

AJR Live Sept 18th Transcript

0:00:01 - Annncr

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

0:00:44 - Julie

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. This is a big night tonight, you guys, because we're going to be announcing the winner to my Angelic Attendant Training Class, which is October 24th through the 26th in Atlanta, and this is an all expenses paid airfare, hotel, scholarship, all meals, everything and so the winner will be revealed here in a couple of minutes. First, I want you to remember to put on your calendar to join me for my live next Tuesday night, September 23rd. That's my mama's birthday, by the way, at 8 pm Eastern time. She's in heaven, but she'll join us anyways. So it's really fun. It's like a pajama party. It's like a woo-woo pajama party. You can come in your jammers if you want, and I give away a bunch of prizes. I give away a free session, classes, stuff like that, books, all kinds of things, and you can ask anything you want.

It's like the show. We don't have commercials, we go for two hours and it's just a blast. We have a relaxed atmosphere. So put on your calendar. Tuesday night, September 23rd, 8 pm Eastern time. Go from 8 to 10 Eastern. If you want to join us to sign up, go to AskJulieRyan.com slash live. That's AskJulieRyan.com slash live and it will be a blast. We'll see you there. Remember to subscribe, remember to hit the bell so that you know when we have new shows that we've released. We've got Samantha over on the YouTube live stream. If you're joining us from there and you have a question, just put your first name and where you're located in your question in the chat and she will be over there to help people. And then we've got Chris on the main dashboard and he's going to be bringing in people who want to have a conversation. So first let's bring in my graduate, Frannie. Chris, please bring Frannie there. She is. Hi, Frannie, hi Julie, hi everybody.

Live from beautiful New Jersey, the Garden State. That's Garden State. She's joined us. I asked Frannie to give us all an idea of what went into choosing this scholarship winner. Because, as I've said to you guys, I don't know who it is until Frannie sent me the name. Because this is all graduate chosen. I am really not involved other than just announcing that we're doing a scholarship giveaway. So, Frannie, please tell everybody what the process was for us to get to our winner.

0:03:43 - Fancesca

Absolutely Well, thank you for having me. And it is a secure process, something that we love doing. We have a board, we have an angel board, Julie, and, for everyone listening, Julie has no idea the number of applications that come. She doesn't even have the link. So she is speaking the truth. We review every single application, Julie, with heart and soul. There are over 100, by the way, I don't even know if you know that part. There were over 100 submissions and at the board level, we review every single one and then we, you know, we whittle it down and then we send it out to the Angel Guild.

But there's so much more than that. We have weekly meetings where we discuss what we've reviewed in the past week. We also have a couple of little rules, one of them being, if you see someone on the list that you know, let me know and then I reassign it, because then that wouldn't be fair. Right, we don't play favoritism, they're all independent reviews and that you should know. Everyone knows that I'm an auditor, I have an accounting background, so it's very important for me to have this truthful, honest way of review. But we review it with our hearts and read the stories that everyone presents, so everyone is given fair, fair submission.

0:05:21 - Julie

And we assume that the people that are submitting applications are doing it for partially for financial need too. They really want to come and there's a financial component. So I assume you guys just figure everybody that submitted an application falls into that category. Am I correct in that?

0:05:47 - Fancesca

that that's yes, you're absolutely correct. That's what we assume, Julie. Some of them state the reason, some of them don't, but that's okay, because the assumption is that there is financial need, Otherwise they wouldn't take the time to submit and the stories are beautiful, every single one of them. And what are you looking for? What?

0:06:01 - Julie

are you looking for in those?

0:06:01 - Fancesca

stories and what are you looking for? What are you looking for in those stories? Great question we like to know, or see read, what they're going to do with what they learn from you in the training, like what's their intention, right? So that's an important part of the process, because this is a giving process, where we are part of helping others to heal. We don't heal anybody, we know that. Right, people heal themselves. But it's that understanding that they're going to learn this and run with it and attend a practice session and become a part of the graduate community, which is I have no words, it's beyond amazing to be a part of the community.

0:06:50 - Julie

Yeah, well, and we have hundreds and hundreds of people that have been through the Angelic Attendant Training. And what Freddie's talking about is we have multiple practice groups a week. Right now we have nine, and they're free for life when you take the training. And that's where your skills really ramp up, wouldn't you say, frannie? Because you can go to a conference, you can read a book, you can watch a video, but until you're really doing it, and it includes a whole buffet of psychichness talking to deceased loved ones, the medical energy healing, communicating with pets, both alive and deceased, communicating with any spirit, past lives, angels, spirit guides, the whole nine yards and that's when you get really good. Everybody has the ability. It's just a matter of developing and enhancing it, and that's when the practice groups, I think, are the most important part of the process.

0:07:45 - Fancesca

I agree with you. I've seen my skill set improve over time, Julie, since I graduated. And yes, it is part of the practice and you also get validation in the practice sessions.

right, Someone gets the same reading as you do. So that is like so gratifying, like, yes, okay, this is working, like this is a part of that process. So I can't say enough about all the excitement that went into doing this and being a part of it, and then, yeah, practicing what we do. I'm so excited for you to announce the winner excited for you to announce the winner.

0:08:28 - Julie

Yes, well, thank you, and to your board and the Angel Guild for all of your hard work on this, because I know it was a lot to review all of those applications and I know you know what's involved. There's practice at the conference, right At the training, we do practice and then it goes on. So it's not just we're going to meet somebody one time, it's really welcoming them into our community.

0:08:51 - Annncr

That's right.

0:08:51 - Julie

With open arms. Well, Chris, drum roll please. Here we go. All right, our winner all expenses paid for the Angelic Attendant Training next month, October 24th through the 26th, in Atlanta, georgia, is Mary Archambault from Whitensville, Massachusetts. Mary, welcome. I told her I'm going to get her a tiara to wear in Atlanta. Okay, you know, I don't know that it'll be real diamonds, but it'll look like real diamonds. How about that? I'll take it.

0:09:32 - Mary

Okay.

0:09:33 - Julie

Well, thank you, Julie.

0:09:34 - Mary

Congratulations I don't even have the words to say thank you and how grateful I am. Honestly, it's not a little thing. It's such a huge and significant thing, I think, for anybody, and when I found out that I won, I couldn't talk. It still doesn't feel completely real to me and I'm just so grateful. I'm grateful to you, your generosity, I'm grateful to the graduates and, yeah, I'm just really, really excited, a little nervous.

0:10:09 - Julie

I called her, you guys. Well, I had to send her an email because I'm looking up online trying to find your phone number and I'm thinking this is stupid. So I just sent her an email. I said will you please send me your phone number? And so then I said let me know when you're available to chat. And I thought I hate to break the surprise that way, but she didn't know why I was calling. But thank you for picking up the phone and talking with me.

0:10:34 - Mary

I thought there's no way. This is Julie Ryan. I couldn't have possibly won. I didn't expect to win, and then when I heard your voice, it was just like okay, that's like enough, I'll take that. I was happy with that.

0:10:49 - John

But then to find out that I won.

0:10:51 - Mary

it really is. It feels like a dream and just really really grateful, really grateful.

0:10:58 - Julie

Well, we're so looking forward to having you join us in Atlanta, and your flight is already booked, right, and your hotel room is already booked. We've rented out a hotel, and so you are all taken care of, and all your meals and everything else will be taken care of, so we're really looking forward.

0:11:19 - Mary

It's incredible. It's the hugest, biggest gift. Thank you.

0:11:24 - Julie

So I have the biggest hug on the planet for you once I see you in Atlanta and I know Franny does too, and Chris, my producer, is going to be down there too, so you'll probably get hugs from everybody.

0:11:37 - Fancesca

You will, Mary, we are all waiting to give you a big hug from the board to the guild. We are so, so excited to meet you in person. What an honor, yeah thank you.

0:11:48 - Mary

You have no idea what that means to me. I just I feel like I'm going to cry.

0:11:52 - Julie

Thank you, and we have more than a couple dozen graduates that are coming in at their own expense and Franny is one of them and they're going to be there to help the students and lead practice groups and volunteers. So I think that speaks volumes that all those people want to fly in. From all over America and abroad they're coming in and so, yeah, so we'll see you in Atlanta, girl, congratulations.

0:12:22 - Mary

Thank you, Julie. Thank you, frannie, you're welcome. Congratulations. Thank you, Julie. Thank you, frannie, you're welcome. Thank you.

0:12:27 - Julie

Thanks, fran, you're welcome Thanks.

Julie. So if you want to join us, we still have spaces available. We've got a discounted rate on the rooms, the hotels just adjacent to the Atlanta airport. I choose that because you can get to Atlanta from anywhere on the planet. It's the busiest airport in the world and we've got a free shuttle and it is just a life-enhancing weekend and it's a blast, you guys, we have so much fun. That's the biggest thing. You know how I always say spirit is pure joy. You're supposed to have fun when you're doing this woo-woo stuff. So come join us. If you want to register for the class or learn more about the class, just go to askJulieryan.com slash A-A-T. That's askJulieryan.com slash A-A-T and you'll be able to register there. Okay, enough, celebrating Chris. Who's our first caller? Okay, we got somebody from the YouTube live stream. If you want to join us on the live stream, we're at AskJulieRyan.com. If you want to have a conversation with me, we're at AskJulieRyanShow.com. So, Julie, it's Julie in Indiana Great name.

I lost my twins at nine weeks. Oh no, is my last embryo genetically normal? Yes, it is. I'm hearing that right in my head. You know how I get divine downloads into my head when questions are being asked, even before I get somebody on my radar. So I'm hearing yes, your last embryo is genetically normal. I think my twins weren't.

Will my last embryo make me a mom? I'm hearing a yes on that too. What do I need to increase my chances? Picture yourself with your baby. Picture yourself holding your baby, rocking your baby, feeding your baby, loving on your baby, going for walks in the stroller, in the carriage all of that, putting your baby in and out of the baby seats in the car. Just keep envisioning yourself with your baby and that's going to help your baby come in. So I think this one's going to take. I get that the embryo is good. I get that this baby's going to make you a mom. Let me put it this way I get that you will be a mom, and that can happen in a multitude of

ways, but I'm getting. This embryo is really healthy. So keep us posted. Good luck. If you wanted to have a conversation with me, we're at AskJulieRyanShow.com If you're coming in on the YouTube live stream.

We're at AskJulieRyan. Put your first name and where you're located in the chat and then your question, and we will be taking questions from both places this evening. Okay, let's see who's next.

0:15:32 - Shelly

Hi Shelly, hi Julie, where are you? I am in California, whereabouts About an hour from San Francisco. I'm in Livermore. Oh, yeah, yeah.

0:15:44 - Julie

Yeah, I know where that is Well terrific, Well welcome. Thanks for joining us. How may I help you?

0:15:49 - Shelly

So I have a health question. You actually have helped me in the past with this, so I'm hoping we can get somewhere today. I have some heart issues going on that we do know about, but I'm wondering if there is something we don't know about with my heart or if there's like a circulation issue.

0:16:10 - Julie

Okay, all right. Well, let me get you on my radar and we'll see what's going on. What's going on with your heart? What do you know is happening with your heart?

0:16:19 - Shelly

So we know. So, really, I have mold toxicity which has, I think, driven up stress inflammation. Right, that's caused me to have POTS and SVT.

0:16:34 - Julie

Which, for those that don't know, explain what that is, please.

0:16:37 - Shelly

That is supraventricular tachycardia. So it's basically my heart kind of gets stuck in this strange loop in its cycle and then it makes for a really strange feeling, fast heartbeat.

0:16:50 - Julie

Okay, so are they controlling that with medicine now?

0:16:53 - Shelly

Yeah, so I take something daily. It's very low dose and it does help, but I have so much that I'm feeling that when I bring it up to the doctor he's kind of like I haven't seen physical proof of it on testing, so I don't know what to tell you. And I'm in an episode now that I've been in for like a week and I keep wondering if it is circulatory because of the symptoms that I get with it because of the symptoms that I get with it.

0:17:25 - Julie

I'm hearing it's gut Divine download coming into my head before I even get you on my radar, and POTS is gut. Pots is an autoimmune that's gut related. Your gut's out of whack and you probably have leaky gut and then you have malabsorption issues. Let me get you on my radar. We'll see what's going on.

For those who are just joining us for the first time, how this works is I raise my vibrational level to the level of spirit. I'm going to watch a laser beam come from my body here in Birmingham, Alabama, where I am, and it's going to hook into Shelly up in Northern California, and then I'm going to have a hologram of her in my mind's eye and it's going to be as if I'm looking at an x-ray or a CT scan or an MRI. Something's going to be identified. I'll shoot energy from your feet up through the top of your head and the energy is going to go to where it's most needed. First, I'm eager to see if it goes to your heart or if it goes to your gut. Yeah, because that can be the root cause that everybody misses, because it sounds like it's too simple. Do you have any GI issues like discomfort?

0:18:34 - Shelly

Yeah, I have been like to all of the. You know I've been all over the place with this to try to really solve it. I know I have leaky gut. I know I have a candida overgrowth, like there's lots going on and I think it's all stemming honestly from my nervous system being just totally fried and not always being stuck in this fight or flight phase. So I'm trying to work through that at this moment.

0:19:01 - Julie

Well, it's the chicken or the egg thing, because when you have leaky gut, then you got malabsorption issues and so all the vitamins and hormones and goodies aren't able to nourish the cells. So you get stuck in fight or flight and then that affects everything else. All right, here we go. Here comes my laser beam from Sweet Home, Alabama, heading out to you in California. All right, got you Shooting energy from your feet up the top of your head. It's going to your GI tract. It's yeast.

This is yeast overgrowth. So I'm sure we've talked about this before, but for those listening, yeast overgrowth. And while we're talking I'm going to be stitching up your leaky gut. It looks like little separations in your intestinal wall, shall we? It looks like little separations in your intestinal wall. Shell and imagine like a sausage link. You know they grind up the meat and they put it in that casing. Imagine if we had that and we took a little box cutter or a paring knife. We made little slits in your intestinal wall. That's what it looks like to me. So those are getting stitched up. In the meantime we're clearing the yeast out of your GI tract. You got a bunch of it. It looks like a roux. If you mix flour and water together to form a roux, to make a gravy or a sauce in a kitchen.

That's what it looks like. So getting that removed. So I'm getting information downloaded into my head. I'm watching the healing in my minds. I am describing it to you. Good thing we're girls because we can multitask. Right, it's a female super. Everybody that's listening. I want you to envision what I'm describing with Shelly, because when you do that, then we're all sending a healing to her. And I especially want you to envision it because that helps integrate the healing into your body, because the body's gonna follow what the brain shows it, even if you don't believe it to be true. So we're doing that and stitching up your leaky gut. Some things you can do on the human side to help integrate the healing Stay low on the food chain. If God made it, eat it. If man made it in a factory, do your best to avoid it. Right Yeast loves sugar.

Are you a sugar girl?

0:21:18 - Shelly

So I totally cut sugar out. Since our first conversation of the mold and the candida, I just cut it out altogether.

0:21:28 - Julie

Good girl. Anything refined processes like sugar, bread, pasta, rice crackers, you know, whatever anything that's processed, you want to get rid of that too, because the body thinks

it's sugar and it feeds the yeast. Secondly, anything fermented Wine, beer, alcohol, kimchi, sauerkraut, yogurt, vinegar, soy sauce, kombucha, pickles all that stuff not for life, just in the short run. Because your gut is a fermentation factory right now. When we add fermented things to it, it just makes it, exacerbates it. It's like throwing gasoline on a fire.

If you're going to eat fruit Chell, you want to peel it because there's tons of yeast on the peel. Never again for the rest of your life, ever put a slice of lemon or lime in your drink, whether it be water or any tea or anything else, because there's lots of yeast on the peel. And if you're in a restaurant, they slice those early in the morning. They let them sit out at room temperature, so God only knows what's growing on them. So it's just a toxic drink. Stay away from that. Freeze and reheat leftovers. And then you want to do Nystatin, the antifungal, and it's spelled N-Y-S-T-A-T-I-N.

It's an antifungal. It's in tablet form. It kills yeast on contact, it stays in the GI tract, no known side effects and it's a prescription. So ask your doctor for some Nystatin and that's really going to help you get well, quicker and better and more completely.

0:23:11 - Shelly

Thank you so much, Julie.

0:23:13 - Julie

The tachycardia stuff's going to go away once you get your gut healed. Okay, good, okay, all right, your heart looks great. Okay, this is all malabsorption. And you think about malabsorption? You got thyroid that's not absorbing. You got other hormones. You got other vitamins and nutrients and stuff like that. I would also add the BEAM Minerals, b-e-a-m Minerals and beaminerals.com, slash Julie Ryan. All one word for 20% off, because that's the most complete, quickest, easiest way to get all the minerals that we need. And most of us are walking around with about 40% of the minerals that we need and you're walking around with even less because of your malabsorption issues. So I would try the Beamminerals, beaminerals.com, slash Julieryan, and you'll get a 20% discount.

0:24:07 - Shelly

So I hope that helps.

0:24:09 - Julie

You're welcome. Hope you feel better. Thank you, take care. Thanks, gal, you too. Bye-bye. If you want to have a conversation with me, I'm at askJulieryanshow.com, and if you want to join us on the YouTube live stream, where it asks Julie Ryan, put your first name, where you're located in your question, in the chat, and then we'll be answering questions from over there too. Samantha's there to help you Samantha from my team and then Chris is at the main dashboard, mike with the scholarship recipient. You guys, I have no clue who calls in. I have no clue who's waiting in line. I have no idea what they want to ask. I have no idea what.

Spirit's going to say so that's what makes Thursday night so much fun, because it's a crapshoot. I just don't know. So yeah, askJulieryan.com is where you can schedule an hour appointment with me, and you remember I got five graduates doing this with me now and they do the whole buffet of psychicness. You can get in to see them sooner than me, although we have priority appointments. You can get in pretty quickly on those with me, but you can get in sooner and they're a lot less expensive. So if you want to talk to one of my grads, they're all so lovely and so talented, so give that a try too. Okay, let's see who Chris has next. Hi, yesenia, Is it Yesenia? Hi, yesenia, is it Yesenia, yesenia, yesenia. That was close.

0:25:45 - Yesenia

Where are you, houston, texas?

0:25:49 - Julie

Houston, Well welcome. How may I help you?

0:25:52 - Yesenia

Yes, so I'm going through a health condition, and I believe my cat has it too. I'm not sure.

0:25:59 - Julie

Okay, well, pick one. I can scan your cat or you, because we got a bunch of people, so I limit it to one question. Okay, my cat, your cat. Oh, look at you. All right, what's going on with your cat?

0:26:10 - Yesenia

She seems to have the same symptoms as me Like she rarely eats, she doesn't drink water, she's always like sleeping and laying down Like she has no energy.

0:26:27 - Julie

Well, if she's not eating or drinking water, that would explain that that would be a big clue as to why she's not having any energy. What's your cat's name? I'm sorry, I'm laughing but I'm going, yeah.

0:26:44 - Yesenia

She doesn't really have a name, I just call her Kitty, kitty. Well, that's her name that's a name.

0:26:49 - Julie

Okay, all right, let me get you on my radar and then I'm going to go from you to Kitty. So here we go. All right, laser beam coming from Sweet Home, Alabama, heading west to you in Texas, got you going to Kitty. Kitty looks like a wilting cat. I'm shooting some energy into her. What I heard in my head while you were describing her symptoms is she's got a lot like a intestinal block kind of a thing going on. So let me run through her intestines. Do you know, did she eat a toy or something, or did she eat something that you know of that could have caused some kind of a block?

0:27:36 - Yesenia

Not that I know of.

0:27:37 - Julie

Not that you know of how long have you had her.

0:27:40 - Yesenia

Maybe like 2020.

0:27:43 - Julie

Okay, so a long time, all right. So what I'm watching is I'm watching a big corkscrew. We're just roto-rootering her intestines and going in there. She ate something that's gotten stuck in her intestines, I can see it. So there's a corkscrew that's grinding through it and just grinding it into teeny little pieces so that she'll be able to pass it. Have you taken her to the vet?

0:28:12 - Yesenia

Yeah, I took her to the vet and they did a scan, but they didn't tell me anything about anything in her stomach. Yeah, what did they tell you? She said they had anemia. She had anemia and what else. Oh, yes, uti, uti, all right.

0:28:33 - Julie

Well, I saw a blockage, so we've cleared that out. If she's not eating or drinking, I would take her back to the vet, because that's serious. If they're not doing that, try and get a little syringe of water into her. You know, just get a little syringe at the drugstore.

Don't have the needle on it, of course, but just put a little. You know, put some water in the syringe, withdraw the plunger, put some water in it, put it in her mouth and try and keep her hydrated that way. But I would get her back to the vet if she's not eating or drinking. Yeah, I hope she feels better. All right, thank you, thanks for joining us. Hope you feel better too. Okay, thanks, bye.

If you want to have a conversation with me, we're at AskJulieRyanShow.com, and if you're joining us on the YouTube live stream, we're at Ask Julie Ryan. Put your first name and where you're located in your question in the chat and we'll be taking some more people from there. Remember to subscribe. Wherever you listen to the show, we're on all the podcast networks. You know we have five YouTube channels, you guys. We've got English, spanish, portuguese, french and German. So please share these links with everybody. And if you know people that they would rather watch the show or listen to the show in their native language, please share those links with them as well.

Okay, Chris, who's next, terry? Hello, this is Terry from Minnesota. I've been getting hardly any sleep lately and it seems that my body is buzzing or vibrating at night. Can you scan me and maybe help? Thanks, okay, terry, here we go. Here comes my laser beam from sweet home, Alabama, going to you. Got you Okay.

What I'm seeing is it's an EMF thing. Try turning off the EMFs in your house at night, in your home or apartment, and you wanna charge your phone in another room. Turn off the Wi-Fi, turn off the cell. Charge your phone in another room. Turn off the Wi-Fi, turn off the cell, turn off the Bluetooth and put it in a different room while it's charging. I've read all these articles about how we should never charge our phones while we're sleeping in the same room because of the electromagnetic frequencies that it puts off. Furthermore, you want to also have it out of your room because when a call's coming in or a text or something, it'll light up and it disturbs your sleep.

I would try doing away with all electronics for two hours before you go to bed. Maybe read a book, listen to music, do something, but don't do any screen time two hours before you go to bed. I can see you in the bed and I can see all these like zigzaggy lines that are the EMFs that are all around you. So see if you can figure out how to turn it off when you go to bed at night and stay off the screen for two hours, and I bet you sleep like a baby. So I hope that helps. Thanks, terry.

That's not just for Terry, you guys, that's for everybody. I church my phone in my bathroom. I don't have it in the bedroom with me and it's still going to ring, even if you have the cell signal turned off and the Wi-Fi and all of that. So if my phone rings in an emergency in the middle of the night, I just get up out of bed and go answer it. But I sleep like a baby and I know the EMFs are a really big deal, so you want to limit those. Okay, thanks for your question. Who's next, hi Sierra? How?

0:32:25 - Sierra

are you, my girl? Good, how are you doing? Terrific, where are you? I'm in San Francisco.

0:32:32 - Julie

Second San Francisco girl tonight. So nice to have you. How may I help?

0:32:37 - Sierra

you. I was hoping for a medical scan to see if hip surgery is needed for me. I don't know if that's something you can do, sure. But I've gotten a lot of different information from different opinions second opinions, third opinions and I'm just not sure what I should do.

0:32:56 - Julie

Okay, all right. So here comes my laser beam from Sweet Home, Alabama. Are you in a lot of pain? I am yeah, yeah. Are you a ballerina? You look like one. She looks like one. For those of you that are listening, she looks like a ballerina. You look like you have a leotard on and you got your hair in a bun. A t-shirt, but I'll take it. And she's beautiful. She looks like a ballerina.

All right. So here we go. Here comes my laser beam from Sweet Home Alabama heading to you in San Francisco, got you Shooting energy. The energy is going to your right hip first. Is that the one that hurts, or is that the one that's doing the heavy lifting? That's the one that hurts? The one that hurts? That's what I'm getting led to first, and it can be one or the other. Sometimes the energy goes first to the side that's doing the heavy lifting and we reinforce that first. Did you have an accident? Did you break your hip? What happened?

0:33:52 - Sierra

I've had a lot of low back pain for a decade or so and they just found something on an x-ray in my hip. But no fall, no injury, just a lot of pain. What did they find on the x-ray in my hip? But no fall, no injury, just a lot of pain. What did they find on the x-ray? An impingement, so like the bone is a little bit farther over how it should be.

0:34:13 - Julie

Okay, the joint looks okay, but you don't have bone on bone like somebody who's an old woman would have. So I don't see that. So what I'm watching, I love when I get to see this healing Sierra. It's so fun. You know those animated descriptions or like they're describing something or it's an instructional video and all the pieces will come apart and then they go back together. That's what I'm watching happen. Is that going back together? So is it in Sierra's best interest to have surgery on her hip? What I heard was not right now. So is physical therapy gonna help? I get physical therapy, but chiropractic too. Have you been to a chiropractor?

0:35:04 - Sierra

I have? Yeah, all right. And what are they saying? They actually sent me to a hip surgeon A hip surgeon.

0:35:11 - Julie

All right. Well, I'm getting, I'm watching a chiropractic adjustment happen. I would try another chiropractor as well, and and so all of everything's all lined up perfectly now. And I even saw an extra layer of stem cell energy go in there to give you some extra padding in there. So it looks like, because of the way your hip is right now, that your right leg is a little bit shorter than your left leg, so you're kind of limping a little bit, not just from the pain, but because of how your hips kind of jacked up a little bit yeah okay, yeah, yeah.

So the chiropractor can help you with that and help level you off. That's what I watched in that healing. Let me ask again is it in Sierra's best interest to have surgery on her right hip? I'm getting not necessary again. Okay so have you gotten both opinions from different doctors, one saying yes, one?

0:36:11 - Sierra

saying no. No, both said yes. Just two different types of surgeries One's very major and one is arthroscopic, so less intense.

0:36:21 - Julie

Yeah, I'm getting not at this time, so I would, you know, check back in a few months if you're still in pain, but I get that you're going to be able to heal it without surgery With PT and chiropractic.

0:36:35 - Sierra

Okay, great. Thank you so much, Julie.

0:36:37 - Julie

I hope that helps you bet Good luck. Hope you feel better. Thank you.

Okay, askJulieryanshow.com, if you want to have a conversation with me, if you are joining on the YouTube live stream. We're at Ask Julie Ryan. Put your first name and where you're located and your question in the chat and we'll be taking more questions from there. I love to find out where people are located and I hear from listeners all the time. That's what makes it fun too, is you know where are these people calling in from? All over a lot of times, all over the world. It's interesting how some weeks will be like the international hour. We'll have people up in the middle of the night in Europe and Singapore and Australia. I love Australia because we're talking to them real time in the future. It's already Friday over there, so we'll see. Okay, let's see who's next. See who Chris is going to choose for us. Hello, Carla.

0:37:39 - Carla

Hi there.

0:37:40 - Mary

Hi, where are you located?

0:37:43 - Carla

Just outside of Chicago, Carla, hi there, hi, where are you located?

0:37:46 - Julie

Just outside of Chicago, Illinois.

0:37:54 - Carla

Oh wonderful, okay, Well, welcome. How may I help you? Hi? Yes, I wanted you to do a check-in with my dad. He passed about six years ago. Oh yeah, I just wanted to see if you connect. So yeah, I just wanted to see if you connect. I know I've gotten a lot of signs from him and connections with him and I just wanted to see what he says to you about those signs and connections and if they are legit.

0:38:16 - Mary

Which one has his first name Frank Frank.

0:38:19 - Julie

Okay, so Frank's right next to you on your right. Frank Frank. Okay, so Frank's right next to you on your right. You know, you just think of him and that tunes your satellite dish head to his frequency and then it opens up a two-way radio communication. You just say something to him and he's going to answer you and the first thing he says is going to be first thing comes in your mind fast as you can snap your fingers is going to be his answer. And sometimes he'll answer you before your thought is even done. Being thought and that kind of trips people up. Sometimes I'd say no, no, time doesn't exist in the spirit world. Time's a human creation. So he's already got it Before I even started talking about him.

He's showing me grasshoppers, he's showing me a grasshopper and he's showing me. He showed me a grasshopper first, then he showed me several grasshoppers, then he showed me Jiminy Cricket from the Disney movie the Grasshopper. Well, he's a cricket, but you know he looks like kind of like a grasshopper. Yeah, so that's what he's sending. So what is it about the grasshopper? Look up what grasshopper means from a spiritual perspective, because there's always another meaning to that.

He's also showing me stuff with milk. I don't know. Did he like milk? Do you like? Did you like milk? What's up with the milk? He's showing me milk like milk in a glass, milk that is in that's making ice cream. He showed me they used to have when I was growing up. When I was a kid, they had this stuff called milk bath and it was the sudsy stuff you could put in a bathtub and we used to use it at my meemaw's house and we'd have bubbles I swear that were three feet tall, you know in her old clawfoot tub. So he's showing me milk. Why are you showing Carla milk? Because milk is the foundation of life. What anchors all of us to each other? So you know mother's milk he's talking about, but that's the thing that anchors us to each other. He's saying everybody thrives on mother's milk and that's where we all originate and that's the foundation. I don't know, does that mean anything to you?

0:40:44 - Carla

Interesting. Wow, not right now, it doesn't. Maybe I've been doing a lot of work outside building like a garden structure, so like, maybe the grasshopper thing, maybe, if I maybe I'll see you on tomorrow, I'm sure, when I'm out there working or something.

0:41:02 - Julie

But yeah, I'll keep a lookout for those two signs, yeah, and that's a really good point too, Carla, because when spirit tells us stuff, it may make sense to us. When they tell us right away, it may make sense later, when we think about it. Like I want you to look up what's the spiritual significance of grasshoppers and email it to me, and then I'll put it up for everybody. And then the mother's milk thing there's something about. You know, it nurtures every human and every human is connected and every human has a spirit, is what he's saying in my head, and so we're all connected. Okay, and it may pertain to something that hasn't happened yet. So maybe you're going to have a baby and nurse it.

Wow At 40, I don't know Well stranger things have happened.

0:41:56 - Carla

That is true, that is true.

0:42:00 - Julie

And the other thing to remember too is spirit communication is in numbers, it's numerical, and so it comes into our head and then our brains decode it and it comes in in the form of visions and sentences and thoughts, words and feelings and goosebumps and stuff like that. So you're talking to your dad and you're thinking okay, he's going to say something really profound that's going to affect my life in an amazing way, and you hear grasshoppers and you're thinking what? But they like to send us on kind of treasure hunt, on a treasure hunt. So when you look up what's the spiritual significance of grasshopper, there will be a deeper meaning there. Yeah, yeah, okay.

And I always say I can't control what they say when they're alive. I sure as heck can't control what they say when they're dead and they're in heaven, and it don't matter if it makes sense to me, it just matters if it makes sense to you. So, spiritual meeting to grasshoppers. Thanks, Samantha, you are so sharp, Samantha, wow. Symbol of change. Grasshoppers often represent transformation and adaptability in life. What do you have going on? What's changing?

0:43:16 - Carla

Oh gosh, what doesn't change, Julie? What doesn't change, I mean?

0:43:21 - Julie

but you have something going on in your life right now.

0:43:24 - Carla

I'm actually coming to your training next month. Oh yeah, I'll be there.

0:43:31 - Yesenia

I'll be there oh wonderful, wonderful.

0:43:33 - Julie

You will have you will. Your life will never be the same, it'll be enhanced. There, it is Every area. There you go, yeah, wonderful. I'll have a huge hug for you too. Yes great, terrific. Okay, I love that. The grasshopper thing, yes, so change. You know we're all connected, it's all together and has something to do with milk. Okay, look up the spiritual significance of milk too and see what that is. Thanks. Samantha. She's such a good helper. Okay, thanks, carlisle. See you next month. Thank, you.

0:44:11 - Carla

Yes, see you next month. Thanks, Julie, bye-bye.

0:44:15 - Julie

All righty. How fun is that? There's always a message, you guys, that when our loved ones in spirit or anybody you know, you can talk to anybody. Whether you knew them or not is irrelevant. You just think of whoever Mother Teresa, elvis, moses, but how about her? And then that tunes your satellite dish head to their frequency and you can ask them anything, you can say anything to them and they're going to respond. And just remember it's that first thing that comes into your head. That's their answer.

And if it doesn't make sense at the beginning, you know if it's an animal or a color or a flower or something like that, or food. Look up the spiritual significance of whatever that vision is that you get. Or if you hear a word and then keep asking questions and then they get really chatty. It reminds me of pumping a water well at a farm. You know you got to pump it a few times to get the water to flow, and that's been my experience in talking to literally tens of thousands of spirits over the years. And you just start talking to them and then they're just like and they got lots of stuff to say. So when I get you for an hour, or one of my graduates gets you for an hour, then we can have a full-blown conversation with your loved one. So yeah, I just got to ask Julierhyne.com to schedule your appointment.

Okay, Chris, who's next? Marguerite Smith, daisy Hi, daisy girl. Daisy's a longtime client. Any consequences to the souls if I donate my body to science for organ donations? What a great question, daisy girl. Oh, you guys, you would love Daisy. She is such a doll baby. I've been working with Daisy for many years. All right, no, there are no consequences because the soul or the spirit same thing. I use spirit instead of soul because soul sounds religious to me and spirit sounds more just, regular. And there's no consequence because the spirit and the soul separate when somebody dies. And I think it's fabulous when people donate organs, donate their body to science so that it can be investigated and they can find what's going on, you know if you've got like some kind of medical condition or something like that. But the spirit evacuates from the body, separates from the body when we die and then is escorted to heaven.

You know anybody that wants a free copy of my angelic attendance book, what really happens as we transition from this life into the next? Just go to AskJulieRyan.com. It's on the homepage, or you can go to JulieRyanGift.com and you'll get a free download of the digital and audio book version. And we've got it in Spanish too, and it has diagrams in it of how the angels and our loved ones are positioned. And it's just, you know, something that everybody needs. So just go to Julieryangift.com and then you can download a free version, both digital and audiobook book. I give away tens of thousands of these books a year, you guys, because I believe this stuff should be taught in schools.

Everybody's so afraid to die, you know, are we going to fly? Are we going to fry? No, everybody goes to heaven. All dogs go to heaven, all people go to heaven too. And so it's just talks about how we're surrounded by angels, the spirits of deceased loved ones and pets. And remember, too, that university-based research shows that 90% of people at the end of their lives see the spirits of deceased loved ones and pets as they're at the end of their life. And so when you think grandma's hallucinating from the morphine when she talks about being able to see and communicate with her deceased mother, who's been dead for 40 years, she's not hallucinating. She's actually able to communicate with her deceased loved ones, who are there as the Welcome to Heaven committee. So thanks, daisy, great question.

0:48:43 - Mary

All righty, let's see who's next.

0:48:49 - John

Hi John, hi Julie, how are you? I'm wonderful. How are you? I'm good, living the dream, right Well, as we all are. Where are you living the dream? Westminster, Maryland. Okay, terrific. Yeah, I had come on one of your live shows before and I had a question about you. Know my mother's level, but tonight the question's about me. Great, okay, how's your mama? She's good. I mean, I think she's gone up a bit in number to like a six or seven, but yeah, she's in phase nine of the 12 phases of transition.

0:49:17 - Julie

Yeah, so the vortex.

0:49:19 - John

I didn't want to think it was that high. Yeah, it is.

0:49:23 - Julie

So you know, tell her everything you want her to know. Let's ask her real fast and then I'll scan you too. Are you ready to go? Not yet. Are you in pain at times? What do you need? She said more yogurt. Are you feeding her?

0:49:39 - John

yogurt. I just got back from the grocery store. Do you feed her yogurt? Why don't she? She eats whatever she wants. I don't argue with her. I mean, you know, you figure, if you're dying you should have cookies, right? What the heck.

0:49:54 - Julie

Listen, I've told my son, Jonathan, that I'm like honey, the last two weeks of my life I want you to bring me every cookie, every half-punch sundae, every piece of cake, every dessert that isn't nailed down, and I'm gonna eat them all, because you know I don't eat sugar and he goes. Well, mom, how am I gonna know that it's the last two weeks of your life? I said because I'm psychic. I'm gonna tell you. He just rolls his eyes. But, yeah, I agree with you. What the heck? Give them whatever they want. Yeah, all right. What's going on with?

0:50:24 - John

you. So I had back fusion surgery like a year or so ago and I really think that the surgeon did something wrong because I keep having these weird pains, like when I lay down, shooting pains and I think, he like didn't blind something upright. I've been doing reiki energy at it and I even had a healer try and go at it, but I'm like I have no idea what's really going on.

0:50:48 - Julie

Have you been back to see the surgeon or another doctor?

0:50:50 - John

Yeah, it's a VA doctor, so he's like, oh no, everything's perfect, I'm like no it's not. Did he do an MRI on you? Oh yeah, I had another MRI done. I had another CAT scan done. Yeah, they have no shortage of tests that they can take now, and I guess it's tax money, so they'll just spend it. You know whimsically.

0:51:13 - Julie

So I've already connected into you, John. In Maryland is it more pronounced on the left side? That's where the energy went first. It is is on the left side. That's what I'm seeing. I'm seeing inflammation. It's like something's getting stuck in there. So what I'm watching is I'm watching, I can see where the fusion was, and I'm watching just a little bit of space made, even though you got all that hardware in there. And then there's stem cell energy going in, a really thin layer of stem cell energy. Of course, my favorite stuff light amber color gel, sparkles, dippity-doo, send it all and it's going in there. It's making like a thin layer of padding that's going in there. There's making like a thin layer of padding that's going in there. There's a vortex spinning outside of your back that's going to help give you some padding in there. So this is interesting. I haven't seen this before. So some of the hardware that's in there, I'm watching it get replaced with something that's movable, more like of a rubbery consistency. So when you move it's going to move, it's not going to.

0:52:24 - John

You know just be stiff I've been trying to visualize that.

0:52:28 - Julie

Yeah, I haven't ever seen that before.

0:52:31 - John

I had actually been trying to visualize it getting to where it needed to go, somehow magically, I don't know.

0:52:38 - Julie

I mean anything's possible so. Absolutely, absolutely. That's right. I interviewed a woman today for this show and she said you know, impossible just means it may take a little longer for you to manifest it. I thought that was great. She goes, you know, it just may take a little longer. So yeah, I see you moving, I see you bending over, I see you laying down, I see you laying on your side. You're all pain-free, so hopefully that healing will happen.

0:53:08 - John

I've been exercising, forcing myself to exercise, you know, a minimal set. Every time I take a shower, I exercise before I get in the shower and, you know, leg out just, you know, just trying to balance the muscles in the front and the back, just to give it structure after being dormant for so long.

0:53:25 - Julie

Right, are you walking too, just for exercise?

0:53:29 - John

Are you able to walk? I need to walk more. There's a little round hill. I can go up and down and around and I just I need to take the time to do it. Yeah, yeah, do that To the point where that was the last time I did it. I did a meditation before I did it and it was absolutely amazing. It was like I could almost feel the trees.

0:53:49 - Julie

No, wonderful, I mean, it was just one of those summer days when everything was just really vibrant.

0:53:53 - John

The colors were vibrant, the sky was vibrant, the trees, I mean. It's almost like you could feel it in the air. It was a perfect day.

0:54:00 - Julie

Wonderful Motion is lotion to all the joints and everything so Well that's what I kept telling my mother.

0:54:07 - John

It's like you've got to move.

0:54:09 - Julie

Well, hopefully that'll help that healing.

0:54:11 - John

I hope you feel better. Thank you.

0:54:18 - Julie

You're welcome.

0:54:19 - John

Thanks for joining us, john. Give our love to your mama. Did you read Angelic Attendance? Have you read it? You know I've been thinking about it. I read the electronic and then I had to go out and buy her the book because I couldn't get a way to give her the electronic version for her to read it. So I just gave her the book and I kept bugging her to read it.

And of course, after we read that, then she said you know, I want to be cremated. And I went oh, I know. I said I'm going to sprinkle you right on top of the ground, right where grandma is. She goes no, no, no, put me in a box.

0:54:52 - Julie

Well, at least you got a conversation going and she knows what's going to happen.

0:54:55 - John

I mean, and I wanted to keep it happy and positive, and we did have a conversation about, you know, trying to share with her. You know my belief on, or my understanding that you know we're spirit Just hanging out here in a meat suit, yeah, yeah.

0:55:10 - Julie

Well, give our love to your mama. I will Thanks, john. Thank you, bye. Thank you, bye-bye. So anybody wants a free copy? Julieryangift.com.

Angelic Attendance free digital and audio book download. We've got it in Spanish too, at that same link, Julieryangift.com, and we'll send you our free copy. Share it with all your family and friends. We have so many churches and synagogues churches of all denominations and synagogues that give this out to every family that comes in to plan a funeral or if they have somebody at the end of their life you know, a family member, a loved one and so many hospice organizations give it out to their families too. So, yeah, please share it with anybody and everybody and help spread this information because it brings so much comfort.

And for those of you that have downloaded the book, please leave a review on Amazon. You don't have to buy the book to leave a review. Just leave a review, because that's how Amazon promotes it and it gets the information out to people, usually when they're in most need of comfort. You know, if they're looking for some information on this, they've either just lost somebody or they got somebody at the end of their life that they're helping transition. So I would love it if you would leave an Amazon review for Angelic Attendance too. Okay, Chris, I think we have time for one more person, and the lucky person's Joanne Hi, joanne, hiya, hiya, I love your jammers. What do you have on them? Crabs, what is that? Uk? Yeah, I know Well what is on your jammies. What is that design? Sheeps, sheep. Okay, I love it.

0:57:00 - Mary

Where are you in the UK, the place you will know is Liverpool oh yeah, wonderful, famous place.

0:57:08 - Julie

Well, thank you for being up in the middle of the night. No wonder you have your jammies on. God love you. How may I help you?

0:57:16 - Mary

I always feel very tired and I wondered if you could scan me please, sure sure.

0:57:23 - Julie

Are you just not getting enough sleep? Are you got anything?

0:57:27 - Mary

else going on. I'm sleeping too much of anything.

0:57:31 - Julie

All right. So here we go. Here comes my laser beam from Sweet Home, Alabama, and it's going all the way across the Atlantic and got you shooting energy from your feet up the top of your head. Well, the first thing I'm doing is I'm putting some energetic estrogen into you, girly, so you may be in perimenopause. How young are you?

0:57:53 - Mary

I'm 54, uh three, 53.

0:57:57 - Julie

Okay, are you on hormones now?

0:57:59 - Mary

No, no, I'm needing. I probably need to go on them.

0:58:03 - Julie

Yeah, that's the first thing that's coming up, Joanne. And so the bioidentical are what our bodies make when we're young and fertile and popping out babies, and as we age, our hormone levels diminish. Babies, and as we age, our hormone levels diminish and mother

nature says, ah, we don't really need her anymore because she's not propagating the species, and then that's when degenerative things start to happen. So that's the first thing that I'm seeing. My other thing that's coming into my head and was before I even connected into you to get you on my radar was what are you eating? Tell me about your diet? I get stick more with protein and good fats because you're eating too much refined stuff, gosh okay, and your blood sugar is like a roller coaster.

Yeah, it's going all over.

0:58:53 - Mary

Is there anything wrong with my stomach?

0:58:55 - Julie

No, it's just what you're eating. So you're like on a roller coaster ride. So you're eating stuff that's processed or pasta or bread or sweets or whatever, and your blood sugar is going up and then it's plummeting and it makes you tired. So your body you need to do something that's gonna be stable. So think of good fats, grass-fed butter, you know, olive oil Don't cook with it, just put it on your food afterwards, like use it as salad dressing, avocado oil, coconut oil, that kind of stuff. You want to stay with protein, good protein, and the good fats. If you add a bunch more protein and good fats, you're going to be a new woman and then get on the hormones or at least get tested for them.

The other thing, too, is, if you don't have a doctor that you can work with or you don't want to go down that route, there's a product called Amata A-M-A-T-A and it's developed by Dr Christian Northrup and it's made from an herb called puri myrifica, pureria myrifica or something like that, and it's been used in Thailand for 700 years. Oh wow, and it's over the counter. You don't need a prescription. Just go to askJulieryan.com slash hormones. AskJulieryan.com slash hormones and that'll link you right into there for a discount and you might want to start off with that. Give that a try and see how that helps. So diet and hormones is what I'm getting. Is going on with you. That's lovely. Thank you very much, Julie.

1:00:36 - Mary

You are so welcome Sweet dreams.

1:00:39 - Julie

Thanks for getting up in the middle of the night to join us. My goodness, that's way beyond the call of duty, but I appreciate it. Alrighty, everybody. That's it for this week. So much fun. Congratulations to Mary from Massachusetts. You guys, come join us in Atlanta. I'm telling you it will enhance your life in every area. It will be one of the most fun weekends ever in your whole life. So everything's at AskJulieRyan.com. In the meantime, sending you lots of love from Sweet Home Alabama. Bye, everybody, See you next week.

1:01:15 - 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.

1:01:30 - Disclaimer

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