

AJR Karoleen Fober 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 Caroline Fober with us on the show today. Caroline's an intuitive who reads energy to help others thrive. She's developed simple, powerful tools that blend manifesting techniques with divine intervention. I'm eager to uncover how we can all use them to turn our dreams into reality. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Caroline. Caroline, welcome to the show. I'm so delighted to have you join us today.

0:01:30 - Karoleen

Thank you so much. I'm excited to be here.

0:01:33 - Julie

Terrific. You say intuition is often misunderstood. What exactly is intuition to you and what are some of the biggest myths about it?

0:01:45 - Karoleen

Well, I believe intuition, everyone has it. I believe it's our God-given ability to connect with the spiritual realm and it's a natural system. I believe that our creator created all the systems, just like our breathing system, just like our breathing system how we digest food. And I believe we're souls, we're spiritual beings in this body for a while. So this is our natural language, this is our primary, our original language. So it's exciting to you know. Invite people to reconnect to that if they've kind of let it go back on the back burner.

0:02:25 - Julie

So you think all children have it too. Absolutely, we come in with it.

0:02:32 - Karoleen

I believe that I have read about somewhere about the age of six to eight where a lot of kids give it up. We're not culturally supporting it, we're not always talking about it, and they're learning. They're learning how to read, they're learning how to do math, they're learning a lot, and so that particular system kind of goes to that back burner. It'd be just like a child that's growing up in another country. Then they move, let's say, to the United States. They're learning a new language, and that old language, if it's not kept up, doesn't go away, but it does recede, and so that's part of my work is to help people reactivate it.

0:03:19 - Julie

That's a great analogy. I'm going to poach that. I'll give you credit. That's a great analogy. I find that everybody I agree with you credit. That's a great analogy. I find that everybody I agree with you everybody comes in with the ability. It's just a matter of enhancing and developing it. And I find too that little children shut it down because the adults in their lives say oh honey, that's just

your imagination, that's not really real, whether that be a parent or a grandparent or a teacher. And kids even get grief from their own friends, saying well, what do you mean? You're talking to Charlie, there's nobody there, just because that child's already shut theirs down. And so the child that is seeing the quote, imaginary, imaginary friend Charlie, is still able to see them, and so we just shut it down. Is there an age that you found that people are interested in kind of refreshing it, renewing it, revisiting their intuition? Does there seem to be any rhyme or reason to when that comes about?

0:04:28 - Karoleen

Well, I would say when it's brought up, it's like refocusing on something. And I mean, I've been working with clients for over 25 years and when I talk about their intuition, their intuition, and when I talk about it, I see a recognition and it's almost like I don't have to explain myself too much. It's almost like everybody doesn't talk about it. But when you bring it up and you invite the subject, oh, now we're talking. And that's where people say, oh, I had this divine intervention when I was, you know, 25 or this happened. So the connections are always happening, but I believe people even forget them. I forgot several of mine Writing a book, my book Opening to Divine Intervention.

We need to do divine intervention really brought all of my stories out. So that was an aha for me. So I really understand when people don't lead with it or they might be a little slow, but eventually I've never had anybody. Well, I did have one person and she just refused to admit and then I said, well, I don't buy it. I said I just can't believe she was probably in her 60s, 70s on up and I said I just don't buy it. Anyone who's lived this amount of time I can't believe that you don't have something amazing that happened to you that you just can't explain.

And then I just got quiet, let her go through her memory bank, and she said oh. And I said oh what? And she told me about when she was eight or nine and her mom gave her letter to mail and so she went down the street, mailed the letter and a man in a white van drove up, opened his door and said come, I want to show you something. Well, there was no one around and she heard very loudly. She heard you are in danger, run. And she did.

And I said, oh my gosh, I mean this is a potential life-saving connection. And she had. And I said, oh my gosh, I mean this is a potential life saving connection. And she had forgotten it. And so I just really think that any age we can be reactivated and reconnected. But I do believe that let's say, when you're done raising the kids and you know people are busy, when you're busy and distracted and going from one event to the next, it may be difficult to get your message or pay attention. But everybody I introduce it to, we have a conversation going and it gets very interesting, I agree.

0:07:23 - Julie

I think a lot of people are afraid of it. Yeah, because they don't. They don't. We've been so inundated in the evil spirits and that kind of nonsense. But the other thing that I find too, Karoleen, is when somebody loses a loved one and they really have the desire to know is this, is that all there is? Isn't that a song? Is that all there is? And also they want to know if they can communicate with that spirit, and so they use somebody like me or like you, who has really honed our abilities, and we have a conversation with that person, and research shows that that's one of the best ways to heal grief, absolutely.

To be able to communicate with their loved one in spirit. Oftentimes I'll have a client call and there'll be four or five other family members on the call, because they all want to talk to grandma and they all have their own questions and they are all validating the information that they're getting. And sometimes oftentimes they'll ask if we can record the conversation and we will, and then I'll get an email from them later and they'll say, oh, my God, that was so healing. So I find that that's a catalyst, sometimes as well.

0:08:42 - Karoleen

That's a catalyst sometimes as well. Yes, and I believe, almost every life event, especially when there is pain, it can be a health issue. A parent, you know, a family member's health issue, but death for sure.

0:09:06 - Julie

It totally brings the moment because people miss their loved ones and they want to connect. Pets too. They want to connect with their pet spirits. Yes, yeah. Interesting. I laugh, because the pets come in with this great guidance. I say, did you get that kind of guidance from your dog when your dog was alive? And they say, heavens, no. I'll say, yeah, it's interesting what happens when they're in spirit form, isn't it? Can someone really use intuition and manifesting to double their income and free up their time?

0:09:34 - Karoleen

Absolutely. Many of my clients over and over, and it's basically I mean the principles of manifesting were given a divine energy system. Speaking of systems, I call the divine energy system the great system. It's where everything happens. And so your pure desire for something and I mean I have people, when I first start working with them, they go. I'd just be happy with 10%. And I say, well, I don't get out of bed for 10%. I mean I like to be light about it because you're going to. Well, I don't get out of bed for 10%. I mean I like to be light about it because you're going to put the effort in.

Why not go for? You know big goals and so it's truly about you know thoughts or things. We know that. We know the science now that everything is energy, so it's just a matter of what it is somebody desires and then stay with the let's call it the system rules so that you actually do get what you want, and I found most people get what they want, or better, if they stay with those beautiful, positive and confident you know feelings about what they want and then they don't worry about it.

Manifesting, if we go into that subject, can almost be instantaneous if you've been wanting it for a while, and then you just get serious and say, let's have it, let's have it now. Just get serious and say, let's have it, let's have it now. And then you just let it happen. One of my favorite examples last year was I had just written the book and it was published, and I was walking through my house one day and I said, oh, this book needs a major newspaper article or it needs a major magazine article. And so I just said, great, bring that on. And then you know, you get busy and do something else. Well, 10 days later I was called and emailed by the senior editor of Women's World magazine, with over 6 million subscribers, for an intuition article. Love it.

0:11:49 - Julie

I love it.

0:11:49 - Karoleen

So that's see, that's where it just gets really interesting, and that's what I do a lot with my clients is really manifesting. And then you, I always say well, if you understand how manifesting and intuition work together, if you understand how manifesting and intuition work together, that's the trick, because manifesting is you, you know, moving into that energy system, but then the intuition is where you're going to get some messages. Might say you know, call this person now. So they're very connected. A lot of people just think they're doing manifesting but they don't really acknowledge that, oh, your intuition system is working as well to guide you.

0:12:34 - Julie

I think you and I want to do a deep dive on manifesting and intuition here in a few minutes.

But first I think you bring up a really, really good point, and that is you wanted a newspaper or a magazine article and you asked for that and then you it by this date and I need it to be this long and I need it to cover all of these topics which I think a lot of manifesting programs teach to be super, super specific, and it's been my experience and it sounds like that's what you're doing too is you put what you want out there and then you let God, the universe, your angels, your saints, your deceased loved ones all of them bring it to you.

And I have found and I love your take on this, is I have found that when I do that, it arrives in unimaginable ways, because I hadn't thought of these ways that it ends up manifesting, and it seems to be easier and more elegant and smoother when I do it that way, instead of being very precise Like I have to do it this way. This person has to show up right at 8.07 pm on Thursday night, the 12th, that kind of thing. What's your experience with that?

0:14:14 - Karoleen

Absolutely. I've learned to trust and surrender because you know I'm busy, I have a lot of things going on, I'd like to read, I'd like to watch a movie. I mean, I'm not going to force this manifesting desire to the ground by any stretch of the imagination, because I've learned, and over time, that, like you mentioned, I couldn't plan that any better. I mean, how many hours would it have taken me to try and track down? I didn't even know about Woman's World magazine. I'd never read it. I thought it was a fluke. I thought, is this a you know? And she was beautiful and, yeah, we had our, our interview. So I love um, getting the gift, almost like you have to unwrap it, a little bit like, oh, wow, that's that is. I love being surprised, willing to be surprised, by our spiritual team and the divine energy system. I mean, wow, it's like Christmas every day.

0:15:10 - Julie

Well, and you have a business background, and so do I, and we're taught you got to have your business plan and you got to have your measurables and you got to be looking at all of the charts and the graphs and the growth and the not growth and all that nonsense. And nobody ever follows a business plan, ever, not even the biggest companies on the planet, because stuff happens and things unfold in ways we can't imagine. Have you found that to be the case? Absolutely.

0:15:38 - Karoleen

And I mean the entrepreneurs I've worked with their biggest issue is boredom. They're doing everything over and over and over again, and I'm a former financial advisor, so I mean I get that, and yet we are creative beings. So if you're going to have a great moment, moment by moment, for the rest of your life, great moment, moment by moment, for the rest of your life, oh, you want this to be fun, you want this to be the most interesting day you've ever had. So I think that's why clients love working with me is because it's so darn fun.

I go, wow, what are we going to do next? And we just start getting a little crazy there, in a good way. We just I really don't put limits on next, and we just start getting a little crazy there, um, in a good way. We just I really don't put limits on things, and I that's my job is to guide people so they don't drive this beautiful entity off the road, so to speak. Stay on that road, and I mean you're going to go into beautiful places and get things that you could never have micromanaged on your own Right or imagined.

0:16:53 - Julie

Exactly Same thing. Yeah, yeah, I agree.

0:16:57 - Karoleen

I mean, you know what it's like. It's like I love every day. I feel like I'm a kid because and I think I found, I think this is the fountain of youth because I feel like a kid. I feel like, oh, you know, who am I going to talk to today? How is this you know podcast going to go? I'm going to get to meet Julie Ryan. It's going to be so fantastic. So, yeah, it's a great way to live.

0:17:22 - Julie

I agree, I tell people all the time I feel better at 65 than I did at 25, both physically and also from a joy perspective. It's just a joyful life that when we allow to your point earlier spirit to help us and show us and guide us. Certainly we have things that we want to explore and experience, but then, okay, let it unfold, let's follow the breadcrumbs and see where it goes. From that standpoint, the other thing that you mentioned is being in a state of joy, and I find, in a lot of the medical intuition and energy healing work that I do, Caroline, the interesting thing about that is spirit is hilarious and they'll come in with these crazy analogies that are images in my head. Like I may tell you, your elbow looks like whipped cream or something nutty and they want us to laugh, they want us to have fun. And yet when we envision those crazy things, it helps integrate the healing into the body because the body's gonna follow what the brain shows it and there isn't a human frame of reference for this healing stuff that we're doing, this energy medicine Heck, there isn't a frame of reference that most people have when you cut yourself. It's not like we're seeing every cell attached to another cell and another cell and another cell. Before long you have a scab and then you're watching the skin grow underneath it. But we know that the body's going to heal and that skin is going to heal eventually. That's our frame of reference. But when we think about it we don't really watch it happen, we just trust that it's going to happen.

And you brought that up earlier and it's a really good point for that. So Spirit has told me over the years because it was embarrassing, frankly, some of these images I was embarrassed to say, okay, your elbow looks like whipped cream and I thought, oh my God, they're going to lock me up. But Spirit says we're supposed to have fun and fun is a high vibration. Joy, love is a high vibration. So we're in connection with spirit. When we do. That Sounds like you have basically experienced and witnessed the same thing.

0:19:41 - Karoleen

Well, absolutely. And you know, I remember the few times that I had a cold. I rarely am sick anymore because I'm just not interested in spending any time on it, but a couple times I have been. Guess what I did. I mean, I continued with my client calls. I was watching a comedy. I was watching a comedy, why?

Because I know that we are supposed to feel better and that our job is to find ways to feel better. What do we do with babies when they start fretting? Oh, we're on it. We're like, you know, we check are they hungry, Do they need their diaper change? But then what are we doing? We're singing a song, we're patting their back, we're helping them feel better. And that's what we really need to do now. We need to be on our own happiness, our own bliss and feeling better. And it doesn't mean that we might have pain or even difficult situations that we're frustrated with. But it is our job to align our energy to take. You know we can control that. We can say well, you know, it's not that bad.

I'm actually going to go read this great book. I'm going to go talk to somebody, I'm going to have a great moment, and it's great moment after great moment and you know, I love it that you're a medical intuitive as well, because so many people, I believe, with the fears, the disappointments, where the negative energy, the negative thoughts, even the negative words, it's drawing more to you. That's the manifesting. We're like these people, magnets, and it's truly almost I mean, it is science we are attracting how we're feeling, and so that's why it's so exciting to help people with their well-being and maintaining their health and healing, because

that's, I mean, it's been modeled over and over and over. Jesus did spontaneous healing all the time, and so you know, and that was the invitation he said everything that I can do, so can you even more. So I get excited about things like that. I remember when I read it I thought, oh, Jesus was not kidding.

0:22:18 - Julie

Yeah, exactly, and when you mentioned babies, it reminded me that every baby comes in happy. Babies are happy. That's our natural state. To your point earlier, unless they need to be fed or burped or changed or whatever. They're happy. They're smiling, they're singing. They're happy Unless they're in pain or something needs to be addressed. And that's our natural state. And we lose sight of that just because we all get so stressed out from everything that we've been taught that we're supposed to be doing and accomplishing in our day-to-day lives.

Yes, I think that's important for us to remember. And just look at a bunch of babies they're happy, exactly, they're happy, exactly.

0:23:07 - Karoleen

Unless they need something. And then as adults, you know it's almost like we separate. Well, you're going to do that for a baby, but you won't do it for yourself. We really have to incorporate self-love, and I remember Louise Hay. I mean, I fell in love with her book and all of her books, but the metaphysical healing, what you're thinking, is very powerful. Thoughts are things, and so I remember the first time I really used that book and I must have had some little you know problem in the office years ago when I was a financial advisor. So I must have gotten really tense and really stuck. Anyway, I could barely drive home, I could hardly move my neck. And so I get home, I call my sister and she goes.

Well, remember that book, Louise Hay book I gave you for your birthday a couple of years back and I said, oh my God, I crawled out of bed to get it. I, you know stiff neck. And you know there was an affirmation and I just said it was something about safe. Oh, it was about me being stubborn. I mean, we have to have a little sense of humor, don't we? I'm like oh, yeah, I think I was a little stubborn there and it was like you're safe, you know how to be flexible, and so I said it like a couple times, I laid down, I woke up a couple hours later. It was as if that neck ache had never happened and I couldn't move my neck. And that was the, I mean, where I really tested it out.

I was in my 20s when I did that and I thought, oh, this is really exciting. So I am just a big proponent of you know, helping people. It really is simple and that's what I love about it. I do say, well, it's not rocket science. Oh yeah, it is rocket science and this is science too, but it's so simple. We just act like it's no, like oh no, it has to be two. That's too simple. We get stuck in our left brain, where everything is so logical and we have to have the 20 reasons why and prove it to me, and I go oh, really, I don't want to go through life like that. So I'm. If I try something out and it works, that is the acid test, and I and I think that's where people that you and I work with are so relieved to have people that have not been afraid of it or stop being afraid of it, let's say that and started utilizing all these gifts that we've been given and they're so powerful and they're free and there's no harm. So it's such a win, it's such an invite, it's the most beautiful invite we could ever be given to connect more deeply and really strengthen all of our intuitive abilities. It's just truly exciting.

Say more about no harm, well, I mean I will say, if you've got a major problem and you know injuries or whatever things they can be, you know I'm not saying they can't be painful, but what I'm saying is when I work with somebody on an energetic alignment, I don't always use the word healing, but I'm fine with it. But I love energetic alignment because that's really gets down to it and I mean that doesn't hurt. It's like, oh, you've got this situation. Well, let's just do an energetic healing, let's focus on everything being healed and surrendering that. I mean, was

there any pain involved there? No, and it doesn't take a lot of time that trusting in the most highest, most powerful energy in our world, in our universe, is a good thing to do. And so I'm not saying to not use doctors, but I'm saying don't leave the highest, the doctor, don't leave the big doctor out, the creator that knows all. Bring that in and, yeah, utilize everything that you need, but certainly bring in the most powerful energy possible.

0:27:49 - Julie

Some people are afraid of bringing in negative energy when they're working with spirits and my experience and what I teach is all spirits are pure love, pure joy. You can't do any harm when you're communicating with spirit.

And they'll say, oh, but what about all those evil spirits? And la, la, la, la, la, I go. That's how you interpret them, based on the fear that's in your head, based on your human frame of reference. Spirit's pure love. Spirit's never, ever, ever, ever going to do anything negative or harmful to a person. It's not going to happen, do you have?

0:28:36 - Karoleen

any thoughts about that. I'm glad you brought that up because I agree totally. I mean, and I remember what it was like to be, you know, frightened a little bit of this because I really, you know, I hadn't had experience with mediumship until after my mom died, but I realized how much I had been helped. I hired a medium after my mom died and it helped me so much. And then afterwards she said well, you're highly intuitive, you're just like me. And I said I don't think I'm just like you, but it was a beautiful invitation. It never left me. I said, well, if I were, what would happen? And then the voice, the big voice, the Holy Spirit, came to me one night and said do you want to see the deceased? And at the moment I didn't. I was like I don't think so. But I started thinking about how much I had been helped.

I was so sad that, unless I was with my grandkids or working with clients, I was in bed almost for two years and so. But I began to trust. I asked is this fine? I just began to see that it was a divine, a divine gift, and they're all divine gifts. So there's really nothing to be afraid of. I always say, well, if there's some growth that you might have to do, that might be a little painful at first, but then we can also switch gears and really invite growth to be beautiful. You know, like we don't have to be so frightened and I'm I mean, I get frightened of new things that I haven't done before. We're human, but you find out pretty fast that oh, that was kind of fun.

0:30:41 - Julie

Well, we're afraid of what we don't understand or something new. We're afraid of change, just as humans. Let's change directions for a minute. You say there are five steps to manifesting. What are they and how do they work? Steps to manifesting what are they and how do they work? You say there are five steps to manifesting.

0:31:11 - Karoleen

What are they and how do they work? Well, this is from Abraham Hicks, and the five steps are very simple Know what you want, your desire is number one. And then two is to trust that there is a partnership there. And so you've put the order in, the order has been received, and so you can begin to relax and not like, try to micromanage it. Now I will say you can pay attention to your intuition and see what. Maybe there's a book you're supposed to read, or maybe there's somebody to call to help you with something that you might want. So there will always be action steps for your part. But the order's been put in, it's on its way, so to speak, and your job then is to stay very pristine and confident about it. So step two is just allowing it, and then the third step is to receive it. And you know, it's like a kid that knows they're going to get a red bicycle for Christmas. I mean, they don't sit there, oh, no, I don't think I'm going to get that bicycle. No, they're going to get that bicycle. And so the third step just kind of opens the door and you can get busy and forget about other things, but that door is open. In other words, I'm

not sitting there going, oh no, oh no, I don't know what. Am I crazy? Am I going to get this article? No, none of that. It's like yes, don't know what it's going to be, it's going to be great and it's perfect time.

So those are the three main steps, and then the two second steps are notice when your energy is out of alignment. Notice when you're oh, I don't know if I'm going to get it or not. When there's any negativity, doubt, fear, angst, anything about what you want. That's negative. You want to watch that. You're a little police person. Watch your energy, keep it positive. So that's the fourth step is notice when you're out of alignment. You're getting little police person. Watch your energy, keep it positive. So that's the fourth step is notice when you're out of alignment and you're getting a little scared or negative. And then number five is go back to number one, go back to what you want. Well, it's been a little while. Maybe you know more about what you want, so put that order in. So it's just a beautiful cycle and very simple.

0:33:34 - Julie

And when we're out of alignment. If I remember correctly, abraham Hicks calls that the wobble.

0:33:40 - Karoleen

Yes, there's lots of names for that. I always say, well, you're in the mud puddle now Okay.

0:33:47 - Julie

And what happens when we're in the mud puddle and how do we get out of it?

0:33:52 - Karoleen

Well, notice you're in the mud puddle. You may not even notice You're so frantic, but somebody might come along and say, oh my God, you're really off your rocker A little bit. Okay, here's a Kleenex, come on over here when you're ready, but don't take too long. And with my clients I like to have some fun. I'll bring out my timer, my egg timer, and I'll say they'll come to the call crabby or something, and I go, oh, okay, I said, hey, I'm going to set the timer for two minutes.

You can say everything negative, I don't care what words you speak and go and I just watch them be ridiculous and they start laughing and they go oh my gosh, why would I waste time on that? Right, but we forget. And so a lot of this is to go back to the essentials. You really have to understand when you're in negative energy and positive, and we're smart enough to do that. Five-year-olds can do it. So it's really on us. I remember when I started to be a coach, Thomas Leonard. One of his beautiful teachings was 100% responsible for your life. Now, that doesn't mean 99%. That means, oh yes, 100% responsible for your life, which essentially is what you do, say and think and that all goes back to and what are your beliefs? So a lot of times we're going to dig for those beliefs and we're going to upgrade them, because then, when you have better beliefs, it'll be easier to think, speak and do from those better beliefs speak and do from those better beliefs.

0:35:41 - Julie

I agree 100%. What led you to research and teach this stuff? Did you just wake up one day and think, oh, I'm going to dive into being a medium? You said after your mom died that that was a catalyst. But what was your journey to get you to where you are now?

0:35:53 - Karoleen

I think I was this kid that paid attention and I grew up Methodist. I loved the whole thing of prayer. I felt so close to what I was being taught as God and I felt it and I believed it and I was praying for real things. I'm sure by the time I was three.

0:36:21 - Julie

What does a three-year-old pray for Extra cookies?

0:36:24 - Karoleen

You pray for. You know lots of things. I lived on a farm, so there's lots of things survival that you're dealing with. There's lots of things survival that you're dealing with. And, um, my mom worked in a bank. Uh, started when I was two years old so I was praying to to get through the day just so that things you know could could work. And um, so little things, um, like I'm going to pray that you know mom brings home something good to eat. You know little things like that and I trusted that. I mean I was listening in church and Bible school and Sunday school, I was asking questions, so it really got. It piqued my interest and then I realized it's like when I saw animals and I saw things growing, it just deepened everything.

And my dad would say things to me. He was my first manifesting teacher and he said one day to me I suppose I was like five or six, he goes, caroline, the shortest distance between two points is a straight line. And I went. I mean I didn't really know what he's talking about, but I never forgot that and that is a brilliant visual of understanding bullseye living and bullseye manifesting. And so I was just that kid that really loved it all. And when I was eight, I was in a group of people on the playground and this kid was telling us about what he had done that weekend. And then he said and you know what happened after that? And I told him what happened after that and he looked at me and I looked around. Everybody else was looking, how do you know that? And I said, well, I thought everybody knew that. So I think I was just somebody that paid attention. I'm highly sensitive, you know. I hear really well, I have to watch. You know sunlight, I sense things.

0:38:42 - Julie

What do you mean? You have to watch sunlight. What's that mean?

0:38:44 - Karoleen

Well, if the sun is so bright, I mean it almost hurts me. It's kind of like my husband, can you know? He can go outside and hit something on his leg and he can be bleeding from two spots on his leg. I'm looking at it horrified because he doesn't even feel that and I tell people I go. That's why, you know, I'm not interested in illness, because if I get a cold, oh I'm not. I feel like I'm 10 times in more pain than everybody else. So I think I am highly sensitive. But it taught me that I kind of went underground a little bit. I didn't answer so many questions, but I knew a lot of things and I wasn't going to let it go. I certainly wasn't going to put that on the back burner because it felt empowering. So imagine being eight or nine and knowing things like I know when dad's coming home and then he's there.

0:39:48 - Julie

Speaking of prayer, do you think that prayer is an ancient form of manifesting, in that when we pray for assistance with something and then we just let it go and trust that it's going to materialize in the perfect way, that it's an ancient form of manifesting? Here's what made me think of it. My dear friend Perdita, do this, hey dad. I need you to do that. Grandma, can you help with this? You know, uncle Charlie, can you do that? And she said, without a doubt, everything she asks for materializes, and she doesn't spend any time worrying about how it's going to happen. What does she need to do other than just request? And whether we're praying to a deceased loved one, or to God or the universe, or the Holy Spirit, or a saint or an angel or a spirit guide or whomever, is that, what's going on, do you think? And also, is that what meditation is? Are they the same thing?

0:41:12 - Karoleen

I'm not sure they're the same thing. I think they're in the same, obviously close to the same system, and so, yeah, I mean, I think manifesting is definitely, it's a desire, it's a request. But

meditation, I believe, is where you almost become one. It's almost like you're connecting to the source, connecting to divine energy, I guess I would call it, where you know you are connected and that you're perfect. You come from divine, so you are divine being as well, and because that's we were, you know we were created. So I think you know meditation is more the act of becoming aligned.

And when you're aligned it kind of gets all the chaos of the day, the noise, the distraction, the arguing that people do, the inner turmoil, the doubt, all of that negativity meditation allows you to become, it just cleans it all up. So it's just almost in a neutral state so that you could go positive, you could go negative. But the neutral state allows you to open up and take care of all that negative resistance and slow everything down so that people can maybe reactivate that connection, so that they can sense it, they can know it, they can feel it, they might be able to see it, they might be able to see it, they might be able to hear it. However, the messages come, it helps us get to that place where we're plugged in. We are plugged in.

0:43:16 - Julie

I think of prayer as requesting and meditation as receiving.

0:43:21 - Karoleen

Well, and that's why many times we'll receive amazing messages either while we're meditating or afterwards. Many people will wake up in the morning and, like I remember working on my book *Opening to Divine Intervention*, it was like I would go to bed wondering about a couple pieces of some decisions to make with the book and there they were when I would wake up. So sometimes it's our terminology that we focus on and it's interesting and I don't get too far into terminology. It's helpful to communicate, but to me the focus is on the receiving and the gifts. And are we paying attention to receiving information that we're meant to be given? Don't get stuck in the weeds.

0:44:24 - Julie

In other words, I say that a given Don't get stuck in the weeds. In other words, I say that a lot Don't get stuck in the weeds, just let it flow. Yeah, exactly, let's talk about your book. You say you've had more than 450 divine interventions. What's a divine intervention? A?

0:44:42 - Karoleen

divine intervention. For me is an experience, a happening, a message that you do not understand. It did not come through the physical world way, it's a spiritual message.

0:45:03 - Julie

Also, in your book you list 15 different types of divine interventions. Can you tell us about some of them?

0:45:10 - Karoleen

Yes, I call all of them miracles. But then I thought, well, when you're talking about certain instances, like seeing an angel, having a dream, having a premonition, it began to be important to me because I had so many after I started writing them all down, to keep them all straight and to actually again. That's where the definitions came in handy, because I could say have you had a dream to help people name some of these experiences they were having and that I was having? So, um, and you know the 450, I think I stopped doing. I stopped adding them really succinctly, probably five years ago. So now they're happening all the time, um, and they were probably happening all the time before, but I pulled out maybe the ones that really got my attention.

So everything's a miracle, but I look at divine lessons and sometimes an experience, a divine intervention, experience is more than one. So maybe it is a dream or a premonition, but it's

also going to be a divine, pivotal moment in your life where suddenly you're not that same person. And I tell people that once you've had several and especially some big experiences, maybe life-changing experiences, you can't go back. It's not like you didn't have them, they're undeniable, and that's what started happening with me in my 20s. I started saying I'm having these things and I started calling them all divine interventions. But so manifesting is one prayer. Divine creations, I mean art, a poem, a song. You know Dolly Parton has written. They said she's written close to 6,000 songs.

0:47:15 - Julie

I know, is that amazing. They just come to her.

0:47:17 - Karoleen

So you know it's a gift and mediumship is an example of divine intervention, a near death experience which my mom had, um, deathbed visions. Lots of people are with their loved ones when they are passing and so they they watch their loved ones. And my dad had a, uh, a deathbed vision, um, right before he died. Right before he died I was just going into his room to say goodbye and I saw he was looking. I mean, he was, it was, and he had the most beautiful look on his face. He was so happy. He was just like like that and I backed out of the room because I did not want to interrupt that for him. It was like it felt like to me that either loved ones that had passed or angels were coming for him and he died about eight hours later.

0:48:15 - Julie

Well, 90% of people at the end of their lives see the spirits of deceased loved ones in pets, and that's validated by university-based research 90%, yeah. And here all these years we've thought oh, grandma's hallucinating. Grandma ain't hallucinating, she can see those loved ones' spirits that are there. Did you have the opportunity to ask your dad what he saw or who he?

0:48:40 - Karoleen

saw? No, because we were going back to mom's house. We were saying goodnight. He was in a nursing home and that was the last time I saw him alive and he died at around four o'clock that next morning.

0:49:02 - Julie

Can you give us some examples of some of the things that you've?

0:49:04 - Karoleen

experienced out of those 15 categories. Tell us some of your stories. Those 15 categories Tell us some of your stories. Well, the 15th category I called natural phenomenon, because it's kind of with our natural surroundings.

And when I was wanting to get this book read, I was given a divine reading 25 years ago, January 15th of 2000, that I would write a book and it would be important for the world. And there it is, opening to divine intervention. And of course I had no idea, I was in shock, but I did. It wasn't, you know, significant when you're told something like that. So I it was on the burner a little far away while I was busy with work and all of that, but I knew that, I trusted that I would be given information along the way. And about 17 years later I thought well, I really still don't know. So I'm going to start writing down all these divine interventions that I had and I came up to about 50, got on the plane to go to Florida and I'm at the same desk I'm at and I'm looking at that list and it was like a gold thread that was alive and pulsating, was connecting all of those 50 stories. And that's when I just said, oh my God, you know, this is the book. So in the book, my stories that I guess were so significant about the book was when I was struggling with how to write a book.

It seemed so big and one day it was January 1st of 2018, I was awakened early and I got up and I said, oh, I'm going to get to see the sunrise. So I went out with my camera, took about 12 pictures of the sunrise and I put the camera down and I was just enjoying being outside and I heard keep taking pictures. And I thought, well, by this time I don't I follow all the messages if I can. So I started taking more pictures. Couldn't see anything significant, put the camera down again and I heard it again keep taking pictures. Well, I took 42 pictures that day and as I came in, my husband was awake by that time and I went to get some coffee and I said, oh, I took these pictures of the sunrise and so he's looking at my pictures. And then I get my coffee and I'm looking and he's on one and I said I need to see the camera. Well, there was a picture of my face in the sky. Oh my, and I didn't see anything because it was so shocking, you know it's like you see it. But then am I really seeing it? And then I just said, oh honey. I said I didn't say anything about what I said what do you see in that picture? He goes my God, that's your face, there's your glasses.

And then we kept looking at all the other pictures and they, I saw it was like a Jesus coming down to the sky, kissing the, the, the, you know, almost the sky and earth line. And then, um, I saw, I saw a Fober, which is my last name, f-o-b-e-r in letters. And then there's a picture of the word s-h-o-r-t. Short and another one, s-t-o-r-i-e-s short stories. And I knew that that was a gift to me, that I would be writing this book and just tell the short stories that have happened, and it freed me up. So that was a real gift.

0:52:56 - Julie

Okay, so you can't throw that out without giving us more detail. When it has your face, is it in a cloud formation? Yes, does it look like a sketch of your face? It looks like my face, is it?

0:53:11 - Karoleen

transparent. It looks like my face. You can see glasses. I was wearing cat eye glasses like I was wearing in like sixth grade, but it was. You could see my face. It's like I recognized myself right away but I thought okay, was it?

0:53:29 - Julie

superimposed on a cloud or something?

0:53:32 - Karoleen

Yes, or was?

0:53:32 - Julie

it just like a sketch of your face in the middle of the blue sky.

0:53:37 - Karoleen

It was like a photo of my face. It wasn't a sketch Color or black and white, it was in. It was in the shadows of the, you know, the blue and the white um that you can see, uh, in the sky, like clouds and and the blue blue sky. And well, when my husband saw it, I knew I I wasn't miss speaking, and and it just shocked me.

0:54:06 - Julie

And yet there it is, and so Well, how about the words short and stories? Were they written like a plane would write in? You know, the white smoke stuff it was almost like they were in white.

0:54:22 - Karoleen

They were in white, almost like little white puffy letters, cloud-like letters, and I kept looking at them. I go, oh my God. It says S-T-O-R-I-E S. I thought stories and then I saw S-H-O-R-T and I went, oh my goodness, and keep in mind that the sky is always moving. That's why I was taking pictures continuously. So that same area was showing me Fober. I got a picture or two

of that and then it disappeared and then it was short. I got a picture of that and then stories, so the whole sky was moving. The sky doesn't stay the same and so it was like unbelievable. I got all of those 42 pictures. 12 were of the sunrise and the rest are of those types, the things I just shared with you and I knew that was a. That was a divine message to me to help me, because I was struggling with how you know to write the book.

0:55:24 - Julie

Did your, did your husband see the words as well? Yes, wow, yep, did it freak him out? What did he say?

0:55:31 - Karoleen

No, because you know after you, I'm sure your husband, he missed hanging out with you.

0:55:36 - Julie

Yeah, yeah.

0:55:37 - Karoleen

Yeah, it's like you know to know somebody that's been doing this a while and he does it too. I mean he has premonitions doing this a while and he does it too. I mean he has premonitions. He found our house. He said, oh, we're going to move and I go, oh no, but he found our house in Iowa, our current home in Iowa, and he had a premonition and it was like you are going to move and I did not want to move because it's a lot of work. But he said, and then he had it twice, two times coming home from work. So see, this is what's so exciting.

He. That's why everyone I talked to I asked them about anything interesting happened to you. And the next thing I know well, this happened, this happened. And so I don't know if Gary would have ever felt like he was. I don't know if Gary would have ever felt like he was getting all these divine interventions before, but maybe just because I was talking about them a lot and I was using a pendulum, I mean I took a healing touch, course and learned how to use the pendulum and the healing which is taught all over the world, by the way, in major hospitals, in the art of healing using a pendulum.

0:56:55 - Julie

My husband, tim people say to him did you ever think that you needed to run the other direction when you met her? And he said, yeah, I was a little concerned at first, but what really convinced him that I could do what I said I could do was he had a bone spur on his foot, on the bottom of his foot, and I said, well, can I do a healing on it? And he said yeah. So he thought I was going to give him a foot rub, which I did. And he was laying on the couch and I was giving him a foot rub and I said, okay, I can see where the bone spur is, I'm removing it. And of course, it's spirit working through me and with me to help facilitate healing.

And he tells this story way better than I do. He's got this deep southern voice and the accent. You know he's a great storyteller. So I'm looking at his butt energetically and I said you had planner's words. He said I don't have any planner's words. I said no, but you did. I said I can see where they were burned off. And he said I was in the fifth grade when that happened. I was 10. And I said, okay, I can see where they were removed.

He tells the story. He says he thought, okay, there's more to the story than meets the eye here, because there's no way that she could have known that I could have known that he had planter's warts on the bottom of his feet when he was in the fifth grade. And he said that was the thing. And I find that too with other loved ones, like my brothers, you know, they would just roll their eyes and say yeah, yeah, whatever, whatever, woo-woo, voodoo, whatever you want to do. And then when they'd asked me to do something and I would nail it and there's no way I could have known what I was telling them. And then you know and now who's the first one

they call it was their little sister Say, hey, can you check this out and see what's going on? So, yeah, our husbands and mine has become very, very intuitive too. And he'll say I just listen to what you say.

0:58:54 - Karoleen

Yeah, and how to, how to pay attention to the information that comes in, so they can't help their themselves when they're living with us and you've hit on something that I think is very powerful in that there's so many doors that get opened when people really need help, when nothing else is working, when there's a desperation point. I remember hearing that you know so many, they say so many guys in wars. You know they don't believe in God or they won't admit to it, but oh, when they're being shot at, oh, they're praying. They're praying God and mama.

0:59:40 - Julie

Yes, if it wasn't their mother, if it wasn't God. Yes, back to Tim with the bone spur. Their mother, their wife, gone, yeah, back to Tim with the bone spur. A week later he went in to see the foot doctor because he was scheduled for surgery and they were going to go in and cut it out. And they did another x-ray on it and guess what? The bone spur was gone. So he said that cemented it, yes, and he knew that there was something legit going on there.

1:00:13 - Karoleen

I love that, all right. Last question why do we incarnate? Well, I mean, I think that we love to evolve. We were designed to evolve and I believe that's why we all come is to to grow and experience things, especially on earth. In this physical world. You have the dualities Very interesting. One time I saw a picture of a dog with his head out of the window in the car. You know the wind and his little tongue hanging out and the wind blowing his ears back, and the story was like this is why we come, we come for the time of our life. Story was like this is why we come, we come for the time of our life, and so I think maybe there's also something that we're drawn to to evolve with. As far as spiritual growth, I think you know that's what I'm hungry for. That's why I think so so many people.

This has now become more mainstream is because more and more people are waking up. There's no denying how you feel about certain things. It's. There's books, there's tv shows, there's podcasts about it. It's becoming more safe to admit oh yeah, that was your experience, your real experience, and there's nothing like real experience to prove to yourself that something miraculous just happened. So when I talk to people that you know why can't I see my face in the sky, I go well, I mean, are you looking up? I mean, see I'm talking. I'm looking up all the time. I talk to my spiritual team more than I talk to my husband. So it's a major thing and it feels so good. It's a wonderful way to live, knowing that you have spiritual backing that's going to help you and we're all going to die, or transform, let's say, because they say energy doesn't die, it just transforms. So incarnating into another body falls in line with even the structure of science.

1:02:52 - Julie

Beautifully said. Thank you for bringing all of this to the forefront with the divine interventions and calling it that, because most people say, oh, that was a coincidence. No, it wasn't no one, any coincidence at all. That was your intuition at play, it was your gut feeling, it was divine guidance, divine intervention at play, and I love how you put them together in your book and I love your categories. Of course you're a linear thinker because you're a numbers girl by training, so it's nice to add some order and it makes it easier, I think, to navigate when you put it in that kind of an order as you have in your book. How can people learn more about you and your work?

1:03:44 - Karoleen

Well, I'd love for you to get my book Opening to Divine Intervention on Amazon, carolinefober.com, k-a-r-o-l-e-e-n. F as in Frank O, b as in boy, e-rcom, and I have a free intuition assessment if you'd love. Your listeners would love to take that, and there's other programs there.

1:04:10 - Julie

All righty, and we'll have all of that in the show notes. We'll have all those links in the show notes. In the meantime, we're sending everybody lots of love from Sweet Home, Alabama, and from Florida too, where Caroline is. We'll see you next time. Bye, everybody.

1:04:27 - Ann-cr

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.

1:04:42 - Disclaimer

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