

AJR Peggy Huddleston Transcript

0:00:01 - Annncr

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

0:00:44 - 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. Today's guest is Peggy Huddleston, a pioneer in mind-body medicine. As a psychotherapist, researcher and Harvard Divinity School grad, Peggy's work is revolutionizing the way we heal by integrating emotional and spiritual tools into physical recovery, especially after surgery. I'm going to be asking Peggy about her groundbreaking techniques, how they impact post-op healing, and ask her to share practical steps that can help us all. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Peggy. Peggy, welcome to the show. I'm so excited to have you here today.

0:01:41 - Peggy

So am I. I've been looking forward to talking to you so much I love what you do.

0:01:46 - Julie

Oh, thank you. Same right back at you. I'm fascinated with what you're doing as well, so let's just get right into it. You say a combination of positive emotions and the human spirit can speed up healing. Tell us about that.

0:02:03 - Peggy

Wow, Julie. Well, let's see it. Well, absolutely. We are so powerful we can heal everything and anything. But we have to be at a high vibration. We can't be depressed, we can't be sad, we can't be crying our beer. So a person has to just get to a high vibration, and that high you know all this, I'm preaching to the choir. You just get to a high vibration and that high you know all this, I'm preaching to the choir. You just get to a beautiful high vibration where you align with the energy of your soul, and our soul is always connected to the divine. More of this is on the other side than here and you just connect to that beautiful high vibration. We already are. Most people are connected to their personality instead of being connected to the high vibration we already are. Most people are connected to their personality instead of being connected to the high vibration of their soul. And so if you just connect to that high vibration of the soul, which is peace and love, and then just visualize and feel like that part of the body is already healed, healing happens very quickly. But you just can't do it for a minute. A person has to resonate. I find if they can do it well, it's different for everybody because it depends upon how high their vibration is.

But for example, I'll get simple. For example, I've I'd have people who'd call me up the night before surgery when I was living in Cambridge Massachusetts and they were going for simple surgery. A bone wouldn't heal for three months and the surgeon was going to put metal stuff in there to hold it together. And they'd say I think you could show me how to heal this and I just want to cancel my surgery tomorrow morning. Can I come over tonight with my husband and can you show me what I need to do? And I say yeah, so come on over.

And so I'd say you just have to come on over. And so I'd say you just have to actually listen to my relaxation two or three times a day. Visualize the bone totally healed. And let me introduce you to a surgeon who's at the New England Baptist Hospital who knows my work. So when you cancel with a surgeon tomorrow, they're not going to want to be so happy. So here's a surgeon who'll understand what you're doing and ask them in three weeks to do another x-ray and they'll go. You're healed. But that's a simple thing with healing a broken bone.

0:04:15 - Julie

How about other ailments?

0:04:18 - Peggy

Well, I've shown people how to do this with it works. I have it. Luckily, I have all these friends that when they have some terrible diagnosis they call me up and that's how I've learned so much. So I had a friend who had lupus and she was given this diagnosis and the drugs they wanted to give her. They said well, it will suppress your immune system and you may get cancer, you know not. Great Thanks. I said well, you, and Dennis, who was a good friend of mine, said come on over, let me show you what you can do. So I began working with Mary, showing her she was listening to my relaxation twice a day, getting deeply relaxed and visualizing being healed and feeling like it's happening now. And I said after about three months, I think it's time you go back to your doctor and have them do some measurements to see what's going on. And the markers for lupus had dropped by 50%. So the doctor said whatever you're doing, just keep doing more and come back another few months. And she did, and that's been 12 years ago. So I learned wow, this works for lupus.

And probably the most, oh the most exciting example I had, there was a woman who she'd had a skiing accident a year earlier she had broken her femur, that bone below between the knee and the ankle. And no, between the knee and the ankle. And no, that's the tibia. Hang on, tibia, tibia, that's the tibia. And a year later, when they x-rayed her, her surgeon at a Harvard teaching hospital Beth, there's just that there is so little bone growth here, we're going to have to graft bone from your hip to your tibia, and so the thought of having surgery in three weeks was just re-triggering her all the trauma from the skin accident a year earlier. And she was reading my book and she said can I come over and do a workshop with you? It was just a one hour prepare for surgery workshop. I said, sure, so we did that and it was so beautiful and this was the key to the healing.

When she was deeply relaxed, I said we need to talk to your tibia to ask her what comforting emotion does it want you to give it? And she said, well, how do I do that? I said, well, let me just guide you in a deep state of relaxation and because you can talk to your body, we all can talk to our body anytime, and just it's because the problem is people don't know. They're not their body, they're just a soul in their body. So they think when they're having this surgery it's them, it's not, it's just their body. It's like when you take your car in to get service. You don't freak out and say, oh my God, maybe I'll die, you go, I'm just taking my car in my vehicle, it's not me.

So we did this session and I got her deeply relaxed and I said ask your tibia, what comforting emotion does it want you to give it? And she said, okay, she kind of listened and she said I think it's saying I want love. How do I give love to my leg, my broken bone? I said, well, it's, you, just put your. You know, when you're stroking a baby, you put your hands. There's this gentle energy that comes out of your hands when you stroke a baby. So just put your hands on either side of your knee, palms on your knee, and just feel that loving energy of stroking a baby. But stroke your leg all the way down to your ankle and I could see, feel these beautiful, pink, puffy clouds of love. You know how you can see it, but you don't say it. I could see it. I just use that information to ask better questions. I said well, what are you feeling? She said I feel pink, puffy clouds of love coming out of my hands. I said good, and I keep hidden that I can see this

stuff. Because if you say you know, if you, if you say you can see it, you kind of one-up your client and that's no good at all. So she said I said good, keep going.

And she got down to where the fracture was and just held her hands there and said, oh, I'm just giving love to this way to give the love to a baby. I said, good, how's it feel? Oh, soothing, I'm not afraid. Now I said ask your this area, how many times a day does it want you to do this? And she said, oh, it's saying it wants it three times a day for 10 minutes. I said, good, ask it what times a day. And she said okay, and I said after breakfast, after lunch and then when you get in bed at night with your husband, just drift into that loving state and do it again and fall asleep in that state.

So she did that and what was exciting, she had had the x-ray showing there was so little bone growth in one whole year that when she was back at the hospital Beth Israel three weeks later and they did another x-ray and they said no, no, I got it mixed up. They opened up, that's right. She went back for surgery. They opened up her leg in the OR. Two orthopedic surgeons are there and they go your bone is healed, we don't need to do a bone graft, and it was so marvelous.

But the fascinating thing about this was her neighbor was the chief of medicine of this Harvard Teaching Hospital, Beth Israel, dignis Dr Russ Phillips, and he heard this story and he was so amazed that he said could you do a research study with us and some other doctors on having our patients who are hospitalized listen to your relaxation? He thought it was the relaxation and he didn't realize it was because the woman was giving love to her own tibia and then she was picturing it totally healed and fine. So it was such a beautiful story of how she shipped it out of fear into love and then, with her hands, gave this beautiful, her own love to this part of her body and it healed.

0:10:20 - Julie

Well, and we all heal ourselves. Nobody else heals us, no doctor or healer, you don't, I don't. It's all the person healing themselves. We're just helping them heal themselves. Exactly, amen, yeah, yeah, okay, let's back up a few spaces here. I love this coming out of you because you're an academic. You're not, you know, I don't imagine now I may be assuming incorrectly, but I don't imagine that you wear a magic turban and sit in front of a crystal ball all day, right.

0:10:54 - Peggy

Yeah, I went to Harvard Divinity School and now I'm getting a PhD in mind-body medicine. So from where? Well do you know? Saybrook University in Pasadena.

0:11:05 - Julie

Okay, because they're very open to mind-body techniques, that was one of my questions for you, Peggy, was where are you getting a doctorate in mind-body medicine? How exciting is that.

0:11:20 - Peggy

They're one of the few places that really understand mind-body medicine and their capacity to heal, and then people can use them. With mainstream medicine it's not an either or Right right, it's complimentary.

0:11:31 - Julie

I think the work that I do, the work that you do, it's all part of the healing equation. Interestingly enough, about 30 years ago I heard Herbert Benson give a talk and he was one of the pioneers of this at Harvard and he was visiting. I was living in Nashville at the time and he gave a talk at Vanderbilt about this and that was my first really introduction to the whole mind-body-medicine thing. And my gosh, all these years later, it's becoming more I would say more accepted in the

zeitgeist and I'm finding that more physicians are starting to say, okay, well, maybe there's something there because of research like what you've done that we'll talk about a little bit. Are you finding that to be the case as well?

0:12:20 - Peggy

Well, mainly it will come from you're right from two places doctors who've seen remarkable recoveries from their patients that they didn't believe was possible, because they'll say, well, what did you do? And then it comes from patients who, because there's so many wonderful books and videos and like the work you're doing, that's out there, that are teaching people. There's so much they can do to affect their healing process. And so, you're right, everything is opening up and people are getting empowered.

0:12:50 - Julie

When my husband got a new knee, when he had his knee replaced, I had given my. He had both knees replaced a couple months apart from each other. This was several years ago. So I gave a copy of my book to his orthopedic surgeon and I earmarked the part about what happens in the operating room and I told him. I said I'll be able to see what you're doing when you're in there. And I'm sure he's thinking, yeah, yeah, whatever.

So he comes out post-op to talk to me and I said, okay, well, you had to kind of jerry-rig that a little bit. What was going on with you having you? What was going on with you having you? Know? I saw you kind of doing a little carpentry work there. He laughed so hard, Peggy, he goes wow, you really could see what was going on in there, couldn't you? And I said I told you. And he said whoa.

And then Tim healed so fast and so well and completely that his surgeon, even a couple of days post-op, said to me can you just go home with all of my patients? And I said no, I don't think I can. But he's a great example of when they see this stuff and not all of them ask, but the ones who are enlightened enough to be able to say, okay, maybe there's something here I know, are asking, and especially with you, with all those prestigious places behind you, with your degrees, I think you have more credibility than just a regular person off the street who's doing energy medicine or energy healing. Would you agree with that? I agree.

0:14:23 - Peggy

And I was kind of lucky at Brigham and Women's Hospital, that wonderful Harvard teaching hospital in Boston they will put a brochure about my program and the packet of materials of every patient having surgery and they had endorsements from the chief of cardiac surgery and he also professor of cardiac surgery at Harvard Medical School. So when you have that coming to the patient and they begin to use it, and then the surgeons see how calm the patient is in the holding area. They're surrounded in love, a love of their families, and a blanket of love, and they're feeling so peaceful and they're such a happy patient. They're just amazed. And then that surgeon sees it with a few of them and a few more, because in the beginning they think it's a coincidence, and then they see it consistently happening and then they start recommending it to their own patients and then they'll use it themselves and that snowballs from there.

0:15:27 - Julie

Okay, let's back up to what is your definition of the human spirit.

0:15:34 - Peggy

Oh gosh, I have no idea. Okay, let me try to define it. Oh, the human spirit. Well, I'd say it's the same thing as our soul and that we're a soul and a body and that anyone who's been around babies can feel this amazing energy that comes out of a newborn baby. And a baby, up to you know ages one or two, when they haven't been damaged by the culture, they've come into the low vibration of this planet, and so we are a spirit who's come into a body.

And my son, sam, when he was five, he said Mom, I remember picking you to be my mother and I learned so much from him because I'd be driving him to school at eight o'clock in the morning and I'd be sort of grumpy thinking I wish I were in bed right now and I'd be driving him to school at 8 o'clock in the morning and I'd be sort of grumpy thinking I wish I were in bed right now and I'd feel his love coming from the back seat and I'd look around and say, sam, is that you sending love? He said, mom, yes, everyone feels better when they're loved. So he said where I've come from, it's all love. There's not that much love here on Earth. So he taught me so much because he remembered.

0:16:49 - Julie

It's been my experience that children start to shut that down at the age of about six or seven. But they all can see spirits, they all can connect with spirit, communicate with spirit. The stories are endless.

0:17:02 - Peggy

Isn't it amazing?

0:17:04 - Julie

They're so heartwarming and fantastic and there's no way that a three-year-old can make up some of this stuff, Like how would Sam know that he chose you as his mom?

0:17:20 - Peggy

You know, it didn't occur to me to ask him and his father was a psychiatrist and Sam would tell me things and say but we can't tell dad, He'll never understand, oh, even as a little guy.

0:17:31 - Julie

How old is Sam now?

0:17:32 - Peggy

Well, when he was on 26, he went to the other side. Oh, I'm sorry, my sadness and grief took me a while to get over it, but he talks to me from the other side and he's like an angel on my shoulder. So he's now 34. He says they grow up over there, so he's 34 over there.

0:17:54 - Julie

Interesting Back to the spirit part. How does your experience with working with all of your patients and their families on the spirit side of the equation? How does that correlate with what you learned at Harvard Divinity School? Not at all. Oh, that's what I was thinking may be the case. How so? What did you learn in school and what have you found to be different in your practice?

0:18:27 - Peggy

So much, let me see if I can put words to this Such an interesting question. Well, real Christianity knows we're a soul and a body and Jesus came here to teach us who we really are. And Jesus came here to teach us who we really are because our culture had forgotten, and he taught kindness, he taught forgiveness and he was this extraordinary example of everything our culture didn't do. And I remember, before I went to Harvard Divinity School, I always talked to God. But then I had to read all these theological things. I had to read and write reports about them and I said well, you know, you can just talk to. I tell my professors well, you can just talk to God, you don't have to do it this way, go sideways. And they'd look at me and actually run away. It scared them.

Oh, how funny the thought of talking to God and I found what most people who went there or were teaching there they used their intellect as armor against feeling the presence of God. Huh why? Because they were afraid. Yes, For some reason.

0:19:38 - Julie

What were they afraid of?

0:19:39 - Peggy

I never asked them, but I would say I can just show you how to talk to God directly, and it would scare them. They wanted to just be intellectual about it, not just talk to God, because it's so easy to do, to feel the presence, to feel the love. So I took all these wonderful courses and like reading the works of Teresa of Avila and be able to read all those original documents, that was just was wonderful, reading all that what the mystics had written. But I had to. You know, I had to do things I had to do just to graduate, which I didn't agree with. And then I did the things I love to do. And they let me design my own course of study. Yeah, I said I wanted, I didn't want, to become minister. I said I want to do your two-year program, a master's of theological studies, and I want to study what people can do emotionally and spiritually to speed their physical healing process. And they said, all right. And so I did that and I worked with people with multiple sclerosis, showing them, when they'd just been diagnosed, how to put it into remission. Because if they'd just been diagnosed and had maybe that long depressing meeting with a neurologist who would tell them now. This is what will happen. This will happen. These are all the terrible things that will happen. Then you'll be in a wheelchair.

When they still didn't believe it, I'd show they'd come to my office and say, well, I said, what are your symptoms right now? They'd say, well, my vision's blurry and my, I'm so tired of this awful fatigue and my leg, I'm sort of dragging my right leg. I say, well, okay, could I show you what you can do to feel better? And they said, well, yeah, so I just get them deeply relaxed. I always had a couch in my office so they could lie down on the couch. I'd guide them in that deep state of relaxation and I have them shift into their heart state of relaxation and I have them shift into their heart, which is their soul, and to feel the peace and love of their own soul, and maybe be there for about five or 10 minutes. And then I count them out using hypnosis and say, well, now how do you feel? And they'd say, oh, I feel better, I have energy. I said, well, how's your vision? They kind of blink and look around the room and say, well, it's all right. I said, well, try walking around the office. And they look at me really, is this SUNY? Yeah, just walk around and they go. Oh, my leg's fine.

I said, well, this is what you need to do twice a day to stay in remission from multiple sclerosis. But you can't get busy and forget it. You can't just get fine, your symptoms are gone, but then get really stressed out because that will bring back your symptoms. But you need to use this relaxation twice a day. And so they do this and it was so exciting. The first woman I worked with was a minister in Cambridge Massachusetts and she's been in remissioned for 30 years from MS and when she'd get an exacerbation, the symptoms would start to come back. She would just know, oh okay, as my body's warning, I'm doing too much, and she'd just get relaxed and all of her symptoms would disappear. So she'd put it right back into remission. And so she did done that for 30, 32 years and counting.

0:23:08 - Julie

What is it about the stress that caused her symptoms to come back?

0:23:14 - Peggy

Well, as you know, the autonomic. We have an autonomic nervous system. There's two branches, a parasympathetic and a sympathetic. And when we're, these are meant to be in balance parasympathetic and a sympathetic. And when we're, these are meant to be in balance in homeostasis. But stress throws them out of balance. So when it's out of balance,

our immune system is put on the back burner and not functioning. And so with a suppressed immune system, because our immune system just like, for example, with cancer we, all of us have cancer cells in our body all the time, but we have these marvelous natural killer cells that just cruise around, look for cancer cells, engulf them and they're gone. But if a person has had long-term stress, then their immune system is on the back burner and those natural killer cells aren't working is on the back burner and those natural killer cells aren't working. So if a person gets deeply relaxed so these two, the balance comes back, the homeostasis of the autonomic nervous system then a person's immune system starts doing its natural job and they start healing.

But we live in this crazy stressful world where people I don't know how to say it, you can say it better than I can but people have learned to live in stress and think it's normal when it causes. I mean, mainstream medicine now says 90% of illness is caused by stress, now says 90% of illness is caused by stress. And it's like people are doing to themselves. And if they just reverse that process, start looking at their life, start looking at what's everything that's causing stress, it's everything they don't want to do but are doing. Start doing the things they love, that holds their passion and their joy, then they'll come right back into balance. And I think it's also.

I always help a person find remember what was the reason you came to earth. Because if they can remember, if they can first know there's a soul in a body and feel that deep peace of being a soul, and then, in that place, remember why they came here, they align with their soul, their divine energy, and then they align with why they came to earth and the purpose of why they're here, and then their life makes sense through doing what gives them joy. It's why they're here and then their life makes sense. They're doing what gives them joy. It's why they're here and they're on fire with it and filled with joy and delight, and everything makes sense.

0:25:57 - Julie

How do you help people figure out what their soul's purpose is?

0:26:03 - Peggy

Well, let's see, that's such an interesting question. I usually just ask them why do you think you came to earth? And many of them will go. Oh yeah, I know it's because of this, this and this or others will go. I have no idea and I feel lost.

0:26:22 - Julie

I get that a lot and people want me to tell them what their purpose is you can't, can't, it's dangerous, because then they'll think oh, Julie told me and then they're doing something. They're blaming me for all that stuff that's going wrong, because they're not. They're not doing what their spirit's purpose is, yeah, so how do you help somebody figure out what their purpose is?

0:26:45 - Peggy

I just say what are the things you love to do? And someone may say I love working with children. Or they may say I love being in my garden, whatever it is, and they'll have two or three things. They just say, oh, I love doing this. And then I'll say, well, what are the things you'd have to do every day that you hate doing? And they'll name a bunch of things. I say, well, feel the difference between the two and how could you arrange? I just ask those beautiful, open-ended questions that we learn in coaching and I ask what would you love? How would you if you could wave a magic wand and just do what you wanted to do every day? What would you love to do?

0:27:30 - Julie

And they instantly know I find that to be the case too, and I preface it with if you were a kabillionaire and you had more money than you could ever spend in your whole life, and

everybody in your family would be taken care of for their whole lives and multi-generations what would you do for fun? And they instantly know. And then I'll say, okay, that's your spirit's purpose. And they'll say, huh, how am I supposed to support my family that way? And then we'll start talking about well, I want to travel. Well, how can you travel? Could you go to work for one of the airlines? Could you go to work for one of the hotel chains? Could you go to work for a cruise ship company?

You know, there are lots of ways for you to incorporate your love of things, your love of travel, into a career that will allow you to do what you love and pay you for it at the same time. And people aren't taught that. We don't teach that in the schools. I think we're still back in that industrial mindset of yeah, I got to go sit in a classroom for all these hours and you got to learn this and then spew it back on a test and all of that. And I believe that the online schooling is really helping us open up the possibilities for people. Do you have any thoughts about that?

0:28:53 - Peggy

Well, most children, I find, when they're still four or five, they know why they came to Earth. Well, most children, I find, when they're still four or five, they know why they came to Earth. And so if more parents can ask their children at those young ages why did you come here and what do you want to do and how can we organize this, so you do it. So I think it's educating the parents to ask their children that question. When I had to start, my son, when he was in five and a half, would come home from school saying mom, the teacher says I'm really bad at math. I said she does. And I go in and say to her did you tell my son he was bad at math? She says oh no. I said well, did you think it? Because I discovered that what I thought Sam would say, I had to be very careful to only think. You know you don't say certain things around your children. And so I organized a camp for what I call the Camp for Young Healers.

I got under the umbrella of Harvard Medical School and I had about 20 children in it, because all of them have remembered why they came to earth and some of them saw angels why they came to earth and some of them saw angels, but they hadn't learned how to live in the world. Because one girl, she called and said could I come to your camp? I said well, why do you want to come? She said well, I have a guardian angel that I always played with every day, and my mother could see him too. And she grew up on a farm outside of Louisville, Kentucky, and said but I can't see him anymore. And I said well, sure, but I can't guarantee I can help you see him again. But she said but yeah, we'll do everything to try.

So she came in the first day. I just sat with her beside the lake and guided her back to talking to him and he immediately reconnected with her and she was about to jump up and go play with the other kids. I said no, wait a minute, ask him. Why did he leave? And he said you remember, remember that time when you're with your two best friends. And you blurted out my guardian angel says and they looked at you and were scared, and you made a choice I either can listen to my guardian angel and feel his love, or I can have friends, human friends, here. But I don't know how to do both. So he said you pulled up at that. No, she said you pulled down a curtain, a shade like a window shade between me and you, because it didn't fit with your friends. So she learned how to incorporate both and she's now become a doctor.

0:31:51 - Julie

Good for her and she's able to utilize her spiritual capabilities to help her patients.

0:32:00 - Peggy

Yes, exactly, and do you know the work? She's written a beautiful book about it. She's a doctor in again Louisville, Kentucky. She was a flight surgeon for the Air Force. It's a name they give to doctors who are in the.

Air Force and the brass loved her, but she didn't tell them what she did, because she could show them. When they come into her clinic with symptoms. She'd go into the room to meet with them and she would see their guardian angel. But she wouldn't say it and the general's guardian angel would tell her what the general needed, what was going on, and emotionally or physically or spiritually, and so she would just do that and it'll heal very quickly and easily, and so she could see their guardian angels and be guided by them.

0:33:12 - Julie

I love it. Really Always, always, always. And then there are surgeon spirits over the head of the actual surgeons that are performing the procedure and then deceased loved ones spirits are in the room and they're kind of Peggy in an amphitheater position, like in rows and use behind each other, and the interesting thing about it is there's always a correlation between how much prayers being said for that person and how many spirits are in the room with them Always.

0:33:40 - Peggy

It's fascinating to see, how do you see that that's so amazing?

0:33:45 - Julie

I turn my radar on and off. I want to ask you that question how do you suggest to your patients and clients that they raise their vibrational level? So I raised my vibrational level. I've done it for 30 years. It takes me less than a nanosecond. And then it's attention intention. My attention goes to Susie Q, who's in surgery, and where Susie Q is, and then my laser beam I call it my laser beam connects into their spirit and then it's like I'm looking at a big TV screen of what's going on.

0:34:21 - Peggy

Have you been able to teach lots of others to do the same thing?

0:34:24 - Julie

Yes, I do training and I have lots of physicians and other medical providers and we had in my training in Atlanta two weeks ago we had a research scientist on cancer from Harvard that was there in my class that was learning how to do not only this but communicate with spirit. You know all this other stuff as well. Oh, that is marvelous. Yeah, and physicians and medical providers from 14 countries so far, all different specialties how extraordinary so far, all different specialties, how extraordinary. And others, like judges and you know, housewives and plumbers and everybody from every walk of life can do this stuff. Back to, how do you suggest that your clients and patients raise their vibrational level? What's the technique that you teach them?

0:35:16 - Peggy

I ask them what are the things they love to do? I'll try several different things. I'll get them deeply relaxed and I'll have them pick out a piece of music they love and then I'll ask them to listen to it through their heart and that will shift them into their soul and their spirit. Other times I'll just say just put your hands. Or I'll move my computer down so you can see put your hands right here, palms down, because there's these little minor chakras where energy comes out. Just put your hands here and start energy. You don't have to do anything, it will just flow into your heart center. So I'll show them how to do that.

It's different for each person. One person will say I'll ask what do you love to do? So I love to be reading a book, where I get lost in the book, and so it's really just asking those questions. So they realize these are the times they're at a high vibration and go oh, that's a high vibration, and then do it on purpose and then so it's more of a feeling thing that you're teaching them how to do that.

0:36:20 - Julie

How did somebody listen to music with their heart? What does that mean? It's the neatest.

0:36:24 - Peggy

It's so simple. They have to imagine there's a great big ear right here in their heart and they only can hear it through their heart, not through these ears. And people who feel music, they're doing it naturally all the time. People who love music, they already love it because they feel it, so it's just having to redirect their attention. People who are very intellectual and overly educated will listen to it through their head. And I remember going to the Boston Symphony with a good friend who was so overly educated and I would be sitting there and she'd look at me and go, you're just smiling, why are you so happy? She said I'm not. I said well, because I'm feeling the music, because I know nothing about music. And she was a professional, all these degrees in music, and she was seeing the score.

0:37:18 - Julie

She was overanalyzing the score.

0:37:20 - Peggy

It was in her head and I was in my heart and I was just floating and in bliss. So it's that way. And for me, I look through my third eye, like you. When you say you use your laser beam, I look through. I've learned and no one taught me this. I can just look through my third eye. I can say I want to like with my clients. When I wake up in the morning I say, well, I want to see how my clients are doing. So I just lie there in bed and look through my third eye and I'll see instantly how they are, how they're doing. I'm sure you do the same thing.

0:37:53 - Julie

I do the same thing every morning.

0:37:55 - Peggy

It's so simple and I was doing the neatest thing this morning. I wanted to see I just had a relationship that had ended and I wanted to see and my son had been telling me who was the person who was coming to my life next and Sam had described what he looks like, what he'll be wearing the color plaid shirt, and I wanted to feel what's that relationship like? And I found, Julie, that as I looked through my third eye and just went into the relationship, I could feel what it was like to be with him. I could feel that he loved to plant and grow things, love to plant and grow things. But what it felt like.

It felt like I was going into the future, but it was so. It felt like the future had already happened. Do you know what I mean? It wasn't like and it was like, oh my God, because it was so vivid and so detailed. So vivid and so detailed, like I was there now, but in this month, here in Maine, when it hasn't happened yet. But I could feel everything about this person and I wrote it all down and dated it. But, Julie is, the future already has happened.

0:39:16 - Julie

Time doesn't in my understanding, is that time doesn't exist in the spirit world. Time's a human creation and so all we have is just the now. And you're doing the same thing with your patients, with them healing. You're getting them to heal their body part right now and then when they go back for the x-ray or whatever, then it's already transpired. But it's happening now, when I am doing a healing with somebody and I.

These analogies I get, Peggy, are so hilarious at times, from spirit to the point where stem cell energy is a light amber color gel, has sparkles in it because it's woo-woo and it reminds me of Dippity-Doo hair gel Remember that from the 60s and 70s, yes, so when that first came in and it'll regenerate any body part we need. I have watched whole organs get regenerated with it

that show up on subsequent scans and, like your doctors, the doctors are going what the heck? And they're calling me and saying what are you doing and how does this stuff work? But I'll get these analogies and the first time the stem cell dippity-doo analogy came in, I asked Spirit. I said seriously, you want me to say dippity-doo? And I heard in my head absolutely. And I said why? And they said because people your age are going to know. Your age and older are going to know what it is. People who are younger can look it up online and it's funny. And I said what does funny have to do with anything? And they said spirit is pure love and joy. You're supposed to have fun when you're doing this stuff. Oh, isn't that wonderful.

And so I can't only use crazy analogies, like I might tell you, your elbow looks like whipped cream or something just totally nutty. And I had to get to the place where I could say okay, I know I sound like I'm nuts, but here's what I'm seeing in my mind's eye. And then later, after I did it for a while, I heard from spirit it's to give us a visualization, which is what you're doing, which helps us integrate the healing more easily, because we can picture it in our mind's eye and it makes sense to us, instead of using some big, complicated medical term for an elbow. I'm saying, all right, it looks like whipped cream and the whipped cream's getting spread and then it's turning into cake icing and I'm making this up as we go, right, but I'm always seeing new healings and I always tease my clients and say it's not unusual for me to say, oh, this is cool, I haven't seen this before.

And sometimes it will correlate with what the person is doing, like I'll see things that involve cooking if I'm working with somebody who's a chef, or I'll hear and see certain healings if I'm working with somebody who's a physician. I have many physician clients and somebody maybe who's an athlete, and it sounds like you're doing the same thing. When do you?

0:42:19 - Peggy

think I mean what would be wonderful is if you could be teaching this in medical schools, because doctors want to heal but they're not teaching what you're teaching self-healing. If they could add that to what they're doing with the best medical healing, but then have the patient empowered to add all their imagination and then be at a high vibration so they heal really, really fast.

0:42:48 - Julie

Well, one of my graduates of my training is a physician in London named Maria Amasanti and she's just extraordinary Oxford educated. She's got all that you know heavy academic top stuff behind her name. But she talks about and she was on my show a year ago and she said in there I use all my medical training and my you know millions of hours of experience as a physician and I use the spiritual too. I'll be led by spirit to ask a question about something. And she tells a story in that interview where she had a client come in and there are about six or seven serendipitous seemingly serendipitous situations that all came together for her to see this guy and she said all of his vitals were perfect, everything else was perfect.

But I knew something was wrong and I kept thinking this guy's having a heart attack, even though the EKG is fine and his pulse is fine and everything else. So she followed her intuition and called the squad and the ambulance came and he was in fact having a massive heart attack and she saved his life. But she said, had I just gone on my doctor brain without all this intuitive stuff that I've integrated into my practice? She's saying the guy may have made it, but there's a chance that he wouldn't have, because she said certainly she wouldn't have been led to call the ambulance. So it's interesting. Let's back up again for a minute. Tell me about how your family was when you were growing up. Did you just wake up one day and say, hey, I want to study the mind-body connection in Ivy League schools and have it affect medical schools and the doctors that are being graduated from them?

0:44:46 - Peggy

No, no, I was clueless. Let's see, let me think about it. How'd that happen?

0:44:53 - Julie

Tell us about your family and where you grew up and what you were exposed to as a child.

0:44:59 - Peggy

Well, I grew up in Wyoming Pennsylvania.

0:45:03 - Julie

Where's that?

0:45:04 - Peggy

It's outside of Philadelphia, about an hour west of Philadelphia. My mother had grown up in Philadelphia on the main line. My father was from Maine. I'm now here back, half a mile away from the family farm in Maine right now, because I had this inner. His mother had been the first woman to vote in America. She was a suffragette and in 1920, when women got the right to vote, they held the polls back in Maine so she could be the first one to vote. And then she went on to do so much in public health. She was a founder. She went outside the farm they were here because my grandfather taught Greek at the University of Maine and she went outside one day and smelled the air and said what's that terrible toxic smell? They said, oh, that's from the lumber mills. And so she became a founder of the American Lung Association and now the highest award that can be given to anyone in Maine is named after her the Roselle Huddleston Award, because she did so much for public health. Even at age 80, she was flying from Bangor, Maine, to LA for annual meetings.

So I grew up with this amazing grandmother, but I didn't know any of this about her. She just would shower me in love when I would be as a child two, three, four, five, six at my grandparents' farm here in Arno, Maine, and I just felt this extraordinary love. It was more than the love of my mother, which was already a lot, and it was more from the love of my father. It was just this wattage of love that I just loved being with his grandmother. And it wasn't until I was 16 that I found out all these other things that she had done. So I grew up. I guess my brother and I always talk about we just grew up with this happy, easy childhood.

0:47:00 - Julie

And that's rare for people of that era, because I just talked to a client before I got on with you this afternoon who was raised by a Victorian mother and father who didn't exhibit love.

She said she wasn't hugged until she was like 10 from her dad and she said it wasn't really a hug. She was standing next to him and he put his hand on her back and he and she said I don't ever remember my mother cuddling me or holding me or telling me that she loved me and I, and so we had the conversation about. That was kind of the Victorian mindset with people in the late 1800s and early 1900s. So good for your grandmother that she bypassed all that.

0:47:43 - Peggy

I never thought of that. No, never thought of that. And our parents were very loving. It was my father I was, as a little girl, because I came in with this huge amount of energy and my father's. My energy was very similar to my father's and when I'd be in his arms as a little girl two, three, four and five I could let you know that wonderful feeling where you feel your energy field expanding and melting. I'd feel it melting into my father's field and his field was really big and I just loved being held in his arms. My mother's energy was different. She was an artist and when I'd come home from school I would go race upstairs and go into her studio and she'd always be behind the easel and she'd lean out and this beautiful love would flow out.

But I noticed I learned early on as a little child that my energy field was so big that if I came running into the room my mother would kind of withdraw. So I had to learn to make myself modulate my field, because if I kept myself a little smaller my mother wouldn't back up energetically, but with my father I could let it all out. And so I always I guess for my whole life I've always. Do you do this? I would be. When I'd be with someone and it could be a friend, a partner, a client I was always monitoring how my field was affecting their field.

From that experience as a child with my mother and my mother, I learned from her. When we'd, say, go to a store, I'd always be standing behind her. So I was eight years old or 10. And I'd be feeling the energy of how she connected with the person at the counter and I could feel her heart connecting with theirs, that Martin Buber way of I-thou connection. And I learned how she did this and I felt that others didn't do this. So I learned that it felt so good to connect from my soul to another person's soul. So I learned that from my mother.

0:50:04 - Julie

Do you think your mother was cognizant that she was doing that, or it was just her nature?

0:50:08 - Peggy

I don't know. It never occurred to me to even. I just observed it and didn't even ask it. I don't know. It was just how she was. She was extremely beautiful, extremely loving.

0:50:20 - Julie

I just heard her say in my head Peggy, I was clueless.

0:50:24 - Peggy

Yeah, she, yeah, she didn't know, None of this was talked about.

And my brother, who's five years younger than I am. He's a medical intuitive and taught for years at the Berkeley Psychic Institute and he's living with me now here in Maine and we often say, you know, and we talk to our parents on the other side. We had the best time talking to our parents on the other side and laughing about what they're saying, but we said you know, we didn't grow up with any of this. Growing up, I said how do you think we turned out the way we did? Because we didn't learn this growing up. So I don't know, I noticed when I began. I don't know, I don't know how to, I don't, I didn't learn this.

Growing up, I didn't know, I didn't remember. Oh, I know when I, oh, now I remember. Thank you this question. When I was 18, I remembered oh, this was it. I remembered my life had a purpose. I remembered that much, but I couldn't remember what the purpose was. And it was like having a dream that you wake up and you say I know I had that dream, but I can't remember what it was about.

0:51:38 - Julie

So after I graduated from college, when did you go for undergrad and what did you study?

0:51:44 - Peggy

I went to Connecticut College for Women and I was thoroughly bored. I think I took economics. I knew I was going to have to earn a living but I hated economics. And I switched to East Asian studies because I noticed that I was so prejudiced against things that were Japanese because I'd grown up during World War II, and so I began studying Asian history and I fell in love with it. So I majored in Asian history, but it wasn't until after college that I learned about something. And did you ever read the Seth books, the Seth material?

0:52:28 - Julie

I'm familiar with them. I haven't the Seth material. I'm familiar with them. I haven't read them, but I'm familiar with what you're talking about Well.

0:52:32 - Peggy

I heard an interview of Jane Roberts about her first book and I listened to it. I thought she's talking about everything I didn't know existed but I want to know about. So I drove right to the.

0:52:45 - Julie

For those that are listening and watching, please give a synopsis of the Seth books.

0:52:50 - Peggy

Seth was an entity on the other side who just downloaded to Jane Roberts, who heard her so beautifully, and her husband recorded the channeling that came through her and it was all about how we create our own reality and this is the 1970s, but he described everything about this third dimensional world and all the other dimensions and it was one of the probably was one of the first books, but most amazing books, and she wrote another series of them and then that was where I read all those books and then I but I'm not making any sense because I'm sort of zigzagging around- no, you're making total sense.

0:53:35 - Julie

That's your question.

0:53:36 - Peggy

But it was after college, when I knew my life had a purpose and I couldn't remember what it was. So I thought, well, maybe if I can just be in nature. And so I got a friend and I drove to Colorado from Philadelphia and we got a job on a ski ranch making beds and serving breakfast so I could ski all day. And I began to have a dream that I was going to break my leg skiing. And I was so clueless, Julie, that I'd say I'm having this awful nightmare. And I didn't know to understand my dream because I was broken in knowing my next step. I want to know my next step. And I was broken in what was my next step. And so I kept having these nightmares that I was breaking my leg scheme. And, sure enough, I broke my leg scheme. It was in deep powder and my bindings didn't release, and I broke it so badly that when I was flown back to Philadelphia they'd take me off the plane on a forklet. Oh humans, I know, but it healed perfectly. And so I had this wonderful.

At that point, my mother and father both had died. My mother died when I was 16 and my father when I was 21. Oh no, and I had this marvelous, these marvelous people Arthur Young and Ruth Young were like second parents to me and Arthur, so they so I was taken to the hospital. They put a cast on from my toe to my hip. My ankle was just turned to popcorn and the surgeon was marvelous and just said just be in this cast for six months and come back and see me.

And I would go over to Arthur Young's house. Arthur was this amazing person, Arthur Ruth Young. He had invented the helicopter Wow, I know. And they lived just a block away and I could get over there on my crutches from where I lived in Philadelphia on Spruce Street. And Arthur said I said, Arthur, I'm trying to remember why I came to earth and I know I'm broken in my ability to go forward. He said well, you just come over here to my library every day and we're going to talk until you remember why you came to earth. He could see. He said there are all these things. You came in this life knowing that you don't remember and we're just going to talk. So you begin to remember why you came here and what you already knew when you came in. And so I would go over to Arthur's every day in the morning for a couple of hours and we'd just talk. I said, well, do you mean I can read all? Because he had? He invented the helicopter because he first he had gone to Princeton and studied physics with Einstein. And

then he said, what do I want to do? And he said, well, there were four things he wanted to invent. And he went to the patent office and three of them had been invented.

But no one invented the helicopter. And it was just at the time when everyone who could afford it was doing psychoanalysis. They'd go to their therapist in the morning and recount their dreams. So Arthur had gotten really good at recounting his dreams and he wanted to invent a helicopter. So he began getting downloads of physical blueprints of helicopters and he'd build the little models, fly them, and then he'd get the next download the next night to correct the blueprint until it took him eight years of this building models and getting it to fly, until he got to fly, and that was that little two-seater Bell helicopter. And then, after he sold the rights to Bell helicopter because he now knew as a scientist he had learned at Princeton, it was impossible to get information this way. That was not the scientific method, but he said that's how he got this blueprint of a helicopter and he had the perseverance to keep building models and correcting until the thing would fly.

So he and his wife Ruth spent the next 20 years studying altered states of consciousness with healers all around the world, and he had this amazing library of all these books. And he said, no, you can't read any book. I said why not? I said you'll think you got the information out of a book we're going to talk every day so you remember what you knew when you were born and why you came here. So he and when I would sit beside Arthur and Ruth after dinner at night and Ruth would be needle pointing, it felt like they were my parents another lifetime. I just felt so loved by them and so I was really, really blessed and I always had these wonderful people that came along and were like second parents to me mothers, fathers. It was really marvelous.

So I did remember why I came to earth, what I came to do. It was to bring this way of healing to earth and to document it that I needed to get the academic degree so I could move between both worlds. I could do the research, because when you bring something new into the world, you have to document it with research, otherwise they just dismiss it as stories. And so that's what I'm doing now to document the enormous power we have of healing. But it took me a while to remember why I came here and what I came to do. And it's so thrilling I mean the most exciting thing for me with a client and I know, Julie, from what you say because I've watched so many of your videos it's this excitement. When someone comes in with this problem, I go, oh great, it's going to be the most fun to show you how to heal it. It's like, isn't it thrilling?

0:59:13 - Julie

Well, yeah, to help the person heal themselves. That's the same thing. I find it remarkable, Peggy, how you were led every step of the way to do this, with the people who have intersected your path, from your extraordinary grandmother, who was just your grandma, your sweet grandma to you but my goodness, what a powerhouse and what a brilliant mind and all of these academic-minded family members in your DNA to finding how random is that that the guy that invented the helicopter was so into the spiritual side of the equation. I believe that all compositions, all inventions I have multiple patents of surgical devices. I've invented things like that. They're all channeled All books, your book. I'm sure you had times where you wrote something and then you went back and you read it and you thought I don't remember writing that, but it's pretty good. I know you had times like that.

1:00:22 - Peggy

Yes. Well, I had all these clients in a three-week period who were all facing surgery and were so anxious and they wanted to know what they could do to reduce their anxiety. And so I just had this inner knowing. At that point I didn't know the word downloads, I just had this spontaneous inner knowing of these five steps. And when they began using them and said, this is really good, can you put it in a book? So and I said this is really good, can you put it in a book? And I said, okay.

I could always feel four books sitting above my head and I knew the first one was this book on how to prepare for surgery. And so I took two years, wrote the book, but I would just go into a state of bliss, writing every day for eight hours a day for two years. And then it wasn't cool to publish your own book. It was not good, but I knew that's what I needed to do. So I even typeset it myself, published it and then named it Angel River Press as the publishing company, because I immediately was on all these unbelievable interviews that people just called me up and asked me to be on, and so it was just led. It's like I feel these river of angels guiding this work, and so I just listen and ask God what do you want me to do today? God, guide me. What do you want me to do today? Yeah, I do the same thing every morning Show.

1:01:48 - Julie

What do you want me to do today? Yeah, I do the same thing every morning. Show me what you want me to do. How can I be of service and I do the same thing? All right, I want to get down into the nitty gritty of the five steps, but first, what's the biochemistry that speeds the healing versus the biochemistry of a scared or an anxious patient? Oh, that's simple.

1:02:14 - Peggy

Well, as mainstream medicine says, 94% of all illness, all illness, doesn't matter what it is is caused by stress. So if a person is scared before surgery which most people are, by their listening to my relaxation MP3, they're learning to get deeply relaxed. It shifts them out of fear into deep peacefulness and they feel the peace and they go, oh, I feel better. And then they imagine each of their healing end results and it being perfectly healed, and so it's. I explain it to them cognitively in the book. But then they have to go through it to feel like, oh, they shift from fear into feeling peaceful and then, in this deep state of peace, they envision the healing. Then they get so peaceful. There's one step where they ask their friends and family to wrap them in a blanket of love for the half hour they're in the holding area. And it's so interesting. I love what you said about how, when people, it just makes me want to cry. When people are being prayed for you see the spirits there. It's like that's so.

1:03:27 - Julie

I just I have total body goosebumps on that. So that's validation for you, because I see it every time. There's always a correlation, so that's validation for you.

1:03:36 - Peggy

On your step and many of them, when they're being driven to the hospital while their husband or their best friend some of them will see angels around the car surrounding them and then, in the holding area, during the half hour before surgery, they've got the earphones on, they're listening to my relaxation and they'll say I feel it, I feel at peace. I've never felt before. This has changed my life. So now they know oh, if I connect this, there is this inner peace. And they begin to know it's that peace, that path is all understanding. And so now they're feeling it, because you can't tell someone this intellectually, they have to feel it to believe it. And then they'll keep listening to the relaxation following surgery. And I'll have many surgeons, just like you, who'll say I feel the hands of God operating through me.

1:04:29 - Julie

Yeah, yeah Well, they're getting creative in that procedure and doing things that perhaps they've never done before, but they're being led to do. And that's those spirit surgeons above their head, and they're all representative. We're all a fractal of the divine, so it's all God working through all of us and all the spirits as well. So what are the five steps?

1:04:56 - Peggy

Well, you know what. It was 25 years ago that I wrote the book. I had to get that brochure, the picture, because I thought, if you asked me God, do I remember what they are. If you ask me God, do I remember what they are? So step one is calming preoperative jitters, listening to the

relaxation MP3. And it's. You can get it from my website. It's \$15.95 and it's an easy download, but you need a friend or family member who knows how to do downloads, who can drag and drop it at the right place. Step two is visualizing your recovery by just turning worries into the best possible outcome. Three is my favorite step, and here I am having to read this Well, that's validation of a divine download in my book.

1:05:43 - Julie

I never thought of it that way, yeah you channeled all that stuff that was coming right from heaven, all this information.

1:05:52 - Peggy

I'm just filled with such gratitude. Three they asked their friends and family to think of them for the whole half hour before surgery and, wherever they are, to feel their love for them. Just feel their love. Not see their perfect healing, Just feel their love. So the person is in this cocoon of love.

And so a person, even if surgery is canceled or, say, delayed by two hours, this bubble of love stays with them and the family member who's beside them because they only usually let one person go into the holding area they feel this love too. Step three is their healing statements a page of them in my book that they ask the circulating nurse in the OR to say I first said, ask the anesthesiologist to say them. But actually you want that anesthesiologist to stay busy with their eye on the meters, not reading statements. So when I edit the book I'll say ask the circulating nurse. Sometimes some surgeons love to hold the patient's hand and say the healing statements as the patient goes under the anesthesia and they'll say these statements, repeating them five times when they're highly suggestible, going into deeper, altered states. And it reduces I found in my research it reduces the use of pain medication by 23 to 50% by having these positive statements said in this altered state as the person's going to ever deeper levels of consciousness with the anesthesia.

And five is just asking the circulating nurse or the anesthesiologist better she, the nurse to say these. But they're very simple and I have lots, lots of hospitals around the country and the world using them. I just had an email today from Yale New Haven Hospital saying can you train two more of our nurses so we can give this to patients for free? Because if we have a calmer patient for the month or two weeks before surgery, we don't get all these anxious phone calls as surgeons offices and we have a really calm patient who's calm and peaceful and looking forward to surgery and heals very well, saves the hospital money because they get out of the hospital sooner. So insurance likes it because medicine is so much now about saving money.

1:08:17 - Julie

Interesting thought just came into my head and of course you know, as an inventor and former manufacturer of surgical devices, I spent a lot of time in the operating room and the thought that just came into my head, Peggy, was number one that I like your idea of the circulating nurse. And to those of you that don't know, the circulating nurse is a nurse that's in the OR, in the operating room, the operating theater, that's helping and they're bringing in the supplies and if they need something they'll go out of the room and come back and all that, versus the scrub nurse has the sterile gown and the gloves and all of that on. But my thought about the circulating nurse saying it to the patient when they're suggestible is really right on, I think, because a lot of time the surgeon isn't in there until the patient's under completely, and then the surgeon comes in because they're going from room to room to room. They'll finish a procedure, they'll go ahead and start the next patient. That's number one.

Number two the other thing that just came to me that I think would be super beneficial is when the whole OR staff is hearing the circulating nurse say these things to the patient. It's going to raise the vibration in the room and it's going to calm down all of those employees and the

surgeon and the scrub and whoever's in there. So I think it can have multiple benefits by doing that. So I think that's brilliant for you to suggest that. Yeah, with that, do all five of those steps need to be done together, and is one more important than another? Do they have to be done in order?

1:10:01 - Peggy

Well, a person will get the best results if they start doing them, maybe when they start to be afraid about surgery. So for some people that's three weeks before surgery, uh. So, or if they just even at least will do this for two weeks, read the book, start using the relaxation so they practice getting into a deep, altered state and visualizing their perfect healing. Uh, some people will wait until it's the night before surgery because they put it off and I'll say, oh, too bad, you didn't start two weeks ago, but at least if you're doing it now they'll quickly learn to get to a deep, older state and they'll say keep listening to the relaxation during recovery to picture your healing.

1:10:47 - Julie

I'm going to be recommending your stuff to all my clients that are going in for surgery. I add to the equation and I've done this myself when I've gone in for surgery, and so that's what I suggest to my clients too is I say to the surgeon when they come in to see in the pre-op area, before you go in, I always say I have every confidence. I always I mean I've had like one surgery I have every confidence in you. Go do your thing. And my clients that have done that say it's so relaxing for them to be able to do that and they can kind of see that the surgeon who's busy and harried and you know doing all of that. They kind of puff up a little bit and it's a compliment you can give to the surgeon and what a wonderful thing.

Talk about the energy that you're saying to that surgeon I have every confidence in you. Yes, you know, go do what you do best, yeah, and the outcome is really good when that happens. So I'm gonna add your stuff to that too. Tell us about more about your research, what you found and where did you do it. You got some big name medical centers where you did your research. Again, that whole status thing comes into the equation. We think it shouldn't, but it just does. That's the reality of it.

1:12:08 - Peggy

Well, when my book first came out and I wanted to do a research study, I had a lot of women using my program for total abdominal hysterectomies and when I'd say, oh, this person left the hospital a day sooner, is using 50% pain medication, they'd all say, well, that was just a hysterectomy. Those were men saying it about women. Yeah, and then say- which is a major procedure. It was a big deal procedure if you're a woman, but for men like ah, just a uterus.

1:12:40 - Julie

Just from a physical standpoint, that's a big surgery.

1:12:44 - Peggy

It's very big, but I'd watch them just dismiss it. These are all guys, doctor, who dismiss it. So I'd say, well, what do you think is the most painful, difficult surgery? And they'd say knee joint replacement. So I called up the chief of orthopedic surgery at the New England Baptist Hospital and went and met with him, dr Ben Bierbaum, and I showed him my book and what was lucky for me and again it's like the pieces coming together his wife was very involved in integrative medicine, complementary medicine, and she kept saying, ben, why don't you include the best of complementary medicine with what you're doing of surgery? And he had sort of waver off. So when I came in to meet with him and say I have a method of preparing for surgery that is complementary medicine to use before surgery. And so he knew his wife would stop giving him a hard time if he said he'd do a research study. So that was the luck of the draw for me. So he said, wasn't it perfect? And so I wrote the protocol.

I didn't know how to write a protocol. It took me three months to figure out how to do it. But I wrote it. He said if you write, if you do everything, you write the protocol, I'll submit it to the IRB, the Institutional Review Board, and I got it approved and we did a study with right now I can't remember how many it was 35 or 40 people having and he specialized and he was the genius for hip joint replacement. But we did it on knee joint because these other doctors said knee joint, that's the difficult one. And we got such fantastic results of 50% less use of pain medication after surgery, less time in the hospital, and it was really exciting. And then Ben Bierbaum Dr Wonderful Bierbaum, who is just filled with accolades as an orthopedic surgeon, recommended to his patients. And then everything just kept multiplying from there.

Then I was asked by the chief of medicine at Beth Israel, the Harvard teaching hospital, to do the study with using my relaxation with patients who were hospitalized and not having surgery and just listening till. They had me train a doctor who would sit by the bedside and guide the patient through my, my program to take the three biggest things they're worried about and turn each of them into a positive end result and listen to my relaxation twice a day. The study showed it was a small pilot study but had great results. Within two days of doing this, the patient had less use of pain medication, less use of medication for anxiety, and they had a significant reduction in heart rate.

Vagal, vagal, everything with the heart. Because of course, when you relax, the 10th cranial nerve is connected to every organ in the body, so you get a person to relax and everything calms down. So there's a significant reduction in heart rate. And mainly the way it's just grown so much is that so many patients have used it that when anyone's having surgery their friends say, oh, get this book. It's available on Amazon as an e-book you can download in one minute. It takes two hours to read and you can get the MP3. So I knew that was the first thing that I was supposed to do, was my purpose, and I learned so much in that process.

1:16:22 - Julie

And what did you do at Hopkins, at Johns Hopkins? Oh, that was very interesting.

1:16:31 - Peggy

In Baltimore. There was a department there that asked me to come and train. University of Maryland Medical Center asked me to come and train it was about 30 people. I have a two-day training that I still give now online. But then I went to Baltimore to do it and there was this wonderful cardiac anesthesiologist who took my training and she now offers this at Johns Hopkins for free for anyone having surgery. She has since moved with her husband to Seattle because her parents are there and so she does it online on Zoom for any patients at Hopkins who wants to use this program to prepare for surgery. And she's getting it going at the University of Washington and she's just phenomenal because she's seen how much it helps patients. And then at the University of Maryland Medical Center, the doctor who is in charge of that when they do stem cell transplants, where they take out your entire immune system and then give you somebody else's or your own he said could you also do this for preparing for stem cell transplant and could you come and teach me and my 12 nurses this program? So I did.

I went back a second time to Baltimore and the nurses in the room? Of course they, oh gosh, I don't want to say anything depressing for anyone facing this surgery. But it's a really tough procedure to go through, to have your immune system knocked out of you and replaced with a new one. And the nurses were so skeptical and I could feel the hostility in the room trying to teach them. So I asked the social worker who really believed in this could you get me a patient who's going to have this procedure in three weeks so I could guide her through this and they can see how much better someone does, because they're not believing anything I'm saying because they see patients die often after this procedure. There's a high fatality rate. And so she

got me a wonderful patient and I did a session with her. She was scheduled for this procedure and I asked her to have on the call to have her fiance, who was a dentist, her mother and her sister, who was in school of public health at Duke, and I guide them all through this.

And I first said well, tell me what your life is like, because she now was up a creek without a paddle and you have to have your immune system knocked out, a new one put in. You're in very, very serious health. She said, well, I work 60 hours a week. I said what? She was a graduate student at Hopkins and she had a full-time job. I said, well, for you to heal, you need to only do what you love to do. And do you love your work? Well, no, it's to earn money. Do you love the graduate study? Oh, it's even more work. I'm grinding. I said, well, she said I'm just going to put my graduate school on hold and I'm going to quit my job and I'm just going to do, for the next few weeks, everything I love to do. I'm going to dance in the living rooms the music I love. I'm going to have lunch with my friends. I'm going to be with my fiance and she was having to get infusions.

I wish I could remember exactly what it was, because it would make more sense to you. For her to stay alive, she had to get infusions at the medical center twice a week and within three days of getting happy, relaxed, listening to my relaxation, she didn't need the infusions anymore and her oncologist was so surprised. After three weeks of this, they said we should biopsy your bone marrow again to understand what's going on. And her bone marrow has sprung back to 70% functionality and the oncologist said we never thought this was possible. I recorded the whole thing because I was hoping they'd say you know what did you do? So they'd give her another three weeks so that she wouldn't need the procedure. But that was the most. So then he had me train his nurses to offer this workshop, to prepare for this procedure. So it was very exciting.

1:20:58 - Julie

Well, one of my questions for you was going to be how did you get it through the Institutional Review Board review board? Because I've had to run those clinical studies for my inventions in order to be approved to sell through the FDA and their other governing bodies in other countries. It's hard to get that done. That is no easy task and for you to come in with this woo-woo stuff. I would have loved to have been a fly on the wall to find out what that discussion was all about. But it sounds to me like you had some department heads that were helping you get that stuff reviewed and approved by those IRBs institutional review boards to conduct your studies. And thank you, you know, thank you for doing that, because that is that's a very, very difficult task is to even get your study approved so that you can even do the study. And then I've done it in academia at University of Pittsburgh and also at Indiana University Medical Centers, and it's that's a big deal. So congratulations on that. I could talk to you all day.

Two more questions as we're winding down. Number one why do you think people have such high anxiety and concerns about surgery and healthcare in general, surgery? Certainly somebody's gonna cut on you and you're gonna be under anesthesia, taken to kind of the brink of death without dying. But what have you found from your clients and patients as far as what's producing the most anxiety about surgery and also healthcare, because you've worked in other areas besides surgery?

1:22:50 - Peggy

you've worked in other areas besides surgery. That's such an interesting question. They're just scared. They're just scared and it must trigger all their other primal fears. So I would guess that's what it is, because, as you're saying, rationally it doesn't make sense because they're going to be taken care of, they know how to do surgery and keep them safe and they'll heal. To be taken care of, they know how to do surgery and keep them safe and they'll heal. But I think it just triggers their whatever fears is saying there to get triggered, they're just triggered.

1:23:14 - Julie

And so then that Mortality fears is probably the bottom line would you agree? I think that's it, yeah, yeah. And then last question why do we incarnate? Oh wow.

1:23:29 - Peggy

We didn't get it right the first time, uh, uh. Well, we come here, for we sit there on on the other side as souls and we come back to do whatever we're coming back to do for a purpose, uh, to have these amazing experiences. Um, I'd rather not come back. I think Earth is a very strange place where people are not very loving. They're all not like you, Julie. There are people who are not honest, who lie. Some people are sold to the Earth, but this is planet. Earth is a very difficult place. I remember when I'd say to my son, sam would go to the toy store and he'd be about five. I'd say, well, you can get three toys for each \$1.99. He'd look at me really puzzled and I'd say he said well, what do you mean? He said, mom, where I'm from. When you take something off the shelf, another one appears behind it.

He remembered coming from abundance, and he thought well, my mother doesn't understand. So I think we've come to learn that we create our own reality and that this is a three-dimensional reality, and it's so fascinating that what seems so concrete we actually create with our consciousness, and I think that's what's so amazing about being on Earth. We can either be in fears, and then we just create this very thing we're afraid of, or we can learn to be at a high vibration, decide what we want to create and create it and go oh, this is a place where I've come to create what I want to create.

1:25:13 - Julie

Great answer. Wow, you are so extraordinary, my goodness. Thank you, god, for having you incarnate and having you do all this research that's helping so many people around the world. You're just extraordinary and thank you, thank you, thank you for teaching all these. These waves of the work that you're doing, I think, are rippling out throughout the world in ways that you'll never know. But you think about the people that you train, who help how many patients and others in a day, and then you multiply that on a global scale. It's just almost mind-boggling how much of a positive influence you're having on humanity. So, on behalf of humanity in general, thank you for the work that you're doing. Well, it's a joy.

1:26:12 - Peggy

It's a joy, I can tell. I feel so blessed to be on task and to know why I'm here and, as you say, so many synchronicities just fall into place. I was a research study and about to begin shortly for my PhD in mind-body medicine and I had a foundation ask me if they could fund my research. I mean, talk about grace. It's like thank you. I feel so blessed and grateful and I just love listening to your programs, Julie, because you're on the same wavelength and it's so beautiful to talk to someone else who's doing similar work, inspiring people, and I've learned. So I want to thank you because I've learned so much from you, and thank you for being out there.

It takes courage to be out there doing something that's not mainstream, but stepping out and saying this is the truth of what I'm experiencing.

1:27:07 - Julie

Yeah, exactly Peggy. How can people learn more about you and your work?

1:27:12 - Peggy

Julie, they can go to my website, which is healfaster.com, and then they can get my book from Amazon. Listen to interviews and I also give a six-week class on opening your heart workshop, showing people how to really align with the love and peace of their soul.

1:27:31 - Julie

And what's your book called? What's the title of your book?

1:27:34 - Peggy

Prepare for Surgery Heal Faster. A Guide of Mind-Body Techniques. Okay, everybody.

1:27:39 - Julie

Now you know where to go. Thank you, Julie. All right, everybody. We've given you lots to consider and lots to think about. So until next time, sending you lots of love from Sweet Home, Alabama, and from Maine to where Peggy is. We'll catch you in the next episode. Bye, everybody.

1:27:58 - Annncr

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

1:28:13 - Disclaimer

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