

AJR Show April 10th 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. It is a big night tonight because we are going to be announcing a little bit later in the show the winner of the Angelic Attendant Training Scholarship, valued at \$2,500, you guys? So I will tell you more about that a little bit later, but there's been a lot of behind the scenes work going to this and I'm so excited.

0:01:16 - Julie

I'm so excited that I just can't find it.

0:01:20 - Julie

Okay, pointer Sisters, probably in the 80s I'm dating myself, but some of you recognize that song. We've got Chris on the main dashboard. If you want to have a conversation with me, please join us at AskJulieRyanShow.com. We've got Samantha on the YouTube live stream. If you're joining us that way, please put your first name and where you're located and your question in the chat and we will be taking questions from both. So, askJulieryanshow.com, if you want to have a conversation with me. If you just want to ask a question, youtube live stream, chat first name, where you're located and your question, please limit it to one question so we can get as many people on as we can, because we rock and roll in this thing. It's always so fun because I never know who's calling. I don't even see who's waiting. The team handles that. So it's as much of a surprise to me as it is to all of you.

All right, Chris, who's our first person? Ginger? Hi, ginger. She says my friend Dale's dog shakes when he rides in the car. It began after several long trips. Will you please scan Mason in Olathe Colorado? I was going to say Olathe Kansas, olathe Colorado. Can this be fixed with a supplement or something else? Thanks Okay, ms Ginger, I'm going to connect into you and then I'm going to connect into Dale and from Dale to his dog and we'll see what's going on with that, everybody that's listening and watching. Whether it's real time or whether it's later in the week, later in the month, later in the year, five years from now, it doesn't matter.

I want you to picture what I describe, because all of us are going to be sending a healing to Dale's dog, and same with people when we're doing anything that's healing, it's all of us have spirit working through, all of us to help that person heal Because, remember, nobody heals anybody else. We all heal ourselves. Same with animals. You know, nobody heals any animal, whether it be a domesticated animal or a live animal, alive, a domesticated or a wild animal. They all heal themselves. Same thing. So here we go. Here comes my laser beam from Sweet Home, Alabama. I raise my vibration to the level of spirit because, you know, we're all spirits attached to a body, having a human experience, and I turn my abilities on and off at will. That's what I teach in my classes. So here we go, comes my laser beam from Sweet Home Alabama heading out to Colorado.

All right, got you, ginger, ginger, going from you to Dale Dale's dog got Dale's dog. He's just afraid he's. What I am getting is put him in the front seat because he's. If he can't see out the front window and look front ways it. It makes him nervous and a lot of dogs, it'll make them nauseous and they'll throw up. I know my brother's dog, murphy, who's a golden doodle. She's just darling. But that dog they got to drug her when they take her in the car. So that's what I'm getting on that Make sure that he's in the front seat and got that. Let me see if there's anything else going on. It's not a neurological thing or anything. He's just nervous and I think he's just anxious. So make sure he's looking out the front seat. If they need to tranquilize him, you know there are things that they can give him to make him go to sleep, especially or make him drowsy, especially if it's a long trip. So I don't think it's anything big. I think just let him look outside the front. So I hope that helps. Thanks, ginger. You're a sweetie to be helping your friend and his dog.

Alrighty, askJulierianshow.com If you want to have a conversation with me. We're on the YouTube live stream at AskJulieRyan. Put your first name, where you're located and your question in the chat. And Samantha's over there helping people. She is just back from her honeymoon, you guys in Italy, so you may want to speak Italian to her. I bet her vocabulary increased when she was there for her two weeks. I can't wait to hear about everything she ate. She kept posting pictures of cuisine, which that makes sense in Italy. Okay, let's see who's next. Somebody with their hand up? Hi Hi Julie.

0:06:13 - Wendy

What's your name? My name is Wendy Felix and I emailed you about my daughters. If you could help me with her energetic healing.

0:06:23 - Julie

Okay, tell us about your daughter, and where are you? First of all, Miss Wendy.

0:06:28 - Wendy

I'm in Marysville, washington State, and I watch your show all the time and I enjoy them all the time. I play them while I'm cooking or doing dishes or things around. I don't have to be watching the show, I just listen to you guys and it's, I love it. I cry sometimes so much.

0:06:49 - Julie

I'm so honored, thank you. Thank you for listening.

0:06:54 - Wendy

And I. She is a very sweet girl. Yeah, how old is Shani and what's her name? She's 23. Her name is Samantha Felix and she was doing amazingly until she had a very traumatic relationship, very toxic relationship, and for four years. He passed away last year and she started doing drugs even though she was in college and she was working at the time, trying to do both things and we supported her all the time and we're trying to get her to get help from professionals also, but I saw your show and maybe I thought you could help her with her energetic healing.

But she's having mental health issues and addictions, dating, using drugs. It's just she went a totally opposite way. What she was doing, amazingly, she was just. She's just a sweet, sweet girl.

0:08:05 - Julie

Yeah, did she start going off the rails after her boyfriend died?

0:08:10 - Wendy

No, before Since she met him he kind of kept her away from us. So it was little by little, little by little and she, I think he caused a lot of trauma to her, like domestic violence, like just stuff we didn't see. But we were not able to see what was going on because we see her very little after that. After she moved in with him, so we didn't get to see her much. And where is she living?

0:08:41 - Julie
now.

0:08:42 - Wendy
She lives here in Marysville.

0:08:44 - Julie
Okay, but she's not living with you.

0:08:47 - Wendy
No, she's not living. She's living with dad.

0:08:49 - Julie
Okay, and are you in touch with her now?

0:08:53 - Wendy
Yes, yes, I could for her like for them every week. I make meals for the whole week. And then she actually called me two days ago and she said she was feeling depressed and that she needed help. And I said, ok, just stay there. I talked to her for a little bit, tried to be there for her as much as I can, and I took her to the doctor and I said do could say so much, but I know professionals, people that are better at talking to people that are going through any crisis or anything, and she was admitted to a rehab.

It's just they keep her there for five days to see, but she is reaching out to me, so she's been doing stuff that I know she's asking for help. I know, I know it in my heart. I talked to my husband. We're really good friends, so I told her she needs help, she's asking for help. She thinks she's trying to hurt herself because she's asking for help. That's her way of saying I need help. She's asking for help, things. She's trying to hurt herself because she's asking for help. That's her way of saying I need help. And we are doing our best, the best we can to. You know, provide for her. I mean go.

0:10:16 - Julie
Okay, well, first of all that's my first thing I'm going to say is get her in touch and it sounds like you already have with a mental health professional. I am not a licensed professional, I don't pretend to be one. I can help on the energetic side, but it's really important for her to work with a mental health professional who can, you know, really guide her and guide you guys to help her with her addictions. So what I'm going to do is I'm going to connect to you first, and then I'm going to connect from you to Amanda Wendy and then I'm going to ask her if I can scan her, and if she says yes, I will. If she says no, I won't, because it's an ethical thing with me. I won't scan anybody that doesn't give me permission, and I can get permission telepathically, and so if she doesn't want us to scan her and do a healing on her, then we can talk to her spirit and we can get some information that way. So here we go. Here comes my laser beam from Sweet Home, Alabama, heading out to you in Washington. Got you Going to Samantha? Got Samantha, samantha, I'm talking to your mom. Is it okay if I scan you? I didn't even get my sentence out yet and she's saying, wendy, she's going. I don't think so Like that, like no, you're not. You know she's not giving me permission to scan her. I can scan her but I won't. Like I said, it's an ethical thing.

So let's talk to her spirit. What do you need from your parents to help you with your addictions and all of that? She's saying she needs to. So is she living with somebody? She's saying she needs to be isolated. She's saying she needs her own space. She needs to be isolated.

She's saying she needs her own space, she needs to be on her own, that she feels like she needs time alone and she needs it by herself. So what can your mom and dad do for you to help you with that? She's saying that she needs a vacation, but she needs to do it by herself. So if you could go with her but give her a lot of alone time, but in a protected area what she's showing me is kind of like it looks like it's in a national park area. Maybe you guys can go away for the weekend and you can let her walk in the woods and things like that, within an isolated area where you know where she is but she gets time to herself.

She's saying she feels like she needs time to heal, but she needs it by herself. She needs time to heal, but she needs it by herself, which is a scary proposition to somebody who's depressed and all of that. Are her caregivers, like the professionals with whom you're working, the mental health professionals? Are they helping her detox? Has she detoxed? Is she still using? I'm getting. She's still using.

0:13:23 - Wendy

She is in a mental clinic right now for detox. All right.

0:13:29 - Julie

Okay, so she's detoxing now, but I'm getting she's still using, so maybe it's prescription drugs.

They are giving her some prescription drugs. Okay, all right. So that's what she's asking. She's asking for some time alone, and if she's in a detox facility she doesn't have any alone time because it's very structured, from what I understand. So that's what I'm getting from her. When you have the opportunity to talk to her, and if you can get her to agree to let me scan her, that would be helpful and we can see what's going on from a physical, biological standpoint.

The other thing that's coming in from spirit I get these divine downloads into my head is, if you can get her and it's kind of hard when she's in a rehab facility or any kind of facility where food is limited, she can't fix it herself is to put her on ketogenic, like you know, super, super low carbs, because anything that's refined or that sugar is gonna help fuel the addiction. So many addicts go from drugs or alcohol to sugar and it's still an addictive substance. So the research shows that if you can get her on a ketogenic diet, that's going to help too. So I hope that helps. That's some input.

Okay, good luck with everything. Sending you a big hug, I can't even imagine how tough this is. Okay, thank you. Thank you so much. Okay, thank you. Thank you so much. You're welcome, all right. That is so hard with. You know our loved ones, especially our kids, when they are in that situation, but it's really important to be working with somebody who's a licensed mental health professional in that kind of situation. All right, let's see who's next. Somebody. Hi, is it Orva? Did I say your name right?

0:15:26 - Ora

Yes, you did see who's next. Somebody. Hi, is it Orva? Did I say your name right? Yes, you did. Oh, perfect, you're good, thank you, thank you, where are you? That's my second time at your show. Listening to your show, I'm very, very impressed. I do some mediumship myself and actually I'm reading a book called I Believe.

0:15:51 - Julie

Because, like you say, maybe we can heal ourselves. Oh, everybody heals themselves. Yeah, where are you located? Calgary, Calgary.

0:16:00 - Ora

Okay, terrific. Well you scan somebody. Do we need to tell you what are the ailments or diseases, or do you see?

0:16:10 - Julie

Both, but on the show I just for time's sake, so we can get as many people on as possible. If you tell me what you want me to check, then we can get more people on to get their questions asked. When I have you by myself for an hour appointment or you're with one of my graduates, what I've found is that and I believe this is what all of them do too is we go in blind first, if it's a healing that you're looking for, because we want to see where the energy is going to go first, and then I like to have a checklist of symptoms and we just go down, boom, boom, boom, boom, boom. You know something's identified, there's a healing, something's identified, there's a healing Because it's the best use of time for us to get as much packed into our time together as possible. So, do you have something you want me to check on you? My heart, okay. What's going on with your heart? I need a new valve? Okay, we'll fix that energetically. Do it all the time? Okay. So what I'm going to do is here comes my laser beam from Sweet Home, Alabama, heading up to you in Calgary. All right, got you Shooting energy from your feet up through the top of your head. Okay, I can see the valve. The valve is kind of working halfway Valves here's a funny analogy.

You know my analogies are hilarious at times and I don't mean for them to be, it's just how they come into my head. So heart valves and any kind of a vascular valve looks like a doggy door to me. You know that swings open and back and it's only supposed to go one direction. And I have a little bit of familiarity with this because in my inventions for total joint surgery we had anti-reflux valves that collected the patient's blood and we put their own blood back into them so they didn't have to use somebody else's blood. So in manufacturing that we had to put a valve in there. So I have a little bit of knowledge about it.

So what I'm watching is I'm watching both sides of the valve get clamped. I'm watching the diseased valve get removed. I'm watching the new valve that's been generated with stem cell energy aura. There was a little mold over to the side like a plastics mold, like we used in my manufacturing plant, and stem cell energy light amber color gel has sparkles in it. Reminds me of Dippity 2 hair gel, which was a thing in the 60s and 70s. You can look it up. They still sell it, I know. And that's in there and there's a vortex that spins above it and it generated a new valve, just for you, special order, just for you, perfect for you. So it's getting put in place, it's getting stitched in place. And then I watched the clamp the bottom clamps removed All right, that's good. Top clamps removed Okay, that's good. I'm watching blood flow come back. It's just going the one direction it's supposed to go. Are you scheduled for?

0:19:16 - Ora

surgery. It's not scheduled yet, but it's in the works because I've seen the surgeon.

0:19:22 - Julie

Yeah, okay. So when you have the surgery done, it's going to be a breeze because it's already happened on the energetic level. So the healings happen on the energetic level, yeah, and then you have to help on the physical level. So when you have the surgery, it's going to be a breeze, you are going to breeze through it because it's already healed energetically. Does that make sense?

0:19:49 - Ora

Yeah, it does.

0:19:50 - Julie

I was hoping I don't need to do the surgery, but you're saying, on this level, Well, there's always a chance that you won't need the surgery, but in most instances we need to help it on the physical level. So the healing on the energetic side of the equation is all part of the healing equation. So you got energy medicine, you got surgery, you got good diet, you got you know other pieces of the healing puzzle, but this one. Every time I watch a healing that involves something that needs to be helped with surgery on the physical level I'm sure it's not 100% of the time, but I would say vast majority of the time. The surgeries go great, the client does great. Surgeons, are thrilled, and it's all part of the healing. So I hope that helps. The client does great. Surgeons, are thrilled, and it's all part of the healing. So I hope that helps. Hey, best case scenario you go in and you get checked and you don't need it.

0:20:53 - Ora

Right, I am going in June to get checked.

0:20:56 - Julie

Yes, that's the worst thing that can happen, but yeah, yeah, you'll do great.

0:21:02 - Ora

And I'm going to see you on Tuesday.

0:21:04 - Julie

Yay, wonderful. Well, I'll look forward to that, thank you so much, you bet.

Thanks for joining us. All, right, anybody that wants to call in, we're at askJulierianshow.com. If you're joining us on the YouTube live stream, we're at Ask Julie Ryan. Just put your first name and your question in the chat. Let us know where you're located and then Samantha's over there to help. So remember to subscribe wherever you listen to the show. We're on all the podcast networks. We're on five YouTube channels. Now you guys, we've got Ask Julie Ryan in English, spanish, portuguese, french and German. So if you have friends or family that are other language speakers and English isn't their favorite flavor and they speak one of those other languages, please let them know about it. But when you subscribe on YouTube and anywhere you listen to podcasts, then you're automatically entered into a free drawing for my angels and enlightenment training class, which we give away every month, and then also for a free session with me that we give away every month too. So leave a comment, follow us, subscribe, all that jazz.

Okay, Chris, who's next Angela? Hi, Julie, have you ever healed someone with MS or someone with wet or dry macular degeneration in their eyes? Yes, both, absolutely so, since you said MS first. Absolutely so, since you said MS first, we'll do that one. So, Angela, is it you that has it? I'm hearing a yes, okay In my head. When I say I'm hearing it, that means I get a thought in my head and it comes in. You know, spirit communicates. You guys, you ask a question to spirit, they're going to let you know the answer within a nanosecond. If you're thinking about it for more than a couple of seconds, that's your brain talking. So my leaves are being from Sweet Home, Alabama, to Angela. Okay, got you MS, shooting energy from your feet up through the top of your head. I've got a hologram of you in my mind's eye. I'm looking at you from behind.

I get that you don't have MS. It may, if you've been told you do it may, be some misdiagnosis or something. Oftentimes when I see MS, it's lesions in the spine and in the brain a lot of the time, but sometimes that can be mold. Sometimes it can be other things that just show up as lesions on the scans at the doctors or the hospital. I know of a woman who was told that she had lung cancer in her lungs because she had lesions in her lungs and she contacted me and I scanned her. I said, hey, you got mold. It looks like mold to me. Do an antifungal. They're ready to start her on chemo and guess what?

It was mold and she was on an antifungal for a week or two and it went away and the lesions supposed lesions weren't there anymore. So, Angela, I'm not getting that. You have MS. If you wanna give us more information, I can scan you or schedule an appointment with me or one of my graduates. You know there's five of them and they're all fabulous. You guys, you can usually get in to see them within a day or two. A lot of them and several of them work on Saturdays, so that's convenient for people too. They're way easier to get an appointment with them. They're way less expensive than I am, and they're all graduates of my class and they're all fabulous. You're going to love them. So, Angela, I hope that helps. Okay, who's next? Chris Joyce, hi Julie, Joyce, hi Julie. I'm Joyce from Texas.

My husband transitioned in May 2022 in Canada at the age of 65, suddenly before we could move to the US. Does he have any messages for me? Thanks. He's saying that you're better off staying in Canada because that's where your support systems are. So at this time, he's saying that you want to go, but right now you're okay to stay put. So, Joyce, I hope that helps. That's what he's saying. I'm so sorry that he passed and we can talk to him for a whole hour if you want. If you want to schedule an appointment with me or with one of my grads they're really good at that too. You know. They do the whole buffet of psychickness thing like I do. So we can talk to deceased loved ones, we can do medical stuff, we can do past life stuff. We can tell how close to death somebody is, we can scan and talk to pets. What else Angels spirit guides the whole nine yards, so I hope that helps. Okay, let's see who's next, hi.

0:26:25 - Julie
Hi Taryn.

0:26:26 - Taryn
Hi,

Julie
where are you?

Taryn
Yeah, I'm in Mill Valley, California.

0:26:31 - Julie
Oh, beautiful, wonderful.

0:26:33 - Julie
Yeah, well, welcome. How may I help you?

Taryn
Well, I lost my husband in June of last year, oh no, and I recently had to go back to dating again and there's this man that I'm dating. His name is Mike, and I feel like my husband has sent Mike to me. I'm getting a lot of messages about this and I just wanted to ask if you could ask him that for me. Yeah, what's his name? Mike Shinoblo.

Julie
No, what's your husband's name?

0:27:10 - Taryn
Arthur Zendarsky.

Julie
Arthur, okay, Arthur, did you send Mike to Taryn? Absolutely handpicked. Absolutely handpicked. Yeah, all right. So he says he's a good guy, he's trustworthy, he's honorable, he's

fun, he's interesting, he adores you and he said that if he's going to send somebody to you, it's going to be the cream of the crop and consider that he's still around you. And he's saying like he's chatty. He's saying it's kind of like when you have more than one child or more than one pet that your love expands. It's not like you only have a certain amount of love for one person. It's that your love expands. So he's saying that Mike is really a good guy. Is that your impression? Yeah, yeah.

Yeah, I mean he, he's older, he's 10 years. Crazy about you. He's crazy about you. He's crazy about you, thank you, he's saying. He's saying Mike feels like he hit the jackpot well, I love that yeah yeah, yeah.

So, uh, one of my best friends lost her husband and then got remarried like a couple of years later, and this was the sweetest thing ever, because her husband said he was going to send her somebody and he did. You know her husband that passed, and so the man that she married her second husband, is a retired commercial pilot and was in the Air Force, and on the anniversary of the spirit husband's passing, the new husband, the pilot, took her up in the air and they went flying, because he said I know that you probably want to be closer. His name was Frank. I know you want to be closer to Frank today and so let's go up in the sky and you can be closer to him. Point being that when you find a Mike or somebody else that that person is hopefully going to be secure enough that they're going to love that. You loved your husband.

0:29:34 - Taryn
Right.

0:29:35 - Julie
And they're going to be willing to discuss him with you. And you know and know that you loved him. How long were you married to your husband? We were together 12 years. Yeah, long time, yeah, so.

0:29:53 - Taryn
I hope that helps.

0:30:01 - Julie
Thank you so much. Thank you, he was the love of your life. Yeah, yeah. Well, we, we, all of us have way more than one soulmate. Keep that in mind. You know, I mean fiction writers and literature and all that makes us think we only have one soulmate. That's nonsense. Everybody that you know is a soulmate. We all have more than one romantic soulmate too, so yeah, Well, good luck with that.

By the way, I think it's next week we're going to release a show with two psychologists and they call themselves the Golden Dating Doctors. Oh, and they are fabulous.

0:30:36 - Taryn
Okay.

0:30:37 - Julie
Fabulous, fabulous. So you want to be sure and watch that show, or?

0:30:40 - Cheri
listen to it. Watch that for that.

0:30:41 - Julie
Sure, they have great advice, and they're both in their 80s and you'd never know it, but they are having the time of their lives, good yeah.

0:30:53 - Julie

The golden dating doctors You're welcome.

0:30:56 - Julie

Have fun.

0:30:58 - Julie

Okay, bye-bye. All right, if you want to have a conversation with me, askJulierianshow.com. If you're joining us on the YouTube live stream, we're at AskJulieRyan. So just put your question in the chat, put your first name and where you're located, and we will get some of those on as well. Remember to subscribe, remember to hit the bell so you're notified when we release a new show. We have so many amazing guests. I learn so much. I hope you guys do too. It's really fun to get to meet them. And then we do this show live every Thursday 8 Eastern, 7 Central and 5 Pacific. I sound like a game show host, but that's what we're doing. Okay, let's see who's next. Hello, hi.

0:31:49 - Marilyn

Wow, this is amazing. Thank you so much for having me. I'd like to say hi to my sister. I'm in Detroit and she's in Phoenix, and we just lost our 99-year-old dad.

0:32:04 - Marilyn

11 days ago.

0:32:06 - Marilyn

Oh no, and yeah, he was just eight and a half weeks shy of his 100th birthday, so we've been grieving and I've been cleaning out his home and I'm over there every day and I get such a lump in my throat and a headache and I was saying I needed to see the energy healer at my doctor's office. And I thought I've been listening to Julie Ryan all day while I'm cleaning out the apartment and I said, well, there's a live Zoom tonight, let's just so.

It was kind of spontaneous and so I'm wondering if you could maybe help me out with my throat and my headaches, and also if there's any message from our dad for Pat and I.

0:32:51 - Julie

Absolutely. What's your dad's first name? John, john. Okay, john's right next to you, marilyn, he's on your right. They always come in. They're always on the right. He's saying that he's directing you. He's putting thoughts into your head. He says she thinks they're her thoughts but they're not. So he's directing you on where to go and what to do. When you told me that you have a lump in your throat, the first thing I heard was is there a mold problem in his home? With the headache and the lump in your throat that you know? Like going through old things, I get that you may want to get an air purifier in there and run it.

0:33:31 - Marilyn

Oh, wow, great suggestion. He had a lot of books, some of them were old and leather bound, and some of them were stored in Northern Michigan in a home.

0:33:41 - Julie

Yeah, and paper. You know some of those old books. It's like you open them and they smell mildewy, or they smell like wet socks or a wet dog.

0:33:49 - Marilyn

I was boxing books all afternoon.

0:33:52 - Julie

Okay, so there's a physiological thing going on. So get an air purifier run it, just move it from room to room wherever you go, so it's running.

So you're doing that. The other thing is the lump in your throat, of course, is grief. And when you think of grief as waves in the ocean. So, Marilyn, picture the ocean is calm, you have disruption in the form of waves and you have repair, especially in a storm, you know you got those waves coming in and they can knock you over. If there's a lot of turbulence and a lot of big storm activity happening and that's what grief feels like, it's like a wave in the ocean. It can knock you over right. When you're in the middle of it, always remember it's going to recede and it's going to go back to calm. So if you picture that every time you have a wave of grief, it's going to help you navigate, that, as time goes on it's going to get less painful, it's going to be less frequent. At the beginning it's really hard because, especially when you're going through all of this stuff and all those memories and everything, Sorry, is there anything vascular?

0:35:12 - Marilyn

Because I don't want, I don't want it. I'm trying to process it and I'm trying to express the pain in my throat and my head. Every time I start crying seems to get like really ramped up much worse, and so I kind of don't go with it and I really I want to. I don't want it stuck anywhere. I want to express it and let it go, you know Cry cry, girl, get, go.

0:35:39 - Julie

Get a bunch of Kleenex, let it out. When you hold it in your throat, what's it doing? The lump gets bigger. What are you doing? You're building up pressure. It's causing the headache. Let it go. Waves of the ocean. If you're trying to contain a wave that's hitting the shore, you can't do that. You can try, but good luck, it's not going to happen. So let it flow, watch it recede, let it flow and be grateful that you're able to do that, because there are a lot of people that can't grieve. They won't let themselves cry and what I tell them is go watch a couple of really sad movies and then that'll start the tears flowing. And then you're going to feel like oh my God, it's an endless bucket of tears. But, especially as you're going through all of this stuff, of course you're going to be crying. It's to be expected. Have you read Angelica Tennant's, my book?

0:36:33 - Marilyn

I have not I'm a big Chris Norquist fan and she talks about you and it a lot. So I do plan on getting the today you were mentioning on something I was listening to the free audio and I'd love to do that.

0:36:47 - Julie

Yeah, angelica Tennant's what Happens as we Transition From this Life Into the Next, and anybody that wants a free copy. Just go to Julieryangift.com and we'll send you a free digital and audio book copy. But there are all kinds of graphics and illustrations in there, Marilyn, and it's gonna show you how our loved ones and us someday were surrounded by angels and the spirits of deceased loved ones and pets as we're transitioning. Is your mom still living?

0:37:18 - Marilyn

She's not and I was just going to say I didn't go through this when she left her body and I asked a mentor who was also a therapist a couple months later if something was going to hit me, because I wasn't really grieving and she said no, it's kind of based on what you believe, and I know you don't believe that we're our bodies, so, and it hasn't hit me and that's been eight years. I feel my mom around a lot.

Great, great you know, but this was very new with my dad and I was his caregiver and we were together 24 hours a day and really was so lucky to get to spend that time with him and have our relationship evolve the way that it did.

0:37:58 - Julie

Yeah, and what a gift to him as well that you were able to do that. Yeah, yeah.

0:38:06 - Julie

And you know, talk to them. I know you're talking to them and you just say something hey dad, la, la, la la, whatever you want to say to them, and then it's that first thing, Marilyn Boom, Fast as you can snap your fingers, that answer is going to come into your head when you think about it for more than a couple of seconds. It's going to be your brain talking to you, Right? Re-ask the question, remake the statement. Thank you so much, Julie. I appreciate it. You're welcome. And he's talking about jelly beans. I don't know if it's because it's almost Easter or what. What's with the jelly beans? Did he like jelly beans?

0:38:41 - Marilyn

He was addicted to candy.

0:38:44 - Julie

Okay.

0:38:45 - Marilyn

He liked sugar a lot.

0:38:47 - Julie

Okay, well, jelly beans are like a sugar IV. For God's sakes. Yes, they are pretty much.

0:38:52 - Marilyn

Yeah, there's also jars of his marbles that are, you know, 100 years old. Oh, wow. So, yeah, I think there's enough to spread around amongst the four kids if they all want some.

0:39:03 - Wendy

Yeah, so maybe you know jelly beans, marbles.

0:39:07 - Julie

There you go. Well, download Angelic Attendance Julieryangift.com Anybody that's listening. If you want a copy, just go to Julieryangift.com, and that would be a wonderful thing for you to listen to while you're doing all the work at your dad's house. It'll give you a lot of comfort, I believe, and the stories in there are just you know they're so heartwarming. Comfort, I believe, and the stories in there are just you know they're so heartwarming and I believe they're going to give you a lot of information and comfort. And please share it with all of your family and friends too that you believe can benefit from it.

0:39:40 - Marilyn

So sending you a big hug. Thanks so much, Julie, you're welcome.

0:39:44 - Julie

Okay, good luck. Enjoy going through all that stuff too, you know, yeah, yeah, you know, I mean, enjoy the memories. You're going to find stuff that you're going to learn things and you're going to find things that are just going to delight you as you do that. Great, okay, thanks for joining us. You bet AskJulieRyanShow.com If you want to have a conversation with me. We're at Ask Julie Ryan on the YouTube live stream. I say that multiple times throughout the show because people join us halfway through the show, three quarters of the way through the show, so I like to share that with everybody. And if you're joining us on the YouTube live stream, just put your first name, where you're located and your question in the chat and we will get a bunch of those answered too. Okay, Chris, who's next? And then we'll take one more question.

Then I'm going to announce the winner of the class Jeanette. Hi, Jeanette, from Katy, Texas. I know where that is. Can you tell me my guardian angel's name? I heard Manfred Manfred, m-a-n-i-f-r-e-d. Manfred, Manfred is saying that I don't know if that's a boy name or a girl name. I think it's a girl, I'm not sure. But Manfred is saying you can call it Manny if you want M-A-N-I. So there you go. Thanks for the question. Okay, let's do one more and then I'll do the scholarship winner.

Julie

Hi there, hi, Stephanie, how are you, my girl?

Stephanie

Well, I could be a whole lot better, which is why I'm here, and I just found you from Steve and Dawn in the other week, I think two weeks ago you were on the shift network which I've listened to for years.

Julie

I have a long, long history of studying spirituality, and I mean everything that's out there. I'm studying everything. However, my physical body is not cooperating and I have many, many, many issues going on. It's all I can do to stand up and move. I can't stand for more than a couple minutes and I have 15 broken bones, osteoarthritis, osteoporosis, everywhere, fibromyalgia. Okay, so choose one. You did the osteoarthritis, we're gonna. We'll work on that tonight. Schedule an appointment with me or with one of my graduates.

0:42:11 - Stephanie

I don't have the money.

0:42:13 - Julie

Well then leave a review and you may be. You're entered automatically into the drawing for a free session, so we'll do that. That's another thing that you can do, but what I'm going to do is I'm going to connect into you. Where are you, Stephanie?

Stephanie

I'm in southeastern Pennsylvania,

Julie

okay, west between Philadelphia and Lancaster, new Pennsylvania, okay, great, here comes my laser beam from Sweet Home, Alabama, heading up north, got you Shooting energy from your feet in through the top of your head. So what I'm watching is I'm watching your skeleton get pulled out of the top of your head and dipped into a big vat of stem cell energy. Think of one of those dunking tanks like they have at the fair you know, and you throw something

and you make the coach go into the water or something like that, and then what's happening is your skeleton's being put back in your body. There are vortices spinning above your head, beneath your feet, on either side, front and behind, all spinning concurrently, and that's going to help regenerate bone in your body. Osteoporosis, Stephanie, looks to me like sea coral with the holes in it. You know you've got coral that's solid, and then you've got coral that has those holes in it. You know you got coral that's solid, then you got coral that has those holes in it some of it and then osteopenia looks like divots in the bone. You have both, but you got osteoporosis. You know that already. You said you've got a bunch of broken bones.

So what I'm watching is I'm watching while those vortices are spinning. I'm watching in my mind's eye those calcium holes where they're lacking calcium. I'm watching new bone grow in there and it's really fun with you because you've got so much of it that you know Jack and the

Beanstalk where they've got the vine that grows up to the sky, to where the giant lives. That's what it looks like. It looks like all these vines that are growing in and out of all those little holes that are in your bones and, as those vortices are still spinning, it's generating new bone material. This stem cell energy is the coolest stuff ever because it'll regenerate any body part we need. When you first started talking about that?

I just love it. I wish they have it physically here, but I can't afford that either. So when you talk, about it. I'm like thrilled, I mean, the whole body could have stem cell energy, exactly.

Rejuvenation. And what I believe I'm watching, Stephanie, is you think about it. Every cell has a nucleus. Every nucleus is surrounded by cytoplasm, which is a watery gel like dippity-doo right, and our bodies have a centrifugal force in them that spins, that causes the cells to divine replicate to the tune of billions of them a day. So I believe, when we see these healings, what we're doing is we're watching the body heal itself just in warp speed to help with that.

The other thing is I'm seeing a lot of osteoarthritis in your joints and all of that and that's I know that's just crazy painful. So we're going to take your skeleton out of your body again. But now imagine that there are turnstiles like in the car wash. Remember when the car washes had brushes before they turned to strips of fabric? There are big turnstiles up near the top of your head and arthritis in the joints looks like this white crunchy material that reminds me of corrosion on a battery that's expired. Have you ever had a flashlight battery that's got that white crunchy stuff on it? You know when you're taking it out. Yeah, and that's actually what it looks like in surgery. I've been in a bazillion scopes where joints being scoped. That's what it looks like on the monitor. So of course it's my frame of reference because I've seen it real time. So imagine those turnstiles are going as we're taking your skeleton out of your body again, they're cleaning out all that white crunchy, arthritis stuff, and then what's happening is you're being dipped again. You're getting double dipped like a double dipped cone at Dairy Queen back in the day, all right. And then here comes the skeleton back in your body. All right, those vortices are still spinning.

I can recommend that you look into Beam Minerals, b-e-a-m Minerals, and if you go on AskJulieRyan.com and you go on the sponsors page, Stephanie, you'll see a link there and it's for 20% off if you click on that link and use it for a discount. But when we need to regenerate calcium, there are 12 other minerals that are needed, not just calcium and magnesium. They also have a product that's called Instalites and it's a spray. It's a little tiny bottle I think it's like \$7 a bottle or something like that and when you spray it on the areas of your body that hurts, it applies the minerals topically and that stuff's miraculous. I'm telling you it helps with pain.

If I ever have something that hurts, I spray that on there. It's gone. If my husband does, or we have a friend that's hurting, I spray that stuff on them. Wait five minutes, spray it again. It's amazing. Athletes use it, marathoners use it. It works with anything that hurts. So I just shut some energetic estrogen into you too, just as icing on the cake. So I hope that helps. That should have sailed decades ago, yeah, but we can fool mother nature and use it energetically. So, yeah, look at you, yeah. So I hope that helps.

0:48:08 - Julie

So listen to the show again.

Stephanie

Thank you.

0:48:11 - Julie

Picture the healings that I just described, and I want you to envision all of that. Listen to it over and over again. Envision it. The body's going to follow what your brain's telling it, even if your

brain doesn't believe it to be true. Think of when you watched a scary movie on TV or a sad movie on TV and you found yourself getting weepy and you thought wait a minute, this is pretend, it's a movie. You know this is fiction, but your body was following what your brain was showing it. So I hope that helps. I hope you feel better.

0:48:43 - Stephanie
Thank you very much,

Julie
you're welcome.

0:48:45 - Julie
Okay, thanks for joining us. All right, Chris, drum roll, here we go. This is the winner of a \$2,500 scholarship to Angelic Attendant Training. Now let me tell you a little bit about this situation here. I teach this class twice a year End of May, 17th and 18th, online via Zoom. Saturday and Sunday. That's what this scholarship's for. I'm going to teach it in the fall as well, in October in Atlanta. That one will be in person. Both of them are live. The one in the fall is in person.

So we had hundreds of applicants apply for this scholarship to Angelica training. This is class 23. So there've been hundreds of people from over 14 countries that have gone through this class, from all walks of life. Most people have no abilities. Most people, when they do it, they're interested but they don't think they are going to be able to do it. Everybody that takes this class could do this stuff that I do, you guys, I promise, promise, promise, and it's easy and it's so much fun. So the winner is Brittany Wassef, w-a-s-s-e-f from Halifax, nova Scotia, Canada.

The hundreds of applications that came in were reviewed by a committee of graduates. There were seven of them in the committee. They narrowed it down to five applications for scholarship applications. Everybody all the graduates voted on the application that they wanted to win. So, Brittany, you won this out of hundreds of applications and it was hours worth of work by my graduates. They sent it to me earlier this week. I had no idea who it was gonna be because I wasn't involved.

This was all graduate led, which is an amazing community. Amazing and that's part of the beautiful thing about the Angelic Attendant Training is you take the class, which is over a weekend, but then there are nine practice groups a week of graduates, all different time zones, different days, and they're free for life. So you're in an amazingly supportive community once you take the class, because you know you can read something. But until you do it, read something, listen to something, until you do it and do it with some frequency and get validation for what you've done. It's hard but this makes it really easy.

So here's a couple of things that Brittany had to say. Quote I would love to enroll in Julie's Angelica tenant training because my life's purpose is centered around helping others heal both physically and energetically. When I first saw the training, something deep inside me knew I was meant to be part of it. Julie's training offers not only the wisdom and structure I need, but also a community and mentorship that would help me feel supportive and seen. That's the differentiation between this. Number one it's easy. Number two everybody can do it. Number three you have support for the rest of your life, at least as long as on the live. You have it and it's free. After you take the class, after you graduate.

She went on to say receiving this scholarship would mean more than just an opportunity to learn. It would be a chance to finally take a breath, to be guided instead of always figuring things out alone, and to fully step into the work I know I'm meant to do. I'm ready to receive this support and use it to help others navigate their own healing journeys. Others navigate their

own healing journeys. So, Brittany Wasseff from Halifax, nova Scotia, Canada, girl, you have won. Congratulations. This is a really big deal. Again, it's valued at \$2,500 and you just won it.

So anybody that's interested in enrolling in the class just go to AskJulieRyan.com. There are payment plans there. There's a six-month payment plan with no interest. If you're interested in that and we've got a bunch of people that have signed up already and there are still more that are coming there are more spaces open. So if you're thinking about it, come join us. It will enhance your life in every way. So congratulations, Brittany. Okay, Chris, I think we have time for one more person. Thanks for the drum roll. By the way, he loves that. Sherry Hi, sherry Hi how are you?

0:53:32 - Cheri

I'm terrific. How are you, my girl? Oh, I'm doing good, terrific. Where are you? I'm terrific. How are you, my girl? Oh, I'm doing good, terrific. Where are you? I'm in Ontario, Canada. Oh, okay, Wonderful. You got a question for me. I do. I do Just been having some digestive issues over the past little while, so I don't know if there's any scan we can do, and maybe there's a block there. I'm not sure.

0:53:58 - Julie

Tell me about what your symptoms are. What are you experiencing?

0:54:03 - Cheri

I think it's like a sluggish kind of digesting going on. I don't know whether it's menopause. I don't know what's happening. Like all of a sudden, so you're plugged up, basically, yeah Well it's not even back, it just feels slow, like it'll sit up the top just underneath the breastbone, and then it kind of goes down the left a little bit. I've had, you know, ct scans, mris, all that kind of stuff done last summer and nothing.

0:54:41 - Julie

So it's just kind of.

0:54:43 - Julie

Any pain Discomfort,

Cheri

I wouldn't say pain yeah.

0:54:48 - Julie

Discomfort because you feel like you're extra full, kind of yeah, okay, all right, let me get you on my radar let's see what's going on. We'll go in and rotor-rooter that out. We'll just get you going again. Okay, here we go. Here comes my laser beam from sweet home, Alabama, heading up to you in Ontario. All right, Got you Going in, going in through your mouth, down your esophagus, to see I'm seeing a little hiatal hernia, seeing a little hiatal hernia that's near the bottom. Those look like little sores that are in the esophagus and so I'm watching it get scooped out. It's leaving a little divot. We're throwing a little stem cell energy in there and light amber color gel sparkles dippity-doo cherry. So that's in there, a little vortex spinning outside of your chest. That's going to help that. All right, coming down further into your, yeah, I can see. It's like you know those conveyor belts that move product along in a factory. It's like your conveyor belt's sent on super slow. Did you ever see the show with I Love Lucy, with Lucille Ball and Ethel, and they're the candy factory? Yeah, and they're eating all the candy. That's what I'm seeing in my head. So, like they did there, you know they cranked up the assembly line to try and get more work done, and then they were eating half the candy. That was hilarious, all right. So what I'm watching is I'm watching there's a like a valve that's being tweaked on the front of your body and it's being turned up. Like you know, I have a gas stove

and I push down the little burner thing you know to turn it on, that control thing, and then I turn it. That's what it reminds me of. It looks like one of those kind of burner on off little, I don't know what you call them little nozzle things I don't know. All right, so I'm watching that. That's speeding it up. I'm watching a corkscrew go all the way down your GI tract, sherry, and it's spinning and it's just cleaning out your whole GI tract. Got that going on. I'm seeing food that's getting. It looks like it's really slow in your intestines. I'm looking. I'm not seeing diverticulitis. I'm not seeing diverticulitis. Looks like these little divots in the intestinal wall and little particles of food can get stuck in there and sometimes there's a little flap of skin that goes over it and that's when we get the infection. If that gets stuck in there. I'm not seeing that, but we're cleaning it out anyways. So I'm watching that going.

Tell me what you like to eat. Are you eating enough fat? What are you eating? You need to increase your fat. I'm hearing from Spirit. Well, I like that. Yeah, yeah, good fat. Olive oil, coconut oil, avocado oil, avocados Okay, that kind of stuff. What do you like to eat?

I try and eat clean, so fat isn't formally on my list but yeah, yeah, yeah, you want to add more fat, and the thing that I find is really helpful is brain octane oil by a company called Bulletproof Brain octane oil yeah.

And you want to use some of that. It comes in capsules, it comes in liquid. AskJulieRyan.com sponsors page. I believe there's a link on there for a discount and you can do that. That stuff's great. That's what's helped me stay off sugar for six years. I've been sugar sober six years. April 1st. I chose to go off sugar April 1st because it'd be easy for me to remember on April Fool's Day. So that's the one thing that's really helped keep me off sugar is the brain octane oil, and that'll help things move. I get that. You need more fat.

You're not eating enough fat and so things are sluggish. So I hope that helps. Other than that, you look fine. You look fine. We increased your conveyor belt You'll think of the I Love Lucy show now when you think of that and the brain octane oil. Start off slowly with it, because it can give you what my buddy, Dave Asprey calls disaster pants if you take too much too soon. So start off a little slowly with it, like a you know, a teaspoon or two at a time and it absorbs right into your food. So hopefully that'll help.

0:59:44 - Cheri

Thank you, I love everything you do.

0:59:48 - Julie

Oh, thank you for listening. I'm so honored and I love that you joined us this evening. All right, thanks so much. Bye, bye, sherry. Okay, everybody, that's it for this week and I hope you have a wonderful weekend, wonderful week next week. Join us next Thursday, 8 Eastern 7 Central, 5 Pacific. I'm going to be giving away a free Angels in Enlightenment training class. That's learning to communicate with spirit. So leave a review, leave comments, all of that. In the meantime, sending you lots of love from Sweet Home, Alabama. Bye, everybody, see you next week.

1:00:30 - AnnCR

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.

1:00:44 - Disclaimer

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