

AJR Sevante and Angela 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 Hi everybody, welcome to the Ask Julie Ryan Show.

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Sevante Wolkin and Angela Medway-Smith on the show with us today. Sevante is a multimodality healer with advanced degrees in food science and is the founder of the Center for Intuitive Food Therapy. That's where she helps people nourish mind, body and spirit. Angela is an author, teacher and channel for the angelic realm and ascended masters. Together they've written Angelic Resonance, a guide to discovering your soul's path. Now you know, I'm going to ask how food can heal our bodies and if Angela's celestial guides have a message for all of us. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Sevante and Angela. Sevante and Angela welcome to the show. I'm so thrilled to have you both join us, thank you so much, so thrilled to be here with both of you.

0:01:52 - Angela

Thank you, it's wonderful. Thanks so much, Julie.

0:01:55 - Julie

I'm so excited to be here you bet, and Sevante, you're a returning champion because we've had you on before.

0:02:02 - Sevante

You know, and I'm so thrilled to be back. This feels like home for me.

0:02:07 - Julie

Oh, me too. Ladies, your new book is called Angelic Resonance. What is Angelic Resonance?

0:02:16 - Sevante

I'll let Angela start and I'll chime in. Go ahead, Angela.

0:02:20 - Angela

So angelic resonance is a way of creating a vibration for the food that you eat, every morsel that you eat, that you consume, raising that vibration to align with specific archangels and archangelic collectives so that you can achieve lots of different high vibrational things.

0:02:50 - Sevante

I mean that sounds a bit weird, but Well, if you yeah, I was just going to say if you finish, okay. The book is called Angelic Resonance Source Energy and Quantum Codes for Intuitive Food Therapy, and that really invites the reader to understand that we have sources of energy, whether it's our angels, whether it's our creator or whomever gifted to be channeled to us and working with these beautiful guides who watch over us and watching over our consumption of our food, of our body, of preserving our body temple. And that's now where we're sharing the

next level of how do we do this, and we're not alone to do it well, does angelic resonance only apply to food or does it apply to pretty much everything in our human existence?

0:03:53 - Angela

It applies to everything in our human existence. The angels want to support us. We have our guardian angels, we have angels with specific roles, we have archangels, we have archangelic collectives. They all have different roles and they will all come in. The trick is knowing who to ask and what to ask for, and it's actually quite simple. None of this is rocket science. It's actually quite simple. None of this is rocket science, and the work that we do is demystifying the way that there are some approaches that complicate things. It's simple and we can bring this resonance into everything that we do, but the angelic resonance is specifically about working with food. I've worked with the archangelic collectives and the ascended master collectives to produce works that enable people to bring this resonance in in all parts of their lives, but the work that Sevante and I are doing together is specifically about food.

0:05:08 - Julie

Are certain angels assigned certain food groups, and how does that work? Is it like they go to an assignment desk and they say okay, angel Sophia you're in charge of plums and Angel Jonathan you're in charge of the beef supply? I mean, how do they resonate with certain foods?

0:05:34 - Sevante

You ask the best questions. That just make me and I'm sure the angels are just laughing and chuckling and, just like I mean, beaming right now. You know it's a very individual journey, just like our food journey is. It's a very individual path on what people choose to eat, as well as who they choose to pray to and choose who actually are their guides and who are their angels.

Some will say Archangel Raphael's my guide, some will say Archangel Michael, and so, working with this platform, if you will, we started off and Angel Angela can share more about her original books where she talked about angels who really are patrons of the divine rays are patrons of the divine rays, and so I had written a book or a chapter in one of her books and talked about intuitive food therapy and had a nirshavadi temple and it just occurred when we were talking.

She said the angels really feel we can speak more about this, but angels actually do have a say and when you start seeing that they represent colors and rays of light, you start looking at chakras, you start looking at elements, you start looking kind of putting all the pieces together, just like how when the food healing oracle deck was birthed and we started looking at all these different energies, of how the angels represent a like, I said a color, and then we started seeing that there were codes and foods and starting to look at where I had channeled the different foods that represent these energies and how food was assigned to a word and a word assigned to a food.

And then what burst out of our wisdom and in our time and meditation and praying about all this was something called the angelic grid of consciousness. And what is an angelic grid of consciousness? It's really angels sharing. This is how, uh, this is how we are seeing energy, and food is energy and frequency, and this would be in resonance for you to consider these for your body. That's the easiest way of saying it and, Angela, if you want to extrapolate on the divine rays and how that matched. But yes, there is sort of a little bit of a guide, just like colors and actually in our book, days of the Week we even share about that Like to eat certain foods on certain days of the week.

0:08:05 - Julie

Yes, yes, really. Oh, I want to do a deep dive on that. Uh-oh, here we go. Oh, that'll be fun. Okay, I'll save it for a little bit. Angela, anything else you want to say about the angelic grid of consciousness? I love that.

0:08:21 - Angela

Okay, so my work is about the divine rays and sacred flames and the fact that we now have 20, we actually have 28 divine rays and sacred flames available to us.

Tell us what divine rays and sacred flames are, first of all so the purest form of energy from the creator is white light, and white light is made out of many, many different colors. So we all know about the seven colors of the rainbow, but there are different parts of the different shades of green, different shades of purple, different shades of yellow, whatever color. So the great channels of the 19th and the 20th century have channeled information from the Ascended Masters about seven sacred flames. Since 2012, we have had 28 available to us. When we had the shift in planetary consciousness in 2012, we have had access to more of these frequencies.

So my books the Book of Many Colors talks about the divine rays, which are the resonance of these elements of frequency of the divine. So every one of the divine rays is powered by a sacred flame. The sacred flame is like the power behind it, and the ray has quite a feminine, soft energy and you can bathe in that energy and you can, you know, feel it move within your being. Whereas the sacred flames are absolutely excellent for healing, they're much more masculine, much more dynamic, much more powerful. So many people know about the violet flame and that's probably the easiest one to talk about. So that's the ray of spiritual alchemy and the ray of transformation.

We already had these 28 different pieces of information, of information. So each of those divine rays and sacred flames has a patron. So, and these are archangels and ascended masters and cosmic ascended masters. So this book actually talks about 10 of the rays and the flames, not the whole 28,. But there'll be more books coming down the line with more information on the foods that align to the other groups. But the Angels, angelic Resonance covers 10 of these.

0:11:18 - Sevante

So we kept it simple. Yeah, try to keep it simple.

0:11:23 - Angela

But there's so much information. So we've got the patron, so the angel, the archangel or the archangelic collective. We've got a crystal that aligns with that ray. Every one of these frequencies, there is a first dimensional and third dimensional aspect that exists on the planet. So there's a crystal, there are flowers, there are oils, there are foods. So that's what we're talking about is how to work with these energies and which of the foods aligns.

0:12:11 - Sevante

Foods align to the different frequencies the books that people have written about angels have been going back for hundreds and hundreds of years, and so you keep getting, maybe updated information on where the planet is now. Back in the day, Aurelia Jones, Aurelia Louise Jones, talked about seven rays and she talked about different patrons or archangels, ascended masters, and now we're. And then that's what Angela started to do and has written books about it, and I have always resonated with the different angels and their colors, because those colors, when I think about healing, what color does healing feel like to you?

0:12:55 - Julie

Let's just ask you that, Julie, and then I can answer some of those questions White or yellow, white or yellow, or like a whitish yellow, whitish super white with a little yellow tint in it.

0:13:08 - Sevante

And when you hear Archangel Raphael Angela, what do you think of?

0:13:12 - Angela

I think of greens and blues.

0:13:15 - Sevante

Yeah, so I think of greens and blues too. And then, interesting, I'm mostly green and so a lot of people notoriously would think of Archangel Raphael as the color green. And so I looked at what is green in healing, in the Food Healing Oracle deck, what is representative of healing? Well, it's avocado. It's not only green, but it's our healing card. Avocado is not only green, but it's our healing card. And so it's a very natural alignment to start seeing what foods had already been channeled, what foods had already created a frequency, and then align to what the angels are in terms of their role to play and what colors they are known to embody around them when you think of them. Archangel Michael, what color do you normally do you know about? Archangel Michael is notoriously known as blue, and so you start looking at blue foods, blueberries, things that represent those colors that hold those frequencies, and so we started to pair things up and then foods that represent that.

0:14:29 - Julie

I can see that because the green, like you asked me, healing energy. Healing energy to me is a whitish, yellowish color, not necessarily connected to food. That's what I see when I'm doing an energetic healing on somebody in my mind's eye. But greens, I mean, we all know that things with green in them have a lot of chlorophyll and we know that greens are supposed to really help promote health, and certainly with blue and blueberries they have antioxidants. And what's the healthiest thing for people? To eat Frozen wild blueberries A?

0:15:07 - Sevante

hundred percent. I am trainable. I was looking at the days of the week from the book and Tuesday we'll give away a couple of them. You have to read the book.

For the rest, Tuesday, archangel Raphael, and Raphael comes with the affirmation I am healing.

So the intention is to allow Tuesday pretending it's Tuesday to begin an integrative day of less human doing and more human being. And we're giving you a moment to just realize if I had to create a meal that would nourish my body, temple on Tuesday, I'm going to take this day to make it a sacred day of healing and we actually provide affirmations and foods that would encourage you to consider that angel being in your field, that affirmation being embodied, that food being integrative at its frequency as you eat it and allowing an opportunity for you to see how you can uplift and raise your vibration. And we're creating and that's what the grid of consciousness, angelic grid of consciousness, does is okay. I want to feel healing, I want to be one with Gaia, I want to have feel like I am more balanced in my life. What? What's involved with that? What color, what symbol? What's involved with that? What color, what symbol, what affirmation? And we created foods that actually match those moods and create a little bit of a more holistic approach, working with the angels to do it.

0:16:37 - Julie

So what are some of the foods that are recommended for Tuesdays, since you brought up Tuesday Avocado?

0:16:43 - Sevante

Yeah, so we were talking about the green Green, okay, yeah, so let's just. You want me to give you a couple other ones? Sure, yeah. So, archangel Gabriel, what is the affirmation if you know

it offhand, Angela related to Archangel Gabriel? I am flow, beautiful. So flow is papaya, and papaya is all about digestion. Flow is also about sacral chakra. Think about orange as papaya, which is divine feminine, which is about allowing the body to flow. Receive as a divine feminine being, flow, receive as a divine feminine being, but it's allowing us to actually flow in our body physically, to have more digestive enzymes, to have the papain from the papaya. So we're actually asking Archangel Gabriel to help create more flow in our lives as we're eating that and telling ourselves I'm embodying more flow and I ask Archangel Gabriel to bring forward that into my body.

0:17:48 - Julie

It's interesting, when you said flow, I thought menstrual flow, and then when you said it's a feminine thing I thought mothers as well for protection. Oh, I love that. Well, and that's what you got to have. You got to have that flow from the cycles in order to give birth.

0:18:22 - Sevante

So here's the energies related to that. If it was Thursday and you're like I need more flow, this has been a really rough week. I'm moving into the weekend. I really want to release things.

Here's the energies. The energies of the universe come to you now with greater ease and flow. Your vision is clear and you can now envision filling up your chalice with your heart's true desires that bring you a wave of emotional love and joy. And so we provide guidance along the way, as we've been given the guidance. Now we're just sharing it as a collective energy between the angels and their characteristics and their symbols and their colors and now their foods, and then we help people see how you can integrate those foods. And actually we've also been given a code, a number like a quantum code. It's numbers. You can actually, if you don't have papaya, you can actually look up on this grid and look up that number. And what does that number represent? Actually look up on this grid and look up that number. And what does that number represent? It represents flow. It represents these energies of letting things go, letting things receive to you that which is for you and letting things pass you by that no longer support your highest good.

0:19:38 - Julie

That's not a surprise to me that you've gotten a numerical code, because that's the basis. Numerical code, because that's the basis, I believe, of all spirit communication is. It's a numerical code that we receive through our own receivers in the language that we know how to speak. But I believe it's all code and it's all numerical code. You have any thoughts?

0:20:02 - Angela

on that. I've been working with quantum codes for since before the pandemic and I came across some. I came across a Reiki master who had downloaded lots of quantum codes and she's actually a surgeon and she was using these codes in her operating theater. I started using them and then my guide started giving me bespoke codes for my clients. Absolutely amazing. I mean you can't make it up. It's just absolutely brilliant, because everything is numbers. Everything comes from the Fibonacci series. You know, we look at the foods and they're made with numbers. Everything is numbers, everything is frequency. So we're becoming more aware. Science is catching up with us and there is becoming more recognition of how the quantum field works and everything is numbers. Everything.

0:21:20 - Sevante

I've been fascinated with numbers as well, and the Fibonacci.

0:21:25 - Julie

Explain what that is for those who aren't familiar with the Fibonacci code.

0:21:33 - Sevante

Yamanashi is this natural sequence and you see it represented as a sacred spiral and it's a perfect code of nature, if you will, and it has a sequence and whether you knew what the sequence was or not, it's represented as a spiral and it's represented that when I see it, to me personally, it's representing a divine order of perfection and I see it, and when I see it it's almost like 1111, where it kind of just puts you back to presence. It puts you back to knowing that everything is in right action in this moment. And so when I see a sacred smile on a snail or I see it now more, I see it so much in food it shows me that mother nature has had a plan all along. So how is this sacred spiral? And you can actually see it in so many different parts of nature. Seashells have the sacred spiral. You can actually see it in plants, the fiddle fern, how it goes in a circular motion. But I started seeing it in food when I was co-writing the books originally.

So when you cut a celery stalk, you'll see the spiral and you'll see it in kale, and we talk a lot about Fibonacci in Angelic Resonance as well as elements, nature's five elements, and you actually see it in red cabbage and you start, if you really start to look at food between the kale and the celery and the red cabbage there's actually more you start to realize that food is so perfect. It's been perfectly combined, created, birthed. And again, for me, this is where we, as nature ourselves earth, air, fire, water, spirit, natural beings need to start getting back to these natural perfection of orders, which is without preservatives, without microwaving, just getting back to growing, honoring the soil, cultivating it, and it just is a call to action to really get back to the simplicity, because that's how Mother Nature, mother Earth, mother Gaia, spirit all intended. So it's a long drawn out way of saying it's a natural way of looking at a divine perfection, and you'll see it in architectural design, and so it's a fascinating subject and we touch on it quite a bit in the book.

0:24:05 - Julie

I'm thinking off the top of my head cabbage, lettuce, carrots. Back to carrots. I don't know why I'm on carrots here this afternoon. Carrots.

0:24:14 - Sevante

You know you were talking about earlier, about white and gold. Yeah, what flashed on my mind was the garlic card, the white and the gold, and it's actually our protection card. So when I was thinking about what you were saying, the whole time I was thinking about garlic. And then when I ask students who take my intuitive food therapy course, I don't I like them to cover up the word and I want them to look at the picture and I say what is this card telling you? Yes, it's garlic, we know that, but what is it really telling you? And someone said this really feels like it's angel wings putting themselves around me and protecting me. And I said exactly. And so when you were saying you were doing a scan, I immediately was thinking about the angels being around garlic, which is such a potent healer for the body antiviral, antibacterial, antimicrobial, and so, anyways, it's just showing you how all the dots are connected together.

0:25:18 - Julie

I have goosebumps on that one and and, furthermore, on the garlic. You know the protection you've got each individual clove that you got to get the skin off of, which is not easy to get the skin off of a clove of garlic, and then you got the skin on all of them, so it's got at least. It has at least two layers of protection. Back to the angel wing thing Interesting. Oh, you guys are onto something with that.

0:25:47 - Angela

Yeah, and then we have. You see, this is Archangel, Michael and the ray of protection.

0:25:55 - Julie

Yeah, and she just showed. Angela just showed a card with a sword on it and, by the way, one of my graduates from my class you know how those video cameras that are part of the security system in some people's homes she had she was praying to Archangel Michael and there's video footage of an energetic light sword on her deck. That's in the middle of the air and there's no denying it's a sword. It's just incredible, incredible. And she said at the time on the video footage it matched the time when she was praying to Archangel Michael and that sword showed up on her video. Is that wild?

0:26:46 - Sevante

Well, that's how angels show up, as you asked before. How are they assigned a color? How is Archangel Michael in our minds assigned a sword? It's sort of like that? How are these angels assigned a food? They are assigned in a way, and so I know we didn't answer that question. Did you want to answer that question that Julie asked about Saint Germain and purple?

0:27:10 - Angela

So Saint Germain is a being who has been working with the frequency called the violet flame since the time of Atlantis and he had many different incarnations on earth through many different important periods in earth history. So he was Joseph of Arimathea at the time of Yeshua and Mary Magdalene, and he turned up as an avatar for the Merlin in the court of King Arthur, etc. Etc. And his last incarnation was that of the Comte de Saint-Germain in France in the 17th 18th century. He was called the Magic man of France and after he had finished all of his different appointments on it and he became an ascended master, joined a collective of ascended masters. The job was assigned to him to work with this frequency, the violet flame. So so yeah, it was, which is incredible, I work with it on a really deep level.

0:28:21 - Julie

So what's it supposed to do? What's the violet flame?

0:28:24 - Angela

do it transmutes and transforms energy, but it's much, much more than that.

0:28:37 - Sevante

What's an example of something it would be used for? Use it for the factor in high vibrational wellness. So she was in. That was what her chapter was in the book that I was on here last time about. She used the violet flame to transmute toxins and pollutants on food.

0:28:55 - Julie

That's a good one, all right Okay.

0:28:58 - Angela

And again, they're really simple. They're really simple tools. You've just got to know what to look for, who to ask, and that's why we write about them.

0:29:08 - Julie

So I have this spray that I spray on my fruits and vegetables. That's supposed to get all the toxins and stuff off. It's organic and I buy organic, I would say most. I usually don't buy protose unless it's organic, but I spray it anyways. I put it in a colander in the sink and I spray it. So now do I just say, hey, St Germain, can you help disinfect this of all the toxins and stuff too? And that's just going to give me added removal of all the stuff that I don't want to ingest.

0:29:38 - Angela

You can use. You can invoke the frequency of the violet flame and transmute toxins and pollutants, because it's not just the toxins and pollutants, it's, it's everything, from the seed all

the way through to where that piece of celery, for example because we were talking about celery where it started from and how it ended up on your plate. It's carrying the vibration of everything along the way. Yeah, so you can invoke the violet flame, use the sacred symbol, invoke the violet flame, use the sacred symbol. It's quite simple. Bring the energy down over it and feel confident that you've removed toxins and pollutants.

0:30:25 - Sevante

In Angelic Resonance we show you how to cook with these codes, how to work with removing, using the grid, picking things out. So when you are saying I need to have a clean eating, I'd like to pray over the food. We give you step-by-step guides on how to do that in the book.

0:30:46 - Julie

I never thought about the toxins from the seeds, because if it's grown organically, who's paying attention to the history of the seeds and where the seeds coming from and all of that? Is that a thing? I mean? I never thought about that before.

0:31:02 - Angela

It's the whole journey, the whole journey of that food.

0:31:09 - Julie

Does using this system negate things like the oxalates in kale that some people say is really hard on the body, and does it negate a food like a Twinkie? I mean, can you pray over a Twinkie and use the different flames and stuff and the rays to make something that's processed like a Twinkie be healthier to the body?

0:31:37 - Angela

Well you, can erase the vibration of it, whatever it is. It's that simple. Because you are working with intention, you are calling in a divine frequency, so whatever you are doing. But clearly the Twinkie, we don't have those in the UK, so I'm not sure what it is.

0:32:00 - Julie

It hasn't and you don't need to know so far, Angela, I think it has an unlimited shelf life. I think. Okay. They do a study on Twinkies and they were like 40 years old. They were still swapped and edible.

0:32:15 - Sevante

Put it this way, it's not my mother's motto, which you all should know by now, and everyone who listens more than three, leave it be. I think it's got more than three in its ingredient list.

0:32:26 - Julie

Oh yeah, some of them you can't pronounce.

0:32:29 - Sevante

Yeah Right, I'd like to address that as well, Angela, when you're finished with that question. Yeah, I mean, all I was going to say is you know when you're finished with that?

0:32:35 - Angela

yeah, I mean, all I was going to say is you know, clearly you're not going to get the best nutrition from a trinky, but it will be slightly less harmful for your vibration if you, if you have the use, whatever prayer or intention over it, but working with angelic resonance, you're going to raise the vibration. So it doesn't matter what food it is.

0:33:03 - Sevante

What came to mind when you asked that question, Julie and it was like glaring in my head was the word shame. And the reason that came forward is because I pictured what it was like to eat a food that you know is bad for you. You know you can't help yourself, you've got, you know, maybe there's a food addiction, or maybe you're just feeling terrible and you got to grab that bad food. You know it's bad, but then it's going in with the energy of bad. I Shame, I shouldn't be eating this. I know I'm going to gain weight and I almost think that when we are in these situations, using these codes and using these frequencies and using these grids and using these after everything in the system and these beautiful channels we've brought from angelic resonance, helps kind of ease that, uh, that idea of having, um, a discordant energy around your relationship with food, especially people who have struggles that they know it and they still do it. They just haven't quite got to that point of healing their mindset and their you know and physical cravings right, sugar addiction. As soon as you get off sugar, you don't even think of cravings sugar anymore, once you've really kind of removed it from the system. But when you're in it. It is a drug. It is literally like they say all the time right, sugar is. So what is worse, sugar or cocaine? It's really in scientifically looked at.

But I think this idea of shame and looking at foods, this will help with these situations that you can raise the vibration, as Angela shared in so many different ways that we offer that allow you to become more in harmony with the food and being okay. It's okay to eat something that's not good for you technically, but being okay with it, like I'm eating this and I'm, but being okay with it, like I'm eating this and I'm going to be okay with it for myself. Better to say I'm eating this and that I'm okay with it than to eat it, saying I'm eating and then it's terrible, I'm eating it anyways. We want to. We want to be okay, like eat it and then just be done and move on to the next healthier option afterwards. I think that's really what is important is that you're okay even if the food isn't okay and you know it, but don't beat yourself up over it.

0:35:24 - Julie

Well, yeah, and you're singing my song because I was a sugar addict. I still am, but I've been sugar sober for six years and it just got to the point where I just had to give it up At 60, I gave it up and I still get the dopamine hit when I walk into a bakery and smell it or see it, but I don't eat it. And there is no way I'm going to go back to say I'm just going to have this one bite and then lose six years of sugar sobriety. Not a chance. But I've told my son. I said now you know, two weeks before I'm dying, I'm going to let you know and I want you to bring every cookie, every piece of cake, every candy bar that's not nailed down. I'm going to eat it before I die.

0:36:10 - Sevante

And I love that word sugar sober, because I'm sugar sober right now. You said, well, you look good. You know what's different from the last time? Well, two things. Well, no, you have to change one thing everything it's that. But yes, sugar sober, but gluten sober.

And I have to credit Angela, because in February I took 28 people. Angela was there to Costa Rica and the chef prepared for a week gluten-free food. Angela came back to the States with me. She was gluten-free and I said you know what? I'm going to give it a go because my intuition has told me for years you know you need to do that, just like you know you shouldn't touch sugar. And I finally did it with her. And then it was like, at that point, six weeks and now it's been three, four months I've never felt better. So now I'm sugar and gluten-free sober and it's completely transformative for me. So that's what intuitive food therapy is about is when you know and you finally honor the intuitive, hits, the trusting your gut as a real bona fide creed for yourself. It changes everything, particularly your mindset. Your insides start matching your outsides and everything starts to come into alignment. That's what's been different.

0:37:25 - Julie

Well, and I got sugar sober, and it's easy for me to remember on April 1st, on April Fool's Day, and I thought I've been fooling myself for 60 years that I can eat this stuff and I can't, and so that's how I remember it. Yeah, all right, let's change gears for a second. Is food really the best medicine?

0:37:47 - Sevante

How long is this interview? I really believe it is Because, as I've shared, that food is looked at, of course, the minute you think of food, what's going in the mouth. But food is on all levels. Food is how we're feeding our thoughts. Food is how we're feeding our body and how we're feeding our soul.

I do believe food is the best medicine because even when you get those big knocks on the door and you probably, if you're in any health challenges, have had some little taps and the little taps are like, hey, you know the blood work, my cholesterol is a little high or maybe my blood pressure was a little elevated you get the little knocks and then they get bigger, big, big knocks. And if you can back up a little bit and say, show me spirit, show me angels, what is it that would bring things back into alignment? It's not. Medicine is going to be the first. You have to start with making changes and even if you've had the big issues you've had the surgery, you've had a heart attack, you've had these now you're rebuilding and like having to repair it always goes back to cutting out things and eating new things or improving your food intake. That's going to have your vitamins, your trace minerals, your omegas, your antioxidants, and, yeah, I really feel it's the best medicine, in conjunction with your physician giving you the right guidance with whatever medicines you need. I do believe, no matter what, and I don't think there's enough education, that I teach spiritual nutrition and I think that if we can have that sort of mind, body, spirit connection, then intuitive food therapy, which we teach, seeing how it connects to spirit, like we're sharing in the angel book, angelic Resonance, you have a lot better, you're more better equipped to navigate a lot of things, because food affects us emotionally, mentally, physically and spiritually. It does affect our moods and that is a huge game changer when you realize you can eat for joy, you can eat for love, you can eat for better healing, you can eat for better self-worth, and that's what is taught in the Food Healing Oracle Deck.

There's certain words attributed to foods and you can hold that vibrational frequency of I need to improve my self-worth. And you know, I'll tell you one quick story, and hopefully I didn't tell it the last time, but somebody was taking my course and we were talking about the throat chakra and she's saying I don't speak up for myself, I do not fight for my, what is my truth? I need to express myself better. And it went on and on and we were breaking for lunch. She was taking my course and then she says and by the way, what are radishes in the Food Healing Oracle deck? And I looked at her and I said it's our communicate card. I mean you just couldn't. She said she'd been craving radishes for two weeks. It's like spirit was getting her attention. If she only had looked up. What does that mean? Yeah, so yeah, I absolutely believe food is medicine on so many levels, not just for physical well-being and keeping ourselves slim and healthy Everything, mind, body, spirit, complete.

0:41:16 - Julie

I think it's interesting too, your points mind, body, spirit complete. I think it's interesting too your points, ladies, about the intuitive food choosing, because certainly our gut biomes change as we go through life and especially as we're getting healthier. So I'm wondering if, when somebody's gut biome changes, do the food choices change, Like somebody could be led to eat a bunch of broccoli and then three months later they're being led to, instead of eating broccoli, to eat oh well what grass-fed beef or something. Do you find that that happens, that it changes and it ebbs and flows, or is it okay, yeah, broccoli is good for you. You just eat broccoli the rest of your life, or does it ever come into a time when broccoli is not suggested?

0:42:08 - Angela

Everything is vibration. We are all vibration and there was a point in my life nine years ago that I couldn't even that I had to stop eating meat and I couldn't even walk down a meat aisle in a supermarket without feeling the vibration from the meat in these packages I wrote about. I wrote about it in High Vibrational Wellness and fast forward seven years. I couldn't touch meat.

I'm also celiac and you cannot be celiac and vegetarian and have a healthy choice of things to eat in restaurants and on airplanes. You can be one or the other, you can't be both. So I'm on a boat going down the Nile in Egypt had a major upset because I'm also type one diabetic, so I couldn't eat what was around. So I had a major upset this day and the following morning my guide said you can eat meat now and they had done something to my body overnight to change my vibration to allow me still to be a clear channel and consume animal flesh. But the only way I can do that is by transmuting, by praying over the food and transmuting the toxins, so that I'm changing the resonance, which is what angelic resonance is all about?

0:43:51 - Julie

And when you change the resonance, does the resonance just automatically go to a frequency that's going to be an Angela frequency and it may be different from a savanti frequency over the same stake. 100%, yeah, fascinating.

0:44:08 - Sevante

And a good point to mention, Julie, and I'm so glad you brought up that question and I teach that and it was mentioned in High Vibrational Wellness, definitely in Angelic Resonance is. Resonance is what is resonating presently, what is resonating right now. So I use a very easy example of salmon. Doesn't matter if you're vegan or not, I'm just going to use that as an example. Salmon incredibly beautiful, antioxidant, anti-inflammatory, it's got the wonderful omegas. And let's just say you had an argument at work today. You got passed up for promotion. Something really blew out your system. You're probably inflamed, you're probably feeling the feels emotionally, mentally, physically and spiritually and you're just told you need to go to the store and pick up something to eat.

I teach something called soul shopping and we share a lot about it in the book, about how to ground yourself and how to come into presence of what your body needs. Now, right now, probably, salmon would be really good for this person because it would really bring them back. Their bodies would be toning down, but maybe the day before that's not something that was in resonance for them, because that wasn't really what was happening. So the idea is, yes, broccoli is good forever and but you know you can. There's, there's times where broccoli might not be good, might create too much gas and bloating. So it's really checking in and how to be very present and how to align in the moment of what your body's calling for. So, soul shopping is okay, spirit. Is this tofu in alignment for me right now? Is this kale? Is this artichoke? What is in alignment for me right now? And then you can actually, if you get an understanding of how to get clear, then you go into the grocery store, your farmer's market, wherever you shop, really well equipped, knowing, like I'm clear, that this is what is in my highest and best right now.

And yesterday I wasn't even wanting that and in fact I haven't even wanted that for months. Suddenly, today I have to have Brussels sprouts. There's reasons for that and spirit gives you that little nudge when you're craving something. So, yeah, I don't think it's, it's in the moment and it's really uh. That's why people, when I say, how often do you shop? I shop every day because it's what my body's saying I need today. Not, I'm not going to go to the big stores and buy for a week or two and then just stock up, unless I do a wide variety that I know. I can just tune in. Okay, that's for me. But I like bioavailable, I like fresh and I like what is my body calling for in this moment.

0:47:00 - Julie

When you do that and I know you have a family what you're being led to buy for your body, does that resonate with what your family members need as well? If you're cooking for a family?

0:47:12 - Sevante

Well, you can actually tune in for the family and you can tune in as a family and my husband and I we actually pull cards together and we make meals together. You know, what are you feeling? What are you feeling? Or we touch in with where we're at and I can make suggestions and we tune in like, yeah, that feels very much in alignment and we'll say what the foods mean. And I think that suggestions and we tune in like, yeah, that feels very much in alignment and we'll say what the foods mean.

And I think that's really important, particularly as a family, that you learn and you teach the younger generations and our future generations that food does speak. Food has a voice, spirit and angels are speaking through us, for us, and these foods are advocating for us. That's why foods, we've been given the symbols, that's why foods look like the organs, and so we've been really nudged in the right direction. Now we're providing like a few layers, were, you know, like secrets, to the you know the untold of really what's going on with food. Foods look like the organs and mother nature's brilliant in that way, and I think what Angela and I have done here is create a little bit more unveiling, pulling back the veil of how we're connecting our human and spiritual selves together and having these real conversations about cosmic and conscious conversation and consumption really.

0:48:30 - Angela

But there's lots of ways you can use the information in the book. So you can if, if, for example, you you're not craving any of the foods, you can use the quantum codes for the foods on the food that you're eating to bring in that resonance that you need. Yeah, so, and you can even just open the book and say right, what frequency do I need today? If you're in a hurry, if you're not following the seven-day plan, just open it, use bibliomancy and just say what frequency do I need today?

0:49:13 - Julie

And there you have it and you'll open it to the page that pertains to what the frequency is that you need.

0:49:20 - Sevante

Your guide will just or a teaching, or an angel, or a code or a color, Something will show up for you that is getting your attention, and then you can kind of go back and say, wow, I had you know in start. You know, maybe do some journaling and really start tracking it. We are big fans of journaling and keeping track of a food journal, for sure. But even really, what's showing up for you, what angel continues to show up for you and we talked a lot about that when we were in Greece last year on a nurse, your soul retreat, what a goddess and goddess which who's really connecting to you. You'll start to see them around.

The start paying attention, start paying attention to color, start paying attention to chakras and, uh, you know, it all comes together and it can be overwhelming. Of course, we know that there's so much to think about. There's foods, there's angels, there's quantum codes and there's nature's five elements, there's chakras. But we've made it. We feel very simplified in a way.

It may be hard to explain initially, but it does create that, papaya. It creates a flow of understanding that everything's connected, from the Fibonacci symbol to what we're purchasing at the store and how we're preparing it, and preparing it with love and kindness and joy is getting into the food versus being in a bad mood. And that person who comes home and

buys a salmon maybe the other person in the family prepares the salmon because the food absorbs those energies and we're showing you how to A come into stasis, come back to a place of balance. We show you how to do that and then also then how to prepare that food so it's nourishing for the body, because we want to receive a food that is wanting to feed the body in all perfect ways.

0:51:17 - Julie

Let's change directions again. Angela, I would be so honored if your angels and your ascended masters, guides, had a message for all of us.

0:51:31 - Angela

Okay, just give me a moment, beloveds. I am Gabriel messenger. This book, this wisdom, has been a long-awaited directive. It is important that people understand their ability to call on us, their ability to adjust, like the radios of old, to different frequencies, your own frequency, and this is simple. Call on us. Use the sacred symbols, use the quantum codes that apply to the foods that resonate with this frequency, the frequency that you desire. Understand that all is possible, Understand that all comes from Source. Choose wisely. I leave you with my blessings thank you for that.

0:53:40 - Julie

I love that it's. It's the universal thing of prayer and meditation and all of that right. It's being able to utilize spirit source, whatever you want to call it and I believe source talks through all the ascended masters and all the angels and it just gives us a different human frame of reference and it comes in in a way that we are going to resonate with, whatever the message is, if it's coming in through an angel or through a deceased loved one or whatever. And that's the universal message that I have found, not only in my own life but also talking with many, many, many people over the years who are spiritual in nature. That spirit wants to be part of our lives, wants us to utilize them, wants us to call them in for help.

0:54:36 - Angela

Exactly A thousand percent. A thousand percent.

0:54:40 - Sevante

We have little quotes throughout the whole book that kept from different beautiful scholars from you know, many, many years ago to current that all say just that they want to be present in our lives.

0:54:55 - Angela

I mean, the affirmations came from the archangels, they didn't just come, they're channeled after affirmations. There's so much channeling within these books that, yeah, but they're simple, and that's the thing. They're simple. They're tools for us to use.

0:55:21 - Sevante

Yeah, Angela and I were joking in a way, Julie, before we got on with you, because we said this is going to be very interesting, for the mere fact is that we've channeled so much of this book that, as you know as well, when you channel you don't always retain, you just let it come through you. And we wrote, and we, you know, synergized, and we burst, and going back to what did we say, because it, you know, it's interesting, when channeling happened, people say can you remind me of what you said on our last session?

0:55:59 - Julie

No idea, I remember that, but I don't remember what we talked about.

0:56:05 - Sevante

I'm the same way, so doing interviews sometimes it's like, okay, so we have to get into grounding the stuff that has really come through, because the material is so light and energetic and high potent, it's like, wow, it's. You know, it's a very interesting um, a dance in a way. But yeah, so it's true, so much has been channeled that the messages you can tell when they're channeled or just and you'll see them, they'll be in italics, like you know when they're coming through us and then you know when we're writing from wisdom of now.

0:56:38 - Julie

Well, I think you bring in a really good point too, and, Angela, you mentioned it and so did Gabriel, archangel. Gabriel, when he was, he or it was talking through you, because spirits don't have a gender. In that it's simple. This is easy. Let's stay out of the week. We don't need to complicate this stuff.

People get so wound up with. You got to do it this way and it's got to be. You know this specific way that you do it in order for it to work. No, it doesn't. You make what you learn and then you make it into the Angela formula or the Sevante formula or the Julie formula and trust that it's flowing through us. You guys are helping us learn this, you're giving us suggestions and that's going to resonate with us. But then back to my question about is broccoli because it's good for you right now, does that mean it's going to be good for you for the rest of your life? Not necessarily, but you figure out how to communicate with spirit so spirit can guide us to choose the things that are going to best benefit our bodies.

0:57:51 - Sevante

It's ironic that you had mentioned broccoli, because broccoli is our growth card and we're always growing. We're always learning while we're on the planet. There's always a new level of us that we can grow into, and I think this is exactly the message of this book is another level of growing into a greater wisdom of how you're consuming food for your body, mind and soul.

0:58:16 - Julie

Right, one last question for each of you, Angela. We'll ask you first, because Avanti's gotten this before why do we incarnate?

0:58:28 - Angela

Oh well, we come to learn lessons and to grow as spiritual beings. I'll give you my analogy for it, because this simplifies it for people. And I came up with this analogy 40 years ago because when I was trying to get my head around the fact that we are spirit and we have soul and at the time I was learning to read past lives in auras and I came up with that, okay, so the spirit is a mirror from the disco ball and the disco ball is the soul, and that's why we can read the reflection of the whole, if you like. We are always attached to that whole beautiful, glittering soul that sparkles with light, and we have this little aspect that is here, learning these lessons in order to go back and allow that soul to move up, move up to a class.

0:59:37 - Julie

I love that because I grew up during the disco era. Oh, me too. Yeah, yeah, I love that. Sevante, you're not so much. He's younger than we are. Angela Sevante, why do we incarnate?

0:59:50 - Sevante

Not very much, not very much. But I will say I'll keep this one simple because I'm very much in resonance with what Angela said as well. I think I gave you part one with the broccoli growth and then part two would be cucumber for balance. I absolutely believe that we came here to grow and she mentioned learn, and so, yeah, we are here to go from sprouts to seasoning, you know, getting to understand our soul through the experiences of being a human being. And we're here also to balance out, I believe, areas of our lives that might have happened in prior

incarnations and looking at how this can be the last step to ascension, where we complete these incarnations over and over and we can move into a greater ascended state.

And yes, I speak in food. It sounds funny to some, but as a food oracle, I just see food as the great teacher and that teaches us so many different things and so emotional, mental, physical and spiritual, and there's layers of that like an onion. And incarnation to me is like the onion we're pulling back the next level of us, the next level of us physically, spiritually, and we can get it right and we can get it wrong and it's all perfect. That's the perfect way of knowing that this planet is a planet of duality and we're here to experience it all and we're here to do it, if we can, with love and grace and kindness. What we have been given from the angels and what we have learned from prior lifetimes where we might have not been as loving and kind, we can do it this time around and hopefully, the more people does it, we can actually create a better place on this planet while we're here helping others.

1:01:53 - Julie

Beautifully said. Well, Sevante, you know that I adore you and just you know, just I just can't say enough good things about you, Angela. I mean, I knew you'd be fabulous because you're a friend of Sevante's, so you're in really good company here with this girl and I know that I see why you two resonate so closely together. And, oh my gosh, the work you're doing. Thank you for everything that you're doing to help humanity in general with bringing these concepts to the forefront. I'm just in awe of both of you. How can people find the book and how can they find out more about the work that you're doing, both separately and together?

1:02:44 - Angela

Okay, so the book would be on Amazon. So if you search for Angelic Resonance on Amazon, then you'll be able to pick it up there. Um, or search for either of our names yeah, perfect, yeah, we have.

1:03:01 - Sevante

At this point, we have an angelic resonance facebook page as well. And then, uh, Angela, you have cariad spiritual. You want to give your individual, and then I'll give my my, so my business is called Cariad.

1:03:13 - Angela

Spiritual Cariad's a Welsh word that means love, so it means spiritual love, and I'm known as the practical mystic because everything I do is practical and simplified and allowing people to develop themselves, you know.

1:03:34 - Sevante

So I have the Center for Intuitive Food Therapy. I'll make it easy for you. It's abbreviated as CIFT, c-i-f-t, ciftofficial.com and there we provide trainings, certifications, learning how to be an intuitive food therapist, and that's the best way of reaching me. And thank you, Julie. I'm just so grateful. This was never planned.

It's like we just converged perfectly and then, reading your book, purged perfectly, and then reading your book and I thought, oh my God, it's just so nice to speak to someone who speaks our speak, if you will and can go there. When some people look at you like, how do you do what you do? And sometimes you can't explain it, you just you know, I was reading your book, angelica Tatchness, and and how I just was in awe of you. I was just mutual fan club here. But just how we we've been given these gifts. We didn't sign up for it, but they came in how they came in, and now it is our duty to bring as way showers and teachers, to bring it forward for humanity. That's what we're here supposed to do, and the fact that we can do it together like this is so powerful.

1:04:56 - Julie

So much fun too. Alrighty, everybody, we've given you lots to think about, so sending you much love from sweet home Alabama, and from Florida, where Sevante is, and from London, where Angela is. We'll see you next time. Bye, everybody.

1:05:21 - Annncr

Bye, bye. 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.

1:05:31 - Disclaimer

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