

AJR - Nicole Harp Transcript

0:00:01 - Julie

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

0:00:43 - Nicole

Hi everybody, welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Nicole Harp on the show with us today. Nicole's an author, artist, animal communicator and psychic intuitive. She uses her connection to the spiritual realm to help animals get information to their humans, thus strengthening their bond. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Nicole.

0:01:21 - Julie

Nicole, welcome to the show.

0:01:23 - Nicole

I'm so delighted to have you join us today. Thank you, Julie Ryan. Thank you so much for having me on. Oh my treat, everybody's treat. They're all going to have fun listening to this conversation. I got lots of questions for you, girl, I know you like to ask questions. I'm an information suck that's what my husband affectionately calls me. Excellent, yeah, so when I get to talk to somebody and ask questions I'm in hog heaven here.

So, to start off, what's a soul painting? A soul painting is, well, I read, energy, and so, whether it's animal communication or psychic work, or, in my studio, tapping into the energy of your essence or your being, your soul, it's the energetic and emotional imprint of that being's energy. I could tap into a tree, a cat, I mean. We're all energy. I don't need to say the energy is neither created or destroyed, it's just, you know, transformed into another form. So it's just all energy, and the soul painting is the energetic and energy imprint of that. So you are looking at a tree and you visually see the tree, and then I assume you turn on your radar and I want to find out how you do that. And then what does the energy of a tree look like? Certainly, it's going to be different for each tree. But let's say, like a big old, you know hundreds of year old oak tree, what's that look like to you in your head? Yeah well, they are all different. But let me go back.

So I'm an abstract painter, I've always been an abstract painter. So I'm just translating energy through color lines, shapes and forms. So I'm just translating energy through color lines, shapes and forms. So that's that. And you know, the great thing about that is realism. I get a little bit into my, you know my backgrounds in academia and art. But realism, looking at a tree and the tree painting, a painting of a tree is pretty much always a painting of a tree, but with abstract art it changes according to the state of mind of the viewer.

And now you know, now add, I'm painting the energy of a tree, the soul of a tree, the essence of that tree, it is everything that when I tap in I feel and see the colors. They're all different, I imagine. I'm trying to think of categories of things I paint that are the same. If they have some of the same characteristics, sure they do, sure they will. But a tree is, as every tree is, as different as every sentient being, animals and humans, and so every like I paint animals and

humans living or crossed over. Living are crossed over. So when I paint a dog or a cat, each dog painting let's just use that is as different as the next, as different as your personality, your laugh, your paw print, your fingerprint. So the soul, the essence of everything, the beauty, the glow and the light that we came in with is as different as the tree bark and is so different. So do they have some similarities? Sure, but how they come out each time I don't know, because I don't have it planned.

I know that you're an award-winning painter and it's abstract primarily. Right, I've always been, and yes, it is all abstract art. I mean, you may, there's text in my work and there has been. But you may see, people may say, oh, I see, that looks like a boat or the sun, but not a boat. Actually, they would never say that. But you may see things that you recognize, but it is abstract, non-representational, okay.

So when you're getting ready to paint, whether it's a sole painting or it's a whatever kind of a painting, walk us through what you do. Do you twirl three times and jump on your left foot and raise your right hand Only wearing yellow on a Friday. Yeah, yeah, yeah. Well, I will say I all I do is soul paintings now, but I meditate every day, every day. I don't know know if I meditate, but I do spiritual practice, which is, you know, meditation journal, you know kind of Q&A with spirit guides, power animals, whatever I'm doing, animals or from communicating with an animal. So I do that every day and have for years. So you know, because you do, you do it and you know how quickly you can kind of get into your space.

So I go into my studio Like I'm doing a soul painting for I don't know if you know Sally Morgan in the UK. I'm doing it for her daughter, fern. She's a big psychic medium in the UK, kind of like a Tyler Henry, but anyway. So I'm doing one for Fern and I'm going to. I go in the studio and I get quiet, just like I was going to I'm going to meditate, and I get quiet, just like I'm going to meditate, and I kind of download, you know, say channel, I don't want to get on this label stuff, but I download the information and then I start with the drawing. So it's a lithocran on a board and I just kind of almost can say I close my eyes and I get the kind of basic drawing done and then I pull in four colors.

I usually pull in a light color the colors that resonate with that soul. I pull in a light color, a dark color, like a medium tone, and then a popping color. So I do contrast or complementary colors, I ask for those and I'm really just a vehicle in the translation from soul to canvas, as we all are. I mean I wish I could take credit for it all, but I have paint in my whole life, so I am good moving that paint around and then I just pull them in and then I add the color and then it's a back and forth with spirit. I will tell you what's brilliant is I've painted two people who have taken their lives and the souls that I've painted, that have taken their lives, are so courageous while I'm painting. They're like get in there, make some more marks. I mean it's like kind of back and forth with Spirit. They're more talkative, more, you know, more courageous.

But the whole point of this because there's a writing that goes with it, like I do a communication with it, and it happens to come out in poetry form and it's really what Soul wants you to know about, what Spirit wants you to know about your soul. And it's that soul that you came in with that bright light of love, which, what blew this open for me was my mom, because she, with the dementia she went through all the you know all the, what you go through, the anger and the series of dementia that people tend to go through, and she came out this like bright light and this pureness of pure consciousness and it blew me wide open. And it must've been how she came in as a child and it was just so. That's what kind of started this and then it just exploded. So that's what I'm painting, this pure essence of every one of us.

So when you say you connect with the soul of whatever, does the image come into you already fully formed or it's coming in in bits and pieces, as you're asking? You're saying you're drawing it first, I draw it. It comes in and I draw and move and look and does it need this, does it need

that? And then you ask for colors and then the colors come in. Are you told where to put the colors?

Oh absolutely not. I put them down and I limit myself to those, unless something is kind of told later, and then it's just the back and forth. The back and forth, it's just a knowing, it's just a knowing, as you would be communicating like you know you do. It's just a knowing, and it's not like I'm sitting there, you know, blah, blah, blah, blah, blah, blah. You know, verbally speaking, it's just a knowing and nonverbal communication, yeah, telepathic, yes, just that. You know, communication, it's all of that, it's all of that. But, yeah, just like that. So why are you limiting yourself to four colors? This is what. So it's a square, it's a 20 by 20 square, right, and that's the starting point. Those four colors, okay, yeah, and like I said, do I pull in other ones? Sure, sure, but most of the time that's kind of where the starting point is.

Is that what you do in regular, what you used to do in regular art before you started doing the soul painting?

0:09:26

Absolutely not, absolutely not.

0:09:29 - Nicole

And if you look at my which I'll send you a picture of my table like where all my painting, my paints are, it's like all these oil, like all these, like 30 colors, 40 colors laid out and then 20 in the background. So for me it's good to. I was kind of like when I told you I worked something out with spirit, let's have a system, and that was my system. So let's just, you know, start with these and then we'll pick and choose as we need them as the painting progresses. You said you started painting soul paintings during the time when your mom was so sick, and I'm wondering what the catalyst was. Tell us about when you first started and how that happened. So that's so during that time of dementia. So we had I mean, all mothers and daughters have either wonderful relationships or tumultuous, and you know, you know that's so we always had a kind of. You know, we both were strong personalities and I probably wouldn't have been able to take care of her the way I did if she didn't kind of go through that transition of dementia. So she came out the other side, that, um, that light of pure consciousness I told you and, um, I mean, I could see right through to her, to her. This, this golden light that she came in as and that broke me wide open. Um, that, literally, this golden light that she came in as and that broke me wide open, that literally, like, literally, just like, broke me open. And that's when I started, that's when I started painting souls. I first started with her heaven.

Did you notice that there was a shift in your mom when she saw the painting? Did it have an effect on her? It did have a calming effect. It did it, did, it did it did. Was she worried about going to hell? If she was Italian, she's probably raised Catholic. She was raised Catholic, but no, she was not.

My mom, actually just so courageous during that time, enjoyed, she was always outgoing, always, you know, what could she do for a neighbor or a friend, and she just continued that in a more joyful, youthful, kind of almost childlike way. I mean, her personality was still there and I know she came to me later. You know, through my meditation she comes to what we communicate all the time. But and just, she was still in there doing work A week before she passed. I, she, she looked at me and I looked at her and I just knew that she was going to start the dying process and then a week later she did die. She died on a Monday because Sunday was Mother's Day, and I know my mom, she would never have done that, she would never have died on Mother's Day, but she was courageous.

She asked me. It's so funny. She asked me because I've always the one thing, Julie, that this did teach me and is continuing to do is patience and slowing down. I've always been so fast,

and for what? Right For hurrying towards death. And I, she asked me, she said, are you going to rush me through this? I mean in straight, thick, clear dementia. She was deep in the dementia and she, like she'll say things and come out like, are you going to rush me through this? And I said absolutely not. Like she was, you know still her, you know they still have their personality. And so, yeah, oh gosh, I love that. I want to pivot for a second.

I know you're an animal communicator. Tell us about that, tell us about where that started, how you do it, what's your technique, what kind of things do the animals tell you? And is it only pets? Actually, I, you know, trained to be a psychic for humans and a psychic medium for humans and then and did that for a while and then, you know, like I said, it was a nice transition over to animals. And then I did a lot of animal communications and then, after I kind of found my own style, my own, my own authenticity because it's all about that, you got to do it your own way. And, um, then I started taking classes and I work. I'm on Penelope Smith. She's the pioneer of animal communication. On her directory, I worked with her. I worked with Pia Horsley. Um, I worked with some animal communicators after that and I teach animal communication, but I teach it in a way that's different.

I'm not coming at it from the business end, I'm coming at it from. You know, we get animals and you adopt them, you people purchase whatever and they come into your lives and we're curious, because I just met you. You're curious what do you like? Where are you going to sleep? You know how many times do you want to go out? And then, after they're around a while, we're just. They become in some people, they become passive parts of your you know environment and I really want people to, I really want to train you, me, people who are normal people, to just interact with their animals, to have that dialogue, because the success of any relationship is good communication, and animal communication can do that. And the thing is, you're already. You know people. You know because you already do it. But they're already doing it.

They're just not validating the information they're getting back or they're quote, reading it. And a communication is a back and forth, a two-way exchange, right, how do you connect to the animal? What kind of information do you ask them? What kind of information do you get back from them? First of all, I'm honored to be an animal communicator. I'm honored and humbled too. They are intelligent, they're sentient beings capable of intelligence, consciousness, likes, dislikes, opinions, and you know, Julie, they're as unique as you and I. And I can communicate with one five minutes. And the next thing, in the next minute he's telling me something you know, that's like I can't believe. You said that You're talking about their profound truths. They'll say something so philosophical. Then they'll say my dog is black. He's like you know what? Nicole Black is black. He's all black with little white paws. I mean, he'll say stuff that's just funny.

I guess what surprises me the most to your question is their humor and their deep compassion and understanding of what's going on. I mean, they're just and just how we need. You know that words matter when you, you know, the minute I hear someone. I heard someone today saying oh, my dog is just a big dumb, whatever. I'm like whoa, whoa. You know, words matter, like they're so sensitive and they're so forgiving at the same time, and they're here to teach us what it means to be human.

Are they spirit guides in a way? Are animals to come teach us? Are they like spirit guides in an animal body? Sure, I mean, there's always a reason there. You may not always get. I always like to say, you may not get what you want, but you always get what you need. Right, and that's why it's interesting when you know people like well, my dog reincarnate. Well, you know, they may have every intention in reincarnating, but that might not be the energy that you need for your growth on your soul's path at that time. Yeah, and so that's that's interesting too.

Just people thinking that all terriers are the same, all bulldogs are the same. It's like you know. It's like saying all people with blonde hair are the same. You know that you know, when we're all so, so, extremely different.

Have you had situations where an animal will reincarnate back to the same owner. Well, I have a friend who's did. Have you had situations where an animal will reincarnate back to the same owner? Well, I have a friend who's did. It was a dramatic, a dramatic passing. It was horrible and it was not time to go. And um, yeah, and it came back as this puppy. And um, it's funny because the cat, uh, yeah, and and. And the cat like is they're doing all the same things they used to do, but now in this puppy body, like, going to all the places they used to go to sleep, doing all the things they used to do. They like they know each other. All the same mannerisms. It's interesting, but I've only seen it once. Wow, yeah, that's what I hear from pets too is that they rarely reincarnate back to the same.

My daughter-in-law is a veterinarian, dr Mal, and she calls the pets her patients and she calls the owners her humans. She'll say I have this patient and blah, blah, blah and they're human. Blah, blah, blah, blah. It just cracks me up. It's so true.

And you asked about animal communication. The animals are my clients. Yes, the human pays for it, but the animals, that's where my like that's. Um, I have to always remember that I'm, I'm, I'm here for them. And you know, how can I translate what not translate? How can I, you know, tell them what they're saying in a way that they'll receive it and hear it, because they're in charge of their resources? Right, they're the ones that hold in the care, and I mean so. But you know what, when people come and get an animal communication, or they get an animal communication, that's the first step that they are showing they care, they're interested, they want to know, they're trying. So, yeah, I think you know for me, I don't know about for you. You have a dog, not at the moment, but Katie, yeah, she's actually in my children's book, angel Messages for Dogs. I didn't see that when I saw the other children's book. Yeah, there's four of them, okay.

0:18:49 - Nicole
I saw a couple.

0:18:50 - Nicole
So you have one for dogs. There's one for dogs. It's called Angel Messages for Dogs and my daughter-in-law, Dr Mal's in it with her dog recently passed Rooney at the age of 15. She's got her lab coat on and her stethoscope on and stuff. And then there's one with Jonathan, my son. When he was little, with Katie, I gave the illustrator photographs of both Mal, Dr Mal and Rene, and Jonathan and Katie. So I said these have to be in there, you have to do that. And then I have the original artwork and so I framed it and I gave it to them.

0:19:26 - Julie
Beautiful.

0:19:28 - Nicole
So that was fun too, you know your daughter's a vet, they're teaching more. It's only like one day, but they're teaching. I was doing a communication for a woman I want to say North Carolina, south Carolina, I don't know, and she had someone sitting in the room like her sister and I felt energy and I was like someone is, is is nice, like doing a, you know, doesn't believe, was a naysayer, but it wasn't, it wasn't, it was her sister and was her sister. And then her sister has a daughter who's a vet. And she was calling her daughter while we were communicating in the other room and she said you know, there's blah, blah, blah. She said no, mom, it's real. She said it's a real thing. We only did one day of it, but it, it, it. You know the whole. But that whole

workshop, you know, workshop was so interesting for her. She went and studied it more. But they're teaching that now in vet school and I'm sure your daughter, yeah, she understands that.

How can you not believe an animal has a soul working with animals than our animals? Well, when she was in vet school, I remember her saying that they had Reiki practitioners. Come in and talk to them. They had acupuncture, acupressure, absolutely Practitioners they had. I don't remember saying they had intuitive ones. But when her dog was dying, she's on the phone with me going okay, let's talk to him. She was so distraught she just couldn't even see straight. Did you help her with her dog crossover? Yeah, and he basically was saying that he was ready when she was ready, it was her decision, he was staying around for her and his spirit was out of his body and had been for a while.

What happens to animals when they pass? Just the same thing that happens to you know, when they're not in the physical form, they go into a different vibration and what do they do? All kinds of fun things and, um, can we in in the main thing, I, I, you, I know, you know, and uh, that we can communicate with them and we can still carry on that relationship. I will say it does, it's not the same in the physical, but uh, having that, you know, being able to touch, and uh, have that right there, that energy, but, um, but we can still carry on that relationship. Animals that have crossed over I noticed I carried one through, like you did with your daughter's dog. He was sick and I had a hard time communicating and I said you know, I think he's sick and she's like I know we just went to the vet. Anyway, I crossed over with him and I've never, I had never done that.

It was in the beginning, when I was just starting, and he was so profound I feel like I wrote like I don't know, maybe 20 something pages. He was just writing and writing and writing and writing, and you know as well as I do that they're just so. They're more worried about their guardians and their feelings. Yeah, like when he was with Dr Mal, yeah, he was way more worried about her. Oh yeah, and the things they say and they're so profound.

I mean, people think that animals don't have opinions about greed and guilt, not guilt, greed, and you know things. They just choose not to be angry. They choose to be, you know, to forgive. But they have opinions about it all, but a lot of them, and they'll show me things, like you know, if they've experienced trauma, they'll show me some chaos and ask me if they want to talk about it. And sometimes they do and sometimes they don't, but they're always about being in the present moment and that's what they're here to teach us being in that present, to be present, to get off the screen when you've been on it too long, to put down the get off the couch. Get your butt off the couch and walk. You know like you need to do. Live to live, right, right, courageously. Is it possible to rehabilitate a dog that's been abused? Absolutely.

Or a cat, absolutely, like I said, they're forgiving, they're forgiving and the best thing to do is find out from them, their perspective, how they perceive things. What happened, what do they need? You know, I know, you know. Tell me about your past, if you want to, and how can we help. What can we do? You know there's direct things that are direct reflections of what they experienced, absolutely, absolutely, absolutely. There's no things that are direct reflections of what they experienced Absolutely, absolutely, absolutely. There's no.

Yeah, can you give us an example of an animal with whom you've worked that was abused and what did they tell you they needed? And then was their human able to implement those things? Well, so I'm working with a horse right now. That was a racing horse, able to implement those things, okay, well, so I'm working with a horse right now. That was a racing horse and the horse expressed to me that they love the, showed me all the awards and you know he's standing there with his ribbons and he said but it was a long, a long, but all the things you had to go to to get there, it wasn't worth it. The pain, the rigor, you know the injuries, all that. And he showed me some things and you know I, you know, it's almost like I want to be more. It's

funny. I want to know less about what's going on there. So, and just so, I just know more from them. You know how it's like when you communicate with someone don't tell me anything, you know, and I want to almost just hear this from their pure perspective. But anyway, he's told me and it didn't occur to me, but I'm sure I asked him his profound truth. I just talked to him yesterday and he said that something I think I have it here. He said the I don't know, I have it right here. I'm going to quote him right here. His name is Eddie. He said to live a life of luxury is insane. And he said that. And then he told me that the owners of these horses these are racing horses would play poker and they would play for horses Wow, and that he shared with me some things they did to win, which I mean that's common knowledge. But I mean he shared some things and he's having problems with his stall.

So I was helping the nonprofit, the group you know I do pro bono work with, helping him become in his stall, and he gave solutions. There's problems, we find out why and then they give solutions. So all we have to do, as the humans, is follow through, give solutions. So all we have to do is the humans just follow through. So what did? The solution was for a stall.

Oh, so he was giving, getting agitated in his stall, to go back into his stall and he has, you know, issues with the peripheral, and he gave some solutions like um, let him go in as, let him stay out as long as he can, let him go in. He had some suggestions about rearranging it and I was talking you know you have to work with the attendant, you know to move some things because he didn't want the things in front. He wanted them I'm not to the side, he has peripheral sensitivities. He wanted them in front. I mean, we were just working with how to rearrange his stall. So he, he needed space, he's got this energy and he's used to running straight out all the time. Now he's not. Now he's walking around with other horses and he said I like to run straight out. So we're just working through all these, like you know, issue by issue.

Something just short thing here I worked with a shepherd who was just so dark, just so kind of dark, and he shared with us that he felt like he had chains across his body and a lock on his heart. And we energetically worked I say we, because my spouse does animal communication too and we took the chains off. I mean, yes, we talked to him about why he felt that way and he showed some things that he had to go through with some previous owners. And we took the chains off, metaphorically, and um and um got a key and unlocked the lock and we did this kind of you know there's a, there's um, uh, you know there's Reiki, there's T-touch, all these ways to you know, to pet, uh, to, you know, put your hands on animals. And we did the massaging of the chest and um, um got that lock and the key, the lock unlocked and the chains off. And I'm in contact with the guardian and he's doing a million times better. The key, too, is the woman that he's having a problem with. His grand. The grandmother is going through the same amount of pain and they're here to help each other through that, through that pain, and so, yeah, and you can get them to meet you halfway.

You know what about, if I do this, will you do this? I mean, you know, I haven't had an animal not willing to make an effort. Yeah, they're brilliant. What about when you're communicating with an animal and the human isn't willing to make those changes and or you can tell that the animal's in a less than optimal situation with the person who's paying for this, even though you would think you know, if they're hiring you to help, that they would be concerned about doing what's best for the animal. Have you ever had to do something along those lines where it's kind of like you call in the you know, the child services people.

If there's some abuse thing going on, do you call in the dog catcher or what do you do? Yeah, well, I have had situations like that, but it's well. First of all, it's tragic and you try to observe and not absorb because it is emotional. But you know, I mean, that's the thing it's like. How can you? You have to let go of the outcome, right, you have to do what you can, and I have animals come like, reach back out to me. Can you please talk to my owner again and to the woman I work with, Granny Magic. She's on Instagram, she's a friend of Allison Dubois and but

we we taught her cat reached out to me. She said can you talk to Granny? And I'll come back to that question. She said there's some crazy stuff going on here. So I texted her. I said what is going on there? I said what is her cat's name? Kit Kat. Kit Kat is just so upset. She said I cannot believe she sought outside help for this. So she was bringing in all these rescue cats. They live in California, you know, in the summer bad rest cat rest kittens everywhere. So Kit Kat reached out to me, told me some things. I called Granny Magic. I said Margaret is her name, margaret Jamieson and I just told her some things. She said yes, that's exactly what's happening here and I'm so sorry that she reached out to you. But I said I'm not. I'm glad that she feels she can. And then I told her some things and Kit Kat was quickly happy.

I mean, you know I've had animals reach out to me, but the other what you're saying? Yes, it is as much educating the human as communicating with the animal right, and you have to communicate the communication in a way that they'll hear that. They can, they'll hear it, but you can't make someone do anything. You know, so you do your best. There was one sad outcome that the person just couldn't follow through. Um, and I don't judge, and the animals don't judge. But, um, it was not a good outcome. No, do animals choose their owners? Yeah, divine intervention.

You end up with the animal that you with the lesson you're supposed to learn. If you got a super, um, you're not thinking. And you got a super hyper terrier and you're not that person. Or you're supposed to learn. If you got a super, you're not thinking and you got a super hyper terrier and you're not that person. Or you're real busy. Well, you weren't really thinking, were you? Because the what are you supposed to learn?

It's always about what we're here to learn, right, always. So, yes, there's lessons in it's. What am I here to teach you? What are you here to teach me? Always, I love it. All right, I could talk to you for hours, but one more question before we wind this down why do we incarnate? And to my lessons? I hope that that's my goal is to process as much of that in the physical form, because you continue what you're doing here over there and we incarnate to work through the lessons that we did not work through on the other side. Do animals reincarnate as humans? Ever? I mean there, can I don't. I have not talked to one that did, but I mean I haven't either.

0:32:00 -

That's what I meant. I haven't.

0:32:02 - Nicole

So can they? I get a yes on that? Yeah, do they normally, not normally? I hear rarely Sure yeah.

0:32:11 - Julie

I mean anything's possible.

0:32:12 - Nicole

Anything, any question goes, and anything's possible, right, that's true we do know that.

Yeah Well, you are so fascinating with all of your talents and abilities and what you've been able to. I love how you've combined that communicating with spirit into the art that you do and how profound it is and how much comfort and joy it gives to people when they are recipients of your work, whether it be just helping counsel with an animal or whether they're buying one of your paintings or a combo platter of both. How can people learn more about you and your work? Thank you, Julie. My website is harpspace all one word. My last name H-A-R-P, space dot O-R-G.

And you teach classes and you teach people how to do the paintings I do. I teach animal communication, I do soul paintings and, obviously, sessions with animals any animal, right,

right, I wanted to thank you for being so accessible on your Thursday nights. I just think it's great that it's just. That's the beauty in it. I think that what hooks people is that you are accessible, that you know it's, it's like you know tactile, there you are, that it's not something that um, that we're on the same level, like you know the same. Yeah, I, I love that. That's Thanks, it's great.

0:33:47

I wanted to come on but I didn't want to do it before the interview.

0:33:51 - Nicole

Yeah, I love it. Obviously. It's so fun because I get to meet these amazing people from all over the world and it doesn't matter what they do or what their background is or all of that. I mean, everybody is just such an amazing bright light and you see that from your art, but I see it. And people come to me, as you know, usually when they've got something going on health-wise or have a loved one at the end of their lives or whatever. So I always pray every day. Show me what I can do to serve, and if I can help them one teeny, weeny, weeny little bit, it's my honor and privilege and joy to do it really Absolutely. And you do look like you enjoy it and I do too. I just love people. I love people, I love animals. Yeah, I'm fun. Yeah, it's fun. Well, it's been a pleasure. Thank you so much for bearing with me in the beginning and with the computer.

You bet. All righty, everybody. We've given you lots to ponder. So in the meantime, we're sending you lots of love from Sweet Home, Alabama, and from Virginia too, where Nicole is. We'll see you next time. Thank you, all right, take care.

0:35:08 - Julie

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.

0:35:22 - Disclaimer

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