil rights, the Pettus Bridge and MLK and the guys crossing the bridge and the Alabama police were there and that whole story, which I thought was really interesting, that he worked out of Selma and his office is still there.

They've turned it into a historic landmark kind of a place and I thought it was interesting that of all the places on the planet you know, one of the most historic American places you know, especially for civil rights and people being equal and everything that went with that, that he was working out of Selma.

0:22:19 - Diane

I think that's fascinating, I'm sure that society has done research on that. But it would be fun to have a conversation with him about why Selma? Yeah, it does make you wonder I had not heard that. You know, Selma. I always think about the civil rights and Martin Luther King, that particular location that just sort of drew in a higher spiritual feeling for people to treat each other as human beings, you know, irregardless of backgrounds, and to be connected with the greater self, the greater consciousness, all that is with God. So I think there are some locations in the world that have a little bit of a higher energy, and perhaps some would be one, I agree.

0:23:07 - Julie

And that part of the state of Alabama is known as the Black Belt, and it's not black because of the black slaves. It's black because the soil is so rich there and it was all plantations, most of it was cotton plantations, and so there is absolutely you're absolutely right and there are Indian mounds, native American mounds and stuff like that all around that part of the state. So I think you hit the nail on the head. We digress, but it's still interesting tidbits that we're throwing in. So back to the Catholic thing. I was raised Roman Catholic. I'm a cafeteria Catholic. Now I take what I like, I leave what doesn't make sense to me.

But I think that the Catholics do a really good job of educating us, when we're little, about guardian angels and saints and the Holy Spirit and things like that. That. That give us a platform from which we can launch into deeper spirituality, which I believe the Catholic Church and all religions and all spiritual cultures that's how they were all started was to help the person develop their own spirituality. And then, you know, as in civilizations and governments, people that wanted to control the masses got involved, but the core of all of them are the spiritual concepts. Even the great cathedrals of the world. They've got the incense for your olfactory. They've got the Gregorian chants and the music and the pipe organs.

I went to mass a couple of weeks ago. I was in New York City last weekend actually, I was in New York City and got to go to mass at St Patrick's Cathedral at noon and I've been in that church a lot of times but I'd never been to mass there and they opened up that pipe organ, which is massive. Oh, my goodness, the vibe in that church. I can't even begin to tell you when that was playing. That's part of it as well. So I think that organized religions, for all their faults, in present day, the core of it in introducing us to spirituality is really there. Furthermore, I learned the guardian angel prayer as a small child. Did you pray that as a little kid? You know, guardian angel.

Yeah, angel of God, my guardian here, to whom God's love can be here, and I'm in my mid-60s and I remember it, like you know, because I said it every night, and so it gives us that base from to jump, kind of like when you're when you're learning to swim, you know, and you get out in a lake and there's maybe a dock in the middle of the lake or some kind of an island or something, and that, and then you can jump off from there and explore other things.

Yeah, okay, so backing up, so you read the Edgar Cayce stuff and then you were busy being a wife and a mom and a secret agent for the government right, you just can't tell us because you'd have to kill us for kind of a thing and all of that. And then throughout your life, when Matthew was growing up and was young, did you have time to pursue any of that? Or was it after Matthew was grown and you had retired and you had some extra time in between your caregiving tasks? Is that when you picked it back up to read more about it?

0:26:42 - Diane

Yeah, that's when I picked it back up. Yeah, that's when I picked it back up. You know, up to that point, yeah, life was busy and I had an interest in things and sometimes I would read a book about whatever but never really delved into it. It was more of a, you know, passing interest. But with Matthew's passing it certainly, you know, ramped up my interest in spiritual matters, you know, exponentially.

It began with shortly after Matthew passed and I had written up an obituary and submitted it to be printed in the paper in Phoenix. I got a call from an editor or whoever runs these in the paper, and we had a discussion. They need to verify some of the information. And this gal told me you know, this is an interesting obituary you wrote and I don't normally do this, but may I make a recommendation? And I'm like okay. She said you may find some insights in reading a book about Alison Dubois, who is a medium from Phoenix, and a book by Mark Ireland. Find those books, I think you will gain some insight. So, a that was interesting that this gal is telling me this, and B, I followed her recommendation and I ordered the books and I found that Alison Dubois was this Phoenix medium who was fairly well known, had not heard of her before, has some great information in her book. Then I went to the Mark Ireland book and that one really set my path in my future life.

Mark Ireland I, you know I mentioned Richard Ireland before. Mark is Richard's son before Mark is Richard's son and Mark Ireland is also from the Phoenix area and his son had died two, three years before my son on a hike. It was an unexpected passing and Mark was looking for answers and at the point he started his you know search he touched back with what his dad had done and some of that work Mark had not really pursued it in his life. He'd gone a different route. But now his interest is rekindled. So he ended up trying to find out from others who were mediums, what had happened with his son, what he had gone through and what he had experienced and reconnect with his son Brandon. Reading Mark's books ignited my interest. Mark mentioned several resources in Arizona that I thought, ah, I've got to pursue some of this because my story is not unlike Mark's. I mean, it's not the same but it's similar. I'm on a quest now. So I followed these resources that Mark's. I mean it's not the same, but it's similar. I'm on a quest now, so I followed these resources that Mark had.

I started reading about other mediums and connecting with people and stumbled into quite a bit of information. Eventually I was led to Helping Parents Heal. Mark Ireland was one of the founding members of that organization, along with Elizabeth Vene Boisson. They were brought together by Suzanne Wilson, the medium that I now work for. They all sort of got together and Helping Parents Heal took off from there and has become quite a great organization. They helped me early on my path. So that was fascinating. I started reading.

I eventually reached a point where I decided I was comfortable enough and needed to have a reading by a medium. So I did some research and picked somebody on the other side of the country figuring well, you know, they don't know me from the man in the Moon and this will be good. A good medium should be able to make a connection with my son. I didn't know a whole lot about how mediumship works, so I had a long list of questions. I was going to ask Matt and I just felt like it would be like a phone call and he'd say, yeah, mom this and yeah, mom that. So I had my list but I knew enough not to give too much information to a medium. Let them kind of take control and let's see what comes in. So I had this medium reading. It was done over the phone and it was life-changing.

Again, this medium first connected with my mother who had passed many years before. My mother then brought my son in and the medium makes this incredible connection with my son and had evidence that you know, there's just no way she could have guessed or, you know, delved into anything regarding my son. I mean she had his dog that had passed months

before, a cat that had disappeared a year or so before, described him his personality. Just so much information came in. I was just astounded.

At one point she said that she had felt that his passing had been very quick, was a bit tragic, but she couldn't quite tune into what exactly had happened and wasn't sure if it was through his own actions or something else had happened that had taken him quickly. So she was a little bit mystified by that. We reached a point where she said do I have questions? Is there anything I would like to ask? It kind of led into a different area. I asked about another young person that had passed over and was that person available to come forward? And before the person could say much, Matthew basically had pushed her aside and said wait, wait, I'm not done. So the medium's telling me your son's pushing and saying you know, there's more, there's more he wants to say.

I think it has to do with the way he passed. Now, Julie, this is remarkable what my son brought forth, and, unlike if it was a phone call, he could have said directly yeah, mom, this is remarkable what my son brought forth and, unlike if it was a phone call, he could have said directly yeah, mom, I was crossing the street and I was stupid and the car hit me and I'm sorry. Now, what he came through with on the medium was he's showing me he was going to the other side, but instead the angels came and said it's time to go to the other side, and so he went to the other side. Does that make sense to you? That made perfect sense to me, Julie, because the circumstances were it's nighttime, there's not a lot of lighting at this particular corner. He went to this corner to cross that street to the other side with the dog. He always stopped at the corner when he walked the dog to the dog park because he was afraid that if she got out of the yard she might run across the street to go visit her friends at the dog park. He was always careful about making her sit and wait to be sure it was safe before they crossed the street.

So I couldn't figure out why was he unsafe that night? It didn't make any sense to me why he crossed that street if a car was coming up that way. So he was crossing from one side of the street to the other side. The car hit him just before he stepped onto the other side of the street, so he didn't make it to the other side of the street. The angels came and said it's time to go and they took him to the other side of life. And they I knew from what he was relaying is that he wasn't supposed to see that car that was coming. The dog was ahead of him, she was safe, he was supposed to exit at that point. The angels took him. He was blind to this car coming and they took him to the other side. They took him to the other side.

This brought so much peace to me. I bet. A he wasn't on some death wish crossing the street. B he wasn't being careless. C it was tragic, but there was a purpose. It was time for him to go and in the long run it's hard to, you know, kind of put it all together.

In the long run this young man who actually hit him turned himself in after you know. He just freaked out and he went on to his mom's house and she said no, call the police, turn yourself in. And he went through the judicial process. He had no intentions of doing anything wrong, it just happened. He has no memory as to why he hit anyone. He didn't even realize. He thought maybe it was a dog. He just didn't see anyone. He just heard this thunk, thought maybe it was a dog. He just freaked and kept going.

So for this young man's life path, there was some reason why he had to go through that experience. I don't know what it is. That's his life. I did go through the judicial process. It ended up that he got a probationary sentence because they couldn't prove that there was any kind of intent. And at the sentencing I told him that I forgave him for whatever happened and I wish him the best for his life and hopefully things will work out for him and the judge told him that was a gift from this woman and I'm just going to give you probation. I'm not going to sentence you to anything. Just toe the line for five years and don't come back.

And to the best of my knowledge, he did well after that. But that was a something he has to go through through his life evaluating what had happened that night. So there was a convergence of things. My son needed to exit. This young man needed some kind of a life lesson and I needed to grow into a spiritual person. And I needed this, I believe, to help my husband through the next two years, because two years later is when he had passed over to dementia. Having this spiritual connection with my son helped tremendously go through what I then needed to do to take care for my husband and later my development as a medium Good heavens, girl, what a story, jeez.

0:36:49 - Julie

And I'm listening to all of this and I'm thinking, okay, that editor for the classifieds or the obits or whatever from the paper Matthew was guiding her to give you that information when that information came in about from which medium you chose and all those different variables that went into your decision making process to choose her, and then she comes in with that whole bit about helping him cross to the other side, both literally and figuratively, both spiritually and physically, is remarkable as well.

The whole Helping Parents Heal organization, of which I'm very involved too actually I've spoken at their last two conferences and huge fan of the Helping Parents Heal and Elizabeth and Irene and all of them and the founders, and the comfort that I see these parents who've lost a child are able to bring into their lives by having the opportunity to talk telepathically, either themselves or through a medium, is just life-changing, and the research that I've seen on grief shows that that's one of the most effective ways to help someone heal in their grieving is to be able to communicate with their loved one's spirit. Have you found the same thing? Obviously, it sounds like you have personally, but have you found that with others as well? I?

0:38:28 - Diane

have? Definitely. I have found it on so many different levels. You know, partly attending some of the Helping Parents Heal in-person sessions and later online, and seeing mediums who've made connections with the parents that have been life-changing for those parents. I mean, there's nothing more wonderful than hearing that your child is okay and your child is watching you and your child knows what you're doing and your child is just encouraging you to move through. You know the process that you're going through but to look forward to rejoining them at some point, that's incredible.

I've learned a lot from doing the readings of the books that I read about mediumship and how healing that's been.

I learned a lot in doing the classes that I was so blessed with experiencing to learn how to be a medium, because in those classes you do a lot of practice with your fellow students and you're making connections and some of those students have children on the other side. Some might be parents or other important, significant loved ones and you get a sense of, oh wow, I just found this person is my sitter's child and oh, this is just really cool what I've been able to give that person. Oh, look how excited they are. So it kind of gives you this really warm, fuzzy feeling inside and then as I become that evidential medium. I haven't been doing a lot of readings, but the ones I've done if it's a child coming in it's more special than anyone else and they are remarkable at how they come forth and present this information to me, to then translate and try to, you know, make provide to the sitter so that they are getting some kind of hope and help and healing.

0:40:15 - Julie

It's just remarkable how spirit is able to do that through you know, using me as kind of the telephone, right right, and I think it's so important too to remember that people, when they're

grieving, especially in deep grief early on, it's a low vibration and spirit communicates on the high vibration channels. And I always say spirit doesn't communicate on the I feel crappy channels because the vibration is too low. So, especially at the beginning, I find that using a medium is really helpful to at least start that process of healing. Of the questions that I get all the time and I'd love to hear if you have similar experiences as well.

As number one they want to know are they okay? Well, yeah, they're in heaven. Yeah, it's fabulous there. Everybody's okay, everybody goes to heaven. All dogs go to heaven, all people go to heaven too. That's number one. Number two who's with them? A lot of times they'll say who's with them, and Matthew gave you those two answers right up front, it seems. And then we get into other things too. So tell us about how you get information from Matthew and from others when you're working with, perhaps, a family member who's lost a loved one and they want to be able to communicate with them. Please share with us what your experience is, what's your technique, how do you do it? How do you communicate with them? What kind of things do you hear?

0:41:54 - Diane

Okay, good question. A little bit on Matthew. He communicates a lot. I have on rare occasion heard him in my head talking to me, or you know, it's like he's standing next to me. I hear something, but it's not lengthy, it's just a short little hey mom or you know something along that line. But he's around all the time and he, you know, he does things. He sends me signs, he plays with electronics and lights and things like that.

0:42:20 - Julie

So I know he's around. Can you give us some?

0:42:21 - Diane

examples of that. One really good one is he had installed the ceiling fans in my dining room kitchen area and early on, when people would be at the house especially my sisters or his girlfriend, anybody he was close to and we could be in that room talking about him the ceiling fan would kick on. No, on its own. On its own, and you know the light, the fan would be going. Recently his former girlfriend she comes to visit me now and then She'll stay, you know, a week or two sometimes, and we were doing some work in the kitchen and it was a little warm and she said, oh, turn the fan on. And I went to turn it on. It has a remote, it doesn't have a regular switch and it wasn't working. And a regular switch and it wasn't working. And I opened it up and I'm going to change the battery and it's some oddball looking battery, something you wouldn't have in your drawer. I'm like, oh, you know, I don't have the battery, can't, can't turn it on. So I set it down.

We went on ate our meal. A little later we're in the living room and I noticed the fan was running and I said to her hey, Alex, look in the kitchen. And she says I thought you said the battery was dead. I said the battery isn't even in the remote, it's in my pocket. Okay, Matt, that's pretty cool. How did you do that? You know that was just a few weeks ago, so he does things like that. How?

0:43:48 - Julie

does that happen? How do you think they do that? How do you think that they're able to control electronics?

0:43:55 - Diane

I think because they're at a higher vibration and we are basically energetic beings, and because we're energetic beings it's easy to control energy. And what is energy? It's electromagnetic, it's the electrical forces. So it doesn't seem like it would be much of a stretch

for them to play with energy, to get things ramped up. Now one that I don't quite understand how he does this, and he did this yesterday.

Every evening I walk my dog, go down the road with the dog. Those bluebirds that he had sent me a long time ago would show up almost every winter. For years I was getting these bluebirds. They would show up. I have some bushes out here with berries. They'd come and eat the berries and then off they would go. I'd see them for a few days. I'd try to take pictures. Last year there were no bluebirds. I did not see any bluebirds at all. So I thought, oh, I guess that's the end of that birds at all. So I thought, oh, I guess that's the end of that. Matthew's bored with playing with bluebirds. I don't know. I'm walking the dog.

I was thinking about something related to some of the work I do here and suddenly something caught my attention and I look and a flock of bluebirds, I kid you not. A flock of bluebirds came flying towards me. They went on either side. One landed about 20 feet away from me on a fence post and just sat there in its glory and I'm like, oh my God, Matt, this is cool. You know I've got an interview tomorrow. Wow, this is great. You're sending me the bluebirds. Today. I couldn't get a picture because by the time I get my phone ready to take the picture, then they flew off and I saw them fly over the house, so I thought that was another sign for Matt. Now, how does he get the birds to do that?

I have no idea, but he does, and they show up when you least expect it. So that was really pretty cool. Now, connecting other people and tuning into the spirit world is not the easiest process for me. There are mediums like Suzanne Wilson who it's fairly common for her, I think, to make those connections. She's already vibrating at some high frequency. I have to work at it. So what I had learned through my training is how to raise up my own frequency. There's a process called sitting in the power that I will use if I'm going to do readings. I try to practice that ahead of time and just raise my own vibration time and just raise my own vibration and then, when I get ready to do a reading, I'm asking for what we have. We call it a master spirit guide. I asked this master spirit guide to go and meet the other person's loved ones, the person I'm going to sit for or with and invite them in and organize that. I also have a team of helpers that are my husband Sal and my son Matt.

Because, they are really good at communicating Very good at it now and I will ask them Sal's really good with like the older crowd that's on the other side, Matt's good with the younger crowd. So they go to those loved ones and they talk to them and let them know how I work and what kind of information I'm really, you know, can connect with and some of the things I might have a little trouble with. Then I ask for Sal to be like the emcee and I say, okay, Sal, bring someone up. So now I've got my sitter, we do a little bit of a not quite a meditation. Now I've got my sitter, we do a little bit of a not quite a meditation, but a little bit of prayer to kind of bring both of our energies up to meet spirit's energies. And we ask spirit to come in, we invite them in. So Sal then works as the emcee and I'll see him bring someone up to like a podium. And I began to describe what I'm seeing, what I'm feeling, what I'm hearing, what I'm sensing about this spirit person. If I'm having a little trouble, I'll ask Sal to ramp it up. If it's a younger person, Matthew's really good at stepping over and whispering into their ear. You know, hey, this is what you need to do.

So I'm getting this information. It comes in different forms, it's not crystal clear. It's not like I can see you right now, Julie, and say, oh, you've got a red top on with a big white snowflake. It's a little kind of fuzzy, hazy and I've got to make sense of it. Any kind of words or images or emotions I've got to translate and try to understand what spirit is giving me. Then I share that with the sitter. I try to ask the sitter not to give me too much information or react unless I really need some clarification or a little, maybe, encouragement.

Sometimes, you know, I feel like I've got your aunt and she's wearing this like, like she's a dancer, and she's got a bobby skirt and these black and white saddle shoes and she's just having a blast doing you know the jitterbug. Would that make sense to you? And if she says, yeah, that does sound like my, okay, well, let me go from there, and then the information just flows like crazy. If they say I can't take it, then I'll shift and say, well, let me get a little more. And if it doesn't seem to be who I think, let's move on, and then we move on, because sometimes a sitter may not understand what I'm getting they're looking for. I was really hoping to hear from Grandpa Jack. Why is this lady showing up? I don't know who it is, and then later they might go. Oh wait, you know I did have an aunt that did that.

Oh, that was cool, so it's kind of interesting. Like I said, it's not crystal clear, but these things just come in and it's fascinating. It's like you're telling the story of the soul in the way they want that story told and they don't necessarily come in and give the sitter what they might be hoping for. Just like my first reading, I'm hoping to hear you know name and you know dates and exactly what happened, and instead my son was coming in with other information which made more sense to me. So spirit knows what they need to relay and they know what you need to hear, even though you may not know that.

0:49:53 - Julie

And we can't control what they tell us. Every once in a while I'll get that. That's somebody who'll come in with like a list of questions and things. And one time I had a gentleman whose wife had died and he was looking for something in particular that he wanted to hear from her and she didn't say it. Well, at the end he was disappointed and he said, well, today is my birthday and she didn't wish me a happy birthday, but she had told us, like all this stuff about his health and you need to go get this checked, and you've got this going on and that going on, and I think there was a leak somewhere in their home and you need to do, I mean, all this really detailed stuff to help him. And the only thing he was focused on was he wanted to hear happy birthday from her. And so I said to him I said you got to remember that time isn't a thing in the spirit world. So a birthday is irrelevant to a spirit. It's relevant to those of us who are here in the human form, but not necessarily somebody else who's in the spirit world.

And I find too and I'd love to hear your take on this Diane that sometimes they'll give us signs and symbols and stuff that's just so random. And you think, really, what's up with that? Like strawberries? I'll hear strawberries and I'll say, well, strawberries, did she like strawberries? Your mother did she like strawberries? Do you like strawberries? What's up with the strawberries? Well, no, but as a kid we lived on a farm and we grew strawberries, okay, and so it's almost like sometimes I feel like we're on a treasure hunt and they'll give us a sign or a symbol or maybe a phrase.

And then I find too that once we start talking with them, it reminds me of an old fashioned water pump at a farm. You know for a water? Well, you gotta pump the handle a little bit to get it flowing, and you alluded to that a minute ago. That it's like once they start talking, then they're really chatty, and I think they all have ADD too, because they'll talk about do you agree? They'll talk about one thing and then something of a totally different subject and they'll be bebopping around with all this stuff. I think they're just so excited that they have that communication channel open. But I always say all spirits have ADD, because it doesn't necessarily flow congruently like we would hope to have our conversations go. Those of us that are still in our human incarnations. Have you experienced that as well? I have.

0:52:43 - Diane

I think sometimes the spirit people are just so excited that they have this opportunity to relay some information. But yeah, like you say the ADD, there's so much I want to say, you know. But you know this medium is a little dense.

0:52:58 - Annncr

Let me see if I can get through here.

0:53:00 - Diane

Yeah, they're trying to cram a lot in into a short period of time. Yeah, Right.

0:53:05 - Julie

How do you know that it's really by Matthew? I mean, certainly you've been talking to him long enough, from him in heaven, but I call spirit world heaven. You know I'm a good Catholic girl, so it's heaven to me. So how do you know you alluded a little bit to that a couple of minutes ago that you will ask some questions to the person with whom you're working, whose loved one has passed? How do you feel confident that you're really getting information that's accurate? You call yourself an evidential medium. What does that mean? And is there kind of a like a gauge that you use, maybe intuitively, to kind of double check the information you're getting? How does that work when the information comes into your head, do you edit anything that you get? Do you just go with what's the first thing that pops in your head? What's your technique on that?

0:54:04 - Diane

Okay, in general, my technique is to provide for the most part whatever's flowing into my head. Now there are times I do have to kind of pull back and think you know, do I really need to see, you know, share that or say that, and I might need to analyze? I mean, if spirit were to show me something that I'm not quite clear on, I may, you know, be asking in my head are you sure, what is that? I need more information. I'm not saying it out loud to the sitter, but I trust that whatever loud to the sitter, but I trust that whatever I'm receiving needs to be passed on. For the most part, I don't try to analyze if it's going to be evidential, if it's accurate, if it's right or wrong. I'm just going to relay what I'm getting and let the sitter figure out if that makes sense, if that's evidence that they can validate or not. Sometimes they can, sometimes they don't.

Sometimes, it hits them later, Just got to trust. I had one reading which stood out which was a young man who had passed over and I had no idea that the woman had lost a child. But this is what I'm getting right away. And at one point he's shaking a key ring like car keys and I said, oh, he's showing me car keys. I see a car behind him. I feel like he was really happy that he was given a car before he had passed over. And she says, oh, yes, we gave him a car when he completed high school. I said, okay, well, he's shaking this key ring and he's showing me something about New York City. I'm seeing, like, the Statue of Liberty Well, I don't know anything about New York City. Well, this is really prominent. I'm seeing New York City no, we don't have any connection with New York City. I don't know what that means. And I said, okay, but now I see a park, a tree means. And I said, okay, but now I see a park, a tree, there's some connection here. No, no, don't know. No, don't know what that means.

Found out later after the reading that they had given him this car when he had graduated from high school and his aunt had recently visited New York City and had given him a New York City key ring and they had put it on a tree they planted for him in the park. They had the key ring in the park. She had completely blanked out on that. Now, that's pretty evidential. Had I just pulled back? Well, she can't take New York, and you know, we got the key ring, but I don't know what the rest is. I'll forget it. No, I brought it out, and then it made sense later.

0:56:43 - Julie

Yeah.

0:56:44 - Diane

So you know.

0:56:44 - Julie

I have a. I have a fun story about that. That's just happened just now. When you were telling us that story about New York city. What came into my head and I call those divine downloads that we get? We all get them all day long, right, and we most of us don't pay attention to them. So I got a divine download to share this story about the surfboard. Hearing this, and then you said key ring, and I thought, well, bingo, that's why I'm supposed to share this story about the surfboard.

I was talking to a woman who'd lost her son and he was showing me a surfboard. He kept showing me this surfboard and she said I live in Nebraska. You know, I'm not near the ocean, I'm not near a beach. My child has never served.

He was a young adult son when he passed and I said well, he keeps showing me a surfboard. And we went on and we talked to him and the whole time we were talking to him he was standing next to a surfboard, looked like an ad for Maui gym sunglasses or something from Hawaii, and so I said well, you know, the surfboard thing is so prevalent that perhaps something's going to come up with a surfboard. Sometimes they'll show us signs of things that haven't yet occurred. And she started laughing, Diane, and I said what? And she said I have a surfboard on my key chain. And so I said every time you look at your key chain or use it with a surfboard on it, your son wants you to know that he's around you.

So that's a great example, too, of how you're telling that story. Spirit's communicating with me. Share the surfboard story, which is a similar situation. So I think that leads to the statement of don't judge what you get. What I teach is that first thing that comes into your head whether it makes sense or not, it doesn't matter, it's that first thing, even if it comes in before you've thought the thought out all the way. Have you found that to be the case, that sometimes you'll start getting information before you're even finished thinking the thought or saying whatever the comment or the question is?

0:58:55 - Diane

Oh, absolutely, absolutely. I mean, you just get these feelings, these images, the sense of something right, and you start talking. It's like oh okay, yeah, now, yeah, yeah, yeah, it's coming in, now it makes sense yeah, yeah Can anybody talk to spirit?

I believe anybody can. I do think that we as humans always second guess ourselves and we feel like, well, I can't do it, I don't have the training, or I'm not religious, or I'm not spiritual or whatever, whatever, whatever. I think that if we would set aside our pre-programming and just accept that, yeah, let me trust that spirit is here and that I can hear from them, talk to them, get signs from them, I just need to open that heart, try to raise that vibration. I may help to do meditations. It may help to take classes that help you, you know, learn techniques to raise that vibration. It may help to do meditations. It may help to take classes that help you, you know, learn techniques to raise your vibration.

You can do prayer, just simple prayer being raised Catholic. How many prayers did we do? Well, just get into a meditative state through prayer or anything. You can get in a meditative state doing something routine you knit, you sew, you wash dishes. You get into a state where your mind is just doing without thinking, and then ask hey, are you here? Do I feel you Remember, honey, when I wash dishes? You would sometimes come up behind me and give me a hug. Oh, oh. I feel that that's a connection right there. It's not big, it's not him whispering in your ear, but you suddenly relive that moment. Well, no doubt he's there giving you that feeling.

1:00:27 - Julie

So there's a great suggestion. A couple more questions as we're winding down here. Do you have any advice or guidance or words of wisdom to those that are watching or listening who have just lost a loved one and they're really in deep grief? You've been through it. What can you suggest to them to help them in their journey of grieving?

1:00:54 - Diane

Grief is a part of being human. It hits everybody at various times in a life. We know that we're born and we know that we're going to die, and when we lose somebody to a death it can hit us really, really hard and we miss that person. We miss them being here, we miss laughing with them and enjoying life with them. But we do know in our inner self, in our inner soul, that they're okay. We do know in our inner self, in our inner soul, that they're okay, that our true home is on that other side. Our true home is heaven, or it's paradise or whatever it is you want to call it. Our true home is to be closer to God, to source, to all that is. That's where they are. We rejoice that they are there, but we grieve because we miss their presence.

I think the biggest part of my advice would be to understand that love lives forever. The bond you share with that person in this life is never going to be broken. Nothing can sever that. They are always there, watching over you. No-transcript. Just know that when you are in the deepest of grief, it is a little bit difficult and challenging to raise your vibration to meet up with them. So don't get discouraged if you're not feeling anything. Time helps heal. It doesn't take away grief. It's always there. I still have my moments where grief hits.

It's not as deep as it used to be, but it can still hit me. And I know that if I'm feeling that grief, I'm not making the connections with them because I'm wrapped up in myself. But when you can move a little bit beyond the grief and start opening up to the possibilities which are there, you can then start feeling them. You'll see a sign. You'll see their name I see my son's name a lot on television. It'll pop up, oh, Matthew, this, Matthew, that, and I'm like, yeah, okay, Matthew, Matthew, Matthew, that's great, that's a common name. Okay, that's cool. Just little things the bluebirds, I'll see them, Matthew.

Pick a symbol that makes you feel a connection with that loved one and then notice it. Every time you see that symbol, think of them and say thank you for sending that, thank you for that reminder, and you'll see it more often. So, yeah, it just helps. You've got to kind of settle down a little bit with that grief. Grieve as you wish. It's up to you. Don't let anybody tell you how to grieve. It is your personal journey, but you will find a way to work with it, to work through it. There's a lot of resources. If you need some help, you'll get there.

1:03:55 - Julie

Beautiful. Why do we incarnate? Last question why do we incarnate?

1:03:59 - Diane

Well, I think we incarnate because we like these challenges, and I don't want to say we're crazy souls, but there's something about us that enjoys coming down into this physical world and experiencing life in all its glory and all of its hardships and everything that it gives us. We come in, we don't know what we're going to get into, because we're not supposed to know. If we knew why we came down here, then what is the lesson? There's no real learning from that. We have to come in with like a blank slate and then go through life and at the end of it we go over to the other side and we review that life and we go, oh, wow, okay.

So I went into that life because I needed to learn fill in the blank. I needed to learn compassion for my fellow man. And you know what? There were so many circumstances in my life that led me to be more compassionate. Oh, wow, this is wonderful. Or, you know, I had opportunities. I kind of missed them. I guess I need to go back and try it again. So we like to do this, but the

whole point is to bring whatever we've learned back to the other side, to share it with the whole and to just make better connections with everybody, because we are all interconnected.

We could stay over in spirit if we wanted, but we're not going to grow because there's no challenge. The growth comes from the challenge and the challenge is in the physical. And so here we go, over and over getting a little better each time around.

1:05:29 - Julie

Wonderfully said. You are extraordinary, my dear, my goodness, just talking with you today it's just. You just feel like a warm hug. Everybody that watches and listens to this will benefit from this conversation, whether they've lost a child or another loved one, or I mean, certainly we're all gonna be in that situation at some point where we'll lose a loved one, and I think that the work that you're doing and your eloquence really is helping so many people. So thank you for that. Tell us about your book. Tell us where people can learn more about you and your work.

1:06:13 - Diane

Okay, my son, Matthew, nudged me for quite a period of time to write the book, and the book is about how he had passed, the signs he sent and how it led me on a journey to understanding the afterlife and making connections and eventually to becoming this evidential medium. The book is called. Can you put it up here? Well, I don't have it mirrored so it looks goofy, but it's Living and Loving Life All Day, every Day, by Diane Calderon. It's available on amazon.com. You can go to my website, Dianecalderon.com, and there's links in there to the book and a little more information on my background and the whole story. Regarding Matt. I'd like to just make a comment about the title of the book. One. Regarding Matt. I'd like to just make a comment about the title of the book. One would think, oh, you're a mother who's lost someone and how can you live and love life all day, every day? I try. I don't admit that I have every day where I'm just really ecstatic, but I do try. The title of the book came from my son. The circumstance is this On the very day that he died, he died in the evening.

Earlier in the day he had called me and asked for some advice. He was applying for a part-time job. He wanted to work at a restaurant it was a assistant brewing job and he's filling out the application and he said, mom, what do I put down for my qualifications? And I gave whatever standard reply I usually would give him Like well, you know, I'm good at this, I drink beer. I don't know whatever Matt, I gave him, whatever my wisdom was at the time. So that night he of course crosses over to the other side. Days later I'm at his house, we're going through the papers and I found that application. He had not turned it in. And I'm looking at the application and I'm thinking, oh my God, he was working on that. Remember when he called and you were helping him. What did he write? Here I'm reading it and at the part that said qualifications for the job for a part-time brewing assistant, he wrote brewing assistant.

He wrote living and loving life all day, every day. Wow, wow, Diane, holy Moses, this. This blew me away, because this, I knew, was the last thing he wrote ever. This came from his heart, and to think that that's what he wrote on the last day of his life was mind-boggling. And so it became the title of the book. Someone who had helped me put this book together at the end you know the technical part had said that's the title of your book. When I read it, that's your book title right there, because I didn't have a title before then. So it's a perfect title.

It's the way my son lived. He was always a rather happy-go-lucky kind of guy. He didn't get pulled down too much in life. He was always helping people and moving forward. He had a heck of a great laugh and a great personality, and I think that these are the words that he wants to carry forward. Anyone who stumbles into this book and reads it will get a sense of who he was, but also a sense of what to do in life is like. Don't look back, just move forward. Live life every day as if it's your last, because we're here for a reason. Let's enjoy it while we can, with

all the hardships and the joys we can do this, folks, and at some point we get to go over there and share our stories with our loved ones.

1:09:43 - Julie

Wow, thank you. Amazing, you bet. Okay, everybody, I know you're going to want to listen to this one again because this was, just like I said, felt like so profound and like a big warm hug the whole time. So, Diane, thank you so much for taking the time to join us today. Everybody, we are sending you lots of love from me here in Sweet Home, Alabama, and from Diane in Arizona. We'll see you next time. Bye, everybody.

1:10:16 - Diane

Thank you very much, I appreciate it.

1:10:18 - Ann cr

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

1:10:33 - Disclaimer

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