

AJR Christine Lang Transcript

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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 Christine Lang with us on the show today. As a corporate lawyer, she linked her stress to mysterious symptoms and sought a holistic cure. Along the way, she reconnected with her spirit, received divine guidance and fully healed. Now she helps others do the same, and I'm excited to learn how she transforms lives. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Christine. Christine, welcome to the show. I'm so delighted you could join us today. Thanks for having me. I'm delighted to be here. How'd you go from being a corporate attorney to working with energy medicine?

0:01:41 - Christine

Not your typical career path that they tell you about in career day, no-transcript. And I said this is nuts. And I started studying. At that point looking for a cure in alternative medicine and along with studying homeopathy and energy healing and different things, I started realizing I had abilities and I learned how to do Reiki and offered friends energy treatment and I'd say, well, let me, before I offer you energy, let me go home and take off my lawyer suit and meditate, just to change channels in my brain. So I go from aggressive lawyer to peaceful healer.

And when I would do that, I would just know a sentence or a phrase or get an image about my friend and her symptom and what was happening. And at first I thought I was just making it up. And then I got up the courage and mentioned it to a friend and I said I know your back is hurting, but by chance did you argue with your husband about buying a new car? And her eyes flew open and she said how do you know that? Nobody knows that. That just happened yesterday and I realized I was getting information from somewhere. And I realized I was getting information from somewhere.

And so the second time it happened and my friend said who are you talking to? When she left, I went and sat back in my meditation chair and raised my energy up and said who am I speaking with? And my spirit said welcome home. And tears started streaming down my face. And she said this is who you came here to be Get ready. And I started sitting in meditation for three or four hours a day and she would show me here's the image you're going to see if somebody's liver's compromised. Here's how a person's energy moves when they're going into pre-diabetic. And she just started giving me a tutorial and I was just taking notes each day and that was 30 years ago and my friends got better and they told friends and I had a practice. Just strangers showed up at the door and the most organic growth possible. And that was, like I said, three decades ago.

0:03:52 - Julie

When you talk about what I'm assuming is your spirit guide, or a multitude of spirit guides coming through as one thought process in your mind or one channel of information. Does she have a name? You refer to this energy as a she. Is there a name that goes with it?

0:04:13 - Christine

It's my spirit, which I understand your spirit to be made up of roughly 80% your soul and 20% your ego mind. So your ego mind remembers the movie that scared you when you were seven and knows that you prefer blue cars to red SUVs and those sorts of things, and that combination is unique to each of us and I tend to use the pronoun of the sex that the person incarnated in. So if I was referring to your spirit, I would say she. But in truth we've all had so many incarnations and been both sexes. Our soul and our spirit doesn't really have a gender, but just for lack of confusion, I tend to use the same gender as the person, and so I used to really pressure my spirit give me a name. And she said if I give you a name, you'll identify me as something outside of you, as other, and so I prefer you think of me as an aspect of self, because that's more accurate. Interesting, yeah.

0:05:08 - Julie

Interesting way to look at it. It's been my experience too that spirits don't have a gender and they could care less whether we give them a gender, because we equate a gender with a name. Certainly Right, and they're fine with that. They're like whatever. Whatever helps you understand it easier is fine with them.

0:05:25 - Christine

Yeah, and when people ask me, of course, what's my spirit's name, they would say well, in the spirit world we don't use names. We connect with the other person and recognize them by the feel of the energy. So the name is irrelevant. They don't need it in the spirit world. So that's something we use for our benefit, but it doesn't really make as much sense to them. It doesn't something that's necessary.

0:05:46 - Julie

And then we take it a step further, which is we're all a fractal of the divine, which is source. You can call it whatever you want God, or the universe, or spirit, and then that really tends to confuse we humans, because or us humans because we're thinking, wow, wait a minute, how does that work? And it's all spirit. I call spirit, god, spirit, source, communicating through different entities, whether it be your spirit, my spirit, elvis, or whomever. It's just a way to give us a human frame of reference for what's coming in. Do you have any thoughts about that?

0:06:30 - Christine

I agree and I would say that there are different people, like yourself, like me, who channel different guides or entities so that we can represent a different perspective, so that, hopefully, everyone can find their audience right.

I'll read something in a book and go. I know I've read this three or four times before, but somehow the way this author said it, that landed for me and that just points to that filter that we all have, for we each have a filter based on our experiences growing up and our life experiences so that I might not hear something if it's said in a particular way up in our life experiences, so that I might not hear something if it's said in a particular way. So I might prefer someone who you know, somebody who's channeling the Zs, like Lee Harris, or I might prefer somebody like yourself to someone who's channeling what they may call aliens, or Abraham Hicks, or you know, everyone has preferences or say I used to love these channelings and now I'm really drawn to those, and I think that's part of us matching where we are in our own

ascension process as well, and so I think that's why different guides, different entities show up, so that it sort of covers the scope of all the different people that could be interested.

0:07:41 - Julie

That's a great explanation you just shared there, girl. You describe a profound connection with your spirit. That's what we were just talking about. Was there a moment that you knew it was real and not just your imagination?

0:07:56 - Christine

Oh, that's a great question. Yes, so when it first started, I mean I was living in the South in North Carolina and our neighbors ran a Christian Bible school on one side. Our other neighbors were very born-again Christian and my first husband used to say do not tell people what you do, do not tell people what you do. And so I was on certain days starting to doubt myself because I hadn't had a teacher. I mean not in physical form, I'd only had my spirit.

And so there was a day where I heard something very odd as a remedy for a friend and I said how do I know I'm not schizophrenic, how do I know I'm not having mental breakdowns and making stuff up and hearing voices? And my spirit said go to this bookstore, sent me to a bookstore and sent me to a particular shelf and said pull out that book. And it was Conversations with God, book one. And she said opened a page whatever it was 97, and opened up and there was a sentence she had just told me, channeled by Neal Donald Walsh. And then she said now open it to this page. And sent me to another one and then sent me to Many Lives, many Masters.

That book was on the shelf and something else that she had just told me the day before was there and I was like, okay, well, maybe there's three of us that are crazy, but at least I've got company. But it was so reassuring that this channeled information, like we were just saying, can come from different sources, so maybe it's articulated a slightly different way, but in this case it was almost verbatim and I was like there really is a greater source with this broader perspective that has commonality, and so I love when you know my students in my advanced class, five of us will get the same answer on something. It's like oh, it's so validating, right? I mean, you'd like to think as many years as you and I've been doing this, we don't need validation. No, it's always reassuring, it's always delightful to experience that, and I always say you can't make this stuff up, Exactly Right.

And the weirder it is, the more I'm like oh, that's got to be from your spare right Exactly.

0:10:00 - Julie

And when you get that kind of validation too and you think, okay, wait a minute, I can't make this stuff up, how does your law school training and experience as a lawyer help you in the work that you do now?

0:10:19 - Christine

You know, I chuckle at myself because at times I go after people's spirits like they're on the witness stand and I'm cross-examining them Like somebody. Will you know? And I always teach your spirit is never testing you. God isn't testing you, they're collaborating with you. You just sometimes don't understand the lesson you're working on.

And so when somebody, like I had a client last week show up with just really painful symptoms and she's really been doing her work and she's like I just don't get it, and I did kind of go after her spirit like the litigator, like isn't it true that she's doing her work? Why is she still having this symptom? Blah, blah, blah. And all of a sudden I'm advocating on her behalf and her spirit said if you will take a breath, I will explain. So, blame. So I'm like there's my spiritual humility getting kicked into gear. Okay, yes, ma'am, thank you, I get it Right and and so that that. But I think the

more accurate answer is my quest for answers for myself and for other people has been this theme throughout my life and I realized as a lawyer I can get people some answers, but what I do now is like the really important answers that you can get for people.

0:11:26 - Julie

Well, and your inquisitiveness is really what leads you to help those people find those answers. And certainly you were drilled on being inquisitive, not only when you had somebody on the witness stand, but certainly in their research that you were doing on prior cases and things like that and specificity of language too.

0:11:52 - Christine

I would say. I haven't actually talked to anybody about this before, but now that I'm thinking about it, yeah, when people will say well, ask my spirit if I'm gonna be okay, I can tell you already. The answer is yes, because your spirit's mine. You're already okay, right? So let's be more specific and really get to the bottom of what you're really seeking there. So I think that that articulation and specificity of language training helped me as well.

0:12:13 - Julie

Well, and I have found that spirits are very literal. Yes, and how the information comes in, how helpful it's going to be, is always going to be predicated on how we ask a question and certainly as a lawyer, you know that perspective is determined by how you ask the question number two and how you phrase what's around that question.

0:12:40 - Christine

Yes, yes, and all the qualifiers that you put in there. Absolutely yes, yes and all the qualifiers that you put in there.

0:12:45 - Julie

Absolutely yeah. It's so important for us to be able to be succinct and concise and specific in the information that we're conveying to spirit in the form of questions and also statements. Why do you think that is? What's that all about?

0:13:06 - Christine

I would my way of answering your question. I hope answers it, but I would say, if we back it up, even before that I would say what happens is we take things out of context in that we make them mean something they didn't mean. So you know, I'm looking forward to going to this concert and then I, you know, get a cold and I make it mean that my spirit didn't care enough about me to protect me from that germ. And then, you know, we make it mean something that it doesn't. Or, you know, a person doesn't call me back when they say they will, and I make it mean that I'm unimportant to them.

And I think so much of our suffering comes from what we make something mean and in that way we distort the context. And then our question is based on our assumption that we are stating as a fact which that guy did to you in the witness stand, right, here's the fact. And you're like, actually, no, here's the distortion, right. And I think that's the part where we can get our spirits help, where sometimes a client will ask me in a private session or a workshop like, okay, well, why did this happen? Because and they use general terms everything went to you know heck of a handbasket, or everything did this, or this guy was rude to me. And then, a lot of times, to your point about being literal, her spirit will say what is the phrase that you thought was rude? And they'll say actually, here's what we remember being said, but here's how you heard it, given the context of how your dad used to talk to you, right here's the distortion and when we learn oh, here's my distortion, here's the lens I see things through.

Right, I had a client yesterday and her spirit said well, you think you're out there dating and trying to meet people, but your energy basically says prove to me, you're worth the hassle you're going to be. And very few men want to try to push past that, past that. And she said, oh, my God, I think I am saying that because she got the message growing up that men were going to disappoint. Men were going to disappoint, they were going to be a hassle, they were going to be hard.

All of her aunts, all of the people in her life, had told her that, and so recognizing that her conscious mind says one thing but her subconscious, which is generating so much of her energy field, is putting out another, helps. So our spirit's like look at the distortion between what you say you want and how you are behaving, and then how your energy is behaving. So I think that literalness is helpful, when our spirit can say here's what your conscious mind is trying to create with your affirmations or your vision board or whatever, but here's what's actually going on, and sort of running the show energetically and therefore running your life experience.

0:15:53 - Julie

So I think that literalness helps in that way. Right, wow, great point. How do we know whether something's a distortion or the truth? Is there an easy way for those who haven't studied any woo-woo yet that they can say oh man, that's me distorting how this is coming in, versus no, this is really what the spirit communication is, or this thought is really.

0:16:14 - Christine

The first thing I would probably do is write down the facts that have occurred, like so, if it's say it's around dating or say it's around trying to get a job, right, I have been on and people will say to me, well, I've tried everything and I'm like that's obviously not a sentence that's going to cut it. So let's say, I've been on 16 job board sites and I've been on nine interviews and I've had this write just the facts. And then in the column next to it what did I make those things mean? What have I decided based on that? And that column is where you look for your distortion. And usually, as soon as people can list something like that out the distortion's apparent right they're like oh yeah, that doesn't necessarily mean that right.

0:16:57 - Julie

So what percentage of the thoughts that we think are distorted in a normal?

0:17:03 - Christine

day? Oh, probably 75%, because scientists or psychologists say that we repeat the same. What is it like? 100, 120 statements every day in our head? Because they're statements about how we think the universe works, how fair life is, how our body works, how desirable we are, how much we're too much, too little, all those sorts of things.

And I always say we're building an evidence pile. So your ego has these theories and then you're building an evidence pile. Ooh, that boost is an evidence pile for how I'm too much, and this is something that's a piece of evidence for how I always fail when I diet, and this is a piece of it. And so we collect all that and we build these piles.

And I think it's why gratitude journals can be powerful, because there's nothing that is programming our mind to notice what went right. Right, we're collecting this data of things that are bad or going wrong or aren't in our favor or make our life hard, but there's nothing counterbalancing it. So each year that we age, those lists and evidence piles get bigger and bigger. There's nothing counterbalancing it. And when we start keeping some version of a journal that says here's how the universe showed up for me, here's how things are always working out for me. Here's stuff I'm excited about, grateful for it starts balancing out and it

actually gets harder to see the evidence of all those negative things to see the evidence of all those negative things.

0:18:30 - Julie

Are we creating that evidence with our thoughts? Because of the energy that's connected around our thoughts, Do we attract what we think about and then that makes those evidence piles, as you call them. Yeah.

0:18:41 - Christine

I think we both magnetize it to ourselves, right when the people call it thoughts creating right. We both magnetize it to ourselves, right when the people call it thoughts creating right. We're magnetizing it to ourselves, and stuff that isn't even being pulled towards us we're noticing right. If you think everybody litters and people are awful about that, then if you are driving down the freeway you will see the scrap of paper and the soda can that somebody threw out of their car and I might not, because I don't have that thought, so it's not on my radar to look for. So are you magnetizing that soda can on the side of the road? No, but you are noticing it. So I think both things are at play. You are magnetizing events and experiences to yourself and you are noticing anything that backs up those negative theories that you hold.

0:19:27 - Julie

Isn't that called a reticular activating center or something in our brain? Yeah, it's called confirmation bias also right.

0:19:34 - Christine

There's lots of different ways that people describe that, but when we can acknowledge that those things are big creators of our experience, it can motivate us to go. If I want to feel different, I got to create differently and I got to notice differently. So let me work on the parts of my noticing and my theories about life and fairness and romance and health to upgrade those.

0:19:58 - Julie

My husband Tim. There's a four-way stop coming out of our section of our neighborhood and he always has people that run that stop sign. I mean it's crazy, but he expects it. I never, when I'm driving, ever have anybody do that because I'm not thinking about it. So I told him. I said, honey, you just got to change your expectations. If your expectation is that somebody's going to run the stop sign, you're going to see that. Yeah, I mean, if your expectation is that everybody's going to stop, like they're supposed to, that's what you're going to get.

So I've said that to him for so many years. So I said just give it a try and see what happens. Well, guess what? I asked him and about six weeks went by and I said well, have you had anybody run the stop sign since you changed how you're thinking about it? And he said no. I said, well, there you go, see you're, you're, you're proven that, that this really works, yeah, and our thoughts create our realities. And and I think you bring up a really good point too, Christine, which is most of the time we're not even aware we're thinking it. Oh, yeah, yeah, it's just autopilot. If I eat this donut, boy, I might gain five pounds and my butt's going to get bigger.

0:21:19 - Christine

And we break the laws of physics because we do right. You eat one donut and you gain five pounds, which shouldn't even be able to happen, and yet we will manifest that on the scale as a way of punishing ourselves.

0:21:29 - Julie

Well, it's because you're retaining so much water, because you're having an allergic reaction to all that wheat and sugar. This is what's happening with that. Furthermore, why are we hardwired for fear? Why do negative thoughts come in more often than positive thoughts? I do

think it's something that we can train our brains to do, but why are we taught that? Or is it something that you think we're just hardwired for?

0:21:57 - Christine

My understanding from my guides is that when we choose to incarnate and come here, our soul is given an ego mind which is like a blank hard drive, and then you say well, what country do you want to be in? What socioeconomic status? Choose the things that are going to be basically the script for this lifetime, and so part of why we choose our parents is the beliefs and the fears and the things they're going to give us. And that ego mind is like the blank hard drive that's going to compile that information. And I think the ego mind works great to keep us safe from physical harm. If you touch the hot burner, you burn your finger. Don't touch the hot burner anymore. It's one plus one equals two. It's very straightforward.

When your ego mind tries to protect you from emotional pain, it becomes one plus one equals a tangerine right.

It doesn't make any sense because you know I'll raise my hand in fifth grade and give an answer to a math problem and a kid chuckles behind me and I think I'm bad at math, right.

None of that added up, but that's the conclusion my ego mind drew, which just like don't volunteer in class anymore, you'll get made fun of, you'll get laughed at, and so that leads to what we were talking about earlier. There's where your distortion lens begins getting developed right, and so I think how we come up with these negative thoughts and these negative beliefs that are inaccurate is because our ego is trying to protect us from emotional pain that we have felt in the past, and it's doing its best, but it's woefully inadequate. It's very capable of the physical harms, because those are so straightforward, but the mental and emotional it's really tricky stuff, and especially when you're talking about a child's mind, right, if you're seven years old and you witness your parents fighting and it's because you just asked your mom for dinner, and now you have this association with being too needy or something like that. Those are done so long ago and those conclusions drawn so long ago. It takes a real effort to flush those up and realize how they're driving your current relationships.

0:24:00 - Julie

Which what I'm hearing is that we come in and then we learn the negative thought patterns, and I'm thinking of babies when they're born, and babies, toddlers even. They're happy all the time, unless they're hungry or they need to be changed, or they're tired Right or they're in pain. I mean their natural senses, their natural personality, is joy. Yes, babies are. So we're taught that children learn. What they're taught is a lyric from a song that is coming into my head. Children are taught to be whatever when it's negative. So how do we get out of that spiral of negative thoughts?

0:24:51 - Christine

Well, one of the first things that I would want to do is to try to flush up some of my biases that I think are really getting in my way, and so pick a topic that you're frustrated about your career or your romantic relationship or your current relationship with your partner, and how you fight about the same six dumb things, or whatever that is and pick your topic and then answer some questions with the first thing that comes to your mind that you're afraid is true, not the A answer of like, oh, it's all perfect, and blah, blah, blah. I don't want the A answer. So when I do these kind of rapid fire subconscious quizzes for my clients, let's say if it's in the subject of work or finances, I would ask questions like in order to make more money, I will have to blank, and the things that people write down they go oh, I'm like yeah, that's your truth. The thing that makes you groan as you write it, that's the bias to get rid of.

0:25:48 - Julie

What are some of the answers you've gotten? I'd have to work harder. I'd have to get a different job.

0:25:53 - Christine

I'll have to work harder, I'll have to sell my soul, I'll have to betray my values, I will have to suck up to my boss, even though he's a jerk, you know. They're all things that feel out of alignment with their own integrity. So what they're saying is I won't be able to make more money and stay aligned with my core values, so that's why they're not making more money. They've chosen their core values, which is a great choice, but it's poking holes in that assumption because it's not accurate, right? But somewhere along the way that and it could be a comment your dad made at the dinner table when you were nine years old, right?

0:26:31 - Julie

So where do they go once they've identified those beliefs like what you just mentioned?

0:26:41 - Christine

for somebody who wants to make more money. What do they do then? When they've identified the belief, I always say sit with it for 24 hours and let your spirit bring you where that came from. I always say sit with it for 24 hours and let your spirit bring you where that came from. And people say I'll be driving down the road and all of a sudden I'll see that time Aunt Lucy sitting at the dining room table saying that to my dad right, and they're like I can't believe it.

It always works Like I get it. I get the thing come up, or they get it in a dream, or they get it in the shower. But their spirit will start offering them these little vignettes, these little movie clips. Oh, here's how that got formed. And then you decide do I still believe it? I write it down. Okay, here's the thought I have now. Do I still believe it? And then the answer is usually no and it's like okay, what do I think not should be true, but what do I think is most likely true? Right, and from there it just starts disintegrating that energetic block that was based on an inaccurate assumption you've been carrying around for a long time.

0:27:43 - Julie

And then do you find that your clients' lives change in more advantageous ways and they attract, or they're able to manifest things that they want, once they identify where those distortions are with their thoughts.

0:28:00 - Christine

Usually, within six months to a year, the people find their partner double their income, do those sorts of things because now they're clearing the path and what they're experiencing actually aligns with who they are now. Because when we have those blocks and we're not finding the right partner and we're dating the same guy over and over again or we're in the same job and feel like we're in a rut and we have hit this glass ceiling, those sorts of things are basically saying I'm still living like the person I was a year ago, five years ago, whatever that might be, and it just lets us know that some part of it is out of sync. Part out of sync. Part of you has, you know, been on this path. If somebody's listening to your show, they're on their path, they're healing, they're doing their own self-healing, but there's something that is still the old version of them that is blocking them living, a full manifestation of who they are now.

0:28:50 - Julie

Interesting, did you? When you first started communicating with your spirit? Did you ever think that you really had lost your mind? I mean, did you question your sanity? Or did your friends even paid off your law school loans yet? And you're doing this right?

0:29:19 - Christine

Maybe stay being a lawyer until you've at least paid off those loans. And yet it was just so compelling to you know, when I would hear something, when I was sitting in front of a friend or a stranger, I would question and think, oh my gosh, I don't know if I should say this because it sounds so off the wall. No-transcript saw last week, right. But our spirits know and they're having, as you know, instant communication as soon as we're connected with somebody.

And so I came to rely on their wisdom, their accuracy, and I always said if something feels wrong, it's because I've heard one word wrong and I'm off on a tangent and just stop me and say I don't even have a canary right, just get me back on track. But in general it's the error. If there's an error is me, you know, not hearing a word correctly. But I so trust that information from the spirit world because nobody has your back like your spirit. Your spirit is, you know, advocating for you and wants to collaborate, is advocating for you and wants to collaborate, and that's why I wrote the book, because I always joke and say I want to put myself out of business, because everybody can channel their spirit for themselves and they don't need me anymore, and being able to get that information from your spirit is just the ultimate empowerment.

0:30:51 - Julie

Did you use that guidance in the courtroom while you were still practicing?

0:30:55 - Christine

No, and I was a corporate real estate so I wasn't even a litigator. But once my abilities showed up, I was able to walk away pretty quickly and it was such a clear division for me of getting To me. It was such an honor to be a part of somebody's aha moments every day. It's like no wall job is going to compare to that, to be able to have that experience each day.

0:31:23 - Julie

Do you have clients now that utilize that spirit communication in their businesses. Oh yeah, you know, in their romantic lives and their family lives and their personal lives, not just related with health.

0:31:38 - Christine

Yeah, I would say most people come to see me for their first session because of chronic physical symptoms. They can't figure it out Is there a message here? What's going on? And then they stay with me for over the years because they want that guidance on their relationships and on their career. And you know I love I have a fair amount of CEOs in my practice and I love some of my consultants trying to land you know, a huge. I had a woman trying to land a multi-million dollar contract like 60 million for a hospital project. She's an architectural firm and her spirit said I know you think you're going to meet with these five guys, but the guy sitting at the head of the table is not who you're trying to impress. It's the woman sitting to his left. She's actually the CFO who's going to make the decision. And here are the two phrases she's waiting to hear. She worked those into her talk. She got the job.

She was like I want a session every month. I don't have that kind of opening anymore, but we worked together regularly so that she could take her place, and I have several women who were in very male-dominated fields, and helping them just immediately scale the ladder in a way that seemed supernatural was just delightful for me to play with and have fun with and getting your spirits inside. You know, tips like that is just so valuable that I don't even work with her anymore because she's learned to channel her spirit for herself. Yeah, and I have thousands of clients who now don't need me because they just do it for themselves. But to have that kind of accuracy and specificity really lets you know okay, this is my spirit. Know, okay, this is my spirit right?

0:33:14 - Julie

What do you say to people who say, well, community gain with spirit shouldn't be used for monetary gain or something along those lines. It just needs to be used to develop one's spiritual connection to God. Have you had that question posed to you ever over?

0:33:36 - Christine

the years, not in decades, but I will say what I would say is that your soul incarnates here to experience being a creator, and the deal, as I understand it, is both your soul gets to create and your ego self gets to create. So you know, your soul creates things that are what we might think of as karma or destiny. Like you choose, you know who you're going to marry your most significant high school teacher, that person that really convinces you to pivot your career and go to law school. And you know these really powerful connections in our life are usually chosen by our soul, either before we incarnate or once we're here, and that might be 60% of what gets chosen and created. And then the other let's say 40% is yourself.

Your conscious mind, your ego mind gets to say I want to create, that we get to live in this really cool neighborhood and so I'm just going to start creating. That a house comes on the market and, sure enough, one does, so both aspects of ourselves get to experience being a creator. So if your spirit isn't helping you create what your ego creates, it seems like we're on two different teams, right? So I think that part of why your spirit's like sure, let's do that, it's because it's also proving to you the abundant nature of the universe, and our spirits love to help us see big truths right and so Abundance is abundance period In every aspect of your life, and people that say, well, that's not what that's intended for.

0:35:04 - Julie

To help you, you know, increase your revenue for your company, or in order for you to have a bigger salary or whatever. Then I would use your term and I'd say, oh, where's that distortion in your thinking coming from? Exactly, exactly. Were you taught as a child the saying well, the filthy rich, or something that connotes that if there's somebody that is wealthy, that they're not necessarily a good person? You?

0:35:36 - Christine

know where does that come from. I would probably answer and say well, there are lots of people around you modeling scarcity. You're welcome for being one of the people that models abundance for you.

0:35:44 - Julie

Yeah Well, and sometimes it's the wealthy people that do the most good in the world, because they have the money to do it. Yeah, and they're philanthropists, so, yeah, interesting. How does your family feel about what you do now?

0:35:59 - Christine

Now, they're much more supportive. They're less confused. Each of them, over the years, I've had some injury or ailment that I've been able to help them with. So, yeah, now my parents get it. Now my mom will call and say, okay, most recently she called and said I fell and my wrist is really hurting, and I'm like you're right, Wanda. She said, mom, you broke it. She say, okay, I you know. Most recently she called and said I fell and my wrist is really hurting, and I'm like you're right. Why don't you say, mom, you broke it? She goes no, I didn't, it's just a tiny bit sore. I'm like mom, I can see it from here. My spirit is showing me. A hairline fracture Tested her for about four hours. My dad finally took her to urgent care and they I didn't do it, I was just reporting what was there. I'm just a roving reporter.

0:36:37 - Julie

Yeah Well, and that was the same with my family too. They all thought I was nuts until I nailed stuff. And when they started thinking maybe there's more to the equation than meets the eye here and I love to tell this story about my older brother, Jay, who was one of the last ones to believe, and he called me one time and a friend of his was in surgery. He said, okay, do your thing. And I did, perform on demand. Yeah, really, and I did, and it was accurate and he, you know, believed it from there on in. Do stressed and unhealed emotions speak through the body?

0:37:18 - Christine

Yes, that sounds dope.

So I would say that when we have what we might call a weak area of the body oh, when I'm stressed, my back goes out.

Oh, when I'm stressed, I get migraines A lot of times where we store stress in the body has to do with how we internalize it, in our earlier language, the story we make up about it.

So if a boss walks into the office and yells about last month's quarterly earnings being down and you get a stomach ache and the person sitting next to you gets a headache and the guy over there has his low back go out, same stressor, but it got internalized by each person differently. One person said, oh my gosh, I probably failed. The other person said that guy's a jerk, he shouldn't be allowed to talk to us that way, right? So how we internalize that stressor impacts where we store it in the body, and then we will develop over time these weak areas because of how we keep internalizing stress, what we make it mean about us, what we make it mean about the world, how fair life is. And so when we have chronic areas of symptoms in the body, the body can be like a roadmap and sort of tell us certain areas that we internalize stress because it points us towards certain beliefs we might have or fears we might have.

0:38:34 - Julie

Can you expand on that some? The guy comes, the boss comes in the office, he's on a rampage and the woman gets a migraine from it. She's storing stress in her brain. Why is she storing stress in her head let's say her head instead of her brain and how does she eliminate that practice that she's obviously not even cognizant of? How does she get rid?

0:39:02 - Christine

of that. So when we one of the primary causes of headaches and migraines in particular there's hormonal causes, of course, but if we pull those aside, would be this feeling of being disempowered, this feeling of being disempowered. And so when she feels disempowered, like, oh my God, I might get fired. I have no control over this. I don't even work in the sales department. Why is this happening to me? That kind of overwhelm? Her body's likely to respond with a headache.

And the person who gets a stomach ache?

We store a lot of stress in the stomach area that relates to ourselves, how we see ourselves and how we think other people see us.

So the person sitting next to you who got the stomach ache here's the boss ranting and says, oh my God, I bet he's talking about me, I bet he thinks I'm the weakest link, I bet I'm going to be the first one fired, right. And so, because it's related to their own performance and the repercussions landing on them, they get the tight stomach and so that and the guy who has his low back go out. That is also a place of disempowerment, that low back area, and so he could feel like, oh, people always pick on me and it's not fair and it's too. You know the setup is

wrong. We there's no way we could meet those sales numbers. So the the way that and somebody else could break out in highs, right, cause they just Because they're feeling like the whole world is unsafe or whatever the manifestation is for them, and so each person who has a physical symptom, it lets them know how they're relating to an upsetting event, right.

0:40:29 - Julie

And that's the commonality that you see. Somebody that's internalizing it as oh my gosh, it's all my fault, I can never do anything right. Those types of thought patterns are going to show up in multiple people as stomach problems. Am I hearing that correctly? Yes, and somebody else that has another interpretation those people that are absorbing that information it's going to present as a headache. Right, You're seeing the commonalities in those interpretations. Is what I'm hearing. Am I getting that right?

0:41:01 - Christine

Yeah, and Louise Hay was probably the first person to really make all those connections. And in the back of my book is an appendix that has sort of my own version of the Louise Hay book where I describe the common things that I see and what those stressors tend to mean. You know, okay, if you have, you know, throat issues and you lose your voice every time you get a cold or you're constantly clearing your throat or you have, you know, teeth and gum issues, then there's questions in there you can ask your spirit or ask yourself of like okay, how am I afraid to speak my truth? What are the repercussions I think happen when I do speak my truth, and ways to sort of flush out what do you do about that? Right, you can say, okay, clearly, this is where I store stress, because my throat's my weak spot. But what does that mean and what do I do about it? And the book is meant to help you go through that.

0:41:51 - Julie

I've noticed too, especially in women with female types of cancers. The personality profile that I see is they're really good at taking care of everybody else, not good at receiving and we'll talk about when you get that diagnosis. It's almost like you're forced to receive help from your medical providers, from your family, from your circle of friends or whomever, and sometimes that spirit, just who's been knocking on the door for a long time going you know, hey, you might want to do this for yourself and you're saying, yeah, yeah, but I'm too busy.

I got to take care of Uncle Harvey. And then, hey, you know, you may want to go do this, you may want to go take a spa day or something, just to get some relaxation. No, I got to take care of my elderly mom and all of that. And then it comes to the point where there's some kind of a disease or illness that manifests and your spirit's screaming. At this point, hey, pay attention to this. And the ailment really makes them pay attention to it.

0:43:03 - Christine

I agree, and I think that sometimes our spirits are trying to say to us through these serious illnesses you didn't incarnate here just to be the gas pump that just gives gas to everybody all day long, right, that's just a fueling station for everyone else. That's not a life well lived, right? But so many people, especially growing up, that they were praised and conditioned to be the caregiver, to be the problem solver, to be the rescuer. That's where they think their value lies. And then they don't know how to not be doing that. And there's always people around them, of course, who need more, who need saving or rescuing or taking care of or whatever, because they're attracting that.

And it does become a hard cycle to break. But when you get that diagnosis of cancer or some other very scary illness, that fear becomes so large. I think cancer is largely a study in fear and how we work with it and how we work through it. That fear trumps your fear of being rejected because you aren't handy enough, because you aren't helpful enough. So that you know, and you're right, that is never your spirit's go-to first thing, it's never your body's first thing, right,

and by the time you're getting a serious illness, your spirit and your body have both been talking to you for a long time, and it doesn't mean it's your fault and you should blame yourself. It just means there are a lot of layers there to work through to allow yourself to be nourished like you've been nourishing everybody else.

0:44:30 - Julie

Can you please walk us through a session, just obviously a synopsis of somebody comes to you with shoulder pain Okay, and give us an idea of what they can expect, let's say in the first consult and then in subsequent consults.

0:44:50 - Christine

So in the first session I usually say to people what are your priorities? Because it can take months to get in with me. So by the time they show up for their session they might say forget everything I wrote on my client intake. I had a fight with my husband and that's all I want to talk about. Right? But in general, if we start with the physical symptom, I say I want to ask when did it start? And what was happening in your life at the time that you know is stressful, even if it doesn't seem to relate to that at all?

Just tell me what was going on and as the person is talking, their spirit will point. If there's a word or a phrase that I'm supposed to zero in on, or sometimes they'll even circle a word I'll get a signal of like that right there. That's where you In your mind's eye, yes, in my mind's eye and I can see in the person's spirit standing behind them and we'll shake their head, like she'll say, well, it wasn't that bad. And their spirit shakes their head no, I'm like, yeah, it was bad. So, so I there's, and and if somebody says something that is an untruth not because they're trying to lie to me, but they're lying to themselves. Their energy steps outside of their body, off to the side. So then I ask another question to try to see what's their level of awareness of how they're not being honest with themselves, right? And so I'm kind of detecting out that stuff and we'll get a little bit of background info on that for 10 minutes or so, and I'm getting the names of key players that I might need to know for when I connect, and then I close my eyes and connect to the person's spirit as well as my own, and their spirit starts walking me through. Here's what really happened, here's how she got there, here's what's happening, here's the way through.

And so for me I would say my job is to have a person leave a session not super impressed with me. I don't care about that. I want them to know themselves much, much better. It's like taking the flashlight beam and lifting the flashlight up really high so that light of awareness just gets huge compared to when you came into the session. And so when you leave the session, everything should resonate, right? If it doesn't resonate, tell me, wait, can you say that a different way? That's not making sense to me and I'll go back and get a different phrase, but I want people to understand how their life and their body got to be where it is right now. And then what are the next steps right to move you in the direction you want to go in, whether it's physical healing or emotional healing, or you know better business?

0:47:09 - Julie

So that's where that litigator training is coming in, because you're questioning. You mentioned that somebody's spirit can be behind them when they first come in. They can be to the side of them and then you connect to that spirit. Can you say more about that, how that works?

0:47:28 - Christine

I mean, your spirit, of course, is within you all the time, but they're coming off to the side so that I can see out of my peripheral vision. I'm looking at the person I'm talking to, but also can watch their spirit, right, just like if you were talking to a friend and her husband was standing behind him giving you the no, no, no, no, no, don't talk about that signal. You would know, right. So that's the same idea of how that works. And again, like circling certain words or I'll, I'll hear my spirit or the client spirit, ask a random question that doesn't even seem to relate to

what we're talking about and the person will give an answer. And then I get an image of a bullseye with the, the dark, going right in the center right of the dartboard, and I'm like, okay, that's where we need to go talk about that a little. And I had that today, a new client. And I was like, uh, that go Talk about that a little.

And I had that today, a new client. And I was like that person whose name, tell me a little bit about that. She's like, oh, it's just some guy I met in the basement we were doing laundry, and I'm like this is important, stay with me. And sure enough, we unraveled it and we put all the pieces together and she's like, and it just and it was like watching in that movie, the Matrix, where everything crumbles right when he gets the code and he understands, it's just her whole face lit up, her energy field changed her, at front of her heart chakra opened up and I just said now you're ready to date again, right, because we just worked through that wound that left a scar that you weren't really able to let anybody else in and you thought it was just this minor thing because it was a two-week relationship, but it really triggered something powerful that caused that shutdown of your heart chakra.

So, being able to kind of follow that trail, I'm listening to what the person's saying, but I'm really paying attention to their spirit and the signals that I'm getting as to when we're zeroing in, when we're in something that's relevant. And a lot of times I'll ask somebody a question and then I'll say, okay, now here's your spirit's answer to that same question and they'll say, oh, that's a lot more accurate. So I answer, and I love that because it's not to make them wrong, it's to, as we were talking earlier, show them their distortion. Clarify things. Yeah, here's that distortion lens. You interpreted that through.

0:49:32 - Julie

What do people's spirits look like to you?

0:49:35 - Christine

Do they look like a hologram of the person with whom you're working, their physical form, yes, and it's very kind of shadowy because I don't care about the features, I don't want to be distracted, right, it's very much just this kind of shadowy image that I just get the yes, no, the answers. It's the action of how the energy is moving and what they're pointing to that I care about because I know it's the essence of that person.

And so when I hear a person's spirit, it sounds like them just a little softer and kinder, because the ego voice isn't so strong, right, and our ego has our fear.

0:50:09 - Julie

so have you ever had something that was a negative comment from a spirit?

0:50:16 - Christine

Describe negative comment.

0:50:18 - Julie

Well, like you know this, this woman's just really yeah, oh no, she's just a drama queen and she drools when she sleeps and she's, you know whatever, right, something that would be a negative you mean judge, yeah, yeah, or derogatory, no, never, never have, never have.

0:50:37 - Christine

And people will sometimes say in their first session well, I'm nervous because I'm worried that my spirit's mad at me or my spirit's gonna say something negative and and and nobody's spirit comes in and says, well, it's because she cheated on her taxes last year, that's. There's no like you know, there's no story you know telling on someone like that. I mean, and and even I've had people who I can feel are probably having an affair, but they're working hard not to talk

about it and it's not related to their symptoms. So in that first session I don't bring it up. And then they say, how can you bring it up? I'm like, because it wasn't relevant or I would have drilled down on it. But I'm not trying to just impress you by outing you on something right.

And the same thing with people who are questioning their sexuality. I'm like, well, I already know you're gay, but it's not my job to tell you that. Right, that's disempowering and creates me as that outside authority. And nobody's spirit has ever been mean or cruel like that, because it's from the essence of them. She might say something like well, she has a hard time communicating because she feels really unsafe. Expressing how she feels instead of she just doesn't talk right.

0:51:43 - Julie

That's been my experience too. All spirits are pure love and they're never gonna say you're just an ugly broad that snores. I mean, it's not gonna happen. And I had somebody this morning say well, how are we sure that when there's a healing happening, that we are not doing any harm? And I said well, because all spirits are pure love, first of all. Secondly, the healing is sent to you and your spirit decides how you integrate it or even if you integrate it. So there's no way that any harm can be done with energy healing. It's not possible.

0:52:17 - Christine

And energy follows intent and your intent is to be of service and to help. My intent is to be of service and to help. So then, how that help arrives like to your point right. You can put energy, you know, send energy to somebody to help with their hurt shoulder, but, frankly, if their heart is really struggling, and they don't even know it, the energy is going to their heart. So they might wake up the next day and say, my shoulder feels a little better, but it's not 100%, and their spirit's like, yeah, but your heart's a lot better. And that's what I cared about, right, so we don't control it, but it certainly doesn't ever do harm. There'd be no point in that.

Does humor play a role in healing? For me it does. I can be a little bit snarky and my spirit has quite the sense of humor. I've had quite a few people write in and say, okay, I love how you and your spirit talk because you give each other a hard time in your book. And when I would say something to my spirit like, well, it shouldn't have to be this hard, I mean, I show up every day and meditate, you should just make things easier for me. And she said your preferences are noted Like who cares, right. That's nice. You feel that way it's not going to happen. And so one time my spirit said something to me and I'm like noted, your preferences are noted, right.

But I teach a lot with humor. I used to teach dog obedience classes a long time ago and I always taught with humor because I think we learn a lot more when we're laughing. I can shove a lot more information in your head if you have a chuckle along the way, and I enjoy laughing and I also don't think this has to be super spurious, like to your comment earlier, like if you're doing it for the right reasons, you shouldn't make much money and you'd always be serious and that is not the school I'm from, right, I'm very much. I think humor is divine and abundance is divine and I like to play with all of it.

0:54:02 - Julie

Well, and I find that spirits are hilarious I do. They are just a riot and joy and humor and laughter and all of that's a high vibration and that's where the magic happens. I agree, I feel crappy channels because the vibration is low and you're listening to some whiny country music song complaining about mama, the truck and the dog. It's a situation where it's just a low vibration. Spirit's still communicating, but that channel's not receiving it because that vibration is too low. Agreed, what's one thing you wish people understood about illness and healing?

0:54:44 - Christine

Is that your illness isn't a punishment. I try to view it as an invitation and when we can go from being critical of our body to being curious, it opens you up in a way that you become more intuitive. Because when we're blaming and shaming and being frustrated with our body which is certainly understandable, especially if you're in physical pain, I absolutely get it but what we're really doing is sort of pushing away from the body and pushing away from ourselves, and that really narrows down the opening that we can get information from. If you join my email list, there's a free guided meditation where you can get a message from your symptom and there's a meditation that walks you through opening up and being in conversation with that symptom or with that part of the body and asking, like you'd ask your dog if it was limping or a child that was hurt, like, okay, what do you want to tell me? What do you need?

And people are amazed that they can get answers to that. They just assume it's going to be so hard and your body's happy to give you that information and your spirit is delighted to say let me give you some guidance on this. Like your spirit, you know, is your best life coach, health coach, career coach that you'll ever have, and it's just learning to trust that and work with it and then see the body as like this is how old I am a big bulletin board where you know your spirit is leaving messages for you and your body is leaving messages for you, and I've found too that there's always an emotional component with every kind of physical ailment or disease or illness.

0:56:15 - Julie

Sounds like you've found the same thing.

0:56:18 - Christine

It's the root cause, yeah, and whether the emotional piece is 97% of what's going on or 40% of what's going on, because really you just weren't paying attention, you stepped off the curb and sprained your ankle right, then the emotional piece might be pay attention, don't be so distracted. But there's always an emotional component and until you understand that and work with it in those chronic symptoms you're not going to achieve complete healing because that underlying disturbance is still there. Right, that underlying imbalance is still there.

0:56:50 - Julie

Is there a simple step that anybody can use to help them listen to their spirit?

0:56:58 - Christine

A simple step.

I mean this is going to sound really overly simplistic, but one of my favorite quotes from the Buddha is be still and know.

And I think being still and silent is a really underrated tool that we just we don't do it anymore, because now, especially with social media, we are so used to being constantly stimulated that if we have to wait in line for five minutes or sit in the waiting room at the doctor's office, we're going to whip out our phone, and before we had phones that could do that, we would just sit and be open to think. We would think we were just daydreaming or thinking, but we were also receptive, right, and we were more in receiving mode, to use our language. And so I think that the idea of just getting quiet and saying how am I really in this moment and today, people start learning truths about themselves. Oh, I'm really carrying a lot of responsibility, oh, I'm taking on the majority of you know upset from my boss from earlier, and just checking inward like that starts that dialogue and then, whether you develop a formal meditation practice or journal, just that start of going inward and acknowledging what is true for you is really powerful.

0:58:17 - Julie

Is there a difference between meditation and prayer, or are they the same thing?

0:58:24 - Christine

I love the saying that prayer is speaking to God and meditation is listening, and so of the two, listening is more important than what I have to say to god.

I have plenty, of course, because I'm a chatterbox, but the listening is more important. So I would I absolutely pray, but I I try to spend more time listening. Why do we incarnate? To experience the growth that we most recently had in spirit form, as well as experiencing what our soul has now learned and holds as a cellular for lack of a better word memory at that soul level.

So I think when we're in spirit form, we evolve and we become more compassionate, more loving, more forgiving, but we want to experience ourself as that, in spirit form, there's nothing to forgive, there's nothing to be compassionate about. So we come here where there's plenty to forgive and be compassionate about, and we get to write a script for ourself before we incarnate and choose all the key players and the really big events and then decide how we're going to move through them. And then we get to die and do it all over again and say, wait, wait, let me try that again. And I don't do mediumship work per se, but when I'm in session with a client I've had, you know, their deceased relatives come through and say you know what? I totally had that wrong. Here's how I would have done. That, you know, and the stuff that they've already realized about how they wish they'd done things differently is always interesting and validating for the client.

0:59:52 - Julie

You're extraordinary girl. I think we're sisters from a different mister. Really, we're doing, we're saying the same thing. We're doing the same thing.

1:00:01 - Christine

When I listen to your podcast, I'm like yes, yes and yes.

1:00:04 - Julie

Yeah well, and I felt the same way when I was doing my prep for this conversation today. I thought this girl, she's on it, she's got it going on, and I find that the way that you present information in a concise, easy to understand format is really absorbable for everybody. So thank you for doing that, because in this woo-woo space, a lot of it's, I read it and I think what the heck are they trying to communicate here? And you're really good at just hitting the nail on the head and saying boom, boom, boom. Step one, two, three, four. Here's what's going to happen, here's how it's going to. You know, here's what you're going to be able to do to enhance your life yourself.

1:00:54 - Christine

You're just guiding them. I appreciate you saying that, because I feel the same way about you. I mean, I think we are both very pragmatic and people have said to me you're like the anti-woo-woo person and I'm like I guess I just I don't have a lot of time for just the feel good smoke and mirrors kind of stuff, or that this seems so magical. I really want to empower the individual to lead the better life and to make those connections, like you said. So they're getting that emotional healing and yeah, I think it's the lawyer and the lawyer get results.

1:01:24 - Julie

Well, I say to you bravo, well done. Thank you, keep on keeping on. How can people learn more about you and your work in your new book?

1:01:33 - Christine

Oh, thank you. The book is called Ask your Spirit and it's available everywhere and my website is christinelang.org and you can find me on everywhere social media from Instagram and Facebook and YouTube and I open my calendar every three months. The sessions tend to sell out in 15 minutes or less, so you have to have that be ready right then. But we get a couple of cancellations each month and we post them on social media, so people follow me there to grab those, and I'm doing more and more workshops of teaching people to do this for themselves, which I love. I love putting the world is a better place the more people that are out there working with healing energy and channeling their spirits, because that's benefiting everyone and that's the big ripple effect, just like your podcast, right?

1:02:21 - Julie

The bigger the ripple effect, the happier I am Well thank you so much for joining us and sharing your wisdom with us.

1:02:30 - Christine

Oh, thanks for having me. I knew it will be great and it was. We're like minds.

1:02:40 - Julie

All right. So, in the meantime, sending you lots of love from Sweet Home Alabama and from.

1:02:43 - Christine

North Carolina too, where Christine is. Yes, Southern babes.

1:02:46 - Julie

All right, Bye everybody. We'll see you next time.

1:02:50 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit AskJulieRyan.com.

1:03:04 - Disclaimer

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