

AJR Show Jan 30th 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.

0:00:43 - Julie

Hi everybody. Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We've got a whole bunch of people that are ready to have a conversation. Chris is going to be handling the main switchboard and dashboard. If you want to have a conversation with me, come in and join us at AskJulieRyanShow.com, and we've got Samantha on the YouTube live stream. And if you're joining us through the live stream, just go to Ask Julie Ryan on YouTube and you can put a question in the chat. Just put your first name and where you're located and then ask your question. We limit everybody just to one question so we can get as many people on as possible.

First and foremost, we had a tragedy happen here in America last night. There was a jet and a military army helicopter that collided over Reagan National Airport and it looks like 64 people have passed. So condolences to the family and friends and everybody that's been affected by that. I can't even imagine I've flown in and out of that airport many, many, many times and it is a short runway and you're like landing in the middle of that airport many, many, many times and it is a short runway and you're like landing in the middle of a city. So I'm sure they'll get to the bottom of it, but in the meantime, what a tragedy. Interesting note I last night, when I got in bed, I was praying for all the people who'd passed and their families and their loved ones, and I had seen the explosion on the news last night before I went to bed, and so I did an instant replay of the scene when the helicopter and the jet collided.

And interestingly enough I don't know why this surprised me, but I'd never seen it before I saw all these specks of light going up and going really high, and what it was was. It was all those spirits going to heaven. It was amazing. I guess I'd never seen something that had exploded, live with a bunch of people involved. And remember time doesn't exist in the spirit world. Time's a human creation. So when we learn how to connect with spirit you know that's what I teach people how to do in my classes I can go frontwards and backwards and it's like I'm watching it in real time. So imagine you're pouring like club soda into a glass and all those bubbles are bubbling up. That's what this looked like, but it was specks of light and it was all those spirits that were rising and going to heaven. So that added a glorious component to a horrendous situation and I just wanted to share that with you to hopefully give you some comfort and some information about that.

I talk about things like that in my book, angelic Attendance what happens as we transition from this life into the next, and anybody that wants a free copy, the next and anybody that wants a free copy, just go to Julieryangift.com and we'll send you a free digital and audio book version. Please share it with your family and friends, especially at these times when we have a tragedy occur anywhere in the world, because it's upsetting to everybody that hears the story or watches the story on TV or on social media, and we're all gonna be there one day. Hopefully we don't go in a horrific situation like this, but knowing that we're all surrounded by

angels and the spirits of deceased loved ones and pets as we're transitioning really helps add a lot of comfort to the equation. And then back to the time doesn't exist in the spirit world times. A human creation, remember, regardless of how somebody passes, whether it's instantly like in that plane crash last night when that plane exploded in the sky, or whether it's a suicide or a homicide, or whether somebody dies over a prolonged period of time, like days, weeks, months, even years. We're all surrounded by angels. We're all surrounded by the spirits of deceased loved ones and pets, and nobody has an experience where they don't go to heaven, because everybody goes to heaven and we're escorted there by angels. So I talk about this in my book. You're certainly, if I can find a way to hold it on the screen, right, Chris, you gotta trade me better. You're welcome to buy the paperback, but I'll give you the digital and the audio book versions for free. It's that important, this information. So just go to Julieryangift.com, Julieryangift.com, and we'll send you a free copy. Okay, just wanted to share that observation with you because it was extraordinary and it was just really heartwarming. So I hope that brings you guys some comfort too when you hear that story.

Okay, Chris, who's our first caller? Lucky girl, that's what she's calling herself, Bertha from Las Cruces, New Mexico. Hi, Bertha, I'm currently on the I Feel Crappy channel, going from door to door, doctor to doctor, for headaches, ear pain, bone pain could really use some healing. Thank you, okay. So, Bertha from Las Cruces, okay, let me get you on my radar and we'll see what's going on, how this works if you're joining us for the first time is I raise my vibrational level to the level of spirit and I watch a laser beam come from my body. I'm in Birmingham, Alabama. It's gonna hook into you, Bertha, in New Mexico, and then I'm gonna have a hologram of you in my mind's eye and it's gonna be as if I'm looking at an X-ray or a CT scan or an MRI. Three things are gonna happen. Something's going to be identified, I'll get information about it and then immediately a healing, an energetic healing, will begin. It can take the place of something getting added, something getting removed.

I watch procedures all the time and my mind's eye that emulate what I saw in surgery for many years. I'm an inventor and former manufacturer of surgical devices sold throughout the world, so I'm going to describe it to you in detail, Bertha, everybody that's listening or watching, whether it's real time and you're with us on the live show tonight, or whether you're watching it five years from now, it doesn't matter. I want you to picture what I'm describing, because, as Bertha pictures that, it's going to help integrate the healing into her body, as the rest of us picture it, we're sending healing energy to her as well and it raises all of our vibration at the same time when we're doing it. So I always tell people, even if you don't get called on on the show, if you have a question. Oftentimes people will tell me just listening to the show helps them heal whatever they have going on, because you're swimming in the high vibe and it doesn't matter if it's real time or if it's in the future. So, Bertha, here we go. Here comes my laser beam from Sweet Home Alabama heading out to you.

Got you shooting energy from your feet up through the top of your head, the headaches and the ear pain. What I'm seeing is a lot of congestion, obviously in your sinuses and in your ears. So I'm watching. This is going to sound disgusting, but it's what I'm seeing, so you know I don't edit anything I get. I'm watching two drain tubes that got put into both nostrils. It's draining the snot and the congestion and stuff out of your sinuses. And I'm watching two corkscrews, one in each eustachian tube that's spinning really fast and it's clearing up the congestion in your head.

I get it has to do with what you're eating, especially dairy. So stay off dairy. Stay off anything that's refined. Stay low on the food chain. If God made it, eat it. If man made it in a factory, do your best to avoid it. Stay away from sugar and eat protein and vegetables and fruit, and I think you're going to find that you're going to feel a whole lot better.

If you want, go to viomecom V, as in Victor I-O-M-Ecom, and there you can get a gut biome test, which is a fancy name for a poop test. You do it at home, you don't need a doctor's orders to do it, and it's gonna tell you not only what all the critters are in your gut and we have trillions of them to give us a healthy gut biome but more importantly, since food is the best medicine, it's gonna tell you here are your superfoods, here are the foods for you to avoid. The best medicine it's going to tell you. Here are your superfoods, here are the foods for you to avoid, here's everything else. Eat this a lot, eat this a little. So just go to Viomecom and use Julie Ryan altogether one word at checkout and you'll get half off on the gut biome test. So I hope that helps. Hope you feel better too. Thanks, bertha.

If you want to have a conversation with me. Come join us at AskJulieRyanShow.com. If you're coming in on the YouTube live stream or at Ask Julie Ryan, remember to subscribe. And remember when you subscribe on YouTube and leave a review on YouTube or anywhere you listen to the show if you're listening to it on a podcast, and also sign up for my newsletter at AskJulieRyancom, you are entered into a free drawing for a free session with me. I'll give that away next week. I do it once a month. It's valued at 750 bucks, you guys, so it's a good prize. Plus, it's fun because I get you for an hour and I also give away a free class each month. So subscribe to YouTube, leave a review on YouTube or wherever you listen to the show, and subscribe to my newsletter at AskJulieRyancom and you'll automatically be entered into those drawings for a free class and a free session. Alrighty, Chris, who's next? Hi Carly, hi Julie. How are you honey? I'm good. How are you? I'm terrific.

0:11:29 - Carly

Where are you? I'm in Belize, so I don't know.

0:11:32 - Julie

There's a delay or something, so I look weird Poor baby, I am just so sorry you're in such an awful place.

0:11:40 - Carly

I know right. It's a hard life. Is that where you live or you're on vacation? No, I've lived here for the last 11 years. I'm Canadian and I moved down with my husband. Yeah, 11 years now.

0:11:53 - Julie

So it's been a blast, so you don't do snow anymore. I don't do snow, that's why I'm here, I guess. Well, good, but you got a question for me.

0:12:02 - Carly

Yeah, well, kind of a question of what's up with my guts. I've had, you know, horrible bowels and stomach my whole life. I've had IBS when I was I believe I had IBS when I was little and recently I'm having excruciating pain in my intestines. So I had a colonoscopy and they had seen that my intestines are kind of closed, tight and they couldn't get even the camera through it. And then I did an intrauterine ultrasound and they said 80 to 90% accuracy that they think it's an abdominal adhesion. Think it's an abdominal adhesion.

So I had my gallbladder removed over five years ago and quite possibly adhesions happen when you go into that area. So that's what they can only kind of figure out, this being. But when I'm ovulating or I'm on my period, it's nine out of 10 pain and I can feel it's like stools trying to pass, but it can't. So I'm like screaming or I almost blackout and then I can hear a bubble or two and then it's like the pressure is relieved. So there's that and my energy is just awful. I think I had seen a homeopathic doctor not too long ago and he's like I don't know how you're standing. So same way I know I've had gut problems my whole life. Like I'm on supplements, I just don't know the right ones.

0:13:34 - Julie

Okay, all right. So here we go. Here comes my laser beam from Sweet Home, Alabama, heading south. All right, got you shooting energy from your feet up through the top of your head. It's just one area of your intestines, of your bowel, that it looks like.

0:13:50 - Carly

Yeah, okay. Well, the pain, I'll say the pain is from one area.

0:13:53 - Julie

Yeah, they think it's in two areas, but yeah, yeah it looks to me like most of the scar tissue is what I'm going to call it is in one area. So what I'm watching is I'm watching a corkscrew Think of an auger that's used in the garden to dig a hole to put tulip bulbs or daffodil bulbs in the garden, or a big auger to make a hole to plant a tree. That's what it looks like, and what it's doing is it's drilling through that scar tissue and it's got. They use this in orthopedic surgery when a knee or a hip or a shoulder or something is scoped to remove scar tissue. It has these little it's almost like a little blade on the edge of it and so it will cut. You know it spins really fast. They call it a shaver actually, and so that's what I'm watching. This is an auger, so it's drilling through it. It's like an auger it's drilling through it and it's also shaving the edges to make more room. Does that make sense?

0:15:02 - Carly

Yes.

0:15:04 - Julie

So that's what I'm watching. It's pretty thick. It's not totally occluded from what I can see, but we're going to give you a clear channel here in a second. So I've got that. It's almost through that main section. There is one other little section down a little ways, but it's like the big section. It looks to me like it's maybe 70% jammed. The other section looks like it's maybe 25 or 30% jammed. So that's easy to get through that. So I'm watching that happen. Okay, it's through. So we're irrigating now clear irrigation fluids going in and clearing all that ground up scar tissue in there. And now stem cell energy is going in.

Light amber colored gel sparkles. Reminds me of Dippity-Doo hair gel when I was a kid, the 60s and 70s. If you don't know what it is, look it up, it's a real thing, oh, I know. Oh, I know, amazon even sells it, which I think is hilarious. If you don't know what it is, look it up, it's a real thing. Oh, I know. Oh, I know, amazon even sells it, which I think is hilarious. So that's going. There's a vortex spinning outside of your abdomen and that's going to regenerate all that tissue. So what are they saying about how to treat it? Do they want to take you into surgery and clean out the scar tissue?

0:16:24 - Carly

No, well, he's saying if we open you up again and you clean it out which there's been multiple people that have done that it just comes right back. So the more you're introducing oxygen to that area, the more it grows. So he's like I would suggest not doing surgery.

0:16:39 - Julie

Let's do one more healing, Carly, on you, and it's a DNA healing we're going to do. Healing, Carly, on you, and it's a DNA healing we're going to do. Scar tissue, in my experience, is caused by a clotting mechanism of blood. It's called fibrin, F-I-B-R-I-N fibrin, and we need it because it's part of what's called the clotting cascade. You know, if you have a cut, you want the cut to clot. You don't want to bleed out from a cut. Well, when we have too much fibrin, it produces a lot of scar tissue.

So I'm watching a strand of DNA which looks like a piece of paper. You'd see inside a fortune cookie with a fortune written on it, and DNA is the recipe that tells the cells how to behave. And DNA is the recipe that tells the cells how to behave. So one strand can have. It's comprised of four nucleic acids represented by four letters A-T-C-G. One strand can have 100,000 letters on it, can have up to a billion letters on it. I'm watching those letters get re-sequenced, get rearranged if you will, and what we're doing is we're sending that back to a normal recipe so you're not making extra scar tissue. I believe this is what causes fibroids, because I do this healing a lot on women who have fibroids and we fix the DNA, take it back to a normal recipe and the fibroids stop. They stop generating and they stop doing that. So hopefully that'll help.

0:18:10 - Carly

Yeah, I've had cysts. I can't say I've had fibroids, but yeah, I definitely have had cysts before and I'm wondering if this has even affected my fertility, because it's kind of pulling my uterus and my fallopian tubes up a little too in that area.

0:18:22 - Julie

Yeah, schedule an appointment with me and we'll do a deep dive and we'll look at your fertility and all that stuff. So I hope you feel better.

0:18:31 - Carly

I already. I feel stuff going through me. So thank you. I thank you so much, Julie, you're welcome. What's it feel like? Just kind of like my energy. I can tell I do energy work sometimes, so I can just feel that my energy is kind of just filling up and it's just like whoa. And then I was just kind of seeing if I could feel anything down here.

0:18:48 - Julie

but yeah, I could, just I could feel the flow. There you go it was great.

Okay, thanks for joining us. I hope you feel better. Bye, Carly, thank you. Thank you, bye. AskJulieRyan.com. If you want to join us and have a conversation and we're at Ask Julie Ryan on the YouTube live stream so you can join us that way too, and Samantha will help you over there. She's the queen of the YouTube lives Now that she's a married, married lady. Sadie, sadie, married lady. I got to go to her wedding and it was fabulous. She looked like a goddess. So I don't know that I ever posted those pictures. Samantha, I need to do that on my Instagram. I'll do that. Okay, Chris, who we got next?

0:19:36 - Denise

Hi Denise, Hi Julie, how are you? I'm terrific. How are you, my girl? I'm doing great. Where are you? I'm doing great. Where are you? I'm in Colorado, Westminster, Colorado.

0:19:48 - Julie

Okay, terrific, you got a question for me.

0:19:52 - Denise

Yeah, I do so. My little two-year-old child. She's barking right now. She has had a chronic cough for two years or a year, I'm sorry. We've been giving her all kinds of meds, steroids, all that and she's been not doing great with them because of the side effects. So she's had this really horrible cough where she like spits up and pukes up phlegm every day. It's really, yeah, it's really sad to see her go through this, but just wondering if you can give her a healing and then also maybe identify. She's seen a Chinese herbalist, she's seen regular vets, she's seen an energy animal communicator, healer Like she's just having a hard time healing and so I'm wondering if you can maybe scan her and see if there's any luck identifying what it could possibly be, Food, food.

It's her food, oh, really, oh, because I did take her off her kibble and I put her on a whole foods diet, so maybe even the whole foods are causing an issue too.

0:20:56 - Julie

It's causing the phlegm. Her food's causing the phlegm that came in when you were telling me about it. I was hearing I was hearing it's her food. So, yeah, yeah, and it may be one of those elimination diet kind of a thing. I don't know that there's a gut biome test for dogs, but I would check that out. There's a good chance that there may be. I just know about it for humans, but I think that would be interesting. You could research that online and, if there is one, you may want to do that, because it gives us specific information about what are going to be the foods best to heal our guts. And I have to believe that somebody's done that for vet med too at some point. I'm just not aware of it. So if you find one, email it to me and I'll share it with everybody.

0:21:47 - Denise

I definitely will. Yeah, can you bring up her lungs?

0:21:51 - Julie

or yeah, yeah, yeah, Tell me what her name is again Denise.

0:21:55 - Denise

Her name is Khaleesi.

0:21:57 - Julie

Khaleesi, that's a cute name. Did you make it up or did you know it before she?

0:22:02 - Denise

was rehomed to me when she was a little pup and she came with that name. It's pretty isn't it.

0:22:08 - Julie

Yeah, okay, I'm going to hook into you and I'm going to hook in from you to Khaleesi. So here we go, comes my laser beam from Sweet Home, Alabama. Got you going over to Khaleesi. Oh, she's darling, all right. What's going on with these lungs? It's food. Her stomach looks inflamed, it's creating mucus. It's making her cough. What I'm doing is I'm I spirit working through me and with me. You know, I watch, I'm the helper, I'm watching the healing happen. So I'm watching a suction tube go down into not only her throat but also into both lungs. So it's spirit has such a great. They're so spirit is so good at giving me visuals. So imagine, Denise, there's this one tube that goes in and then it trifurcates, right, so it goes into three, right, so it's one tube and then it goes, splits into three different sections, one down her esophagus, one down each lung, and it's sucking the gunk out of there. So we've got that going on. Yeah, she doesn't look like she's running a fever. She doesn't look like she has an infection of any kind.

0:23:25 - Denise

Yeah, this is food Of any kind. Yeah, this is food. It's food related.

0:23:28 - Julie

Yeah, okay, so maybe a dog biome, gut biome test to try to figure it out, see if there is one, and then have you been to see a holistic vet?

0:23:35 - Denise

Yeah, she's seeing one now. She just got put on some herbs, and so she just saw them this week, though it was her first visit with them, so we're hoping that the herbs will help as well.

0:23:47 - Julie

Ask that vet what kind of food they recommend. Okay, I will. Whatever she's on is not working for her.

0:23:53 - Denise

Right, and I'm just making her right now. She's just eating boiled rice, boiled chicken and veggies like steamed veggies. So that's what she's been eating for the last three months, so she's not even on kibble or anything right now. Freeze and reheat the rice.

0:24:08 - Julie

Okay, yeah, because then it won't be as starchy, and I think that may help too. I'm going to come live at your house and let you cook for me. Oh, my gosh, my doggy. Well, I hope that helps. Keep us posted, I will. Thank you, Julie.

0:24:24 - Denise

Bye Denise.

0:24:25 - Michelle

Bye.

0:24:26 - Julie

Oh, how fun. You know, sometimes these dogs and animals get better care than the humans. I know horses do, especially racehorses. My goodness, the stories you hear about the racehorses are just amazing. So come, join us AskJulieRyanShow.com. And also. You can join us on the YouTube live stream at AskJulieRyanShow.com. And also you can join us on the YouTube live stream at Ask Julie Ryan.

Always fun to see who's going to come up. I never know. I never know who's called in. I never know what their question is. I never know what Spirit's going to say. So my team just puts people up, and that's what makes this so fun, because it's always a surprise. All right, let's see who Chris has next.

Anna, hi, Anna, can you scan my dad, Anna? Hi, Anna, can you scan my dad, antonio? We're in Union, new Jersey. He has metastasized stage four bladder cancer and basal cell carcinoma on his chest. He does not want the MOSE procedure, please, okay. So what I'm going to do, Anna, is I'm going to come from you, I'm going to come hook into you and from your dad, from you to your dad, Antonio, and I am going to ask his permission if I can scan him. If he says yes, I will. If he says no, I won't. I can, but I won't because it's an ethical thing with me. I think it's an invasion of somebody's privacy when they say no. So here we go. Here comes my laser beam from Sweet Home Alabama heading over to you in Jersey. Got you Going from you to your dad, mr Franco, you to your dad, mr Franco, may I scan you energetically?

He's asking me what does that mean? He's cute. Well, so I'm kind of like a human x-ray or a human MRI, and I can see inside your body and I have spirit work through me to help you heal. Would it be okay if I scanned you? He's saying I don't think so, Anna. So that's okay because we can still talk to his spirit and see what it has to say. I don't have a problem with that ethically, because here's why we can talk to somebody that has pneumonia and they're going to tell us what they want us to know. But I'm not looking at their chest x-ray without their permission, and that's how I treat this too. I figure his spirit's going to tell us what it wants us to know. So are you willing to? Well, let's just, he's not dying at the moment. That's the first thing. His spirit is in his body so he's not dying.

So you don't want the Mohs procedure. The Mohs procedure is not a big deal. Why don't you want it? Because he's afraid he's going to get an infection from it and then it's really going to take him out. Well, that makes sense.

Okay, are you willing to? What are you willing to do? What are you willing to do? I'm willing to follow what the doctors say, but I don't want them cutting on me. So there you go. If you talk to him and he will agree to let me scan him and do a healing on him, then call back in.

Okay, because she has, he's nodding. It's okay for me to scan him. Oh, perfect, good job, Anna. All right, so I'm going in. Okay, mr Franco, here we go. I'm going in. It's going to your bladder first.

What I'm watching is I'm watching the bladder, the cancer that's in that area, get encapsulated in a bag. Think of like we're putting it in a plastic bag to contain it and we're removing it. So got that going on, all right, I can see where it's metastasized. He's got spots all over his body. When I see cancer that's metastasized, it looks, it reminds me of a dairy cow, a white dairy cow that has black splotches on it. It looks like somebody's throwing a glob of black paint on it, and so what I'm watching is I'm watching all of those areas get encapsulated and get removed. So let's do a lymph cleanse right now. Imagine there's a big pneumatic tube that's in front of your body. Mr Franco I don't know if he's listening, but you can play a pack for him after the show's released Well, it's released instantly, because we're doing it live Big vertical oval tube, all of his lymph fluids going in there.

Lymph fluid is an amber color. It's kind of gloppy. Think of the fluid inside a lava lamp and there's a hole in the bottom of each of his feet. As that fluid spins, the toxins come out the bottom of his feet and then we're doing a big lymph node extraction of the lymph nodes that have sequestered toxins. Imagine there's a big metal dome that's coming down on top of them Think of the dome that you see on room service food when it's delivered to your hotel room and as it lifts off, it extracts those lymph nodes.

And lymph nodes look to me like little D3 vitamin capsules and they have little specks of black or brown in them. They can be all brown or black inside. They can just have a spot. But all of them get extracted. He's being sprinkled with stem cell energy. Light amber color gel sparkles dippity-doo. There are vortices that are spinning above his head, beneath his feet, on either side, front and behind, all spinning concurrently and so that's going to regenerate new lymph nodes. Two big U-shaped magnets now we're doing a heavy metal detox are wrapped around him. They're joined in the middle, they're going up and down his body and they're pulling out metallic particulates. They look like little sparkly pieces of glitter, little dull pieces of glitter. They can look like a little nanoparticle of a strand of steel wool the kind that you'd use on a scrubbing pad in the kitchen, and so those are being extracted, irrigated out.

Okay, dna healing, like I was mentioning earlier with Carly, and that it looks like a piece of paper you'd see inside a fortune cookie with the fortune written on it. In America they don't have that in other parts of the world. That's an American thing in Chinese restaurants. So DNA comprised of four nucleic acids, a-t-c-g. One strand can have 100,000 letters, can have up to a billion letters. I'm watching them get rearranged. So we're resequencing his DNA. So hopefully that will help him feel better.

A couple of suggestions. Number one look up Thomas Seyfried S-E-Y-F-R-I-E-D. Dr Thomas Seyfried at Boston College. He's a cancer researcher I really like what he has to say Resonates with me. Secondly, there's a woman named Peggy Huddleston, h-u-d-d-l-e-s-t-o-n. We had her on the show a couple of weeks ago a couple of weeks, probably a couple of months ago. So if you just do an internet search, ask Julie Ryan, peggy Huddleston, you'll see her show, her episode. She does marvelous things with helping people heal cancer and other illnesses. She has a program that's used in many big teaching hospitals around the country, including Harvard. She's done her research in Harvard, nyu, Johns Hopkins and, I believe, the University of Washington in Seattle. So, peggy Huddleston, check her out too. So I hope that helps.

Thanks for your question. I hope you feel better, mr Franco. Thanks for letting us scan you. Okay, let's see who's next. Remember to subscribe. Remember to leave a review. Hi, donna.

0:32:48 - Carly

I was on your Tuesday Zoom. Oh great, yeah, I didn't get to ask my questions, so I came back tonight, terrific.

0:32:57 - Julie

Where are you, where are you located In the Bay Area California? Okay, san Francisco, all right, terrific, you got a question for me.

0:33:05 - Carly

Yes, I was just wondering if you can tell us any of my health problems or my medications that I'm on are kind of interfering with developing my intuition.

0:33:19 - Julie

No, okay, they're not. No, so what kind of problems are you having where you just feel like you're not able to communicate with spirit? Yeah, yeah, yeah, I get so far and I just kind of get nothing. So can you give us an example of what you've experienced?

0:33:41 - Carly

I get more knowings and just kind of gut feelings but not really seeing things or hearing things, not really seeing things or hearing things.

0:34:04 - Julie

All right, we all are going to receive information from spirit in the primary way that we learn first. I'm a visual learner, so I see things first, then I feel things, I hear things, I, you know, get things, get to find downloads and all that. All of those things will come in for you. But what you want to do is you want to focus on what's easy. Spirit's going to communicate in the easiest way possible. You're a kinesthetic learner. You get gut feelings. You're feeling things. You can feel whether something feels right or not right. You can feel whether something feels right or not right, that spirit communicating to you in the easiest way that it can. All right, like a visual learner. You asked me about the first car that I ever owned. I'm gonna tell you what it looked like and what kind it was. You may tell me oh my God, it was like driving around on your kitchen, you know, or on your living room couch. It was cushy and it felt great and the ride was smooth. You're a kinesthetic learner. It's kind of like when, back in the day, when I was in school, back in the Stone Ages, if a kid was a left-handed writer, the teachers wouldn't want him to write with his right hand. Why? Who cares? Why does it matter? You know, let the left-handed kid write with his left hand, because it's easy and that's how spirit communicates with us. Number one, that's number one. Pay attention to how the information comes in. You're doing it perfectly. Secondly, as soon as we go into oh, I'm not getting this, I can't see it. They're not. I don't hear it in my head. What are you doing? You're in fear. You're not receiving it. You're not getting it right. You've gone off the spirit high vibration channel. You're on the I feel crappy channel. It's a low vibration Spirit's not going to communicate with you. On the I feel crappy channel, it's a low vibration Spirit's not going to communicate with you. On the I feel crappy channel, it's way harder. It's like Spirit's on the. You know the classic rock station and you're on the country music station listening to them whine about mama, the truck and the dog, right. So you've got to get back to the spirit communication channel. The more you do it, the more validation you get. The more validation you get, the more you're going to trust it.

And the best way to practice is to listen to my show. Somebody asks a question. See what you get and then see what I get, and then you can compare no's. And there are close to 600 shows so far that you can practice on of my show. Oh, excellent, okay, so it's free and it's easy and

it's convenient. You can get it anywhere. You have the internet or a cell phone, so you're doing it perfectly.

Take my class, it'll really ramp in. I'm thinking that that's my next step, yeah, yeah. And if the big class is too much for you to start off, take the baby class, take the online one. It's self-paced, but the key is it has practice groups. Both of them both the Angels in Enlightenment training, which is a self-based class, and the Angelic Attendant training all have practice groups and that's when your skills really ramp up. So practice from listening to my show and then also take one of my trainings and join. I have people that go to every practice group every week and their skills are just skyrocketing really fast. That sounds fun. Yeah, so great to see you. Thanks for joining Tuesday night. I hope you had fun. Oh, it was.

0:37:51 - Carly

I'll be there in February. Yeah, this is fun. This show gets me so excited.

0:37:56 - Julie

Oh Well, it's because you're in the high vibe, because I'm bebopping around and my vibration is so excited. Oh well, it's because you're in the high vibe, because I'm bebopping around and my vibration is so high. So you pick that up and that's why it feels good, because you're a kinesthetic learner, which is perfect. You're doing it perfectly, all right, thanks for the melody you bet.

Thanks for calling in. Bye, donna, we do what she's referring to, as I do an Ask Julie Ryan Live on the fourth Tuesday of every month and it's for a couple of hours. It's very laid back, it's so fun and it's more of a conversation and I can it's. I think we'll get a bunch of people like 20 people or so on and I can. I think we'll get a bunch of people like 20 people or so on and they ask anything they want from the buffet of psychicness. We can scan them medically, we can talk to their dead grandma, I can scan their cat, we could do past lives, we could do advice stuff, I mean whatever, and so it's just so much fun and everybody participates and they're calling in from all over the world. So askJulieryan.com forward slash live and you can sign up for that. It's the fourth Tuesday of every month, so come join us for that. All right, Chris? Who's next? Hi Debra.

0:39:20 - Denise

How are you, my girl? I'm great. Thank you, Terrific. Where are you? I'm in Virginia.

0:39:28 - Julie

Okay, great. In the woods In the woods. Oh in the woods. My back isn't too good. Well, you look beautiful to me, so it looks good. Well, you look beautiful to me, so it looks good.

0:39:41 - Denise

How may I help you? Well, I've been diagnosed with rheumatoid arthritis in my joints and I have flare-ups cover everything, and I want to know the root cause of it and if I can get a healing, it would be great.

0:39:55 - Julie

Absolutely. Root cause is your gut. You have leaky gut and I don't even have to connect into to tell you that all the inflammations come from your gut and what you're eating. So stay low on the food chain. God made it, eat it. If man made it in a factory, do your best to avoid it. Stay away from sugar. Stay away from anything refined, all right. So you ask a three-year-old if you show him an Oreo cookie and you show him an apple and you say which one did God make? He's going to know that. So just be that simple. Stay away from fermented foods. Sugar is wicked. Sugar is the most highly inflammatory thing we can eat. So you lay off sugar, dairy,

anything processed. You're gonna be like a new woman in no time. Flat, let me get you on my radar and we'll do a healing on you too.

So what I talked about before Viome, v-i-o-m-e, the gut Viome test, fancy poop test you do it at home. You don't need a doctor's orders, it's around a hundred bucks with the discount. If you use Julie Ryan as the checkout code. All one word Debra, and that's going to tell you what your super foods are to incorporate into your diet, what the foods are for you to avoid. And then everything else Eat this a lot, eat this a little.

When I did my test, two surprising things came back. Number one they told me to stay away from cauliflower. I thought, really, I thought it was supposed to be healthy. And the other thing was pistachios, which I don't eat a lot of, but I thought that was random. Those are both healthy foods, but they're not healthy for me, right? Because they're checking out what my critters of my gut need to eat to be healthy. So cauliflower and pistachios may be great for you, but they're not good for me. So that's why I'm such a big fan of this test, because it's going to give you the Deborah diet.

Instead of going through all the other 50 million diets that are out there, let's just cut to the chase and get the Deborah diet going. So here we go. Here comes my laser beam from Sweet Home, Alabama, heading to you in Virginia. Got you Shooting energy from your feet up through the top of your head. Okay, we're just going to do a healing on all the arthritis. Arthritis looks to me like the white crunchy corrosion on an expired battery. Have you ever opened a flashlight battery case and you've had batteries in there for years and they've expired and they got that white crunchy stuff on them. Yes, you know what I'm talking about.

Yeah, so that's what arthritis looks like in the joints and that's what it looks like in surgery when they're cleaning out a joint with a scope. I mean, I've been in a bazillion of those surgeries and I saw it on the monitor. It looks like that white crunchy corrosion stuff. So imagine we're lifting your skeleton out of your body, out the top of your head. Picture those rubber and plastic skeletons you get at the dollar store at Halloween. So I'm lifting that out of your body and all that white corrosion stuff's getting removed. And this is my favorite part, because turnstiles start moving and it reminds me of the turnstiles in a car wash back when they had brushes on them. You know now they got fabric, strips of fabric, but remember when they had brushes on them and you'd be going through the car wash and those brushes would be spinning and they'd be cleaning your car. That's what this looks like. And so, as your skeleton's coming out the top of your head, those brushes are spinning and it's getting rid of all that little crunchy stuff vat of stem cell, energy and light amber colored gel sparkles, dippity-doo and then your whole skeleton's going back in your body and now there are vortices that are spinning above your head, beneath your feet, on either side of you, front and behind, all spinning concurrently, and that's regenerating all the cartilage and all the goodies that you need in order to heal all those tender tissues. Because those arthritis crystals, like kidney stones. They can be really sharp and they just irritate the fire out of all the tissues that surround the area, out of all the tissues that surround the area. So you got a full tune up there, my girl with that. So that's going to help you. It's food, you know. You get your gut healthy. All this other stuff's going to go away. I'm watching a little extra stem cell energy get injected on the left side of your left knee. Is your left knee bothering you? No, it's little. Yes, yeah, okay, it's going in there and it's going at the base of your spine, especially on the right side, low back, right side. I'm watching extra stem cell energy get injected in your back because your back's sore too, isn't it? Yeah, that's what I can see. Okay, all right, I hope that helps, thank you. Thank you so much. Thanks for calling Debra.

All right, I think we have time for another few questions. Let's see, we've got AskJulieRyanShow.com and also we're on the YouTube live stream at AskJulieRyan. Okay,

we've got somebody named Darien from Westminster, Colorado, just sending us hearts. Okay, here we go. I'm 16.

My dream is to make it to the NFL, and everyone doubts my dreams. And it's hard to become what you want when you have no support. Do you see anything in my future? I've always felt this was my path. You go for it, man, Darien. You just go for it, because you know what People that are saying that you can't do it.

It's because they can't do it, so they can't picture you doing it, because they don't know how to do it, period. So you use your imagination, you keep envisioning what you want and you keep seeing it in your head over and over. Now, do the reps? Are you playing high school football? I would imagine. But do the reps? Do all the stuff that you need to do so that you can get picked up by a college and then eventually go into the NFL? But when you picture what it is you want, Darien, what happens is you're sending out the frequency of what you want, because thoughts have frequencies and frequencies are going to match other frequencies. So you're going to attract it. All right, you focus on that.

You study what the guys have done Tom Brady. I mean, he was like last round pick in the NFL. He's the winningest quarterback ever. He's a great example. Read books on him. What did he do? Read books on other guys that are in the NFL or have been in the NFL that inspire you.

Pay attention to what they did. Emulate what they did. You know how did they train, how did they envision it, what was their mindset. All of that and absolutely I get that. You can be in the NFL if you want you. Just when somebody gives you a hard time about it and says, oh, you're wasting your time and don't even you know, you don't even need to be thinking about that in your head. Be polite, but in your head, just think they just don't understand.

And also, what I did for a lot of my life was yeah, thanks, I'll show you, I'll show you. And then I did when people told me I couldn't do stuff. So I was like, okay, watch me and you can have that. You know, be kind about it, but you just stay in what your vision is and you'll, you'll get there. So keep us posted, let us know how it goes, and let us know how your high school season is going to go next year and your college and then stay in touch and let us know. And one other thing I think when you're looking at colleges you need to look at the Ohio State University, because that's my alma mater and you know they just won the national championship. So go be a Buckeye. Okay, thanks, Darien. So I have bragging rights because the Ohio State Buckeyes won the national championship a couple weeks ago. So there you go, o-h-i-o. Where are you, Michelle?

0:49:04 - Michelle

I'm in Royers Ford, Pennsylvania Okay, terrific, what's that near? I'm like 45 minutes outside of Philadelphia Okay, terrific.

0:49:15 - Julie

Well, welcome. You got a question for me.

0:49:17 - Michelle

I do. You helped me so much I can't even tell you. A couple months ago I was going to the doctors for 15 months and nobody could figure out what was wrong, and you did so, thank you. I went to the hospital right after I talked to you and I had ulcers covered in my stomach and I'm healing, like I'm doing better than I was. But I had an endoscopy with an ultrasound in December and ever since then I've been having symptoms that were gone and I was wondering if you could scan the front of me, if you could find anything. I feel like I'm doing everything the right way.

0:49:58 - Julie

Okay. So what are your symptoms since you had your endoscopy? Are you having a sleep bug?

0:50:04 - Michelle

Yeah, what are your symptoms since you had your endoscopy? Are you having a sleep bug? Yeah, chest pain and shoulder blade pain and demi-esophagus.

0:50:10 - Julie

Yeah, that's gut-related. I'm sure we talked about that when we spoke, and so keep working on your gut. You know, get your gut healed up. Dr Maria Amasanti, d-r-a-m-a-s-a-n-t-i.com. Do a consult with her. She'll help you get your gut healthy. In the meantime, what I'm doing is I'm coating.

I spirit working through man with me, coating your esophagus with this thick white cream, Michelle. It reminds me of that old-fashioned Nivea cream and those blue jars. Did your mother or your grandmother use that? Yeah, yeah. So it's really thick and it has anti-inflammatory properties in it and it's got rocket booster fuel to help you heal in it too. So that's being slathered in your esophagus. That's soaking right in, like that cream soaks in when you put it on your skin. And now what I'm watching is I'm watching a vortex spinning inside your esophagus and what it's doing. This is interesting. I don't know that I've seen this before. I'm watching the ulcers that you have in your esophagus, because you've got sores in your esophagus is what it looks like to me. I'm watching those get healed with the vortex inside your esophagus, and so I'm watching that happen. Now here comes the stem cell energy. Light amber colored gel sparkles, dippity-doo. This is funny because it's reminding me of a cake mix.

And one of those one of those big well, you know those big mixers. I've got one of those big KitchenAid mixers and you'll have like the batter in there and then they'll say, pour the eggs and the milk and stuff in there while the beaters are going that's what this reminds me of there's a vortex happening. The cream's already in there. While the beaters are going that's what this reminds me of there's a vortex happening, the cream's already in there, so it's already, you know, mixing things up and then the stem cell energy is coming in and it's all mixing it with this vortex that's in there. Well, that's funny. Spirit has such a great sense of humor, I'm telling you. And these visuals, Michelle, a great sense of humor, I'm telling you. And these visuals, Michelle. You know I'm not that creative, I can't make this stuff up?

0:52:30 - Michelle

Really, I don't think you're making it up, but I think you're creative.

0:52:33 - Julie

Well, but I'm just reporting what I'm seeing in my head from spirit and they send us these crazy analogies that give us a human frame of reference for the healing that's happening. You know, like you're making a cake mix and the beater's in it and you're pouring other ingredients in. Hilarious, all right, and we're supposed to have fun when we're doing this stuff, because spirit is pure love and joy. And that's the thing that I get every day from spirit is when we're talking to spirit, when we're doing these healings, when we're talking with a deceased loved one, oftentimes they'll get us laughing pretty early on because it's all joy, we're supposed to have fun, so that's happening, all right. Your esophagus looks good. To me it looks like a seal.

0:53:25 - Michelle

Thank you. You know what, really quick. I'm off of sugar, flour, wheat, caffeine. I've been drinking cabbage juice for months and that's what's so upsetting, like I am with my gut, like how this can happen anyway, even though I do all that. Well, you know how long has this been

going on? Probably way longer than I had the symptoms, for it's like having diabetes, but you work on it for like 20 years before it actually happens.

0:53:58 - Julie

So your body's healing and your body knows what to do to heal. It's so funny because people say, well, I've had these symptoms for 10 years and it's been three days and I still have the symptoms. I'm like give your body a chance to heal. I mean really, let's let your body, with its own innate wisdom, do what it needs to do to heal, because it's working overtime behind the scenes to not only heal whatever ails you, but to keep you upright and keep you functioning and keep your body operating. So the body is miraculous and it will heal anything. The body has the capacity to heal absolutely anything and everything. And trust that the body's doing what it needs to do to heal and then just love it and follow what you're being led to do and your body's healing. Trust it's healing, thank it for healing.

0:54:58 - Michelle

Thank you, buddy, you know I want it. Sam Thank you.

0:55:00 - Julie

Thank you, buddy, you bet. Okay, Michelle, hope you feel better. Bye, thank you, Bye, bye. AskJuleryanshow.com.

I think we have time for one more question, Chris Cass. Hi, Julie, can you see if my sister's recent fear of flying is from a past life? Her name's Kimberly and she lives in Delaware. Yeah, absolutely Okay, here we go. Here comes my laser beam. I'm gonna hook into you first, Ellie, and then I'm gonna hook into your sister, Kimberly, and then we'll go from there. Okay, going in. Got you? Okay?

So, Kimberly, here's how this works. I envision myself in this endless hallway and it's very narrow, very tall ceilings, and there are these big square, 12 inch by 12 inch mirrors that line the walls in perfect columns, perfect vertically, perfect horizontally. In perfect columns, perfect vertically, perfect horizontally. There's a lot of order in heaven, I guess, and so each mirror represents a different lifetime. So I'm in the Kimberly Hall of Mirrors. I think it's the Akashic Records for Kimberly. So show us the lifetimes that pertain to Kimberly's fear of flying. The lifetimes that correlate with that will come out from the wall, as if they're on a hydraulic arm. They've just a bunch of them have come out. Show me the one that correlates the most. That one comes out the farthest, it's down on the left. I see myself jogging down this hallway to get in front of the mirror. And now I'm walking into the mirror and it says if I'm Alice in Wonderland walking through the looking glass and I'm going in, I get the years 1952. 1952, I get Eastern Airlines. Eastern Airlines.

Okay, she looked like she was a flight attendant. To me that's back when flight attendants that job was really glamorous. You know they weighed those women every day when they came into work, which is craziness. But they had to all look like models, fashion models. So she was a flight attendant. All right.

Did something happen on one of the planes? Attendant All right. Did something happen on one of the planes? Several Couple of near misses there was. I can see the plane banking really hard. The right wing is down. I mean like almost horizontal, like the wings are almost up and down, and doing that and going in, stuff was falling out of the overhead compartments that weren't shut tightly and things like that scared the daylights out of her. So that's what I'm getting.

She was based out of Florida. I get that she lived in Fort Lauderdale, so you may want to look that up. Sometimes we can find these names in census records. A lot of the information that

we get from past lives you can corroborate with historic documents online, so try and look that up and see if that helps. So, Kimberly, you're fine. I mean, millions of people fly every day and though we just had an accident, I think I read that there are 900 flights a day going in and out of Reagan. That's a bunch of flights and it's the first time they've had a big bad accident there. So you're way safer in a plane than you are in a car on the highway. So I hope that helps. Thanks for submitting a question on behalf of your sister. Okay, everybody, that's it for this week. Always fun and, in the meantime, sending lots of prayers to everybody affected by the crash at Reagan National Airport and sending you lots of love from Sweet Home, Alabama. Bye, everybody, see you next week.

0:59:15 - Ann cr

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

0:59:30 - Disclaimer

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