

AJR Tanis Helliwell 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 Tanis Helliwell on the show with us today. Tanis is a mystic, she's a psychotherapist and she's the author of 11 books. I'm going to be asking her about fairies, leprechauns, spirit guides and about the Earth's energy in different places. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Tanis. Tanis, welcome to the show. I'm so thrilled to have you join us today.

0:01:28 - Tanis

Thanks for having me, Julie, oh my honor.

0:01:33 - Julie

You've been called a mystic in a modern world. First of all, what's a mystic and how's it different today than it was in ancient times?

0:01:43 - Tanis

Gosh, you know, I don't think I've ever been asked that question, but yeah, a mystic. A mystic is someone who sees other realms, and so, whereas a psychic usually goes into the astral realm and can talk about people's emotions and talk about their past lives and who they're going to marry, a mystic is more someone where different things appear to them. So they're not necessarily acting as a medium or as a psychic, but they have things continually that appear to them from other realms, and that's been the way it has been since I was born.

0:02:38 - Julie

Basically, what's another realm to you? What does that mean to you? Realm to you.

0:02:43 - Tanis

What does that mean to you? Well, it can be as easy as when I was a child, for example. I could hear what other children were thinking, even if they were saying something different to me, and then I would say to them why are you thinking that and saying that? And then they were frightened of me.

0:03:05 - Julie

I bet.

0:03:06 - Tanis

Yeah. And then I found out, when I would go to my parents and I would try thinking one thing and saying another, that they couldn't tell the difference. So from childhood I have kept this secret that I can see other beings in other realms, whether it's people who've passed over, or elementals or masters in many different realms.

0:03:38 - Julie

Okay, so back to a realm. What is a realm? A realm realm versus a different dimension? You said there's a difference between a psychic and a medium and it has to do with the realms and dimensions. Can you speak more about that?

0:03:52 - Tanis

Yeah, a psychic normally is very good in going into the relatively lower astral and that's the emotional, and that's where people go when they die, and that's where people go when they die and that's where people go in the dream state, so they're relatively conscious in that realm. A medium doesn't necessarily go there. The medium goes up to spirit, and so a medium can go through the astral realm, through the various levels and frequencies, dimensions of that, and up to the causal where all thoughts are so depending on their gifts, of course, and their own frequency. So that is so. I'm more of a medium than a psychic. I'm not particularly good if you get out cards and you start shuffling them and saying, well, what card am I going to turn up next? That is not a talent of mine.

I have no relationship with cards, right Me neither I don't either.

0:05:10 - Julie

I've never used them.

0:05:12 - Tanis

Well, we better stay away from Las Vegas.

0:05:17 - Julie

That's true. I've never. It doesn't work. It doesn't work at the horse races either, because I've tried it at Churchill Downs, I think at Chucky Derby, and I've done work there either.

0:05:27 - Tanis

Yeah, Okay, so that's where. So realms are dimensions and, as Jesus said, he said in my house there are many mansions. So mansions are these various worlds where different beings live, where happen to be on the earth. So part of what I do is I seem to be asked to go to these various worlds where other beings live In the form of spirits, in the form of spirits.

It could be more in the form of other evolving beings, such as elementals, which is what Nature spirits. Can you say more about that? Sure, that's where I actually started. I was in my early 30s when I ended up in a haunted cottage in Ireland, haunted by a leprechaun family, and so the man of the leprechaun family asked if I could write a book about elementals they call themselves elementals, they don't call themselves nature spirits and he said could you write this book in 10 years? So, even though it happened to me in my early 30s, this book didn't come out until my late 40s.

0:06:58 - Julie

Why did he want you to wait? What do you think that was all about?

0:07:01 - Tanis

Well, because in those days, Julie, people weren't even talking about angels. You know we're talking. We're going back until the 1980s, okay, you know. So I was already. I'm a psychotherapist by training, so I was already a practicing psychotherapist and specializing in spiritual transformation and helping people humans with their spiritual transformation. But I didn't know until I had that experience that I would be asked to start working with other beings. So that was the first realm that I was asked to speak about. And then, since then, there's been many more.

0:07:55 - Julie

Such as what would be some examples of some other realms besides leprechauns Are the fairies in with the leprechauns.

0:08:03 - Tanis

They are, yeah, fairies. So in with that realm. You've got elves, brownies, goblins, trolls, gnomes. Those are all elementals, Are they?

0:08:18 - Julie

all like cousins of each other? Like, do you have the leprechauns and the fairies in Ireland and then you've got the elves and the gnomes in the Scandinavian countries? Are they all kind of like they're all elementals, like we're humans, but you have African humans and Norwegian humans and Irish humans, and is that how that works? Or are they totally separate kinds of beings?

0:08:44 - Tanis

They're more separate in that their physiology is very different. They could interbreed if they wanted to, but they don't usually. They usually stick with their own caste they would say caste and they're more traditional than humans, so they also follow the jobs that their parents would have had. So a leprechaun, for example, is famous for making shoes and leather work, and so they're're more craft person where an elf you know, if it was a royal elf it would be more interested in fashion. So that was sort of the first goal at a realm that I was supposed to go and work in.

0:09:46 - Julie

Yeah, I love it. I've seen fairies and leprechauns in Ireland and yeah, and in the woods, and I asked them to come out and they come out and then they talked to me and I said thanks for coming out and saying hi and they said, well, we knew you could see us. And then they, you know, I talked to them for a while and it was interesting because I've seen fairies here in Birmingham, Alabama, where I live, but they're dressed differently. So would they like the elves in Ireland? To me look like Tinkerbell? The elves in Alabama look like majorette outfits. They had like a sparkly sequiny leotard kind of a thing, you know, like a twirlerette, like a majorette in a band, a high school or a college band. They look like the University of Alabama. Twirlerettes is what they look like to me, with the wings, but they're dressed differently. What's that all about?

0:10:46 - Tanis

they look like to me with the wings, but they're dressed differently. What's that all about? Okay, first of all, elementals. Often we're going through our filter. We tend to see them in human characteristics Sure and weight that they would dress. But also, even without our own human filter, they do dress according to the country that they live in. And elemental slim. They live all over the world, just like humans, and so that's why you saw them dress differently.

0:11:20 - Julie

That is hilarious. Oh my God, that makes total sense. Yeah, and the leprechauns look like I've seen pictures of leprechauns and I know enough with spirits they're going to show themselves to us in a way that it makes sense to us from our human perspective and from our own life's journey, of what we think they're going to look like, so we can identify them. And it may look different to somebody else. Is that what you find the?

0:11:48 - Tanis

same thing. Yeah, yes, yes, I do. And so when people say to me, well, what do they look like, I say, well, this is the way they look to me. Yeah, so I differentiate.

0:12:02 - Julie

Right, I was in Vegas in November and the Bellagio Hotel has this. I don't know if you've been there, but they have this fabulous conservatory and it's like a glass greenhouse but it's massive and they have a different display for each season and they had the fall season and they had fairies flying from all over, you know that were suspended from the ceiling and everything, and they look like woodland fairies. That's how they had them dressed and I thought whoever was designing this has either seen them or they've seen pictures of somebody describing woodland fairies and they all seem to have wings. They seem to have common characteristics, but what I'm hearing you saying, what I've experienced is they can be dressed differently with similar characteristics.

0:12:55 - Tanis

That's right. And there's a third option for the person who designed them and that comes back to you asked me earlier about other realms, but then we went back to elementals. Well, I've written about hybrids because one of the ways that elementals can evolve. If they want to learn free will because humans have free will and elementals don't so if they want to learn free will to become a conscious creator on this planet, because the humans aren't doing a great job, then they can, with the permission of their elemental karmic board and the human karmic board, if they are an old elemental, mature elemental, they can enter human evolution as a hybrid. So I wrote a book called Hybrids so you Think You're Human about 22 possible kind of human hybrids, of which elementals were one of those, dragons were others, merpeople were others. What's a?

0:14:15 - Julie

merpeople, mermaid, mermaids, oh wow. I saw Tannis last night swear to God. I was on Instagram after I did my show and there was a post that came up of a Chinese lizard that looked like a little mini dragon and I thought, well, perfect, I'm going to be talking to Tannis tomorrow and I thought is it that these different creatures and the legends about them are based on historic things that have just become legends over the millennia? You know, like the flying dragons and like the leprechauns and all of that? You can see them, I can see them, but most people believe they're a legend. They're not really real unless they've experienced them themselves.

0:15:13 - Tanis

They are real. I agree, and I've written about that. My latest book's called the Dragon Tale and it is actually about talking with a dragon on the dragon world in the dragon realm. So that's going to the solar system of Draco and the dragon world and how the dragons are helping to catalyze the frequency of the earth currently, so it can have a quantum leap in consciousness, and how dragons have been evolved in the evolution of the earth, even more than the evolution of humans, but the evolution of the earth for millennia and that's why it's in our stories of the dragons. Every country around the world has a story about the dragons. We used to. They used to be here more and people used to be more clairvoyant a long time ago than they are now. We've lost this quality?

0:16:28 - Julie

Back to the elementals that are hybrids. When you were talking about that, Tanis, it made me think of is this something similar to? We can evolve and we'll see, like an amoeba will evolve into a paramecium, that will evolve into something else, into something else and eventually a human. Is that your understanding of how that works, and is that kind of what's going on? Are elementals part of everybody's evolutionary process, every human's?

0:17:00 - Tanis

Yes and no Elementals. In my book Good Morning Henry, an in-depth journey with the body consciousness, I talk about the body elemental. So all of us have a body elemental that builds our body from lifetime to lifetime, and everything on the earth is made up of elementals. So there's elementals of the air and the water and the earth, and when I wrote about elementals in Summer with the Leprechauns, I wrote about earth elementals, which are the gnomes and the elves and whatever. But everything is made up of elementals, even our body.

And this body elemental evolves in consciousness as we evolve in consciousness in its relationship with the body and we program it with our thoughts and our feelings. But it is really the body elemental, is really spirit in form. It's really. I call it, you know, the body intelligence or the body consciousness. Eckhart Tolle calls it the inner body. But when I first wrote about the body elemental was in 1989, in Summer with Leprechauns, and I called it then the body elemental.

So it's very important, in fact essential, that we get in touch with our body elemental and start working consciously with it for health, energy and also for our own transformation. And I know that I'm speaking to the converted about this and speaking with you, Julie, because of your training and and what you're practicing. So so I think that that's very different from the hybrids that come into a human form. So that's why I said it's a yes and a no. So we have elementals here.

But when I wrote about hybrids, about dragons and merpeople, and about the pan-hybrid coming into form as well, I'm writing actually about Well, I'm writing actually about different intelligent beings who are already conscious in their own realms, who apply to the karmic board to enter human evolution at this stage in our evolution, not as an amoeba. So we know very little about what is really going on with the programming inside of us, whether we know the strand of our DNA and now we're finding out that you know about RNA and messenger RNA, but we know very little and those are only the things we can see. So we don't know about the programming on the astral level, the etheric level, where they can actually work with mutations to put this into a human form. It's way too subtle for us to be able to measure or see this. Yet this will come.

0:20:35 - Julie

This will come. So just for some clarification, just to be sure that I'm getting what you're saying here. It's not like we have a little elf inside of us that's programming us physically. What I'm interpreting is it's more of our spirit that when we're in heaven and we're planning our next incarnation, we say, okay, I want to be born from these people and I want to live in this place so that my life can have a trajectory that will allow me to explore and experience X, y and Z, and the whole alphabet, for that matter. And the elemental of which you're talking is the spirit that we all possess that goes through umpteen millions of lifetimes.

0:21:34 - Tanis

Yes, the spirit is the same really. The elemental by another name although I don't say this until three quarters of the way into Good Morning, Henry, because I don't want to give it away is actually the Holy Spirit. It's the Divine Mother. It's spirit in form. So that's what it actually is. But it is spirit in form, works with the elementals. It is spirit in form, works with the elementals. It is spirit in form. It has consciousness, elemental consciousness to be able to build everything.

0:22:14 - Julie

Well, and to be able to communicate with all these other spirits and elementals and others. I would think, I believe, that it's my spirit communicating with their spirit and your spirit communicating with their spirit and your spirit communicating with them and their spirits as

well. Does that make sense? Yes, it does, and we're all a fractal of the divine. Yes, so that would make sense to me as well. Back to the merpeople Sure, okay.

So I get back to the legend thing. You know the mermaids. My God, how many ships, ancient ships, had mermaids as their mastheads. And I had a. My girlfriend had an old one, I don't even remember how old it was. She found it in an antique store and it was a masthead of a mermaid off of a ship and she hung it over her mantle, she hung it above her fireplace. It was fabulous, it was fabulous. And they didn't hang it sideways, they hung it straight out. So when you walked into the room you know there's this mermaid that looks like it's coming towards you. But that was the best way to be able to showcase just how gorgeous it was, and the craftsmanship and all of that.

So back to the legends. Having truth to them, I mean the legends of the mermaids especially, more, even so, than the mermen, and you know. Back to Disney, what Disney's all about. All these legends? Yes, he is. Is there more to the story there? Was he led to tell these stories because of the legends, to keep the legends prevalent in each new generation of children that's watching all of these different movies?

0:24:04 - Tanis
He could have been.

0:24:05 - Julie
Yeah, I don't know Walt Disney, but he could have received either unconscious communication about it or conscious communication. So he's here, his spirit's here. He's talking in my head. I want this to be Well. He's saying it was conscious communication, that he could communicate with spirit and that's where so much of his ingenuity came from. And he said he's telling me that that was.

I've never talked to Walt Disney's spirit before, but you know, we can talk to any spirit we want, whether it's attached to a body or not. But he's saying that he was led to keep the legends alive. He's also saying that that's where so much of the inspiration that he had came from. And he said that spirit communication is what kept him afloat when he was facing bankruptcy multiple times throughout his career. And he was being led to create this stuff, he's saying, because he knew that he could be. The Kickstarter is what he's saying. You know, like the jump, the fire start the fire and the fire would continue to expand, the fire being the ability to have these legends and these stories. Ability to have these legends and these stories. And this was a way unlike regular movies and plays, where there is a new generation that comes in every year of people to explore and experience that. He said that's why he was led to do the children's side of the equation, which was brilliant.

0:25:44 - Tanis
Yeah, perfect, and it makes a lot of sense, doesn't it yeah?

0:25:49 - Julie
That it's a modern day way to keep those legends alive, but none of us know that they're really legends.

0:25:54 - Tanis
Exactly, they're just entertainment and he might have been a hybrid, because oh yeah, yeah, and he may be like a hybrid who was given that dispensation to do that. A lot of hybrids I've discovered, especially elemental hybrids, are very creative. A lot of elemental, royal elementals royal elves, for example end up becoming well-known movie stars. They're so gorgeous that they attract people automatically to them.

0:26:40 - Julie

I just asked him, I just said were you a hybrid elemental? And he said not in the lifetime that we knew him in, but he had been in several previous lifetimes. Well, there you go. Yeah, Interesting. Yeah, so the mermaids and the mermen mermaids seem to be more popular than the mermen. You know, we think of Neptune as what the mermen look like. Right, yeah, so do you believe that sailors of long ago really did see the mermen and the mermaids? Do you believe that sailors of long ago really did see the mermen and the mermaids?

0:27:19 - Tanis

Yes, I think so, Because there are stories about mer people all over the world. You have them not only in Greece, but you have them in Japan, you have them in South America, really, yeah, iceland, yeah, the whole Viking thing yeah, I can see that too. Yeah, and the Vikings used to have the dragon on their pride. That's right.

0:27:49 - Julie

Yeah, interesting. There's a woman who I met named Signe Pike who writes novels about Arthurian legend that are historic novels and she's researched a lot of this and she finds that these legends there's always a spark of truth that she can go back and she can research. And she said most of us believe that King Arthur and the Lancelot and the Knights of the Round Table and all of that all happened in England. And she said it didn't. It happened in Scotland. The whole lady in the lake and all of that and in her books they're really interesting. She talks about you know what the research is that she found when she was on a quest to uncover that. And it sounds like you've done a lot of the same thing. When you're writing your books, are you having conversations with the elementals? Do you find that you just get divine downloads or what's happening? How do you do that?

0:28:50 - Tanis

Yeah, I'm having conversations, so I see with my third eye and I hear with my third ear and feel with my third heart, so I receive it all in all those ways. In all those ways, and so I go to their realms more. So it's more like being conscious and talking with them, like we're speaking with you now. So, whether it's the elementals, or speaking with merpeople, or speaking with dragons, it would happen in this way. And when I was a psychotherapist too, Julie, I became interested in there were people who were hybrids, who started coming to me and I could tell from their addictions, their problems, their relationships, so many things that had happened to them in their life, their loves, their passions, what they liked, what their talents were. I could tell what kind of a hybrid they were.

0:30:04 - Julie

Could you give us an example of some of the commonalities in the hybrids?

0:30:10 - Tanis

Okay, well, you're interested in elemental, so I'll talk about that. Elementals usually have a problem with addictions. So whether they're an elf or a leprechaun or a gnome or a goblin, it's addictions is a problem. So that could be addictions to alcohol, drugs, sex. They are more amoral. I wouldn't say they're immoral, they're amoral. What's the difference? Amoral is that the immoral is going with human standards, but amoral in their world.

If they're bored with a particular partner, especially if you're an elf, if you're bored with a particular partner, you may just want to go with somebody else and your special partner is not going to be particularly concerned about it because they may be going with someone else.

So this is how you get the stories in our nursery rhymes and all these children's tales about humans being abducted, about a male human being abducted into the fairy world by the queen of the fairies and how when they came out again it was hundreds of years later. And so there's

lots of stories, old stories, about this kind of thing, and this would happen because the queen of the fairies or some other royal fairy just thought oh, that's a cute human, so I'm just going to charm that one and we'll be off to my world. But then it's a different time sense in the elemental world. They live so much longer than we do and things go so much slower. So when the human gets tired or bored and they come back to the human world, maybe a hundred years has passed, so there are stories about that, wow.

0:32:29 - Julie

You're blowing my mind, girl. Yes, wow, okay. Did you find commonalities with the merpeople and with the dragons?

0:32:41 - Tanis

Well, there are. Yes, there are humans who are dragon hybrids. I carry a bit of this myself, actually and dragons have received. If you're Chinese in the East, dragons are very beneficial and favorable and you would like to have one, and the emperor of China always had a dragon. Yeah, they got lots of statues of them, that's right. Yeah, and that's because they're going to bless you with wisdom. But if you're living in the West, dragons are St George and the dragons, so you've got to kill the dragon. Now, that emerged because of Christianity. Christianity always wanted to kill the old pagan beliefs, right, so that's where that started happening.

0:33:46 - Julie

I was in Ireland last fall and I was at Ashford Castle in Galway and we took a boat ride in their lock, their lake and to this huge island and there were ruins of a fifth century church there and there were tombstones that were written in Latin, but they were written in the Druid styles, so they were straight up and down, like Chinese writing, you know, is vertical versus ours is horizontal. And the tour guide who was the boat captain it took us about an hour and a half to get over to this island from the castle and the boat captain was lecturing in front of some ruins of this fifth century church that was there and there were seven saints' faces that were carved into the stone and it was in an archway and above the archway were all these fairies. Tannis and I could see them and they were looking down on all of us and so after he was talking, I told him I said there's a bunch of fairies up there above the you know those carvings and he said yeah, they're there all the time. Most people can't see them and he said I've never seen them but I've had other people tell me that they've seen them and they just were having fun. I mean they reminded me of little kids that were hiding behind a rock watching the grownups and kind of spying on them and having a good time.

Do you find that that is the case primarily with all of these elementals and the merpeople and all of that and the merpeople and all of that? Are they primarily exhibiting a sense of joy, or are there darker elements to them, like the legends the legends of the leprechauns and the fairies is you don't want to make them mad because they can really mess up your life. You know they can cause all kinds of problems. What's been your experience on those lines?

0:35:47 - Tanis

It totally depends on the kind of hybrid or the kind of being that they are and their evolution. For example, elves may not be trying to mess up your life at all, but goblins might, because goblins are practical jokers.

0:36:10 - Julie

What's a goblin versus an elf? Is it a type?

0:36:13 - Tanis

of an elf, yes, like an elf. An elf is like tall and slender and royal and charismatic and a goblin has longer arms and maybe not so beautiful. And you know, think certain people. I don't want people to think, oh, I'm saying for sure that this is the person. But think of some movie stars,

right, and you'll think oh well, think about Nicole Kidman and what she looks like, for example. Or Cate Blanchard and what she looks like. So that's more like a royal elf. Think of Robin Williams, leprechaun, yeah.

0:37:00 - Julie
Character Just fun.

0:37:02 - Tanis
Think of Nick Jagger, goblin oh interesting Okay.

Yeah, so, and I found that. So elementals may have problems with addictions and things like that and being immoral, but they are fun loving. However, in their world, when they're bored with living, they can just fade. They can just start fading and fading, and this can take a long time, but they fade out of existence, whereas in our world, if you're tired of living, you don't fade necessarily, you have to commit suicide. So elementals are, they're stimulation addicts. They get bored very easily. So they may be more inclined to suicide than other human beings, for example, or hybrids.

0:38:05 - Julie
Fascinating. Well, and it's fascinating how you've been able to combine your psychology background with this spiritual side of the equation and make the connections that you have Fascinating. Do fairies and elementals and merpeople and all that do they have their own, like little homes and little villages and things like that, like is there something in the ocean, in the bottom of the ocean or inside a cave or something that merpeople live in, or how?

0:38:43 - Tanis
does that work? But they're. Once again, we're talking about astral realms.

0:38:50 - Julie
Okay, so we wouldn't necessarily be able to see them physically. We could see them telepathically, perhaps.

0:38:57 - Tanis
Exactly, and merpeople may very well be on the Earth, living like that in an astral part of the earth, but they actually have their own realm, their own world now, which is separated out from the earth realm. So you've got sort of, as far as frequency goes, we are in the heaviest frequency. Then there's the elementals world of the elementals, Then you have the world of the merpeople and here you have high like lower causal realm dragons. So that is according to frequency of the hybrids we've been discussing and where those realms are.

0:39:51 - Julie
When you first started seeing these elementals and others, you probably, I would imagine, didn't think anything of it. You said your friends couldn't see them, but you could. What was your family's reaction to that? And then give us a trajectory, kind of of where you went from a child when you got into being a therapist and then how you were led into working with all these different entities as a mystic?

0:40:20 - Tanis
Okay, well, first of all, I didn't tell my family about it, what I was seeing or doing, because they could not understand, and you just knew that intuitively. Well, I absolutely knew it, because I had a lot of experiences confirming it. However, that being said, my mother, having the Irish heritage, also had second sight.

0:40:49 - Julie
Which is.

0:40:51 - Tanis
Yeah, second sight is being a psychic.

0:40:54 - Julie
Okay.

0:40:54 - Tanis
And I saw her demonstrate it, but she never, ever spoke about it and she always covered it up. So it was a secret she was trying to keep. Plus, she wasn't having these profound experiences that I was having as a child. I mean, Julie, I would lie in my bed with a closed door and I would be thinking I wonder what mom and dad are talking about now. So I'd leave my body and I'd float out and go see what they were talking about, and then I'd race back to my body and I'd call out the answer to what they were talking about, and then I'd race out of my body and they'd be going how can she hear us? And then they would shout go to sleep big ears. So what they used to think was that I had extremely hearing Supersonic hearing, yes Whereas I never told them what I was doing, and there were lots of things that I was doing.

Were you an only child? No, no, my brother also had a lot of gifts and he was sent to a psychiatrist to be fixed and he was never the same. So I kept it all secret until even until my book you know, some with Leprechauns came out, really, or I had an earlier book that came out in 1988. And it was called Decoding your Destiny and that was my first book and that was all about stages of incarnation. That was my most spiritual book of every book I've ever written.

0:42:52 - Julie
Were your parents still alive when your first book came out?

0:42:55 - Tanis
My mother was and by then she was actually a student of mine and she used to come to by then. But in my late 20s you asked me like the progression. So in my, I almost died when I was 19. And what happened? Hanging by a rope toe when I was skiing and the power didn't cut off, and you know just, it was a near death experience and I was given a choice to go or to stay and I saw the repercussions of each. But I was told, if I wanted to stay, if I agreed to stay, I wouldn't be able to teach till I was 28. So I started teaching past life regressions and meditation, because I've been meditating since I was about 20. When I was 28,.

When I was 28, and then my mother started becoming my student. And then in my 30s I started taking people to tours around the world and I did that for 22 years I want to hear about that too to sacred sites, right, and at the same time as I was doing that, I was still a psychotherapist and by then I had also become a management consultant and I was working for people like IBM and banks and government. But I wasn't telling them that I was what I, you know I can be completely normal. You know I pay my bills and I drive my car, you do laundry, yeah, yeah, you know, like like you, like me, you function, you function down here.

So no one ever guessed until my first book came out. But because I mean, there was only 5,000 copies, so you know, no one knew too. They were all sold, but no one really knew too much about me anyway. So that was good, but anyway. So then it continued like this. So the tours went on for 22 years, continued management consultant, da, da, da, da. And then the leprechauns, you know, took the next 20 years as well as being a management consultant. And then I opened in the year 2000, january, the International Institute for Transformation, which has been going for 25 years, and this is to help people. I work in Europe two months of every year. I don't see people individually anymore and I do online courses and I write books.

0:45:44 - Julie

So when you were doing your management consulting, did you bring in the spirituality in your management consulting kind of under the table? Did they know what was going on? Were you drunk about it? How did?

0:45:56 - Tanis

you handle that. A couple of things happened. One was I actually became famous for the past life regressions. I was on national TV and radio regressing announcers to their past lives and I thought this was my weekend stuff and during the week was the other. And what was the problem? But half my clients fired me. Yeah, when they heard you on TV Credibility issue and in all the national papers too, right, Of course. Yeah, so, yeah. So that was a bit of a crisis, but I decided if you ever give up who you are, you should, you know you never stop. So just go on. So that was one little crisis and it just ended up. Everything turned out fine and then I became famous again.

It's kind of funny, I didn't seek this. I wrote another book called Take your Soul to Work, which came out in 1999. And then I was speaking at conferences all over the States and Canada and Europe.

0:47:24 - Julie

To what kind of audiences? Business audiences.

0:47:28 - Tanis

Spirituality and business, but also even government and banks, would have me doing their annual retreat to help motivate their clients Not in spiritual, although it's called Take your Soul to Work. It was how do you feel that this is meaningful work? Right, this is how they would have coached it. I would have coached it differently, but for them they would coach it like that. How can our employees be happy doing this work, and what do we need to do as an organization to ensure that they will stay and they'll be productive and they'll be happy? So that's how they saw spirituality. I saw it as I'm a catalyst for good and I'm in there catalyzing spiritual transformation in these people.

0:48:28 - Julie

Tell us about leading tours to sacred sites. Can you give us some examples of sacred sites and what makes them a sacred site, and what were your experiences at a couple of them?

0:48:40 - Tanis

Well, normally sacred sites are built on old energy places of the world, so the old ley lines which, by the way, as you know, are also called dragon lines, and these are the oh yes, and they're the kundalini energies of the earth that the dragons are working with to catalyze the transformation of the earth. So we started going to these places. Some of them are churches, some of them are stone circles or caverns, but they were sacred to people, some of them thousands of years ago, such as the pyramids of Egypt, and some of them, you know, became famous like shards, and some of them, you know, became famous like chart?

0:49:32 - Julie

Yeah, what about Stonehenge and what about Easter Island and those kinds of places? Did you go there?

0:49:39 - Tanis

I was actually told by spirit which country to go to and like. For example, sometimes I didn't get to go to where I wanted to go for like eight years Because we would do a tour a year. And I was told which country. And I knew that there were two purposes, but the primary purpose was

because the sacred sites are built on the dragon lines. Those are the acupuncture points of the earth. So I knew we had to go to heal the acupuncture points of the earth. So I knew we had to go to heal the acupuncture points of the earth to help release stuck energy. So we went to meditate to help release energy in these sites.

And then the second thing was, yes, the people who went also went through their own spiritual transformation and we were able to get into sites for private time that others just weren't able to. It was really astounding, like private time in Stonehenge and private time in Newgrange in Ireland, and our guides who I you know would always get guides who were spirituals you know they would. They knew the history and the culture of the country. That's what the guides were, but they also were spiritual and I had guides saying I can't even get private time here. Awesome, awesome. So it was. It was really. It was spirit making it available. I'm just a tool and I really do mean that. I'm sure you are.

0:51:25 - Julie

Yeah, I've closed in my how can I serve?

0:51:28 - Tanis

Yeah, yeah, yeah. You too, I knew you felt that way, so I'm just a tool. I just, you know, need to listen and do it.

0:51:38 - Julie

Yeah, absolutely Okay. A couple more questions as we're winding down here. I could talk to you for hours, girl.

0:51:49 - Tanis

All right, tell us about Lloyd the Leprechaun. Well, that's the name of my leprechaun friend who I met in the haunted cottage in Ireland on Ackle Island, remote island Ackle. And um, were you afraid when he first showed up? No, no, I wasn't afraid. No, no, he wasn't menacing. No, it was more like I was. That was my summer that I thought I was going to become enlightened, you know, by meditating in an isolated place. That was my intention. But he sort of nixed that, didn't he Right? So I was more like disappointed, like what?

0:52:29 - Julie

Yeah.

0:52:29 - Tanis

What about my remote cottage? So he's funny, he's amusing, he's very bright, he is a scholar. He studies humans. His job is to go around the world and get elementals who want to be partners with humans to co-create a beautiful world. So that's what he does, and I was the current partner because, of course, I'm not as old as him and I won't live as long. So I was the current partner for the 30 years and my job was to do workshops on elementals and humans would come and then I would do guided visualizations and they would get a partner, and so that's one of my main focuses in life.

0:53:21 - Julie

So does he hang out with you in Canada now.

0:53:24 - Tanis

Yes, they travel in space and time, so they just think about where they want to go, and there they are.

0:53:31 - Julie

They are interesting, and do the elementals and the merpeople and the dragons and all those different realms? Do they have a role where they advise humans, like Lloyd advises you? It sounds like. It sounds like he partners with you to help humans. Do you find that a lot of those entities kind of partner with humans or they're like a guide that's putting ideas into the human's heads to help guide them?

0:54:03 - Tanis

Yes, I think so, I think so and, once again, you know that that is that spirit's purpose with them, and they are given permission to do that.

0:54:19 - Julie

Before we incarnate? Do you think we have a relationship, like you had a relationship with Lloyd before you incarnated this time, and that you guys hooked back up once you became an adult and met him when you were in Ireland on that trip, or do you think he just kind of latched on to you after the fact?

0:54:40 - Tanis

Yeah, I don't remember a relationship with Lloyd prior to my incarnation this time. That doesn't mean I didn't have one, but I don't it's not been anything that stuck with me. What I have had is a relationship with my dragon brother on the dragon world, so that that one is one of my simultaneous lives lives.

0:55:18 - Julie

Lloyd is talking in my head. He told me he was assigned to you and he's saying that you are one of the people currently living who understand elementals better than anybody else is what he's saying. And he said look at her. She kind of even looks like a leprechaun. I mean, if you dressed her up and those of you that are listening, she's darling, she's cute, she's little, she's got red hair. She's darling looking, so I can see that. But he said he's saying no, he was assigned to you and he's laughing about it. Like you know, he hit the jackpot when he got assigned to you. So who assigned you, Lloyd? He said I heard the head leprechaun. I don't know who that is. Is that the karmic board that you're talking about? Who's the head leprechaun? Have you ever heard?

0:56:03 - Tanis

that term, the karmic board. Yeah, we call it the karmic board. There are masters, you know, masters above masters above masters working. You know all those levels working with us, and how little we know, eh, Julie, how little.

0:56:21 - Julie

We know it's fascinating and it never ends. And I know you feel the same way. You kind of dip your toe in this pool and then it's an endless journey that you just keep more and more and more and more unfolds and you're fascinated by what unfolds next and you're led to the next thing and the next thing, and the next thing. You have said that we all have three qualities in our hearts love, wisdom and the divine and that it's important to balance them to become a conscious creator. Can you say more about that?

0:57:04 - Tanis

The divine will is God the Father, it's the Holy Trinity, god, the Father's divine will, god the love. God is Christ consciousness and God wisdom is Sophia, the divine mother, which is also the Holy Spirit. So those are the three qualities in all of our hearts and those are qualities we need to become a conscious creator. And when I was a therapist this is when I really became aware of this was when I was a therapist and seeing people come and noticing what is their strength and what is their weakness, and I knew that one of my functions was to help people develop

their weakness. My natural strength is wisdom and I've worked on love my whole life, I think because of the incarnation. I told you about that it was lacking. About that it was lacking. And since forming our institute, because I had no intention of ever having an organization, I preferred my independence, but it was requested by many people that I would mentor them long-term. So because of that I agreed to have this organization.

0:58:45 - Julie

And that has really catalyzed my will Interesting. All right, if you have somebody that needs to raise their vibrational level, is there a quick, easy way that anybody can do that can raise their vibrational level and perhaps get to the level where they can communicate with an elemental or a mer person or their spirit guide or whomever?

0:59:06 - Tanis

Oh quick. Well, it's all based on frequency for a starter. So work on your own transformation. So where do you start? Meditate, absolutely. Create a space in your life of pause. Pause, meditating, focusing, concentrating, letting go of attachments is absolutely key. Self-discipline, overcoming your bad habits of what you're saying or doing and staying in neutral, positive. So being neutral, no matter pain or pleasure, but always optimistic and have a good sense of humor.

1:00:01 - Julie

Yeah, I find that spirit's really funny a lot of the time. Do you agree with that? Absolutely? Yeah, I say lighten up, Frances. You know people get so serious about all this spiritual stuff. I'm like spirit is pure love and joy. Lighten up, we're supposed to have fun, Do you?

1:00:17 - Tanis

agree. Yes, yes, I do. I do Most masters. If you talk, you know. Look at stories of most masters that have been recorded. You know, self-realized masters, they have a great sense of humor. The Dalai Lama.

1:00:39 - Julie

The Dalai Lama is hilarious. Yeah, absolutely yeah, there you go yeah. I agree. Last question, Tannis why do we incarnate?

1:00:50 - Tanis

So that we can reincarnate in consciousness with the divine.

1:00:55 - Julie

Okay, wonderful, what an extraordinary woman you are. My girl, holy schmoly. You just have shared so much wisdom with us, a lot of the stuff I didn't know, but I'm fascinated by it. I want to have you back because I got more pages of questions, stuff I didn't know, but I'm fascinated by it. I want to have you back because I got more pages of questions that I didn't even get to. Thank you for doing the work that you're doing to help people get closer to their own spirituality, get closer to their own gifts, help them develop those gifts and things along those lines. I just am so thrilled to have the opportunity to chat with you today and explore a lot of these things with you. So thank you for the work that you're doing.

1:01:42 - Tanis

And you too, Julie. I thank you as well, you know, for all the people you're helping. Yeah, so it's all about world service. Like you said, it's all about world service. Like you said, it's all about service.

1:01:53 - Julie

I agree.

1:02:00 - Tanis

How can people learn more about you and your work and your trainings and your classes and all of that? Well, they could go on. I've got two websites they can go on. Just my normal one which is www.Tanishellowell.com. One which is www.Tanishellowell.com, but the other one we use for a lot of our online courses and our newsletters I think they'd like that one. It's called www.myspiritualtransformation.com.

1:02:24 - Julie

Okay, and we'll put those in the show notes too. Yeah, thanks for having me.

1:02:29 - Tanis

It's been a great chat. You asked wonderful questions and we galloped through a lot of material we did.

1:02:36 - Julie

We covered a lot, absolutely, and everybody listening and watching, certainly. Hopefully, you've learned a lot, like I have, from Tana, as she's like the queen of all of this stuff that's, I think, been around us for forever and I love the Disney connection that came in Tannis. I think that was really profound, very interesting. Yeah, very profound, very profound. God. You just think of what that man accomplished and you know, and his legend continues to live on. And look at the seven dwarves, you know were they elves?

1:03:16 - Tanis

No, they weren't elves, they were gnomes.

1:03:19 - Julie

They were gnomes, all right, but they were elementals. They were and.

Tinkerbell was always with Walt Disney. Tinkerbell was always flying around Walt Disney. So all these elementals when we go back and we think about it, look at all of these references to the elementals. There's definitely something there. It'd be fun for us to have you back and just explore that. If nothing else, we'll do that sometime. Alrighty, everybody, lots for you to think about. Hope you enjoyed this as much as I did. In the meantime, sending you lots of love from Sweet Home Alabama, and from Canada too, where Tannis is. We'll see you next time.

1:04:02 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at [AskJulieRyan](https://www.instagram.com/AskJulieRyan), and like her on Facebook at [AskJulieRyan](https://www.facebook.com/AskJulieRyan). To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:04:17 - Disclaimer

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