

AJR Shehnaz Soni Transcript

0:00:01 - Anncr

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

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Shehnaz Soni with us on the show today. Shehnaz is a NASA aerospace engineer who blends quantum physics, spirituality and ancient wisdom to help us navigate our multidimensional existence. I'm eager to learn how woo-woo really works and how we can easily use it to better our own lives from a real-life rocket scientist. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Shehnaz.

Julie

Shehnaz, welcome, I'm so thrilled to have you here with us today.

0:01:33 - Shehnaz

Thank you, Julie, for inviting me to your world, you bet, and everybody.

0:01:39 - Julie

We're both in sweet home Alabama. I'm in Birmingham, she's in Huntsville, a couple of hours north, so we're going to be sending you lots of love from Alabama here today, with the two of us not that far apart. You say the power we seek is the power within. What do you mean by that?

0:02:00 - Shehnaz

Basically, I mean that we should not go out looking externally for what we need to process internally, because, at the end of the day, nobody can make you feel anything. You're the one who decides how to feel in every moment, and that power nobody can take away from us. So why are we constantly giving power to everybody else when they don't have that power nobody can take away from us. So why are we constantly giving power to everybody else when they don't have that power? We're the one deciding whether we should feel good or bad. You see my point.

0:02:33 - Julie

Yep, our thoughts create our reality, right? Exactly that's what I always say is that we think that thoughts have a meaning when they come into our heads, but they don't. We give them a meaning Once they come in. They're all neutral, and then we assign them a meaning based on our frame of reference and our beliefs.

0:02:54 - Shehnaz

Exactly. We basically process all that so fast, right In a moment, because we have our memories, we have our triggers, we have our beliefs, we have our perception right. All of them are kind of like deciding what we're going to feel right. And that dance that happens so fast in the movement sometimes becomes I mean, most of the time it becomes a self-fulfilling

prophecy, right, which is the reason we stay in that groundhog day and act like somehow it's a coincidence.

0:03:22 - Julie

Right, well, I want to go down that deep hole here in a minute with the quantum physics thing with you, but first you also say stepping into your light body is the key to igniting your human craft. What's a light body and what's a human craft?

0:03:41 - Shehnaz

So I actually refer to us as a human craft, just to make a point that, just like we have a spacecraft right, because I work on a spacecraft we are a human craft because we're not meant to be like human being. If you think about the word itself, it's not like it's a word that is in a flow, right? So craft actually gives it even more power. Where you can actually ignite the craft, gives it even more power. Where you can actually ignite the craft, you can fuel the craft, you can give it a thrust and it will pretty much launch, right?

So that is the reason I use the word craft very deliberately to make people aware that you get to decide where to take this craft, which timeline, which reality, which experience, which movement.

Like we have all that power within us and we act like somehow we are at the mercy of everybody else's, right? So that kind of just it's a very empowering word, and the light body activation is that we are actually it's been proven by Japanese in 2009 that we have a very, very invisible light in our DNA, which is the reason. Actually, our mitochondria, right, because of the light is the reason. The photonic absorption and emission completely enables our mitochondria to heal itself within it. So the sunlight, which is full spectrum light, completely activates our light body when we intend. When we intend to do all that dance with the sun and the earth. And I actually do this light body activation meditation that I have crafted based on my hypnosis training and all the other trainings. That truly makes you access the zero point energy within you, around you, and then you get to see that how much you are part of everything.

0:05:25 - Julie

Is that what they call the multidimensional universe?

0:05:29 - Shehnaz

Yeah, because we are a multidimensional species who are interplaying with the multidimensional universe. Right, because everything is a projection and a perception and keeps coming back to us. So, yes, I agree with you.

0:05:44 - Julie

Say more about that. Can you give us a layperson explanation of the multidimensional?

0:05:50 - Shehnaz

So the whole thing about multidimensional is that you have to understand that you are not living in only one dimension. Majority of the time, people either thinking or either feeling, or either seeing, perceiving, and those are all dimensions. So when we say multidimension, we are talking about the fact that look at it in a layered perspective, right? So you are looking at all of them at the same time and converging them. Time is for us to process information in a linear fashion, because in order to communicate me to you, I have to be in a linear time frame so I can use the word to tell you what I'm saying, right? However, when we are processing as a human craft or as a multidimensional species, and when we are not talking, and when we are going through all of them in a layered way, we are exuding our multidimensional self. Does that make sense?

0:06:55 - Julie

I've heard you use the example, which I love and I'm going to poach with your proficient, is if you're holding a cube in your hand and you're walking outside and you see the shadow of your hand holding the cube on the sidewalk, that's two-dimensional, but you're holding it in three-dimensional and that's you being in, witnessing, I guess, two different universes, two different dimensions at the same time. Did I understand that correctly?

0:07:27 - Shehnaz

Yes, and what it shows is that when you're in a higher dimension, your perspective is so different versus in the lower dimension, right? Which is why, like the Flatland book which highlights the very concept of it was everybody's in one dimension or two, right? So when you have that perception, you're not able to see things from a higher perspective. So, yes, you are absolutely right that that exemplifies that how dimension affects your perspective.

0:07:55 - Julie

So when we're in a high dimension and we have a better perspective of all of the dimensions together, is that what I'm hearing you say? A better?

0:08:05 - Shehnaz

perspective of all of the dimensions together. Is that what I'm hearing? You say yes. So that is the whole point.

So, like when you're looking at yourself or when you're interacting in the physical dimension, let's say you're feeling a pain in your back and you feel like you know, like your entire focus is in that pain that you're having. You are living in a physical dimension. But if you take it one notch up, which is emotional, let's say you go into emotion and then you say that you know, every time when I think about my ex, I get a pain in the back, right let's? I'm using that as an example. So now you're connecting the cause and the effect. So now you're not just focusing on the pain, you're focusing on what caused it, right? So as soon as you did that, you have expanded your view.

So now you're not going to be like, oh, I'm so helpless, I have a pain in the back. Now you actually realize I thought about something that triggered it, or I felt about something that triggered it, right. So now, when you start connecting it with other dimension, which is emotional, mental, then you can say that with other dimension, which is emotional, mental, then you can say that why do I keep going into that story, like what is the reason I haven't, you know, closed it. Like what is the reason I want to live in that self-fulfilling prophecy, right? So when you start asking these questions, you're going in a higher dimension. So that's why I always say that when you question the question, because there's no end of this rabbit hole, right, there's no end of this. So you have to go as far as you need to go to satisfy your consciousness.

0:09:32 - Julie

I love that question, the question that's perfect. I just got off the phone right before I came on with you, with a client who there's always an emotional component in place. It's been my experience before any kind of medical condition arises and it causes a rupture in what I call the energy field membrane, which is a container that reminds me of a membrane like really thin, stretchy plastic wrap. Imagine that, like on a tray of chicken breast from the grocery store, cheap plastic wrap. Imagine that, like on a tray of chicken breast from the grocery store. You know how. That stuff's stretchier and thinner than perhaps the glad wrap box in our kitchen drawers.

But when there's a terror hole, I always envision going into it and I'm given a year, I'm given a scene. If it's a past life, I'm given where it was, when it was, what happened. And if it's this

lifetime, I'll get a year and I'll always ask my client okay, what was happening in 1968? And they always know I would say 99.9% of the time, as soon as I say did something happen in 1968? Did you move? Did somebody die?

Were there kids at school being mean to you? Did you flunk a class? Did you get a bad grade? I mean you know what was going on. They know instantly, and this gal did. She said yeah, I used to get teased. She said that was the seventh grade. I was in the seventh grade and I used to just get teased unmercifully by the kids. I was the new kid in school and all that. I mean instantly. She knew what it was. So I agree with you that there's always an emotional component and when we identify it it takes the sting out of it. It lets us say okay, that was 40 years ago, I don't need to be suffering anymore over this. And in most instances they're not even aware that that's still in there. Would you agree with that?

0:11:32 - Shehnaz

Oh, 100%. That is the reason that someone like you, who makes them connect the dot right, makes them aware, and the interesting thing about awareness is that as soon as you put light on the matter, the matter changes.

0:11:46 - Julie

Yeah, I see it eradicates it Once we illuminate it. It eradicates that energy block which looks like a little kernel of unpopped popcorn to me and it gets stuck in the energy field and then life's emotional events, energy piles on top of it till it causes enough pressure and it causes a blowout in the membrane. That's my interpretation of what's going on and I didn't learn that anywhere, in any class or lecture, in anything. That all came in from spirit to me decades ago. And I believe it's the most important part of the healing. Because we can fix body parts all day long, but if you're leaking power, what's the point? Because we can fix body parts all day long, but if you're leaking power, what's the point? You know, really, on one of your rockets everything's working great, but you're leaking power, you're going to be in trouble.

0:12:33 - Shehnaz

That is true. And then if you have, like that constant supply of messing things up, then you're not going to ever exit that right, because at the end of the day, that is where the challenge is.

0:12:47 - Julie

is that it's like you are not solving the problem from the root Exactly. Let's change directions for a second. Did you just wake up one day and decide you wanted to be a rocket scientist when you grow up?

0:12:56 - Shehnaz

No, I wanted to be a rocket myself, by the way, and that's what I decided when I woke up and I became aware of my consciousness. I just wanted to fly, I wanted to fly and I wanted to get out of this earth. Basically, that was my goal. So since I've been born, my quest has been that what is behind the sky? Why are we trapped here? What can I do to figure out what's out there? Right? And in that quest, I became a rocket scientist.

0:13:25 - Julie

And so have you flown in any rockets yet?

0:13:28 - Shehnaz

No, because the fact that it's almost like one of those things when people who are doing a surgery they never want a surgery done on them. Have you noticed that? Because they're too smart? I'm like I know way too much about microgravity. I feel kind of a little bit sorry for astronauts because even just to go pee, I mean, you have to go through so many damn steps just to make sure that your center of gravity doesn't get messed up. No, thank you.

0:13:51 - Julie

Oh my gosh. And the urine would be floating in the air, probably right, I prefer I prefer the Aladdin.

0:13:56 - Shehnaz

you know the like, you know that whole Aladdin movie, right, I can take you, I can show you the world. I want to go on a magic carpet, I want to fly on a magic carpet because that's the world that I live in, right? It's like I don't need to wear like a whole bunch of stuff just so that I can fly.

0:14:11 - Julie

Aladdin. So here in America we would say Aladdin.

0:14:16 - Shehnaz

Aladdin. You know Aladdin actually because it's a. It's a not necessarily pronunciation, but also the word in a different language right, because Allah actually means God, right and din means religion. So it's very interesting how that name has a very powerful meaning. Ooh, I love that.

0:14:34 - Julie

I never heard that before, but that would make sense. Yeah, so did you study this stuff as a kid? Were you like von Braun and you were reading Werner von Braun von Braun is how the Germans say it. He was the rocket scientist that came over from Germany after World War II and he, as a boy, was fascinated with rockets and was reading everything that he could get his hands on about them, and then was really the godfather of the Apollo program and of the astronauts landing on the moon and all of that. So were you like that as a kid?

0:15:11 - Shehnaz

So I was more curious as a kid and my curiosity was all about understanding that why am I here and how can you all be happy, right? So my focus was never as much as the rocket itself, but it was interesting that in my and my quest was to actually help other people. I initially wanted to become a doctor. That was one, because my whole idea was that I want everybody to be happy and I want us to fly. So in the in like to me, I felt like the density of the earth right, and because of that I wanted to heal everybody. And initially my goal was to become a doctor, which I really pursued very heavily in Karachi while I was there.

But I wasn't able to get into the medical school because my parents, especially my dad, did not agree for me to go into that education, partly because he knew that I would have to change buses to get to the school and there will be night. You know night duties you have to do as a doctor, and he didn't want me to do any of that because he said that the chances of you getting raped is very high. So he was looking at it everything because Karachi, I mean it still is a questionable place. But it was even more challenging to live and to do all these things as a girl, you know, to change buses and, at night, travel by herself. So he was looking at it from a very different perspective, and my quest for expanding my consciousness ultimately took me to engineering school, because back home there were very limited profession available for anybody to pick on. You know, it wasn't like you can become an anthropologist and people will worship you. No, you have to have, like you know, either a doctor or either an engineer or either a lawyer. That's it. So then I basically chose it from that perspective.

But the funny thing is that the more and more I started because I'm an electrical engineer, I started seeing the connection of the fact that learning the engineering made me more aware of the human body.

And actually I'm so glad I didn't become the doctor, because when I look at the traditional doctors and how they solve the problem, it's a very limited mindset. And I'm so glad that I

became an engineer instead, because I see things from a very different perspective. My becoming a rocket scientist happened partly because when I graduated as an electrical engineer, I just didn't want to take any job. I wanted to take a job that would work on a project that nobody has ever worked on. So from that point on, I started working on the satellite, and then I worked on missiles, and then I worked on rockets, and I mean, I basically did something that nobody was working on. It had to be the unique project, and that's how I ended up working on the lander that's going to take us to the moon. And now we're working on a lander that's going to take us to the Mars, because with the new administration, the focus has moved from moon to Mars.

0:17:56 - Julie

Why do you think that is what's so exciting about Mars?

0:18:00 - Shehnaz

So I think there's multiple reasons. One is that, at least for now, we can say that nobody has really gone to the Mars. Right, Mars is, at least with Moon. We know that. You know there has been a lot of history of people landing on Moon and even us going to the Moon and all that good stuff. So Mars makes it more of a challenge, partly because it's far. But secondly, Mars does show a little bit more promise for colonization. Mars does show a little bit more promise for colonization. And Mars also shows more promise when it comes to the resources that can truly be exotic materials that can truly change the face of the earth, when it comes to the energy and how we run the earth, because I look at everything as a craft and earth is a craft itself. So Mars opens more door for evolution, for art. Not only that, Mars opened more door for humans when they plant themselves on Mars. So that is a kind of a representation of expansion of consciousness at many levels.

0:19:01 - Julie

Because you think we'll have a colony I'm using air quotes here on Mars. Will it happen in your lifetime or my lifetime?

0:19:08 - Shehnaz

Oh, yes, definitely.

0:19:10 - Julie

You think, oh well.

0:19:11 - Shehnaz

Yes, because in the next 10 years we will be landing on Mars. Within the next 10 years we'll be landing on Mars. We will be, means like a human, because I'm working on a program that is all about. I mean, we are not focusing on human, we just want to get the lander to go there and do what needs to be done. But ultimately we are going to be sending human because once we prove the concept as uncrewed landing, then we can do crewed landing right. So that's going to happen within the 10 years.

And once we have one human step on it, then to multiply, that is going to be easy. One human step on it, then to multiply, that is going to be easy, mainly because we are working with the unmanned right, unmanned vehicles and unmanned and AI and all that. So that is actually the plan. And Elon Musk you know he basically is right now kind of like have a little more power and he's to the kingdom and he has always been very focused on Mars. So, based on the vision and based on the leadership and based on what I'm doing personally, I do see that we are going to be colonizing Mars. I mean, if I have to give any kind of estimate it will probably be more like within the next 20 years and I think that with the extension of human life right now, definitely in our lifetime- Are sci-fi movies channeled?

0:20:30 - Julie

do you think, Are they getting information that people that write those screenplays, like George Lucas for instance, is that coming from spirit or a different reality, perhaps another planet or solar system, where that multidimensional universe thing is coming back into play? Do you have any thoughts on that? Have you ever thought about that?

0:20:54 - Shehnaz

Yeah, actually, and I got the confirmation on the Star Trek because initially we were saying that it was channeled, but it was actually more than just channeled. It was more like that these universes already exist and then somebody gets the download on how to project it for us to see it through the sci-fi.

0:21:10 - Julie

Okay, so is that being channeled? Is that the same thing?

0:21:14 - Shehnaz

Yeah, you can say that. Like, what I'm saying is that it's because these directors and these you know visionaries, they actually get a vision right. So it's kind of like to me, like a lot of times, channeled seems like something. I mean it depends whether it's auditory or whether it's clairvoyant, right. But what I'm saying is that these people truly feel like that they are there and then they create that for us to experience it. So I actually kind of give. I'm not sure what the exact meaning of channel is, but when I heard that, it made me feel like it's almost like that they have been there. You know what I mean. Like it's like you have been there, right. It's almost like when I wrote my book and in my first four chapters I already have experienced it, right. So when you have experienced it, the way you're going to, you're going to share that story is going to have a lot more breadth. It's not just the width, it's the breadth. So what I'm saying is definitely more than channel, is how I feel it.

0:22:10 - Julie

Channel to me is spirit conveying information to somebody in the human existence, and I think that every writer you've written books, I've written books. I know there were times when you were writing your book where you didn't necessarily remember writing that part and you went back and read it and thought that's pretty good. I know that happened, right, you were channeling all of that. Furthermore, I think artists are channeling, I think composers are channeling. All these guys that are creative are all channeling. I think we're all communicating with spirit all day long, whether we're aware of it or not. We're getting led, we're getting guidance. I've heard that there are an average of 70,000 thoughts that come into somebody's head every day 70,000. And then we kind of pick and choose which ones that we want to pay attention to, based on what's called the reticular activating system yeah, system RAS. And because how do you process 70,000 thoughts?

0:23:23 - Shehnaz

exactly. It's just, yeah, we don't even keep track of that, not consciously, but apparently you know it is happening. So, yeah, I think that, uh, definitely it's, it's, it's channeled. And what I'm saying is in some cases they actually have, like they, they already get like a like a real um, feeling of being in these places, because when you really start looking at something like a star trek and all that, I mean it just feels so realistic, right. And then when you see all of that happening ultimately in a different time zone, it almost seems like that somebody basically lived that life and then they shared it with us.

0:23:59 - Julie

Yeah, I agree. Contact is one of my favorite movies with Jodie Foster, and spoiler alert near the end she ends up on a different planet and there's an alien who shows up looking like her father. So she's not going to be afraid of them. But at one point she reaches her hand out and she

touches the air and it's plasma. It's a plasma-like substance and that's what I perceive. The pearly gates are to heaven. When we go through the separation between this reality and heaven's reality, spirit's reality, we go. What I perceive is we go through a plasma wall. The first time I saw that in contact I thought, whoa, that's exactly what I see when people are transitioning to pure spirit form. You have any?

0:24:56 - Shehnaz

thoughts on that. So when I think about that, it's even like when you look at the stargate, right, and even when you're passing through the stargate, you feel like you're going through something that's living, like it's like a wormhole, right. It's like you're going through something. So, yeah, no, I mean like I think that everything, so plasma is kind of part of the matter, right, it's a matter that we don't talk about much, but when you are going from this density to any other density, whether it's a heaven, right, or whether it's another hologram it's kind of like it becomes like a. It's almost like it becomes a portal that helps you pass through from one to another right.

And if you think about, like when you watch the movie, like Wizard of the Oz, right, and even though they show her going through this right, where she's basically going from one hologram to another, and the way she goes through that, like you know, like she's falling, falling, falling, which was very much dramatized. But when you look at contact or when you look at the Stargate, it's kind of a little bit more subtle. You know, it's more like a subtle, like you're just passing through and you feel a little bit weird, but then you're on the other side. I feel like that, that passing through and that puddle kind of does depict us transitioning right From whether we go from one state to another, because to me the whole concept of death and the whole words we use, we kind of make it sound like it's end of everything, but we are just going from one story to another. That's how I feel it, or I understand it.

0:26:28 - Julie

I agree, speaking of black holes and wormholes. What are they? Speaking of black holes and wormholes? What are they?

0:26:40 - Shehnaz

So it's interesting because if you think about it, everything, like you know, know, when you look at the um, you know when your bathtub is uh like disposing the water off, like it makes that uh, you know that um, vortex right, it's basically a vortex, that ultimately the matter makes the vortex right, like you can call it a toroidal flow, you can call it a vortex when it's kind, you can call it a vortex when it's kind of being in that motion. So to me, that motion that creates a vortex, that creates a wormhole or black hole, it's a kind of a depiction of a transition of a matter. And that's why they become the portal when because you are a matter also right, we are in this matter form. So when we are changing our form, we go through a portal which also is changing the form itself. So that's why, when we become one with that, then we change the form. So when you look at the, you know, when you think of the event horizon right, where everything disappears, the matter disappears but the information is retained.

0:27:50 - Julie

Yeah, good point. I see vortices and black holes in the work that I do all the time, and I am not scientific at all and so, for instance, in healings, I see vortices all the time and I watch it turn stem cell energy into whatever body part we need Telepathically in my mind's eye. If somebody needs a new kidney, I'll watch. I'm an inventor and former manufacturer of surgical devices sold throughout the world, and it reminds me of one of the plastics molds that we used in manufacturing a blow mold, an injection mold, a jello mold, for that example and I watched this stem cell energy, which looks like a light amber colored gel, has sparkles in it because it's woo-woo. You got to have sparkles with woo-woo and it reminds me of this hair gel in the 60s and 70s, when I was a kid, called Dippity-Doo. So this stem cell energy gel stuff fills the mold that

looks like a left kidney. There's a vortex that's spinning above it and the vortex transforms the stem cell energy into a new kidney and then I'll watch the diseased kidney get removed. I'll watch the new kidney get installed into the person with whom I'm working, whether they call into my show or whether it's a client, and it's fascinating. And so all those years in surgery I'm watching a lot of those same techniques, with the plumbing getting clamped, you know, the new kidney getting installed, the plumbing getting unclamped, they're checking to see whether the plumbing is working without any leaks, and all of that. And I've seen it so many times. I see it multiple times a day when I'm working with clients.

Furthermore, the black holes I see as well. There's an exercise that I do and my graduates do, called the walk to heaven, and we do it with people who are afraid to die because they've been inundated in whatever their culture or religion is, and they have a lot of fear around it. So it's kind of like a dress rehearsal of what's happening. And we walk into the setting sun their spirit and my spirit, for example and then we walk into the setting sun and once we get into the sun, there's a black hole and, like the old-fashioned Rocketman movies, we're vertical. As soon as we reach the black hole, we go horizontal and we're pulled into the black hole like a gravitational pull. And then, when we got on the other side of it, that's where the plasma wall comes in and we are put vertical again. We walk through the plasma wall and all their loved ones are waiting for them. So, from a rocket scientist interpretation, what's that mean to you? That's what I see happen.

0:30:44 - Shehnaz

So I see that as an interdimensional travel. I see happen. So I see that as an interdimensional travel. I feel like that.

What you are explaining is the process, you know, of the travel, you know as a spirit in human body, right, because it's interesting, because you know, when you look at the ancient Egyptian paintings, right, I've seen a painting where they actually show that all of these guys, they actually have like orbs around their head right, so their head has orbs around them, and then they have this right angle, right angle, like this, and so they're walking straight and then ultimately they walk straight and then they walk on the right angle, right. So it's like they're walking like this, right, so like, and it's interesting because they can walk, they can walk on this part of the hand and then they walk on this part of the hand, which is where they do inner dimensional travel. It's that 90 degree angle. So what did this explain to me?

That's the painting that came in my head right away and what I'm saying is that it's kind of exemplifies transformation, because you know, transformation can happen inner or external, right, so you can internally transform and you still look like Julie and I can still look like Shana, but you can externally transform where you are no longer even in this reality. I mean not even in this, not even the reality, but not even in the hologram, which is the level that you are going. Because when you're going to the point where you're doing, where you are traveling at the 90 degree, then you're going through the black hole, then you're passing into the plasma membrane. You are actually pretty much dying from the physical definition of death perspective.

0:32:18 - Julie

Never thought of it that way. And then the thing that's interesting is we come back out, because it's just a dress rehearsal, so we'll come back out. We come through the plasma wall that we had gone into, and then we come to the black hole. We're vertical again, we go horizontal, but the gravitational pull is back towards this reality. And that's what happened in contact, too, isn't it? That she went through the black hole to get there and then when she came back, it was like the reverse gravitational pull to get her back to Earth.

0:32:52 - Shehnaz

It was definitely very similar and the very fact that in that particular, you know, in the contact, the way they kept the whole thing so open, is that we were not sure, because she was sitting inside the spacecraft, right.

And then she felt that she physically went somewhere, right. But based on everything that I know today that the possibility is very high that she perceived everything after that. You see my point, because she was in the spacecraft the whole time. But she did experience all that, which is why they get the two hour static in the end, right. So it wasn't, the experience was still real. But whether she physically went somewhere or not, that part is almost not needed because you know, at the end of the day, she experienced it right. So, wherever you are, you can experience that I am going to Mars and I'm coming back. You see, because at the end of the day, that experience requires all the different attributes right your memory, your belief, your perception. So whether you are moving and going into a place or whether the place is coming to you, that almost becomes irrelevant.

0:33:59 - Julie

Is that what non-local reality is too, that we can be in different places with our body here, in our wherever we are here on earth. But we can. I do this all the time non-local reality. And I especially when I'm scanning somebody's house that's buying a new house and before they have the inspector come, you know I'll scan their house and I'll say, okay, you got rotting in the upper, even the back corner of the left corner of the back kitchen area and stuff like that, and you got mold in this wall and you got electrical issues in this situation. So the buyer hands a list to the inspector, or their real estate agent does, and the inspector's going how in the name of God does this person know this stuff? Well, it's because we scan their house so I can be non-local in their house. I do that all the time with people's bodies. I'm like a human MRI, so I do non-local reality to see inside their bodies, see broken bones, torn ligaments, cancer, whatever. So that's what's going on with the non-local reality as well.

0:35:08 - Shehnaz

I think that that's an interesting thing, that you're using the word non-local reality, and I would say that, yeah, it is even connected with the whole remote viewing concept of things, right.

0:35:17 - Anncr

Right, yeah.

0:35:17 - Shehnaz

Because, if you think about it, it's kind of connected with what you're saying, right? Yeah, technically, remote viewing requires you not to be there, but you're able to see the details. Like you know, they actually did the experiment with one of the Russian psychic who was able to read the number off of the International Space Station, and then they compared the data. So there has been like really factual proof on the remote viewing working which blows people's mind away, right? So, yes, I actually, I actually believe that, like you know, I always have this vision where, whether you are let's say you are you have a rented RV, right, and you're driving the vehicle on the road, right.

So now you're driving the vehicle and you have this view passing by the window, right, you're seeing different trees and everything passing by. So your vehicle is moving and you see everything passing by. That is a one way of living, right? The other way of living is you live in a house, which means you are not moving, like RV is moving, but then everything else, like everything else is moving, like the whole thing about the motion. I'm basically always intrigued about whether you move yourself, right, or everything else moves around you.

0:36:25 - Julie

At the end of the day, it's going to be hard to distinguish the truth, like if you're sitting in your house and there's a storm and things are blowing around the house, but you're stationary in the house. Is that what you're?

0:36:37 - Shehnaz

alluding to yeah, and what I'm actually talking about to the extent is that you are, yeah, you. So it's like whether you are static and everything else is dynamic around you, or whether you are dynamic and everything else is dynamic around you, or whether you are dynamic and everything else is static around you. I'm saying that, the way we perceive reality, we are not able to distinguish between the two sometimes.

0:36:57 - Julie

Well, and you're right on the remote viewing, non-local reality. Same thing, same thing. Okay, to me it's the same thing, because I do it all day. Every day, when I'm talking with clients and I'm connected into them, or if I'm connected with a deceased loved one's spirit in heaven and they're showing me stuff, they're showing me a scene of perhaps when my client was little, and I'll describe it. I'll say, yeah, that happened and it was at the beach in Redondo Beach in California and I was four. I mean, I can describe it. So I'm seeing things in the past, but I'm seeing them in present time. But I'm connected to somebody in a different reality and to somebody energetically in this reality on the other side of the country.

0:37:43 - Shehnaz

Right. So see, you are traversing space and time.

0:37:46 - Julie

Yeah, yeah, never thought of it that way before Fascinating. Okay, let's back up for a minute. Back to the pyramids. Who do you think built the pyramids? It was built by.

0:38:03 - Shehnaz

you know, you call it advanced being. I actually sometimes say us in the future right, because there are so many versions of that, because we're all one, right, depending on what from one perspective, we're all one, it doesn't matter. You know, we are just like all trapped in a time capsule and having to make sense out of things with the based on the limited data, and we all name it and label it differently, and then we'd get confused and then we think that we have no clue, but it's all the same. So short answer is that it was made by beings that were more advanced in consciousness than we are and what happened to them.

0:38:43 - Julie

they just came and built it and then left, because they were building a communication portal on Earth, and then they went back to from where they, from whence they came.

0:38:54 - Shehnaz

It's not like that they went back. It's more like that we are in this dense reality so we're not able to access them. They actually exist and we all, you know we're all existing all at the same time Right, but we're not able to interact with them because we're so bogged down. We're so bogged down by this dense reality and the commotion and the distraction and the constant blame game. Right, so we are. We are the one we're actually missing out on accessing them, partly because we haven't raised our vibration frequency to access.

And some of us I'm sure that you are, you know you're able to access it, which is why you're helping people, sure that you are. You know you're able to access it, which is why you're helping people at the level. And for me, like my entire star family is always on the sky waiting for me, and at night, I just enjoy them a lot because you know I could just interact with them.

But the point I'm saying is that these beings are here and you can call them ascended master or you can call them alien, or you can call them ascended master, or you can call them alien, or you can call them. You know there are so many names, but at the end of the day, everybody's seeking to understand consciousness and we are all at a different level of where we are right. So that's why our hologram looks different, and I think that if you want to interplay with these beings, then we can live in that world, right, and we can create that opportunity for us to live in that world, more so than the world that keeps us, you know, distracted by our body pain, you see, and that is the choice. That's what it comes back to.

The power we seek is the power within, is that we need to give ourselves a permission to start doing things that we haven't done. We always have created a lot of wall between us and everything else that we find magical or we are curious about it. Right, and what I'm saying is why can't you give yourself a permission to start interacting with everything that you are curious about? And once we do that, we will be able to see the way that Egypt used to be, because when I went to Egypt in 2019, I would get this flashback of Egypt looking all like like it's almost like you're going from black and white movie to color movie, right, like I would see it, and I was like, wow, like I felt that I was there and I believe that the only reason I got that snapshot is because I gave myself the permission to even experience that.

0:41:05 - Julie

All right, you can't just drop the tease of at night. I interact with my star family without telling us more about that. Who's your star family? How do you interact with them, and are they helping you design? What is it? The artemis project at nasa? Is that the mars project? What's the art? Is that the one that you're working on right?

0:41:27 - Shehnaz

now, artemis program is all about going to the moon, and the Mars project is a special project that we are, um, yeah, so that's. That's a whole different story, but it's all about, um, you know, similar, similar methodology. My star beings actually helped me make sense out of my life and my role on earth right now, in this time capsule, because it's no matter where you are in your level of consciousness, we all feel alone at times, right, especially physically. We feel very alone because we all are at different level of evolution and it's very hard for one human to understand you when they are kind of bogged down by their physical reality. So sometimes I say that we're all kind of in our own movie and we're all wanting to make sure that we can pass this hunger game.

I think what my Star Beings does is that at night, like the sky, like it's like I have never noticed my sky getting so much loaded with so much stars and so much happening, like even the motion. There was one time, oh my god, it completely freaked me out, because I was looking at the moon and I saw this whole halo around it and everything, and then I saw the moon completely moving right in front of my eyes, like it just got moving, like to the point where I was like this, is this happening? Am I, am, I, am I? Like like dreaming so, like a lot of time, like when you give yourself yourself permission to let the sky show you what's really going on on Earth. It will.

0:42:52 - Julie

Interesting. Okay, we could do a whole show on all of that, but let's get back to another topic that I want to do a deep dive with you about, and that's quantum physics. Quantum physics seems complicated to most mere mortals like me, you know. I mean, I know a little bit on the surface, I know I'm doing it, but I don't understand how it works. And I don't need to understand, but I think it's fascinating. So can you please explain that area of science to us in an easily understandable way to the non-scientific mind, and how does that relate to spirituality?

0:43:48 - Shehnaz

in quantum physics which I'm not then they have to learn and understand a lot of equation, and all that because it's very like, you know, when the science takes anything, the scientist takes anything, they just go into the math and equation and then it's almost like they go into that rabbit hole, which is a very different rabbit hole. In my case, when I understood the quantum physics, when I was researching it almost five years ago, I was like when I stumbled onto the double slit experiment right as soon as I started understanding what that was and people can type that on a Google and learn all about it. But what the experiment proved is that when they were because they were wanting to understand what electron is, in the process of understanding it they were performing the experiment where we would pass, you know like whether. So let's say, they were passing the light through the plate in order to see what the electron will behave like, and they noticed that every time they would want to look at the electron, just by virtue of they wanting to look at it, the electron would act like a particle. Whenever they were not looking at the electron, it would act like a wave.

So the conclusion of that experiment was that and whether it was the human consciousness or whether it was a cat, or even if it was an instrument. So what they noticed was that anytime an introduced a variable in the equation, the result gets affected by that. So what it explains is that observation affects momentum in a very simple way. If you want to explain anybody a quantum physics, you can say that when you look at anything, then what you look at changes, keep going Right. So that defines you what quantum physics is. And when you add the very fact that, the fact that your observation affects the momentum, then that explains that why helicopter mom are not helping children grow because, because their attachment to what they need to be affects their expansion the child's expansion

0:45:53 - Julie

yeah so say that again slowly whatever we focus our attention on, we basically join molecules with that thing. Is that what I we?

0:46:06 - Shehnaz

affect what we are looking at. Yes, so that's where our intention can always affect our experiences. So that's why intention becomes so powerful. So knowing double-slit experiment and knowing the electron behaves differently because of your looking at it gives you this permission that your intention can be extremely powerful in your manifestation.

0:46:30 - Julie

So that goes back to the thoughts create our reality. Yeah, is that what quantum entanglement is?

0:46:38 - Shehnaz

So quantum entanglement means that the two particles are entangled to the extent when you affect one particle, the other one will feel it. So it happens with twins, right? It happens with mother and child, especially when we're breastfeeding, because you know, like I would, I would know when my son was hungry and my breast would start spitting out milk, right? That's quantum entanglement. So that's a great example of quantum entanglement. Is that, like you know and we, technically, based on the human design, actually every one of us, I mean, that is what the whole human design is based on is that when the Big Bang occurred? Because, you know, we are all created off that Big Bang, so we are all at one point, because we're all one, right, we're all one depending on what level you look at us, right? Whether it's a cube in your hand and you are creating a shadow on the floor, right? So if you look at the level where we are all one, that perspective shows that we are all quantum entangled.

0:47:41 - Julie

Okay, how about quantum coherence?

0:47:45 - Shehnaz

So quantum coherence basically implies that it's kind of like there's an alignment, like it's more like that. It's like a laser, right? Laser is a good example of quantum coherence because it's all like it's all focusing on one place. So when you focus on one place, that's why laser works right, because it really is very powerful it can burn something right, depending on how much nanometer it's. So coherence means convergence, it means collapse, it means coming together.

0:48:15 - Julie

All right, quantum jumping.

0:48:18 - Shehnaz

Quantum jumping means that you are basically hopping reality through quantum entanglement. So you know, that's what I do when I do light body activation, right? So I'm actually getting everybody to quantum jump with me into the whole different reality where they are no longer remembering where they are.

0:48:40 - Julie

Okay, and you're raising their vibration because they're vibrating with your vibration and then that helps them jump with you as you're jumping.

0:48:49 - Shehnaz

Exactly Because I'm actually providing them that you know that source, that force, because you know it's almost like you know. It was interesting when I watched the movie Awakening the second time, I realized that how, like you know, they were showing all these people who could not, who didn't have the will of their own right, so somebody had to touch them and then they would move right. It's like that. It's like there are times you need that catalyst, right. You need somebody else to kind of like make you see something that you already have in you. And, yes, I kind of hold that energy for people.

0:49:24 - Julie

I do too, and I tell people in my classes I say, look, this is 90% transfer of energy from me to you and 10% technique, which people look at me like Scooby-Doo and they want to go. What? What does that mean? And I can't explain it. I'm just telling you it works, and so I hold the vibration really high and when someone sits in that vibration, like a metronome, it matches. So that's the entanglement thing that you were talking about. Is that correct?

0:49:57 - Shehnaz

Yes, because what you have done is that. Yes, because you're holding the space for everyone. So now we are in that moment. You're activating the quantum entanglement to the level that you can quantum jump. And when you focus on one event, let's say like, or one, you know you create a projection, because in my meditation I create a vision. What happens is that that becomes the quantum coherence, because that vision, because I actually explain more like that, you know I go into the feeling or something, but then everybody can hold that even stronger, like a laser.

0:50:32 - Julie

Okay, last one You're doing very well in your quantum spelling. Bee here, girl, giving us not only the definition, but you don't have to spell it, because most of us know how to spell these words, but I feel like you know. These are all things that I wanted just a simple explanation for, so thank you for providing this for us and for me. What's quantum consciousness?

0:50:55 - Shehnaz

Last one so quantum consciousness to me connects to the quantum being book. Right, that I wrote, because the whole idea is that we all can embody the quantum existence that we all carry at the subatomic level. Right, because we're human beings. But I say, why not be aware of the fact, the quantum nature of your embodiment in this physical reality being a very temporary aspect of you? If you can do that, then what happens is that you're not going to be so dense about everything that happens to you, and then you're going to start breathing like a multidimensional being, and that's going to open the door for you to see all these other realities. Right, and then you're going to help other, because we're quantum entangled, to open up their doors through the butterfly effect. Right, and that type of exponential change is going to bring the heaven on earth.

0:51:52 - Julie

Back to vortex, the vortex topic. What is vortex mathematics and how does it work?

0:51:59 - Shehnaz

So the vortex mathematics was actually based on my understanding, it was discovered by Tesla, Nikola Tesla, and what it does? It just shows you a little recipe for manifestation. That's what more vortex map does, because if you really look at it, it explains and it's very based on the sacred geometry right Sacred geometry of the flower of life pattern, and what it shows is that there are, like you know, when you really look at it from a binary perspective, which is the physical perspective, which is a limited perspective, but it helps you see that how everything multiplies, based on the fibonacci sequence, following a math and following a fire ratio, kind of following that sacred geometry of uh, of physical evolution, through the vortex math. So when you start seeing that beautiful geometry coming, you see that where is matter, the matter that gets manifested, and where is the matter that is hidden, under, unmanifested.

0:52:58 - Julie

Back to when I see vortices, when there's a healing happening, an energetic healing. Back to the kidney example. There have been many times over the years where I have watched in my mind's eye a new organ get manifested with stem cell energy is what I call it. It shows up on a subsequent scan at the doctor's office. The doctor's going what the heck, how does this work? And so is that what's happening with those vortices? That?

The mathematics, those equations and I know that all communication is based in mathematics is what I've heard, even spirit communication. It's a code that we decipher based on how we can understand things. But is that what's going on in those vortices that I'm seeing? And the vortices? It's interesting to me too that they correlate, they correspond with what's being generated. So a kidney is going to have a bigger vortex than, say, an inner ear bone or structure that needs to be redone. It'll have perhaps a really small or tiny vortex. When I'm watching scar tissue get removed from the brain, a new brain matter coming in, each area has its own vortex and it varies in size based on the area of the brain matter that's being generated. Does that make sense and how does that go into vortex mathematics?

0:54:30 - Shehnaz

Yeah, so like the big and small actually is kind of a perspective, partly because you have a little belief and perception of the size, right, because in the world of going from unmanifested to manifested, at the end of the day everything happens at the nano level. Right, it happens at a very small level, but the multiplication and the amount of power that you can generate, right. So maybe that's where it can come, like what you're saying about the big, because it's kind of a representation of how much energy can you right, can you put in. It's almost like as a

magician, you know you're performing a magic but it takes a toll on you and then you feel like, okay, now I need to take a rest before I can do my other magic. So, yeah, there's definitely this interplay of energy and matter and your intention, because you know, if you think about it, there are constituents that makes something happen, from unmanifested to manifested, and there are four minimum constituents. So, for example, you know you need the force, you need the force, right, to kind of, you need the will, you need that intention to kind of start to spark something. So that's the first constituent.

The second one is that now you have to, you need a movement. You need to move. So that's why, like, you make a vesica pisces. So that movement is the second constituent. And then the third one is that you have to have like, like. It has to be like, folded, it has to have a pattern. It has to be a folded, it has to have a pattern. It has to be a container that contains that which is where the shape, right Shape, of the kidney ends up becoming. And then, the last but not least, is that what action are you taking it to keep it that way? And I think that, so you know, in your practice, it seems like you're holding all these four positions to kind of make that happen, because that's the only way it can retain and contain that.

0:56:08 - Julie

Well, and I get energized when I do this. I don't get tired. I on most days, will talk to six different clients and, like today, I've talked to four. I'm talking to you and then I'm going to do my live show tonight and I have to calm down at the end of the day because my energy level is so off the chart. Because I believe it's spirit working through me and with me to help that person heal. It's not me necessarily generating it, but I agree with you, it's the attention intention of what I'm wanting to do, but I believe it's spirit working through me and with me and I'm the conduit, I'm the facilitator.

0:56:48 - Shehnaz

That is true, and the fact that you don't feel tired means that you're doing a good job in that, because a lot of time it's not easy for everyone to not get bogged down by that role, because the role is a very demanding role, right? Because when I was, like two weeks ago, I was at Austin speaking in front of hundreds of people, next Level Soul Ascension Conference, and my speech was only meant to be 90 minutes on the stage and I ended up being there for three hours because there was nonstop questions coming from the audience. And then Alex was like OK, you know what it's like, go for it. But the point is that I was completely like I had forgotten where I was, what I'm doing. Those three hours were like right, but then, of course, when I came back to my body, then I realized that I had not eaten for a long time. You know what I mean. Like then you realize because you almost you're right, you kind of become a conduit and you almost forget who you are and where you are Right.

0:57:40 - Julie

Right, what's the 369 Tesla code and why do we want to know about it?

0:57:44 - Shehnaz

So 369 is a representation of the non-physical world and it is actually the representation of the spiritual world. It is the representation of unmanifested matter. So, when you understand the 369, that's why he says that if you understand the magnificence of 369, then you will be able to, you know, create things beyond your imagination, right, which is kind of like similar to that what Tesla says. And it's because 369, when you understand that, then you are able to understand how to manifest.

0:58:19 - Julie

Beautifully said why do we incarnate?

0:58:23 - Shehnaz

So we incarnate, so we can evolve. It's all about evolution.

0:58:30 - Julie

Okay, there's many more pages of questions I can ask you another time, but what a fascinating, amazing woman you are, and I know a little bit about your history and what you went through, which is remarkable in itself. People have to read your book to listen to all of that, and I just am so delighted to have you on the show and to have you share some of your brilliance with all of us. How can people learn more about you and your work?

0:59:07 - Shehnaz

So the best way to learn about me and my work is just go to my website, which is my first name, last name so, shehnazsoni.com and that's where I pretty much put out my adventures that I do. Right now my focus is on public speaking, going to places and conferences and speaking. That's one of the things I'm doing because it's kind of the best way to meet people in person and also exchange energy away from the computer and laptops, because my other job requires me to spend a lot of time in front of a laptop. So it's kind of my way of balancing my right hemisphere and my left hemisphere.

0:59:45 - Julie

Okay, and we'll have all of that in the show notes, so we'll put that together. Alrighty, everybody, we're both sending you a lot of love from Sweet Home, Alabama, me from Birmingham, also from Huntsville. We'll see you next time. Bye, everybody.

1:00:01 - Annncr

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

1:00:16 - Disclaimer

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