

AJR Show May 22nd 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 got a whole bunch of people waiting to ask their questions, which is always fun because you guys know I never know who's calling. I never know who's on the YouTube live stream. I never know what their question's going to be. I never know what their question's going to be. I never know what Spirit's going to say. So this is as much fun for me as it is for you. Every week when we do this, we do it every Thursday night at 8 Eastern, 7 Central and 5 Pacific. And to join us, if you want to have a conversation with me, please come at AskJulieRyanShow.com that's AskJulieRyanShow.com. And then, if you want to join us through the live stream, we're at Ask Julie Ryan on YouTube and you can just put a question in the chat. Please put your first name, where you're located and your question, and we're going to be taking questions from both. So we'll do that First. We're going to do a live.

I'm going to do a live next Tuesday, which is May 27th, and again it's at 8 Eastern. It's kind of like my show, but it's more relaxed and you can come in your jammies if you want. It's kind of like a slumber party and we all have conversations together and I usually get about 20 people's questions answered and I give away lots of prizes a free session, at least one or two free classes, free books, other stuff. So it's really fun, it's a party atmosphere and it's a blast. So come join us next Tuesday, May 27th, at 8 pm Eastern. Just go to AskJulieRyan.com forward slash live. That's AskJulieRyan.com forward slash live. And speaking of giveaways, I'm going to be giving away a free angels and enlightenment training class to a lucky winner this evening. So you want to stay tuned and see if you're the one that's chosen, if you want to register for these drawings. I give away a free session each month and I give away a free class on the show every month and then I give away the same thing on my live. So you know you got double the chance of winning if you come to the live too, and all you have to do is just leave a review, just leave comments about what you think about the show wherever you listen to it. We're on all the podcast networks, we're on YouTube, and you can leave a review also on Amazon. If you want, please remember to subscribe on YouTube. Subscribe wherever you listen to podcasts and hit the notification bell and we'll let you know when we release a new show. So so much fun here at Ask, Julie Ryan.

All right, Chris, let's just go ahead and go to the phones. Let's see who's first. Oh, we're going to YouTube first. Donna. Hi Julie. Donna from Virginia. Hi, Donna from Virginia.

I have severe dry eyes and parasites called Demodex mites in my eyelids. Whoa, I never heard of that. I'm allergic to the drops they gave me for the mites. Thanks for anything you can do, sweet Donna, my goodness, girl.

All right, how this works everybody, if this is the first time you're joining us is I raise my vibrational level to the level of spirit. I'm gonna watch a laser beam come from my body here in

Birmingham, Alabama. It's gonna hook into Donna in Virginia and then I'm gonna have a hologram of her in my mind's eye and it's gonna be as if I'm looking at an X-ray or a CT scan or an MRI. Something will be identified. Then there'll be a healing. I'm gonna describe the healing to you in detail. Sometimes my analogies are really fun, but, honest to God, that's how they come in from spirit into my head, and so for all of you that are listening or watching whether it's tonight when we're filming this, or whether it's five years from now I want you to picture what I'm seeing in my mind's eye and describing, because we're all sending the healing to Donna. Donna, obviously, I want you to picture it as well, and when you do that, it's going to help integrate the healing into your body. When we're all sending energy to Donna, or whomever that our caller is, it's like the power of prayer. We're all just sending good vibes to her and it helps people heal.

So, donna, here we go, Comes my laser beam from Sweet Home Alabama, heading to you up in Virginia. All right, got you Shooting energy from your feet up through the top of your head. Oh my, all right, it's going to your right eye first, and then we'll do your left eye too. Let me look at your left eye. Yeah, I can see your left eye too. It looks like those commercials that you see about the dust mites in our beds, you know, and in our pillows that are just kind of crawling around. They're microscopic, little, teeny, teeny little critter. So I got my Princess Leia lightsaber out, girl, and we're just going to zap those babies.

So right eye is happening, it's this pinpoint laser and it's your eyes closed and it's zapping it and all those little tiny bugs are exploding. I haven't seen this before, so this is fun. I mean, they just they're like not even a pinpoint, they're so little and they're just exploding. It's like they're all popping and then doing it on the left eye, same thing Lasers in there. Those little critters are popping.

Now we're going to do the big laser here and we're going to do it's still, you know, a pinpoint, but going back and forth on your whole body, in the front and in the back. I've turned the hologram that you around and we're doing it in the back, all right. And now what we're doing is irrigating any of that debris that's left out the bottom of your feet. And this is my favorite part when irrigation happens in the whole body, because it makes your feet look like sprinklers. Imagine there's water flying out the end of your toes. Honestly, that's what it looks like. So I'm watching that happen, all right.

And then what I'm watching is have you ever unfurled one of those big paper clips? And I use that to unclog like the nozzle of a tube of crazy glue or Elmer's glue or something like that. It works great if you unfurl that. So imagine that, donna, but it's got this teeny little brush in it and it's going in your tear duct the one that's next to your nose, in your right eye and that brush is spinning. So we're cleaning out all the Sandman dust. You know the Sandman's hand that gets in our eyes when we sleep, and then it's doing the same thing on the left eye. So now I'm watching fluid get in there to just make it. It looks like a windshield wiper. I watch this thing. It looked like a windshield washer wiper cleaning off your eyes. So I hope that helps. I know those were some crazy analogies, but I just want you to picture them, because when you picture these crazy analogies that come into my head, it helps us integrate the healing, because we can picture this regular human frame of reference, stuff like a little brush and a little paperclip that's being unfurled and a little laser and stuff like that. So I hope that helps and I hope your eyes feel better and I hope you feel better.

Thanks, donna, alrighty, let's see who's next. Askjulieriashow.com. If you want to have a conversation with me and we're at, ask Julie Ryan on the YouTube live stream. So just put your question in the chat, put your first name, where you're located, and we'll be taking that Samantha's over there helping people on the YouTube live stream. We got Chris on the main boards, so the gang's all here to help you tonight. Hi, Lindsay.

0:09:21 - Lindsay
Hi Julie, how are you?

0:09:23 - Julie
honey, you look like you're sitting in grass and you look like a little fairy in the middle of the grass or something like this it's not the weeds.

0:09:31 - Lindsay
It's not the weeds, it's the grass right.

0:09:36 - Julie
For you that are listening. She looks like you know, like a little fairy, like I'm ready for you to show your wings here and start flapping them in a minute like Tinkerbell. Yeah, oh, you got a question for me. Where are you? First of all, where are you located, Hattonwood?

0:09:51 - Lindsay
Arizona Okay, terrific.

0:09:54 - Julie
You got a question for me.

0:09:56 - Lindsay
Well, very high blood pressure and a lot of edema in my feet and legs and a lot of pain in my knees. I have trouble even standing up, and this is so new to me. I've never experienced this.

0:10:12 - Julie
Okay, and it's just come on recently, Lindsay.

0:10:16 - Lindsay
About a month ago, around the time I lost my kitty and I don't know if the grief had anything to do with it.

0:10:23 - Julie
Oh, I'm sure it does. Yeah, yeah, absolutely, I'm sure it does. Yeah, yeah, absolutely. I'm so sorry that you're kidding. Okay, all right. What's your cat's name?

0:10:33 - Lindsay
Cody.

0:10:34 - Julie
K-O-D-I Cody. Cody's right next to you, on your right. When you think about him, they immediately come in. So Cody's going to be part of the healing group here. She's going to be part of the healing group here. She's going to be part of the healing brigade, is Cody?

0:10:50 - Lindsay
a girl or a guy, a girl, a girl. All right, sweet little girl.

0:10:51 - Julie
Yeah, that's what I got, that she would be with us and she was a she. There you go. Okay, here we go. Here comes my laser beam from Sweet Home, Alabama, heading out to you in Arizona. Okay, got you Shooting energy from your feet up through the top of your head.

I'm seeing two things in particular that are coming to light and we're going to clear them out, Lindsay. The first one is I see little tiny plastic particulates inside your body and they look they

don't look like little shards of glass, they look like little tiny pieces of plastic and they're somewhat reflective. So there's plastic in my goodness, in everything. It's in our drinking water, it's in our bottled water, it's in all the packaging for food. Pretty much is all in plastic. So what we're doing is we're getting those little particulates removed. I just read a study recently in the past month that says that when we have a high amount of plastic particulates in us it can cause high blood pressure, that nobody can figure out what the cause is. So that's some new research. I think that's come out here in the last few years. So we're irrigating that out right now, Lindsay. And then the inflammation in your joints. I'm getting that calmed down when I say I, it's spirit working through me and with me to help you heal yourself, because you know, nobody heals anybody else. We all heal ourselves. So the healing happens on the energetic level. Spirit and all of us send it to you. Everybody that's listening to the show, either now or later, and then your spirit decides how the healing integrates. It can happen instantly, it can take days, weeks, months. Spirit may not decide to integrate it. It's always up to the person's spirit with whom we're working, so irrigating those plastic particulates out, coming out the bottom of your feet, out through the end of your toes. I should say Think that your feet, imagine what your feet look like when they're sprinklers and fluids flying out the end of your toes. And then what's happening is I'm watching your skeleton get taken out the top of your head and there are these little turnstile brushes that are at the top of your head and as the skeleton gets pulled out, all the kind of like little crunchy arthritis stuff gets taken out. Arthritis looks like corrosion on a battery that's expired. Have you ever had a battery in a flashlight that's been in there a long time? And you take it out. It's got that white crunchy stuff on it. Yeah, yes, yeah. So that's remember when the car washes had those big turnstiles with brushes and now they have fabric on them. So I'm watching that. Your skeleton's being dipped into a big vat of stem cell energy. Back in your body there are vortices, Lindsay, that are spinning above your head, beneath your feet, on either side of you, front and behind, all spinning concurrently. That's going to regenerate all your joints and all that. We're giving your joints a major lube job here with stem cell energy, so you're going to be like the bionic babe by the time we're done with you here. So we've got that going.

And the high blood pressure I'm watching that. There's a product that works great for that and it's a device called the Zona Z, as in zebra O-N-A. If you go to my website, askjulieryan.com, and go to the sponsors page, you'll see Zona Z-O-N-A and there's a good size discount off of a Zona. It's a device, Lindsay, that you squeeze in your hand and it has a computer, little thing on it, and you squeeze it and what happens is you squeeze it for like a minute and then you release and you squeeze it for a minute. You do that, on the other hand, and it helps regulate the blood pressure because it helps train your vascular system to contract and expand.

And the technology is really cool on it because the research came out of working with fighter pilots, because when they go Mach speed they're taught to grab the joystick in the cockpit and squeeze it as hard as they can to pull the G-forces, and what they found was that in the pilots that tend to have high blood pressure it normalized pretty quickly after doing that, and so I have many, many clients that got off all their high blood pressure medicine. Their high blood pressure went back to normal. It's not a drug, it's a device that you just squeeze and it's really effective. I think it has a 90-day return policy too if you're not happy with it. So I would give that a try. Go to AskJulieRyan.com, click on the sponsors page and go down to Zona Z-O-N-A and you'll find information on that. So I think it's plastics. I think let's train your vascular system to be able to constrict and expand back in the normal way.

0:16:20 - Lindsay

Julie, do you ever get a sense whether my spirit is willing to, if now's the right time, for my highest good, to do the healing? Oh, yeah, yeah, yeah.

0:16:31 - Julie

Yeah, it usually integrates it pretty quickly.

0:16:36 - Lindsay
So you think it took.

0:16:39 - Julie
I think it's prodding you to call into the show and so I think that's you know. I think your spirit will integrate it. But that's your spirit's choice and what you want, so that'll help. But I hope you feel better. Check out the Zona. Really, it's an amazing device.

0:16:56 - Lindsay
I appreciate that so much.

0:16:57 - Julie
I appreciate you you are so welcome, you bet. Bye, Lindsay. Thanks for calling. Thank you, bye-bye. All right, if you want to have a conversation with me, we're at AskJulieRyanShow.com, and if you're coming in on the YouTube live stream, we're at Ask Julie Ryan. Samantha's over there helping people Got Chris on the main dashboard. Remember to subscribe, remember to leave a comment and then you are automatically enrolled in the drawing for a free session with me, valued at 750 bucks.

You guys, that's a big prize and also an angels and enlightenment training class. I just taught my angelic attendant class, my big class, which is the whole buffet of psychichness last weekend. All day is Saturday and all day is Sunday and I think we had people from four countries and it was about 13 or 14 hours over the weekend and it was fabulous. It was on Zoom. We're gonna do it again live in person in Atlanta, and that's gonna be October 24th through the 26th. So askjulieryan.com, slash AAT if you want to come join us in Atlanta. It's always so much fun and the energy in the hotel. We about blow the roof off because it's such a high vibe when we're all together and it's a blast, you guys, it is so much fun. The reason I do it in Atlanta is because Atlanta is the busiest airport in the world. You can get to Atlanta from anywhere, so that's why we always have it there. Okay, let's see who's next.

0:18:32 - Jeannie
Hi, jeannie, hey, how are you girl? Good, how are you, I'm terrific.

0:18:38 - Julie
Thanks, speaking of AAT Jeannie was in my AAT 23 class the 23rd class it was. I hope you enjoyed it.

0:18:47 - Jeannie
I did. I loved it. I can't wait.

0:18:51 - Julie
Good, good, and she's going to be in the practice groups. Have you gone to any of the practice groups yet? Not yet. Okay, that's the key. Everybody you know the class is one thing, but then the practice groups are where your skills really come up, and both of my classes Angels and Enlightenment Training and Angelic Attendant Training have practice groups, multiple ones a week, because that's where your skills really develop.

0:19:17 - Jeannie
I think there's one tomorrow. That's the one I plan on getting to this week. Perfect, wonderful. Well, tell everybody where you are, please. I am in Missouri, southwest corner of Missouri.

0:19:30 - Julie
Missouri. Great, you got a question for me.

0:19:33 - Jeannie

I do. I have been having hormone issues, but I woke up a few nights ago and it's usually when my bladder is full. But if you can scan me, I don't know if it's down in the female area, the nether regions. Yes, the nether regions and of course-.

0:19:57 - Julie

And your goddess regions. I went through menopause.

0:20:01 - Jeannie

So you know, it's something hopefully everybody can learn from, because everybody has the issue. It's just not talked about enough. I don't think.

0:20:09 - Julie

So do you have pain? Do you have frequency of urination?

0:20:14 - Jeannie

I have pain and it's usually at night. I've had it like three times. I woke up, it's woke me out of a dead sleep and I have pain on my left side.

0:20:26 - Julie

Okay, so it's not necessarily pelvic pain, but it's pain on the left side of your body, like below your waist, above your waist, around your waist, yeah, okay. Okay.

0:20:39 - Jeannie

All right, feels like it's in the ovaries area.

0:20:42 - Julie

Yeah, you still have all your parts I do. Okay, all right, here we go. Comes my laser beam from Sweet Home, Alabama, heading over to you in Missouri. All right, got you shooting energy from your feet up through the top of your head. I'm looking at you from behind the hologram that is you from behind. You do have inflammation. It looks like your fallopian tube is inflamed and it looks the ovary doesn't look infl. It looks like your fallopian tube is inflamed and it looks the ovary doesn't look inflamed, but your fallopian tube looks inflamed. So it looks like red fog on body parts is what inflammation looks like to me, Jeannie. So I'm putting some anti-inflammatory energy on there, royal blue energy. Let's see, just calm it down so I can get in there and see what's going on. It looks like you have an infection in your fallopian tube, so I'm applying I you know spirit working through me and with me.

Yes yes, you got that hammered into you all weekend, didn't you? And so antibiotic energy is a fuchsia color, as I perceive it, more pink than purple. That's happening on that fallopian tube. Did you ever have an ectopic pregnancy that you know of, or?

0:22:04 - Jeannie

Not that I know of Something like okay, my gynecologist thought I had a cyst and went in there and I had did subreiki, but he couldn't find anything.

0:22:15 - Julie

So yeah, I'm seeing scar tissue in the fallopian tube is what I'm seeing. So imagine that there's a little like a shaver that's in there Okay, Imagine a drill bit, but it's got indentations in it and it's sharp and what it's doing is it's cleaning up the scar tissue in there and then it's being irrigated. I'm seeing some pus in there and so we're getting some antibiotic energy inside the tube, not just around the tube, so it's inside there. If it continues, I think it makes sense for you to go see

your doctor, especially if you run a temp on that. You know at all. But has this been just in the past week? You've woken up three times.

0:23:04 - Jeannie

No, it's been over the last several months.

0:23:08 - Julie

Okay, all right, then you're. For the most part, I think you're good. I would up your vitamin C and zinc that you use. I'm a big proponent of ester C vitamin C because it's easy on the stomach from a digestion standpoint and I would do a thousand milligrams of C and 50 of zinc and I would do it three times a day for the next five or seven days. Just, it's a great. It's a great immune boost.

So if the pain ramps up or if you spike a temp, pain ramps up. Or if you spike a temp, I would go see the doctor. Okay On that.

0:23:46 - Jeannie

Thank you. I hope you feel better, so my hormone levels and everything are okay.

0:23:52 - Julie

I didn't check those. I checked your fallopian tubes.

0:23:54 - Jeannie

Oh, and that's fine too. Are you on hormones? I've been doing the cream.

0:24:00 - Julie

Okay, the bioidentical estrogen cream. Are you doing testosterone too, or just estrogen?

0:24:08 - Jeannie

Just estrogen and progesterone.

0:24:12 - Julie

Okay, you need testosterone too. It's the holy trinity you need all three.

0:24:17 - Jeannie

Okay.

0:24:17 - Julie

Yeah, go to drnorthrup.com, d-r-n-o-r-t-h-r-u-p.com. Okay, she's the goddess of women's health, she's the fairy godmother of women's health. You'll learn a lot there, but you always want to do the three testosterone, estradiol, which is the estrogen, and then the progesterone if you have a uterus, okay, so I hope that helps.

0:24:40 - Jeannie

You're so awesome, good to see you. You're so awesome, great to see you. Good to see you too. Thank you so much. You're so awesome. Right back, you're welcome honey.

0:24:46 - Julie

Thanks for calling in. Love you. Bye-bye, love you too. How fun is that I get to see one of my recent graduates here already this week. Alrighty, if you want to have a conversation with me, we're at AskJulieRyanShow.com, coming in on the YouTube live stream. We're at Ask Julie Ryan, so let's see who Chris is putting up next. All righty, Mary from Bakersfield.

Hi Mary, in biblical times past life, did I know Mary, the mother of Christ? I heard a yes, wow, how about that? Uh, yes, you did. I heard in France. Heard that means spirits sending information into my head. It feels like a thought coming into my head. And I heard in France there are many biblical scholars that believe that Mother Mary went to France at some point after Jesus, after she had Jesus and you know what we know in the Bible and lived out her years in France. So I just heard that, Mary.

How fun is that? I'd love to hear the rest of the story. If she's communicating with you or if you're coming up with some more information about that, schedule an appointment with one of my graduates or me and we can do a deep dive. We'll have an hour and we can do a deep dive and really get the whole story put together with Mother Mary. How fun is that? Wonderful, all right, let's see who's next. Askjulieriyanshow.com or Ask Julie Ryan on the YouTube live stream. If you're coming in on the live stream, put your first name, where you're located and your question in the chat, please, and just like Mary did, and then we'll be taking questions. Okay, Kirstie? Hi, Kirstie.

0:26:55 - Jeannie

Kirstie, hi, Kirstie, hey, how are you going? I'm wonderful. How are you, my girl? Oh good, thank you. I'm in Australia. Wonderful, it's early in the morning there. Yeah, just after about 10.30 am here.

0:27:09 - Julie

Wonderful. We get to talk to you real time in the future. It's like a sci-fi movie. I love it, it is. It's pretty cool, isn't it?

0:27:14 - Jeannie

This is already Friday.

0:27:16 - Julie

where you are, it's still Thursday here.

0:27:19 - Jeannie

My daughter she's seven actually today she's got multiple allergies At the minute she's really flared up with eczema and also minute she's really flared up with eczema. And also, too, she does get a bit of a cough, which sometimes I do think it's like a generational, inherited cough or something. So if you could just have a quick look at her and see what's going on, that would be awesome. Thank you, you bet what's your daughter's name Sophie, sophie.

0:27:51 - Julie

How cute is that? All right, so what I'm going to do, Kirstie, is I'm going to connect into you and I'm going to go from you to Princess Sophie and I'm going to ask her permission if I can scan her. If she says yes, I will. If she says no, I won't. You know, it's an ethical thing with me, yeah.

0:28:08 - Jeannie

At. You know it's an ethical thing with me. Yeah, At times we do have trouble getting permission from other people to get her skin.

0:28:14 - Julie

So we'll see what she says. If she says no, that just means I'm not going to look inside her body. But we can still talk to her spirit, get information, Thank you. So here we go. Here comes my laser beam from Sweet Home, Alabama, heading really far south for me down to you in Australia, all right.

0:28:33 - Jeannie

What city are you in, near Tamworth? Which is near what Sort of in between Tamworth sorry, Sydney and Brisbane?

0:28:43 - Julie

Okay, great, all right, got you Going to Sophie. Sophie, I'm talking to your mom. Is it okay if I skin you energetically? She goes well. She's thinking well, I guess. So she said well. I guess so. How cute is she, oh, my goodness, okay. So shooting energy from her feet up through the top of her head. She's got yeast overgrowth. She's got leaky gut. Okay, that's basically what's going on, and that's always. Any kind of eczema or skin rash or skin condition is always leaky gut. Has she been on antibiotics?

0:29:20 - Jeannie

Not for at least three years. It's a long time.

0:29:24 - Julie

Yeah, it can really mess up the gut biome and take a while to reseed. So what I'm doing is I'm getting the yeast out of her GI tract. Kirstie, it looks like if you mixed flour and water together to make a base or they call it a roux, you know, to make a sauce or a gravy that's coming out stitching up her leaky gut. What does she like to eat? Hot chips. Yeah, not, great Not great.

Yeah, you know, keep her low on the food chain. If God made it, eat it. If man made it in a factory, do your best to avoid it with her. That's what's going on. It's her diet. What I heard, what she liked to eat, I heard pizza and chicken nuggets. Yes, chicken nuggets yeah. Yeah. So that kind of a thing. I would see what you can do to get her protein and good fat like eggs. Make her scrambled eggs, make her give her eggs.

0:30:30 - Jeannie

If we can get the allergies cleared, because she's got like dairy and egg allergies.

0:30:35 - Julie

Okay, yeah, so yeah, it's like her buckets fall and it doesn't take much for it to overflow and then she has a flare up with it. So she needs some systemic antifungal. My favorite is Nystatin N-Y-S-T-A-T-I-N. It comes in a liquid form for children. It's a pediatric form that you know. You give them the drops, the liquid, and that will help clear up her gut and once you get her gut healthy, all those allergies are going to go away.

Yeah, I used to have seasonal allergies, you know, in the fall and in the spring. Once I got my gut healthy, I haven't had them in 25 years. I mean they just immediately all went away as soon as my gut was healthy. And I have lost count of how many thousands of people with whom I've worked over the years that tell me the same thing. So focus on your gut health and basically stay low on the food chain. You know, if God made it, eat it. If man made it in a factory, do your best to avoid it. Stay away from fermented anything for her Pickles, vinegar, that kind of stuff, not for life. Just till you get the yeasties cleared up, peel her fruit, because there's lots of yeast on the peel, uh, chips, bread, pasta, all that stuff it, it all absorbs like sugar that's what she loves yeah, I'm sure that and sugar because the yeast craves it and so that's why we crave it.

And then freeze and reheat leftovers, because there's tons of yeast that gets on leftover food. So freeze food and then reheat it If you have leftover food from dinner or lunch or something like that, and then the Nystatin is going to be really helpful for her.

0:32:32 - Jeannie

But it's all fixable. Yes, no, thank you so much for that. Julie Very much appreciated. Okay, give her a hug from all of us. I will Thank you so much. Thank you, bye, bye.

0:32:43 - Julie

All righty, askjulieryanshow.com. If you want to have a conversation with me, we're at Ask Julie Ryan on the YouTube live stream. Put your question in there and just add your first name and where you're located, and remember to subscribe wherever you are and click the little bell so you're notified when we have a new show that's released. So we'll do that. I keep saying this because people join us midway through the show and if they want to call in, I give them the information. So that's why I repeat this throughout the show. You guys, there is a method to my madness always. All right, Chris, who's next, Jessica? Hello, miss Jessica.

0:33:29 - Jessica

Hi Julie. How are you? My girl, I think the internet might be slow. I hope you can hear me.

0:33:35 - Julie

I can, yes, absolutely. Where are you? I'm in Bellingham, Washington. Oh wonderful, terrific. Well, you got a question for me I do.

0:33:45 - Jessica

I'm going through a really recent breakup of a 17-year relationship. Oh, I'm sorry, and. I'm just really in the thank you, in the grief and the loss and I'm having a hard time just moving through that Okay.

0:34:02 - Lindsay

And. I'm just wondering if you could help.

0:34:05 - Julie

Yeah, absolutely so. You're having a hard time with the grief of what's not going to happen, primarily, and that's usually what most of it is. You know, when we lose a loved one, when we lose a relationship, when a relationship ends, we as much as are mourning the loss of what we thought was going to be our future.

And yeah, and you think, oh my God, 17 years of my life I've invested and we're going to be together for forever, kind of a thing. So what's coming into my head right now, Jessica, is that old saying from Mary, from Mary Pummel, from Sound of Music, Julie Andrews, same actress where she says when God closes the door, he opens a window, and that I'm hearing for you that this is something that you're going to look back on and you're going to think, oh my gosh, it was so hard going through that and yet I'm so glad I did, because look where I am now, whether that's just a totally different career path that you're taking, or where you're living, or your love life or whatever. But when you empty your bucket from one relationship, then your bucket can be filled with something new and amazing, and we know what we want and we know what we don't want when we have experience. So it helps you on your path. Go forward. The other thing too, Jessica, is are you familiar with my two-minute rule? No, oh girl, you're going to love this.

So when a thought comes into our head, it doesn't have a meaning. Until we give it a meaning, all thoughts are just neutral. When it comes in, it feels good, follow it. You're in alignment, you're clear thinking. If it comes in, it feels good, follow it. That's you're in alignment. You're clear thinking. If it feels badly, however, you wanna investigate, because all thoughts that feel badly are based in fear. Anger, jealousy, boredom, actual fear, grief it's all based in fear. But the key is is it a real fear or a fake fear? Most of them are fake. 99.9% of them. A real fear is something's going to harm you or kill you. Change the conditions before it does Like, get out of the road before the truck runs you over. That's a rational fear. That's a real fear. Change the conditions. Everything else is an irrational fear.

You're running late for an appointment, somebody called and gave you a hard time about something and it's upsetting, whatever. And our body reacts the same, whether it's a real fear or a fake fear. It goes into fight or flight. And when we go into fight or flight, several things happen. Our cortisol levels go up, you know our stress hormones. Our blood drains from our brain goes to our heart and our extremities so we can run away from the perceived fear, even if that's I'm running late for an appointment. You know the body's like oh my God, I got to run away from running late for an appointment. It's the same concept. God, I got to run away from running late for an appointment. It's the same concept.

And what's the root cause of all disease and illness? Chronic inflammation. Well, when we're stressed out all the time, even over fake fears, our body doesn't know the difference. And that's when we're in an inflamed state and we lose clarity because the blood is drained from our brain. So just ask yourself here's the game. Ask yourself is this going to kill me in the next two minutes? And it's a yes or no answer in this game. If the answer is yes, that's a real fear. Change the conditions. If, however, the answer is no, which it will be most of the time then you can say oh, you know. No, it's not going to kill me. And what it does is it helps you stay thinking clearly in that situation.

The beauty with this, Jessica, is you can use it unlimited times a day. It's free and it's convenient. It works anywhere your brain is, and your brain's usually with you wherever you are, so it's convenient. So, as you're going through this grieving time which is totally natural you want to stay out of fight or flight with it, because that'll keep you thinking clearly Like oh my God, you know we go down this rabbit hole.

Oh my God, I'm going to be alone the rest of my life. I'm never going to meet anybody, right? Well, if you're going to be alone the rest of your life, is that going to kill you in the next two minutes? Yes or no? No, if you never meet anybody else and you remain single the rest of your life, is that going to kill you in the next two minutes? No, if you don't have a future with this person with whom you just split, is that going to kill you in the next two minutes? No, so you can see how this works. It works amazingly well in every situation. And use it unlimited times a day and it's going to really help you feel good, attract more things that feel good and start you on your new path. Okay, thank you so much, I really appreciate it.

You on your new path. Okay, thank you so much. I really appreciate it. You are so welcome. Yeah, you bet you got this. Your bucket's going to be full with something really amazing. You got to empty it first before it can be filled up with something else amazing.

So when I was in my mid-20s I was dating somebody and my girlfriend who was a lot older than me, maybe 20 years older than I she said this guy's Kool-Aid and I said what she goes, he's Kool-Aid Looks good, smells good, tastes good, but how do you expect God to fill your bucket with champagne if it's full of Kool-Aid? You got to empty the Kool-Aid out first, and that always stuck with me. And she was right. He looked good, he sounded good, he smelled good, he tasted good, he was Kool-Aid. And then I got champagne and I married the champagne. So be open, all right, thank you. Okay, you bet, hang in there. All righty, everybody. Let's see who's next. Let's see who Chris has lined up for us, because you know, I never know Christy. Hi, Christy. She says hi, Julie, love your show. Well, thanks so much. She's in Bismarck, north Dakota. Oh, wow, that's way up there.

My question is I've been single for 10 years Will I meet someone or remain alone? I get you'll meet someone speaking of love life we're just doing with Jessica. I get you will meet somebody. I get you got to put some effort out there. Though, girl, get on the dating sites. People say I don't want to do the dating sites. We have two episodes that are so helpful with the dating conundrum. One is with a gal named Nancy Bruce. If you just do an internet search, ask Julie Ryan, Nancy Bruce, you'll find it. And then the other one is ask Julie Ryan, golden

Dating Doctors the Golden Dating Doctors. That is more recent, and both of them have amazing golden nuggets in them, like the Golden Dating Doctors.

My favorite takeaway from that episode was and it's a couple that met in their early 80s. She was a widow, he was divorced, and they've been together for three or four years and they're just madly in love and having a ball. And so he said when you're dating, when you're doing the online dating thing, everybody that I've seen talk about this says it's the long game, so be in it to win it, but don't give up. You know, just go. Oh, there's nobody on there. Well, yeah, keep looking. But he said.

Frank said when you're doing the dating websites or you just meet somebody. Do not especially if you're a woman do not just have a text relationship with the person or an email relationship with the person. Go meet them pretty early on. Because, he said, women tend to have this fantasy relationship in their head and the guy just wants to text, doesn't really want to get together, and then the women waste all this time. He said go meet him. Go meet him for coffee, go meet him for lunch, whatever, but meet him early on. You know, if you see somebody that you're interested in meeting, go meet them. And if they're not willing to meet you, okay, next, see you bye.

So listen to those two shows the Golden Dating Doctors and also Nancy Bruce and you'll pick up a lot of wonderful tips. That what Spirit's telling me is you got to make some effort. You're just kind of waiting for Prince Charming to show up at your and ring your doorbell, and I'm not so sure that's going to happen. Even if you don't meet somebody right off the bat, you're putting the energy out there about wanting to meet somebody and that's going to help you attract somebody. So keep us posted. Let us know what happens. Christy, thanks for your question. All right, askjulieryanshow.com if you want to have a conversation with me and we're at Ask Julie Ryan on the YouTube live stream. Let's take another question, Chris, and then we'll announce the winner of the class and he's got a new drum roll for you guys, like a new announcement thing. He's really excited about it. So, hi, is it Purvaja? Yeah, you're doing, I must be psychic or something. How about?

0:44:21 - Jeannie
that.

0:44:22 - Purvaja
How are you girl? Where are you? I'm good, I'm in Marysville, Washington, right now.

0:44:28 - Julie
Okay, terrific. Well, it's so nice to have you join us. What do you got for me? You got a question for me? Oh yeah, I do.

0:44:37 - Purvaja
It's for my mom, my mother. She has this autoimmune disease called ITP immune thrombocytopenia. Okay, she's had it for a really long time now. So I thought maybe you could like kind of fix her or do something for her. Fix her.

0:44:56 - Julie
No pressure here, honey. Oh my gosh, All right. So tell everybody what IDP immune, whatever it is. I haven't heard of it. What is it? What is it?

0:45:08 - Purvaja
Oh yeah, it's an autoimmune disease that's related to the blood. It kind of does not let the blood produce enough platelet count, so it causes bruising and pain and depression, low

energy, fatigue, et cetera. So I just want my mom to be happy, just look at me, smile and hug me and say yeah.

0:45:31 - Julie

What's your mom's first name?

0:45:34 - Purvaja

Her name is Gomati and she lives in Chennai, India, right now.

0:45:38 - Julie

Okay, she's in India, all right. So I'm going to ask her permission. I'm going to hook into you and then I'm going to go from you to India and I'm going to ask her permission. I'm going to hook into you and then I'm going to go from you to India and I'm going to ask your mom's permission. Does she know we're talking today about her? She does, oh, good job setting that up. I still ask anyways as telepathically. So here we go. Here comes my laser beam from Sweet Home Alabama Heading to UF in Washington. From Sweet Home Alabama heading to UF in Washington. All right, heading back to India. Got her.

She does look bruised, her whole body looks bruised. So going in, she's giving me permission to scan her, so I'm going in. It looks like she has cells that rupture to me, that rupture to me, like that's causing the bruising. So let's just do a DNA healing on her. Imagine that there's an X chromosome because you know girls have two Xs and boys have an X and a Y and imagine that a strand of DNA she has, two that have come out of the X chromosome. Imagine that they look like pieces of paper you'd see inside a fortune cookie with a fortune written on them and DNA is comprised of four nucleic acids. They're represented by four letters A, t, c and G. One strand can have 100,000 letters on it, can have up to a billion letters on it. I'm watching those strands of DNA get resequenced. Imagine the letters are being resequenced into a new formula and that's the recipe that's going to tell the cells how to behave. So I've got that All right. That first strand's gone back in. Let's see this second strand's getting reconfigured, resequenced as well, going back in.

I get that she's depleted in minerals and vitamins. Is she eating properly? Is she taking supplements? She's not, she's not. Yeah, I would get her on a vitamin and mineral regimen. That's going to be good. Of course, I'm a fan of BEAM minerals, b-e-a-m minerals, and those are. I don't know if they're available in India or not, but if you go on my website, askjulieryan.com, and go to the sponsors page, you'll see the list of sponsors and you can see B-minerals and see if you can get them sent to her in India I don't know if they have distribution down there or not and then I would get her on a multi a really good multivitamin as well. I'm getting A, b, c, d, k and E are the ones in particular that you want her to be on, so that will help her.

And the DNA healing is. The DNA has mutated into something. It's not like a congenital thing that she was born with. It's. You know, her body is not working properly because she's not getting the vitamins and nutrients that she needs. So is she you said she's depressed. Does she have somebody that can help her, that can cook for her? Is your dad with her?

0:49:06 - Purvaja

Oh no, he passed away 15 years 17 years ago, oh, when you were really little.

0:49:14 - Julie

Oh, I'm sorry. Okay, does she live by herself? Yeah, she does. Okay, does she have other family there that can help her? Yeah, she does have some relatives Okay. So she needs to rest. I would rest and get her on some good nutrients, some vitamins and minerals at least, yeah, and

see if you can get somebody to go in and help her with her food and just visit her. I get that she's really lonely, really lonely. Does that make sense to you?

0:49:46 - Purvaja

Yeah, yeah, she does, but she never talks about it. But I know she is lonely.

0:49:51 - Julie

Yeah, yeah, and you're in America, so you can't go visit her either. Do you have other family members down there, like siblings or anybody?

0:50:01 - Purvaja

like that. One of her cousins does visit her now and then. She just recently lost her husband as well, so they both hang out.

0:50:09 - Julie

Yeah, oh, I'm sorry. Well, I hope, that helps. I hope that helps her feel better.

0:50:15 - Jeannie

Thanks for joining us. You bet, thank you so much, bye-bye, bye.

0:50:21 - Julie

Okay, Chris, we're ready to announce the winner of the Angels in Enlightenment Training Prize. Well, that's fabulous. Chris has been working on that. I told him I wanted some trumpets for the training, so this winner is Angela Hart-Egan. Angela Hart-Egan, you have won a free Angels and Enlightenment training class, which is my online self-paced class, and it comes with practice groups. It's five 30-minute segments that you can watch and listen to whenever you want, and it has with practice groups. It's five 30-minute segments that you can watch and listen to whenever you want, and it has four practice groups a week. That's when your skills really ramp up. It's about learning to communicate with spirit and the 12 phases of transition, and all of the facilitators of the four groups are four graduates of my big angelic attendant training, where you learn. The wholeators of the four groups are four graduates of my big angelic attendant training, where you learn the whole buffet of psychicness, and they are wonderful. They're all just amazingly talented. They've learned how to do woo-woo like I did, and you're going to love them.

So Angela left a review and she said you helped my mom in Tennessee with her AMD eye issues and she had significant improvement within hours. She told me that she felt a warm sensation on the sides of her face, near her eyes, while you were sending in your sparkly dippity-doo that's stem cell energy for those of you that are new to joining us in the show. She went on to say we both can't wait to see if her doctor can see the improvement on his scans and we are incredibly grateful for the chance to speak with you. So thank you for those sweet comments and, Angela HartEgan, you are the winner for May, and so just go to askjulieriyan.com. Go to the Ask Julie tab You'll see it in the body of the homepage, just right at the top and say hey, it's Angela, I won the training for May and my assistant, rachel, will help you and we will get you everything that you need in order to start your training whenever you want. Remember, I learned how to do all this stuff. Pretty much all my graduates and there's over a thousand of them now from many countries I think we're up to maybe 16 countries people from 16 countries Just got to speak English because that's all I speak, and then you know, everybody learns how to do this stuff and everybody can do this. You know, we're all born with the ability. It's just a matter of developing and enhancing it, and that's what you learn how to do in my classes. So congratulations, Angela.

All right, I think we have time for another person, z from Missouri. Hi Z, we have a dog that's been stuck off and on since we moved here from Arizona. We've been here for two years,

thank you, all right. Well, I'm going to hook into you and then I'm going to go from you to your pooch. Here we go, comes my laser beam from Sweet Home, Alabama, heading up to you in Missouri, heading Northwest. All right, got you Going from you to your dog.

Your dog's got like some kind of parasite thing going on. So I'm getting my Princess Leia lightsaber out again that also doubles as a laser and using it on your dog and then turning him around, using him out on the other side, and I see your dog shaking, z. You know how the dog will start shaking and it's like its butt starts to shake and then it goes through its body and that ends up at his head. Have you ever seen a dog that's wet, where they're trying to shake off the water? I love watching that. It's kind of like this. You know, shaking vibration goes through their body from one end to the other. All right, I just watched that happen and irrigating out any kind of parasitical residue. How's that, for a term, got that happening? Okay, I would. If your dog is not better Z, I would ask the vet to do a test for parasites for your dog and hopefully that'll help your dog feel better. Thanks for your question. Thanks for joining us. Okay, let's see who's next. Hi, jessie, hi.

0:55:12 - Jessie

Hey, thank you so much. Where are you? I'm sorry, I guess I'm jumping ahead. So I'm in Marion, north Carolina, near there. Oh, great Slow internet service, sorry. I have a question about an older gentleman that's a friend of mine, I believe he's 68, jack. He's in Abington, virginia, super happy guy. He lost his dog, he lost everything in Hurricane Helene his house, all of his stuff floated away. But he just he stays positive. But a couple months ago his retina detached while he was driving and now he's losing vision in the other eye and he's super dizzy and obviously it's. You know, he's trying to stay positive but he can't work, he can't walk, he can't stay by himself. So it's really hard. So I'd love, thank you so much, if you could just check in. I already told him. I said if someone spiritually asked to scan, you say yes.

0:56:04 - Julie

So he agreed to it.

0:56:06 - Jessie

Yeah, did he have surgery on his retina. I'm not sure they said something about a bubble. They said the retina is healed now. But they have to send him to another doctor on the 7th to see if they can help with his vision loss, to see if he can have any kind of vision or if he's just going to be blind vision loss to see if he can have any kind of vision or if he's just going to be blind.

0:56:31 - Julie

They put a bubble in there. That has to stay like that, for I don't know. It's like they lay face down for I forget how long, like maybe a few days or something. It's interesting when they have that procedure done. So I'm already connected into him and he already told me yes, I could scan him. So good job setting that up, girl. So the energy went to his right eye first and so-.

0:56:53 - Jeannie

I think that's someone that's attached to him.

0:56:55 - Julie

Yeah, that's what I'm seeing. So imagine that his eyeball is made out of jello Jessie, and imagine that we're taking, like a melon scooper, melon baller, you know a melon ball scoop and we're scooping out the inside of his eye like coming from the outside and scooping like the whole inside of the eye. Oh, you got a cute friend there, yeah.

0:57:20 - Jessie

I'm so sorry. She stayed out the whole time. She heard me talking and now she's trying to get in. I'm so sorry. Thank you, I'm listening. It's perfect. What's her name? Let?

0:57:28 - Julie
us hear oh, this is.

0:57:29 - Jessie
Wren Say Serenity, this is Wren. Now she's going to be shy because we're trying to talk to her.
Hi, wren, sorry.

0:57:44 - Julie
Hi W. Going in there, jesse light amber color gel sparkles reminds me of Dippity-Doo hair gel from the 60s and 70s and there's a vortex outside of his eye that's spinning. That's causing a new retina to be formed. There's that. Let's go over to the left eye. The left eye looks like has he had cataract surgery? It looks like he's growing a cataract on that eye.

0:58:03 - Jessie
Yeah, I think that's what his appointment is for in June, so I hope so. That'd be great if it's fixable.

0:58:11 - Julie
Yeah, yeah, it is. So imagine that the cataract looks like a cloudy contact lens, so pulling it out, and then there's a new clear one going in, and then there's one little stitch that's done on the outside of his left eye and that's going to help his vision there too. So now what I'm watching is I'm watching his eyes get balanced just to be sure that they're working together, you know, in their level, and then we're tightening the muscles behind his eye and that's going to help with his close-up vision too. So you're a sweetie to call in on his behalf, god bless him.

0:58:54 - Jessie
Oh, thank you, and I'm sorry again about Ren being fussy now. Oh, she's darling Quickly. You did some work on my nine-year-old daughter in March that has some severe behavioral issues and attacks all the time. She's actually finishing up her residential program tomorrow, so I'm excited but nervous. But she's been doing a whole lot better, so we're hopeful, so thank you Good luck with all of that. Thank you for your help.

0:59:15 - Julie
Okay, thank you so much All righty, give that baby a hug from us. Thank you, okay, okay, you bet All righty, everybody. That's it for this week. So much fun. Here in America we have a holiday weekend, memorial Day weekend. So for all of you that are here, happy Memorial Day. I hope you have a wonderful, restful, delicious weekend. Usually there's barbecues and picnics and stuff like that. And so join us here next week 8 pm every Thursday night, 8 pm Eastern, and sending you lots of love from Sweet Home Alabama. Bye everybody.

0:59:52 - Annncr
Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:00:07 - Disclaimer
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