

AJR Amber Amrhein 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 Amber Amrhein on the show with us today. Amber is a psychic medium, multidimensional channeler and Reiki master. She communicates with all types of spiritual beings, from angels, spirits and fairies to extraterrestrials. I'm going to be asking Amber about her encounters, how she connects to spirits and if her guide has a message for us. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Amber. Amber, welcome to the show. I'm so delighted you could join us today.

0:01:33 - Amber

Thank you. Thank you so much for having me so excited to chat.

0:01:37 - Julie

Me too. You say, we can manifest our desires through timeline shifts. What do you mean by that?

0:01:46 - Amber

Yes. So that is my favorite method of manifesting and essentially all it entails is completely embodying the version of you that has everything you desire. So, essentially, what you're going to do is brainstorm the type of person you want to be, what kind of life you want. For me, personally, I like to focus more on intentions rather than specific goals, because, as we all know, the universe has some crazy plans for us sometimes and our goals can be very limiting. So I usually recommend people strive more for like abundance or joy or peace of mind, whatever it is and just take a moment to really feel into that intention, feel into that energy and see how your body responds to it, what kinds of things you relate to it, and then start taking action.

Change your wardrobe, start mixing and matching colors that perhaps align with the intention that you're looking for. If you're wanting to call in more joy, then let's put in some like bright, happy colors, or be a little bit playful, put a bow in your hair. You know I also really love to redecorate spaces in alignment with whatever it is you're trying to call in. You're essentially creating your environment, your body, your friend group, your relationships. You're resetting everything to be a complete, perfect mimic of the timeline that you're looking to align to and, just like magic, it all just falls into place.

0:03:21 - Julie

How does it work? Do you think? Are we attracting things that resonate with the energy that we're putting out? Or what's been your experience of why does it work? Or do you even know? You just know it works is immediately laid out.

0:03:48 - Amber

The second, that an opportunity opens up for us. So, even when we're walking down the street, if we're trying to figure out if we want to turn right or left, immediately an infinite amount of parallel universes just open up, some of which you go right, some of which you go left. So every single possibility is available for us, is laid out in the universe. The universe is constantly expanding. It wants to experience as much as it can. So, through us and through our decisions, things will naturally unravel in a way to make it so, so it can experience as much as it can. And because we are human and we have free will, we are able to choose which path we essentially maneuver down. And even if we end up going to a path that we don't really like, we essentially just shift our consciousness into a parallel timeline where something else happened in the past and now we're on a completely different trajectory.

The way that I usually like to think about it is like branches of a tree. So the tree remains solid throughout time. It is the tree, and each branch would essentially represent different possible paths or different possible lifetimes. Each branch itself has its own consciousness. It's got its own story, its own shapes, its own vibe and you specifically will be represented as one branch on this tree by aligning to a very specific outcome or a very specific experience. You essentially are just waking up or fixating on the consciousness of a different branch on the tree and the more that you do it, naturally you're just going to kind of awaken within it and be on that path.

What's interesting about it is when that happens, people will notice that, even like past traumas or past experiences, the story changes. And when we do healing, we essentially are shifting onto a new path where we're no longer weighed down by some tragedy that happened in our past, but we are starting to see perhaps the power in it or the purpose in it. Whatever. There's a shifting of perspective and naturally that changes how we operate and how we relate to the world, which in essence is putting us on a different path, a different trajectory. There's more open to us, we feel more like ourselves, it's a different version of us. So with quantum leaping or timeline hopping, essentially what you're doing is just detaching from the constraints.

0:06:35 - Julie

Essentially what you're doing is just detaching from the constraints of the specific story you've been telling yourself and allowing yourself to tell a new story and become that character and awaken into that story. Two thoughts are rumbling around in my brain. Number one the squirrel that climbs the same tree every day, and it's a really big tree and he's checking out a different branch, so each branch is a different experience. I mean, ooh, what's he going to find? Where is he going to be able to jump from that branch? Is he going to find some acorns or what? What's going on? First of all, I kept picturing a tree with a big squirrel that was flying up a different branch at different times.

0:07:09 - Amber

It's all different adventures, yeah.

0:07:12 - Julie

Yeah, it'd be fun to look up what's the spiritual significance of a squirrel, since that came into my head with the tree. Or maybe it was just as simple, as squirrels like to climb trees.

0:07:23 - Amber

Well, I feel everything is related.

Let's see, squirrels tend to feel very hyper, very present, very aware. Actually, I feel like that's a perfect analogy because in order to effectively timeline hop, you have to be very present and very aware, because you have to kind of stop any subconscious programming. If, in timeline A, let's say, you are somebody that's very shy and very timid and you don't want to put yourself out there and you're always kind of quieting in the corner, but you really want to be someone

that's very artistic and present and loud, in order to hop into that reality you have to embody that character. You become the perfect energetic match for it in order for your environment to essentially reflect that and become that experience. So you have to be very present and very mindful.

When you feel yourself starting to get shy, you got to completely do something opposite and tune into what that version of you would be doing. You become that version of you and you need to completely do something opposite and tune into what that version of you would be doing. You become that version of you and you need to just stop those like immediate little knee-jerk responses. So, yeah, embody the squirrel totally.

0:08:36 - Julie

The other thought that was rolling around my mind is you know how, when things happen let's say in a family, for example, and it's 20 years down the line from when the event happened people have different recollections of how it unfolded, what happened, what was going on, that kind of a thing, and I've had situations in my own life where my siblings remember something that was a nuanced part of whatever the experience was. I had no memory of it at all. What is that? What's going on too, that when we're in a different reality, that it you alluded to it a little bit earlier that perhaps some of our memory and the way that we have stored information about an event or an experience gets changed in the interim Exactly, I never thought about that before.

0:09:34 - Amber

Yeah, it's so interesting. Actually, Growing up, I unfortunately experienced a lot of trauma and, as I've done, healing, I started kind of playing around with timeline hopping when I was about 16. It became something that I really wanted to dive into because my thought process was I just love being in control. Every kind of reality, every possibility is out there. There's got to be a way for me to pick the one where all the circumstances just fall as they need to and like. I just want to be able to pick it and make it happen, which is how this whole kind of venture started. But in doing this and in playing with this, I've noticed that even when I like tune into my inner child or tune into my childhood, it feels so different and my younger self has shifted so much as my adult self has shifted and it really speaks on the idea that time isn't linear. Everything is happening simultaneously and as we shift and as we heal, so does our child self, you know.

0:10:50 - Julie

So cool. Interesting, because I know situations where people will have different memories of the same situation and it can hurt people because they say, well, no, that really happened and you're just not remembering it, and I've seen it ruin relationships before. So I'm hearing you talk about this and I'm thinking okay, if somebody remembers something differently than I do, certainly give them grace, give them benefit of the doubt, because that's how their spirit needs to remember it for their journey, whereas I'm remembering it this way for my journey. Does that?

0:11:31 - Amber

make sense. Yeah, absolutely. And I feel like going even deeper in that the way that we remember the past represents the way we are operating in the now, the program that we're operating on, if there are, for example, let's say, somebody I don't know broke this really special little figurine in the past, and I recall them getting upset and breaking it and holding a grudge. You know, that kind of speaks about how I'm feeling about myself, how I'm feeling about the world. Maybe I'm feeling a little bit disconnected, maybe I'm feeling a little bit victimized. You know, it kind of speaks more about my mental state, whereas if I recall it being like, oh, something happened, it was an accident, oh well, whatever, you know it shares that.

Okay, perhaps I'm at a state of mind where I'm feeling a little bit more confident, I'm feeling a little bit more grounded. You know, I'm not feeling vulnerable. I'm putting myself out there, you know. So I feel like the way that we relate to people and situations speak so much about how we're feeling, and I feel like if people could almost keep that in the back of their mind, especially with memories, because memories are so malleable. You know, it's not so much about being right or wrong, it's more about. Well, what's behind it all? How are we feeling? What's the root of it that we can kind of address and fix right now, you know?

0:13:07 - Julie

Yeah, Say more about timeline shifting. I've never heard that term before you. What is timeline shifting? It makes me think of back to the future. You know you go back, that you're going back in your DeLorean and you go back to the future and you change some event in the past that's going to affect the future.

0:13:30 - Amber

So the way that I move about the world I feel like this might help too I view life essentially the same way that I view a dream In a dream. Everybody represents a different aspect of your consciousness, Some more conscious aspects, some more unconscious aspects, but they're all versions of you, and the environments that you're dreaming about all represent these deeper aspects of your subconscious. When I move about the world, kind of drawing into the we are all one kind of idea, kind of drawing into the we are all one kind of idea. I relate to everybody as a different part of me, a different part of my subconscious. Like attracts, like.

So if I find myself in a certain situation and people are acting a certain way, it's a direct reflection of something active within me, within my field, because otherwise it wouldn't be there. I'm an energetic match for it, for whatever reason. So if people are all angry and it's chaotic outside, I'm going to look into myself and see if there's a part of me feeling a little bit off, whereas if everything is a little bit calmer, you know, and it's like, okay, I'm doing well, maybe I'm feeling super like a Zen doubt today. So, that being said, I'm very disconnected not disconnected, unattached, I suppose from the 3D, where in my mind everything is possible, anything can be created, even if I start down a certain path. If things are kind of going down a way that I don't really like, I just detach and kind of reset the same way you would in a dream. This kind of goes into more of the weird, like I don't know, like woo, woo, like weird stuff in the universe, but with timeline hopping. Essentially, what you're doing is holding a very specific frequency within your field which naturally is mirrored around your field, again like attracts, like your world. Your environment reflects you. So if you consistently cultivate and shift and maintain a specific intention within your body, it's naturally going to keep being reflected outside of you.

And I really like to play with that, with like clothing or just self-expression, where if you dress a certain way, do your makeup a certain way, just really sit into a very specific vibe as you go about the world, people respond to you a very specific way.

If I go out like I am now, I tend to like to wear like stripes and bright clothes and like do my hair kind of funky and people are very like playful, friendly, you know, whatever, if I want to go out into the world and I'm feeling a little bit like sick and I just put a lot of layers on and I'm just kind of quiet.

Nobody's going to approach me, you know. It's kind of reflective of how I'm feeling and the kind of intention and experience that I'm trying to put out in the world. So it's really just about playing with that understanding that you are in control, you are in the driver's seat, you are the author of your own life and you can literally create any kind of experience you want. The universe wants you to succeed. The universe wants whatever it is that you want. It just wants to experience as much as it can, you know. So if you take that and run with it and allow

yourself the opportunity to move down a path that feels really good for you, the universe is going to meet you halfway, you know.

0:17:06 - Julie

Okay, I'm still not clear on the timelineship thing. I get the you're dressing a certain way and, for those of you that are listening, she is just like classic beautiful.

0:17:18 - Amber

Oh, thank you, I appreciate it.

0:17:20 - Julie

You're talking about dressing. I'm thinking I can see you being all dolled up and dressed in Chanel and walking out of a Chanel ad. Really, you're that gorgeous. So the thing that I'm hearing is act as if and then we attract the energy. Is that shifting timelines? Or is shifting timelines like, okay, I'm gonna be in this reality and then I'm going to go to 1956 and act like that so that when I get to 2025, it's going to be a different outcome? Am I missing something there?

0:17:59 - Amber

Yes. So we're operating in the present by shifting the present and maintaining a very specific intention. In the present it changes the past. You don't have to go back to the past and reduce that. Looking at the tree branches again, you don't have to physically unroot this branch and stick it over here so that it goes up to the sky. If it's like actually kind of crooking to the right, you know all you're doing is saying this is how I want to feel. I want to feel like I'm pushing towards the sun and naturally everything behind you is going to detangle.

Looking at memories again, if you are choosing to embody a reality where you feel very free, where you feel very prosperous, very just like business savvy, whatever it is, but you come from a background that perhaps you had to kind of like raise your siblings or you didn't have very much. You weren't given any like business skills or any street smarts, you just felt very like abandoned and you just kind of had to figure it out for yourself. It may be difficult, it may feel like a leap to be able to get to a place where you are very like financially intelligent and business savvy and all that stuff. But if you align to that frequency. Collective consciousness runs through all of us. All the information from the past, from the present, from the future, at any time, thought, anywhere ever, is stored in collective consciousness and we are able to access that. We can channel that. This is a natural part of us. We have energetic processes, just as we do physical processes. When we dream, for example, when we go to sleep, our energetic processes are running. We're processing stuff like mental, emotional stuff that perhaps we weren't able to get to in the physical. Our energetic processes are active when we sleep.

We have a natural intuitive ability. This is something that is built into our experience as a human. It's just not necessarily taught, like our physical sensing is, you know, but this is a natural part of our experience. And when we allow ourselves to trust our intuition and trust those intuitive nudges and allow things to just be easy for ourselves instead of feeling the need to go from A to B, do all this studying, do all of this, do all of that, do all of this busy work, if we can just become something and download the information that corresponds to that, things become a lot easier.

And naturally in our past there are memories or certain situations that come forward, that kind of start to bridge that foundation. For example, looking back at memories, somebody could have told you a bunch of very helpful information about how finances work or businesses work or whatever. Maybe you even took a class about it in college or something like that. But because you're on a timeline that's stressing, lack and struggle, you're not going to remember

that because that information isn't in alignment with where you are right now, whereas if you are prioritizing the memories that line with prosperity, with freedom, naturally those ideas, those thoughts, those memories are going to start flooding in and guiding you.

0:21:39 - Julie

How does one do that? How does one get from being in a lack or a poverty mentality, if you will, and get to a prosperous mentality?

0:21:55 - Amber

It starts small. Usually, people stuck in a lack mentality have had a very difficult life that has taught them that that is the only way, you know unfortunately too, because it is something that has been consistently felt that becomes our safety net, instead of prosperity, which, like mentally, would be like oh yeah, prosperity should be our safety net. That's like wonderful. We should all feel that way. When our brains are trained the opposite way, prosperity feels really scary because it's unfamiliar, you know. So you want to become familiar, you want to build that relationship with the idea of prosperity. So, looking around your environment for little bunches of abundance, a bunch of flowers blooming, a bunch of greenery, even seeing a nice car drive past us. One important thing about prosperity, abundance or really any energy at all, is it's not always about what we have, it's allowing ourselves to see it in our environment and understand that there's a part of us in alignment with that. So, for example, a lot of people, when they are trying to call in more money or a better job or something like that, they'll notice that all of a sudden it feels like all of their friends are starting to get more money. All of their friends are getting a better job. Why not me? I've been trying hard. Where's my little share of the pot, you know? But with manifestation, it trickles down. It takes time sometimes, and the fact that your environment is showing you all of these success stories means that you're on the right path and you're next. It's becoming louder in your environment because it's starting to build in your field. You're becoming an energetic match for it, which is why these situations are coming closer and closer. So you want to start looking for that abundance around you now, Like a little bunch of ducklings or something outside, or just a whole bunch of water, or some kids laughing and playing and having fun, I don't know even an abundance of like paperwork. It may not feel like something great, but hey, it's an abundance of it, you know.

So, just finding those little things to be grateful for and those little things that, like when in doubt, I know I can go outside and grab a handful of grass if I need to, or like handful of dirt, you know it's going to be there no matter what. And that's something that persists With lack mentality as well. We put so much emphasis on money, but money is just a tiny little version of energetic exchange. The same way when I give somebody a hug or cook for somebody or give somebody a card, it's all energetic exchange. It's just different ways of doing that. And when we start putting emphasis on those moments of exchange smiling at somebody while you're walking past them on the street, waving at a friend, whatever it is calling a friend, texting them, it's all you're exchanging something. And as you put more emphasis on those moments and start seeing how much exchange there is flowing around you, it just keeps building that pot, you know, and abundance will come in all of those forms just trickling in from all those areas.

0:25:23 - Julie

How does one stay on the path and deal with bringing in the patience to be able to let it manifest, because we're such an instant gratification species these days where we want it now and it takes a while. I see that all the time, especially with healing stuff and really the energy healing part of the work that I do, amber that can happen instantly. It can take days, weeks, months, sometimes years, can need complementary care and certainly when we get advice from spirit or we are talking with a deceased loved one's spirit and they're giving us advice and we think it's gonna happen right away. How do you suggest that we not lose faith, that we not resort back to the oh woe is me because it's just not happening fast enough and maintaining

that trust that it's all unfolding perfectly in ways that we can't envision or imagine or understand right now, but just to trust and it feels like it's blind trust a lot of the time.

0:26:41 - Amber

Yeah, definitely, a big tool that I found to be very useful is finding ways of growth now. A big tool that I found to be very useful is finding ways of growth now. If you are looking for abundance, reflect on your life name five things that you've done or five experiences you've had that reflect abundance, a big part of pushing more into a certain intention. In order to fully believe it. You've got to see that you've done it before and even if it's the smallest thing, maybe it's like okay, well, I was given a bonus at work Great, that was abundance. Perfect. I found \$5 on the street Perfect. You know, you've had these experiences before. And the more that you can build those up, it helps us trust it a little bit more, because it's kind of like okay, I've been there, I know it. It's starting to become a little bit more familiar. Maybe it's starting to happen a little bit more. But the funny thing with manifestation or with timeline hopping is we need to be it. It's more about embodiment. So the more that you can kind of persuade yourself that like, yeah, we're here, just kind of be delusional about it, you know, be like nope, I'm healed, I'm perfect, we're abundant, this is great, you know and just keep reminding yourself, the more it'll help you pull that way.

One thing I like, too, is moving things around in your home. I've noticed that when your day-to-day routine is disrupted even in the slightest bit, maybe you move your couch to the other side of the room. Maybe you usually wake up, drink coffee and then brush your teeth. Do them opposite for a couple months. Just slight disruptions in your day-to-day operating allows you to start relating to your environment a little bit different and start thinking about things differently. Sometimes, when I feel like I'm kind of hitting a wall a little bit, I'll literally just walk to the other side of the room like sit in the corner over there and try to start reflecting on I don't know what I need to do, why I'm feeling stuck, the ways that I've already been successful in breaking out of similar situations or something like that. But typically it's more about disrupting patterns, so your brain doesn't keep following the same spiral.

0:29:16 - Julie

That makes a lot of sense. All right. So how'd you get so smart with all this stuff? First of all, and secondly, what was your journey to get you here? Because you're so eloquent about this and you're so certain about it and it resonates with me. Certainly, that's why I wanted to have you on, so you could share this with everybody else. But you know, depending on how you're dressed, you could look like you were 15. And I'm thinking how is this young gal so smart so fast? So fill us in on how you got so smart so fast. So fill us in on how you got so smart so fast.

0:29:52 - Amber

I've had a very intense journey I will say so growing up. Unfortunately, I experienced sexual abuse as a kid. I've also experienced a very difficult home life and growing up it ended up turning into PTSD and CPTSD. For those that are unfamiliar with the difference, PTSD is caused by like more of like a specific event that's traumatizing, so that would be more of my sexual abuse. CPTSD is complex post-traumatic stress disorder which happens after a long-term trauma. So that would have been more at-home difficulties and it completely broke my connection with myself.

Growing up, when I was very small, I was raised in a family of psychics and healers, so it was normal to talk to like angels and fairies and, you know, run around, talk to aliens. It was just part of my childhood and that part was very much cultivated. And with all of this hectic stuff going on, I felt so disconnected and so unsafe in the physical world that I ran over to the fairy realm and the fairies were my little buddies and I would talk to them. They were like my, my family essentially, you know, and I felt like I needed to do something. I needed to break out of the weight of everything.

I wanted to find purpose in the situations that I had gone through, so that other people can perhaps hopefully not have to go through similar things or at least find coping mechanisms to move past it if they did go through similar situations. And I started to really question people and dynamics and I wanted to just figure out ways to shift stuff around because something just didn't feel right. You know, stuff around because something just didn't feel right, you know. And I was very sensitive. Clear empathy is one of my strongest senses so I feel a lot and that was very overwhelming for me and I didn't know what to do. That. I didn't know what to do with it, rather, and I would feel so much and I had so much motivation, but I didn't know for what? It just felt like this big kind of I don't know bunch of craveness.

0:32:39 - Julie

What age is this, when this is all becoming apparent to you?

0:32:42 - Amber

This all kind of came to a head when I was about 16. So I met my spiritual mentor. She was my spiritual mentor. She ran the spiritual group my dad was taking classes from, and she could sense that I was very sensitive but I didn't know what to do with it. So she basically just gave me a safe space to feel and understand boundaries. And from there, pretty immediately, I started offering readings and I've always had such a deep connection to energy and to source that I would just receive a lot of downloads. And over time I've just kind of started to piece things together. I work with a lot of ETs and higher dimensional beings who have also kind of influenced the way that I understand the world and the universe to be. You know, and it just, it just makes sense to me, I just share it, and it seems to make sense to other people too.

0:33:38 - Julie

Okay. So I'm so sorry that that stuff all happened to you. It's okay.

0:33:45 - Amber

I wouldn't be who I am had it not happened.

0:33:46 - Julie

Well, yeah, and I think that that's such a great example, regardless of what we go through, that oftentimes feels horrific and is horrific on the human plane. I always think, well, we don't understand it now. And is it feasible that once we get back into pure spirit form and what I call heaven, will it all make sense to us? Because we can look at the big picture instead of just different chapters of it? And I always think that the answer is yes, and I've heard that from Spirit a bazillion times, that it's yes. So that helps me get through tough times when I say, okay, one foot in front of the next. I don't need to know all the nuances of it now because I will eventually.

So back to that delayed gratification thing that we talked about earlier. Let's pivot for a minute and let's talk about your communication with spirit guides and fairies and ETs and all of that, which is just complete. It sounds like it's completely normal to you because you've been doing it for your whole life. It sounds like to somebody that wants to learn how to do that. What's your advice to them about? Here's how you connect. Here's what you can learn from these different entities, and are they advising you on different things, or are they all just different versions of source, all just providing information from what you call the collective consciousness, just kind of perhaps in a different way?

0:35:33 - Amber

Does that make sense? Oh yeah, absolutely yeah, I would say all of the above. They all have very different energies with them as well. Angelic energy tends to feel a lot lighter, like silky, you know. It just feels like very light and holy. Ets tend to feel a little bit more funky.

There is a misconception you know, so many people know about star seeds and stuff like that and there's a misconception that that's all there is. There are an infinite number of beings and collectives out there, different types of things and beings and people, whatever. Humanoid stuff, non-humanoid stuff, some are energy, some are physical, some are a combination. There are so many beings out there. They have kind of a varied feeling. With ETs, they tend to help us kind of disconnect from things that feel all consuming. So if you're moving through trauma or something they're great kind of being to connect to, to get more of a zoomed out lens on situations, if we're feeling overwhelmed by, like, the political climate or by a work situation or a family situation, whatever, they kind of help us see more of that overarching view, you know. So we feel a little bit more in control or feel less at the mercy of all of the chaos going around. Furies are a lot more playful. They tend to lean more on our inner child. They're my favorite. But all of these beings kind of come together to help, support us, to assist us, to guide us. Sometimes they're there to give us or ignite these deep revelations or epiphanies that help change the trajectory of our lives. Sometimes they're there just to be little buddies when you're having a bad day. Sometimes they're there to just offer us a different perspective change. Sometimes it could even be a past life or a past loved one that comes to us for comfort or some sense of understanding or whatever it is, but with energy it's all intention-based. That's all. That's the way that the universe operates.

What I like to do is invite them in for, like simple things throughout my day. If I'm going on a walk, if there's somebody that's passed away that you feel really close to for example, my great grandma, Dorothy is one that's always visited me since I was little. I'll go on a walk. I'll invite her on the walk with me. I'll just look around. If there's something that grabs my attention, I'll see how it relates to her or maybe what she's trying to tell me through this thing. If there is a sign that has like Dorothy on the name or something, then it's like, you know, a beautiful confirmation that she's there with me.

But you can do that with spirit guides, you can do that with fairies, angels. I really just encourage people to just spend time with them. You know, and again, leaning on people that have passed away, they feel more familiar. Especially if you're new to energy stuff, it can feel a little bit scary, you know. So leaning on those familiar people can be helpful.

Angels are typically people that are beings that people feel very comfortable with. So, even calling in like Archangel Michael, go on a walk with him, cook with him, you know, maybe bake with him, see what kinds of things he wants to put in the cupcakes, whatever it is, create with them, dance with them, play with them. I think it's more about feeling them and giving yourself the opportunity to feel those nudges. Because once you consistently feel a specific type of nudge, they all have a very specific energy. Once you feel that more and you're able to distinguish between different types of beings like, oh, archangel Michael feels like this. Whenever I call him in, I see a lot of blue. Maybe I feel very calm and relaxed. Whenever I call in a fairy, I feel more playful. I see more colors. Like you start to just see these patterns and it makes it a little bit more real.

0:39:56 - Julie

Are those entities around you all the time, or are they just coming in when you focus on them and invite them in or call them in? Do you have a sense of that?

0:40:08 - Amber

Yeah, it depends on the person. We all need a different formula of support here. You know, we all have our own specific strengths and things that we resonate with. For most people, they will have a lot of ancestral energy, just always kind of there giving us nudges. We all have a very big spirit team, and a lot of times it's mixed between these, like higher dimensional beings, some ETs, some fairies, like it's just a big mix of everything where everybody's got all hands on deck,

but sometimes, unless they're speaking to you directly or unless you are calling them directly, it's hard to decipher who you're speaking to. It's like if you're in a crowded room and everybody's talking at once, it's hard to kind of figure out whose voice belongs to who, unless you're like you. I see you, let's have a conversation. You know it makes it a little bit easier to pick on specifically. They're always there, though.

0:41:08 - Julie

Let's take a dive into the spirit team for a minute. Does everybody have a spirit team? You just mentioned that it's all kinds of different entities that make up the spirit team. Do we choose our spirit team? Is it chosen for us and does it stay with us throughout all of our lifetimes, or does it change within a lifetime and with different lifetimes? Or does it?

0:41:33 - Amber

change within a lifetime and with different lifetimes. All of the above, yeah, so we all have a spirit team and it tends to be a larger team, I would say. I guess, typically, it seems that most people will have like five super active guides and then maybe like 15 more like secondary guides. It depends on the person, it depends on the chapter in life. Some guides will stay with us through many lifetimes. Some guides will stay with us through one lifetime. Some are meant to only stay with us through a very specific chapter or a very specific lesson, so it sort of depends. Or a very specific lesson, so it sort of depends when we, or before we come into a lifetime.

Everything is kind of figured out in that regard. Things are kind of hard to conceptualize on the other side, because it doesn't work like the physical world does. The way that I've been shown it operates is almost like it's almost like there's a very specific shape. I guess is the way that it comes to me a very specific kind of shape and the life is meant to take hold a certain way, or there are specific intentions that are, or specific lessons that are meant to shape the person a very specific way and within this shape, it naturally just draws in these beings that resonate with that frequency, that kind of, are there to help guide them. So it's all divinely orchestrated, do we have a say, sort of. But the way that we make decisions on the other side isn't so black and white as it is here. It's a little bit more abstract.

0:43:21 - Julie

You know, do we live multiple lifetimes concurrently?

0:43:26 - Amber

Yes, time is not linear, so everything is happening at once.

0:43:33 - Julie

So we're living a caveman lifetime, and a renaissance lifetime, and a World War II lifetime and a roaring 20s lifetime, and all of that all at the same time.

0:43:45 - Amber

Absolutely Many people will have very specific interests or even sometimes feels like traumas that are related to situations that they have not lived through For whatever reason. Loud noises freaks them out. They feel like a bomb's about to go off or something, a grenade or whatever. You know when they've lived, maybe in the countryside, where there's no loud noises or any kind of war. These are all past life memories that are continuing to live through this lifetime. They're experiences that are kind of collaborating between that space and this space, which is, yeah, why they're here, because they're all kind of happening. And the same way that our past is malleable, as we find healing in one lifetime, those past life wounds start to find healing as well. It's kind of like we support both parts of ourselves at once.

0:44:39 - Julie

it gets kind of wonky and mind-bending, yeah, yeah yeah, my brain wants to short out when I think about that. I'm like what, how's that work? It's been my experience that we'll have scripts of things that we're exploring through multiple subsequent lifetimes and we're looking at things from a different perspective, different time, different place, different set of circumstances, same basic script, and that's easier for me to grasp than all these different lifetimes all at the same time and something that's happening in 2025 is affecting 1876 lifetime, which then, in turn, is going to affect my 1960s lifetime, and I'm like what? Yeah, for my little human brain it gets complicated, but I can go with the. Okay, we come in with scripts and when somebody says to me, oh my gosh, this woman was just awful, she was the bitch from hell, and I say, well, when you are with her in heaven, you can give her an Academy Award and say, hey, great job, you get this actor category Because it's a part that we play and that helps, I find, for myself and for clients with whom I've worked when we've discussed this.

It helps us really not get so wound up about all of the different minutiae, especially if it's not happening to us Definitely Watching the news and people just get so stressed out from watching the news, I say turn off the news, don't watch it. Well, I have to know what's going on. Why do you have to know what's going on? Because you're trying to stay safe from something that's happening on the other side of the world that's not affecting you unless you watch it, and I'd love to hear your take on that too. How does that relate to us attracting what it is we want to manifest?

0:46:42 - Amber

Yeah, exactly, if you are consistently taking in information that is telling you that you are unsafe and in danger, you're going to feel that that's going to be your life experience. And if somebody comes running next to you maybe they're running late, maybe they thought you were a friend and they took you as somebody else, or whatever If you're in that heightened state, the way that you interpret that is maybe this person was about to come and kidnap me, or something like that. You know the way that we, the way that or let me reset what we take in paints our programming, which is why it's so important for us to be mindful of what we're bringing into our body and into our senses, because if you want a lifetime where you are safe and you are free, it's not going to be helpful to consistently give yourself food saying that this is going to happen to you, this, this is gonna happen to you, this is gonna happen to you, this can happen to you. Be careful, be careful, don't do that, because then you're not gonna feel safe enough to actually go out and prosper. Whereas if you're consistently listening to stories about people that have been successful, we become inspired, we start kind of painting a very similar life for ourselves and then boom, you get on your timeline that you want. But, leaning back into what you were talking about, you know playing a part, essentially if somebody is being a little bit more problematic.

Unfortunately, here we tend to learn the most when we go through very difficult situations and somebody's got to be the bad guy.

Somebody has to be the bad guy that pushes us into this incredible healing journey. You know, and I feel like if we are able to start seeing challenges more as opportunities for growth instead of as like a victim, kind of oh no, this is happening to me, but switching it to this is happening for me, it is so powerful and the energy becomes so productive, even looking at something like anger, anger is such a powerful emotion when you channel it productively. If you are mad at somebody and you just sit in it and stew in it, it's going to cause so much harm, whereas if you take this anger, create art with it, exercise, go outside, have it motivate you to I don't know look for a new job or whatever it is, there's this fearlessness and power that anger can really push us with. You know, and I feel like just being mindful of that and of the different ways you can kind of use emotions and experiences to your advantage. Really ultimately, I feel like, helps propel us forward.

0:49:46 - Julie

What's your definition of a ghost?

0:49:49 - Amber

A ghost I define as a person that has passed away and is kind of in the limbo state. So they're still kind of in the physical and still in the energetic, which is why they'll kind of pop out over here when someone has fully passed on. The way their energy comes through us is a lot more light. I guess it could feel more angelic. You know, whereas a ghost tends to be a little denser. They're a little stuck in their emotions. Still it's a little stickier of a situation.

0:50:20 - Julie

Why do people choose to stay in the situation where they got one foot in the spirit world and one foot in the human world and they're behaving as or they are ghosts? I'm using air quotes.

0:50:36 - Amber

Because sometimes life experiences can be very difficult to let go of. If we've gone through a big trauma, if we aren't ready to leave maybe we passed suddenly and we didn't want to leave. We had so much we had planned for here, you know, maybe we lost somebody and it feels like we're searching for them. It's really just unfinished business, guilt, just reliving kind of stewing and stuff you know, and being scared about what it would mean to let go of that. The same way with people. A lot of people that have been through a lot of terrible situations choose to remain in terrible situations because it's familiar, they don't know anything else and it can really be isolating. And the same holds true when we pass on. We have so much support from our spirit guides and from deceased loved ones and stuff that are trying to help pull us into the light and into the beautiful expansiveness of the other side. But if we aren't willing to let those things go, we just kind of stay there until we do.

0:51:50 - Julie

I often have people when we're talking with their deceased loved one's spirit in heaven. I want a very common question. It's usually one of the first is what are they doing? Do you get that question and what do you find is a common answer?

0:52:08 - Amber

So it seems that everybody's got their kind of specific duties, for lack of a better word. On the other side, some people are a little bit more expansive and all-encompassing, so their energy is a lot lighter and is more of this like overarching support and love, whereas other people may be a lot more present in the family dynamic where they're still guiding people, helping people make decisions. It kind of depends on the person. The same way that we have different purposes here, it holds true when we go to the other side.

0:52:45 - Julie

The comment that I get most of the time, if not all of the time, from spiritists. When they're asked what are you doing, they say whatever I want, because I envision something, I think of something, and it immediately materializes. And then inevitably they'll say something like it's great, I could be in the Matterhorn. And then a second later I'm thinking about oh, it would be fun to be on an African safari. And then a second later I'm thinking, oh, I'm going to be trout fishing in the Colorado Rockies or wherever trout fishing in the Colorado Rockies or wherever and I hear that a lot from spirit. That it's, and I've heard that from people who have experienced a near-death experience as well, where they found that when they were in heaven or on the other side, beyond the veil whatever you want to say, I call it heaven that they would envision something and then it would materialize instantly. And that's why they think it's fun to come have the human experience, because it takes time for things to manifest.

And we humans are going. Why does this take it so long? Why can't I just have what I'm wanting now? And the spirits are around us going. Take a chill pill. It's happening, it's unfolding perfectly.

0:54:08 - Amber

Because to them it's always greener.

0:54:11 - Julie

Yeah, and it's fun to have the adventure instead of just the instant manifestation. With that. You say it's possible to heal from trauma through the fairy realm. Tell us about that.

0:54:25 - Amber

Yes. So, as I've mentioned I will say it a million times and I always do fairies are my favorite beings ever. They're very playful and their realm operates very interesting. They lie in the in-between, so they're not fully physical and not fully energetic. They're very malleable. They can physically show themselves, or maybe they don't. They can come as light, so they can come in as a literal little being or big being, but because of this fluid nature, there's no good or bad. There's no black and white. Everything is very flexible.

Looking at like good fairies, for example, good fairies would be ones that obviously are a lot more like warm and supportive, but the good fairies will have more mischievous qualities in them. For example, if we ask them a question, they may answer in a riddle, because the fairy realm is all about self-discovery and it can be very irritating, but sometimes it's very important because it makes us think about things differently and embody stuff instead of just being told what to do. Looking at a more quote-unquote bad fairy, that could be, for example, a chaotic fairy, where every time they're in our space, chaos ensues. We lose our keys, we lose our wallet. All of this crazy stuff happens. The good in the bad is these guys are coming to us because perhaps we're on a path that is very self-destructive and unless we stop and chill out, things are going to go somewhere that is not favorable. So again, somebody's got to be the bad guy. So they're going to come and make our chaos a little bit louder. So we notice it and stop and neutralize and then we're good.

So with theories, they force you to see things from so many different perspectives and in my journey healing with them, they've allowed me to find purpose in my trauma where, instead of feeling trapped by it, I've found all of these doors, I guess, rather than walls. Found all of these doors, I guess, rather than walls. You know they force you to just see things in the most bizarre ways. They're very, very playful. If you're given a cube, instead of using it as a cube, they're going to be like well, why don't we like break it open and turn it into a circle or something? You know it's all like mindbendy and twisty and silly, and that state of mind is so important in order to break patterns, in order to have the courage and the curiosity to try something new and to try on new perspectives and try on new ways of being and disconnect from the weight that we feel so trapped by sometimes. It gives us that permission to just be and explore, because they are earth energies as well. The earth is so nurturing and nourishing, and having constant connection to the earth really allows energy and blocks to move through our body. We feel grounded, we feel safe, we feel supported by mother earth, who we are constantly in contact with all the time, you know, and that rewrites a lot of those beliefs that perhaps we've told ourselves about, like not being safe or being alone or being neglected, being abandoned, whatever it is. It rewrites that because we are not going to be abandoned, we are not being neglected, we are on our mothership, you know that wants the best for us.

With fairies too, especially if you have childhood trauma, you feel like your innocence has kind of been ripped away from you. You've been kind of thrown into the weight of the world very quickly, and they allow you to start discovering that again, to discover your playful nature, to discover the magic and the wonder that the world could have, instead of just viewing the world

as something very dark and heavy, which ultimately gives you permission to have goals and have dreams and feel like maybe it is possible to achieve them. It makes us feel hopeful. So to connect to fairies it's very simple Leaving out offerings.

They love offerings cakes, milk, honey, any kinds of sweets, nuts and what's cool about fairies is you can tell when they have engaged with the offerings or not, because they are partially physical. They're in the in-between. So typically if I leave milk, for example, for the fairies, if they like it and they're drinking it leave milk, for example, for the fairies if they like it and they're drinking it, it's almost like all of the liquid is removed from it and I'm left with just this, like it's like gelatin. It's very weird. But with fruit as well, if I leave grapes or an apple out, if they're taking it and enjoying it, they become dried, like all of the liquids are completely taken out of it. It's so strange With cookies and cake.

It feels like styrofoam, there's like an emptiness to it and then if they aren't taking it, if they aren't engaging with it or they don't like it, it becomes moldy or rotten. So that's a great way to just start forming some sort of relationship with them. They love the arts. So dancing with them, inviting them in when you're singing in the shower, going on a walk with them, even painting with them, cooking with them. It's really just making everything kind of a party and inviting them to come in and play. They're very easy, they just like to play, they like sweets.

1:00:17 - Julie

Are they around you even when you don't invite them in Like? Can you be having a conversation on Zoom with somebody and you can see the fairies in the background doing their shenanigans?

1:00:29 - Amber

It sort of depends. We share the planet with them, so technically they're always around, but how present they are kind of depends on us. If we're in a situation where they feel they need to make their presence known, then we'll see them, but if we're doing our own thing and they're doing their own thing, then we'll be kind of detached.

1:00:50 - Julie

Interesting. Do you find that there are different kinds of fairies in different countries or different parts of the country, like are there wood of fairies in different countries or different parts of the country, like are there woodland fairies that are cousins to department store fairies? Or orchestra fairies.

1:01:12 - Amber

What's funny about them, actually? Because they're so malleable. You could have the same fairy come visit you every day, and every day it can look completely different. It can be like a small little one that looks like Tinkerbell. The next day it could come looking like this big tree. The next day it could look like a gnome. They change so much.

They're essentially all about self-expression, so they will look the way they're feeling. They can't hide their emotions. They're an open book essentially. So the way that I usually recommend people work with theories is more through the deeper essence that you feel. For example, if you think about your grandma or a friend, like there's a very specific vibe, there's a very specific energy. If I feel something and I feel like I'm immersed in my grandma's energy, that's different than if I'm being immersed in my dad's energy. You know it's all very different. So when you're talking to these energy beings, it's more tuning into, like the heart of who they are, how they make you feel, like the colors and the textures associated with their energy.

Fairies in different specific parts of the earth are going to feel different than others. There's a different culture. It's the same way with us where it's like somebody in, I don't know Japan, you

know it's a different culture. It's the same way with us, where it's like somebody in. I don't know Japan, you know it's a different culture. We're still humans but we operate a little bit different. There's different social norms.

The same holds true with the fairy realms and they may even look a little bit different. Where if there is a fairy that looks a little bit more like Tinkerbell just because it's the easiest kind of analogy for us to think of looks a little bit more like Tinkerbell, just because it's the easiest kind of analogy for us to think of A Tinkerbell-looking fairy in Los Angeles can look very different than a Tinkerbell fairy in Europe somewhere, you know. They kind of resonate more with the land there and the land in Los Angeles feels different than the land in Austria or something like that, you know. So they're more reminiscent or reflecting, representing the earth energy. There they're all fairies. There's no real type really, it's all self-expression and very malleable, but there's some like subtle differences.

1:03:38 - Julie

That's been my experience too. The ones in Ireland look like Tinkerbell and the ones in Alabama, where I live, look like Harry's. That were majorettes at the University of Alabama Leotards on. It's hilarious. And they show up like that. I'm like what are you guys doing? I haven't seen one with a baton a baton, you know, a twirlerette, but it's hysterical. It just cracks me up. And I've seen them here in Alabama in the woods and they're dressed like the University of Alabama drum major.

1:04:11 - Amber

It's a riot.

1:04:13 - Julie

I know Back to the feeling protected by the earth. One of my girlfriends is the daughter of a count and countess Hungarian count and countess. They're both deceased now and they lived like in a 99 room castle on 6,000 acres and la la, la, la la. And grandma owned a bunch of castles throughout Hungary and Romania and all of that. And during World War II they lost everything and the Nazis came and took over my girlfriend's family's castle and gave them two or three rooms to live in when they were occupying the castle.

And I asked her mother one time, the countess, when she was in her 80s, when I met her early 80s, and I said how did you get through that? And she said every day I walked outside and I knew the constant, the consistency of the trees and the seasons and the grass and the flowers and all of that, that that stuff was always going to come up. The sun was always going to come up the next day. She said that was the thing that kept me grounded, because everything else in my world was turned upside down and was horrific. And so she still, until she died which was close to a 100, she always wanted to be in nature at least once a day, even if the weather was bad, she'd step outside.

They immigrated to Canada because they had children from Austria and from Hungary and apparently there were quotas that they'd only let a certain number of each country's immigrants into America. And so they were able to immigrate into Canada and she told me, she said, and they went to this dilapidated farmhouse Now these are people that wore tiaras and had those you know big diamond necklaces and stuff like that and sold all of it for pennies just to get food to eat and they had lost everything. And she said but the one thing that kept me grounded was that I was able to relate to nature, and I think it's interesting that the fairies are such an integral part of nature too and help keep us grounded in that. Just the option that maybe they exist and they live in the woods, I think is fascinating too, with the grounding that we all can experience with nature. A couple more questions as we're winding down. How does knowing our life's purpose enhance our human experience?

1:07:00 - Amber

It makes us feel a lot less at the mercy of things. It makes us feel like we're in control, like we have a say, and it really like that's what lights us up, that's what makes our lives feel so colorful when we understand what our purpose is and align with that. It's our purpose. For a reason. You feel it. It brings you to life. You know, what I've noticed is typically because we have lifetimes. Well, a vast majority not everybody, but a vast majority of people have lifetimes outside of Earth and our souls will come to earth with a very specific mission. There's essentially kind of like specific lessons or specific things that we want to learn or understand or play with. So we'll come here to essentially do that. It's kind of like going to college. You know, if I want a degree in law, you know I'm going to go through this whole spiel, learn all these things from all of these different classes, in order to finally like get my diploma and then like, all right, see you later, time to move on. You know, essentially like that, okay.

1:08:09 - Julie

Wow, you're extraordinary, my girl. You're eloquent, you're smart as Dickens, you are so wise for your young years, and everything that you're talking about resonates with me. Even if I don't understand it completely like the timeline shift stuff it feels real to me, it feels true to me, and it'll be interesting to hear what people who watch and listen to this conversation feel about it as well. Who watch and listen to this conversation feel about it as well, and so thank you for the work that you're doing in helping us just get exposed to a lot of this stuff and making it be more normal.

1:08:50 - Amber

Yeah, that's the biggest thing I'm passionate about is just normalizing it.

1:08:53 - Julie

You're very good at normalizing it because people are afraid. We've been taught to be afraid of this stuff. There's nothing to be afraid of. It's spirit, it's all pure love and pure joy. And when we really boil it down, it's who we are at our core.

1:09:09 - Amber

It just allows us to get to know ourselves more, you know, and we don't need to be afraid of ourselves.

1:09:15 - Julie

That's right. Yeah, you know, there are some mornings I look in the mirror and I go whoa, whoa. No, I'm kidding, I don't want to scare anybody, so I kind of hide. How can people learn more about you and your work?

1:09:32 - Amber

Yeah, so you can visit channelwithamber.com. I have my connect. Let me restart with amber.com. I have my connect. Let me restart On there. You will find a link to my podcast Diary of a Psychic Medium. I have a monthly subscription service. I have a mentorship program. I offer sessions, readings, healings, all that good stuff. You can also find me on Instagram at [channel with amber](https://www.instagram.com/channelwithamber).

1:09:57 - Julie

Do your guides have any message, any parting words of wisdom for us that they'd like for us to hear or to know? Oh, let me see.

1:10:06 - Amber

I'm feeling fairy energy come in, which always means it's going to be a weird one, but I feel like actually they're bringing attention to pets. Our pets have so much to teach us, our pets are so wise and we are able to build such meaningful connections with these beings that don't

understand our language necessarily. It's all intention-based and by connecting more to animals, we start to lean more into the language of the universe, which isn't always about words, but is about feeling and intention.

1:10:45 - Julie

Oh, beautiful. Well, thanks, berries. Are they dressed like Tinkerbell or like Alabama majorettes?

1:10:53 - Amber

You know how they're dressed right now. It reminds me of is it Animal from the Muppets? Is that what his name is, that crazy guy? That's how they're coming forward. So when I saw him, I was like, uh-oh, this might be a weird one, but it was actually very insightful.

1:11:07 - Julie

Well, and it was. How many of us have seen dogs that look like that and they're the most lovable dogs, period. They do not be a foo-foo quaff dog, but they just kind of look like a mangy critter. That is the most lovable dog you've ever encountered.

1:11:24 - Amber

Definitely. And fairies do love a good opposite. They like to look one way and be all like nice and proper. So it's on brand.

1:11:34 - Julie

Everybody. We've given you a lot to think about and in the meantime, I'm sending you lots of love from Sweet Home, Alabama, and Amber is from California too, where she is. We'll see you next time. Bye everybody.

1:11:49 - Ann cr

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

1:12:06 - Disclaimer

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