

AJR Natalie Namaste Show Notes

----- EPISODE KEYWORDS -----

Intuitive Healer, Reiki Master, Angelic Beings, Divine Perfection, Numerology, Energy Patterns, Dark Nights of the Soul, Ego, High-Frequency Energies, Duality, Consciousness, Emotional Healing, Ancestral Trauma, Spiritual Connections, Energy Healing, Crystal Work, Angelic Messages, Guardian Angels, Spiritual Continuity, Synchronicity, Social Media, Ask Julie Ryan, Informational Purposes

----- EPISODE TITLE SUGGESTIONS -----

- Exploring Angelic Connections and Healing Energies with Natalie Namaste
- Angelic Frequencies and Spiritual Transformation with Natalie Namaste
- Journey to Unity Through Light and Darkness
- Embracing Energetic Realms for Inner Peace
- Releasing Ancestral Ties for Emotional Healing
- Discovering the Harmony of Spiritual Energies
- Insights into Divine Connections and Healing Journeys

----- EPISODE SUMMARY -----

Intuitive healer and Reiki master Natalie Namaste shares her fascinating journey with a group of 120 angelic beings. At a young age, Natalie discovered her unique connection to these spirits, who communicate through frequencies and visual phenomena. We explore the profound meaning of the number 120, which represents divine perfection in numerology, and Natalie's extraordinary ability to perceive energy patterns beyond our dimension. With experiences rich in visual and energetic phenomena since childhood, Natalie provides insights into the power of embracing both light and dark energies as part of spiritual growth.

The conversation takes a deep look at dark nights of the soul and how they can lead to unity and peace through energy vibrations. Natalie and I discuss the unconventional perspective of darkness as a source of warmth and how overcoming the ego is essential for integrating these high-frequency energies. By moving beyond mind's attachments and embracing the present moment, listeners are encouraged to find balance and harmony between light and dark, contributing to a richer understanding of consciousness.

Delving into emotional and ancestral healing, Natalie unveils the transformative power of releasing past life and ancestral traumas. Through her healing sessions, we uncover how energies such as Reiki and angelic guidance can help communicate with ancestors, facilitating emotional transformation. Our discussion touches on the significance of energy colors and heart vibrations that deepen spiritual connections. Lastly, I invite you to engage with me, Julie Ryan, on social media platforms like Instagram, YouTube, and Facebook under the handle AskJulieRyan, or visit my website for more insights into these enlightening topics.

----- EPISODE SUMMARY ALTERNATIVE -----

Ever wondered how a single number can symbolize divine perfection or how embracing darkness could lead to unity and peace? Join me as I welcome the extraordinary Natalie Namaste, an intuitive healer and Reiki master, who has the remarkable ability to channel 120 beings of light. At 18, a psychic revealed Natalie's profound connection with these angelic

entities, setting her on a transformative journey. Together, we unravel the mysteries of energy vibrations and the intriguing link between the number 120 and divine harmony, as Natalie shares her lifelong gift of perceiving energy patterns beyond our dimension.

Imagine a world where darkness is not a threat but a source of warmth and comfort. Natalie and I explore this unconventional perspective, discussing the balance between light and dark energies and how embracing both can lead to a deeper understanding of our true selves. By shifting away from the mind's attachments and embracing the present moment, Natalie guides us on a journey through the dark nights of the soul, where high-frequency energies transform into a sense of peace and unity. We challenge the typical perception of darkness and invite listeners to explore consciousness from a place of acceptance and balance.

Dive into the profound connections between emotional healing and ancestral wisdom as Natalie shares her insights on uncovering and releasing traumas carried across generations. Through engaging sessions, she communicates with ancestors, facilitating healing that transcends time and space. Discover the transformative power of energy healing modalities like Reiki and crystal work, supported by angelic messages, and learn how these practices help individuals connect with their true essence. As we wrap up, I invite you to connect with me, Julie Ryan, across various social media platforms to continue exploring these enlightening topics.

----- EPISODE SUMMARY ALTERNATIVE -----

Join us for an enlightening journey as we welcome Natalie Namaste, an intuitive healer and Reiki master, who channels an extraordinary group of 120 beings of light. In this episode, Natalie shares her unique story that began at the age of 18 when a psychic informed her of her profound connection with these angelic beings. Through fascinating accounts, Natalie describes how these beings communicate through frequencies and visual phenomena, offering insights into the significance of the number 120 in numerology and its relation to divine perfection. Natalie also reveals her ability to perceive energy patterns beyond our dimension, an ability that has been an integral part of her life since childhood.

Explore the transformative experience of energy vibrations within the body and how they lead to peace and unity. The conversation uncovers the journey through dark nights of the soul, emphasizing the balance between light and dark energies. Natalie and I discuss the unconventional view of darkness as a source of warmth and comfort, and how accepting the present moment helps achieve a harmonious balance. By moving beyond the mind's attachments, listeners are encouraged to embrace a richer exploration of consciousness and spiritual growth.

Discover the power of emotional healing and ancestral connections as Natalie guides us through past life and ancestral trauma. Through her sessions, Natalie communicates with ancestors, uncovering and releasing traumas carried across generations. We also touch on the transformative power of energy healing techniques such as Reiki and crystal work, supported by angelic messages. Natalie emphasizes the role of healers as facilitators, guiding individuals to see their true selves and connect with their inner essence. The synchronicity of angel numbers and heart vibrations underscores the deep connection to spiritual realms. Finally, we share ways to connect with me, Julie Ryan, across various social media platforms for continued exploration of these enlightening topics.

----- EPISODE CHAPTERS -----

(0:00:01) - Angelic Beings and Divine Perfection
(0:09:17) - Dark Light and Unity
(0:26:51) - Unraveling Emotions
(0:31:03) - Healing Ancestral Trauma and Spiritual Connections
(0:41:09) - Healing With Angels and Higher Frequencies
(1:01:00) - Connecting With Ask Julie Ryan

----- EPISODE CHAPTERS WITH SHORT KEY POINTS -----

(0:00:01) - Angelic Beings and Divine Perfection
Intuitive healer Natalie Namaste channels 120 beings of light, communicating through frequencies and visual phenomena.

(0:09:17) - Dark Light and Unity
Feeling energy vibrations, embracing duality, and accepting the present moment for spiritual growth and understanding of true nature.

(0:26:51) - Unraveling Emotions
Embracing emotions leads to healing and wholeness, as we discuss avoiding suppression, societal pressure, and holistic messages during healing work.

(0:31:03) - Healing Ancestral Trauma and Spiritual Connections
Ancestral healing, emotional release, and family heirlooms are discussed in relation to past lives and energy colors.

(0:41:09) - Healing With Angels and Higher Frequencies
Energy healing and spiritual guidance facilitate personal healing journeys, connecting individuals with their inner essence and guardian angels.

(1:01:00) - Connecting With Ask Julie Ryan
Engage with me on social media at AskJulieRyan, visit AskJulieRyan.com for appointments and questions, and consult professionals for specific guidance.

----- EPISODE CHAPTERS WITH FULL SUMMARIES -----

(0:00:01) - Angelic Beings and Divine Perfection (9 Minutes)

This chapter introduces Natalie Namaste, an intuitive healer and Reiki master who channels 120 beings of light. We explore Natalie's journey, beginning with an encounter at age 18 when a psychic informed her of her connection with these angelic beings. Natalie describes how these beings communicate with her through frequencies and visual phenomena, such as flashes of light and static-like energy. We also touch on the significance of the number 120 in numerology, particularly its relation to divine perfection. Natalie shares insights into her ability to see beyond this dimension, observing energy patterns in the environment, and how these experiences have been a natural part of her life since childhood.

(0:09:17) - Dark Light and Unity (18 Minutes)

This chapter explores the transformative experience of feeling energy vibrations within the body and how it can lead to a sense of peace and homecoming. We discuss the journey of navigating through dark nights of the soul and the death of the ego to become comfortable with these high-frequency energies. The conversation touches on the concept of duality and

how embracing both light and dark can lead to unity and a deeper understanding of one's true nature. We examine the idea that darkness can offer warmth and comfort, challenging the typical perception of darkness as low frequency. By moving beyond attachments of the mind and accepting the present moment, a balance between polarities is achieved, allowing for a richer exploration of consciousness and spiritual growth.

(0:26:51) - Unraveling Emotions (4 Minutes)

This chapter explores the transformative power of embracing emotions as a pathway to healing and wholeness. We discuss the importance of allowing emotions to flow freely, rather than resisting or suppressing them, which can lead to breakthroughs and a sense of lightness. The conversation touches on the visualization of energy flowing through the body and how emotional release can visibly change a person's energy. We also examine common ways people avoid emotions, such as distracting themselves with work or media, and the societal pressure to always appear happy. Finally, we talk about the messages received during healing work, which can relate to emotions, family, or health, emphasizing the holistic nature of emotional healing.

(0:31:03) - Healing Ancestral Trauma and Spiritual Connections (10 Minutes)

This chapter explores the fascinating realm of past life and ancestral healing, focusing on the process of uncovering and releasing traumas carried across generations. I share insights from sessions where I guide clients through experiences with their ancestors, who communicate unresolved emotions and experiences from their earthly lives. A notable example is the healing journey involving a great-grandfather, whose feelings of being unloved and unheard affected the client's physical and emotional state. We explore the significance of energy colors like green and white, which symbolize healing and love, as they help facilitate emotional release and transformation. The conversation touches on the heart chakra's green energy, surprising connections to self-love and compassion, and how family heirlooms like antique brooches with moonstones hold historical and emotional resonance.

(0:41:09) - Healing With Angels and Higher Frequencies (20 Minutes)

This chapter explores the transformative power of energy healing and spiritual guidance, focusing on techniques like Reiki, crystal work, and angelic messages. We discuss how these practices facilitate personal healing journeys, enabling individuals to integrate higher frequencies and light. The process involves meditation, color healing, and breathwork, supported by spiritual tools and messages from angels. Emphasizing the role of healers as facilitators, we highlight how clients are guided to see their true selves and connect with their inner essence. The conversation touches on the enduring presence of guardian angels throughout lifetimes, offering insights into spiritual continuity and support. The synchronicity of angel numbers and heart vibrations during the session underscores the powerful connection to spiritual realms.

(1:01:00) - Connecting With Ask Julie Ryan (1 Minutes)

This chapter provides listeners with important information about how to engage with me, Julie Ryan, across various social media platforms like Instagram, YouTube, and Facebook under the handle AskJulieRyan. I encourage you to schedule an appointment or submit questions by visiting my website at AskJulieRyan.com. Additionally, it's emphasized that the show serves purely for informational purposes and is not intended to substitute for professional medical, psychological, financial, or legal advice.