

## AJR Christine Page Transcript

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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.

0:00:44 - Julie

Hi everybody, welcome to the Ask Julie Ryan. 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 Dr Christine Page on the show with us today. Christine's been a trailblazer in healthcare for more than 45 years, seamlessly integrating allopathic medicine with holistic and energy healing to support her clients. Now, given my passion for blending spirituality with practicality, especially in the realm of healing, you know I'm going to have plenty of questions for her. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Dr Christine. Christine, welcome to the show. I'm so delighted to have you. Thank you for making time for us today.

0:01:40 - Christine

It's absolutely my pleasure to be with you. Thank you, Julie.

0:01:43 - Julie

You bet you call yourself a mystic physician. What do you mean by that?

0:01:50 - Christine

Well, I was called that a mystical physician because by Norm Shealy, who I very much admired and worked with in the past, and I really people often ask me well, why did you, you know, when did you become mystical, when did you become intuitive? And I always have to explain that actually I've always been intuitive. I've never known what it was like not to be. And the question should be why did I become a physician? Why a doctor? Because I was brought up with healers and mediums and homeopathy in England.

As you can hear and you know, that was my normal world. But some part of my soul says it's time to be a doctor and I had challenges which I can always go into really being able to protect my sensitivity, to be able to become a doctor because I felt everything and I could see everything, and so I think one of the reasons that I became a physician was to learn to have healthy boundaries and otherwise I wasn't going to be able to survive because I fainted all my you know teenage years, because I was just too sensitive. So that's how I really became the mystic first and then the physician, because I really care about people and I want to understand why they get sick and I want to really understand how we can talk to the soul to bring healing to them.

0:03:33 - Julie

All right, that's a lot to unpack. Well, let's start at the beginning. You could see spirits and feel things as a child. Can you give us some examples of what you experienced as a child?



0:03:45 - Christine

as a child. Can you give us some examples of what you experienced as a child? Well, and I was brought up in my family my mother's family are Scottish and my grandmother and great-grandmother, who I never knew, were always called as Fae, which means in Celtic traditions to be one with the fairies, but also to be the wise women. So I have a very long lineage of wise women back mainly through my Scottish roots, and it would be that all the you know my mother used to describe all the leaders, like the religious leaders of the mayors and everything would come to the kitchen table of my grandmother and ask for intuitive advice. So that has been very strong.

I have a very strong female lineage and, however, I was born into my mother's life and I thought everybody could see energy. I thought everybody was connected and so, from a even before obviously, I could talk, what I knew I was doing was going out the top of my head and going back to what I would now consider my soul family or my star family, and when I was old enough to tell my mother you know I'm doing this, she says well, it sounds. If it's okay, keep doing it, which I really honor her for. I always could see people and I would almost say I saw them in layers, but really I could see their personas beyond what was being presented to me. And as a child, a very small child, I thought everybody did this. But really, Julie, my idea was this is a crazy world I've entered into, because all these characters were talking to me. So my mother would say to me you know, say hello to this person. And it was only later I could say which one you know, so you would see their spirits separately.

I saw them as past lives. I saw guides, I mean all of these beings that were part of this individual. I mean I couldn't even just describe it as their soul. I mean I could see. You know, as I say I might call them past life star beings. They were all there talking to me.

0:05:56 - Julie

Yeah, like they came in with a gaggle of spirits with them.

0:05:59 - Christine

Yes, and so you know, I thought everybody was doing this and, as I said, I thought this is one crazy world. And so in my first 10 years I was extremely shy that was what my mother would call me but really it was like let me get out of here, this is just too scary. And then in my teenage years, I found the most challenging energy was someone was suffering of someone. And so, you know, even though all these other characters, if I perceived there was a one of the sub-personalities was suffering, despite the smile on someone's face, I would take that on and faint, and I think fainting was a really good way of getting away from this. So I went from being shy to fainting, and so that's really the odd question is why on earth did I become a doctor?

0:06:56 - Julie

Because I'm thinking you're talking about fainting and I'm thinking of those fainting goats. Yes, yes, they get scary and they just faint on the side of the road and you're like what the heck?

0:07:06 - Christine

Yeah, I know, and you know, during my teenage years I was part of what we call the St John's Ambulance, which is a first aid group in England, but we would be called into every major event. So this wasn't minor. So if something happened to someone we were the ones that were called in. Why on earth I did this? But I do know, Julie I mean from past life I was very much part of the Knights Templar or the Templars who took care of people during the Crusades. So I think I was going back to that time of being someone who could aid people from that very high level. I know that to be true. So anyway, I kind of you know when anybody, I just prayed nobody becomes sick when I was on call as a teenager because I would have fainted.



But I think my sole choice was you got to learn how to have better boundaries and you know I had to. I wanted to become a doctor and people would say to me wow, how can you work with, you know, dead bodies? I was like they're dead, they don't suffer. How can you do operations? They're asleep, they don't suffer. But I did an awful lot of ER, you know, working in that area, which actually got me to a place where I could not faint but could be effective in my work, and that's really what took me into that.

But after I will say after 10 years, 15 years I realized I had to bring all my complementary medicines back in, and so I was very fortunate to be in a practice where I brought people in to my practice with a group of partners where we would teach everybody homeopathy, aromatherapy, psychic thing, crystals, you know, and I was. It was just like this is how it should be a really integrative health center, rather than just so. I was never forced, I only ever worked with people who were dedicated to helping the patient, not to helping the drug industry, let me put it that way. And you know, I had a wonderful practice of people who were just eager to learn what can I do for myself? How can I help my children? So that's what happened.

0:09:19 - Julie

The Knights Templar are always. That topic is always so fascinating to me. For those who are listening and watching, please describe who the Knights Templar were and the Knights. I should say who they were, what their mission was and then how it kind of all evolved and what was your part in that in that.

0:09:49 - Christine

So the Templars were very much seen as the well. Maybe they became the soldiers that were helping the people who wanted to go from especially Britain to Jerusalem. And these were the Crusades. Now, I'm not saying what they did was right, because there was an awful lot of killing along the way. Right my group were called the hospitalers and they were the hospitalers of St John, and it's always debatable which St John we're talking about, you know, John the Baptist or which John. But these were alongside the soldiers, were the hospital people, the medics, and they started up in about 1060. And they had their hospitals that they would help, you know, treat people on these crusades. And they went from Jerusalem. They went from into Malta and Rhodes. You know they kept being pushed out of places, but they wore the uniform that I ended up wearing when I was a child as a St John's Ambulance person, and it was like let's put that uniform on back again and let's take care of people.

0:10:57 - Julie

Yeah, yeah, well, and I see that when I'm doing past life work with clients, that there's a semblance of a script that will come forward in multiple lifetimes, and it's just a different perspective of the same script, or a similar script, if you will different time, different place, different set of circumstances, but same basic script, which is what you're describing as well. Weren't they the ones, though, that were the guardians of the Holy Grail, which was the chalice?

0:11:28 - Christine

They were. But I like to say I stayed on that hospital side but there was a lot of merging went on between the Templars who wore a red uniform, or a red cross, I think, and me that wore the black and the white. And actually when I was in Rhodes many, many years ago, literally, you know, 30 years ago, I slipped into one of those parallel lives and I was walking.

0:11:53 - Julie

Tell us about that. You can't tease us with that one, Carl, without telling us.



0:11:58 - Christine

I never actually had such a strong, and I call them parallel lives, which I think is what you're calling them. You know, they're an essence of me. So I'm walking up this street, which is a cobbled street in Rhodes, which is one of the islands of Greece, and all of a sudden, instead of wearing a summer dress, I'm wearing this thick coat cloak that is dragging along the floor and I, instead of having, you know, sandals on, I've got boots on and I can hear myself walking up the steps. And then, and everything around me, when I looked into it was back, probably in the 1500s, I think that's where they were there. So I looked at the houses on either side and everything was there, and but what was most significant for me was that I, in that time, was worried, I was troubled, and the biggest thing I took from it was I was troubled that what we were doing was out of alignment with our original design, and I was saying we shouldn't be doing this, we shouldn't be doing this, this isn't what we were meant to be doing.

And I'm walking along the street and up this hill, which I can still see, and then and that was the biggest thing I brought back was this, this we mustn't go out of alignment with what our original mission was. And then a child cried in 20 whatever year I was there probably the 1900s, 1960 or 70 and all a sudden everything's back to that time zone. It was probably the 1990s. I was there, so everything's, and I looked around and now I'm back into 1990s and not 1500s. But what I brought back with me was this importance of not losing sight of what your mission is for the need of, and, of course, the Templars became very rich. They took a lot of the wealth, and it wasn't that I was saying don't have money, but it was keep aligned to what your mission is and don't let other temptations take you off course.

0:13:59 - Julie

How did that relate to your life then at that point in the 1990s?

0:14:02 - Christine

And I was working as a doctor then and I was working in. I now had moved into my complementary medicine. I was practicing mainly integrative health in a private practice outside the National Health Service. But it was very much saying stay on track. Money had not never. I mean, I used to take a year off every seven years to make sure I never got caught up in a trap, and I would take a sabbatical away from everything so I'd never see myself, you know, as either needing or being needed and that's something I had done.

So I think I was at that point where it's like really important to stay on track, not just to my mission to be a doctor or a healer, but my higher mission and I'm sure you've had that, Julie, I mean so many times my spirit guide. I mean again, I call them that. But the universe, they've said no, no, no, that's not what we want you to do. And I've kind of had a discussion with them like, yeah, but look how much good I'm doing, or look how they go no, no, no, we're not interested, I've changed course, many times, even though I've tried to persuade them like look, look, and don't you find that?

0:15:17 - Julie

for me, it was just like why am I arguing with these spirit guides? They have universal intelligence, they know what the deal is, these spirit guides, they have universal intelligence, they know what the deal is. I'm telling them no, I can't do what they want me to do. And I'm telling them all the reasons why I can't, and they just treat me like a Nike and they just say, yeah, just go do it, just do it.

0:15:36 - Christine

And now it's just after all these years I argue with them that I can't do it. It's more like are you sure this isn't what you want me to do?



0:15:47 - Julie

Well, it's the same thing, it's you know they want you.

0:15:54 - Christine

You know, when I was in general practice and I thought you know, and I was, I I was doing a lot of good. I, you know, I had this lovely practice and we were teaching all of this and they said, I said look, but look what I'm doing. And they said, and there are many people ahead waiting for you to stop doing that. And that's always been the part of I don't know if that's ever been your part of your life, Julie, but it's always been like I have a very strong rescuer archetype. You know, look how helpful I'm being and they're going. And, yes, there are people ahead.

I've always seen myself like standing on a windowsill, a window, and they've been saying jump, which I'm happy to do, but I've been going, yeah, but look at all these people who I'm going to have to leave behind, and they go. You haven't seen the people who are ahead waiting for you. And I think that's strong in many people I work with who are also working in the healthcare professions. You know, it's very tempting to stay with those who you think you can help, but not recognize the ones who you're going to be able to help.

0:16:57 - Julie

Yeah Well, and every path all merges into this big mush of a soup of what you're doing, what I'm doing, and that's what my spirit guide said. Everything you've done has prepared you to do this stuff now. Now just go do it.

0:17:16 - Christine

I think I suppose I'm just saying Julie, how often you know I'll call it my personality and I'm not the only person who could. You know I won't be persuaded necessarily by money or something or fame, but I would by back to my childhood where people are suffering. Yeah, all right. So that's still a pull on me. I mean it's just part of who I am that I always say if I didn't care, then I might as well not be on the planet. So it's always a balance point between caring too much and caring, not caring at all. That's what I'm saying is part of me, that it isn't arguing with the spirit. It's more like yeah, we know that that's painful for you to let go, not let go of what you're doing, but to let people suffer. But we need you to move on.

0:18:03 - Julie

That's what I'm saying, right but we need you to move on. That's what I'm saying. Right, you mentioned that you have ancestors, especially women, and I want to get into that later on in our conversation, because I know that's where a lot of your focus is now and where do you think that started? Where did all of this come from? It sounds like it's a DNA thing with you, but do you think it goes back even farther than that? You've mentioned star seeds.

0:18:29 - Christine

Yeah, I think so. I mean, I really know that. I mean, I've always known that I didn't come from here like many of us have. Okay, and that's why when I would go out, the top of my head as a child, I would consider I was going back to my star family. It definitely didn't just feel like going out, it felt like I was going home and I, you know someone, says well, you know, where do you come from? I know I don't come from this galaxy, I know I don't come probably from this universe, and I'm saying that because it's become clear. So I'm not particularly interested. But I know that the frequency that I go back home to is one that I really resonate and enjoy being with. You know, obviously. So my people I couldn't describe who they are in terms of the star people, but I know that I enjoy this frequency very much. So where does it come from? It comes, yes, that's my DNA that I brought in. I know, for instance I know this, I think I wrote this I have a very strong connection to the whales of this world.



You know, I love swimming with whales, I love swimming with dolphins, but whales are my people. I have a very strong connection to dragons, but I see that as a part of that, my world has been very much connected to holograms and alchemy, so I know all of these are parts of who I am, and a lot of my work has been about not just shifting consciousness, but understanding consciousness, as, in quantum, physics is being brought together. I'm not just trying to change people's consciousness. I'm like wow, if we understood what it means to be a conscious human being, it would blow our minds. That's what I'm saying.

0:20:10 - Julie

And then you chose to be part of a family of healers. It sounds like.

0:20:14 - Christine

I did, but that wise woman, I mean when I was a child because I lived in England then we have very strong psychic organizations the College of Psychic Studies, the Spiritual Association of Great Britain and I would go there with my mom and we would have all these wonderful mediums and trans channelers and artists and it just felt like, yes, what you're trying to describe it's all about understanding the mechanism of consciousness. I hope that makes sense. It's not just doing I mean, I love looking at what makes people sick, but what is the consciousness? That's giving the illness in order to bring healing or taking us to a higher level. That makes sense.

0:21:02 - Julie

Yeah, it does. Let's unpack that for a minute. What does make people sick? Is it more of a physical thing? Is it more of an emotional thing? Is it a combo platter? What have you found?

0:21:14 - Christine

Illness is a messenger from the soul that we need to change, and so what I call it illness is not so much a failure, it's a solution. Ooh, that's quotable girl Soul-ution. Okay, yeah, okay, say more. Well, the first thing, I you know, illness is a messenger from the soul that we have to change. There's no doubt about that, and therefore, when I'm working with someone, I will say what was going on in your life when the symptoms appeared.

And people who have never done anything spiritually will say I know why I have cancer and I go. If you know why you have cancer, why are we not listening to you as doctors? Because I was brought up to listen to my patients. Nobody ever listens anymore If people because the ability to describe and I've had people say I had to get cancer for this reason, or I got cancer for this reason, or I had my heart attack for this reason, and I talk to the body. You know the body with what are some of those reasons.

0:22:23 - Julie

Well, give us some examples.

0:22:24 - Christine

I guess I can. I think probably these people you know, may or may not hear, but there was one young man who had testicular cancer, cancer of the testes, and he told his story and I think I've written this in the books that he was a very high flyer, he was very clever and when he was 28, which is a very important age, you know, we often change things at 28. He was headhunted for a job, but he was also brought up very moralistically and once he got into this job he realized these people were more immoral than he wanted to be, wanted to be. He found that they were saying look, yeah, we'll do this job, but we're going to hide some money. And by the time he got the cancer, which at 33, and again, 33 is a very important age, it's an age where we start doing what we came here to do he got the cancer at 33.



And he said I had to have the cancer because it was the only way to get out of a job that was immoral, even though my wife wanted the money. And I said why didn't you tell them to stick their job? And he said I didn't have the balls to do it. Oh, wow.

And the language is always in the body, so the body never gets it wrong. And I said to him well, who wore the trousers at home? And he said my father was a lovely man, but every time there was any conflict he ran away. And so my mother wore the trousers, but he never was taught by another man how to have the balls to stand up for something. And so I said to him well, you know know, what I saw with him is that there was nothing he was. He was someone I saw for one of one occasion which often happens when I'm traveling and he tried a lot of things, but he really wasn't trying to get better because he didn't know how to say stick your job, I don't need it. So that's the sort of things I've met over and over again.

0:24:26 - Julie

So when you identify that with a patient let's say he was a patient that was going to come back to you what's your next step once you identify?

0:24:35 - Christine

that he's literally asking the questions of. So he had done a little therapy, a little this, a little that, a little this, but every time he came away with saying it doesn't work. In other words, I had to learn, Julie, that just because someone's asking you for help, it doesn't mean they want to change. And that would be a huge proportion of my clients again not disrespecting me or them, but once I give them information to say this is what's showing, then they have a choice whether or not they want to go along that path or not.

I had another lady who had a very hard breast lump and I said your attitude, you know. After a lot of discussion she said you know. I said your hardness of your breast lump is as hard as your attitude. And I said if you don't change your attitude, then you're going to die. And she said I want to die and show these people just what they've done to me. Oh my, you see and I think this isn't taught enough to heal us all the medicine that it's got nothing to do really with the drugs. It's what is the attitude that makes you want to hold on to this?

And people suffering people don't actually care if they're suffering as much as they fear. That's what they're familiar with, so it's become their identity. Yes, so you know, it's like someone who says my husband beats me up and you go. Well, why don't you leave? Oh well, I can't, I have to go back. And it's so familiar and comfortable in the most excruciating, painful way that they wouldn't want to leave and that I think any of us who have been in this I've been doing this 45 years you know it's just like. No, just because someone knows the information doesn't mean they want to change their patterns. And that's why I say illness is a solution, that sometimes you have to have something so dramatic that it changed. So I you know one lady I remember who had brain tumor and it was stage four and they told her okay, you've got a month to live. So she said, right, if I've got a month to live, I'm going to go home and I'm going to get rid of all those friends I don't like. I'm going to kick out my ex-husband who keeps wandering back. I'm going to tell my 29-year-old son to go and do his own washing. I'm going to put an answer machine saying don't leave any messages on this. They're very nice. And of course she lived to. You know, when I saw her she was two years on from that diagnosis, perfectly well. But you know it's again.

I'm not saying dying is wrong, maybe that's the solution, and I've seen many people on their deathbed. I'll give you one more example. It was a gentleman who had a heart attack. He was his third heart attack and he was in hospital and this one was a fairly serious one. And he called me over and he said to me you know, I've never said this before but for the first time in my life I want to live. And a few minutes later he died. But you know his soul had been waiting for 72 years to say I want to live. But you know his soul had been waiting for 72 years to say I



want to live. So it's not about length, it's just like sometimes it's a crisis point, like being on our deathbed, that we make a decision that changes our whole soul's path or fulfills whatever destiny you know, making peace with someone. And I, you know I've got this you can hear.

I have many stories, yeah, yeah, and I always. It's never simplistic. I you know when people say, oh, it's because you're doing this. No, it's never as simplistic as that, Never just about, oh, change your attitude. It's, you know, you, it really has to be. Whatever my soul needs me to do in this moment, I will do, Whether it's I die tomorrow or I get better tomorrow, or I make peace with someone, or I don't make peace with someone, I don't know. But we make it too simplistic about health and healing and there's always an emotional component.

0:28:38 - Julie

That's been my experience Always, always, always, always there is but it's often screwed.

0:28:45 - Christine

I mean, what we know is that if you express the right emotion at the right time, you actually have a positive buzz. So it's the inappropriate use of emotion and that then festers, etc. So you know, being happy, being so many people are told don't be, don't be sad, don't be fearful, no, be it, because that's what's going to get you moving on, you know. So you're right, there is an emotion, but it's often a festering one and maybe actually the inaccurate one. You know I'm so angry about no, you're not, you're sad, or you're fearful, or you're happy, whatever. You know, sometimes we get locked into a belief that, again, is not accurate.

0:29:24 - Julie

And then, how do you discern which is which it just comes to you in your head? How do you discern which is which it just comes to you in your head? I?

0:29:37 - Christine

use my intuition, I go no, no, that's because I can feel the difference. I go no, no, you're not. You're not sad, You're angry. You know, oh, I can't be angry. Everybody told me I had to not be angry, Be angry. And, as you say, you know emotion. What we would say is emotion is energy in motion. If we're going to bring about change, we have to energize one of our emotions. So it's either cry, be angry, you know, whatever you do, but move the energy.

0:30:06 - Julie

Right, right, I get with my clients. Christine, I'll get a like a year, usually if it's this lifetime, and I'll say OK, 1987. And I'll say okay, 1987. And I'll say okay, I was five and this happened, they know instantly, I mean like in a nanosecond. They know they do. So that's spirit saying to me okay, 1985, and I say it to them and it's fascinating.

0:30:36 - Christine

It is. I don't always get the date, like you do. I often get the age. You know something went on at this age. You know Same thing, yeah, and I'll say you know what went on then, because that's really where this kind of timeline separation took place, because at that point there was something that happened that didn't get you know. Again.

Illness is trying to bring you back on track Right, or divorce, or but you know, people often don't, and what's sad for me is they don't see the opportunity being offered them and they very quickly want to go back to the situation. You know, as I say, they want to get back on the lousy path that is killing them. Give me the treatment, give me the healing, tell me what I need to do so I can get back on that lousy path that I hate. But you know it's familiar. But is that just because that's what we've been taught? We are taught it, but the fear of change I've taught a course called Courage to Change for so many years and the fear of change is so huge because it's so unfamiliar and they don't have an inner trusting that we have.



You know, I've never known what it was like to be disconnected from spirit. I've never known what it was like not to be loved by spirit, and again, not in a soupy way, more of a connected way. You know. It's just like how could I disconnect? And I think that when people have no connection, their fear of letting go of what they do have a connection to on the outside is greater. But when you have a connection, you're like, okay, I can let go and go into this place and then, you know, move into some new space. And that's the sad part. I think that the light, if you have no inner light, if you've never gone inside and really strengthened that inner light, the fear of change is much greater.

0:32:24 - Julie

All right, let's back up a few paces here. I got some questions for you about medicine and what you did with NHS and all that. I find that fascinating. Einstein said that basically, future medicine is going to be the medicine of frequencies. Sounds like you agree with him on that and it's interesting to me how and I was on the supply side of the hospital supply industry for 30 years as an inventor and manufacturer and web early on, and I looked this up in preparing for our chat today the global health tech market is estimated to be \$12 trillion by 2030. Wow, \$12 trillion. Wow trillion dollars.

And certainly we've used energy in tech in the allopathic arena with sonograms and EKGs and EEGs and with a TRIPSY and all that kind of stuff. But what I'm seeing is that physicians are more open the ones that I talk to and the ones that send their clients, their patients, to me when they can't figure out what's going on. There seems to be a shifting in the zeitgeist of people saying, okay, I've gone to five doctors over the last 10 years, I have the same symptoms. It's not working, so maybe I'm going to try Christine, or I'm going to try, Julie, or I'm going to try one of our colleagues in this space. Are you starting to see a shift? And also, I want you to tell everybody about when you opened the first holistic department in the British National Health System. When I read that about you I thought, oh, this is somebody I got to talk to, yeah, so tell us about all of that.

0:34:20 - Christine

Yes, that's a really good point. So I was just as you would say, the highest level of healing sound, color and geometry. That's our future and that's what we're seeing with these med beds, and really what we're talking about is using frequency. So I've always I have an awful lot of knowledge about sound. I've also used color a lot and I've used symbolism. So to me they're the three that are really coming into their four now I'm as a home, which really to me is also very high frequency, because it's about choosing the right frequency for that individual and I might be jumping a bit, but the key why they come to you, why they may come to me, is that we are able to pick up on their frequency. So what I say as an intuitive, people say well, am I intuitive? Yes, you are, and you have lots of information.

People might have information, but that doesn't matter as much as you being able to tap into the frequency of a client or the patient you're working with, which I'm sure is exactly what you would say. What you would say yeah, so what I describe in I'll use like a door. It's the same as homeopathy. What we say is you know, if you just push the door lightly, you won't, nothing's going to move. But that might be right for one client, whereas if you blast through the door, you knock a client out and they never come back to you. So to me, the use of intuition in the healing arts or anything we do, you know, whatever we're doing, counseling, et cetera has to be my ability intuitively to pick up what is the right frequency to use in order to meet you, where I don't scare you away, but I actually do open a door, and I'm sure that's what you'd agree with, isn't it?



0:36:18 - Julie

How I approach it is it's spirit working through me and with me to help them heal themselves, because nobody heals anybody else in my opinion. So I don't I'm not that concerned about editing things. I mean, certainly I'm kind, but I believe I'm the conduit, I'm the messenger. It's spirit working through me and with me, and I think we're saying the same thing.

0:36:43 - Christine

I think we're saying the same thing. I mean, when I'm talking about intuition, of course I'm talking about spirit work, but if I use my voice like this it's very different than if I use it like this. So I'm saying we're not just, I'm just a vessel, I go. No, you're not. You have to refine that vessel and use it in ways that people would hear you differently depending on what your hand motion is, whether you touch them, whether you don't touch them. And I think that isn't taught enough.

0:37:31 - Julie

Well, and I always think of and I am by no means a Bible thumper and I am by no means somebody that knows the Bible well enough to quote it, like a lot of people I know are but I always think of where two or more are gathered in my name. You know that saying out of the Bible. I can't even tell you what the verse of the chapter or anything was, but I know the saying. That's right, know the same, and I think you bring up a really good point, which is when we connect into our clients, we're on a frequency that is their frequency of what do they need to help?

0:38:07 - Christine

them heal. And that's exactly Julie. And I go back to my being able to see all these different characters. I see them like I don't know. I always see them like people around the board table or family table and I go okay, who do I need to speak to first? Right, and I do astrology with my husband and it's the same thing. It's like, yeah, I could talk to this one who's got the problem, but I actually need to talk to that one who is running the show and sometimes, as you, I'm sure you've done, I've found the magician you know.

So there's this really strong character that keeps jumping in when I'm trying to talk to this character and it's like hang on a minute, just quieten down. I'll speak to you later. Does that make sense? It's like we have to talk to all of them at once. It's not one person. It's like, yeah, I know the soul, but the soul is asking me to talk to this one and then get this one to step forward and this one to step back. And that's what I do. I feel like I'm this, you know, not magician. I'm kind of reorganizing things on different levels. That's what I say, I do.

0:39:12 - Julie

Yeah, you're the director.

0:39:17 - Christine

I'm the director and also I can see the different levels and it's like, okay, let's bring you down to here. You need to step back up and go and have a holiday. I often call it, you know, um because and I'll just step into that if that's okay you know I talk to people about their protector and that we all have protectors that come in when we're young, who have been protective of the soul or protective of something because of our childhood. But they're often running the show now, even though we're in our 50s, 60s, 70s, and they keep trying to jump in when you're trying to help. So you have to kind of talk to that and say you know you were really helpful, but could you just step out and maybe go and have a long holiday with a one-way ticket? You know, and I really don't realize how many characters that's why I think I could see all of that as a child how many characters they've got on board and which ones have got the loudest voice.



0:40:12 - Julie

This question keeps coming into my head, so I have to ask it Did you just breeze through medical school because you had access to all of this intuitive information? How was medical school for you? Did you have situations where they were teaching you something and your intuition's gone?

0:40:38 - Christine

that's not right. I think I was so fortunate. First of all, I was in. I got into a college called the royal free in London that was set up for women in the late 1800s I think, because women weren't allowed into the men's colleges. So here you go back to my female lineage. I was, I went to an all-female high and then I happened to go to a female medical school that had been set up by that by the time I arrived in the 70s, we had half and half men and women, but the majority of the consultants were all female. So I never knew that there was anything about sexual discrimination, because these women were like, I mean, they were feminine, but nobody messed with them. Yeah, I'm saying, is I think that feminine approach was within all my. You know, I was so fortunate.

The kindness of the people I was under, my consultants, the care for the patient I never that was what really made it for me, because there was no. It was people cared, we cared for people and we were told, coming back to your previous question, that you made a diagnosis 80% listening, 15% touching, 5% tests. Now it's the opposite way around, Right? And so they devalued the art of listening, they devalued the art of touching.

And now I see the most horrendous situations where I mean my friend just had an appendix out by a robot, you know, and she had all these different problems with her body and I said, well, who touched you? She said, oh no, the doctor was in a corner running this robot and it's like, oh my God, where are we going? So you were asking about technology. I have a real concern that we're taking these important qualities that can't be undermined. You know that touch, compassion, listening, we know they make the healing process better, the immune system better, you know the brain better. But no, let's put it into the robot's hands and we don't need people. It just appalls me.

0:42:47 - Julie

Interesting. Take on that. I haven't thought about that, but you bring up a really good point. Yeah, there was a doctor God love him, dr Truss. I had yeast overgrowth for the first 40 years of my life because I was put on antibiotics as a one-day-old. I got a staph infection in the nursery when I was born and you know antibiotics four and five times a year. And Dr Truss, god bless him, he was in his 80s when I met him here in Birmingham and he told me exactly what you just said. He said I was taught it was 80% listening to the patient and all of that, and so I help a lot of people with what he taught me when he got me well and I think of him as being sitting on a cloud looking down at me going you go, girl, I love it. Being sitting on a cloud looking down at me, going you go, girl, I love it.

Crucified, I mean, this guy went to Cornell Medical School. He was a professor in the Cornell Medical College. He was just very, very highly respected, had all the credentials, and then he started publishing on gut health Right, and his colleagues just crucified him, torpedoed him, even with all those ivy-legged chops, and so he just went on about his business and he said I don't care, my patients are getting well. And it got to the point where he would have people fly in, even from abroad, and they'd be in wheelchairs. It'd be their gut, he'd get their gut healthy and they would go back to live a normal life. And he said I don't need the academics to approve of what I'm doing now. So I always feel like he's with me when I'm talking to somebody about their gut, about their gut.



I love it and I just think is that part of the reason why I moved to Birmingham? Absolutely, I met him a month after I moved here. Yes, yes, yeah. And he got me well with, you know, not a bunch of tests. He said there really aren't tests for a lot of this stuff. He said there's not a lot of money to be made on it, but it's the root cause of most issues in the body and especially with our food.

0:45:00 - Christine

Well, it is, it is and you'd say all of that is coming through and the gut has become such an important part, as you're saying, and I'm going back a little bit into looking at the mitochondria. I mean there's a lot of interest. Now I'm like, what makes us energetic, what brings that energy? What makes good boundaries? And I think some you know there's so much going on. They say, in social media for instance, where nobody touches, nobody communicates, nobody looks in each other's eyes, and we're seeing more anxiety, more depression, more gut problems because you haven't got this sense of self. You have to be with people to get a sense of self. If that makes sense. You have to feel that you are your own unique individual. That's meeting other people to make that happen and people are losing themselves.

0:45:52 - Julie

There's a I don't know what to call it a show. It used to be like a miniseries. I'm dating myself and it's on Netflix, and Tim, my husband, I finished watching it last night. It's called Sweet Magnolia. It's got a small town in South Carolina and you know everybody's all doing stuff together all the time. And I told Tim when we were watching it last night the season finale I said there is definitely something to be said about the neighbors and the families and the generations that are all staying in the small towns and now everybody leaves and the families are all spread out all over and we're missing that. And I said to him last night how much is that affecting not only our lives but the depression issues in our health? And, to your point, I think it's affecting it a lot. So what's the answer?

0:46:48 - Christine

I don't know. I will say relatively quickly they did a study back in the 60s you might know about this 60s or 70s where they were looking at heart disease and they were looking at where was the lowest degree of heart disease. In the 60s you might know about this 60s or 70s where they were looking at heart disease and they were looking at where was the lowest degree of heart disease in the States and they found it. I think it was in Pennsylvania, and they said, wow, these people must not smoke, drink, do anything. But it was a small community of Italians who smoked, drank, ate, everything you know, and they were healthy because they had a place in this community.

What they found with heart disease, it is about that ability to be part of something connected, valued. And you know, we have more heart disease because people have become separated, isolated, even though they think they're being terribly connected through there, they're not connected through there. They're not. Because, you know, we just know that touch and looking at people is what is needed, and communicating and being heard, all of these things that we're losing out on.

0:47:45 - Julie

My husband used to travel a lot and when my son went to college and my dog died, I was home by myself, sometimes for a week or more at a time. I would find myself, Christine, after work, after I talked to people on the phone all day. I just go to Target and walk around. I get a shopping cart and I'd walk around Target, not necessarily looking to buy anything, but just to be around people. And then my thing at Target is I always hide money. I always hide a bill or whatever I have and I'll hide it behind a box of cereal or something, so somebody when they pick it up, they show up. It's a surprise to them. But back to the energy thing. I needed the energy of being around people instead of being in my home by myself for days on end, even



though I was talking to people all day long. It's different. But back to my question. What's the answer? How do we fix that? How do we change that in our own lives?

0:48:51 - Christine

You know you have something like AA or Al-Anon or whatever, and I know that you know someone was saying to me you know, I. She said I, even though I'm not an alcoholic and I don't necessarily have an alcoholic family. She said I enjoyed going there just because I could talk to someone about who I was and be heard. And I thought, wow, you know that's what made her feel, as if she was part of something and I. You know we used to run cancer support groups. This goes back to what I was doing in the mid-80s with my, you know, general practice. We ran courses but we realized it wasn't about whether people had cancer, people just needed. We ran relaxation classes and Tai Chi classes and all of these things because people needed to talk and that, you know, the heart chakra is linked to the tongue. So when you cut off the tongue, when you stop talking, your heart gets ill. Wow, I had never thought of it that way.

I had an opera singer who had his first heart attack when he stopped singing opera and his wife had said oh, please don't sing around the house. I said please go back to singing again and he said he said to me I've talking, spoken to you more in this, in this hour, than I've spoken to my wife in 25 years, oh my goodness. And there's so many people who's they're not speaking from their heart, they're not being heard from their heart, from their soul, because people then jump in and take over the conversation or compete. I mean, who cares what you've done? I want you to hear me. There's so few places where you are heard and something like AA allows that to happen.

0:50:33 - Julie

Well, it used to be the churches too. Yes, exactly, people were very involved in their churches and that's really the attendance has really. Aa allows that to happen. Well, it used to be the churches too. Yes, exactly, people were very involved in their churches and that's really the attendance has really waned, especially here in America since COVID. Yes, and it used to be. People would go and they would have a common goal to rebuild somebody's home or have a barbecue, raise money for something or something along those lines, and that's changed.

0:50:59 - Christine

And I was brought up that way as well. You know our church would be the community place, but it was about the community, the church, the school, everybody knew everybody and, as you said, the extended families have gone. People are too busy. I'm sorry, I'm too busy. And when I'm sorry I'm too busy. And when I hear that I'm too busy to talk to you, it's like, well, you know, that's not what I need. I need. You know not that I need it, but I hear people on the television, I watch it. It's like, how can you say you're too busy when someone says I need to talk? How Not?

0:51:30 - Julie

now I mean how often. So back again. What's the answer? What can we do to foster that Well?

0:51:36 - Christine

we would all say that if you've got a family, switch off those damn boom-boom-boom-booms, start to talk to each other. Communicate and I do a lot of traveling and I see these tiny children on there. You know, just play with your iPad because I'm busy. It's like no, we have to communicate. Communicate is so important to us and find ways of touching Again. It went through a whole time where no child could be touched at school in case it was wrong, and you know, it got to extremes. Well, everybody needs to be touched and sometimes they say, when a massage therapist goes into an old people's home, they'll say this is the first time I've been touched for 20 years since my husband died. Oh my, wow. So that's why they bring in dogs,



which is fine, you know, let's have a pet, but you know, let's start to bring in ways that we can bring people back into. I hear you. I. That's why our work is so important Listening to people, because people just want to be heard.

0:52:40 - Julie

Yeah, yeah. And for people who live alone, if they're mobile they can, in ambulatory, get involved in something. Go volunteer at the hospital, go volunteer at a museum, at the library. Read to kids, volunteer at schools. Go read to little kids at the library. Read to kids, volunteer at schools. Go read to little kids at the school.

I did that when my son was little. One of the nuns in his school when he was in kindergarten she approached me in the carpool lane one day and she said I have children that just need somebody to sit with them and have them practice their reading. Would you be interested in that? And I said absolutely so. I would go in there a couple of times a week for an hour and I would spend an hour with one child and we would just sit on a bench outside and he would read to me and it was just so much fun. And then I'd bring him a little presents and stuff. And that was a kid that just needed a little extra attention. And you know what? His reading scores shot off the chart. I wasn't teaching him anything, I was just listening to him. To your point. I haven't thought of that in years.

0:53:46 - Christine

I think that's beautiful and I think it's just so. You know, there are so many people who have so many gifts and again, as you said, it's just the sitting with someone. We we had, we used to have lots of that. You could go to a library, someone would you know, someone who had time would sit and listen to or talk to someone. I love co-counseling and I've done course. You know where I've said to people okay, you talk for three minutes and the other person must not say anything except listen, and both individuals had trouble. One said I'd never spoken for three minutes without being interrupted and the other one says oh, I want to jump in and tell them what to do. It's like can we just talk, can we just listen to someone for five minutes and be present. We get five minutes to do the same back and you're not fiddling around or hang on a minute. I've just got to answer this or my phone's going off. You know it's amazing how distracted we are from each other.

0:54:45 - Julie

Because we all have the attention spans of Nats. Now because of technology, yes, yeah, back to you integrating your health concepts into the British national health system. Service what is it? Service, right, nhs is service. I want to hear that story. How did that come about?

0:55:10 - Christine

to hear that story. How did that come about? Well, I think I was very fortunate to go find a practice this is they came from this very, not female driven but very compassionate place went into general practice and I was very, very fortunate to get into a practice which was just outside London and wonderful partners, and we had this big meeting room at the top and I think because of I first got involved with, you know, teaching relaxation, I said could I teach relaxation? Yes, Christine, you know, and we'd use this big meeting room and we would have people, you know people going in and out of London commuters, but they'd come in for the course so they could learn to relax. Then we brought Tai Chi in and then every month this was in 1985, 1986, we would teach them a new subject. I'd get an aromatherapist in, I'd get a crystal healer in, I'd get a homeopath and we'd fill the room every month with 50 people. That's all we could get in the room and I taught them. I said, okay, here's the five remedies, the homeopathy you need for your children. I give them five remedies and aromatherapy to have at home.



And I said to myself I've almost made myself redundant because they all knew what to do in the first few hours of an illness before they called me.

Now, obviously, I told them to call me if it was an emergency, but the parents would be saying, okay, I'm doing this, Christine, I've given them that homeopathy, I'm putting them in the steam room with their croup, I'm doing this, I'm putting music on. I was training them which it should be to fight to take care of their family. So they didn't feel helpless and they knew when to call me or call my partners, and we worked together on all of this and you know that's the way it should be. It should be. Here's what you can do, not for yourself, without me. But people feel so helpless they don't know what to do anymore. You know when you and I maybe I don't know what your age is, but when I was brought up, you know we knew what to do. My parents knew what to do. You know if you had a temperature or if you had this, you know they knew what to do, but we've lost that knowledge.

0:57:18 - Julie

Well, because we just think that there's a pill that's going to fix it. Yes, and you've got to call the doctor.

0:57:24 - Christine

Yes.

0:57:25 - Julie

And ask them. But yeah, I agree with you. Yeah, if you had a fever or if you were coughing. I even had a few nights where it was a whiskey and honey shooter.

0:57:38 - Christine

There you go. Well, I asked people around the world, you know, what were you given? And whiskey was one of them, with honey, and others would be chicken soup. Oh, yeah, yeah, yeah, you'd have your own bed and some of them you'd be cuddling up with mum. I mean it felt like, wow, we knew what to do to bring healing, you know, but people are so scared now of doing the wrong thing instead of thinking well, you know, what feels best is to hold my child, or, you know, calm them down or whatever it is.

0:58:12 - Julie

Yeah, one of our grandsons when he was little he's now 16, he was sick in daycare and so I got the call can you go get him? And I did. He was six months old and he'd thrown up several times and they had him laying in a crib just with his diaper on, no blanket, no anything. I picked that baby up and it was like he was going oh baby, thank God you're here. And then I brought him home I had, I had beach towels all over my car. I thought this kid's going to throw up all the way. You know he's in the back seat.

He didn't thank you, but he I held him, I think, and rocked him for about four or five hours and you know what? He was fine after that. I think he just he had some bug that he got out of his system and he just needed to be held. But I'll always remember that he was just as a six month old, grabbed onto my neck like, oh, thank God you're here with this little tiny baby and I just kept him hydrated. I don't know what else to do.

0:59:15 - Christine

You know I was to do and you know, and unfortunately, and again, I would think almost 20 years ago they put out an edict. It might have been in England. You know nurses are not allowed to bring the child on their lap. They may be abusing them. You know you're not a school teacher is not allowed to bring the child on their lap. They may be abusing them. You know a school teacher is not allowed to put sun cream on a child, for goodness sake. You know, I appreciate there was abuse. But to take away all that comfort it's just ridiculous. And it



was often grandmothers they would bring in because they say, well, grandmother's not going to abuse a child. You know it's like, come on, yeah, you don't need that touch, that listening and they get better. You know, at least they know they're not alone and their immune system then can relax or do what it's meant to be doing in those moments.

1:00:01 - Julie

That's a really good point. Say more about that, about the immune system relaxing.

1:00:07 - Christine

Well, you know, we know that. First of all, we know the immune system relaxing. Well, you know, we know that. First of all, we know the immune system is made worse when we feel helpless. And that's why I've always known that when we take someone into hospital we say we're not going to tell you what we're going to do, we're not going to tell you what's wrong with you and we're going to take away all the things that make you feel comfortable. The immune system just drops and everybody gets sick. So we know, keeping people at home that's what we used to try and do keep people at home amongst their surroundings, telling them as much information as we can actually helps them to have a strong immune system. And we also know come back to touch again that touch increases the oxytocin. The oxytocin is essential to feeling having a strong. The oxytocin is essential to feeling having a strong mitochondria, strong immune system.

1:00:56 - Julie

You know that touch is part of what makes the immune system strong. Wow, beautifully said. I haven't heard it put that way before, but so profound.

1:01:06 - Christine

That's a golden nugget.

1:01:07 - Julie

right there, you say, women are natural. Can I just?

1:01:08 - Christine

say one last thing. Again, these are all the studies that I've seen and they stand true. When someone looks out, you know, look at your plants on the wind or behind you. If someone looks out onto greenery, they get better twice as quickly if they look out to a blank wall, because most people have greenery around them somewhere, and in the olden days we used to be able to take greenery into a hospital. You know, flowers or a plant. Now, oh, don't take them in, you're going to have bugs. But actually that greenery, that contact with what you usually have at home, gets you better much quicker.

1:01:46 - Julie

Well, and it used to be in the sanitariums and those kinds of hospitals before that word meant mental hospital. They I've seen many pictures in the turn of the 20th century where they'd have all these patients lined up in wheelchairs and they just have them sitting in the sun I used to work in a hospital like that and the patients looked much healthier because they sat in the sun all day than their relatives.

Yeah, and they got better, faster, based on what you're saying, because they were outside and they were looking at greenery and they were in the sun.

1:02:20 - Christine

and also I used to work in one of the very big mental hospitals and they used to have a lot of fields around them and everybody worked in the fields and worked with the animals. And then someone said oh, you're using these patients, you know you're abusing them by making them



work in the fields. Bring them back inside. Well, then their mental system went haywire. The ability to connect to nature, to put your roots in the ground, to be amongst animals, is the healing.

And none of you know when you say what are the problems do we have? We have youngsters, especially, who are not going out into nature at all. They're focusing on a two-dimensional screen, like you and I are looking at a two-dimensional screen. They are never going into a three-dimensional world where they embody themselves into the world, and that is causing, without that, we have high levels of schizophrenia and disconnect from the body and depression too, depression, anxiety. You know you're not in something. So when you get, you know, work with horses, all these wonderful things where people are working with horse therapists, you meet something that's bigger than you. You get into perspective and then you start to feel here I am, here the horses. We have good respect for each other, but this is what we need Interesting.

1:03:38 - Julie

You say women are natural healers and you say that Mother Earth holds the mysteries for our spiritual evolution and that we humans are her guests. Please tell us about both of those different topics.

1:03:53 - Christine

What I like to say is that, if I believe that everything is alive, the planet is alive, the sun is a life force, so if our planet is alive, we call her Gaia and she is a life force in her own right, and that we are born from the heart or the center of Mother Earth, and the center of Mother Earth gives birth to us through her imagination. In other words, I am not taking care of nature, I am nature, and that I am born from her imagination. Just as I might have a dream, an idea, and I grow something from that idea. I believe that our connection to Mother Earth at this time is essential because she, as a living being, a multidimensional being, is already evolving, and the more we spend time in nature and root into her, the more we will evolve with her. But when we're disconnected, then we have a greater difficulty of actually becoming one with the universe, which is what we already are. I hope that makes sense.

So I have to give credit to Bashar, who I listen to. He says if you don't like Gaia's dream that you're living in, go and live in another one of her dreams. In other words, when we say the world is no, that's just from my perspective, if I dissolve back into the heart of Mother Earth and imagine a different dream, that is what I'll see of the world. And women are natural healers, because women have this energy of bringing about transformation in ways that masculine energy doesn't. And so women is really what we've been talking about. The ability to embrace someone in their frequency, to hear them, to touch them, is the healing that is bringing forth, is going to bring forth wholeness and healing for them in a very simple way.

1:05:56 - Julie

For all of humanity. Yeah, all of humanity. Yeah, I agree. Do you believe that resonates? Then Does that multiply and resonate Absolutely, like waves in a pond when you throw a stone in. Absolutely.

1:06:12 - Christine

So you know, and women are the transformers, so we're more like the moon that goes through the different phases, where the sun is like the sun that gets up or down. But just to say, for my women's work, the power time of women is either when they're having a period or if they've stopped having period, not having them, it's at the time of the new moon, which I'm just pointing because we've just had one. Our period and the time of the new moon, the dark moon, are the most powerful times for women, because we return back into the oneness and then we give birth to a new moon, a new egg. So that's why in indigenous cultures they would



so honor the period of a woman, because this was a time where she was dissolving her old structure and bringing forth what the plan was for the new month.

1:07:01 - Julie

When you say that's when a woman's highest power is. What can that power be used to do? Or to create?

1:07:10 - Christine

Okay. So a woman's power is three-point and it comes from, we would say, the virgin mother crone. All right. So as the moon and if I use the moon, as the moon is waning, or you could say just before your period, if you're having a period, but as your moon is waning, we are taking in all the emotions of not only ourselves but other people, and we then transform them into blood. If we're having a period, or if we don't have blood, we pour.

I put everything I've taken in around a glass of water, put everything into that water and pour it onto Mother Earth. In other words, as the moon wanes or as we're moving towards our period, we are transforming all the old energy and taking it away from us. So we are the cleansers. That's what I want to say. We are powerful cleansers. Then, at the time of our period on the new moon, we then go into the oneness of the universe and we say what new ideas are being brought in? Men can't do that as well as women can. And then the third part of the feminine is to give birth to something new. So the power is in both being able to allow something to die, allow something to emerge with the oneness and then give birth to something new. That is why that time is so powerful, for women and there's something new.

1:08:36 - Julie

can range from what to what A new idea, a new idea.

1:08:39 - Christine

But you know, in a tribe it would be, the men and women would wait and say so, what are we doing this month? Okay, this is what we're going to do. So, having that creative time up to the full moon, if you want to say it that way, is a time. Yeah, get going, but it might be okay. I've come back with this new idea. We're going to do the same thing, but we're just going to refine it. So every you know again. I know I'm talking about periods and new moon, but we'll put them together. As we go into the new moon, we need to let go. As women, or just before your period, you need to let go of everything that's old, go into the nothingness that offers you so many possibilities. And then, on the third day of your period or the third day of the new moon, you give birth to something new.

1:09:23 - Julie

Is that why so many women crave sweets and chocolate and things like that as their period is approaching, they're purging things and they're trying to help themselves feel better as they're purging the main reason that women have PMS is because they're not being honored.

1:09:42 - Christine

So the week before a period, women should say I'm not taking on any new projects, see me after my period. I'm not taking on any new projects, see me after my period, because that is the time where we need to really what they're doing, that we want to withdraw from society, we want to absorb, we want to be introspective in that week before a period, not going out there trying to do something, so it's a time for you to say sorry, mom, I'm not visiting you, I'll see you after. You know we need to. We need to go into, start going into our cave, and that's why we do eat sugar and all of those things, because we're, we're trying to go into our cave, but we, you know we're, we're struggling with ourselves Easier said than done in this environment.



1:10:22 - Julie  
for women.

1:10:23 - Christine

If we were more honoring because women I mean I don't want a woman who's on her period, you know, treating me, massaging me, because she's letting go of things and she's putting them on me. So if we really honored this, my friend who is a Native American, you know she would say women should not serve food for the first three days of their period because the men don't want to eat that food, because she's letting go of all the old emotions and putting them into the food that they're then eating. So the men won't eat them, eat the food.

1:10:55 - Julie

So how do you get around that? Yeah, are you on?

1:10:58 - Christine

men period the food, the men to cook the food. You know the men would cook the food. That's what they understood. Or if you're on your own, you could. You know, obviously it's not so much of a problem on your own, but if you're living with someone else you could put the food in the freezer before you have your period. But we don't understand this amazing ability of women to cleanse the world. When women stop having periods, humanity will die because there's no way. It's like not having winter, you know we need winter.

1:11:27 - Julie

Yeah, yeah, no, I'm just laughing to myself, thinking, walking into your get a massage and you're like, excuse me, are you on your period? Yes, or you walk into a restaurant and you get asked the waitress excuse me are you on your period? What day? If you are, what day is it?

1:11:43 - Christine

Can I have somebody else? I know, but you probably know, and if we were really honoring each other as women, we'd say look, I'm not going to do it for you today, because I honor you too much to want to put my energy onto you. I mean, you know, I've worked with this for many years now with my women's work. But even just three women living together, of course they might sync, so they all have their period together. But the beautiful thing is like oh, you're on your period, I'll look after you. Now I'm on.

1:12:13 - Julie

it would be such a different world. Why do women sink? I lived in a sorority house in college. We all had our periods at the same time. I know I mean you'd look in the trash, can? It'd be like full of tampon applicators. That's right. Why?

1:12:31 - Christine

How does that work? Why? Why see that's women's healing? We think we, you know we. That's why I'm saying when women are together and we, we don't try and fix, we listen. I mean you understand that, like sometimes, if I need, you know, if I need someone to listen, I don't want them to tell me what to do, I, I just might. Their healing comes by listening to me. And and when we say wow, must, when we have that right frequency, again, we don't say, oh, I wouldn't be doing that. We say we mirror, we reflect. When someone reflects back to us what we're feeling, that is healing. That's why women think so much, because it's that ability to reflect is so much part of our way of healing.

1:13:07 - Julie

That just blew my mind, and every woman knows that. If you're living with a bunch of other women, like in an apartment or a dorm room or whatever, I never understood why. I think it's fascinating, though it's like a bunch of metronomes, all getting into it.



1:13:24 - Christine

Imagine you saying, wow, we are cleansing ourselves and the earth and our families, saying, wow, we are cleansing ourselves and the earth and our families. You know if it was all seen as not that we're unclean, but we are cleansing you through this action. I mean, what a powerful thing.

1:13:37 - Julie

Yeah, exactly A couple more questions as we're winding down. In your opinion, what are the primary tenets to spiritual enlightenment, tenets to spiritual enlightenment.

1:13:48 - Christine

I think that we are enlightening all the time and so it's not, you know, I want. I would say I don't think there's an end point to this. It's like an end point to being perfect or healed. To me, what we're doing is becoming enlightened. The lights are coming on by and this is again my three prong question, my three prongs coming on by, and this is again my three-pronged question, my three prongs.

I do something like maybe having a communication with you. I reflect on what's happening and I gain wisdom from that reflection. You know, wow, that was a lovely time being with Julie, and that's my wisdom, the light of wisdom. And I take that light of wisdom and I bring that into my light body, into my soul, and that, to me, is the enlightening process. So what I see missing often, Julie, in people's experiences, I ask them so what did you get out of that? What did you learn about yourself? What did you learn about? And they go oh, I don't know. I just moved on.

So I don't think there's any experience that we have where we are not learning or growing or becoming enlightened. That's why I say I think light it's a constant. But without asking that question, that third question what did I learn? How did I grow? What am I going to do differently? Mental process it's. How was my soul enriched by this experience? How was I nurtured by it? Did I grow? And when we start growing, we should move to another situation, if that makes sense. You know, if you're not growing in your work or your relationship, then it's probably not going to be good for your soul anymore.

Last question why do we incarnate? I want to say that we made this great choice to do this, and I believe the three-dimensional, four-dimensional realm is a unique place that is not present in many other parts of the galaxy, and I believe that we and other light beings have chosen to come here because of the very thing I'm just sharing is this creative process is not available to other places. It's not just about me, you know, putting something out there. This holographic reality that we live in has this reflective quality that allows me to become enlightened. And I see, let me just a very, very quick question answer.

I have an ability to talk to plants and trees and rocks and all of those things, and I was in a beautiful garden that was made up of irises recently and I saw this one iris and it was amongst other irises, and I go wow, you're beautiful. And the iris said yeah, that's what I came here to do. He said I came here to be an iris, to be this very specific blue iris amongst other blue irises, and when I've done what I need to do, I'll go again and that's it. And I thought we make it so difficult. You know we're fearful of death. And why am I here, just be yourself. When you're done being yourself, leave, and I learned that so much from different animals. The dolphins say the same. Why do humans make it so damn difficult? Yeah, so it's like coming into a playground create what you want to create maybe more than one thing, obviously, but create, see the reflection of it, take that wisdom back, move on to something else. That's what they want us to do. That's incarnation.



1:17:18 - Julie

And when you stop doing where this playground doesn't work for you anymore, leave, beautifully said Wow, you are extraordinary, my girl. Goodness, you are brilliant, obviously, obviously just super spiritual. I'm impressed with how you've combined I'm all about combining the spirituality and the practicality. You are, you know, like a role model on that in so many different ways, and I love how you intertwine all the feminine and the women's wisdom and the women healing stuff into all the work that you do. And I also love how you've progressed from the wisdom in through the traditional areas, blended the two or the 15, whatever, and now you're espousing the Christine cocktail of all of it mixed together. So kudos to you, thank you for the work that you're doing and thank you for enlightening us in all of these different healing modalities that are available to everyone. They are.

1:18:24 - Christine

They are, and you know, can I just say we went away from the vibration. Color healing was the way, until pharmaceuticals came in and said, hey, we're not making any money off color. Everybody knows what colors work for them. And the more people can just say you know, I fancy wrapping it. I used to use a lot of scarves in my workshops. Oh, I'm going to put a scarf around this to make me feel better. Oh, imagine it. Children are so good at imagining color. Or turn a piece of music on. You go oh, I just feel sad. Let's turn this music on. Oh, I found. You know, don't get caught. You know. What I'm saying is you don't need to go to someone else to find out about color and sound. You already know your favorite tree. You already know that tree, that plant is good for you. You already know that hill is a nice hill. Use the intuition to go to what resonates with your soul and it will bring you healing.

1:19:24 - Julie

Beautiful, all righty. If people want to know more about you and your work, how can they find you Beautiful? All righty, if people want to know more about you and your work, how can they find you Easy, [Christinepage.com](http://Christinepage.com). All right, and we'll have all of that in the show notes. Thank you very much. We have given you a lot to think about. Christine has dropped about a bazillion golden nuggets here in this conversation, so you're going to want to watch this again and take notes, because it's I think it's that profound some of the things that you've said. So thank you for sharing all of your wisdom with us. In the meantime, everybody sending you lots of love from Sweet Home, Alabama, and from New Mexico to where Christine is. We'll see you next time.

1:20:05 - Christine

Thank you, Julie so much. Thank you Bye, everybody time. Thank you, Julie so much.

1:20:09 - Annncr

Thank you, Bye, everybody. Thanks for joining us. Be sure to follow Julie on Instagram and YouTube, at Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question please visit [AskJulieRyan.com](http://AskJulieRyan.com).

1:20:28 - Disclaimer

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