

## AJR Vincent Genna Transcript

0:00:01 - Anncr

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 Vincent Gonna with us on the show today. Vincent's a Hollywood actor and singer who's also a psychic therapist, a medium and an author. His teachings blend new and provoking insights with science and ancient wisdom that resonate with our souls knowing. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Vincent. Vincent, welcome to the show. I'm so thrilled to have you.

0:01:25 - Vincent

Oh, my gosh, how exciting to be here, especially at the beginning of a new year. I love being able to do these kinds of interviews, so thank you for having me. Oh, my honor.

0:01:38 - Julie

Does everyone come in with a life purpose, or do we develop it along the way?

0:01:45 - Vincent

That's a great question. I don't get that asked much because everybody has their own answer to it. But the answer to that very simply is yes, we do. We have a plan, and the reason why we have a plan is because of what we want to achieve while we're here as souls and spirits, we want to be able to evolve and grow more, so the only destiny that we create for ourselves is when we're on the other side. It's a blueprint. Just like every builder building some kind of development home structure, they will start off with a blueprint. Now, that's not to say that blueprint doesn't get changed in some way while he's working on it, or she's working on it, right, it happens all the time. Well, we'll do that too, but the only problem is that we don't know we have that blueprint, we forget it, right? That's what free will is all about. We hope to be hearing our internal guidance so that we can follow it, because it does make it easier.

Those people who feel that, all right, they have some struggles at times, maybe some detours not bad, but no tragic things stopping them and a reevaluation of life and total changes that chances are. If it's a little bit easier for you in this lifetime. It means you're on your path. But as we get here and, Julie, you know all the stuff that goes on while we're here we tend to forget what we might have brought in with us, even unconsciously. There's a whole bunch of layers of stuff that get on top of that, and so we may be misdirected. I will say this the harder your life is, chances are you are completely off that blueprint and may be trying to work on somebody else's. So, yes, the answer to that question I just gave you the abridged version. There's an unabridged version of that, but the simple, simple version is yes, we do come in with a plan and a purpose.

0:03:51 - Julie

That's a profound statement, Vincent, because it's not often that we hear, when we're struggling, that we're really off course. We're off of what our path is, and I agree with you that most people believe that it's what God has set up for us and it's what we decide. That's what spirits told me a bazillion times, and I'm sure you have heard the same where we choose, where we're born, when we're born, to whom we're born and the circumstances into which we're born, so that our lives can have a trajectory that will allow us to explore and experience whatever it is we came in to explore and experience. Would you agree with that?

0:04:33 - Vincent

Oh, totally that. You just said it a lot clearer and shorter than I just took up five minutes to say.

0:04:38 - Julie

Yeah. Well then it begs the question which I get, and I know you have, many times as well. Well, why in the name of God would I choose something that is a life full of tragedy and horrific experiences I always think of? We need the contrast. If we know what we don't want, it helps us create what we do want. And if everything was all hunky-hunky all the time, we wouldn't have any incentive to create anything new. And it sounds to me like you've achieved some of your goals that you believe you set in heaven. Perhaps it was through a circuitous route. It was not necessarily how you had originally envisioned it, but that's when the free will piece came in it did.

0:05:27 - Vincent

And can I add just one other point to that? I put together a little scenario and story of Jesus and God before Jesus decides to incarnate here. So the two of them are talking and Jesus is sharing his plan and God goes what? What are you going to do? You're going to go down there and, okay, you're going to help the people, you're going to get them on track again. I get that part. I get that part, but you're going to be what? You're going to be crucified. What are you, meshuggah? You're going to go down there and get yourself tortured because you think that's what's going to get them back on track again and remind them who they are. You're crazy, man. I'm telling you right now. That's a crazy thing to have to do.

I love the way I think about that, because there's Jesus's soul. All right, supposedly the God incarnate, but I believe he's a big brother and sister, right, choosing to help us, came down here to remind us who we were, not who. He was right, but he chose to go through all of that. Why would any soul choose that if not for a greater intention? And he achieved a lot, but the only thing that happened is that we misinterpreted everything. We're the ones that went off track. Jesus didn't go off track. None of the spiritual leaders went off track. We did, and so, yeah, but he did that. He made a horrible plan for himself and he sold contract. He sold, contracted, and I love the idea that we know and religion knows that Jesus came down here to do that. We know and religion knows that Jesus came down here to do that to free us of all our sins and have us forgiven. So he had to set up all the preliminaries that were going to happen to get there right, including Judas, right, the one who betrays him. How did he set that up unless he didn't do it beforehand, before he came down here, asked the soul and contracted with the soul?

Listen, I'm going to need you to do me a big favor, and you're not going to like it. What is this like? Well, you got to go down there. We're going to be really good friends. You're going to be doing a lot of work with me. You know I'm going to be saving. I told you my plan, but, but you have to be the one that betrays me and turns me in what they're going to hate me. I know, I know, I know, I know, but I need that, I need to get this plan done. This is the only way that I can do it right. So this is you know, we have to look beyond this physical world in order to see some of the things we do set up for ourselves, even the greatest of us, and not just the

smallest, weakest of us. You know what I mean? It's just like so. So yeah, we would. We would say that.

0:08:11 - Julie

Everybody's got their role to play. Everybody has their, their piece of the puzzle. When you say religious leaders went off track, what do you mean by that?

0:08:23 - Vincent

Well, okay, so here's, this man comes down and he's telling us what we're capable of. Right, we're capable of all these miracles and even more. You're capable of being one with god. You're going to get all your abundance, everything that you ask for. You don't have to fight for it, you just have to ask for it. All these beautiful things that he was saying we were capable of.

And it was during a time of poverty, constantly being hurt and abused by the Romans and killed by them, and then illness and leprosy it was, you know, running rampant through life. And this man comes down and says that you can live in peace, harmony and be able to have abundance in anything that you want. You know, no more poverty or anything like that. And we're sitting there and we're going. How on earth can we do that? Well, I understand that he believes that we can do that. He's great, he's wonderful. Wait a minute, I know why he can do that and we can't. Yeah, he's great. Look at all the miracles, all the things that he's doing, and we can't do that. That's because he's the only son of God. I get it. I see.

We totally transformed the view of Jesus and the message he was giving us into something that was unattainable for us, truly unattainable. Even today's spiritual people. Okay, Marianne Williamson, wonderful spiritual leader, in her course of miracles has a whole chapter dedicated to the fact that, yes, we can and are supposed to be doing things just like Jesus did, but chances are we're not going to be able to because our ego gets in the way. So even our current spiritual leaders today and luminaries are still setting up reasons why we're so imperfect, are still setting up reasons why we're so imperfect yeah, that's it All of a sudden I was just thinking that word and that we're incapable of doing those greater things, again making us realize that we're less than that. We're not this great feature.

And that's what the religious leaders wound up doing. They needed us to remember, or remind us that we're imperfect. We're only human. We are not these divine beings here. Only Jesus was. But by believing in him, then you can get to where you need to be afterwards, after, not here, afterward. And we know the New Age New Thought Movement was all about what we can attribute here, and we also cut out when Jesus said the kingdom of heaven is not a place, it's within you. So you have to create your kingdom of heaven here and then you might be able to create it there too, but it's here that you can have your kingdom of heaven, and so they didn't want anybody to know that.

Of course, people think that religion, the religious leaders, did that in order to control us.

Well, any leader of society always believes that they're protecting that their followers are really not as intelligent or capable of dealing with that higher understanding than they are, and they're constantly hiding things and protecting the early Hebrews right and Jewish people formed the Kabbalah, which was the book of mysticism, and only the greatest of scholars could read that material and share it with each other.

It's only been open to us recently, but even they back then and long ago believed there was a whole bunch of writings and texts that we were not capable of understanding, so that suppressed our growth and evolvment.

Certainly, Jesus turning around and saying you can walk on water too and you can heal too, and you can do anything that you want, that I do. You can walk on water too, and you can heal too, and you can do anything that you want, that I do, you can do. That is going to be the hardest thing for everybody to believe, because he was saying you are one with God as well. You are the light of the world, you are a good shepherd. They just changed those words because they didn't want us to believe that, because they didn't think we could handle that words, because they didn't want us to believe that, because they didn't think we could handle that, and so that's why it went astray, is they kept, and everybody winds up keeping that separateness from your higher self, that godness within you, your divinity, shall we say, and that keeps us separated from that, as long long as we're constantly reminded we can't.

0:13:08 - Julie

So do you believe that the are you witnessing, are you experiencing? Do you believe that the zeitgeist is starting to change in the other direction, into people understanding? I always talk about that. I believe we're all a fractal of the divine.

0:13:27 - Vincent

Oh, yes, absolutely.

0:13:29 - Julie

And I believe that, and what I'm witnessing is that people are starting to open that, crack a little and go okay. Well, wait a minute. Maybe there is more to the story than what we've been taught in traditional cultures and religions. Are you starting to see a shift begin to happen, or happening, maybe even more so than just a beginning? What are your experiences of how people are seeing this now, and is the message getting out perhaps more succinctly and in a more understandable way?

0:14:09 - Vincent

That is a reloaded question for me. I've just recently been having all the discussion all around that one question. So let me ask you this. Certainly, I would start with the answer. Because of all our technology, today, the information is able to get out to people more readily and easily. Okay, it's available right at their fingertips now, right Before they'd have to go to the library, bookstore, buy something whatever or talk or go study at a temple, a church or wherever in order to get any of this information. But how old is the information, would you say? Julie? It's pretty ancient, isn't it? And we've had all these spiritual leaders come down and teach it to us, right, right? So why are we saying and thinking that only now it's opening up to people? That's not been the problem.

All this information resides inside of us. To start with, like you said, we are fractal parts of the divine. Matter of fact, the way God created us was by taking a piece of itself and dividing it into us. That's what was meant by. You were created in my image, and all that God has. We have All that information, all that information, and so we're coming down to learn. Or let's say the way Edgar Cayce put it was know what we know. So there's an unconscious knowing that's in our soul and we have to come to a conscious knowing of that information and it's through our experiences. We've been doing this for 11,000 years at least. Right, yeah, right. And so we've been reviewing this information. But now, all of a sudden, because of the new age movement comes out and a new thought movement. We think that's new. It's not new. There is nothing new to what we're learning today. And if you ask me, is there a higher consciousness ship? I say there's more people now today looking for it and, like I said, it's easy to get. I mean the spiritual and the self-help book publishing, and companies are all over the world which and the highest ones, it's a \$33 billion industry a year with all and that's including all the affirmation decks, all of those things, the audios, the books, right, a billion dollar industry because of people getting it. Why hasn't anything changed then? Because we've all become bookstores, all become bookstores.

Obtaining the information is not what we need. It's not the answer. It's applying the information and we don't apply it when we don't believe it. My book, the premise of my book, is that people don't believe what they think they believe. Because there's actual defense mechanisms that stop you from knowing what you're really believing. Everybody is processing all this information on a very surface level.

Yes, I'm doing my lectures at all these conferences and I go, and after I do my lecture, I don't leave. I want to hear what everybody else is saying because I want to know what they know, and I walk out of there and go. They don't know anything, not a lot of them. They're saying some of the same stuff in pretty ways, in channeled ways, through other beings and entities angels, you know, aliens, whatever that are speaking all this incredible information and still there are people bombing the world, shooting each other, blowing up cars with people, ramming them down the streets with vehicles.

The Earth itself is a reflection of what we're going through. There's the sign. Self is a reflection of what we're going through. There's the sign. There is what will prove to me that we are making positive changes for sure. So, yes, do we have the capacity? Absolutely. Do we have the information? Absolutely.

We've got to do the work, and each person has to do their individual work in order to get to that healing that we are capable of doing. That's the only thing that's going to work. So, yes, it's not because we have more new age and new thought movement and a higher consciousness shift. It's that people are starting to wake up and go. Wait a minute. I don't think we need to go through this. I don't think this is right. All right, what do I need to do? What do I need to do now? And they're taking on a personal journey of self-healing, because that's what I speak about.

You know, I love when I hear a speaker turn around and say it's not about I, it's not about me, it's about us. There is no I in the word we. Well, of course not. It's a W and it's an E, but there is no we without collective I's. So, therefore, the common denominator of the we is the I.

My point is that the I's each one of us have to do our own self-healing in order to pass that on to the group and then we bring in. That's what our spiritual leaders did, right. They grew and as they grew, they paid attention to themselves first, just like this airline steward tells you to do when the oxygen mask dropped down. Take care of yourself first so that you can then take care of somebody else. Take care of yourself first and you will automatically take care of everybody else. That's more of the shift that I'm looking for. That's what I'm hoping, and I see that the possibilities are there and people want it right, but they have to do the work to make any of the changes, otherwise you accumulate nothing more than another bookstore in your head. That's all you've got.

0:20:28 - Julie

What is involved in somebody making the change for themselves. Give us a few tidbits, a few bullet points, full bullet points.

0:20:40 - Vincent

Yes, I like that. Okay, bullet point me. Here you go. Number one you have mechanisms inside your brain intentionally to allow you to cope in life and function in life on a daily basis. Right, the two highest functions of the brain is one to keep us alive. Two to protect us. In order to keep us alive, okay.

Well, we have a set of defense mechanisms that shield our true beliefs of ourselves that were formed from when we were younger, from the environment, from the way we were treated, all of

that. I call them the I'm not, I'm not good enough, I'm not lovable, I'm not deserving, I'm not smart enough, whatever, but those are the negative self-beliefs we carry right. That's all being protected and hidden. Why does that matter? Because we are connected to the law of attraction and our power through our unconscious minds not our conscious minds. So, therefore, the first thing we have to do is disempower our defense mechanisms.

So if you're looking at your life and you don't see anything in it that you want, or you're only seeing some things that you want, and you're seeing a whole bunch of things that you don't want, don't turn around and say, well, I'm doing everything I can. Oh, well, that's not my fault. That's got to be the government's fault. That's got to be the economic fault. It's my neighbor's fault. It's my wife's fault. It's my husband's fault, whatever, it's nobody else's fault. It's your responsibility. You're the one that manifested it that way, you're the one that created it that way. So you have to disempower the defense mechanism that keeps you from seeing that, yes, it hurts Just do that, how do you figure out, what that defense mechanism is?

You don't have to figure out what the defense mechanism is. You just have to acknowledge you're doing it. Here's the point. You don't have a loving partner in your life? Well, attraction is the most natural thing for humans. We set it up that way. We're social beings. We also attract others to us. We live in a world with a whole bunch of other people to experience unity. So attraction is very simple, and attracting love is the simplest, because we were created from love. We are all about love. So therefore, if you do not have a loving partner, you have to just turn around and be able to admit right away that I don't believe I'm lovable. That's it, bottom line. So the defense mechanism would say that's because all guys are crappy, that's because everybody's terrible in the world.

0:23:10 - Julie

There aren't any good guys left anymore.

0:23:12 - Vincent

There's no good guys left anymore.

0:23:14 - Julie

Or where.

0:23:14 - Vincent

I live, or this stupid online service has all these. You know the guys that are trying to get you or these women that are lying about themselves, and so you've got to eliminate that. That's how you get to recognize what your defense mechanism is. And then to recognize what your defense mechanism is and then to recognize what your belief is is like I said if you don't have good finances, you don't believe you're deserving of them. If you don't have good health, you think that's something. You deserve to be sick, you deserve to be punished. You're not worthy enough to be healthy. Whatever those are in there, and those are the very simple process bringing them to the surface.

But the practice is the difficult part, because you've got to hear that unconscious voice speaking inside of you that is influencing the law of attraction. You know, two to five percent of the human mind, Julie, is in conscious awareness, conscious only two to five percent. A whole, two to five percent. A whole, two to five percent. That's why you see the image of an iceberg. Right, that was psychologists and actually Sigmund Freud used that model to demonstrate what was in our consciousness. And 95 to 98 percent that's in unconscious awareness. So when people are walking around saying, oh, I know myself. No, you don't. You have no idea what's going on in the 95 to 98%. The only way to know what's going on is by the outcome of your life. So you have to be able to acknowledge those things and then retrain the voice. And I, you know, I list exercises. There's all exercises. But you have to be able to admit that it is your

responsibility for what you are manifesting and what you, whether you want it or don't want it, that there is a mechanism that is shielding you from believing what you really believe about yourself. And then the third part is bringing to the surface what you really do believe about yourself. So you can change that. You can't put pretty pictures on top of all of that. That doesn't change your belief, that only coats it and it keeps you from seeing what needs to be healed.

In psychology back in the 70s, the inner child work was very famous back then. And then all of a sudden, just like people, they get bored with it and tired of it and they want to go on to something else and they think there's new discoveries. But we got to go back to the core, right back to the beginning, where it started, and that was from day one, and even before day one, while we're in utero. It starts because we are picking up the energies around us and then interpreting those energies as the mind becomes stronger and stronger, and, I guarantee you, the way we interpret them is against ourselves. That's why the defense mechanisms need to be created to protect us in order to function on a daily basis, but coping skills get in the way. That's about survival and not thriving, and so, as spiritual beings, we want to thrive, not survive.

0:26:18 - Julie

And when I'm working with clients from all over the world and doing energetic healings, I'm like a human MRI, I'm a medical, intuitive and psychic medium and all of that. And it's bringing to mind Vincent, a client that I hadn't thought of in a long time and she had chronic disease issues. I mean like chronic arthritis, to the point where they had her on chemo drugs. She suffered just a crazy amount and she wasn't that old, she was maybe 50. And she was in her 40s when it started. And I said, when I'm working with Sunny, there's always an emotional component in place before any kind of medical situation arises, 100% of the time, always, always. And so at the end of a healing we'll figure out what that is. And there's a whole process that I go through.

Well, I saw this scene of her and I got the year and she was little, she was maybe seven or eight and I said I see this scene of there's a railroad track, there's a backyard, there are these big clotheslines, there's lots of these clotheslines, and there's a woman out hanging clothes with clothespins, the old-fashioned clothespins and she said that was my mother. She said I'm one of 11 children. There was a railroad that went behind our home and I said what I got was that you were calling for your mother and she said yeah. She said I was sick all the time as a child and I said well, how did you feel when you were sick? Other than the fact that you felt badly from a physical perspective? I said is that the only time with 11 kids that you really got a bunch of undivided attention? And she said oh my.

0:28:07 - Vincent

God, yes, you're right.

0:28:09 - Julie

And I said well, so what does that tell us? That you're? The only time that you really felt loved as a little kid was when you were sick, and she said oh my goodness, I never thought of it that way, and so is that an example.

0:28:28 - Vincent

Is that an example? You just gave part of my book. I have a chapter in my book that the five reasons we manifest illness or accidents, and one of them is for attention, because you are right, either a child that's been abused or a child that's been ignored. The time that they get the most attention is while they are ill. So, yes, a lot of your illnesses today are because of that. There's nobody in their life giving this person enough attention and they can't once they become an adult, what people have to understand. When you don't have your emotional needs

met as a child, you go seeking them for the rest of your life until you can find a way to meet them yourself. And so, yeah, that's spot on, absolutely spot on. And here's another let me just share with you real quick.

I created something for myself recently, even me with knowing all of this all right, and this is what proves to me so much my theories about this. I was a little down on myself at my 69th birthday, thinking that I wasn't doing enough work. I wasn't doing, not that I wasn't working enough, doing readings and speaking, but I wasn't where I wanted to be in my career and I believed it was because I was being lazy and I wasn't working hard enough. Within a week of saying that, I developed a neuromuscular disease that came out of me. May have it shown that it's in my genes, but I brought it out. Now here I am not physically being able to do anything, much of anything, right Even now. I can only do so much. So here I was, believing and mad at myself for not doing enough work and all of a sudden I wind up creating a disease where I can't do any work. And I know, now I'm.

I also know that as long as I know I can manifest and I know I can change it, and I'm. I am working on that now. But it just happens so in so quickly, so quickly. And that's why we fear our power and the use of it, because we're afraid we're going to use it against ourselves or use it to hurt, like we did way back a long time ago in Atlantis, right when we wound up destroying and hurting each other, because we got used to, we found out, all the power that we had in the very beginning, and so that's why people don't want to know what they need to know, because they feared the misuse of it. But okay, I can turn it around. But yes, just like your client is, she got attention, but for me I was deserving punishment, because I always got punished when I was bad right, or when they thought I was bad even when I wasn't.

0:31:24 - Julie

Well, I can help you with that situation. I'd love that. That health situation yeah, we'll talk. We'll talk, Okay we'll talk.

Yeah, yeah, yeah, yeah, I'll be delighted to help you in any way that I can. I think it's fascinating what you're talking about because I see it with everybody who's a client or people that call into the show. I don't have time to really go to that part of the healing called the energy, energy field membrane healing, but when I have them for an hour as a private client, I get to and I believe it's the most important part of a healing because we can fix body parts all day long. But if you're still leaking power because of an emotional situation that's unconscious, what's the point? Because it's gonna.

Whatever the illness and medical condition is is going to continue to proliferate. Furthermore, the interesting thing about it, I perceive the energy-filled membrane, vincent, as this imagine a bag, a plastic bag of really thin, stretchy saran wrap, and that is the container for the energy, that is the spirit and the body. And when there's a tear or a hole in that membrane, there's a leak. So I envision going into that tear or hole and I'll get a year if it's from this lifetime. If it's from past lifetime, I'll get a year where it was, when it was what was going on, that kind of thing If it's a current lifetime, I would say 99 plus percent of the time, when I say, okay, 1985, where were you?

What was going on? I let them come up with it first before I take a deep dive because I'll be able to see what was going on telepathically in my head and I'll say in 1985, I had a client this morning. She said I was eight years old, I was living in Pittsburgh, my grandfather died. It was traumatic on the whole family. I mean, they know instantly, instantly. So why is it that we ourselves aren't able to access that without the help of somebody like you or somebody like me or one of our colleagues? In a situation? Where is there an easy, quick, efficient way for us to be able to identify what those unconscious blocks are without needing the services of somebody like you or somebody like me or one of our colleagues?

0:33:54 - Vincent

As a kid, we're made to feel so bad about ourselves. We feel guilty. We blame ourselves for everything. We are egocentric. When we come into the world In the beginning, we think everything revolves around us. If mommy and daddy are yelling at me, yes, it's got to be my fault. If mommy and daddy are yelling at my brother oh my sister, it's got to be my fault. If they're yelling at each other, it's got to be my fault. If mommy and daddy are getting a divorce, it's my fault. I'm not lovable. Oh my gosh. Daddy died. He's sick. It's my fault. If I was more lovable, he'd stay here.

We blame ourselves for everything, and even as adults, we blame ourselves. As a social worker, there were organizations that I knew of. Interact is a very famous one in the United States that helps women that are in domestic violence situations. Right as soon as we try to convince that woman to get out of that situation, the first thing she says is it's not his fault, it's my fault. I make him mad. So it's not even as a child that we blame ourselves. So when it comes to then turning this life around for ourselves and doing this work, the first one, we have to forgive ourselves and know that this is all an illusion anyway, that you're only doing this to learn more about yourself. You are not such a horrible person that you can't turn anything around. Yes, am I going to make you take responsibility for manifesting everything? Yes, chances are. It's going to hurt when you begin to see it that way. Hurt when you begin to see it that way, but that's the same thing as when you need root canal. You better get to that dentist, and it's not going to be pleasant and it may be some pain involved, but he's going to save your tooth, he's going to save your mouth. He could save your life so that you don't have a nerve infection that goes to your brain and kills you. So, yes, some pain is necessary, but it's not going to be that bad. It's actually worse not to experience your greatness than it is to come up with excuses.

Why do you think we've been down here so many years? It's because we have the concept of retribution rather than restitution, the idea of an eye for an eye, a tooth for a tooth. But that's not against our neighbors, that's against ourselves. An eye for an eye, a tooth for a tooth, but that's not against our neighbors, that's against ourselves when we get to the other side and I speak to the spirits all the time as a medium they're on the other side, bashing themselves for the damage that they caused down here, and the guides and the angels and everybody in the God forces are like saying okay, so can you get over that? Can you give yourself mercy? Can you understand that it's okay and forgive yourself? No, no, no, I don't know. I don't know. No, I have to do something about it. Well, okay, if you feel you have to do something about it, go ahead, but don't hurt yourself anymore and we'll choose to come down and get punished.

We're driving a car after drinking, we crash into another car, kill that entire family. We're on the other side now and we're apologizing to those souls. I can't believe that I did that to you. You know what? Will you come down with me again, please? And this is what you got to help me with. This is like I'm going to break into your house. You shoot me. Shoot me, because that's the only thing that's going to make me feel better. That's what retribution is. That's the attitude we have. We see it here on this planet.

Right, it's Thanksgiving Day. The guys are outside playing football. All the friends, right, the family members. They're horsing around playing football and one elbows a guy in the eye. Oh my gosh, my eye.

It's terrible. I hurt so bad. I feel so bad, man, I feel so bad here. Hey, you know what? Punch me, go ahead, punch me in the face, go ahead, just give me all you got. I feel so terrible. We've seen that. And so if we would do that to that level, can you imagine what we would do to ourselves at that higher level, thinking we need to in order to be forgiven, in order to forget things? So when we ask and when you ask, why is it so hard for us to heal ourselves and go in

there? Because we don't like that feeling. It hurts so bad to feel bad about ourselves, and so we have to start with forgiveness and loving ourselves and being gentle with ourselves, because there is nothing in God's eyes that we can do. That is so horrible. In human's eyes, yes, all right, we've seen things right, but in God's eyes, no, because when we get to the other side, we go.

0:38:33 - Julie

Oh, that's why that happened. Yeah, and we think that I needed to do that.

0:38:38 - Vincent

Oh, lordy, lordy, lordy. And as long as we can forgive ourselves and have mercy because that's a universal law, is mercy and be restitute by saying, okay, I shouldn't have made those choices, I can see that it hurt me and so many other people. That was wrong. That wasn't so many other people that was wrong. That wasn't a good choice. That's it, we're done. We don't have to do anything else. That understanding is what causes us to evolve.

0:39:08 - Julie

Right, okay, let's pivot for a minute. How does the Hollywood actor and singer become a medium? How does a Hollywood actor and singer become a medium and sing for me? You know what? Just sing a little bit, tell everybody about some of the stuff that you were in and then give us a few bars of some. Okay.

0:39:31 - Vincent

A few bars, okay, well, I was. One of my biggest claims to fame is I was a singer and dancer in the movie Grease with John Travolta and Olivia Newton-John. That really went a long way. It was a singer and dancer in the movie Grease with John Travolta and Olivia Newton-John. That really went a long way. It was a blockbuster. Right Still is, still is today.

I was definitely a musical theater actor. I did it when I was younger, in school. I was in all the shows. I was in all the choirs. I got to actually sing at Carnegie Hall in a choir and at the Kennedy Center.

So I was very talented at a very young age, being Italian and Sicilian. Sicilian male singers are usually those opera singers. You know Placido Domingo Caruso, you know all of them Botelli they're all from Sicily and that southern part, because we are closer to the African and even migrated from northern Africa, and that caused our evolvement of our mouths to be wide and open and resonate and resonate, and that sound is very strong and glorious. So I had that in me all along and I just loved doing musical theater. And then I got my equity card, which is the union, and did a lot of musical theater over in California, came here, I moved to New York but then we had our second kid and I couldn't keep going back to New York to audition for Broadway. But then we moved to North Carolina and they have a big regional theater here. So I was singing here and performing here at the regional theater. So now you're asking me at the end of the day and without any warmup but-

0:41:10 - Julie

I am the man from La Mancha, I am the man of La Mancha. I mean whatever you choose.

0:41:14 - Vincent

What, why? Why did you pick that show? It just came to me. You know why it came to you?

0:41:21 - Julie

Because you're going to sing it for us.

0:41:22 - Vincent

Because I was just going to sing, to dream the impossible dream, to fight the unbeatable fall. That's one of the songs I actually sing at my events. I try to do some spiritual numbers when I have a chance to sing, so I keep that part up in me and so, yeah, so I love doing that. I can't believe you said man of La Mancha. That is it. I am fight on to hurt, you know that's.

0:41:55 - Julie

Man of La Mancha. Yeah, that came to hurt you. You know that's Old man of La Mancha. Yeah, that came to my head. At first I was thinking something from Greece, and then I heard man from La Mancha.

0:42:03 - Vincent

Yeah, I'm so glad they told you that because I mean, yeah, I mean, you know some are loving, had me a blast, you know that was all fun. Here's the funny thing I didn't get a chance to use my voice that way, but I am so blessed and feeling the way I'm using my voice this way, right, so there's different ways of using the voice aren't there?

0:42:30 - Julie

Yeah, so how did you go from being a stage actor and a musical theater actor to being a medium? Were you a medium as a child? Did you have you know? Were you talking to dead people, dead Italians?

0:42:44 - Vincent

as a kid. No, but isn't that Hollywood, though you know, one moment you're in a blockbuster film and the next moment you're talking to dead people. No, I wasn't a five-year-old child, the bully in my life. We were at our 10-year high school reunion, which was just a couple of years, about a year or two after the release of Grease right. So I became a small town overnight. Success to all of those school peers.

0:43:16 - Julie

Where did you, did you grow up? In North Carolina.

0:43:19 - Vincent

No, I grew up in New York. Can't you tell by my accent already? Oh, I got rid of it. Oh, I love it From Long Island.

I was from Long Island and so at our 10-year high school reunion I went back Reese had been out. They were wondering whether I was going to show up. So I went to the reunion and everybody just treated me like I was some major star, including the guy who caused most of my bullying. He was the class clown and one of the famous jocks in the school. So when you have both those things on your side, whatever you say goes. So he would just say my name in school and kids would start picking on me. That was their clue and cue to start, you know, bullying me whatever they wanted to do with it to me. So at the reunion he actually befriended me, came up to me, hugged me wouldn't let me go in this bear hug. It was a good five minutes. He was just hugging me in that hug. I heard his energy say I'm so sorry, not his words, but his energy.

He sat in my table with my wife and I most of the night bringing people over. Oh, you got to sit here and talk with Finney, he's so funny Invited me out afterwards. So we became really close friends. But I knew that things were going on in his life just from an inner feeling. But I knew that things were going on in his life just from an inner feeling. It's like he was the guy who you ask how you're doing and does nothing but brag about himself the entire time. He even rented a Porsche to impress everybody to go to the reunion. He didn't have a Porsche, but he rented it. And he had this expensive condo in Connecticut and he married his childhood sweetheart,

had three children. He, you know, becoming an executive at his job, the healthiest man around, right, and he went on and on and on about himself and all I kept hearing is BS, bs, bs. I don't know why I was hearing that, but I just knew in my heart something was wrong.

And after visiting him for a weekend, my wife and I are driving home from Connecticut. We now had moved back from California to New York, living on Long Island, and we're driving home and I'm hysterical, crying. I'm crying and she's like what is the matter with you? And I'm like it's Dennis. I'm allowed to say his name. He's always given me permission. He's so wonderful, Dennis, I'm just. His heart is breaking. I know it. I know his heart is breaking. Something's terribly wrong and he doesn't have anybody to turn to. He's not turning to anybody.

So I cried out to God. I was begging God. Never in my life, even as an altar boy, did I ever beg to God, even while I was being bullied myself, I never cried out to God. Now I was crying out to God. God, please, please, give me the ability to be able to help him and people like him. I don't know how to help him, but I need to. I just I don't know why I didn't pray for him to get help. I prayed for me to be able to help him.

And that's within a week of that is when everything started Paranormally. Within a week of that is when everything started paranormally, mystically, spiritually. Everything just began to happen and all of this started coming out and my ability started coming out, all to be able to help him and then, from that point on, to be able to help others as well. And it just kept growing and growing, because it was so important for me to do the right work and to treat this respectfully, which is why I went back to school.

I never had any college, even though I received college scholarships to two major institutions Hofstra on Long Island, which had an incredible drama department full scholarship and then to the New York Academy of Theatrical Arts full scholarship. Never went to either one of Academy of Theatrical Arts. Full scholarship Never went to either one of them because I didn't think I needed to, but then went back as an adult, started at 39 years old. Seven years later I graduated with my master's in clinical social work from UNC over here in North Carolina, and now I can do both because it's very important to me that I use these tools the right way. Julie, I'm in the mind. I'm in the deepest recesses of a person's mind, not just their souls. I do touch their souls, but I see their darkest places and I needed to make sure that I wasn't going to cause any damage and I wasn't going to harm them in any way and only help them. And I'm so grateful that I was guided to do that. And so, yeah, I did put work in. I put a lot of work in.

That was the hardest time. I went full time. We had two children. We were just living off of my wife's income living in New Jersey. It wasn't the cheapest. That's where I started at Rutgers University and then transferred over to North Carolina because we got a calling to come here, and so it was really hard. I remember my son, though it was blessings too. My son, my daughter and I are sitting down. We're all studying Spanish at the same time and I'm asking them for help and, like you know, my son was young. My daughter was even younger, so it was difficult but very rewarding that I did that, because now I understand, and that's why I was able to write the book that I wrote, because all that information that I gathered during my schooling and the research that I did and all the experience I had as a psychic accumulated into my understanding of what's going on and why we don't manifest and why we don't believe what we think we believe. That's how it all happened for me.

0:48:44 - Julie

Okay. So, jumping off from that, you're really terrific at explaining messages from spirit in an easily understandable way. Messages from spirit in an easily understandable way. Do you think spirit sends these messages in a certain format, or are you translating them in your brain to make them more understandable and palatable to the human mind?

0:49:11 - Vincent

The most important thing, which is very interesting, which I'm about to say, and I'm not doing it to toot my horn or any other luminary's horn, but the messenger matters. The messenger matters. It even states that in the Bible, and I'll say that in a minute. I am Italian, New Yorker. Right, I get down in the dirt with people I'm used to. Right, I get down in the dirt with people. I'm used to that. Right, I have my clientele, and this is very rare, for any psychic is 50% male, 50% female, and I attribute that to my ability to get down in the dirt with them. And you know.

0:49:55 - Julie

What does that mean?

0:49:57 - Vincent

It means to. I don't have to be an intellect from a university with a journal with big 10 syllable words in it. I speak their language. I tell it like it is. I'm gonna tell it like it is psychic. Yes, there, speak their language. I tell it like it is. I'm going to tell it like it is psychic.

Yes, there are those people. I am not an eloquent speaker in the way of some, like some massive. I just some people you could just sit listening to forever because they sound so intelligent they can. They can take a story Mary had a little lamb and just make it sound like the most intellectual piece of material that they ever shared with you. Right? No, I'm down in the gutter with them, and then if I cuss, I cuss, you know whatever with them, but I get to the level, the grounding level of all humans in that way, and I find that when I deliver the message, it's going to be filtered.

All messages come down the same way. They come through your intuition, your soul's mind, because it's your soul's mind that is connected to the higher part of you and that's God's source. So, though, your higher soul and the God's source will send messages, angels will send messages, ascended masses, Jesus, Buddha, Muhammad, whatever is going to send messages, angels will send messages and they're going to feed through you all the same way, but they're filtered out of you based on your personality, based on your character, based on who you are and who you're meant to reach. Who you are and who you're meant to reach, right. So I like going after the main. It could be anybody, it doesn't matter. So some higher level of people who might call themselves higher level, spiritual, you know, surgeons. They've been on their journey for years. They like to listen to those you may mean Michael Beckwith or Deepak Chopra, or the Marianne Williamson's or the Oprah Winfrey's right because they feel they're learning more. In that way, I want to be able to speak to the beginners. I want to be able to speak to the people that are having a difficult time even though they've been on this journey for a long time. I like speaking with even those people who have been on it for a very long time and consider themselves up there, as long as they're willing to be open minded to them.

I tend to normalize things. That's very important for me. Normalize psychicness, mediumship, anything to do. I don't like the woo woo stuff when it gets too far out there. We're not meant to be too far out there. We're meant to be on this planet, and in a limited form, intentionally. You know, everybody wants to ascend to the fifth dimension. The fifth dimension was a great singing group. That's about as far as you're going to go. You're in the third dimension, okay, and you're going to stay in the third dimension until you die. Now your consciousness can be fifth dimension level and understanding, but you're still going to have that in this three-dimensional world where there's diseases, where there's car accidents, where there's taxes, where there's all this other stuff. You've chose to experience that in this level and so-

0:53:15 - Julie

You're in the age of Aquarius thinking, talking about the fifth dimension, I mean so you're in the age of Aquarius thinking it's talking about the fifth dimension.

0:53:19 - Vincent

I mean exactly. Well, the age of Aquarius has been going on and that gives us again. We set up things for ourselves intentionally to be able to help us right. There is no guarantee we move into anything. It's all up to us as to whether we're going to make that move. And because we've been supposed to be moving in that direction and anybody who has their heels digging in, you're going to experience a lot of friction and from that friction you're going to experience a lot of discourse. But when that information comes down, like I said, it'll come down the same way for each person, but it's going to come out sounding different.

0:53:58 - Julie

But we're saying the same thing, most of us.

0:54:01 - Vincent

Absolutely, and that's why there's a million and one books out there, because there's also people that take in things a million and one different ways, and so, yeah, the same person can read 10 different books saying the exact same thing in different ways, but it may take all of that before it reaches home right, right, yeah, or it's an amalgamation of all of the above.

0:54:27 - Julie

Last question for you why do we incarnate?

0:54:31 - Vincent

Because we don't think we got it right the first time To experience, all right, definitely to experience ourselves and to know our divinity. But once again, as I said earlier, because we don't necessarily forgive ourselves, we think we have to make up for things. And so many times now we've come down, like I said earlier and you said probably more 11,000 years old We've come down, like I said earlier and you said probably more 11,000 years old We've experienced everything we need to experience. We're actually imploding now because the more you keep limiting unlimited power, what happens when you compress an atom? It explodes Right, right. And so what you're seeing on the planet today, with people lashing out, they're actually exploding. And then those that are so sick and so many illnesses in the world, they're imploding. So some are taking it out on others, some are taking it out on themselves, but it's all for the same reason. We're over incarnating here and that's what I've been told by so many spirits, been told by so many spirits. And so, yes, it was originally to remind ourselves of who we are and to know and experience what we know. But we have to be done with that by now.

And the book of Revelation it actually states that God says that eventually my children will overcome the earth, meaning we won't need to keep incarnating here. The other universes have learned that there's a lot, and actually black holes that we are discovering. Our universe is no longer incarnated on this planet will turn into in the whole universe here Once we are done incarnating here. We feed this planet. The planet doesn't feed us. We have dominion over everything physical. We like to think it's reverse, but it's not. That's why we can influence its environmental changes so much. But it will eventually go away. It will be gone. It will be a black hole because we won't need to be here anymore. But hopefully we learn that before we create our own demise here, which I have hope for that we are going in that direction now. But yeah, we incarnate here to finish learning what we think we need to learn. No-transcript.

0:57:19 - Julie

And thank you for singing for us.

0:57:22 - Vincent

Oh, that's the first time I've ever done that on a podcast. You know, I usually expect an entire orchestra behind me before I start singing. You know what I mean, Even if it is karaoke.

0:57:32 - Julie

Well, it was fabulous. Thank you. I love that I was getting you know the La Mancha thing and you were. That's what you were planning on saying.

0:57:43 - Vincent

At the time. That's why I stopped and went. Why did you just say that? Yes, because you're psychic, of course, and you yourself. I mean lights. I love meeting other lights and you have put out such incredible light into the universe, and I got to thank you for having me, because without people like you, I don't have the opportunity as much to be heard, to be seen, to get a message out there, and so I'm so grateful for the opportunity to be able to do that, and you're such a great spirit too. We really do have a lot of similarities and approach things. We're two different. We come to the same, you know. Conclusion and ending there, and I just love that.

0:58:26 - Julie

I just love that. My whole MO is to combine spirituality and practicality to help people live a life of purpose and joy. And you're doing the same thing, and it's to your point, staying in the woo all the time. Okay, that's all right, but we're here on earth to have this human experience. So let's combine the two and figure out what we can do to enhance our lives and the lives of others.

0:58:56 - Vincent

I just had somebody bring that up to me because I was making a point that you know what is the purpose of certain things on the planet. And I said, well, to bring things to the surface and so that we know that we need to heal. And he was talking about well, I understand that we need to heal spiritually, but then we also need to heal physically, and those are two different parts. And I turned around and said, no, you see, don't you understand that the whole reason why we're not healing ourselves physically is because we're not combining. We're body, mind and spirit, not body, mind or spirit.

And NK Casey said it perfectly. I always remember his saying where he says spirit is life, mind is the builder and physical is the result. So the bottom line is, whatever spiritual beliefs you wind up having is going to determine the way you think and the beliefs you wind up creating for yourself, which is going to then create the outcome of your life and the physicality and what you experience in your life. So it always goes back to the core of our spiritual nature here, and if we just remember that, then as physical beings we will act and behave so much better. You know what I mean.

1:00:15 - Julie

Yeah, beautifully said. How can people learn more about you and your work?

1:00:19 - Vincent

All you have to do is go to my website at [vincentgenna.com](http://vincentgenna.com) and that's with a G-E-N-N-A. You can connect to my podcast, the Jenna Effect. You can see all my media interviews. I've got such great interviews from people like you and for television shows that I've done all over the country that are on my website and my social media connections. There I really respond to people when they reach out to me. You can book an appointment there. I am right now booked up until July reading-wise and that's full-time every week. But that's the best way.

1:00:57 - Julie

Vincentgenna.com Okay and we'll have that in the show notes. All righty, everybody, we've given you lots to digest here and lots to unpack. So while you're doing that, we're sending you lots of love from Sweet Home, Alabama, where I am, and from North Carolina, where Vincent is. So we'll see you next time. Bye, everybody, bye-bye.

1:01:21 - Annncr

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.

1:01:45 - Disclaimer

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