

AJR - Debra Schildhouse Transcript

0:00:01 - Anncr

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 Debra Schildhouse with us on the show today. Deborah calls archangels her best friends and says everyone can communicate with them. I have lots of questions for her, like are there certain requests only archangels can facilitate? How do we communicate with them and how do they work with everyone all at the same time? Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Debra. Miss Debra, welcome to the show, another Ohio girl born and bred. I'm so delighted to have you today.

0:01:33 - Debra

Oh, thank you, Julie. I'm so happy to be here.

0:01:36 - Julie

We are going to have lots of fun because I have lots of questions for you, my girl. Oh good, so let's just start off. What exactly is an archangel, and how many are there?

0:01:49 - Debra

Well, an archangel is a specific rank of angels. God created nine ranks of angels and they include cherubim and seraphim, and angels and powers and virtues, and archangels. And the archangels he created specifically to help humanity. They are like the bridge between himself and us, specifically to help us, because he knows it's tough down here and that we need the help. And there are thousands of archangels. There are archangels that we have never heard of. However, I regularly speak to 10 of them.

0:02:40 - Julie

How did you segregate those 10 out of thousands of them? Did they just show up like, hey, Deborah, I want to be in your?

0:02:46 - Debra

posse. Yes, yes, in fact. It's so funny because when Archangel Sandalphin first came through to me, I had never heard of him. And when I had asked, who am I speaking with, who am I chatting with tonight? And I heard Angel Sandalphin and I went Sandalphin, I go, angel, sand dolphin. And I went sand dolphin, I go. That can't be right. Am I hearing you, right, sand dolphin? And he said yes, and I said come on, sand dolphin. Yes, I go, okay, whatever, okay, what is your message for me? And he gave me this lovely message. And after it was over our chatting session was over I grabbed my phone and I put in Google Archangel Sand and Archangel Sandalphin came up. So I just wasn't hearing correctly. They're always right, it was Sandalphin, but I'm hearing Sandalphin because I'd never heard of them before. So, yes, they come through to me, they choose me.

0:03:47 - Julie

So I never heard that there were thousands of archangels before. I mean, you hear about certain ones, so are there certain archangels that are responsible for certain areas for humanity? Like you got the love angel Is that Cupid? And you got the grief angel and you got the protection angel, st Michael? I went to St Michael grade school, you know. I mean I lived with statues of St Michael in his Roman outfit, with his sword and his shield and big wings and his sandals that laced up his calves and all of that.

0:04:24 - Debra

Yes, and so when God made each archangel, he gave each of them an area of expertise so that they could help us in specific ways. For instance, archangel Michael he is the angel of protection, as well as truth and justice, but he protects us mind, body, soul, spirit and he is a powerful warrior and he is definitely, when he comes through, you really know it. He's very powerful and he projects the color purple and blue, royal purple, royal blue. They each project the color of the light spectrum, whereas Archangel Raphael, he is the healing angel and he projects the color emerald green, very green.

And now the thing is that the archangels are not attached to any specific religion. This is very important, even though archangels are mentioned in every major religion. Their religion is love, and so you don't have to, you know, have certain beliefs. You can have no beliefs at all, it doesn't matter, they love you anyway and they want to help you. They are seriously underemployed and they are just waiting for you to ask them for help, and that's why God created them. They can't just intrude on our lives, they have to be asked in by us. We have what's called free will, which is a universal law, and so, unless I guess, maybe sometimes in matters of life and death, then they can come in and save us. But otherwise we have to invite them in and it isn't like we have to keep asking them. We really only have to ask them once and then, you know, we just have to ask with a grateful heart and thank them, and that gratitude just really elevates us and it starts this very beautiful connection and then they can help us.

0:06:49 - Julie

Back to the thousands of archangels, because this is a new concept for this 12 years of Catholic schools educated girl. I never heard this before and it's fascinating. How granular do their skill sets or areas of expertise or areas to help us, how granular is that get? For instance, my family, my mother and my grandmothers always prayed to St Anthony when they lost something. Tony, tony, look around, something's lost and must be found. Is there an archangel for lost people? Is there another archangel for lost pets? Is there another archangel for lost jewelry? Is there another archangel for lost pets? Is there another archangel for lost jewelry? Is there another archangel for? See what I'm saying. I mean, how segmented does it get, or do all of them have the ability to help us in all ways?

0:07:42 - Debra

They actually all do. And if you aren't sure about which one to call on, then don't worry. Just say dear angels, I need help with this. You know they're not going to sit there and go. I'm sorry she didn't call me so I'm not going in. You know what I mean, so you don't have to worry about that. When you get, you know very close to them and you get to know them and their personalities, and you get to know them and their personalities and you get to have a real relationship with each one, then it's different. You just automatically call them in and that archangel that his name means eyes of God is Archangel Chamuel and he sees all and he can help you find everything from your lost keys, your lost pets, all the way up to which career should I be, you know, looking for now? You know which relationship. You know the heavy things. You know he will. He'll do it all and I can't tell you how many times my husband, howard, and I call upon Angel Chamuel to help us find things, including Howard.

He lost his wedding ring and he was very upset. We were in a hotel room. He couldn't find it and you know he was just. You know he said. Finally he said are you going to, you know, are you going to ask, are you going to ask him? I said yeah, said finally he said are you going to, you know, are you going to ask? Are you going to ask him? I said yeah, I'm going to ask him. And sure enough, as soon as I asked him I just knew where that ring was and it had fallen off of Howard's finger and it had gotten in that suitcase, that part where you pull up the handle, and you know there's that little well in there and it had just, I guess, his hand got cold and it just slipped through and it fell into that little well and all of a sudden I knew where it was. And so it's so practical. They improve our lives in so many ways. It's incredible.

0:09:36 - Julie

Interesting. Okay, so 50 million questions in my head. Let's back up a couple of steps.

0:09:42 - Debra

This is my favorite subject, so let's go.

0:09:46 - Julie

Yeah, yeah, well, and I got questions that I already thought of, that I've got written down here to ask you, but my brain's going on warp speed now. When you first started communicating with angels, tell us about how that all began. Did you come from a spiritual family of angel communicators? Did you know about angels as a child? Just kind of give us a little bit from the beginning how all of this evolved for you.

0:10:14 - Debra

Well, so my parents used to read to me from my children's Bible and I could see these beautiful pages of big archangels and I just I didn't know anything about them except that I liked the way they looked and I felt like a connection there with angels the big ones, not the little cherubs, you know.

0:10:36 - Julie

How do archangels look to you now versus how they looked in those books? Or are they the same because that's how you were taught?

0:10:42 - Debra

they look. Well, it's interesting. It is just recently that they're letting me see a little bit of what they look like, and it's been since 2011, since I started chatting with them and I've seen flashes of their colors, and it is just recently that I'm actually they're showing me certain parts of themselves, and they know that I love their wings so much, and so they've been showing me their wings a lot, and that's how I had seen them as a child and I just didn't know what to do with that connection. I had that love for them, but life went on, and in 1996, um, but you know, life went on, and in 1996, a movie came out and it was called Michael with John Travolta.

Do you remember that? I do remember that. It was fabulous. Yeah, I loved it so much because Archangel Michael became friends with this group of humans and he helped them so much to find love, to find, you know, meaning, and I said that's what I want. I want to have a friendship with the archangels, but I didn't know how to do that. I just I didn't know what to do. Well, in 2011, there was a letter, an email, going around and a lot of people got it, and what it was was an invitation for you to host five archangels in your home for five days. Do you remember that? I don't remember that.

0:12:13 - Julie

I must not have been chosen. I wouldn't have chosen one of the chosen ones like you.

0:12:19 - Debra

Well, it was interesting because it was going around LA, the country, but it was going around the world. Apparently, a medium named Amiri, and I think she was German. She had gotten during a meditation, she had gotten this visit from five archangels Michael, uriel, metatron, gabriel and Raphael and she had this incredible experience with them and she wanted other people in the world to have that experience. So she created this email and set up there's, like you know, kind of like rules. You know what you do you set up an altar and you have them coming on this day and they're going to leave on this day and this time. And it went around and one of my friends sent it to me and I went yes, score, this is how I can have a relationship with them. I can have them in my home. Okay, sign me up. And so I went through the you know, there's things you're supposed to do and I got the house all ready and they were coming.

It was a Wednesday, february 23rd of 2011. I mean, it changed my life, so I cannot forget that day, right, yeah? And I set up this altar in the den and I said to my husband, I said to Howard, I said Honey. I said five of the archangels are going to be coming and staying at our house for five days. Now Howard is an accountant and even though he'd already been through all my spiritual stuff and he always went that's nice honey, that's nice honey and he hadn't really, you know, explored his spiritual self yet, he was like well, what time are they coming? I said they're coming at 1030. He goes well, tell them hello from me. I'm going to bed. And so he went to bed.

And this is where my book how to Chat with Archangels this is how it starts. I'm pacing the floor, can't wait till 1030 so I can open the front door and welcome the angels in right. And at 1030, I go and I open that door and there's nobody there and I don't know what I expected. But I don't know and I'm thinking, oh, okay, well, maybe they didn't come. And then all of a sudden, whoosh, I get this whoosh of energy that I had never felt before and it hit me right here and I'm like, okay, I guess you're here, come on in. So I had a card of things I was supposed to say to them, supposed to, you know, throw them around the house. This is the kitchen, this is the family room. I mean, somebody would have thought I would lost my mind and I didn't, you know, I kept looking back. Am I going to see something? Am I going to nothing, you know? But I just okay, I'm going to go with this.

So I took him into the den where the altar was, and there's a candle that goes the whole time, and I said, you know, you guys, you can stay here, you can hang out here if you want, but while you're with me, I want you with me. You know, when I get in the car and go somewhere, I want you to be with me, I really want you with me. All the time I said here, sit down, you know, and here's the couch, and you know, let's talk. And I asked them a question. Nothing Didn't get anything.

0:15:47 - Julie

I'm laughing because I'm thinking. You know, like you leave cookies and milk out for Santa, why do you leave out to be a good hostess for angels coming in? Do they have like angel cookies or angel?

0:16:00 - Debra

Yeah, I should have, yeah, angel hair pasta. You know, yeah, angel hair pasta. It should have had something. I should have, yeah, angel hair pasta. You know, yeah, angel hair pasta. I should have had something.

0:16:09 - Julie

I love it.

0:16:10 - Debra

So I'm like trying to talk to them but I'm not hearing or nothing's happening. So I said, well, all of a sudden I got really sleepy. I think they put me to sleep because I said, well, I'm going to good night. I got to go to bed and I remember the last thing I was thinking when I went to sleep was there's archangels in my house. Oh, my God right.

So the next day I got up and I, you know, I got in the car to go and do errands and you know, I could just picture them all squeezing into the car and I'm driving. I'm driving archangels, and I'm trying not to cuss if somebody, you know, cuts me off or something. I'm like, okay, nope, you know, got to and I stopped at the drugstore to get a few things. I swear people looked at me differently. They were like real friendly, like hello, you know, strangers, hello, and I'm thinking they must be picking up on, you know, this beautiful energy you know around. You know these angels and I at that time I was working at the BioTouch Center, which we can talk about later if you'd like, and the people there I could tell that they were also, you know, just relating to me differently and I just knew it was. I've got this angel energy all around me.

And so that night, that second night, I was determined let's, I want to, I want to talk to you, I want to become friends with you. You know, let's figure out a way I can do this. And the instructions had said for the email if you want to just write to them, you can write to them too instead of just talking to them. So I sat down, I grabbed a notebook you know a spiral notebook and a pen, and I had them sit down again and I sat down and I said okay, I'm going to ask you questions, I'm going to write them down. So I wrote down the questions and I would speak the question at the same time and I would speak the question at the same time. Nothing, okay, let's continue. I'm going to try it again.

Well, after a few tries, I started to hear words from this ear, right here. All of a sudden I'm hearing words. I'm like okay, whoa, what was that? And it was kind of gobbledygook words, but I wrote them down anyway. And then I asked another question and I heard some more weird stuff. Whatever I was hearing, I wrote down and I was speaking to them and I was writing to them and all of a sudden we were in a conversation that I could understand. I said you know, I'm not really understanding what you're saying. Could you maybe make it more basic for me, okay, like.

0:18:47 - Julie
American English.

0:18:48 - Debra

Yeah, and not such big esoteric concepts, let's you know. And we had a conversation and it was mind blowing, it was. I was crying, I mean it was. It was amazing emotion and I'm going this, this is working, this is working. And in fact, some of the things they told me that night, everything that they said was going to happen, did happen. Some of the things took about three years for them to happen, but they happened. And so the rest of the time that the angels were with me, that time, I'll tell you it was the most amazing experience. We had a parrot at that time. He's passed now our Monty, but he could even tell that there was something going on. I could see him tracking, I could see him acting different when you know, in the kitchen. It was just an amazing experience.

And I knew that the five days were going too quickly. And sure enough, the five days were over and it was time for me to walk the angels back to the front door at 1030 and send them off to three other people who had agreed to host them. And I was like no, please, I know I'm supposed to send you off to these people. I said, but I'm just getting to know you. We're just getting to have this friendship I always wanted. I said listen, I know you're omnipotent, I know you can be in all places at one time and you can go off to all these people and help all these people and still stay with me.

0:20:31 - Julie

So please stay with me, don't ever leave me and you know what? They're still with me today. They never did leave. Wow, I got to tell you. When you were talking about them driving around with you in the car, I got this picture, Debra, of them like angling into the seats the back seat with their wings and stuff, and then they'd straighten out and then they just all merge together because they're spirits. So there's no mass there. But when you were saying, I could envision them squeezing into the car and I got this picture of what it looked like when they were getting into the car with you, which was just a riot.

Back to what they look like to you. Do you picture them differently? Now you said they're starting to show you their wings. Do you picture them? Did you originally and do you still picture them like the paintings and the sculptures and all of that, or are they showing you themselves you had mentioned, in different colors? Do they look different to you from the paintings and the sculptures and the European artists' depictions of them that we've all come to recognize, especially in the Western world?

0:21:40 - Debra

Yes, they look very different. They look much more modern, they look much more up to date.

0:21:49 - Julie

And can you?

0:21:49 - Debra

describe that for us, and it's funny because they're young, you know they have young faces and young energy and they're beautiful beings and you know they are different colors and they're also, even though they don't have genders, they have female and male energies. And so, for instance, one of my favorites I mean listen, who's my favorite angel? The one that I meet at the time. Okay, Exactly.

And I tell you you get it. They know, they know, yeah, yeah, I love Archangel Jophiel. She is the angel of beauty and I mean you know she, she's the angel of feng shui. She'll help you decorate your house, you know, she will help you. Ask her to go shopping with you. She will find that scarf that you've been looking for. She'll find the right pair of shoes with that outfit. You know, she will find the best color for your walls and your carpeting, you know, I mean. Yet she also will help you appreciate the beauty of life. When you, you know things are getting down and things are dark, she'll help remind you of the beauty that's all around you.

I mean, she's so special, and I mean I, you know her colors are hot pink and hot yellow. Those are her colors, and so, of course, I see her that way. I see her with blowing hair and you know these hot colors. She has pink hair. Well, she can have pink hair if I, you know, think of her like that. She hasn't shown me her hair yet. She looks like a plunk angel.

0:23:33 - Julie

She does.

0:23:33 - Debra

Maybe she actually does Listen, maybe you know they're happy. For, however, we see them as long as we see them.

0:23:40 - Julie

you know, Right, right.

0:23:43 - Debra

But then, on the other hand, there's Archangel Asriel. Archangel Asriel, I have you know, this is tough for me he's the angel of death and although he is not the grim reaper, he's actually. His name means helper of God. His name means helper of God and he helps us through our transition to death and takes us. He beautifully takes us to the other side, along with our other helpers, angels and everybody.

But I had a problem with him for a while, and so how did I see him? Dark, dark, you know. Like the opposite of Angel Jafio, I see him in darkness, darkness, which probably isn't fair to him really. But you know, if we get to this, I'll tell you, from the time I was 19 years old, I had a real problem with death because I had an amazing life up until I hit 19,.

And then tragedies hit twice and I hated death and I hated death, and so there was a lot to overcome, you know, with Archangel Asriel, and he came to me, and he came to me twice and he told me my mother was going to pass within the month and she wasn't even sick. She wasn't even. Nothing was even wrong with her and she wasn't even sick. She wasn't even. Nothing was even wrong with her. I mean, she was almost 96, god bless her, but there was no reason for us to know or think that she was gonna pass. And that's exactly what happened and it all worked out well. You know, and it's all in my book, it's all there and you can ask me. You know whatever you need to ask about that. But I really appreciate Archangel Asriel now. I mean, I've learned so much about death and it isn't what I thought it was for so long, and so that has been resolved and it's a beautiful thing.

0:25:54 - Julie

So when you communicate with them now, do you say something out loud? Do you meditate for an hour first? Do you just think a thought, do you say, hey, I need some help finding a new watch. And then the angel that you need comes in. Sounds like you're pretty versed on who does what, but with thousands of them, I don't know. I don't know that you can memorize all that. How does that work for you from a communication standpoint with the angels?

0:26:22 - Debra

Well, I came up with a technique. Well, I came up with a technique and this technique is very similar, I guess, to other techniques, where you're getting yourself away from your normal day-to-day life and you're going to a quiet spot and you're going someplace where you can focus and you can start to take some deep breaths and raise your you know vibration and what's happening is the archangels are actually melding with our energies is what is happening. And there is deep breathing at first, and then you continue to breathe through every couple of minutes when you're communicating with them, because that's another way that they mingle their energies with ours. But, of course, now I don't have to go through all these steps that I outlined in my chapter 18. I go through the exactly how to do, because it's like anything else the more you do it, you're practicing and then you are able to get right into there so much more quickly and it's working so much better for you. But at first you're in your own way, you're questioning everything. Am I really going to be able to do this? Can I really hear them? Can they really get through? And I have readers that email me. I love when my readers email me questions and some of them are struggling because they are in their way. You know they can't. It's like it's the hardest thing about communicating with angels is believing you really can See you just you have to let that go. You know they want to communicate with us. We're built to communicate with them. We have a fixed sense. We have clear senses that we can develop. You know like for me, a clear audience is my strongest one, but I have clairvoyance where I can see when I'm communicating, I can see the words sometimes before I hear them, or I have clear cognizance. It's a clear knowing. I know what they're going to say, sometimes before they even say it. And in the way I do this, I have developed.

Writing by hand works really well and I didn't know why until I did a little research and you know I always use a journal. I have journals from 2011 on, through all of our communications. What happens is you have certain cells in your brain and they're called reticular cells, activating yes, r-a-c yeah, thank you. And what those are is a bridge between your subconscious and your conscious mind and they help us to focus. And so when you are writing by hand, you're actually activating those cells.

And they did a study University of Indiana in 2010, and they used MRI technology and they saw that your brain, the neural pathways in your brain, light up when you are writing by hand, just like when you're meditating, and so I've tried to communicate with the angels with my hands on the keyboard. Doesn't really work for me, but give me a pen and paper and there we go, and so that's how I go through. You know how people can learn, because my mission is to have everybody enjoy and benefit from the comfort and the love that this relationship. It's like no other and people need that. You know, in these dark times, people need it and it makes life so much richer.

0:30:17 - Julie

Yeah, absolutely, I agree. Well, and I always say that it's hard to communicate with spirit, whether it's an angel or a deceased grandparent or Moses or Elvis or whomever. If you're in fear and if you're worried about getting it right, or you're saying I'm not hearing anything. It's not working for me.

What are you in? You're in fear. Fear is a low vibration. Spirit doesn't communicate on the I feel crappy channels because the vibration is too low. Right, Because spirit doesn't have the density of a body and so their vibration is really high.

I'm laughing too about when you were talking about. They were giving you words and you're thinking what the heck are they saying. Because when I first started doing this a bazillion years ago, I would ask guardian angels more so, and I want to ask you about them in a minute. And I would say, okay, Susie wants to know your name. Would say, okay, Susie wants to know your name. And I'd give me some name and it'd be 15 letters, all consonants, and I'd say how the heck am I supposed to pronounce that? Can you give me some English, American, easy name? And then they started coming in with Fred and Sam and Sue and things like that, and the best, Deborah is.

I was in Ireland a few months ago and my girlfriend's darling little five-year-old granddaughter. She said Miss Julie, can you tell me what my guardian angel's name is? And we got the name. And then she said does my angel have a middle name? And I said I don't know. I never got asked that before, and so we asked the angel and I said do you have a middle name? And the angel said, if she wants me to, I do yeah, Okay, what's the middle name? So it's, it's interesting. Where do you think their names come from? Has somebody way back when, in the early stages of mankind, or did God himself name these angels? Where are the names coming from?

0:32:16 - Debra

Well, so they come from the ones that we know. You know, gabriel and Raphael. Those are all. They're Hebrew. So eyes of God, or who is like God, or healing power of God. So the L at the end means of God. Okay, that's that Hebrew. Now there are two archangels that used to be human, only two. All right, before you get to that.

0:32:49 - Julie

Back to the Hebrew names. Was there some Jewish person that was naming these guys, like before Moses, or were they already named? And then, when they started appearing to humans and the humans said, hey, who are you? They said okay, I'm Archangel Raphael.

0:33:05 - Debra

And they might have, because that was the language that was spoken back then. So they probably it was a way they could communicate to make them, you know, make it understood.

0:33:15 - Julie

I never thought about that before, but that question just came to my mind. Well, the two archangels?

0:33:21 - Debra

that don't have the EL are the ones that used to be human.

0:33:26 - Julie

Okay, so tell us about them.

0:33:29 - Debra

So archangel Metatron.

0:33:33 - Julie

Yeah, I've heard of that angel.

0:33:35 - Debra

He actually used to be the prophet Enoch in the Bible. Oh, he is the one who's in charge of the Akashic Records, the Tree of Life. He's the one that has that cube that spins the macabre you know that whole thing going on and what's he known for. So he helps us ascend. He uses his cube spinning cube to cut away old beliefs and things that are holding us back in our lives. So he had spent a life. He was so pious that when he died, god rewarded him and turned him into an archangel and did the same for Archangel Sandalphon. Who was? He was the Elijah, so he was the prophet Elijah.

0:34:38 - Julie

He was a big deal.

0:34:40 - Debra

Yeah. And that's the same thing. You know he led such a pious life that God created, you know, this space for him to be an archangel. So those two are the only ones that don't have really the EL. You know the end because they were created later Did Metatron.

0:34:59 - Julie

And who was the other one? Sandalphon, sandalphon, sandalphon. Yeah, did they tell you this story? Did you read it someplace? How did you? Did you just get a divine download on it? How did you? How do you know that?

0:35:13 - Debra

I didn't read about it and then I asked them. I like to ask them and get the truth from them, and sometimes they say, no, there's no way that what you were reading is right. And sometimes they agree with what I've read.

0:35:27 - Julie

So you'll hear an answer in your head.

0:35:30 - Debra

I hear it while I'm writing and sometimes I'll just have the knowing, or I can see it.

And sometimes I can like for Archangel Jophiel. The first time she came through to me, I had just painted my toenails a hot pink. She had never come through to me before and all of a sudden I could smell it. What is that I smelled? It smelled like a strawberry candle, and so that was my first time with Claire Allianz to be able to smell something when she first came through.

But I like to ask them to verify either what I've heard or what I've read. And one of their constant you know, they give me archangelisms. I call them and I have a whole chapter of them in the book. I love it when they tell me like they'll say you know, it's good that you ask questions of others and you listen to the answers and you know this and that, but you have to remember you are your own teacher. You have to remember who you are and have faith in yourself and what you know, and so I love that. Because we forget that. You know, we will sometimes give up our power to someone else, thinking that they know more than we do, right, and yeah, yeah, interesting.

0:36:56 - Julie

Well, and it's just talking to you about this is so much fun. There's so much joy. They are so much fun. The vibe is so high and I find that spirit is hilarious, regardless of who it is with whom we're conversing, but the energy from the archangels is really seriously ramped up. Joy and fun is what I'm feeling just having this conversation so far. What is the difference between an archangel, a guardian angel and a regular angel, not the cherubs and all of that guardian angel and a regular angel, not the cherubs and all of that?

0:37:38 - Debra

but do they all have certain things that they're assigned to do. Yes, they do. That's why they're in different ranks. I mean, I'm sure they work together as well. But you know, it's interesting that you bring up guardian angels, because I really have very little experience with my own guardian angel, because I had been so busy with the archangels that I have kind of ignored my guardian angel and I started thinking about that, and it was only within the last couple of years that I asked my guardian angel. I said I'm sorry. I said I've kind of ignored you, so could I ask what is your name? And he told me his name was Lloyd.

0:38:18 - Julie

See American easy to pronounce English yes, yep.

0:38:23 - Debra

And what I discovered, though, is and I never read this anywhere, I'd never heard this anyplace else but my angels explained to me that I have an essence angel, and that we all have an essence angel. What's that? So what was happening was I was sitting down every time to have a, you know, a chat with the angels, and I was getting irritated because there was an angel who kept coming through, and he told me his name was Jebediah, and I mean, I always have to look. And he gave me a beautiful message, and I looked, and, no matter where, I could not find anything about an angel or an archangel Jebediah anywhere. And I'm like who is this wannabe, and why does he keep coming through to me? And I was not necessarily nice to him. I would say thank you for your message. Now could you please send in one of the archangels? And he would say I am an archangel. And I'd say thank you, could you please? You know, and this went on for two years, and finally, I think it was archangel was it Chamuel, maybe? Who finally came through and said look, archangel, jebediah is an archangel and he is your essence angel. And I go what is an essence angel? I've never even heard of it and he said you all have essence angels. This angel has been with you since the beginning of your soul and then helps protect the essence of your soul.

And here I treated him terribly and I was was embarrassed and I apologized to him and I mean, you know, I didn't hear from him for a couple of weeks. I was, like you know, worried, but I was so happy when he came back through and I apologized. And so there's something I didn't

know too. And you know, I mean we can't possibly think we know it all or that we've read it all and that we've covered it all, you know, in what we have, as humans, figured out. And so, and interesting, about the guardian angel, I was thinking for my next book I've never written a children's book. Now I know that you have in a children's book. Now I know that you have. And this is interesting because I was thinking maybe it's time for me to write a children's book about guardian angels, and so I was thinking that might be my next project. So I'm going to have to really, you know, learn more about guardian angels, start asking them more about guardian angels and getting more information. That would be a great next project.

0:41:16 - Julie

I see guardian angels. I've been told many, many, many times, countless times, that they stay with us throughout all of our lifetimes, so maybe they're friends with. What is this name? Jebediah, the essence angel.

0:41:30 - Debra

Yeah, maybe Lloyd and Jebediah are buds, Are buds yeah exactly.

0:41:35 - Julie

Well, and when you said Lloyd, I was laughing. I was thinking I don't know that that's an ancient Hebrew name. It might be, but I'm not so sure about that.

0:41:44 - Debra

They try to keep it simple for me. I'm a simple lady, really.

0:41:47 - Julie

I really am. And to my point earlier. I asked them. I said give me easy American English names that I can pronounce. That are easy. But the other thing where I see the guardian angels the most Debra is I'll see them. If somebody's having surgery, I can do remote viewing and I'll see the angels and the deceased loved ones, and all of that in the OR in the operating room when somebody's having surgery and the guardian angel of the patient is always over the head of anesthesia, always always, always.

And if I want to, I can read the anesthesia equipment and I can see what their oxygen level is and all that jazz, but the guardian angel is always there. The other time that I see the guardian angel is when somebody's dying, because I talk about what happens, how we're surrounded by angels and the spirits of deceased loved ones and pets as we're transitioning and I thought the guardian angel. I expected the guardian angel to be the one running the show from the spirit world. That's not been my experience doing this tens of thousands of times. My experience is it's the maternal spirit that brings in the angels that you know all of that happens, but the guardian angel is next to the maternal spirit. So it's kind of like the mother spirit is the CEO and the guardian angel is the COO.

0:43:11 - Debra

Oh I love that.

0:43:12 - Julie

Yeah, and they look to me like Catholic school girl angels big, big wings, white gown, barefoot, rope belt, the whole nine yards. And I know, because I've heard this a whole bunch of times, that they appear to us in a way that's going to help us recognize what that energy is. So somebody perhaps that's grown up in an indigenous culture in the middle of the Amazon may see angel energy as just like a purple blob or something. But it's fascinating to me how different people see angels in particular. People see angels in particular. I do see cherubs, I do see the archangels, I do see the guardian angels. What are the other?

0:44:03 - Debra

categories of angels. Did you say there were nine of them? Yeah, there's principalities, thrones, powers. What does that mean, though? What does that mean, though? You know, I don't know, because that is more religious, okay, and so I haven't gone down that way. You know, for me it's always been more spiritual in what they're presenting me.

0:44:27 - Julie

So the angels look like angels but they look like different kinds of angels. I mean, at least the ones I've seen of the archangels and the guardian angels and the regular angels and the cherubs all appear differently. So those other ranks, as you're calling them, it would be interesting if somebody can describe what they look like and what they do.

0:44:48 - Debra

Well, I heard I think it's the seraphim that are pretty scary looking. Supposedly they'd have like one big eye.

0:44:57 - Julie

Oh, you know, I've seen documentaries on that in ancient churches in places like Turkey and in Europe where they have the carvings, the masonry, where they have those seraphim depicted as kind of gargoyle looking.

0:45:16 - Debra

Yeah, I heard they're scary, so it's best. I think that they don't really want to show that to us. They're probably letting us, you know, think how we want to, Although I will show you a picture of how they presented themselves to me and Howard and our son one day.

So what happened was I had only been speaking to the angels maybe for nine months and one day I said to them you know what I love our communications. Thank you so much and I believe in you. I know you're here with me, but I'm human, so could you do me a favor, could you send me a sign? I know you're really with me and please don't make it a sign like, you know, a leaf in the wind or something. I mean I take this to be a big, obvious sign that you're with me. Okay, and I remember I told Howard that I asked the angels for a sign and he goes okay, yeah, that's nice. Okay, that's nice honey, that's nice honey.

Two days later, our son was visiting. At that time he lived in Atlanta and our son was visiting us and his name's David, and so David and I are in the kitchen talking and Howard went through the you know the kitchen. He went out the back door to do something in the backyard and I look at him and he's looking up and all of a sudden he comes back, opens the door. He goes grab a camera and come out here quick. So we go running out there and this is floating over our house.

0:46:51 - Julie

Oh my gosh. So it's an angel. It doesn't even look like clouds. For those of you that are listening, it looks like a hologram of an angel in the middle of the sky over the mountains. Wow.

0:47:03 - Debra

There was not another cloud in the sky, and this was a huge cloud angel and it just was floating and slowly it floated over the back wall and got smaller and smaller and smaller and smaller in the distance and we were dumbfounded and I said, oh my God, they sent me the sign, thank you. And David said you know, mom, you never even would have seen that sign if Dad hadn't gone outside. And I said yeah, honey, why did you go outside? At that moment? He goes, I don't know, I just felt like it. And I said well, what do you think of the angels now? And he said I think I'm a believer.

0:47:43 - Julie

Yeah, well, that's what I was getting, that they needed him to see it, because it helped him really solidify his belief.

0:47:52 - Debra

And the funny thing, too, about that is they've done that before, They've done that again since. Again, this what happened. We were at a restaurant. If you can see, this lights on my face. This looks like a rainbow on my face.

0:48:06 - Julie

So she's got a picture up and it does look like a rainbow on your face In my hair on my chin.

0:48:14 - Debra

We were at a restaurant and I was recovering from a very bad back injury and I was still in recovery and we had gone rough and we decided I was up for taking a little road trip. So we went to Jerome, arizona, and we went to this restaurant that had these big windows and the sun was coming through the windows and it was a very crowded restaurant. It was called the Haunted Hamburger. And so we're in there and we're eating and talking and I said to Howard you know, a new angel came through to me last night and I didn't know him. His name was Angel Raziel and he told me everything was going to be okay, my back was going to be okay, I was going to be covered, just fine.

And Howard said oh, you know, that's, that's awesome. And then he looks at me. He goes there's, there's a rainbow on your face. I said what? He goes, there's, there's like a prism on your face. And he took a picture of me and he says you know, he says it's not on me, it's not on the table, it's not on any of these other people you know that are sitting in front of this window. He said it's just on you. And I go, god, that's weird. And he says it looks like it's coming from inside of you and I said, oh my God. So the waiter walked by and Howard said no-transcript. Well, I later found out that Archangel Raziel the colors he projects is the rainbow.

0:49:56 - Julie

Oh goodness, Is he a healer.

0:49:59 - Debra

Is that a healer angel? No, he's not a healer angel, but I mean he's like Raziel, he's like Merlin the magician.

0:50:07 - Julie

Okay.

0:50:08 - Debra

But again, I wouldn't even have known. Howard had to tell me I didn't know that that was on my face, you know again. So Howard got to see this thing unfold again and he's gotten to see it over and over and over again. So he is definitely a believer. Now. How could you not be?

0:50:26 - Julie

Merlin the Magician was a healer, though Merlin the Magician had all kinds of concoctions that he would use to heal people. So that came in when you said that and I said well, is he a healer angel? Because I was getting, he's a healer angel.

0:50:42 - Debra

And then he said Merlin the Magician, he might have helped, along with Angel Raphael. They helped me a lot. It was a rough go and you know I did, I had some loss of faith at that time. It

was a rough go and and I you know I did, I had some loss of faith at that time. It was, it was tough go. Yeah it was a rough patch.

0:50:58 - Julie

Oh, my goodness, can you share with us how your life has changed since you've started communicating with the angels, and how much of a just normal presence in your average day do they make up? Is that a right way to phrase it? How involved are they in your regular daily life, or are they so much.

0:51:30 - Debra

So I mean in the littlest ways you know, I just find myself communicating or just chatting with them, talking about things that are going on. They send me signs all the time. I mean all. Can you give us some examples?

0:51:45 - Julie

Well, how about this one, Other than the sky that you showed us the picture of?

0:51:49 - Debra

Yeah, the signs are not all that amazingly huge and you can actually ask for a sign too, a specific sign I've already asked for. One time. I said you know what, how? About some green balls, something green and round? You know, I'd like to see those show up somewhere in my life. Well, about a week later we were having our back deck painted and the painters had gone under the deck and they had found five of these. You know, those glass like flat discs that people use for decoration. They found five of them and brought them up and gave them to me and they were green and round and I'm like you know, there's, you know. So you can even ask for specific signs and that'll happen. I asked for a specific green heart to show up. That one took weeks and then finally we saw it was a plant with heart-shaped leaves in a restaurant that you know. That caught our eye this morning. I was doing so. I played we play our family plays a game called Wordle. You know Wordle, sure, yeah.

And we play, there's one called Strands, and so you find it's like a scrambled word and you find the word. And I had said to them you know, I'm glad you're going to be with me at this interview. I always like when you're with me at these interviews, you know, you help my mind stay sharp and stay what I want to say and the last. So you find words. And the last word that I needed to find today was angel. Oh, it's all the time. You know and you have to, and when you ask for something then you have to be aware because sometimes they will send you very subtle signs and you'll miss them if you're not like looking really hard. And I have a whole section in my book about different signs and how they send those signs and what to look for.

0:53:48 - Julie

I think that they're utilizing what you referenced before, the RAC, the reticular activating system in the brain, to help you see those signs. Because it's kind of like when you buy a new car and then you're driving around in your new car and you're like, oh my God, I didn't know there were this many red Toyota Priuses on the road. I haven't noticed it before, but you see them everywhere because you're looking for them, because it's in your reticular activating system. Do you believe that they're utilizing that part of the brain to help us identify signs?

0:54:23 - Debra

I never thought of that before, but I think that's brilliant. Yes, because that's another way that they can actually help us to do that and to see that.

0:54:31 - Julie

What that does with the RAC, based on what little I know about it, is. It lays a new neural pathway in the brain so that if you ask them for a heart, there's a new neural pathway that's

been put down in your brain and you're looking for hearts even though you're not cognizant of it, and you see more and more hearts, hearts even though you're not cognizant of it. And you see more and more hearts.

0:54:57 - Debra

You ask for a feather, you ask for a green ball, you ask for whatever. And that's really like yes, yeah, I was getting that too.

0:55:03 - Annncr

That was one of those.

0:55:04 - Debra

I had a girlfriend who she you know she wanted to know about angels and we talked about angels and all that and she invited them into her life. And she calls me up it's in the book too. Her name's Melanie and she says Deb. She goes, I've got white feathers coming down from my ceiling and I said, oh my God, they really love you, they're really showing you, you know. And for two weeks she had feathers. She was finding them everywhere. I said enjoy them now while they're there. And then boom, they were gone after those two weeks. They love to send us different messages and different signs and they're awesome, they're so fun.

0:55:43 - Julie

It's like, okay, we know that you have it now, point taken, we've got it with the feathers. Do you find that they're around you all the time, or you need to call them in? How does that work?

0:55:57 - Debra

They are around me all the time.

0:55:59 - Julie

So you have thousands of archangels and other angels and other spirits and pet spirits and all that, or archangels in particular.

0:56:07 - Debra

Well, I think all of our I call them our divine best friends and I think they're all around and I think when you need to call in specific ones, you can do that, but they're not far away at all, you know, they're really amazingly close by and that's so comforting. You know, we just we have. It's so hard to go through what you have to go through as a human and not realize that you had this help that is just there for you, you know, and you just have to call out for it. And I feel bad, you know, for those who don't realize that. And that's really what happened was I was doing other things. I was taking mediumship classes and I was in a mediumship circle because I was finally making peace with death after what had happened when I was 19. I was finally making peace with it. At 19, my boyfriend was killed in an automobile accident and six months later my father died of a heart attack. Oh, I'm so sorry, thank you. And those were the you know, the two men in my life that I love.

0:57:18 - Julie

Those are two big hits right.

0:57:19 - Debra

Back to back At six months and and you know before that my life was beautiful. I was so thrown for such a loop, but I was finally making peace with death, with these mediumship classes and these circles where we were bringing in people's loved ones from across the veil with evidence, and I was like, okay, there's no such thing as death. I finally get it. You know they're still here and it was all making sense. And meanwhile I was still chatting with the angels

and I was getting these beautiful messages and COVID hit and people were so scared and upset and worried and who can blame them?

And the angels were giving me so much comfort in what was going on and I said I have to start writing my angel book now. I've got to help people to understand that they're not alone, that there's an other side to these things, because the angels were saying you don't have to believe everything news and views are giving you. It's not that way. This is a small portion of what's going on and they were helping, giving me the bigger picture and I wanted to help others get the bigger picture and that's when I started writing my angel book and I got all my journals from all the years and I went through them and I created what I thought and I think I captured for most people the most helpful parts of what they had told me, so you've piqued my curiosity.

0:58:57 - Julie

What did they say? The big picture was with COVID.

0:59:01 - Debra

Well, it's usually an individual kind of thing. We all are going through certain lessons that we have to learn individually and we're now so aware of everybody else's situations and we see what they're going through and we worry that that's something that we're going to go through or we have to go through. There's an individuality there and you have to make space for that. You're going to see and hear some bad things that people are going through, but that doesn't necessarily mean that you or your family or others it doesn't necessarily will affect you that way and that everything is for a reason and it's part of their journey. And you can't get wrapped up in another person's journey and we get wrapped up in everybody's journey. When you see it on TV and the radio and it's all over social media, all this bad, all this terrible, you know, and you lose sight of what's my personal journey look like compared to that, and so they reminded me a lot of that kind of thing.

1:00:17 - Julie

Yeah, absolutely Well, if it bleeds, it leads. And then the more people are in fear, the more eyeballs are on the news or the social media, which means more viewership, which means more ad dollars and more clickbait. And the more clicks, the higher the ad rates. So it's all about the dollar.

1:00:40 - Debra

You got it? Oh my gosh, yes, yeah.

1:00:43 - Julie

When somebody has a request, how do they know whether to ask God, ask their loved ones, ask their spirit guides, ask their archangels, ask their whatever? Are there certain people that just feel comfortable with different spirits? If you will. Somebody may want to talk to Jesus, may want to talk to Mother Mary, may want to talk to Buddha, may want to talk to Archangel Michael, may want to talk to Jesus, may want to talk to Mother Mary, may want to talk to Buddha, may want to talk to Archangel Michael, may want to talk to whomever. How does that work? Do you think? Is it all subjective, based on the person and what their beliefs are and what they're looking to, what kind of guidance they're looking to receive?

1:01:32 - Debra

Yes, I do think that's the case. I think whatever you're comfortable with even when I talk in the book about when you settle down to start communicating with the archangels you make yourself comfortable. If you want to pray ahead of time and I always say, you don't have to pray for protection because you're calling in the divine light of God but if you, it's most important that you're comfortable. So if you want to call in Jesus, if you want to call in you

know Mother Mary or Buddha, do so Absolutely. And I even talk about how to set up an altar so you can have some religious figures or whatever you want there close to you, because you want the least amount of things in the way, and so you want to be open and comfortable. And I think also, it's not as important as who we call in as the fact that we call them in and we are. Yeah, you know you hear about dark entities, but dark entities are not going to even try to come in when you're calling in God and Jesus and the archangels, with that kind of light going on, they're going to just slink off, you know, to the shadows and so don't worry about that. And you know you're communicating with archangels.

Here's a few ways to know. First of all, they don't talk the way we do. These are ancient beings, and they'll say to me. They said to me one time I was complaining about some problem that was annoying, and I forget which of the archangels it was, but they said float above the fray. Well, I have never said float above the fray in my life, and so I know that's not coming from me, you know. And then there was another time where they started to. They started doing poetry. I am no poet, and what was that line? One of them said embrace the best of yourself and it'll improve the rest of yourself.

1:03:46 - Julie
That's good.

1:03:47 - Debra
It's just so cute, you know, and I'm like, oh so I laugh. You know they make me laugh, sometimes they make me cry. So you feel emotion. When you're chatting with them you will feel deep emotion that you were like where did that come from? You know Also, they will never blame shame. They will never put you down in any way. They will never be angry with you. They will never tell you to go do something you're not comfortable with. They only give you love and support where you need it and comfort. Now, they're also not genies in a bottle.

So if you say I would like this, you know you're not asking for three wishes. Like you know these are going to come true. If what you're asking for does not come through, there's a reason for that. It was not meant for you or wasn't meant for you at that time. It wasn't in your highest good and you have to have faith in that. They're hearing you and in their wisdom. They know this is not for you and so that's another thing. And then one more thing when I started actually writing down their answers, it kind of turned into when they would speak. I had all capital letters and sometimes the writing was different, you know, depending each time, like maybe it was different slant was different depending each time, maybe it was different slant or something depending, and so there's all these ways that you know You're not imagining it. This is really communication from them.

1:05:28 - Julie
Fascinating when you talk to people who say I just want to experience true enlightenment in my life. How do you explain that to?

1:05:44 - Debra
someone. Well, if you want true enlightenment, you have got to ask for it, and you ask these divine best friends. I can't imagine a way to become more enlightened. I'm telling you, this is the key to the castle right here, and it's actually much more simple than you think.

1:06:11 - Julie
So anybody can communicate with angels. Are there three easy steps that somebody that has never tried to do it that they can take? That will help guide them.

1:06:24 - Debra

I have asked the archangels if everyone can do this. I wanted to make sure before I wrote the book, you know. Before I said, hey, you can do this, you know, and they said, oh, absolutely. Wrote the book, you know, before I said, hey, you can do this, you know, and they said, oh, absolutely. And I actually taught a group of ladies twice in my friend's living room and everybody that first night was able to get some kind of communication that night. Now you really have to be open for it and want it, and in terms of three steps. So in my chapter 18, I take you through, maybe there's eight or nine steps, but they're simple.

1:07:02 - Julie

Can you give us three out of the eight as an example?

1:07:14 - Debra

you go by yourself someplace and you start to relax and you start to take some of your deep breaths and you start to you put your phone outside, you put your beloved dog outside, you know, so that you're just can focus. And then you know, you have your pen and your paper and then you start your little bit of your deep breaths. You kind of open yourself up, like your heart, to like this, like gold, loving light, because you want to be receptive. And then you start whatever comes in your head, you want to, what do you want to ask them, what do you want to know? And you start saying, as you're writing, this is my question, you know, is Shirley mad at me? Did I say something stupid the other day? How do I fix this? And then you know they know the best way to get through to you.

Which clairs? Is it your hearing? Is it your seeing? Is it your knowing? Is it sentience? You know what is it that you need and you will be able to have this communication one way or another. This way will come. You have to do the work, you have to do the practice, you know, so that it gets easier, I'd like to say here this is how to do it and you're good right away and whatever it's like anything else in life, you got to flex that you know muscle to get it going. And then you thank them with deep gratitude in your heart and sometimes you'll you say it three times Thank you, thank you, thank you and that third thank you, just it, like you feel the chills, you know it's just. That's how deep that gratitude is and that's keeping you know you're, you're, you're so mixed with their energies and your energies have risen and your frequency is high and it's just beautiful, it's beautiful.

1:09:08 - Julie

I agree with you on that practice thing, because you think about when we were learning to drive a car, what did we do? We read the book, we watched the video, we rode with somebody else that was driving, but until we were behind the wheel we didn't really get it. And it's the same with any kind of spirit communication. Same thing the more you do it, the more validation you get. The more validation you get, the more you learn to trust it. And then it's just second nature and you just turn it on and off. That's what I teach. You just turn it on and off at will. It's like back to the car example. You got to back in our day. You had to remember to put the key in the ignition and you had to put your seatbelt on and you had to remember yeah, now it's a button that you push to turn it on.

1:09:55 - Debra

But it's your second nature. Sometimes people don't want to do the work and they say you know, I'll just pay somebody and they can do an angel reading for me and there's a place for that, and that's fine, yeah. But I always say you don't necessarily need a middleman. You can do this yourself. You really can have faith in yourself, trust yourself. You can do it as well as this person or this person, and then you have a direct line anytime you need it. And what could be better?

1:10:24 - Julie

than that. Yeah, yeah, and I think too that it's something that we're doing all day long. We just don't recognize it. We'll have a thought on something We'll say, oh, that's just my imagination or I'm losing my mind, or something like that. Like you mentioned the strawberry candle, when your hot pink punk rock angel came in, and Mother Mary when she's appeared in a whole bunch of her Marian apparitions, there's always a scent of roses in the air.

1:10:57 - Julie

Whether it be in Fatima or Lourdes or Medjugorje or wherever, there's always, always a smell of roses that many, many, many people can pick up on. So it's interesting people can pick up on. So it's interesting. You don't hear about scents very often, so I'm glad that you brought that up before, that you heard or that you smelled something. Yeah, I was in a hotel in downtown Austin one time, and it was a historic hotel, and I smelled cigar smoke outside of the ballrooms and I thought there is no way that they're going to let somebody smoke a cigar in this hotel. And so I turned on my radar and, sure enough, there was a spirit that was walking through the foyer of where all these ballrooms were and I thought, okay, that was just spirit saying hey, ryan, turn on your radar, is there more?

to the equation of what's happening here. I love it. Last question why do we incarnate?

1:12:00 - Debra

Well, I believe that we incarnate because the goal is for us to get closer to God. And how does that happen? We come down here, we don't know anything, we're brainwashed into a lot of wrong things that we hear. We don't realize our power, who we are, where we came from. We go through tough parts of life, we're in pain, we're depressed, we're disappointed, depressed, we're disappointed. All kinds of things happen and eventually we have to learn to ask our divine best friends, God, our creator. We have to ask for help because it's like we can sense something's missing, there's something that we need that we don't have. And when we ask for that and then we learn to accept it, I think it strengthens our relationship with God and our faith, so that, when we've already called home, our bond with God is even stronger than it was before. That's what I think.

1:13:16 - Julie

Fabulous. I completely understand why the archangels chose you to be the one to help educate humanity. Of them being around, you are absolutely darling and you just exude joy and happiness, and I know a lot of that has to do with because you swim in that archangel vibe all the time, because you're always talking with them, and yet you are not somebody who would be perhaps a normal pick of somebody with a big platform. You're starting this out from nothing and writing these books and helping to educate us on the accessibility and availability and help that these archangels can offer. So thank you so much for everything you're doing for the world and humanity at large.

1:14:11 - Debra

That's so beautiful. Thank you so much for what you do. I love your work and I'm so touched. Thank you so much.

1:14:18 - Julie

You are most welcome. How can people learn more about you and your mission and your work and what all's going on in your angel world?

1:14:28 - Debra

They can go to my website, which is DebraSchildhouse.com, and on there's a lot of information and there is, you know, information about my books and I have a monthly blog that

I write about angels and I also on there, have I did a workshop, a free workshop, on YouTube, and they can see that. They can go there and I explain this whole thing step by step. Again, I just give it away because it's for everyone. Yeah, I agree.

1:15:03 - Julie

Alrighty, everybody. That's it for today, Sending you lots of love from Sweet Home Alabama, and from Arizona too, where Debra is. We'll see you next time.

1:15:15 - Annncr

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

1:15:30 - 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.