

## AJR Show Feb 13th 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. Happy Valentine's Day. We'll be releasing this show on Valentine's Day and very exciting.

My assistant, Rachel, has been sending me pictures of her youngest, whose name is Phil and he's three, and the best Valentine story I've heard is Phil could only sign his Valentines for his classmates two at a time because it was just too much work. He needed to take a break and then come back and sign two more. So I thought that was just darling. But he had his big party yesterday and so cute to see those little squirts. You know celebrating Valentine's Day even to the old, old folks. So I hope your Valentine's Day is wonderful. Know that I love you all dearly. Thank you for being a part of this community and you know, I hope your Valentine's Day is special. Okay, Chris, who do we have? Let's just bring him in. We've got well as he's doing that we.

If you want to have a conversation with me, come into AskJulieRyanShow.com. If you're coming in on the YouTube live stream where it asks Julie Ryan, just put your first name, where you're located and your question in the chat and Samantha's over there helping, helping our YouTube peeps, and Chris is on the other end on the main dashboard and he's putting people in. So it's always fun for me because I don't ever know who's going to, who they're going to put through and what their questions are and what spirit's going to say. So bring it on, makes it fun.

Julie  
Hi, Leslie

Leslie  
Hi,

Julie  
how are you?

Leslie  
I'm good, I'm from Texas. I can tell

Julie  
Where in Texas are you?

0:02:41 - Leslie  
I'm in central Texas. I'm between Austin and Waco.

0:02:45 - Julie

Okay, terrific, well welcome. You got a question for me.

0:02:50 - Leslie

I do.

0:02:50 - Leslie

I have an issue with my bird's brain in my neck and it affects my shoulder here and stuff.

0:02:58 - Julie

Sure, sure, did you have an injury, or it's just kind of wear and tear. What's going on?

0:03:04 - Leslie

I think it's just wear and tear more than anything. It's not an injury.

0:03:09 - Julie

Okay, all right, so I'll get you on my radar and we'll see what's going on. For those of you that are joining us for the first time, how this works is I'm going to raise my vibrational level. I turn my radar on and off. Well, Leslie, it takes me a nanosecond and I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into you in Texas. I just jump on I-20 and head west and I'll run into you from my house and then I'm going to have a hologram of you in my mind's eye and it's going to be as if I'm looking at an x-ray or a CT scan or an MRI. I'm going to envision shooting energy from your feet up through the top of your head. It's going to go to your neck. We'll see what's going on.

I'm going to describe in detail what I'm seeing, Leslie, and I want you to envision it, because it'll help integrate the healing into your body. For those of you that are listening and watching, please envision what I describe as well, because that's all of us are gonna be working on Leslie to help him heal his neck, because we're gonna be sending energy to you in the form of a healing and then you'll integrate it into your body, because nobody heals anybody else, we all heal ourselves. So here we go. Here comes my laser beam from sweet home, Alabama, heading over to you in the Longhorn State, got you shooting energy from your feet up through the top of your head.

Okay, so it looks like you've got some disc degeneration in your neck. To me, Leslie, and discs look like imagine like a water balloon that isn't filled all the way, so it's kind of a squishy water balloon, and so imagine that's what the discs look like, and the vertebrae look like baby back ribs. So when that disc is starting to degenerate, those ribs start to collapse a little bit and it causes pressure and you can have a bulging disc that pushes on a nerve, which it looks like. That's what you've got going down into your shoulder. Do you have pain that radiates down your shoulder?

0:05:23 - Leslie

Yes.

0:05:23 - Julie

Yeah, that's what I'm seeing. So what we're doing is propping up those vertebrae. So imagine you're propping up a couple of bones and a rack of baby back ribs I mean, I am talking to a Texan, so you know what I'm talking about and the spacers look like those little spacers that you'd see a tile mason use when they're laying tile out before they put the grout in. And then what I'm doing is pushing that disc back in. I spirit working through me and with me to help you heal yourself. So pushing that disc back in, putting a dollop of stem cell energy on there, which is the coolest stuff ever. It's a light amber colored gel, has sparkles in it, because it's what we've got to have sparkles. And it reminds me of Dippity-Doo hair gel you may have

heard of that back when we were kids and there's a vortex spinning outside of the back of your neck and that's going to regenerate that disc material to hold those vertebrae up in the proper position. And then there's this little netting, leslie, that gets put on the end of the vertebrae to hold that disc in place. And it reminds me of a goldfish net you know how fine those are to get goldfish out of an aquarium or out of a goldfish net. You know how fine those are to get goldfish out of an aquarium or out of a bowl. So we're doing that.

In the meantime we're gonna work on that nerve that's gotten pushed on by that bulging disc. So imagine that that nerve looks like a tubing Think of aquarium tubing. And when a nerve is injured it can get gunk inside of it that's a medical term I invented gunk and it's made up of dead cells and like just other junk that gets in there. So imagine there's a little corkscrew in there that's running through there. That's grinding up any kind of gunk that's in there. It's getting irrigated out. And now we're going to put stem cell energy in there as well. Again, light amber color gel sparkles, dippity-doo vortex spinning outside of it. That's regenerating that nerve. And when the nerve comes back after the healing when I see it, which is what it's doing now is as it's regenerating. It starts at the beginning and then it turns pink and looks like a healthy nerve to me. So I hope that helps you feel better.

0:07:51 - Leslie  
Oh yeah, okay.

0:07:53 - Julie  
Okay, thanks so much for joining us. Happy Valentine's Day. Do you have big plans?

0:07:59 - Leslie  
Yeah, I'll be at work.

0:08:03 - Julie  
Yeah, but do you have a honey you can take out tomorrow night?

0:08:06 - Leslie  
No, I don't.

0:08:08 - Julie  
Women of Central Texas. Leslie's available. Go take him out to dinner for Valentine's Day. We'll get a whole group of them to take you out. That'll be fun. Thanks so much for joining us. I hope you feel better.

0:08:23 - Leslie  
Thank you very much.

0:08:25 - Julie  
You bet. Bye, Leslie.

All righty, askJulieryanshow.com, if you want to have a conversation with me and if you're joining us on the YouTube live stream, we're at Ask Julie Ryan. You can put your question in the chat, put your first name, where you're located and your question, and Samantha's over there helping out, got Chris on the main dashboard, so the gang's all here this evening to help us help you heal yourself. Talk to your deceased loved ones you know I am a buffet of psychicness. So we can talk to your pets. We can do past lives, we can get advice. We can talk to your angels. Your can do past lives, we can get advice. We can talk to your angels, your spirit guides, I mean whatever. That's what makes it so fun, because we can do anything and everything and once you connect with spirit, you know you're connected with spirits. You can

take it anywhere you want. All righty, Chris, who you got? Who you got next? Oh, somebody from YouTube.

Hi, Jamie, from Las Vegas, I have a four-year-old female Great Pyrenees that's having trouble with allergies or something. She's always licking her paws and legs. Her name is Noelle. Can you ask her what's up? Absolutely Okay, Jamie. First of all, watch the show that we released last weekend with Marcy Dr Marcy and she's a holistic vet and I believe we released it on Saturday or Sunday, I want to say Marcy Fallick and she has lots of wonderful information for pets and their owners in that episode. So listen to that. What I'm going to do is I'm going to connect into you and then I'll go from you to your baby. So here we go. Here comes my laser beam from Sweet Home, Alabama, heading out to Vegas. Got you All right, going to your dog.

You didn't tell us your dog's name. Oh, Noel. Sorry, I read that. I just forgot Blonde moment, Noel. All right, Noel, what's going on?

Yeah, she's allergic to the stuff that's being sprayed on the lawns that she walks on, whether it's yours or whether you have her for a walk. So what I'm watching is I'm watching just her whole system get irrigated to get that stuff out and it's chemicals, that's pesticides and herbicides and things like that pesticides and herbicides and things like that. So irrigating her whole lymph system, irrigating her whole vascular system, just her system in general. And there's two holes that have opened on her front feet, one on each of her front paws and two on the back. So we've got four holes and all of those toxins are coming out the bottom of her feet and now there's a spiral of energy that's spinning around her. Imagine it's a slinky toy and it's on her horizontally. She's standing up on all fours and so that spinning that's helping rejuvenate her body. But that's what I'm getting.

Listen to the show with Marci Fallick and she's going to be able to help a lot. There are holistic remedies that are herbs and plants and stuff like that that they can use. The cortisol things that are usually prescribed can help, but Dr Marci talks about things that you can do to heal them and get them in good shape. So listen to that episode and I hope that healing helps Ms Noel feel better. Thanks, Jamie, will do Okay. Jamie said will do All righty. Will do Okay. Jamie said will do All righty. AskJulierianshow.com. We're on Ask Julie Ryan on the YouTube live stream.

I say that a lot throughout the show, you guys, because sometimes people join us after we've started the show and they're trying to figure out how to get in touch. So that's why I repeat it a lot throughout the show All righty, let's see who's next. Oh, Chris is reminding me to remind you guys to subscribe and hit the notice so you'll know when we have a new episode out. We do this show every Thursday night at 8 Eastern, 7 Central, 5 Pacific, and it's our call-in show. That's done live. And then we released three interview shows in addition, and our guests are so wonderful. My team does a great job of finding people to bring in to educate all of us, and so it's fun to get to talk to them and hopefully you're enjoying listening to them as well.

Julie  
All right, Chris, who's next?

Julie  
Hi, Beth.

0:13:26 - Beth  
Hi, I'm from Patterson, California.

Julie  
Oh, where's Patterson? I haven't heard of it.

Beth

We're kind of a little one of those little towns off the side of I-5. I'm just outside of, about an hour out of San Francisco.

0:13:43 - Julie

Oh, okay, terrific. Well, wonderful Welcome. You got a question for me, yeah.

0:13:49 - Beth

So I've been actually battling rheumatoid arthritis for about 20 years, okay, but a year ago I woke up and my hands were like about five times their normal size. Oh, boy.

And they quickly spread throughout all my other joints where I was having trouble walking and stuff, and so I took some prescription medicines. Trying to get under control Didn't work. They wanted me to go back on biologics. I was like nope, and so I started doing a lot of energy work, which we've gotten it down to. I've got movement and swelling's down as long as I stay on my anti-inflammatories, but if I go off of it it'll start freezing, clicking, snapping or I have to like snap them back into place sometimes. Oh jeez, yeah, I've been, had worked with an Ayurvedic doctor. I've worked with a functional medicine doctor trying to fix things to stop this and nothing seems to reverse it. And nothing seems to reverse it. I actually continue to get worse and worse instead of better.

0:14:49 - Julie

Okay, and you're not very old. You're young 59. Yeah, you look like you're a lot younger than that. So what I'll do is I'm going to get you on my radar, we'll see what's going on, and then there will be a healing. So picture what I describe, because that'll help integrate the healing into your body. So here we go. Here comes my laser beam from Sweet Home, Alabama heading out to you in Northern California. Got you shooting energy from your feet up to the top of your head, all right. So not only is your whole body inflamed, but where your joints are, the inflammation is dramatically more. Red Inflammation looks like red fog on body parts. Anti-inflammatory energy looks like a royal blue color bath. And so what I'm doing is I'm using the anti-inflammatory energy. So imagine there's this blue fog that is coming down on your whole body and imagine it feels kind of cool because it's going to calm down.

0:15:47 - Beth

It actually feels a little cool. Before you said that.

0:15:49 - Julie

Yeah, yeah, you're feeling it. So I want you to imagine okay, there's this blue fog and it's kind of feels like gel that's cold, that's been in the freezer, like those refreezable ice packs. If you took the gel out of the pack and you just spread it all over your body, it's going to cool everything down. When you're really in an exacerbation and you're in a lot of pain, you can picture that. Picture that blue gel in those refreezable ice packs just coming down on your whole body and you're going to be amazed at how it's going to help reduce the inflammation.

So got that going on, pulling out your skeleton out of the top of your head Imagine you won't miss it, I promise It'll just be out for a minute and it reminds me of those plastic skeletons at Halloween. You know that you go buy in the dollar store. So pulling the whole thing out and this is my favorite part of this healing bath there are these turnstiles that are going like up near the top of your head as it goes by your shoulders and up through the top of your head, and they remind me of those turnstiles in a car wash when they used to have brushes on them.

You know now they've got strips of fabric, so they don't scratch the paint on the car, but back when we had the brushes that were in the car washes. Those are spinning and they're getting the arthritis out of your joints as your skeletons coming out the top of your head. Because

arthritis in the joints looks like this white, like crusty, crunchy stuff that reminds me of when a battery has expired. Have you ever had a battery, like in a flashlight, and it's been in there for years and you get it out and it's got that white crunchy stuff on it. That's what arthritis looks like in the joints and that's what it really looks like in the operating room on the scans, you know, on the monitors. I've seen it a million times, so of course that's what it looks like in my head because it's my frame of reference.

So all that's being removed from your joints, your whole skeleton's going into a big vat of stem cell energy. Think of one of those big dunking tanks at the fair that you'll put a coach on and throw a baseball and dunk them into the tank. Light, amber colored gel sparkles, dippity-doo. You heard me talk to Leslie about that. Okay, skeleton being pulled back out, 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. Whenever stem cell energy is used, there are always vortices that are present, because that's what transforms the stem cell energy into new body parts. It's amazing stuff. I've watched it regenerate whole organs before that show up on subsequent scans. So there's that. How is your gut? Do you have GI issues?

0:18:48 - Beth

I've had issues ever since I had my third daughter when I was about 25 is when it all started and just nothing seems to fix it. All the herbs I take, tons of different herbs and very strict diet I'm on, and just nothing seems to fix it.

0:19:05 - Julie

You have leaky gut, you have yeast overgrowth in your gut, and so I'm removing that. You've got enough yeast in your gut and that's where the inflammation comes from is your gut. So once we get your gut healed, the arthritis is gonna go away and your joints can heal. Everything's completely healable in the body. The body has a tremendous capacity to heal. Everything is healable. So what I'm doing is stitching up your leaky gut and the yeast that's in your GI tract looks like if we've mixed flour and water together to form a roux, to make a sauce or a gravy, and so I'm clearing that out. You know again, spirit working through me and with me to help you heal yourself. So here are some pointers. You may have heard me talk about them before, but they bear repeating. They're worth repeating.

Number one stay low on the food chain. If God made it, eat it. If man made it. In effect, you do your best to avoid it. Yeast loves sugar. Stay away from sugar. Do you find you crave sugar?

0:20:09 - Beth

I did, but we worked on that these last three years for me to break that addiction. So it's very rare now that I eat it and I try and stay away.

0:20:16 - Julie

Yeah, it's the most inflammatory thing you can eat. Number one and number two anything that's refined is going to absorb like sugar, so it's going to have the same effect. So bread, pasta, chips, crackers, cookies, stuff like that. So you want to avoid that stuff. Stay low on the food chain, as I mentioned. Stay away from fermented foods, not for life, just until you get the yeast cleared up, because your guts have fermentation factory right now and it's producing lots of toxins. When we eat or drink fermented foods, what it does is it's just like pouring gasoline on a fire Makes it worse.

0:20:54 - Beth

Oh man, See, I started using that more in the last year.

0:20:58 - Julie

No, you want to avoid that stuff. That's a nightmare. That's a nightmare. Number three if you're going to eat fruit, peel it, because there's tons of yeast on the peel. I don't expect you to peel a blueberry or a grape, but certainly an apple, a peach, a pear, a plum. I want you to peel those. Never again for the rest of your life, ever put a slice of lemon or lime in a drink, because the peel is full of yeast. And if you're in a restaurant, they're cutting those things up early in the morning and they sit out room temperature and God only knows what's growing on them. Yeah, you know, think of being at a bar and all that fruit they got sitting out because they're putting it in different drinks. I mean, god, if we cultured that, it would be disgusting. So just keep that out. When I'm in a restaurant, I'll ask them for water without lemon. Okay, so do that.

Freeze and reheat leftovers, because yeast grows on leftovers in the fridge overnight. So you want to freeze and reheat them. And then you want to get a hold of some Nystatin, n-y-s-t-a-t-i-n Nystatin Go ahead, it's an antifungal. Kills yeast on contact. It's what they give babies when they have thrush. It is a prescription. So talk to your doctors about getting a prescription of that and that's really going to help heal your gut.

And then, lastly, dr Maria. Dr Maria Amasanti is the goddess of the gut. She will help you get your gut healthy. And, Chris, do you have that banner you can put up with her website please? It's D-R-A-M-A-S-A-N-T-I dot com and she will help you get your gut healthy. She's just amazing. She can't prescribe any drugs for you because she's in England. She's in London, welcome. But she's just everybody I send to her. She gets them well on the physical side. So once you get your gut healthy, this arthritis stuff's going to go away. Great, thank you very much, and you're going to feel better. You're welcome. Thanks so much for joining us. I hope you feel better.

Beth

Thank you.

Julie

Bye, Beth, all righty.

AskJulieryanshow.com. Ask Julie Ryan on the YouTube live stream. Put your question in the chat box with your first name and where you're located, and then your question, and we'll get those answered as well. So we'll see who's next. There we go Ann, hi, ann. She says.

Hi, Julie, I'm 10 months out from finishing my surgery chemo for ovarian cancer. Oh, god bless you. So far, I'm clear. I would love for you to scan me and clear all traces away so I can defy the stats. I live in the Boone, North Carolina area. Okay, Anne, Boone, north Carolina. I've been there several times. It's beautiful. All right, here we go. Here comes my latest review from Sweet Home, Alabama, and heading up to you in North Carolina Got you on my radar.

Let's do a lymph cleanse first, all the lymph fluids going in a big vertical oval tube. It's inside your body, it's on the front side of your body. Lymph fluid is an amber color. It has kind of a globby consistency. Think of the fluid inside a lava lamp and there's a hole that's opened on the bottom of each of your feet in and it's spinning. As that lymph fluid spins, the toxins come out the bottom of your feet, big metal domes coming on top of you, lifting off. Think of a metal dome used to cover a plate full of room service food in a hotel when it's delivered to your room. So pulling that off.

Lymph nodes look like little D3 vitamin capsules to me. When they've sequestered toxins they can look brown or black inside of them. Those are being removed. Now you're being sprinkled with stem cell energy. Light amber color gel sparkles dippity-doo and there are vortices spinning above your head, beneath your feet, on either side, front and behind, all spinning

concurrently and that's going to regenerate new lymph nodes big heavy metal detox happening now. And imagine two u-shaped magnets. They're joined in the middle around your body, they're going up and down your body and they're pulling out metallic particulates. Those can look like a little dull piece of glitter, a sparkly piece of glitter, a little strand of metal that looks like a strand out of a steel wool scrubbing pad used in the kitchen for pots and pans.

And so, removing those, let's do a DNA healing real quickly. Here you have seven strands of DNA that have come out of an X chromosome. Remember, girls have two Xs, boys have an X and a Y, and DNA is the recipe that tells the cells how to behave. So a strand of DNA looks to me like a piece of paper you'd see inside a fortune cookie with a fortune written on it, and it's comprised of four nucleic acids represented by four letters A-T-C-G. One strand can have up to 100,000 letters, can even go up to a billion letters. I'm watching all those letters get rearranged and so we're redoing that DNA back to a normal recipe.

I will normally see seven strands in somebody that's had cancer. So doing that, you're getting a full cancer treatment here to make sure that you're in good shape with that. So I hope that helps. Good luck with the rest of your treatment and I believe you're going to be just fine and you're going to completely heal from that. So I hope that helps. Thanks for joining us.

The reason I'm so descriptive on all of these healings that I see in my mind's eye is because if you can envision them, it's going to help integrate the healing into your body, even if you're not one of the callers but you have something similar going on. Just listening to the healing. When you envision it, it helps integrate it into your body. The other thing that's important to remember is these images that I get in my head are designed to give us a human frame of reference for this energy healing that we have going on. And really with the regular allopathic medicine you know, or go to our regular doctor's medicine, we don't see the healing happen, but we just know that it works. In a lot of instances, see the healing happen, but we just know that it works. In a lot of instances, for example, if you have a cut, you're not watching each cell attached to another cell to form new skin, but, you know, eventually the skin grows back. So we do have a frame of reference for that, for this energy healing. We normally don't, and that's why Spirit sends me all of these images to help us understand it better. Spirit language is code, like computer code, and then it's translated into images and languages and things like that, and so I'm translating all this code that's coming into my head into these hilarious images that I promise you I'm not creative enough to come up with on my own, and also information in the form of divine downloads that I get in my head too. So just a little bit of an explanation, easy for me to say, with why of these images. I talk about them, to give us a human frame of reference for this energy healing that's happening.

Okay, see who's next AskJulieRyanShow.com. Hi Chris, hi Julie, how are you? Hi Chris? Hi Julie, how are you? I'm terrific. How are you, my dear? I'm okay, Julie. How are you? I'm terrific. How are you, my dear, I'm okay, good, where are you? I am in New Hampshire. Okay, terrific, you got a question for me. I do. I have Hashimoto thyroid disease and it's just draining me. Yeah, I bet. Okay, all right, so I'll get you on my radar and we'll look at your thyroid and see what's going on. So here comes my laser beam from Sweet Home, Alabama, heading up to you in New Hampshire. Got you, so I have a hologram of you in my mind's eye and I'm looking at you from behind, Chris, and I can see your thyroid. Are you on thyroid medicine now?

Yes, I am can see your thyroid. Are you on thyroid medicine now? Yes, I am. Yeah, okay, I can tell, because when the thyroid is being medicated it looks white. A normal thyroid looks pink to me, but when the medicine's happening, your thyroid doesn't need to work because you got the medicine going on. And it reminds me of if you take your index finger on your right hand and you push really hard on your forearm, on your left arm, and hold it there for a few seconds. When you lift it up, it looks white because you've stopped the blood flow, you know, to that



tissue, and so that's what the thyroid looks like. So imagine that there's a spiral of energy in your thyroid. Again, I'm looking at you from behind and it's spinning in a clockwise direction.

So as it comes down on the right side, comes underneath on the bottom and heading up on the left side, it's basically roto-rootering your thyroid right. We're giving it a tune up and there's this sludgy stuff that comes out. It looks like have you ever seen fudge candy get made? Or have you ever made fudge candy? I made it. Yeah, me too. So you know how. It's kind of globby and it's liquid, but it's globby liquid before you put it in the pan for it to solidify. To harden.

Yeah, that's what it looks like coming out of your thyroid. And as that is coming out, the thyroid from the top is turning pink. Remember our first caller, Leslie? I said as that nerve was healing, it was turning pink. Your thyroid is turning pink as we're tuning that up and getting that cleaned out. Now we're gonna put stem cell energy on it as well. You can tell that's my favorite thing because it fixes everything. It's amazing. Dippity-doo me, dippity-doo you, girl.

Two things that I want you to check out. Number one Isabella Wentz, w-e-n-t-z. She has her doctorate in pharmacy. She healed herself with diet from Hashimoto's. Okay, completely off medication, completely healed her thyroid. Number one.

Number two there's a book called the Better Baby Book, and I know you're not trying to conceive would be my guess. You know you're not trying to conceive would be my guess. You know you're not ready to have a baby, but there's a chapter in there about how to restore your thyroid for fertility. You can pick up some golden nuggets from that. And then the third one is I want you to go to Dr Kelly Brogan's website B-R-O-G-A-N [kellybroganmd.com](http://kellybroganmd.com). It's either [kellybroganmd.com](http://kellybroganmd.com) or it may be [drdrkellybrogan.com](http://drdrkellybrogan.com). Just do an internet search on [kellybroganmd.com](http://kellybroganmd.com) and it'll come up and she healed her thyroid with diet as well. So those are three different things that you can look up. That will give you the wherewithal to help you heal with that. Okay, thank you. Okay, I hope you feel better. I will. Thank you, you bet. Thanks for joining us, Chris. Let's see who's next. [AskJulierianshow.com](http://AskJulierianshow.com). Julie.

One question from Rosalie If we envision the healing for another person, does our body not confuse it with our body? No, so our body thinks we need healing. No, what I was talking about, Rosalie and great question, is if you have the same symptoms like you're dealing with Hashimoto's, envision the healing into your body and then that will integrate into your body and help you heal. When I'm asking you to envision healing for the callers and the people who are submitting questions in the YouTube chat, what we're doing is we're sending healing to them. It's kind of like you're praying for somebody. We're all thinking of that person, we're envisioning the healing happening for them and we're sending the energy to them. So I hope that helps. Great question, thanks for suggesting I clarify that. So appreciate it.

All, righty, let's see who's next Gerald. Hi, Gerald, how many years have you been podcasting? I think we're in our sixth year, Gerald, and we will reach show 600 next week. You guys, 600 shows, so it's such a blast. It's a lot of work. My team is amazing. Every time we do a show, there are usually four or five like five people that are involved in the show. You guys hear about Chris and Samantha, but there are two or three others that participate and then, of course, moi. So we do this to you know, to help you, to help you heal yourselves, to bring information out and just spread the high vibe. So thanks for that question. We're getting some fun questions tonight, you guys. All right, Rosalie. Thank you, Julie, for your explanation. You are most welcome.

My girl and she sends me a green heart, which is so perfect. She's either Irish or, you know. The heart chakra is green. With Valentine's Day, you know, we always think of love and hearts as red, but they're not. The heart chakra is green. The heart itself looks kind of pinkish to me

when I get it on my radar, but I love that. Johanna, who's a graduate of my class, is from Ireland and she always puts green hearts on everything because she's Irish, which is so cute. Okay, let's see who's next. Hi, Liz.

0:35:52 - Liz

Hi, Julie, I'm excited to talk to you.

0:35:55 - Julie

Thank you, I'm excited to talk to you. I love your glasses. For those of you listening, she's got these really super cool white glasses on. Very stylish, my girl.

0:36:07 - Liz

Thank you so much. So I am in Gainesville, Virginia, I am currently at my mom's house and I have a session booked with you for an hour, but it's not until the fall. Let me stop here for one second on that.

0:36:24 - Julie

When you think of it, click on the reschedule button on your confirmation email. If you need us to resend it to you, we will. Click on the reschedule button when you think about it, because people reschedule all the time and oftentimes you can get in within a few days, if not a week, when they reschedule because life happens and they need to do something. So they reschedule and something opens up and I talk to multiple people a week who say, oh, I was booked out months and then I did what you said. I checked the reschedule button and, sure enough, I got in the next day. So yeah, just a little tidbit for you.

0:37:04 - Liz

What's going on with your mama? So mom is 80 and for the last year and a half has had gallbladder cancer.

0:37:13 - Julie

Oh geez.

0:37:14 - Liz

Yeah, not a good one. It's been treated, surgically removed. But she had a positive lymph node when her gallbladder came out. The full liver cleanup resection, then two rounds of chemo. Liver cleanup resection, then two rounds of chemo and she was about to start a clinical trial when she developed pneumonia. The last round of chemo did some damage to her lungs, so complicated she was getting over the pneumonia, the trial is off and now she has pulmonary emboli. Oh, heavens.

Yeah, so she's been through it and I know she's not quite ready to transition. I know it's close. My father passed on Thanksgiving this past Thanksgiving and she's been lost without him really and she's struggling to breathe. Right now she's in the hospital struggling to breathe and I want to see if you can help her. Just ease the transition, not suffer. Yeah, absolutely. Is she on oxygen? Yeah, she's on liters, it's not. Yeah.

0:38:30 - Julie

Yes, okay, all right. So what I'm going to do, she's on liters, it's not. Yeah, yes, okay, all right. So what I'm going to do? What's her first name? Liz,

Liz

Ann,

Julie

Ann, okay. So what I'm going to do is I'm going to hook into you first, and then I'm going to go from you to your mama and we'll see what's going on.

If she's in one of the phases of transition, which means that she's in one of the phases of transition, which means that she's in the active dying phase and that can happen in a short period of time. It can stretch out over days, weeks, months, even years. But when somebody is in the phase of transition, it's hard for me to get a visual inside her body, because the spirit exits the body through the top of the head, Liz, and so it's like I'm trying to look at an x-ray in a pitch black room without any electricity, because the spirit is the power source for the body now. It stays attached to the top of the head until the person actually transitions, but in the meantime I don't get a visual. We can ask what's going on, but normally, when they're in the phases of transition it's been my experience doing this thousands of times is that the healing thing they're kind of past, that they're heading towards heaven at that point. So here we go.

Here comes my laser beam from Sweet Home, Alabama, heading to you over in Virginia, got you going to your mom. She's in phase seven of the 12 phases of transition. So what that means is, as I was mentioning, her spirit is out of the top of her head. You know, it's hooked on. Think of a speech bubble, Liz, that is hooked onto the top of somebody's head that gives what their thoughts are, their comments in a cartoon. And then what's happening is she's surrounded by angels. She's surrounded by the spirits of deceased loved ones. Your dad's spirit's there. She's got pet spirits with her. Has she talked about sensing anybody in the room with her or that she's thinking of? Perhaps her mother or your dad or somebody an extra amount of time.

0:40:44 - Liz

Not an extra amount of time, but she has seen my dad, with him passing not so long ago. She saw him in the house, but she sees him, I think, more than she's speaking of.

0:40:58 - Julie

Yeah, yeah, because they're afraid we think they're not and they're not. They're actually. Yeah, they're actually seeing their deceased loved one's spirits. So there are three questions I always ask Liz, and I'd like to ask them to your mom. Number one, miss Anne, are you ready to go? No, not quite yet, is what I'm hearing in my head. Are you in pain? She's talking about struggling to breathe. She's saying that the way that her legs are positioned, it's putting extra stress on her low back. She would like some pillows underneath her knees.

So, maybe you can call in and ask the nurses to do that for you, since, unless you're going to go back over there this evening. But I would ask the nurses to do that because she's saying, and you know, like when you're kind of propped up and your legs are out straight, it does put extra strain on your back. So what do you need? I need the green light to go, is what she said. She first started talking about something vanilla and then she changed her mind and she said I need the green light to go. What are you looking for? Something vanilla to eat, Ann? Does she like? Like vanilla ice cream or vanilla milkshakes or what's up with?

0:42:16 - Liz

that they keep giving her vanilla, and sure, and she hates vanilla. All right, she's talking.

0:42:22 - Julie

She don't want it, she don't want that. Yeah, she does not want any more of the vanilla. She first started saying vanilla and then it was kind of like, well, I have one thing to say, so I'm going to pick something that's more important. So you got two, you got a twofer on that, one girl, okay. So maybe switch to chocolate, I'm sure.

0:42:42 - Liz

Or chocolate. We keep asking for it.

0:42:46 - Julie

Oh gosh, Well, buy it in the store and take it to her. I have been. It's the same stuff. It's just going to be a whole lot less expensive than what the hospital is going to charge you for it. So there's that All right. So she needs the green light that it's okay to go. Do you have siblings? Does she have siblings? Who does she need the green light from?

0:43:10 - Liz

It's probably my brother who has not been here. He's in California and he's coming into town Monday.

0:43:19 - Julie

Okay, good, in the meantime, is she doing like a FaceTime with him or a Zoom where she?

0:43:25 - Liz

can see him. They've not been doing visual.

0:43:31 - Julie

When you're in there tomorrow, call him on FaceTime. Do you have an Apple phone, does he? Yeah, we can do that. Or use the Zoom app on your phone and let her see them, and I think that's going to give her some peace too, because it's one thing to talk to somebody Somebody is something else to be able to see them and see their face. Yeah, so there's that, all right. Another thing, too, that you can do Liz and Chris put that banner back up, please. He had it up a minute ago.

Go to AskJulieRyan.com. Go to the 12 Phases of Transition page. There's a free digital download of the chart of the 12 Phases of Transition. Download it and save it on your phone and then you just ask in your head or aloud, what phase is my mom in? And you'll hear seven or six, or she can move around. I'm not getting that. She'll move a lot, though I think she's on a trajectory but you hear seven, eight, nine and you know that you need to stick around her and especially when they transition, you know through the phases fairly quickly and you know to be there. But it's a great reference to just ask what phase is mom in and then you can refer to the chart, and that'll help a lot too. Have you read Angelica Tendance yet I?

0:44:59 - Liz

have. I have gotten it downloaded. I just haven't read it yet.

0:45:04 - Julie

Okay, All right, Anybody. Okay, Let me get this right. Let me get it close to me. There we go. Chris is laughing at me because I do this every time, because my camera is backwards to what my body is, you guys? So I look like a moron trying to do this, but truly I am trying very hard. Angelic attendance what really happens as we transition from this life into the next. Anybody that wants a free copy just go to Julieryangift.com. Julieryangift.com and request it and we'll send you a free digital and audio book version, and it has diagrams in it. Liz, let me find one that will show you the positions of the angels and you know and what's going on. You may want to play the audio book for your mom so she can hear it. I find that that's really helpful when families do that for their loved one, because it gives them peace and it explains why she's seeing your dad's spirit and that she's surrounded by angels and you know, and other loved ones.

As you go forward with this with her, there's a good chance she may talk about that. She's seeing more loved ones' spirits in the room and it used to be that we would think, oh, mom's

hallucinating, mom's not hallucinating, mom's actually seeing those spirits. And the university-based research shows that 90% of people at the end of their lives see the spirits of deceased loved ones and pets 90%. So that's what I talk about in the book. So I hope that helps. How are you holding up?

0:46:52 - Liz

It's good, it's been a lot, but I mean I do believe that spirit is there and spirit's guiding her, and I know my father's there and everybody she loves, so I know it will be peaceful. She's not as on board with that line of thinking as I am and has a lot tied up in her own past Catholic religious upbringing. Nothing against Catholicism, but she was old school right that way. So for me I'm almost like happy that she's not going to be suffering anymore. I will miss her, but I know she is connected and all I have to do is elevate my energy and we can communicate and talk.

0:47:38 - Julie

Exactly, communicate and talk. Exactly, exactly. And when you play that audio for her, you tell her what she's listening on. The audio is what they, the prayer they say at the end of every Catholic funeral mass, is called in paradisum, and it talks about it's in Latin which is into paradise when it's translated into English and it talks about how the angels and your loved ones will greet you and lead you into paradise. So you use that old school Catholic thing to your advantage to help her not be fearful and you can show her what the diagrams are. But she can listen to them as well. You say this is what they talk about in Paradisum, which was a 5th century Gregorian chant. That's where it started. So the Catholics resonate with that. Okay, good, thank you. You're welcome. Hang in there. Look for the little miracles. Thanks for calling in.

Bye, Liz, askJulieRyan.com. If you want to have a conversation with me, you're joining us on the YouTube live stream where I ask Julie Ryan. So put your question in the chat and Miss Samantha's there to help. Remember to subscribe. Remember to leave a review wherever you listen to the show or you're watching it on YouTube. Subscribe where you're listening. Subscribe on YouTube as well, because, you know, the first Thursday of every month I give away a free session, a free one-hour session with me, valued at \$750. All you have to do is leave a review and subscribe, and then next week, which is the third Thursday of the month, I always give away a free class. So all you have to do is leave a review again, and the reviews help people find this information, usually when they're in most need of comfort, because they've lost a loved one or they've got some health thing going on with themselves or maybe a family member, even their pets, and so leave a review, subscribe on YouTube. Sign up for my weekly newsletter at AskJulieRyan.com.

Somebody submits a question, I answer it, and I'm doing my best to come up with all these ways to get questions answered for everybody that wants one. You know only so many hours in a day, remember, you can schedule with me a private session. You can schedule with my graduates. You guys, they're all fabulous. They're fabulous, you will love them. They're all fabulous, they're fabulous, you will love them. You can get in to see them quickly. They're a fraction of the cost of what I am just because my time is so limited, with everything that I do and they can do everything that I do. They've been trained in the buffet of psychicness, so I'm getting wonderful emails from people who've done sessions with my graduates.

AskJulieRyan.com. Go to the book, your appointment page. They're all on there. They all have calendars. Check out the calendars, see who has the soonest appointments. In most instances, you can get in within a week with them, right now. So give that a try as well.

Okay, Chris, do we have time for another question?

Julie

Here we go, Maya, hello, from the YouTube. I write with the translator. Oh, perfect, I live in Argentina. My mother died in August of last year. Does she have a message for me? Thanks and blessings. Face, red heart shape. So she's put in an icon and that's how it comes through in the chat. Oh, how cute is that.

She's talking about turkeys, maya, something to do with turkeys. Do you grow turkeys? Do you like turkeys? Something about turkey? Did she like turkey? Something to do with turkey? So what is the scoop with the turkeys? Something to do with turkey? So what is the scope with the turkeys?

Turkeys were one of her favorite foods. They have lots of significance in your family. Whenever you see a turkey or eat turkey, she wants you to think of her. Now, maya, remember when spirit gives us something to look for, to know that they're around us, that lets us know they're around us. Be open to where you're going to see a turkey. You may see a picture of a turkey in a magazine. You may see one on TV. You may see turkey in the grocery store. You may see a piece of jewelry with turkey. You may see the word turkey. Just be open to how it's going to come in.

Speaking of turkeys, one story in the bird family. I had a client one time and we were talking with her deceased husband's spirit. She was all distraught because he wasn't giving her any signs and she couldn't tell if he was around her and all that jazz. So she said what's a sign he can send? And he said a peacock. And she said a peacock, I think she lived in Boston. She said well, I live in Boston, we don't have peacocks here. I said okay, just be open to. It Can pertain to something that you haven't seen yet. So she got off the phone with me. She said she opened her Facebook page and the first thing that showed up was a big picture of a full color peacock. So she emailed me and she said all right, I got my sign that he's around me. It just hadn't happened yet. So look for the turkey Maya. And then come back in and let us know where you see it.

Spirit comes in with this random stuff. You guys, you know we can't control what people say when they're alive. We sure as heck can't control what they said when they're in heaven and they're in spirit. They come in with this random stuff and then, when I have time to be with you and we can have a conversation, then you know, they come in with things that are sentences and different thoughts that make a lot of sense. But sometimes, initially, the stuff they come in with is just hilarious. So look for the turkey Maya. Thanks for your question.

Julie

Okay, Chris, I think we have time for another question. Hi, Geniya.

0:54:01 - Geniya

Hi, you recognize me.

Julie

How are you honey?

Geniya

Thank you so much, Julie, for inviting me. It's such a great event and we are so blessed to have this conversation with you and be next to you. And yeah, thank you, thank you. Thank you.

Julie

Tell everybody where you are.

Geniya  
I'm in Colorado.

0:54:20 - Julie

All right, you got a question for me. We got to talk to your mama last time we spoke, your mama was so sweet, was so beautiful.

0:54:29 - Geniya

I miss you so much. I'm really impressed with Liz. You know how brave she is and she's in such a good spirit. I'm impressed because I couldn't even talk to anyone when my mom was passing yeah.

0:54:43 - Julie

So it was tough. It's so hard yeah.

0:54:47 - Geniya

I wanted to have a quick conversation with you about my health About since 2018,. I have been having some GI issues, and the reason is I went to see Western Eastern Medicine doctor who put me on tons of herbal stuff, and every single time when would come to see her, she would put more and more and more on my plate, though I came to see her not with that issue. So at the end of this whole interesting journey, you know, I ended up having GI issue because I overloaded myself with all the herbs and different probiotics on top of that. So I strongly believe that this is part of the reason you know why I have been having this pain in my stomach area and it's just ongoing.

0:55:35 - Julie

Okay, All right, let me get you on my radar and then we'll see what's going on in your stomach. So here we go. Here comes my laser beam from Sweet Home, Alabama, out to you in Colorado and got you going in. All right, is it on the left side of your stomach, kind of like upper left side is where the energy went, like not down low near your thighs, but more upper, I think it's actually down low, the low part of my stomach, kind of thing.

Yeah, okay, because the energy went to the upper part of your stomach on the left side. Really, you know I always follow where it goes first, so we'll just do some exploratory adventures in your stomach there. So let me see what's going on. I'm seeing scar tissue. Did you have a surgery? Did you have your kids with C-sections?

0:56:26 - Geniya

Did you injure yourself? C-sections yes.

0:56:29 - Julie

Okay, two.

0:56:30 - Geniya

C-sections, I'm seeing scar tissue and appendicitis. Yeah, was removed. Yeah, okay, appendix was removed.

0:56:37 - Julie

All right, scar tissue, and I think you've got some GI stuff going on first. But I think you've got some GI stuff going on first, but I think most of the pain that you feel is from scar tissue. So scar tissue, Geniya, looks like think of spider web, but it's more coarse. And imagine that when scar tissue's in there and it's attached to a couple of sides of your abdominal cavity it doesn't allow movement the way you'd like to because it's kind of tethered, if you will. Does that make sense so far?

Absolutely what I'm watching happen is I'm watching it get cut out. And when I see it get cut out, it reminds me of when a basketball team wins a game and they're cutting the net off of the rim in the basketball arena, you know, because they're going to put it with their trophy. That's what it looks like. So I'm removing that, and then it gets kind of wound up into almost a cocoon and then it's getting removed out of your abdominal cavity. In the meantime we're going to do a DNA healing on you. There's a protein called fibrin, F-I-B-R-I-N. You can look it up. Fibrin. It's part of what's known as the clotting cascade in blood, and when we get a cut, we want the cut. We want the bleeding to coagulate, right, we don't want to bleed to death if we have a cut. We want that coagulation. But sometimes people have too much fibrin in their body and they're more prone to scar tissue. So what I'm watching is a strand of DNA you may have heard me with our earlier color. It looks like a piece of paper you'd see inside a fortune cookie with a fortune written on it, and it's comprised of four nucleic acids represented by four letters A-T-C-G. Again, one strand can have 100,000 letters on it can have up to a billion letters. I'm watching those letters get re-sequenced, if you will, letters get resequenced, if you will. So we're returning the recipe back to a normal recipe to tell the cells how to behave, because you don't need to manufacture excess fibrin and create scar tissue. So that's what I'm watching happen. Well, that's redoing its thing. Now what I'm doing is I'm looking in your GI tract. You got leaky gut, and so leaky gut looks like you know what a sausage link, how you've got the ground up meat inside the sausage casing. That's what the intestinal wall looks like to me. It looks like the casing that you put the ground up meat in for a sausage link. And it looks like if you took a little paring knife or a box cutter and you made little slits in it. That's what leaky gut looks like to me, Because that intestinal wall is only one cell membrane. That membrane is only one cell thick and it's not cuts but it's separations from inflammation. So what I'm watching is I'm watching your gut get cleaned out.

And then there's this white balm, if you will Think of a white face cream, like a thick face cream you'd put on at night before you go to bed to moisturize your face and I'm watching that. Get put in your whole GI tract to get the inflammation calmed down. And that stuff's great because it has anti-inflammatory properties in it. I swear it's got rocket booster fuel to help tender tissues heal. So I'm watching that. There's a vortex spinning outside of it, so hopefully that will help. Get in touch with Dr Maria Amasanti D-R-A-M-A-S-A-N-T-I.com. Dr Maria, she will help you get your gut healthy. She can't give you any prescriptions she's in London, but she is just. She's the best I've ever seen and she's affordable and she's darling. You will love her. So.

I would suggest you do that too, so I hope that helps. I hope you feel better. Thank, you.

1:00:47 - Geniya

Thank you, Julie, Thanks everyone.

1:00:48 - Julie

You're so welcome. Bye-bye, bye-bye, alrighty, everybody. That's it for our Valentine's special. I hope you are with those you love. I hope you get to do something fun. If you eat chocolate, I hope you get lots of chocolate and roses. I got a dozen roses a day early from Tim. It was very sweet for my Valentine present and we're going to go out to dinner, so that's always fun. So in the meantime, sending you so much love from Sweet Home Alabama. Bye, everybody, we'll see you next time.

1:01:23 - Ann-cr

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

1:01:37 - Disclaimer



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