

AJR San Qing Transcript

0:00:01 - Annncr

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

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have a returning guest, my dear friend Son Ching, on the show with us today. Son's like a brother to me and you're going to love this guy. He's a Taoist master, gifted channel, powerful healer and truly one of the wisest people walking the planet. He's also a lot of fun. I'm going to be asking him to channel his spirit guide, Lao Tzu, explore how to create the life of our dreams and learn why healing the impossible is possible. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Son Son. Welcome back to the show. Returning Champion. Always a delight to get to talk to you. Thank you for making time.

0:01:41 - San

Of course, anything for you. I'm just very grateful to spend some more time with you. I'm always very grateful.

0:01:48 - Julie

Oh gosh, me too. You know you're one of my favorite people on the planet. You often say the impossible is possible. What do you mean by that?

0:02:00 - San

Well, I mean, where do we start? Just take a deep breath and hang on to your seats for interrupted programming. I mean, it really is. You know, anything that you put your mind to can be translated into an experience in what we call the material state. So what you're crafting and creating in what would be an impossibility, can be possible through a conditioning, a level of training that takes place. And when you do that, all of a sudden miracles happen and all these serendipitous synchronistic moments are possible. And so, in a nutshell, yes, anything is possible. If you draw your attention intention to this evidence.

We want evidence. That's why everyone comes to you is because you get them evidence that cannot be distracted from their minds or their environment and you're able to dip into this state and show them this incredible insight. And this is kind of like how we do things within the Taoist alchemist path is we craft an ability so you can play with the tapestry. So it's substance. It's a substantive sort of thing that is tangible, that you can literally reach out and touch someone and you feel it like Spider-Man shooting his web. You're able to move the stuff around. We call it the distortion, and we craft and change it at will depending upon the level of awareness that you have.

0:03:37 - Julie

I know and I've seen you do it real time and we're going to talk about some miracles here in a couple of minutes that I know, that you have seen and that I have seen as well, and they're amazing.

And the thing that I love about you is when I come to you and I'm upset about something, and, first of all, you just calm my butt right now. And, secondly, you always remind me OK, pay attention to what are you thinking about, because that's how we create. So if you're upset about something, you got to change your thoughts about it or otherwise it's going to manifest and sometimes, when we're upset about something, we lose sight of that and it's always helpful to have someone we love say hey, you know, like yank my chain back a little bit and go hey, you need to change what you're thinking about, because the more you think about it, the more you're creating what it is you don't want, and you are great at reminding me of that when I need it well, that's my unconditional love and acceptance for you, as you are an incredible, amazing part of my life and you always find that resolve and that shelter and that open arms for anything that you need.

0:05:00 - San

That's just part of our relationship and our love for each other. It's just part of our relationship and our love for each other.

0:05:05 - Julie

Yeah, I agree. So along those lines, is it really true that we make our own reality?

0:05:12 - San

One thousand percent.

I mean you're like an echo, you have an echo chamber, but the truth is, when you realize that that's where you are, the origin and source of all things, we get back to what we call metaphysics of Tao, which gives us a fundamental understanding of how things are created from a Taoist path.

So, at the highest level of emanation is the void, the mother, and the mother animates consciousness, consciousness animates the Shen. We call the spirit. The spirit animates energy, energy animates the body, and the body and the material state is just a lower frequential distortion. And so, as you ascend and transcend, you form this ability to capture your shen in the now moment, and that's where we refer to attention intention, that's where you have evidence of spirit right here, right now, and you can create. And so you go from a consumer of the fringe benefits of your personality that would diminish the return because you're staying in this mundane, material, slow, distorted state. And then you shazam, moment happens with this attention intention and the shen is present, the spirit is present and your ability to create is now, if that makes sense it does.

0:06:32 - Julie

I love this word. You taught me a new vocabulary word, so I want you to share it with everybody. What's hopium?

0:06:39 - San

well, hopium is a very, very potent state to be in. It's kind of of crafted. When you come from the very basic trappings of a human condition you evoke, divinity comes to you. That's part of creation. Divinity is your relationship with the stars, the universe, and that creates what we call inquiry. Inquiry merges into contemplation. Contemplation then bursts curiosity. Curiosity is the flame that generates and blossoms what we call hopium, which is a very potent state, because potential possibilities are in that now moment.

And, of course, from the hopium you are now creating a belief system, and this is where the crossroads, the very suffering, can basically occur for the individual, because now you have evidence, you are an experimenter. So if your glass is half empty or half full, that is part of your

belief system, which will give you that evidence. And so the charge that you and I are getting right now is that evidence. That shimmering shiver, that quill, that expansive state is the knowing. We are unifying, we are communing in this moment. And then the knowing is really you say tomato, I say tomato, where are we going with that? Well, that will be your creation, and in most cases people will go down that path and they're like you know, life sucks.

You know, everything is half empty, and you will see more evidence of that because the universe loves to listen to your very request. It's like the genie in the bottle. What is your wish today? It's by command. Well, that's up to the experimenter. Wish today, it's by command well, that's up to the experimenter. And so, as you develop these skills, you really want to take charge of that hopium, because that is where the human condition meets the labyrinths of the mind, and you come out the other end with human beingness, that ability to be in the moment and absorb and connect to attention, intention, and then all bets are off, because now magic will occur, healing manifestation.

0:08:56 - Julie

So, in English, how I perceive that is, when we have hope, we're sending out those thoughts, for the hope we're creating what it is that we want, and that frequency is going to be matched by experiences, because the bottom line is, our thoughts create our reality. Do I have that right?

0:09:20 - San

Amen to that. And so this is where you cross the path. And so, if your assorted state of awareness is limited by human condition, you're still a creator. Your default is creation, be spiritual baby do-do. Because you're met between the energy in the body, the material state and the energy, and you're not evoking your spiritual self, your shit. So you stay in these two states, as we were talking about the ascended state, the material, the body, the energy, the spirit, the consciousness, and then, of course, the mother, the void, which, how that would transfer, would be God's creation God and consciousness, then your spirit, the energy, and then the material. And so playing with those two will give you something, but you'll never be met with an actualized event, because you must evoke the spirit for it to be realized, for it to be from impermanent to permanence, is where what we call immortality, crystallized within the material.

0:10:32 - Julie

What's alchemy?

0:10:34 - San

Well, alchemy is really a delicious word that gets everyone excited, because now we're getting into the nuts and bolts and the things that fire you up, that your heart's desire will take the energetic kiss of, basically the universe to the body and the body to the universe, and then everything is actualized.

So we use these systems to tinker with the substance we call the Fajun, to tinker with the substance we call the Fajun, and we cultivate that in this vehicle, this tuning fork we call the barometer to your reality. And by doing that we evoke the ability to play with energy, which is really the creation of everything. And then it is met with the puppeteer of that which is your spirit. And once you realize that, that pulse of the universe, right up to the animation that is coming from the mother all the way down to the body, it's a constant, it's eternal, immortal, forever, forever self. Yet you have this exciting moment to discover that through your own journey, through your own mastery, and that comes from playing with these energies and evoking it within the physical body. And this is where things start to pop off and really magical, mystical stuff happens.

0:11:56 - Julie

Right, yeah, you and I have both witnessed miracles with dying toddlers you with your son and me with my grandson. Please tell us what happened with Kai, with your son?

0:12:10 - San

Well, you know it's so dramatic that you can't fathom it. Until you can, which is ultimately never, you have to adjust to such Now. When we're in the state of now. From my own experience, whenever I've witnessed any form of miracle or healing, it becomes a go time like the mission impossible. Now, mama, the heightened sense of the peak of the movie and for our situation it became very dramatic.

My son was literally fell into a seizure in my wife's arms and literally within a minute he left his body. He watched the energy and the life force come out of his body and I witnessed the death of my child in my wife's arms. Now my other five kids huddled together Operation Mission Impossible right now and they have drills in relation to what is necessary to be meeting the now moment from an alchemical process. And they were not fought with. Oh my goodness, is he all right? What's going on? No, they assume position and, like shazam, they came together and they were just cultivating and and between myself and my wife's heart was really into that moment. It was like watching, and you understand for me I've transitioned hundreds of people. You watch the spirit leave the physical body. It's like walking out, turning lights off when you're at the end of the night, you know. Let's turn all the lights out, you'll see that. Leave the physical body and basically leave through what we call the bai hui.

This happened for my son and it was like digesting it a week or two later it was, it was absolutely the most heart-wrenching moment. During the moment, and even preceding that, I was still in. I am the observer of the observer, and that present moment was when you, either you're, you are witnessing healing and that requires that resonance we talk about, and that's where my children and I came together and basically, as his spirit is literally leaving this material state, he was like spider-man, drawing that spirit all the way back in and just as he came in, it was as if someone hit an adrenaline shot right into his heart. He just came right back into it. It was unbelievable, well, absolutely believable. Yet for two minutes it was not happening. It was like a lifeless sack of flesh. It was like a lifeless sack of flesh, and I don't even want to even look at my son that way, because he's the most beautiful boy who's mesmerized by life, and that was not the case and I do not wish that for any parent, any grandparent, anyone to witness the loss of a loved one, even though you may condition it for you and I, we've seen many and, quite frankly, when I witnessed that as a celebration normally because it's someone that's come to terms with their transition and it's not generally just a sudden death and, furthermore, when you're witnessing something they're so intimate being your own child, it I fell into the experience about two or three weeks later because I put it on the shelf, being able to master these energies.

We understand that you can actually put it in your sacred hiding space if you want and experience it at will.

I had just been met with so many things within my experience.

At that time I really didn't take a moment. And for someone who doesn't understand what I'm saying, if you're having a trauma or a trigger or something that would be more relatable to someone from a psychological perspective, it can take your moment to truly embody that and realize that embodying it is not just embodying your spirit, it's embodying the actual event. Embodying your spirit, it's embodying the actual event. It's happening through you, not to you, and so, whatever that might be, you might be met with adversity or some massive acute situation that has been sort of conditioned into something that's long-term, that's painful, that every time you bring your mind to it it's suffering. So when I experienced that, I got to sob, I got

to truly mourn the death of my son and then the rebirth, and part of that is healing, because then you transmute that energy, you liberate it and you return it to whole. This way, you're not subject to fragmented versions of yourself, where everything is out there instead of back where it needs to be, which is in the center.

And he's fine now, oh, he's 100%. It's like, my goodness, the guy loves to play the games. He'll walk up and look at me and oh yeah he's darling.

0:17:28 - Julie

I've gotten to meet him, he's darling. So what happened with me was I have five grandsons through marriage. I'm the wicked step-grandmother to five boys and they're all basically grown. So Max, who is 18, he was here. He was over here yesterday just to hang in with us. His middle name's Ryan, named after the Wicked Step grandmother Score, wouldn't you say. So Max was two.

I was downtown here in Birmingham, I was giving a talk to a group of executives. It was in the evening, it was like five o'clock, six o'clock, something like that and my husband was out of town on business in Philadelphia. So he called me. I'm in the parking lot getting ready to go in to prepare to give this talk. But he said Max has choked on a chicken nugget. He's in the front yard. The EMS guys are there, they're trying to revive him. He's not just blue, he's purple. He's in the front yard. The EMS guys are there, they're trying to revive him. He's not just blue, he's purple, he's not breathing. And so I was in the car and I of course tapped into Max and I said Max, ryan, you get back in your body right now, because his spirit you know what I see, like you, the spirit comes out through the top of the head. And it was hanging on and he was dying and I said, bax, ryan, you get back in your body right now. And he did so. Then, you know, I did a healing on him and he was fine and and I could hear the EMS guys and they said okay, we're going to, we'll transport them down to children's and the ambulance. Well, I'm two blocks from children's Hospital downtown. So I went in and I said I'm really sorry, I'm going to have to cancel, I'm so sorry about my grandson, blah blah, blah, blah. Well, you know, I was in the hospital supply business for decades, so I walk around the hospital like I know what I'm doing because I do.

So I went into the emergency room. I explained what was going on. I was waiting on the loading dock when they backed the ambulance in and this two-year-old's strapped to, you know, the gurney, and they've got him sitting up. He doesn't have his shirt on and they've got electrodes on him, and so I was making silly faces and acting like a fool on the dock, you know, just to make him laugh. And his first words after he choked were Mimi. And so he came in and his mom was with them and my stepdaughter and we went through all the motions and everything.

And so the next, I think I was there till about four in the morning, went home, slept for a couple hours, took a shower, was back down there by about 8.30 or 9. I walked into the ICU and the nurse said are you Mimi? And I said yes, and she said oh, thank God. I said why? And she said because it's like where's Mimi, I need Mimi, where is Mimi? And so there I was and I knew he was going to be fine, son, because he had rearranged all the electrodes. They didn't have them hooked up, the ones that were on his chest, one was on his ankle, one was on his forehead, you know, one was on his arm, and all of that.

Now he's a big, strapping, healthy 18-year-old who just graduated from high school, and point of the story is that was a miracle and that was his spirit deciding okay, I want to live. I think it was the shock of his being going. You get back in your body right now and I don't know if that's what he needed or what, but it worked. And so I think the fact that you and I have both witnessed that with toddlers that we love is those are big old miracles, that those, those boys, are just, they're just fine and they're healthy and they're thriving. What do you think happened?

You know back to, without overanalyzing the daylight out of it, what happened. I call those miracles. What do you think happened?

0:21:29 - San

Oh, absolutely Absolutely.

I mean there's a level of just a little level up a charge that comes with our attention, intention and our spirit is entering into this sort of like, you know, topping up the gas tank if necessary.

You're just filling it back up and from that the spirit has options. I mean, many a time I'll have situations where you know, loved ones will come to me and they're you know, they're being given a death sentence, 24 hours, their mother's critical, in a coma or whatnot. And once I talk to the mother, it's, it's quite clear, it's like I'm leaving because I have a broken heart. And once the, the, the child, has this sort of like, embracing the love of the, the parent, they return and so your love, even though you're a little stern, like, don't mess around, I mean I'm your grandmother and I love you. You're coming back, everyone loves you, they need you, they want you here, and I mean that is felt, no matter whether it's in words, but ultimately it's in resonance. And you, by holding that resonance in some situations people would call it a holding of space perhaps where you're able to give the opportunity for the spirit to return to make a decision.

0:22:58 - Julie

For those who don't know who was Lao Tzu and why is he important. For those who don't know who was Lao Tzu and why is he important okay.

0:23:11 - San

So this is really interesting, for for the Taoist canons, you know, taoism is being founded basically on the, this incredible ancient method we call and refer to a, a transformative skill. We refer to it as channeling, and so in deep, in a deep nature, and a relationship with the Taoist seeker, the Taoist rites of passage, is the highest form of actualization, is direct source information. So we all do it At some point or another. You're going to come to your own, meet your own maker and find that attunement, whether it's God, buddha, tao, universe. And so Latsu was an ancient wisdom teacher within Taoist history who, in essence, what Latsu means in definition, is old teacher, that's it. Oh, I didn't know that. Old and wisdom teacher, in essence, that's what Latsu means.

And so when you he was basically from his own words to me when I was transcribing his story, he was, you know, he was a young boy who broke his ankle in a river and he dragged himself to the riverbed and he healed his ankle before his very eyes, just with his thoughts. The next minute, the clamoring around the local town got together and he was the wise one that was literally doing physical healings all day long. Then he grew up into a man and he was an advisor and teacher of all the ancient arts and basically anything historical related to Taoism was sort of basically put in a ledger, some form of ledger, and he got to a point where he was no longer going to advise any emperor or anyone of that nature and his last gift to Taoism was to form and channel from his own words, from the universe, the Tao Te Ching, and that is what we refer to as the Magical Register. It's 81 verses, which is really 81 incantations for you to be actualized. So the seeker will read, audibly or inaudibly, each incantation that has 81 levels of consciousness, with a frequency, a color and a shape that you embody, which is basically like looking in the mirror. This is what we call mirror magic, where you look in the mirror and you form the completion of thyself, know thyself as whole, and so that's part of the, the mystical, magical stuff.

So, as he was leaving his town and he was set on a on a journey on this ox, which was a worshipped animal within Daoism and Chinese culture, he got on his ox and before he left,

almost like just out the door, he had just put together this Dao Deqing and handed it to one of the gods on his way out of town and never to be seen again.

Well, that was the story. Furthermore, when talking to him, it's a different ballgame altogether. There's a lot more to it, and you know, this is a formation and foundation of Chinese culture, as you know, and it all was derived from Taoist alchemy, which was sparked from another teacher, man, yelo Emperor, and he had a relationship with the universe, being mentor, his muse was jade emperor, and they basically were sitting in and transcribing information from the universe, magnetized to the earth for 18 days and nights, and then the first form of action was to lay his flesh, his feet, into the soil of the earth, merging, merging as one, and the nine steps that he took to walk forward was his integration into the nine levels of development within Taoism, and then that sparked the alchemical process, and then the diluted version is what we've called Chinese medicine, traditional Chinese medicine today, which is pretty much accepted throughout the world.

0:27:31 - Julie

Well, and it's the Chinese version of the creation story that's in the Bible for the Judeo-Christian cultures, but it's just the Chinese version of basically the same thing.

0:27:45 - San

Right.

0:27:46 - Julie

And I know, when you first started channeling Lao Tzu, you were what?

0:27:51 - San

18 or 17 or something. Yeah, 17 or 18, yeah.

0:27:53 - Julie

And I'm going to ask if Lao Tzu has a message for us in a little bit. But first, what's the difference between regular and lucid dreams, and are they helpful in creating our reality?

0:28:08 - San

A dream would be something that would be sort of broken and impermanent, that you can't completely remember it. It's just something that took place, that is kind of elusive, whereas a lucid dream is just a more codified, fortified, like awakening that you have cultivated through a conditioning. You're now starting to really sink your teeth into the material and and make alterations, because now you're getting a clear source of information that's coming up as a, as a constant. The more you invest in it, the more you're holding that resonance, which, which is just another form of information and how you perceive it, is for you to decide. It's sort of like starting to crawl and then you want to ultimately walk and then run. The progression is for you to decide what that is, but that's the variable between a dream and a lucid dream.

0:29:09 - Julie

And what is a lucid dream?

0:29:10 - San

for those who don't know Well, a lucid dream, from a Taoist perspective, is direct information and insight into what is taking place. So you can literally be the maestro before you sleep and program the experience. This is not a distorted state that's just fleeting. You condition yourself. That's why the alchemy is so potent, because we take what we call the nine elements and the nine colors and the nine resonance of the mother and through that alchemical process you condition the imagination to blossom and imagination.

If you're doubting imagination or your ability to create something in your mind, this puts an end to any doubt as you fortify it and basically the mind becomes this colorful palette. It's like, basically, a painting that you can create at will and it's that union as you meet it, it's like a ritual. You're meeting that moment where you're slowly winding down your day and you're ready to merge into this experience. For me, lucid dreaming would be on the way to complete remembrance. Yet it's a tool that, for someone that may be a little apprehensive and they're afraid of what might come, which is everything, they're going to slowly tippy-toe down the shallow end of the pool with a form of conditioning, this lucid dreaming as opposed to just, you know, diving into the deep end and just having at it. You know, anything is possible.

0:30:58 - Julie

When somebody's in deep grief and they're not able to hear a message or receive a message from their loved one in heaven, their loved one's spirit I always say ask them to come visit you in your dreams. And I never thought about it before, but I think what I'm suggesting is do a lucid dream, you know, before you go to sleep at night, imagine I say tell them where you want to meet them. You want to meet them at the quarter coffee shop. Do you want to meet them in Bali? Do you want to meet? Where do you want to meet him? And Bali, do you want to meet? Where do you want to meet him? And just asked him to come join you.

And a huge percentage of the time, people will report back to me that that did happen and it brought them a lot of comfort. Is that what's happening? Is that commanding a lucid dream? Oh, when we're and I find too and I'd love your take on this too, son I find that when we're asleep, our vibration level goes back, I say, to the factory preset level of spirit, because we're not busy, we're not overthinking all the things we have to do during the day, we're not stressed out or whatever. We're not, you know, stressed out or whatever, and it's easier for spirit to communicate with us because our head is more amenable to receive the message, whereas during the day, when we're just living our lives, and in some instances stressed or super busy or whatever, spirit's communicating to us but we're just not tuned to that channel. Does that make?

0:32:32 - San

sense, oh, 100%. I mean breath is the most powerful activator to be actualized, because when you pause, that's when the spirit shows itself, that is when everything is real, the surreal becomes so tangible. So, you know, ancient breathing techniques have been the foundation of Taoist alchemy for hundreds of thousands of years, in my opinion. So that ability is dictated by creating a vibratory shift, and so most people have these sudden bumps where it takes a trigger or that might be something that's violent to the body, that evokes an alchemical shift that they can't condition themselves with, an alchemical shift that they can't condition themselves with. But they have a, an obe, and nde, a lucid dream that gives them pause, that makes them go.

Wow, this is greater than what I perceived as my reality. And um, this comes in the form of most things. Specifically, recently, that's most popular is, you know, sleep, sleepbes. Obes, for all intents and purposes, were coined by a guy by the name of Bob Monroe back in the day, who was basically headed up the foundation of mind games and training for the federal government, and he created all these sort of systems with another.

0:34:10 - Julie

Does OBE stand for out-of-body experience?

0:34:12 - San

Yeah, yeah, and most people don't realize where it came from. But he just had another take on astral projection and he just referred to it as an out-of-body experience and it stuck. And that's pretty much the terminology that most people use today. You would find it more commonly

with a friend of mine, Tom Campbell, who binaural beats would evoke a brainwave that would be able to mimic a theta alpha state, which would be more aligned with a meditative state, and you evoke it through sound. And so back in those days that was cutting edge technology.

You know, for Taoist alchemy we always start and end with the breath. That's the gateway to the primordial mother. And when you start to consume and harness the energy we refer to this as the amber effect. Then the emanation of that will be condensed within the body and it will have a rippling, vibratory effect that then starts to evoke the spirit more and more and more. So you start with the basic building blocks. We call it absorbing the riches, and then, when you condense that and the more you condition yourself, you play with it like Play-Doh. It's a substance, we call it the Fa Jin, and it's very substantive, it's very tangible, and then you really know you're off to the races, and so all this type of out-of-body stuff and lucid dreams can be evoked from the breath.

The sad side effects of mortality being something like sleep apnea is actually a pop-off point for a lot of people, because their disruptive respiration will actually evoke this accumulation within the body and you will just have this spontaneous out-of-body experience because you're harnessing the breath is life, the breath we use to change and alter the material. So qigong within Taoism, within any sort of Chinese system, means moving energy with your breath, and nigong means moving energy with your mind. So you meet those two together and it's the perfect recipe for for alchemy and magical, mystical experiences, and next minute you're Harry Potter playing with dragons and whatnot all right, let's pivot for a minute.

0:37:05 - Julie

I had asked you earlier if you'd be willing to see if Lao Tzu has a message for us. Can you please bring him in and see what he has to tell us?

0:37:14 - San

Yeah, I can't guarantee what that will be, but I mean, Well, that was what makes it the fun of it. That is the fun. It's like an interesting sort of dialogue to the monologue. Give me a second here and I'll get in concert with him. Camille, this is a new one for you. You don't normally get the channelers in here, do you? Every once in a while? Yeah, once in a while. It's always fun to see the outcome.

0:37:43 - Julie

I don't know that I've had anybody of the level of Lao Tzu.

0:37:46 - San

Right right.

0:37:47 - Julie

You know, it's usually somebody's spirit guide or somebody's group of angels or something like that, Not that there's a hierarchy but, Lao Tzu's pretty famous he's pretty famous.

0:37:58 - San

He's a well-to-do kind of guy, a well-rounded kind of chap. Right, yeah, just give me a second. I mean, you feel the vibratory effects already. It's like I can just sense and feel into the body if I take a second. Well, well, well, what do we have here, my dear child? It's so magnificent, it's so miracle-based that we get to create a union here.

All of us, our hearts, are blossoming with this joy, this bliss, this happiness. Would you refine that as the human condition or would you remember that as you as being whole? The joy, the bliss, the harmony, it all comes back and returns to your true self. Oh, I'm elated, I'm exhausted with the joy and the bliss that emanates through your flesh. You feel the rippling

effects of this connection. It's one, it's all, it's everything. It's the bliss, the kiss of the energetic charge, of your relationship with your heart and the universe. Oh, how blissful I am.

Feel into my heart my child, feel into the beauty that resides within you, the harmless but simple caress of the water that returns from the ocean to the sea, back into your heart.

Let it run through you as this poetic union that is the human being, that is the stars, that is the ultimate charge of celebration that can only be found in this smile, in this unconditional love that I share with you as we fall in love with the joy, the bliss, the happiness of self. How I am so forever grateful to share this moment with you. And you will look towards something greater as you find that in this very moment it may be distorted by the external state that you refer to as your environment. But always remember, my child, that you return to whole. Take a breath, hold it, embody it, breathe it in, let it love you as you love it. Let it be the love that is the wholeness of true self. And right here, right now, you will find that this effect, this visceral effect of now that you feel through your body, is the very acknowledgement of your true self. Return home with me to that love. Let it be now, let it be whole, let it be endless. I will talk to you soon, my child thanks.

0:41:43 - Julie

I'll have to re-listen to that. There was a lot there. Do you grasp what's being said, or is it like your brain goes on pause and that soup comes through you?

0:41:57 - San

when he comes through me, it's like I'm just the observer having a ride at the local fun park and whatever happens happens. But when you get that acknowledgement, you feel that unity, that communion, and it's visceral. Then all of a sudden you're like, okay, I don't need to understand this. It's like it's starting to emanate through my heart. I'm feeling it through the body. And that's the really powerful part of when you really channel source. There is no question it's happening now.

0:42:32 - Julie

Right, and so the words that he was speaking, were you able to hear those and were you able to process those in your brain, or was your brain just out of the way?

0:42:45 - San

there was no there was no processing of anything, it was okay. I'm watching this and you'll find too, if you look at like, depending upon your degree of development for energetics, you're going to feel just a lady, you're going to feel just elated, you're going to feel open, and then the degrees and the intricacies of that energy will start to show itself as you become more masterful. You're like, holy moly, it's happening this way and that way and this way. But, furthermore, you'll be able to look back at this and I don't blink, and that is something that freaks me out and freaks out my wife, because it's like there's a whole different. It's not. I'm not even in the room. You may be using your face your face changed shapes to me.

0:43:27 - Julie

Your face different when you were channeling. It was. It was interesting. When I'm channeling, it's like I'm having a conversation and it's you, it's the person or the entity that I'm channeling, and me and we're all speaking. But I know what's going on. Now I'm not going to remember it unless I hear it on a playback. I'm aware of it when it's happening, but I'm not going to be able to recite it verbatim. When I listen to it on a recording, then I'll remember it better. But yeah, it's interesting when that happens. Thank you for that. It was primarily about the heart, and the energy of the heart is the key.

0:44:14 - San

Well, you know he will always make it very simplistic. I mean, he can draw the attention to anything, any place, person, thing, any event, a node within a timeline. But this was more about remembering that. And it always has this, you know, beautiful union of some type of poetic rhapsody that you're experiencing, which is kind of like Energetically.

0:44:45 - Julie

For me, when I was listening, Son, it was like normally I'll see these thin lines of energy that will encircle somebody, and it was encircling you. I was watching it while you were channeling him, while you were channeling him, but for me it felt like soft circles of energy. But it almost had a velvet texture to it. It wasn't just energy spinning around I could see it, but it had. It was like it was thicker strands of energy encircling me and then and it had a velvet feel to it. I've never felt that before.

0:45:28 - San

It is very intimate that relationship that he has with you, remembering who you are. But you feel that love.

0:45:37 - Julie

But you feel that love, you feel the open arms and the hug of a family, something so personal. It made me think of the velvet in. The story that came to my head was the Velveteen Rabbit, where I don't know if you know that story, but it's about this well-loved bunny and he gets lost and then the little boy who loses him finds him and he's missing his eye, his button, that's his eye. Some of his stuffing is coming out and stuff, but he still feels like Velvet and still feels warm and nurturing and loving and all of that. And I was thinking the Velveteen Rabbit. Really this is Lao Tzu, but it makes sense to me when I heard his message that it was, you know, a loving, embraceable kind of thing.

A couple more questions as we're winding down here. You know I could talk to you all day, because sometimes we do talk for hours at a time. Talk to you all day because sometimes we do talk for hours at a time. How can somebody begin working with energy to enhance their own lives? You know, without, without studying all the, all the Taoism stuff and all the other religions and cultures and all that stuff is there. Are there simple steps, a couple of them that you can share with people to just help them begin their journey to incorporate energy into their physical bodies and then set them on a trajectory that will allow them to explore this further.

0:47:11 - San

Well, absolutely the first and foremost is the breath. You cannot, you can't beat it. I mean, between breathing in and out, that respiration, the pause is where you evoke the spirit, and so this is how you start to get a deeper nature and control of your autonomic nervous system. And it doesn't really matter. Initially you might start with the inhaling through the nose, which would be more systematic to the sympathetic nervous system, parasympathetic nervous system. Realizing inhale and exhale connects to that neurology, and so simplicity is that being inhaling through the nose will instantly activate the parasympathetic, so you can start charging up the neural network, your nervous system. Primarily. That enters straight into the vagus nerve which is the commander-in-chief of your neuroplasticity. So you start.

0:48:15 - Julie

So breathe in for a certain number of count, yeah.

0:48:20 - San

I mean, for me I would always start with a nine inhale, a nine hold and a nine exhale, and so that sort of mastered state For a beginner that's just hearing this for the first time.

Take a three in a three hold and a three exhale in a three hold and a three exhale, and you'll start to notice that the things that will be void, that will be moved off the table, will be the physical resistance. And the more you practice and condition yourself, your resistance to lack of air in your mind because it's a toxic thought will start to dissipate and the body will surrender. And then you'll start to really get into the deep nature of things, where you are able to play with that and access the autonomic nervous system, which means access the subconscious and be able to do things and heal from things with your own mastery. But it starts with something that's so benign, something so not thought of, because you're not having yourself participate in this action or inaction Blood pumping, breathing, eyes open or closed. That is just part of your true nature, which is perfect evidence of what we call the pulse. The mother is present and you can experience that right now, through that very moment.

0:49:49 - Julie

The mother meaning source. Source is present.

0:49:51 - San

Yes, source is present. So you're able to now obtain that ability through realizing that you're not participating in whether you breathe in or out, or you're blood pumping. It's happening regardless of your finite mind. It's not even in the equation. So something as simple as the breath breathe in for three, hold for three, exhale for three. You'll start to find a nice little sweet spot. And just to make it easier for the person listening today, lay down, find a focal point right, look in the ceiling and find that focus point, because the most valuable commodity you have is your attention and intention. So instantly you find that focus point, the spirit exposes itself, it reveals itself, and then you start to feel the body just unravel and it just sort of melts like butter on a hot frying pan and it sort of just lays itself out there and then you move from breathing app that has different frequencies on it that helps people do this without even trying.

Yes, yes, yes. The Way126 app is like eight pinnacle ladders a full body massage in 10 days in the Bahamas. That is where you go. What the what is that? How is that possible? What's going on here? And that's the beauty of visual, audible experience with a kinesthetic charge. So you're really interplaying in the nervous system and you're realizing that through sound, it permeates the vagus nerve, the vagus nerve, and you are experiencing something that's visceral. And so, through the vision, you find the focus, and this is where the attention, intention comes in and it starts to dissolve. This thought processes the mind, the intellect. Thought processes the mind, the intellect. It's a free pass to have a cigarette break for a while and lets you become familiar. That symbiosis with your spirit, your true self, and the intellect goes out for a cigarette break.

0:52:15 - Julie

Without damaging your body, because you don't have to smoke. Yes, yes.

0:52:20 - San

The virtual cigarettes, you know, the cigarettes we used to have when we were kids, like the chocolate ones, you know.

0:52:25 - Julie

There you go, the kid ones. Last question why did we incarnate?

0:52:31 - San

Oh, my goodness, what an awesome question. Incarnation is just another version of the mother, because creation is the second that she breathes in. From darkness creates light, and there is a literal drawer, and that is where you can become familiar with your true self. The second you breathe, you are affected by this, and we call this the amber effect. The more you condition yourself, your breath will literally play with the tapestry of the universe, and so

incarnation is another iteration of source. This is it, over and over again, and it never gets old. How many times you want to be a kid? It's old. How many times you want to be a kid? How many times you want to enjoy the simplicity? Of no bills, no thoughts, just playing with you know self. Or, like I like to call the spiritual doo-doo, the baby poop. You get to play with that between energy and body, and then realizing that you are the spirit, and that spirit then brings you back to oh, my goodness, what could be better than that ascending and transcending moment, that meeting. What is it it's like?

0:53:50 - Julie

recognizing that you are whole, you are healing, and when you become whole all of a sudden guess what Magical, mystical things take place. And you are in servitude and selflessness is just your default to the soundtrack of your life. And You're one of the wisest people that I know and I just love and adore you and you know that and I just am so grateful for you taking all this, especially to those of us in the Western world of which you were born and raised, and taking all this amazing Asian knowledge and magic and you know insights and all that stuff and distilling it down for those of us in the Western world to get one little bit of a concept of it. And I knew that before I went in your high altar in your temple and then afterwards I was like whoa, this has a whole new meaning to this Catholic girl here with this. You know jade emperor and his buddies up there in that experience that I had. So thank you for all the work that you're doing and thank you for sharing this, this whole discipline, with us.

0:55:24 - San

I'm just really grateful to just share this with you and the rest of the world. I mean, it brings me to the closure of. I just happened to just finish four books. That's the other thing I translated. That's translated Right, so you know go ahead.

0:55:42 - Julie

How can people get access to your books, to your writings, to your app, to your podcast, to everything? How can people learn more about you and your work?

0:55:52 - San

So you can go and find me on any social media site the Way 126 Podcast, the Way 126 Experience, and furthermore you can find me on immortaldaosrights.com, which gives you a greater insight if you want things like specific services related to Latsu and other magical tools, and through that you can find my books and more recently, the book on alchemy, which is called Immortality Crystallized in the Material. Furthermore, another book I just finished, which was Whispers Crystallized in the Material, which is an A to Z on channeling, and then basically Humility Personified, which is basically my story from zero to hero, within that experience, that seven day wow factor that was solidified in a book. And then I just about to finish the primordial mother, which is a deep A to Z on sacred breathing which, will you know, level you up to your immortal self realized.

0:57:05 - Julie

Right, right, all right, we'll have all of that in the show notes. Thank you for spending this time with us and enlightening us, and I so appreciate your brilliance and everything. So in the meantime, everybody, he's sending you lots of love from sweet home Alabama and from Nevada to where son is. We'll see you next time.

0:57:28 - AnnCR

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube, at ask Julie Ryan and like her on Facebook. At ask Julie Ryan to schedule an appointment or submit a question.

0:57:38 - Disclaimer

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