

AJR Debbie Solaris 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 have Debbie Solaris with us on the show today. Debbie's an ET contactee, interdimensional traveler and galactic historian who believes knowing our star lineage helps us identify our calling. I'm interested to learn if we're all starseeds and how this information can help us live a more joyful life here on Earth. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Debbie. Debbie, welcome to the show. I'm so thrilled to have you on with us today.

0:01:33 - Debbie

I'm happy to be here. I know we had to wait a while, so thank you for your patience with my crazy schedule.

0:01:41 - Julie

You bet Between your schedule and mine, but I'm glad our calendars finally synchronized Totally, totally. You say we are the ones we've been waiting for. What do you mean by that?

0:01:56 - Debbie

Well, that's a little phrase from Dolores Cannon. I can't take claim to it. I think she coined that phrase and I'm a big fan of Dolores Cannon. I think a lot of us are but what it means is that we're the masters of our own destiny. So we can't wait for a savior. We can't wait for ETs or I mean, certainly the ETs are helping us behind the scenes, I like to believe that but we can't wait for anybody else. Donald Trump, I don't know whatever you want to. People, I think, are always looking for a savior. We're our own saviors, so in order to ascend, we have to be responsible for our own ascension. So that's basically what that means for me.

0:02:47 - Julie

For those who don't know who Dolores Cannon is, can you tell us a little bit about her and why you like her? What is it that resonates with you about Dolores?

0:02:56 - Debbie

Yeah, so I'm convinced that Dolores Cannon was an Arcturian starseed and I don't know. It was just something. I tapped into her records and I saw it. So it's like, oh yeah, no wonder I like her.

But she is a fairly well-known hypnotherapist. So she was the one that coined or devised the quantum healing hypnosis technique, otherwise known as QHHT, in order to really get people deep into their subconscious and to connect with their higher selves. And so throughout her work I think she started off in the 70s and 80s, and I mean she's, you know, been pretty prolific throughout even the 90s and the early 2000s she did hypnotherapy on probably thousands of

clients, and she was always finding the same thing that these clients the vast majority of these clients, especially the ones that were born since 19, I would say 1947, right after World War II were telling her. You know, I don't think I'm from here, I'm not from Earth, I'm from somewhere else. And she saw this pattern so much that she started devising. I guess she wrote this book called the Three Ways of Volunteers and New Earth. So she was trying to explain why there are so many souls right now that feel like they're alien or they're not from Earth originally. And so I think partially that and probably quite a few other books.

And you know, practitioners started coining the phrase starseed. You know so much of what my work is pretty much supports starseeds. I can give you a description of that too. So a lot of people ask me what's a starseed that? You know that phrase or term is thrown around a lot, especially in our spiritual community, and so my idea of a starseed is somebody who is currently having a human incarnation, but their soul is much older than Earth and the soul has probably originated from some other star system or another galaxy or even maybe even another universe. So they have very ancient souls, but they're choosing to incarnate here on Earth for a mission. So that's my description of a starseed and that's why I like Dolores Cannon, because I'll get to why I personally like her, because I'll get to why I personally like her. When I was tapping into the records, I was seeing a lot of information about galactic races, galactic origins, galactic history, and at the time I thought you know, am I going crazy? I've never seen this information before. This is unlike anything I've ever seen.

0:06:10 - Julie

Is this the Akashic Records to what you're referring?

0:06:12 - Debbie

Yeah, and so I started doing a lot of research and I came upon Dolores' books and I felt like her books kind of gave me validation that what I was seeing was real. It wasn't just something I was making up or something that you know. I just had this, you know, wild imagination. Honestly, I can't even imagine the stuff, some of the stuff I see in the records, you know. So I started reading more of her books. I'm like, wow, you know this lady's on it. You know she's talking about the things I'm seeing. And so I kind of consider her my predecessor and my and even though I've never met her, I've never worked with her, but I consider her a star sister in a way, you know, like she was paving the way for the rest of us.

0:07:04 - Julie

I love that Star Sister. I haven't ever heard that before, no cool. And she's deceased now, right? But her family is continuing to give the world access to her teachings, correct? Yes?

0:07:19 - Debbie

I know so many practitioners now that use her method of hypnotherapy. You know they use QHHT. One of them is a really good friend of mine, Sarah Brexman Cosme. She's quite, I think, well known now for you know, working with Dolores's method. And Alba Weinman is another one that's fairly well known. And there's Paul Williams and you know quite a few others out there. So she's really left a legacy, you know, for people. Even though I personally am not a QHHT practitioner, I do feel like that hypnotherapy and the Akashic Records readings kind of interlace with each other, like there's overlays of it, and they can be a good adjunct. You know, as far as modalities, what is QHHT? It is quantum healing hypnosis technique. How?

0:08:14 - Julie

does it differ from just?

0:08:16 - Debbie

regular regression therapy hypnosis.

Yeah, it's a great question. I think a lot of people are familiar with hypnotherapy. It's been used for a long time, I think a lot of people are familiar with hypnotherapy. It's been used for a long time and a lot of people know about past life regression. Uh, QHHT is kind of like uh, past life regression on steroids, you know.

So it takes you from just a state of okay, you know, I'm in my subconscious, I'm kind of disconnected right now I'm tapping into something else and to way beyond that where you're tapping into your higher self. So the practitioner will usually guide you through maybe anywhere between one to five past lives during a session and they really get you very, very deep into hypnosis. So a lot of times it takes hours to do one of these sessions, because I would say, like the first couple of hours is just to get you under to a point where you can really access your higher self, access alternate aspects of yourself, ask questions about some of your past lives, start remembering and connecting with those past lives and even get some healing from it. You know, a lot of people might have had past lives they don't remember because they don't want to remember. So then they tap into that and they can say, okay, I can deal with this now that I understand, and they can heal from it. So it's really a wonderful modality, but it's not my modality. My modality is Akashic Records.

0:10:03 - Julie

Yeah, I want to get into that more in a minute. Back to the starseed concept. Why is it important for us to know about them?

0:10:15 - Debbie

I think it's because of the times that we're living in right now. I mentioned Dolores Cannon and how she was doing all these hypnotherapy sessions with clients who kept telling her I don't think I'm from here, I think I'm from this system or that system, or I know I'm not originally from Earth. And so throughout the work she was doing, she was finding that there was three generations of, I would say, three major generations of starseeds that came and started incarnating on Earth since World War II or after World War II. You know so. You know so she'd been doing, you know these readings for a while. And so right now on planet Earth, I would say there's probably more starseeds incarnated here than there ever has been in the entire history of planet Earth.

0:11:12 - Julie

Why? What's the deal with after World War II? Because of the global conflict? Yeah, exactly.

0:11:20 - Debbie

That was part of the reason. Part of the reason was because of World War I and World War II, and Hiroshima was bombed, you know, by the Americans, and it was a big catastrophe. And so the galactic, the galactic councils and the galactic alliances were concerned that Earth was going to blow itself up and they didn't want to see Earth, you know, reach that fate because that has happened to other star systems or other planets, you know. So we could talk about that, but so they were trying to preserve planet Earth. So there was a lot of us that volunteered, like you know, a lot of us from different star systems that said, yeah, I'll incarnate on Earth, what the heck, you know. So I'm one of them, you're probably one of them. I mean, there's a lot of us, you know. So we're all here doing our thing, you know, trying to expand consciousness.

0:12:14 - Julie

It's interesting you're bringing this up about the world wars, because I just read an article a couple of days ago about how we've got all these nuclear you know bombs and all this nuclear arsenal. It just takes one. Why do you need a hundred of them? I know it's like what's going to blow everything up. Why do we need to have tons of them?

0:12:39 - Debbie

I know it's all about power and control.

0:12:42 - Julie

It's kind of like you know well, mine's bigger than yours, kind of a thing. You know my truck is bigger than your truck, kind of a thing.

0:12:49 - Debbie

Yeah, I don't care if I blow up the whole planet. I have more bombs than you have. Exactly exactly, yeah.

0:12:55 - Julie

Gosh, and I know you have a military background, so thank you for your service. What branch were you in?

0:13:02 - Debbie

I was in the US Navy. I was in for six years and I worked as a hospital corpsman. That was my, I would say, my base specialty, or my rating, as they say in the Navy. But I had a specialty in what they call preventive medicine, which ultimately led to me working in environmental health. So that was the closest, I would say, career civilian career that I could work in. After you know, I left the military and I was stationed mostly in California and in Hawaii.

0:13:43 - Julie

My dad during World War II was a hospital corpsman stationed in Hawaii in Honolulu. Interesting.

0:13:49 - Debbie

Wow, that's amazing Up on that hill. Yeah, I've been there. Was it Tripler?

0:13:54 - Julie

I think it was Tripler probably, yeah.

0:13:56 - Debbie

Tripler. Yeah, no, I'm very familiar with Tripler. I wasn't stationed there. I was actually stationed at what was called EPMU 6, which was an environmental office, you know. So we did a lot of water testing, air quality testing, we did some food inspections not a lot, but we did a lot of the environmental regulatory stuff. So I was in a totally different a job and they were down to the wire Maybe they had a day or two left to go and one of the job opportunities.

0:14:53 - Julie

One of the assignments was in radiology in the hospital, and they both raised their hands. They knew how to spell radiology. That was about it, and so they got there the next day and the guys who were ready to go home because they'd served their time said okay, you idiots, we're going to teach you in less than a month everything you need to know.

0:15:14 - Debbie

And that's what they did. That must have been before they had the specialty schools. Yeah, because nowadays, or at least when I was in, you were sent to a specialty school to learn radiology or you know some sort of specialty.

0:15:29 - Julie

Well, this was during the middle of the war. This is World War II, oh, okay.

0:15:32 - Debbie

Yeah, yeah, so they had to make do with what they had.

0:15:36 - Julie

Exactly and they thought, okay, we can do that. And interestingly enough he died of lung cancer. Oh, that's sad. So I've often thought you know how much of that was exposure.

0:15:49 - Debbie

No, I'm sure it had something to do with it.

0:15:51 - Julie

Radiology department. You know, in early days of the radiology department.

0:15:54 - Debbie

Yeah, I'm sure that had a lot to do with it. Yeah, I think it does too.

0:15:58 - Julie

That does a starseed thing. Is everybody a starseed?

0:16:02 - Debbie

I would say there's a lot of us here. I wouldn't say every single human is a starseed, because I have done some readings for folks that know they're from Earth, though they don't feel the connection with any other star system, but they're, I would say, just as evolved or just as awakened as a starseed would be, but they feel very connected to Earth. So I would say it's probably I don't know if I had to get a percentage, I would say probably right now, I would say higher percentages of starseeds to Earth humans, higher percentages of starseeds to Earth humans. But there's still some younger souls here that probably have always incarnated on Earth. So they're on their own evolutionary path as well, you know. So we're here to help them with that.

0:17:00 - Julie

I really didn't have much interest in this stuff until recently because I had a guy named Simon Bowne on the show who did a past life regression on me. I'd never been hypnotized before, and we did it on the air, we recorded it live, and my question was where does this healing thing come from that I'm so interested in? I'm an inventor of surgical devices sold throughout the world. I was in the hospital supply industry for 30 years. I'm a medical intuitive and energy healer. I'm like a human MRI. So that was the question. And the thing that flabbergasted me, debbie, is what I saw when he hypnotized me was I was on a star. I think it was in a galaxy, 500 billion light years away. I'm like god, I can't even imagine that. And I watched this whole exercise happen. Where there was, there were rays of light that went into me and all this other wild energetic stuff that happened, and I thought, well, that was wild. And so then that piqued my interest on this whole galactic star seed kind of a thing. Does that sound feasible to you?

0:18:23 - Debbie

That's pretty amazing that he was able to tap into a life that was probably billions of years ago. You know, yeah, it was billions and billions of years ago, so but yes, I've done readings for people that have origination from other galaxies or other universes even, and it's always kind of fascinating to you know, take a peek and see, oh yeah, that's really different. You know, that's where that originated.

0:18:56 - Julie

Well, and the thing that I thought was really interesting, too, was it wasn't on a planet, it was on a star, and I always think of stars as being just big balls of flame?

0:19:04 - Debbie

Yeah, just big balls of flame, yeah, just big suns.

0:19:07 - Julie

But it was very emphatic that it was on a star and not on a planet. So that's what piqued my interest. Also, I've been able to do a past life I call them scans where I don't hypnotize people. I go in to this Hall of Mirrors which is the Akashic Records, like I'll go in the Debbie Hall of Mirrors and I'll be able to access lifetimes and we'll get where it was when it was that kind of thing. And I've been able to do it, or I can do it for anything. But I witnessed lifetimes in different galaxies, on different planets and so that's been interesting. One guy I did and I thought, well, this is futuristic, it kind of looked like a Star Wars set almost. And then I got the year in our Earth. Time was 1931. And I said to him this isn't in the future, this is in our understanding of the past. It was just in a different time and place.

0:20:09 - Debbie

I wonder if it was an alternate dimensional reality or an alternate dimensional lifetime, Because I think a lot of folks think of time as very linear, you know like, oh well, there's a past, there's a present, there's a future, but in reality, when you're in the higher realms, you can have access to lifetimes that you may be having simultaneous to this one.

0:20:34 - Julie

Exactly, yeah, exactly, and I don't understand how that works, but I've heard it so many times that I just go to the place of it's feasible that that does happen.

0:20:45 - Debbie

Are you doing this for your clients as far as helping them with their health issues?

0:20:52 - Julie

Yeah, or they're interested in a behavior pattern or a life pattern that keeps showing up and they want to know if there's a correlation with a past life, and so it'll go right to here's the year, here's where it was, here's what was going on. A lot of the time, we can find information that they can validate and corroborate with historic documentation online. Oh, that's amazing. And, speaking of the military, there was a young man in one of my classes and we got that he was an RAF pilot. We got his name and where he was stationed and all of that, and during the break he was able to get all that information online. He was able to verify all of it, which was pretty wild and very fun. That happens a lot. Where we can get that, certainly, it's easier to validate that stuff with earthly lifetimes than lifetimes in different galaxies.

0:21:44 - Debbie

Yeah, it's not like yeah, totally, totally. I've had some experiences similar to that where somebody might have had a past life in World War II as a pilot or as you know, or as something else, and then you know the person does their own research, like your situation. And then you know the person does their own research, like your situation, and sometimes it's like a professor at like a really well-known university or a past life where they were a fairly well-known individual. You know that was a professional that maybe left a body of work, and then they're able to connect with that.

0:22:23 - Julie

Yeah, it's really fun when that happens.

0:22:34 - Debbie

Yeah, I did a reading a little while ago for a man who is an orthopedic surgeon and he just contacted me out of the blue and said I have to have a reading with you, I'll pay you any amount. I'm just like, okay, you know, and I didn't arrange it, my, my assistant, Ann did, um, uh,

cause usually I won't take more than what I normally charge, but I guess she she arranged it with this person and uh, it turned out that in this current lifetime, uh, he was a doctor, he was, you know, quite successful, but never had any connection with music, I mean, didn't have any abilities. And then he was hit by lightning and he died temporarily. You know, he was hit by lightning and when he came back to he found that he was able to play classical music.

0:23:17 - Julie

We've had him on this show.

0:23:19 - Debbie

Oh yeah, you're talking about. Anthony, uh, yeah, Anthony, uh yeah.

Socorro. Yeah, so, so he was one of my clients as well and, uh, uh, we did some. He wanted to know where the music ability came from. You know why would? Why did this get activated? And I think through his records we found out that he was the reincarnation of Johann Brahms, which is a pretty famous person, you know, and it really resonated with them and I think it helped him to put the puzzle pieces together. So that's exciting that you had him as a guest. He's very fascinating.

0:24:04 - Julie

Yeah, and I'm an inventor of orthopedic surgery devices and he used my devices when he was still in the operating room doing surgeries. And the thing that was most interesting to me too, was he had that near-death experience and within two weeks he was well enough to go back into the OR and do surgeries. I mean, it was like miraculous.

0:24:26 - Debbie

Yeah, no kidding.

0:24:28 - Julie

No, no after effects. No, no damage done, but he just was obsessed with music. Yeah, fascinating.

0:24:37 - Debbie

He even played at Mozart's Childhood Home, which I've actually been to. I've been, I was there as a child, I visited it, so so that was our connection, so and Carnegie. Hall too, yeah, and Carnegie Hall yeah.

0:24:50 - Julie

Yeah, he did.

0:24:51 - Debbie

Yeah, and and we found out that he is an Arcturian starseed, that he's from Arcturus, so that was another thing he and I had in common, so it was kind of felt like a family reunion. So it's kind of nice when all these little pieces kind of synchronize, you know, and it's a small world and no coincidences in life.

0:25:13 - Julie

No, there isn't. It's all coming together. I want to talk about that kind of stuff in a minute. You come from a family that is interested in UFOs and galaxies and, like you know, are they astrophysicists or something. Where's all this coming from?

0:25:36 - Debbie

I came from a military family. So my father was a career you know career in the military, you know he. But we didn't talk about this kind of thing. I mean it was not even in our periphery. I

mean I didn't know anything about star systems, I didn't know anything about star races or UFOs or aliens. I just wasn't interested. I mean I was just trying to survive. You know, I was, you know, just a regular human just trying to get a job, trying to survive, you know. So I didn't get really exposed to all of this until I started dating my now husband. He was the one that was always interested in the paranormal and UFOs and aliens. And so I noticed he would read this magazine called UFO Magazine and I started reading some of the articles and I was like what in the heck is my honey into? What's this crazy stuff he's reading Should?

0:26:41 - Julie
I run now.

0:26:43 - Debbie
Yeah, I know. And then, you know, and thinking back on it now, I think it kind of expanded my consciousness to a certain extent, because I had this very ordinary childhood. I mean I wasn't really exposed to anything occult or metaphysical or spiritual. I was raised Roman Catholic, you know. So I kind of credit my husband for helping me on the path, even though maybe he didn't consciously realize it, but he activated, I think, at least the idea that oh yeah, maybe this is possible. You know, maybe there is something to this.

But even when I was reading those articles I was very skeptical. I was always trying to find some explanation, you know, like, oh no, this can't, it can't be aliens, it's got to be something else, it's got to be, I don't know, reverse engineering or something you know. So I was always, you know, being very skeptical, and he was more open than I was. And now it's kind of like it's been kind of reversed, where I've been on the spiritual fast track, you know, ever since my extraterrestrial contact experience, and you know. So now I'm doing work, you know, in this field and it's just been so beautiful and rewarding that I just feel blessed to be doing this kind of work, I mean because I get to help people and I get to share information and you know, and it helps the planet, I think, on some level.

0:28:22 - Julie
You know, in my own small way, you know, so yeah, yeah, you're being led to serve and this is the way you're serving. Yeah, same thing. Yeah, and I was raised Roman Catholic too 12 years at Catholic schools and that whole thing and I think that the Catholics do a really good job of preparing us for spiritual things, in that we're taught about guardian angels and saints and things like that, where it gives us somewhat of a platform from which to launch into the spiritual space.

0:28:53 - Debbie
I never thought of it like that, but I think you're right. I think because they do really get into all the saints and all the heavenly beings and so, and you know the concept of Mother Mary and Mary Magdalene and the ascended masters. So yeah, I never thought of it that way, but you're absolutely right.

0:29:14 - Julie
Yeah, people with whom I've worked over the years, who don't have any kind of upbringing like that. They're really starting from a level playing field where they're going. Yeah, I don't know if I buy on this or not, whereas I don't know about you. I was saying my guardian angel prayer every night before I went to bed and in my mid-60s now I can recite it to you. Angel of God, my guardian dear, to whom God's love commits me. Here Were you taught that prayer as a child.

0:29:44 - Debbie
I don't know about that one. I always did the Hail Mary. Hail Mary, yeah, you know the Lord's Prayer, so that was the one that I know. There was a lot of different prayers. You know A lot of different prayers.

0:29:54 - Julie

Yeah, yeah, well, and they're wrote and they wrote for us in that religion, simply because throughout the ages people were illiterate, so they learned to memorize these prayers and it was a form of meditation. Oh, totally I think it was, yeah, probably an early form oh, yeah, yeah, yeah, totally. Absolutely. Tell us about what happened in 2012.

0:30:21 - Debbie

That ignited your extra sensory skills.

0:30:22 - Julie

Yeah started all this crazy stuff.

0:30:23 - Debbie

Yeah, Everybody asks that, but it's such a pivotal point in my life that I can't help but talk about it, because it was a life-changing event. You know, it was maybe similar to Anthony's NDE you know his near-death experience but so in 2012, I was going through a period of personal transition. So, you know, my husband and I decided, you know, we're going to move forward with our relationship, we're going to get married and start our lives together. And it was, you know, because we were two very independent people that, I guess, had been single for quite a while. It was a real transition, it was a real adjustment for both of us, you know. So we were trying to take two households and combine it into one tiny little household in a tiny little apartment, you know. So it was really rough there for a while. So I had a lot of, I think I was worried about that. I was worried about even the state of the planet, because there's a lot of changes happening in 2012. And I didn't know if we were heading in a good direction.

So, speaking of, you know, being Roman Catholic and being connected to angels and, you know, saints and things like that, you know, I did have a basic understanding of heavenly beings. And I prayed all my life. You know, I knew how to pray, you know. So one sleepless night, I stayed up all night and I sent this massive prayer to the universe. I was asking help from the angels, the ascended masters, the saints, Mother Mary, Jesus, God, anybody I can think of. And then, for some reason, I threw in Galactic Brothers and Sisters. Don't know why I did that, but Because you've been reading those magazines.

Yeah, maybe, maybe, yeah, maybe it was the magazines, but so I just threw that in there at the last minute and I asked for assistance for planet Earth. I really wanted some divine intervention or some divine assistance, because Earth, I felt like Earth was going into hell in a handbasket. And even now, you know, we look around us, we look at the you know LA fires and it's just like what the heck is going on, you know. But I think there's a purpose to all of it. But nowadays I can see that.

But back then I was really scared and so I said this prayer and I just forgot about it. So the next day I went about you know my normal schedule and you know, totally forgot about the prayer. And I would say, exactly two weeks after I sent out the prayer I went to sleep and when I came to I was in a different consciousness to sleep, and when I came to I was in a different consciousness. So I knew it wasn't a dream, because it was extremely so.

If you have a dream, it always seems kind of vague, or there's kind of this vague quality to dreams, even lucid dreams. This was crystal clear, like, like I was in a like high definition TV like magnified, you know ultimate times, you know so. So everything was super sharp and detailed and the colors were brilliant. And I was looking around I was like this looks like an extraterrestrial StarCraft Again, I was exposed to it through, you know, reading, my husband's, you know, and also sci-fi movies and you know popular, you know TV and all that stuff. But the thing that was different about the StarCraft I was on was that nothing was metallic. It didn't

look like it was constructed physically. It looked more like a space that had some substance to it, but it was comprised of light and plasma-like material and it was very fluid and very organic. So I was thinking I've never seen anything like this. So the ship actually led me to a space. So I do believe the ship had a sentience, it had like a consciousness, because it led me to the space.

0:34:56 - Julie

The vehicle itself had a consciousness.

0:34:58 - Debbie

Absolutely, yeah, interesting.

0:35:00 - Julie

Yeah.

0:35:00 - Debbie

Yeah, it was. I don't know how I knew that, but because I kept seeing lights and it was like guiding me to something. So I was just following along. And then the next thing I knew, I was in this large room and there was four to five extraterrestrial beings that were waiting for me there. I couldn't tell exactly how many because it was really hard to look at them directly. Their auras were so bright and so brilliant that I had to catch glimpses of them through my periphery. So I couldn't just look at them directly, I had to kind of, oh, here's their oh. Yeah, they look alien, yeah, and they didn't look like gray aliens, um, and they uh, admitted so much love and acceptance that I knew that I could trust them. I knew they were good.

You know, I was just I don't know it was cause a lot of people asked me like, weren't you scared? And I was like I didn't even have time to be scared. I was just like, wow, these beings are really loving. You know, I just feel really good in their presence. And so I was trying to formulate questions, to ask them in my head and wasn't sure if they understood English. I didn't know if they had their own language and as I was formulating these questions, they were answering my questions telepathically. Obviously, they were tuning into me telepathically, and so then I would ask them a question, they would answer it, and I didn't even sometimes have to finish the question in my head they would start answering it and I could tell they were loving beings, they were kind. And so I asked him why me? I'm nobody special, you know, why didn't you bring the president up, or you know so, like in the movies. Like in the movies, yeah, it's always like take me to your leader, you know, or you know. You know that's kind of corny, but that's, that's usually what we see with extraterrestrial abductions, you know so, but that's usually what we see with extraterrestrial abductions, you know. So, you know. So I was just like why me? You know, I'm probably the least likeliest person.

And they told me who they were. They were Arcturians. They were from the star system of Arcturus, which is in the Bodas constellation, which you know. If you look at a star map, I think it's in the northern quadrant of our galaxy. I mean, they had this like holographic sphere where they were illustrating some of these you know things they were talking about, which was really cool. Never seen technology like that either. But I mean, it was so real, it felt like you were in. It was kind of like almost like when you have the virtual glasses and you feel like you're in some other reality, similar to that. But and I asked, why me? And they said well, we heard your prayer and we wanted to let you know that you're actually one of us, you're a soul that originated from Arcturus and we're your family.

And I was shocked because I always thought I was human. I just thought I was. You're thinking I'm just Italian, I'm just an Italian, I'm an Italian person, you know, italian-american, you know, has a family and you know, I just I mean, I knew of my, you know, I guess, italian ancestry, but I never knew I had extraterrestrial ancestry. So they told me something interesting like oh yes,

you come from a long line of Arcturian ambassadors, scientists and teachers or something like that, and I was just like what you know? So I was kind of crazy. That was crazy, you know, but I think it was historians or historians, teachers or something like that, and they told me a little bit about my genetics.

But a lot of the questions I did ask was what's going on on planet Earth. What the heck is going on, why are things so messed up? Why is there so much suffering? And they patiently tried to explain to me that a lot of what we consider to be authorities such as government and religion, are all man-made constructs. They're not real. And they kept using the term everything in the 3D is an illusion. It's not real. And I said how can you say that? You know, when I touch, my house is real, you know my furniture is real, you know I can physically feel it, you know. So I didn't quite understand what they were talking about, but they kept saying illusion, you know.

So I think I spent a while with these beings and then they showed me around the ship that you know, the ship had amazing technology, I mean just stuff I've never seen. I can't even explain some of it because it was just amazing. And then they let me wander loose on my own and I ended up in the central part of the ship. So you have to keep in mind that the ship was huge. It was almost like city size. It was really big, and there was hundreds of extraterrestrial beings, and not all of them were Arcturian. Some of them I could tell they were from different races or, you know, I would say the vast majority looked humanoid, but you know, they had different skin tones or different skin color or different features.

And there was this light shaft, or these light shafts that would transport these beings from one end of this dome-like atrium to another. And I thought, wow, that is so cool, I have to get on one of those. And I tried to get on one and I get you know, getting thrown off, thrown off. And then there was a being, a kind of a humanoid male being, that kind of caught me when I flipped off of one and he said telepathically that I had to set an intention on where I wanted to go before stepping on one of those, that I was stepping on it too soon. I wasn't setting any, so I wasn't telling it where I wanted to go. So kind of a metaphor for life. Right, you know you're not going to go anywhere unless you have a plan, you know.

0:41:36 - Julie

So I'm picturing those pneumatic tubes at the bank. When you go to the drive-thru and you put that little container in and you push the button and it goes. You know, it sucks it into the building. Yeah, was it something similar to that?

0:41:49 - Debbie

No, it was kind of more like a rainbow. It was like a shaft of light, it was like a rainbow and it would transport people through the space, like up in the air, and I was like, oh my God, that's amazing.

0:42:04 - Julie

Did they stay on the light? Was it kind of like? Yeah, it was kind of like an escalator. I call them light escalators. Yeah, yeah, yeah.

0:42:10 - Debbie

Yeah, it's kind of like an escalator, but much faster than you know the escalators we have. So I so I finally said, okay, I want to go there, you know. So I pointed someplace and then I got on and I was, I was being transported on the thing and I was like, oh my, I was so excited. And then I woke up and I was back in my bed. So I was like what in the heck just happened, you know? And I knew it wasn't a dream. I don't think in a hundred years I could ever, or even in a thousand years I could ever, just make up something like that. It was so detailed that I still, I think, remember it like it happened yesterday, you know.

So, obviously, the first person I told about my experience was my husband, and he didn't believe me at first. He thought I was just having a crazy dream. And I told, I would say, just a handful of people. I didn't even tell my family. I mean, I didn't. You know what was I going to tell them? Like, oh yeah, I was with some aliens, you know. I mean they would have thought I'd lost it, you know. So I kind of kept it to myself for two years afterwards, so between 2012 and 2014,. I went on this vast self-discovery journey where I just took a lot of spiritual classes and I was doing a lot of research, because all of a sudden, it was like my extrasensory perception just really expanded and I was having a lot of really weird experiences. Like all of a sudden, everywhere I go, I see UFOs. I mean, it was just like almost like I never saw a UFO in my life and then all of a sudden I was seeing them everywhere.

0:44:04 - Julie

And what did they look like when you were seeing them? Did they all look the same? Did they look like a Ford versus a Cadillac versus?

0:44:08 - Debbie

a BMW. They were different. Different, yeah, different sizes, different shapes.

Yeah, yeah, different shapes. So I had this experience. I was driving home at night, I was on I-25, which is, you know, from Colorado Springs to Denver, and I looked on the side and I saw this saucer shaped UFO and it was fairly close, I mean close enough to where I could see some of the details of this ship. And I don't know why I did this, but I got excited and I started waving at it and I'm like what am I doing? It probably doesn't even see me, it's dark, and you know, and I got tinted windows and you know. But then the ship blinked three times, blinked its lights at me three times. So at that point I knew it saw me and then it took off and it was just like, wow, that is freaking crazy. And then there was another time where I was also on I-25.

I-25 seemed to be the place for UFOs, I guess. But I was driving to work and because I used to commute an hour each way from, you know, castle Rock to Colorado Springs, and I was looking out to the eastern sky and I saw two kind of tubular or cylindrical looking. So they were very different than the UFO I saw previously, but they were kind of golden and cylindrical. And the reason why I saw them is because I kept hearing my name being said in my head and it was like they said my full name and I was like am I making this up? And I looked up and I saw them and I was like holy crap. I was like I can't believe I'm seeing UFOs. And then, for some reason, I asked them are you here to help us or hurt us? And they said we're here to help. And I saw them erasing some chemtrails that were in the sky and I was just like wow, that is amazing. And I started crying because I thought it was so beautiful, you know. And then they disappeared and I went, you know, continued on, you know, on my commute to work, you know, but I had a lot of weird experiences like that. And then I was getting downloads and downloads of galactic information, like at night, like I would just get like this information dump in my head, like okay, this is all, um, like this is these are different star systems and this is, um, this star system, this is their civilization, this is what their people was like and this is their history. And I'm like what? Where in the heck is this coming from and I know now it was coming from the Akashic Records, but I didn't realize. I had a connection back then. So at first I thought it was going crazy. You know, I just thought, okay, I'm really losing it.

I did have a second experience on the Starship, so it was in December 2012. So I had not just one, but two experiences very similar to each other. So the second one was six months after the first one and I haven't had anything like that happen since and I think it was purposeful, because I think the more often you go into these higher realms, the more you don't want to come back, because you are exposed to all this higher vibrational energy and it feels really good. You know, like, when you come back, you just feel so energized and like, oh my gosh, I can take on anything. You know Um, and then you go through the, you know the kind of like the dump. You know where you just uh, where your energy just depletes, and then you realize,

oh geez, I'm back in the 3D and it's it seems really really low density and hard. And then you go through a period of depression.

I went through a massive period of depression after both of those experiences, where I just felt like you know, why did that happen to me? Why can't I be there? Why am I back here? Kind of similar to what a near-death experience here would go through, you know where a lot of them would say like you know, oh, I really wanted to stay, but they told me I had to go back, you know so, very similar to that. So that was the experience I had too, where I was just like why, you know, why am I back? You know, I would rather be there. You know, it was great. You know so.

0:49:00 - Julie

Changing directions. For a minute when you talk about that, you get downloads of ancient galactic events. Can you give us an example of what one of those was and what kind of effect did it have on you and others with whom you've shared the information?

0:49:18 - Debbie

Yeah, good question. I would say probably the first download I got. It was probably the most impactful because I remember it so vividly. But I started seeing all these galactic wars and it was I could tell that it was millions of years ago, so it wasn't anything that happened any time recent. It was millions of years ago and I saw the star system. It was the Lyra constellation and they were fighting against beings that were draconians from the Draco system and this war was probably the most catastrophic event that has ever happened in our universe at least our galaxy, but definitely our galaxy, but also probably our universe.

So when I saw the details of what was going on with that war, it re-traumatized me. I felt traumatized. It was so horrific, so terrible, so much suffering that I was trying to wrap my mind around it and I actually had to go through my own healing process after I saw what happened. You know where it traumatized me, to where I was crying. I was depressed and I was like, oh gosh, I got to stop crying about this. I need to, you know, heal from it. So I had a past life regression. You know I saw what happened to me. I actually saw what happened to me during my spontaneous download. You know that I died, you know, during those wars, and I felt like such a failure.

You know because I was there as an Arcturian ambassador and I felt like I was a failure, because I was supposed to protect these people and you know wasn't successful at it, but my higher guidance told me that there was nothing anybody could have done. You know it was going to happen. No matter you know how much he tried to tell the truth or how much you're trying to prevent this, it was going to happen anyway, you know. So I got a lot of healing from that. But the reason why it's so impactful is because I think a lot of us that are starseeds I would say probably I wouldn't say every single starseed, but I would say a fair percentage of them have had prior lifetimes in Lyra and so they might have experienced this was like, probably like their first, you know, true, traumatic event. You know that has had this lasting impact on you know, their soul journey. You know to the point where maybe they still have trauma signatures in their DNA that pops up or there's certain patterns that they fall into because they're replaying out certain aspects of this war, that or what happened to them during the war. And I've seen it so much over and over again in the Akashic records when I do readings for people that I think that was why that was the first memory I had, or the first download, was because that one single event had such an impact on us as humans or, as you know, human beings, you know living a multitude of different incarnations, to where we're all still dealing with it on some level. You know.

I mean, and I even see it impact people physically, you know where, because maybe they have these certain genetic predispositions, genetically that maybe when they undergo stress, you

know, in this lifetime here on Earth, you know they might suffer from autoimmune conditions or something that is unexplainable, you know, by medical, you know terminology. So I imagine, with you being a medical intuitive, that you might have encountered maybe some folks that have had fibromyalgia or lupus or a number of different of these. You know Hashimoto's or you know those are the ones I commonly see that are connected with this Lyran genetic but and you know, maybe it's based on a past life. You know trauma, you know that you know they're trying to, I guess, resolve in this lifetime. You know so.

0:54:01 - Julie

There's always a semblance of a script from usually many past lives. Exactly that will show up in this lifetime and we're looking at it from a different perspective because there's so many different variables involved different time, different place, different culture, different whatever's going on in the world, different gender, all that kind of stuff.

0:54:21 - Debbie

Oh, totally yeah. So just getting to explore it, I would agree with that, yeah.

0:54:26 - Julie

Are the Akashic records and the Galactic records the same thing? Are the Galactic records part of the Akashic records or are they a separate thing?

0:54:36 - Debbie

Yeah, that's a question I get sometimes too. It's all the same thing, it's just different layers. So I think, you know, for a long time people were accessing the Akashic records, but they were just getting Earth records, because that's where the mass consciousness was, the mass consciousness was, you know. So people weren't entertaining the idea of, oh, maybe there's records beyond Earth, you know so they were only able to access the Earth Akashic records. But the galactic records and the Earth records, it's all part of the same records. It's just, when I tap into the records, I try to look beyond Earth, you know so I'm looking way beyond Earth, I'm not. I mean, I tap into Earth too, don't get me wrong. I tap into it quite a bit actually. But I'm more interested.

Okay, where did this soul originate from? You know where? What was their origination point? Why are they? What was their soul journey? What star systems did they have incarnations in? Why are they the way they are? You know what's their personality traits, what's their gifts, you know what's their mission. And it really is maybe very similar to the QHHT. It could be a very life-changing, you know, reading it could be, for a lot of people. It's very, very activating. They get very activated and aligned with their true cosmic blueprint, you know. So at that point, you know they start thinking beyond. Oh, I'm just an earth human to hey, I'm this cosmic being and I'm here on a mission and I'm here to fulfill that mission and we're all designed to be successful at it. You know it's all part of you, know we're all connected. We're all part of you know, Soul Shards of Source. We're all having our own individual experiences, but at the same time we're all connected.

0:56:33 - Julie

So yeah, yeah, do you think that well, it sounds like it's been your experience yeah, yeah, past life readings and things like that for your clients that there are similarities with what we see in our sci-fi movies? Do you think George Lucas, for example, in all of the stuff that he came up with for Star Wars, is it because he lived, that he was channeling it? Same thing with the Star Trek people Were those screenwriters channeling that stuff, or do you think they lived it? Or is it a combination of both? What do you think about that?

0:57:19 - Debbie

I'll say it's a combination maybe of past life memories or maybe some sort of download they were getting, and I don't think it's accidental. I do think it's kind of like soft disclosure. I always say that Star Wars is actually a thinly disguised representation of the Orion Wars. You know that it was actually a real thing. It wasn't just you know fantasy or something that George Lucas so my thinking is okay, maybe George Lucas is an Orion starseed, you know, and he was maybe having some past life memories of things that were happening in Orion in some of his past lives and so he decided to make you know, a whole movie series out of it.

The same big Lord of the Rings fan. I love the Hobbit, I love all you know. I love JRR Tolkien work. I've been reading it ever since I was a child and I had a download once about JRR Tolkien. I said, well, I don't think he was writing about Earth, I think he was writing about some past life memories he had from the star system of Sirius.

So because when I tapped into the records, sirius has a very mystical, magical kind of civilization. They had a lot of, you know, fairy beings, elementals. They had, you know, mermaids. They had, you know, aquatic beings. You know it was a very magical kind of place. They had, you know, mermaids. They had, you know, aquatic beings. You know it was a very magical kind of place. They had reptilians and some scary beings too. So it was like Orion. It was very diverse, I guess, and they had, you know, a kind of a magical, mystical quality to it. So then I was like, oh, that's why I loved that series so much, because he was writing about extraterrestrial, extraterrestrial planet, you know. But he was calling it Middle Earth. But it wasn't. It wasn't Middle Earth, it was probably some Syrian planet. But but I do think a lot of these, like Gene Roddenberry who came up with the whole Star Trek thing, I think they're tapping into some past life memories or maybe some mass consciousness awareness on okay, we're a much older species of being than we like to believe here on earth.

0:59:59 - Julie

Well, back to George Lucas. When I'm listening to you saying all this stuff, Debbie, I'm thinking all right, so how many billions of people quote Yoda and quote the force be with you and you know the good force and the bad force and all of that kind of stuff. And Lucas tapped into all of that and then was rewarded for being on his life path to convey those broad, overreaching concepts you know to the human race. If you will, I mean, unless you live under a rock, you've heard of Star Wars and you know about that and made billions and billions and billions off of it as a reward and had the courage to go forward and to create all of this stuff Because the history of all of that is really fascinating about how the movie studios just thought he was out of his ever-loving mind.

1:00:59 - Debbie

Oh yeah, I think there was a lot of resistance you know yeah exactly. So him, you know, I think, releasing the first movie, you know, star Wars, a New Hope, which was I think in 1977, I think 77 or somewhere in the 70s, that was groundbreaking for that time. I mean it was just like way ahead of its time. I mean people, I mean it blew people's minds. You know, they've never seen anything like it, but they related to it though.

Yeah, because it's our story, Because all of us, a lot of us have you know, I think on some level we connect with it. Same with Star Trek. A lot of us connect with Star Trek because we might have had past lives.

1:01:42 - Julie

Yeah, beam me up, Scotty, that whole hologram, how they turn into a hologram. That's what I see in my mind's eye when I'm scanning somebody medically Is I see a hologram. And I in an early on when I started doing this work, I say, you know, kind of like beam me up, Scotty in the Star Trek series. I know it's the same, it's all technology that's actually real.

1:02:04 - Debbie

You know, that's the thing that I mean. We're starting to see some of it even in today's. You know age. You know like the little communicators that they used to use, and now we all have our cell phones. And you know age. You know like little communicators that they used to use, and now we all have our cell phones. And you know, it's just amazing. You know what's out there, you know. So I think it is was a form of soft disclosure. And you know, maybe they had a contract, you know, like a soul contract with their higher self or their higher guidance, that they were supposed to, you know, bring this to mass consciousness on some level.

1:02:38 - Julie

You know, I agree. Yeah, I never thought about it before I started prepping for our conversation today and I thought, holy schmoly. You know, George Lucas kept coming to mind because that movie series with Yoda and all the other characters, those lines are quoted so much, and they're quoted not just in spirituality but they're quoted by just regular, everyday people.

1:03:04 - Debbie

It's all part of our, I think our consciousness now yeah our lexicon. It's so ingrained.

1:03:10 - Julie

I agree, I mean my spirit animal.

1:03:13 - Debbie

Here is Baby Yoda. So this is Baby Yoda. There you go. So this is my guide, or my spirit animal, as I call him.

1:03:23 - Annncr

I love it.

1:03:25 - Debbie

I even love the offshoots the Mandalorian, and you know Ahsoka, you know all the offshoot Disney, you know Disney versions of Star Wars, so I may ask how much of a Star Wars fan I am?

1:03:39 - Julie

I bet. I bet I've heard you talk about different public figures, like RFK Jr and others, and you correlate with what their seemingly mission is to something that is indicative of where they're. They perhaps originated in a, you know, on another planet or in another galaxy. Can you say more about that? Can you give us a couple of examples?

1:04:06 - Debbie

Yeah, sure, yeah, I'd love to. Yeah, I actually started on the whole celebrity Starseed series. Actually, I didn't want to do it because I'm not a celebrity person. I could care less, you know, about celebrities. But my marketing team talked to me and they said it's going to bring subscribers and you know, you're going to get your message out there more. So I was like, ok, I'll do it, you know. So I think I started off with Trump and RFK Jr.

1:04:37 - Julie

So tell us about those two Tell us about those three right off the bat.

1:04:40 - Debbie

Yeah, those three, yeah, those are the ones I started off with and those are the, I think, the videos I think most people were really interested in because they are they're all such polarizing characters, you know. I mean they're so polarizing, so yeah. So, Donald Trump I actually

tapped into his records a few years ago because he's such an interesting character, and this was even before he became president. You know, I was just kind of curious about him because this was like I don't know if I had this intuitive sense that he was going to be a major player, you know. But what I saw in his records was that he actually originated from Orion.

Speaking of Orion, he originated from a star system called Rigel that was part of the Draconian Empire and he suffered in his early lifetimes there, where, I mean, he was a slave or he was forced to work for the Empire, I mean, and so he finally escaped and joined the resistance fighters that were based in the belt stars of Orion. So eventually, you know, he did manage to escape and he was, you know, he quickly rose through the ranks to become a leader, you know, amongst these resistance fighters. So he's always been in leadership roles. He's kind of a brash leadership roles. He's kind of a brash. There's kind of a duality about him where I do want to believe he has a good heart. But sometimes he goes about things in such a kind of a underhanded kind of way that people think that he's evil or bad. But I think he's actually trying to do it for the higher good and I think that's kind of sometimes his method even here on earth, where, you know, sometimes he makes decisions or does things that you know really people just question it, you know, they question his motives. And he is a Gemini, you know sun sign. So Geminis are all about duality, you know. So they're, you know, playing out two sides, or the light, dark, white, dark sides of themselves, you know, oftentimes.

So yeah, so I did see and I did see some incarnations also in the Pleiades. So yeah, so I did see and I did see some incarnations also in the Pleiades, where I think he was trying to refine some of his character, you know. But the Pleiades is very different from Orion. It's a very civilized, very calm, you know, serene kind of civilization, you know. So what I did see was that he was preparing for his role on Earth for lifetimes. So he is following his mission. You know, whether it be for good or whatever, he is following his mission. What about RFK? Rfk?

is also from Orion, but he is from the Belt Stars. So what I saw with RFK Senior and RFK Junior is they're part of the same full group. Actually, a lot of the Kennedy family has a lot of origination in Orion League resistance fighters. You know so. They were always all about truth and justice and, you know, working for self-sovereignty and unification. So I think RFK Jr was also playing this out in Orion. But they're truth tellers, you know so the sense I get from RFK Jr, and I love that.

He is so passionate about health that you know he wants to get people on a healthy path, and I think the role that he's going to be chosen for you know, to be the head of, you know human services, you know health and human services is a perfect one for him because he is so passionate about alternative health and I think you know, having him in that position, we're going to see a lot of improvement, you know, in the medical system. But he is a truth teller and he's not afraid to tell the truth. He's such a truth teller that he doesn't even care how it impacts his reputation. So, even though he was running for president for a while, I think it was more to bring attention to certain issues, because I think even he knew that it was a long shot, you know, for him to win the presidency. But I do think, because of his Orion past, you know that he, you know he was playing the long game, you know. So he was trying to bring attention to things that would help humanity and I do feel that he does have a good. I think he has good intentions, you know again, just like Donald Trump, sometimes he used methods or he says things that are a little off. You know, I think sometimes Orion starseeds. They just say things that I think rub people the wrong way. They don't care, they just say it. You know, they don't care how you take it. They're not very diplomatic, you know. So this is a quality I see with both of them.

With Elon Musk, he actually has a different origination. I saw Andromeda Galaxy with him. He's always been kind of a technical person or he had technical abilities. He's had lifetimes in Andromeda Constellation. He's always worked in technology and I think that's part of his

mission. I do think there's a. He's either part of the same soul group as Tesla. There's a kind of a connection between him and Tesla, but yeah, but they're part of the same soul group. I don't think he's a reincarnation of Tesla. I think they're two very different souls, but he too can be very polarizing. Elon, you know like sometimes he does things that people question, and I think it is because he has this Andromedan independence where he follows the beat of his own drummer. He doesn't care, you know, what other people think. You know he does what he thinks needs to be done, even if, you know, other people question it Again. Not very diplomatic, you know so.

1:11:32 - Julie

Well, and he's got a rocket company. For God's sakes, I know I mean, the man's got a lot of money.

1:11:38 - Debbie

He's got a lot of money and he can do whatever he wants.

1:11:41 - Julie

Yeah, but of all the things that he could choose to do, I find it fascinating that he's, you know, got the rocket company, the SpaceX?

1:11:49 - Debbie

yeah, totally Well.

1:11:50 - Julie

SpaceX, and I don't remember the number, but I heard something about like, in the next few months there's 135 launches that they're doing for satellites and getting supplies back. When that rocket came back and landed, or well, the rocket took off and then all the propeller stuff landed back on the launch pad. Oh, it was amazing. So it makes you think. You know, is that coming from a you know a different galaxy where they do that all the time and they don't think anything of it? Yeah, no, I mean he's got like some brilliant ideas.

1:12:36 - Debbie

That I think transcends, you know, anything that came here from Earth, so so he's totally tapped in, I mean, and Andromeda souls are very they like to work with frequency, you know. So they're all about, you know, frequency energy, you know. So it's not surprising that. You know he's in the direction that he's in right now. And I know, and, like I said, I know some people love him, some people hate him, you know, you know, but I do think his overall mission is to bring Earth to a higher level of consciousness through technology, you know, to expand our civilization, you know. Get us into the space age, you know, is where we need to head towards that if we're going to become part of the greater galactic family, you know, at some point.

So I think all three of these men have their own roles and it's interesting that you know their focus is all a little bit different. You know, with with Trump, it's, you know, government and societal changes. With RFK Jr, it's health and and wellness, and then with Elon, is technology, you know. So, really, and I think all three of them have somewhat of a soul contract with each other. You know that they're all connected.

1:14:04 - Julie

Yeah, interesting, I could talk to you all day yeah thank you. I got one last question for you. Okay, why do we incarnate?

1:14:14 - Debbie

Oh, wow, that is a deep question. The reason why we incarnate is because as souls, so we're all soul shards of sores. So it's, you know, billions of years ago we split off from sores into over soul groups and then from the over soul group we split off into individual souls in order to have as many different experiences as possible. So the reason why we incarnate, not just here on Earth but also in other star systems, is to have a multitude of different experiences that will ultimately help us to evolve as souls and eventually be able to return back to source. You know, so it's kind of like an inverted bell curve, where we start off at a very high dimensional level and then we descend into different dimensions and different incarnations and different star systems, and now we're kind of at point zero here on Earth, because it can't get any lower than 3D, you know. But then we're going to start moving back up and we're going to start having incarnations in the higher realms.

A lot of us may even have incarnations on fifth dimensional Earth. You know when Earth ascends, you know so. And then we're going to see Earth souls Remember the Earth souls I was telling you about that never had any incarnations anywhere else. Well, earth souls are probably going to start incarnating in other systems, you know so. They too will be able to have a multitude of expanded experiences. So it's just part of our soul journey, it's part of our, since we're all part of Source. It's our opportunity to see how separated we can get from Source and still be connected with Source.

1:16:09 - Julie

Great answer. You are a fascinating girl and you do such a superb job of distilling this out there. Complicated new concept ideas to most of us into understandable language.

1:16:29 - Debbie

Thank you.

1:16:30 - Julie

My hat's off to you in the job and the job that you're doing and the work that you're doing to at least get this information out there to you. Know what, if, what, if? Certainly it resonates back to our conversation about the Star Wars. That resonated and still does all these years later. So there's definitely something there, but you do a great job of making it understandable.

1:17:00 - Debbie

Well, thank you, that's my mission.

1:17:02 - Julie

I'm thinking of Jabba the Hutt and I'm thinking, okay, what's the deal there? And you're saying, okay, we'll look at it from this perspective and then it makes sense. So thank you for the work that you're doing. How can people learn more about you and your work?

1:17:18 - Debbie

Probably the easiest way would be to access my website. So my website is my name debbiesolaris.com D-E-B-B-I-E-S-O-L-A-R-I-S.com. And then I'm also on social media, so you can find me on Facebook, Instagram and YouTube Not quite on TikTok yet I'm not a TikToker, I don't know, it's just not my thing but so you can find me on those channels. And I'm also on Gaia TV. So if you have a Gaia TV subscription, just do a search on my name and you'll see all the interviews I did.

1:17:56 - Julie

I think I've done like 13 or 14 of them now, so I've been on a few times Terrific, terrific, and we'll put that in the show notes. Yeah, thank you. So we'll do that, alrighty, everybody. Lots for you to ponder from this conversation today. In the meantime, sending you lots of love from sweet

home, Alabama, and from Colorado to where Debbie is. We'll see you next time thanks for joining us.

1:18:21 - Annncr

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 ask Julie Ryan.com.

1:18:34 - Disclaimer

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