

AJR Daphnie Mobley Transcript

0:00:01 - Annncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Dr Daphne Mobley with us on the show today. Daphne went from the Bronx to the boardroom. Her journey as a veterinarian and Fortune 500 executive led her to write the Pet Effect Healing and Learning Life Lessons from the Pets we Love. I'm eager to explore how that connection can sustain us through life's highs and lows, and to hear about what Daphne has discovered are the most profound lessons pets teach their humans. Please remember to subscribe. Pets teach their humans. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Dr Daphne. Daphne, what a treat to have you with us today. Thanks for taking the time to join us.

0:01:38 - Daphnie

It's an honor to be with you. It really really is. Oh, my honor Are you kidding, it's fabulous.

0:01:46 - Julie

You say you have a deep calling to help the lives of people and pets. You also say your experience as a veterinarian and dog mom I love that has shown you the path. Tell us about your journey, oh boy, your journey, oh boy.

0:02:09 - Daphnie

Well, when I started out, when I was growing up, I was terrified of animals because my mom was terrified of them, so learned a behavior and eventually I got used to them, thanks to one of my aunts. And once she said you can't come here anymore, you have to get used to my dogs. I was like I love going to her house, it was fun, family always went there and I got over my fear and I knew by the time I was 13, that I definitely wanted to be a veterinarian. That's all I could think of in my mind, and so I focused all of my efforts on that. I, you know, I had an interview for a private school in New York City and the interviewer said you know, you want to be a veterinarian. Cornell has a really great veterinary school. So I said somehow, some way, I have to get there and plan to go to Cornell undergrad and didn't get into Cornell Veterinary School but got in at University of Florida and that started my veterinary journey.

0:03:06 - Julie

And they're one of the top five schools too, aren't they Florida's right up there?

0:03:11 - Daphnie

Florida. I just actually read the other day on one of their veterinary magazines they're number seven, okay.

0:03:18 - Julie

Well, my alma mater, the Ohio State University, is in the top five.

0:03:24 - Daphnie
Oh okay.

0:03:24 - Julie
Just have to mention it. Yeah, my daughter-in-law, dr Mal, who you and I have talked about, dr Mal. She was accepted at Ohio State and then went to Auburn because Ohio State was so much more expensive, because it was out of state. But when her buddies in vet school at Auburn said you were accepted at Ohio State, mal said yeah. I said whoa, that was a big deal. I know Cornell's up there too and I know Florida's up there.

0:03:53 - Julie
And the funny thing about you guys, about you and Dr Mal and all vets and I saw this with Mallory when she was in school. People said to her oh, you couldn't get into medical school, huh, so you went to vet school.

0:04:09 - Daphnie
And what would you say to that? And then I'll tell you what she said. It's funny. I would tell them how I really feel. You know that the Bronx side of me would kind of talk to them a little bit. But I remember when I was growing up people would say you know it's easier to get into medical school. Why don't you go to medical school? And it was like a Charlie Brown. I kind of ignored it and knew that I wanted to go to vet school.

0:04:31 - Julie
Well, mallory's response was well, you know, there are hundreds of medical schools there are only 19 vet schools. And in medical school you learn about one species. We have to learn about many species.

0:04:43 - Daphnie
And you know what?

0:04:44 - Julie
That just shut them off.

0:04:45 - Daphnie
Oh, that's a great response. Great response, Wow yeah.

0:04:51 - Julie
So you get into Florida, you're a vet there, then what happens?

0:04:55 - Daphnie
Well, I left. I went to school in Gainesville, Florida, but I knew that I wanted to come back here, close to New York City. My parents are here, friends from college, and I just knew I wanted to come back here, close to New York City. My parents are here, friends from college, and I just knew I wanted to come back here. And so I ended up going actually into the corporate side, which is no longer what I wanted to do, because, you know, I think I'm more heart centered now, not that veterinarians who work in corporations are not heart-centered, but that opportunity, I see in hindsight, allowed me to be exposed to other things and have other opportunities.

0:05:35 - Julie
Did you practice as a vet when you first came out of school or did you go right into the corporate world?

0:05:39 - Daphnie

I practiced as a vet coming out of school, but it was a specific specialty for working for pharmaceutical companies. Oh, interesting, and then I did work part-time while I was doing my residency, in that I worked part-time at an emergency clinic, and so then I stopped, because I got stopped by a police officer. He said ma'am, you were, you know, swerving a little bit, just I was taking on too much, I was exhausted.

0:06:11 - Julie

So oh gosh. So were you involved in research then, when you were doing your residency? I?

0:06:18 - Daphnie

did support the research efforts there. Great, great.

0:06:22 - Julie

Okay. So when you combine your experience as a vet and on the corporate side of the equation and you have a calling to help the lives of others, how do they others, both pets and humans? How do you combine the two? How do they work together?

0:06:50 - Daphnie

Well, I've evolved to be more heart-centered. I think when I was doing that I wasn't as heart-centered so I could kind of block out certain things. But I look and see that the opportunities I had during that time after that I kind of got bored I love a lot of mental stimulation and I had the opportunity to then work for the then CEO and chairman of the company it was a Fortune 500 company and spend a year and a half traveling with him seeing how he interacted with his staff you know confidential meetings. It was just an amazing opportunity to have that experience working for him. And eventually I went into a role as the head of diversity for the company and when he left and some other senior leaders left, I decided you know what? There's nothing here for me anymore. There's nothing that I could see that I wanted to pursue in terms of my career. So I didn't tell anybody I was leaving because I didn't want anybody to walk me out of it, but I decided to just leave and figure out what I was going to do from there.

0:08:00 - Julie

And you were at the top echelon because you were VP level, you were at executive level, so you were in on the board meetings and all that yes. What was that trajectory, coming from doing a residency in research to being in the C-suite? You know, okay, so right at you know, interacting directly with the C-suite. Yes, yes.

0:08:23 - Daphnie

Yes, it was. It was like a dream because I I never would have imagined having that opportunity in 10,000 lifetimes. But it was amazing because the CEO then, Robert Esner, which was um YF at the time, um was just so down to earth. He's just. I just had lunch with him two weeks ago. He's just an amazing person, so intelligent, and he exposed me to so many things and he was honest. That was a time when the company had to deal with the FinFin litigation, just a lot of things that were going on and challenges and how the senior leaders dealt with it at that time. So it was an amazing journey because I was asking for more to do. I didn't know what it was and they wanted me to stay with the company, and so the president of the division I was in recommended me for this opportunity that he has. You know, single people at a time working with him for him for one to two years, but it really is just learning about how the whole company works. So it was amazing.

0:09:37 - Julie

I'm hearing in my head ask her about communicating with animals and how that helped you communicate with executives at Fortune 500 companies. Wow, I think it's. You know, I get

these divine downloads into my head. Yeah, is there anything that comes to mind along those? You know? I mean, I know you can communicate with pets. I think every vet communicates with the pets telepathically, whether they know it or not, and I'm wondering how that transitioned over into the corporate world because you were doing like regular medical stuff, not just vet med correct.

0:10:16 - Daphnie

No, I mean well, medical stuff, from a standpoint that I was exposed to the human medicines that were being created and understanding how they interacted in a human body Right. So I did have that opportunity. But that's a great question. I don't think at that time that I realized that was happening. I don't know. I don't know. I was just being very pure with the heads of all the divisions and asking them questions. Anything that I wanted to know they would allow me to ask, or I met with them to understand, because it was all foreign to me.

I knew my little world but I didn't really understand how the other divisions were, like the consumer division, with you know, Robitussin, chapstick and all those, as well as the other human drugs that were used for treatment of cancers and, you know, cardiovascular diseases. But I would just ask them and I would also sit in on each of their, the divisional heads, sitting on their meetings with their management team, so that I could learn and understand.

0:11:30 - Julie

What I'm hearing from Spirit Daphne is that you lead by your intuition and your gut feeling and, as a vet, you trained how to do that, whether you took a class on it, which I doubt. But you, since the dog or the cat or the lizard or whatever you're treating, can't say, oh, dr Daphne, my tummy hurts. Yeah, you had to really develop your intuitive skills and that's why you were so successful in the corporate world, because you were coming from a gut place.

You were using your intuitive skills because there's so many shenanigans that go on in corporate, in the corporate world that you know, but people knew that they could trust you when you were a straight shooter and you were coming from a place of honesty and intuition in a world that's very competitive and sometimes not on the up and up. Not just in pharmaceuticals, but certainly in every corporation, every company, even small companies. I hear about the nonsense that goes on with the staff.

0:12:35 - Daphnie

Mm-hmm.

0:12:36 - Julie

And I think that maybe you weren't aware of it, but a lot of that came from your vet training. Mm-hmm.

0:12:42 - Daphnie

Mm-hmm, I sure was. And I just, you know, I came purely as me. You know I didn't want to try to be someone I was not, so that they could feel comfortable interacting with me to help me learn whatever I wanted to learn, you know yeah.

0:13:00 - Julie

So how have you taken the experience? And then when you left big corporate, then you went back into practicing A little bit.

0:13:09 - Daphnie

Yes, I did, yes, I did practice with just dogs and cats for a period of time Because I said, okay, daphne, you need some money coming in here, and so I was trying to figure it out. And that

was like probably one of the most difficult times in my life trying to figure out what I was going to do next.

But in hindsight I see everything has a purpose, of course you know, and in the midst of it, you don't, you can't, because you want what you want and you want it quick, or I wanted what I wanted to figure it out quickly. So I did go into practice, but then I was also going out doing inspirational, motivational speaking. I loved people used to come to me at at at YF, and say how did you come from this division and have the opportunity to move up in corporate? And so I would talk to them all the time about you know things to think about if they wanted to move up on in their career path. And so then some of the relationships I had as the VP of corporate diversity I asked them about speaking, though they were like women's group, working mothers media that had different events, different conferences that allowed me to speak.

Other heads of diversity at other companies or, you know, like Fannie Mae, you know, had me come in and speak to their different groups. So I love that it's about. I love the feel good of making people feel good. That's what I love, yeah, yeah.

0:14:40 - Julie

Back to the heart-centered thing, and I want to do a deep dive on that in a minute. But first you say pets are not beings we leave in backyards. Rather, they have a true impact on our lives. What do you mean by that?

0:14:56 - Daphnie

Well, I remember when I was growing up, pets were relegated either to the basement or the backyards either to the basement or the backyards. And I see I marvel at this evolution where there's such an integral part of people's lives. Now. You see heads hanging out of cars as they're going by. You see family vacations with you know Molly, you know accompanying them. So I think that they're really people are really feeling better with pets around them. They see the value of how they make them feel. You can come home in a funk after a bad day and your dog is wagging you know his or her tail when you come in the door and it changes your energy instantly. It's just so amazing and that's what I love to see. I love to see that impact.

0:15:50 - Julie

Well, and I work with people who've lost a pet too. We had dinner last night with friends and they'd put their cat down yesterday afternoon and so I took them. You know, I took my friend an orchid, just as a, you know, here hope this makes you feel better, kind of thing. And I could tell she'd been crying. Her eyes were all puffy and stuff. And I talked to so many people who tell me on the sly they don't want to admit this that they really sometimes the grieving of a loss of a pet is harder than the loss of a person. I tell pet parents.

0:16:28 - Daphnie

That's the worst part of being a pet parent is when that time comes. I mean, it's just the most horrific thing. And I think about that with my last dog and I didn't even see it. People are like, wow, pappy doesn't quite look as energetic and I'm like, oh, it's the heat, because he doesn't do well in the heat.

And I took him to a colleague, someone who actually taught continuing education classes, the Animal Medical Center in New York City. I said something's amiss. I heard a heart murmur, something's wrong. And when he did the ultrasound there was this huge mass growing around the heart and he said probably a piece of it, you know, came off. Because one time he just tipped over and I'm like what the heck is going on here and that was my indication Okay, let's go, let's, let me get him down there. And he said a piece of it, it looks very nasty. And he said part of it probably broke off and occluded one of the arteries.

And so that night, you know, he was quiet in the back of the car and my brother was there and he's always up underneath my brother and I had gone out and come back and I said, well, where's Papi? He said I don't know, I haven't seen him. I was shocked, went upstairs he's just looking kind of strange, you know, and just staring at me and I'm like all right, let me take him for a walk. Took him for a walk. Took him for a walk. He keeled over, met out a and that was it. I scooped him up, ran back inside. I'm bawling my eyes out. My brother heard me scream outside and he knew something was amiss and I just I didn't expect. I just didn't expect it, and he was only five. So I, so I get it.

0:18:26 - Julie

What he's telling me in my head is it was perfect. He got to do what he loved, which was to walk. Yeah, and he's saying that you and he used to love to walk together.

0:18:36 - Daphnie

Yes, we did, yes, we did. So he said what a way to go, yeah.

0:18:39 - Julie

Perfect.

0:18:42 - Julie

But how do you feel about euthanizing pets? Because that's something that I work with my clients a lot about afterwards and they feel so guilty. They do.

0:18:53 - Daphnie

They do. I got guilt by saying you know you're focusing on whether it was the right time, but you know intuitively when the right time is. No one can tell you when to do it. I said there are some guidelines. Right, they're not eating, they're not drinking water, you know they lose control of their bowels. So I said but you know, you know, lose control of their brows. So I said but you know, you know, and if for some reason, you're blocking that out, others who see it will kind of let you know in a way that you can understand. You know, sweetie, you're hanging on too long. Now it's about you and you wanting your pet around versus doing what is best for them.

0:19:47 - Julie

Yeah Well, like your dog when you took him to your colleague. I think oftentimes, when it's somebody that we love so much we do, our clarity does get clouded.

0:19:58 - Daphnie

Yes.

0:19:59 - Julie

Yes, it does In our thinking.

0:20:01 - Daphnie

Yes, it does it's because we want them here and we want them. You know, we love their presence and all that they do for us. And the silence when they're gone, I think, is the worst part, the hardest thing that people have to deal with following you from room to room and you know, or sleeping curled up beside you in the bed. So it's, you know. Like I told my neighbor, if you want a few licks, Molly will be more than happy to visit you now that she had to euthanize her dog because of the cancer.

0:20:40 - Julie

So yeah, Well, and you bring up a really good point and the pet spirits tell me pretty much all of the time I would say it's very, very common that they'll want their owners to go, or their pet parents or their humans, whatever you want to call them. They want their humans to go get another dog or cat or pet. And my client's going oh my, I just I'm not ready, I can't do that. And their pet spirit's saying no, go, do it right now. It's going to help you with the grieving. We're still going to have our relationship even though I'm in spirit, but it's going to bring joy back into your life and it's going to help you with the grieving process.

Yes, have you found that?

0:21:26 - Daphnie

to be the case. Well, I've even found that personally, because I thought two weeks later I got Molly, right after I said, wow, this is quick. But I couldn't stop looking at her videos and her photo. I think I was like fourth down in terms of who you know contacted them about her and they were asking my references is she really a veterinarian? And so then that drove me to the front of the line for her. But yeah, two weeks later I got her, so that helped tremendously.

Tell us about Molly, molly, molly, molly. I had to leave with a dog sitter today because no barking or any frolicking while I'm on this call. She's wonderful, she's very, very playful, very loving. I take her even though my mother is on the other side. I still take her to the nursing home because one of the people in the book I promised her I said you know what, Nancy, I will bring Molly to see you here. She just loves her. And she says you know what? She makes me feel like I'm worth something. And when I heard that I'm trying to get out of her, you know, hide behind, as the tears are coming down my eyes, she says she makes me feel like I'm loved, like I mean something. I was like, oh my gosh, wow so, but she's, she's just a, just a loving, wonderful companion. You know what kind of dog is she? What breed? She's half Pug and half. I don't know what the baby daddy is, I don't know.

0:23:14 - Julie

Baby, daddy, what? Why do you think you were led to her? Why do you think you were led to her?

0:23:27 - Daphnie

I just feel that she's here to continue to teach me the lessons that Pappy started teaching me and Pappy, was he a pug as well? He was a bug. He was a Boston Terrier pug mix.

0:23:43 - Julie

A bug.

0:23:44 - Daphnie

I haven't heard that before. Yeah, yeah, okay.

0:23:47 - Julie

All right, and I know you've said that Molly helped you with your mom's low decline and then, after she passed, tell us that story please.

0:23:56 - Daphnie

So my mother was one of my best friends. I would talk to her every day and the transition, as her dementia advanced, she was unable to walk, then she stopped talking. It was just, you know, she became someone who was just sitting there with a blank stare, who was just sitting there with a blank stare.

And so I wanted her as she used to be, as she was before. I wanted her to be that way. And I remember the people in the nursing home, the attendants, the ones who cared for her daily said, oh my God, your mom is so beautiful. And they said, no, we don't mean externally, she's that, but internally. And I'm thinking to myself how did I see it? How did I see? And I said what am I missing? I said I'm so stuck on wanting her to be as she was that I'm missing out that she's still the same loving being within. And I remember just praying and just think let me be able to see her in a different way. And so I was able to see her differently and that helped with my sadness, my, you know, you know my reflection on what I've remembered and to deal with her in the present way that she was.

And did Molly help you do that? I think Molly helped me. Molly would, she did help me do that. I believe she did, because one thing Molly would do was jump on my mother's bed and just lick her until my mother started laughing.

Now, what you're not aware of yet, until I tell you, is that my mother was terrified oh, that's right, I did say that before. She was terrified, terrified of animals, so there was no way a dog could come within two miles of her, but the dementia. She would just jump on him like, wow, she's so happy and it's something that's so simple in what she's doing to bring that happiness and that unconditional love to her. So why am I reflecting on this? Am I reflecting on this? Why can't I be the same way and put aside what I want and still fully extend and show my love for her in her current state? So there's so many things I mean, you know, molly showed me, you know, unconditional love.

She illuminated, as Pappy did, illuminated my impatience. She continued to open my heart up to love with a partner, as Pappy started the process. If we look and see, if we look and want to know, they show us the lessons that they're teaching us, and every single person in my book, without hesitation, I think they were struck by the question what is this dog, this bird, this horse, this cat teaching me? You know, I think they initially were like what? But they could all answer it. Every single person could answer it within a minute, within less than a minute, that's interesting, isn't it?

0:27:36 - Julie

It is, so. Do you think there's a spiritual relationship between all humans and their pets or their animals? They're helping 100%.

0:27:44 - Daphnie

I believe they're helping with that spiritual're helping a hundred percent. I believe they're helping with our spiritual evolution, a hundred percent, yes, taking us up. You know, because of their presence and the way they love us, they're helping to lift our vibrational level if we allow them to right. And it's not even it's automatic. I feel it's just so automatic, or it becomes more automatic if people allow themselves the opportunity. And I remember I took Molly, a friend of mine, one of the people in the book Susan Solar took. She said could you bring Molly? So she's a guidance counselor in one of the high schools nearby and they have this pet therapy, and so they'll say can you bring Molly to the school on this day?

I said sure, and I remember I met two students who were never really exposed to dogs and the girl started screaming but she kept coming closer to Molly. I'm like, sweetie, what's the matter? And she said I kind of want to touch your dog, but I'm afraid, don't be afraid, I promise you she will love it and she will sit there. I said come with me, sweetie. I had Molly sit. I said, well, just put your hand on mine. And I let her hand there and then Molly was just looking at her.

I said see, she's trying to get to you. And she was back up. I said don't worry, she's not going to do anything to you, just keep trying to get used to her and this will open the door for you to be now be used to dogs. And she did that and she wanted to stay in and the bell rang and she

didn't want to go to her class and there were like two young ladies like that and I said wow. And she said are you going to come back? I said if I'm invited, not me, she didn't care about me, she cared about Molly. So I said I will bring her back if Ms Solar invites me again. So that was just wonderful seeing their transitions to allow themselves to have that experience, to push through the fear and then be gratified at the end of that.

0:30:03 - Julie
How wonderful so.

0:30:08 - Daphnie
Molly's really a service dog she is although she's not maybe a registered service?

0:30:12 - Julie
dog, but she is a dog of service. Back to the healing power of animals, and then I want to do a deep dive into your book and some of the stories in your book. Have you found that the animals can help people heal from illness and disease? I'm thinking of especially the horse healers. I know of people that have I don't know what do you call them. Have farms where somebody with cancer say, where somebody with cancer say will go and there'll be an equine healing center and it's amazing I've seen the videos where the horse will come. Let's say, if somebody has lung cancer, the horse will come right up and will nuzzle the lungs or nuzzle.

The side of the chest, where the cancer is and they'll stay there for long periods of time. Cancer is and they'll stay there for long periods of time, and it apparently is really an effective modality as part of the healing equation. Do you have any thoughts on that? Is it just horses? Is it other kinds of animals? Do you know any stories?

0:31:18 - Daphnie
One of the stories in the book is a woman is a woman actually it ends up being. She has a dog, yoshi, and she said that instead of the dog sleeping at her feet, her dog changes. Would lie right down, small dog, lie on her chest. She's like, and then no. Stand on her chest and look at her and she's like what the heck, why are you doing?

0:31:45 - Julie
this you know thinking.

0:31:48 - Daphnie
So he ended up going in. You know, I don't know if she had a checkup or what it was, but she went in and then she found out that she had breast cancer. So the dog was standing there trying to communicate. You know, look, this is not normal. And then when the dog stopped doing that, she, after her treatment, she was clear. But she, the dog, stopped doing that before she got the indication from her physician and so she thought back, she said Yoshi, stop sleeping here, Yoshi, stop sleeping here. Before I was told I was clear. It's just amazing what they can do and what they know. And I do believe I didn't hear of this with of disease states. But I believe that that's possible and I think it's more so because of the energy they have and transferring that energy to you know whomever needs it. You know whoever needs it. So that's my philosophy. So that's my philosophy.

0:33:03 - Julie
I've read that and I've heard several times. The dogs especially can tell if somebody has cancer, yes, and that there are some researchers that believe that they can smell it, that it has a funky smell, that they're picking up and that's why they're. But how does the horse know that somebody's got lung cancer and that's why they're?

But how does the horse know that somebody's got lung cancer and there's the person's laying on the table like on a massage table, and they bring the horse in and the horse stands there and then the horse goes right up to her chest where the woman has lung cancer. How do they?

0:33:40 - Daphnie

know that Now I'm a vet, I may know some things that I don't know. I'd have to just kind of think about that one. I kind of feel like, whether they're a horse, a pig, you know, a goat, but they all have that ability. I don't. I don't know what it is about them and it's probably, I just think, because we have more filters on our intuition than they do. Good point, and that they, you know that that's how they do it.

0:34:12 - Julie

Yeah, that's a really good point. All right, tell us about your book. What led you to write your book? Tell us all about your book. Wow.

0:34:19 - Daphnie

I'm thinking about the evolution of this book.

0:34:23 - Julie

Tell us the name of it, first of all, the.

0:34:25 - Daphnie

Pet Effect. The subtitle is Healing and Learning Life Lessons from the Pets we Love. So these were stories of people who, you know, went through some of the most difficult times in their lives, and their pets brought them through that time, and so there's a photo of a loving photo of them with their pet that accompanies the story, and the last line is the lesson they learned from their pets during that time, and so that's what I was saying when I asked well, what lesson did you learn during your challenge? And they knew the answer Unconditional love. You know that I need to release all of the craziness in my life and just be more at ease in my life, whatever it is. They knew the answers.

0:35:21 - Julie

How did you find these?

0:35:22 - Daphnie

people. How did you find these people? So I asked people. I love going to the gym, so I know a number of people who go there. I've been going there for years and I put it on my Facebook page and I was asking people and they said you know, I don't have a story for you, but I know someone who does so, a woman from the gym. Her son is a war veteran and he had a story to tell.

He ended up not, I couldn't get a hold of him at the end to confirm his story but he had referred me to another war veteran who had PTSD and had two experiences in Afghanistan that were pretty horrific. So I would ask, and everywhere I went, I would ask you know, do you know anybody who has a story to share? And it's not just dog and cat centric If it's birds, could be a horse, could be a pig, if you wanted to, you know. So I was asking veterinarians. I knew my classmates and they put it up in their newsletter and I got some of their clients to give me stories, and so that's how I got the stories.

0:36:32 - Julie

What do you think led you to do it in the first place?

0:36:38 - Daphnie

I kind of feel like this is on my life path, part of my journey on my life path, part of my journey to illuminate this pet effect, and then someone like you verified it with me that that was what I was put here. To do in this lifetime is to really show the impact, the positive impact that animals have on us.

0:37:08 - Julie

Well, and I think you're illuminating something that we all know, but nobody really talks about it, and when we can focus on yeah, this is really true and recognize it and be grateful for it. Yes, it, like you said, it opened up your heart. Yes, and it allows you not only to love your pet, perhaps even deeper, and perhaps love humans, whether you know them or not.

0:37:41 - Daphnie

Right.

0:37:42 - Julie

In a different way.

0:37:43 - Annncr

That's right.

0:37:44 - Julie

Have you found that to be the case?

0:37:50 - Daphnie

Some people, for whatever reason, they'll say to me I love my pet more than people. A number of people have said that to me, but I do believe that the result is because their heart chakras open, because they open their heart to their pets. That is as a result. It will maybe not at that time that they feel that that's not happening, but I feel like it's allowing that to develop in the future for them.

0:38:17 - Julie

Well and loneliness is one of the biggest issues with people, especially elderly people yes yes, that they're so used to having a big family around them and perhaps most of their family has passed and their friends have passed Right right One of my dearest friends.

I called her my adopted grandmother. She and her husband took me under their wing when I moved to LA. It is an early 20 something. I didn't know anybody and had never been there before, and when she passed she told me. She said I'm one of seven. All my siblings are gone, all their spouses are gone, all my friends are gone. There's really not much left for me. I've lived my life, I'm ready to go back to heaven and I had never thought about that before. When she died I was in my 40s. But she was right. I understood that. I understood exactly what she was talking about.

0:39:14 - Daphnie

I get it now because my next door neighbors I see it and I listen to what they say. They have this one couple come over and I thought about it oh my gosh, it's just them out of all their friends. Now she does a son and a daughter and grandchildren, but the friend circle, there's nobody left anymore.

0:39:41 - Julie

Well, and the son and the daughter and the grandchildren? They're busy, they're living their lives.

0:39:45 - Daphnie
They're living their lives.

0:39:46 - Julie
They're doing all of that and my motto is happy, healthy, dead. And if somebody's lonely and they don't have the capacity to go out and be involved in other things, I mean it's nice when the family visits once a week or once a month or whenever, but to have a companion in the form of a pet is really life-saving, I think, for a lot of people.

0:40:14 - Daphnie
And I think about the people who are in that nursing home near me and you know people who don't get visits or they miss their dogs. I just see the shift in the energy and how Molly lights up the place when she goes in there. It's just I can be exhausted, Like sometimes I'd be exhausted when I visit my mother, but I, I always wanted to bring that, that light and love to people, because I said come on, dad, if you're tired, but you're going to go anyway, and there's something I mean. I just, I just love up, I really love uplifting people. So that's my high, that's my high, and seeing how animals play such a role, they can do that, you know.

0:41:04 - Julie
I think that they're a form of a spirit guide to a lot of people Just listening to you during this conversation, of all the ways that, to your point, that they've uplifted people. I think they're spirit guides. They're here teaching us. They're not humans, you know, they're in a physical form. It's kind of like they got one foot in spirit world and one foot in the human world or in the world that we inhabit. Yes, and they're guiding us. And certainly all of the ancient cultures all have animal spirit guides. The indigenous cultures, yes, the ancient Egyptians, all of them. They all had pets on the drawings in the caves.

0:41:45 - Daphnie
Yes, I was just thinking about that. I went to Egypt in 1980. And I remember seeing the drawings and just everything related to animals that was, you know, inscribed in the pyramids. I have to go back there because I wasn't at the spiritual place I am at now and I would like to experience it now that I'm at this point in my life.

0:42:11 - Julie
Yeah, let's talk about a couple of stories from your book. You mentioned the veteran who had a couple of tours in Afghanistan.

0:42:19 - Daphnie
Yes.

0:42:19 - Julie
And he had something happen. Can you give us a synopsis of basically his story?

0:42:25 - Daphnie
Sure, but his. He never got back to me to approve his story. But I do have another veteran warrior and she Megan. Megan and her dog Coda. So Megan was in Afghanistan and within like a few days of her first tour there she was walking in this huge field and she saw an aircraft carrier come slamming back to the ground and blow up in a ball of fire. A vehicle wasn't secured properly in there and caused the carrier to fall back to the ground.

0:43:00 - Julie
An aircraft carrier I think of as a boat You're talking about like a transport plane. A plane, yes, that carried a ship, not a boat.

0:43:08 - Daphnie

A ship, yeah, okay, like a C-5 or C-5A or one of those big airplanes that you can load tons of stuff on yeah and she saw that and then, a short time after that, she happened to be leaning against a building in Afghanistan and a missile came flying through into that building and, you know, blew up right near her and so she had, you know, as a result, PTSD and she couldn't talk to anybody about it. It didn't help her release or feel any healing as a result. So she decided when she got back home she got this dog, Koda, this black lab who didn't judge her, she could talk freely, she, you know she noticed that it was helping her progress along after being in Afghanistan and she just began to thrive a bit more after she had CODA. So CODA helped her through that experience. She went through a divorce and she was like, what is this, what is happening to me? But yet CODA was always there again, being nonjudgmental, bared, to hear her talk, to whatever thoughts she had, and she eventually got better, remarried, had two businesses, you know, successful, you know life after the light, after the darkness. So you know she had a very great experience from Coda and you could see in her picture with Kola the happiness that's on her face with Coda and you could see in her picture with Kalia the happiness that's on her face with Coda looking over her, leaning on her shoulder in her car. So yeah, wonderful.

0:44:58 - Julie

Tell us about Hershey Hershey and Ronnie.

0:45:02 - Daphnie

so Ronnie, I know from the gym, she's an instructor in a gym and so she has two sons and at that time know she discovered that she had breast cancer. And so her thought as a single mom was how am I going to? You know, how am I going to deal with this? Am I still going to be a woman? Am I going to feel like a woman? Now she got this dog for her son who has anxiety, and she thought, oh, he can help heal her son.

0:45:36 - Julie

What kind of dog is Hershey?

0:45:38 - Daphnie

Hershey looks like a lab mix. He looks like he's mixed with a few different things, you know, but he's brown and white, thus Hershey. I guess Hershey and really you know, Hershey and Milk really is what he's called, because Hershey and really you know, Hershey and Milk really was his name. But his presence in the house, as she said, just brought so much happiness to their family and she discovered that he helped her during her time when she was dealing with am I going to survive this breast cancer, and so she'd cry on Hershey and so he was therapeutic for the entire family and what she discovered that she liked is Hershey kind of brought them all together and brought them lots of laughter, and so being all together, walking or being out in nature or whatever it may be really helped them all have a wonderful lifetime when they were all together.

0:46:37 - Julie

Are there stories in the book that are non-dog stories? Do you have cats or lizards or peacocks or anything else I have?

0:46:45 - Daphnie

two birds, so CJ and Murphy. CJ I know from the gym also. She also lives in my complex here. CJ was in a toxic 13-year relationship. She had a bird before and her boyfriend made her get rid of the bird and she thought to herself later I should have kept the bird because this relationship isn't for me.

0:47:10 - Julie

Kept the bird and get rid of the boyfriend Right right.

0:47:13 - Daphnie

But she said that her bird, murphy, made her realize the love, unconditional love, she was receiving from him. She should be feeling from her partner, and she didn't feel that and he opened her eyes and gave her the strength to leave and stay with her. Now she's very happy. So the 13-year period she didn't see it, but then, after she got Murphy, she did.

Another gentleman had a horse, my Thunderbolt. So this was a gentleman who used to train racehorses but train them in a more gentle way. He didn't like the way they were treated. You know, the industry was notorious for how they dealt with racehorses and he had a gentler approach. But yet this horse that he had, he went through a divorce. He loved his wife so much and she wanted a divorce, and so they may still live in the same house for a period of time until the divorce was finalized.

And so he said that house was so cold in terms of the feelings and how they were interacting with each other so he would go out, go get his horse from the stall, go ride in the meadows, ride along the beach in California, and that allowed him to escape the current situation that he was going through with this loveless marriage. He still was very much in love with his wife. He didn't want the divorce, but he realized at the time okay, she wants it. Us being in this house together in this way is not good. Us being in this house together in this way is not good, and his horse allowed him to escape that environment and escape his situation that he didn't want to be in in the first place?

0:49:01 - Julie

Interesting, yeah yeah. I've heard horror stories about the racehorses. Yes, and what goes on and so many of them are euthanized if they're not going to be able to be bred. I know I do know a couple of people that have rescued and I know there are rescue groups for their raised horses.

0:49:19 - Daphnie

Thank goodness for them. I say thank goodness for the people who do this. I mean really, who do this work and find ways to rescue these animals and put them in much better environments, you know.

0:49:35 - Julie

Right. Why did we incarnate?

0:49:39 - Daphnie

I think, as you said, that I just saw a spider go across the roof near my plant. I think we incarnate to learn the things that we need to learn to continue to evolve during our spiritual growth. That's my belief. I didn't used to believe that, but I believe it. What changed your belief? I think exposure, being open to hearing different things. You know, I think you know before you know in a traditional Christian environment.

You know, I remember saying something to my mother once about when my father had passed and the drawstring on the blinds moved, there was no air, there was nothing in the room, the windows were closed, and she said to me you think Leroy did that. I said, actually I do. I was sitting in his chair and I think he did that. And so my mother poohed a lot of things. But I would still find, once I was exposed to different lecturers and different people who were teaching different things, it was like I was a sponge, I couldn't get enough of that. And something said once I started listening to my own inner self, I said I think these things are true. And so that's kind of what did it? Returning to different things and wanting to listen to more and more,

reading different books, you know, like a lot of the Hay House books and things like that really kind of accelerated these beliefs and my change in what I previously believed.

0:51:25 - Julie

So what are you doing now? What's your next project since the book's been released?

0:51:30 - Daphnie

My next project.

0:51:32 - Julie

Are you still vetting? Are you still being a vet? Are you still helping out?

0:51:36 - Daphnie

No, no, I am not I. One of my friends has a practice. He just had to come work for me. I said no, I think I'm done with practicing. I just feel like that doesn't excite me. There's parts that I like but it doesn't excite me. And I feel like that doesn't excite me. There's parts that I like but it doesn't excite me. And I feel like there's something else. Well, I kind of know. I remember when I quit working at YF, when I resigned, I remember thinking somehow I just came out of nowhere, you're going to have to host a television show. I didn't know what that looked like, didn't know what it looked like. But now I would like to host something that's along the same lines as this book.

0:52:17 - Julie

How pets affect our lives in a multitude of amazing ways.

0:52:21 - Daphnie

Right, whatever stories there are that people have and trying to help them release their. You know there's still people who feel like they're not supposed to feel that way about their pets. Right, you know, growing up feeling that they were lesser beings, or growing up thinking you can't love a pet the way you do, and it's okay. You know it is okay. So, yeah, that's part of the message in this book. And even if people don't have pets, I want them to be inspired to believe that they can find the light at the end of the tunnel, whatever they're going through. I want them to be inspired by these people who went through what they went through and to believe that they can also.

0:53:14 - Julie

Yeah Well, you're a remarkable woman, you told me when we first met. You said I'm a girl who went from the Bronx to the boardroom. I thought that was fabulous that you said that and it's. You know. It's such a great metaphor for you and your life. I just am in awe of you and I love you to pieces. I think you're just remarkable. How can people learn more about you and your work and buy a copy of the book?

0:53:46 - Daphnie

They can go to my website, which www.docdaphne.com, and they can read about me and then, if there's a tab for the pet effect, and then they can click on. You know, there's two buttons they can click on to purchase a copy.

0:54:07 - Julie

Wonderful. So if everybody listening and watching, if you have a pet, if you're a pet lover, if you know somebody who's a pet lover, you want to go get the Pet Effect by Dr Daphne, because it is really such an uplifting, fun read and has so many golden nuggets in it that people are absorbing and they're not even aware that they're absorbing them. So kudos to you.

0:54:33 - Daphnie

It's not scientific. They may think a veterinarian is going to be like you know how many chromosomes. No, it's just very simple. You know one, two page stories.

0:54:45 - Julie

And I hope you enjoy it All righty, everybody. Lots for you to think about. In the meantime, sending you much love from Sweet Home Alabama, and from New York too, where Dr Daff is. We'll see you next time.

0:54:59 - Anncr

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.

0:55:14 - Disclaimer

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