

## AJR Gail Lynn 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, welcome to the Ask Julie Ryan show.

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Gail Lynn with us on the show today. Gail's a visionary inventor and trailblazer in the field of frequency healing. She's best known for creating the revolutionary harmonic egg, a healing chamber that merges the power of sound light and sacred geometry to restore balance and well-being. As an inventor of medical devices, I'm fascinated to learn how Gail received the inspiration for the egg and how it's transforming lives around the world. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with.

0:01:39 - Gail

Gail. Gail, welcome to this show. I'm so delighted you could join us today. Thank you for having me. I'm so excited, and we have to do a shout out to Alex too, because he brought us together. Okay.

0:01:47 - Julie

My Alex, Alex Ferrari, Alex Ferrari yeah, next level soul. Yeah, he's my little brother, Not by blood but by everything else, right? Yeah, I was texting with him this morning actually. So you say science is looking to the past for the future of medicine. What do you mean by that? What leads you to believe that?

0:02:10 - Gail

I believe that we are in the future of medicine and it's frequency medicine and this is all stuff from the past. The ancients used sound and color for healing, and so we need to come back to that and, yes, there's no money into it. That's so, we need to come back to that and, yes, there's no money into it. That's why we ended up with Big Pharma. And I listened to your podcast with Dr Page Brilliant, loved her, and she made so many great comments about using color, using music instead of taking a pill, and everything being emotional, and we have to look at our emotional trauma. So what I wanted to create is somewhere for us, as vibrational beings of light from God, from source, a way to heal with sound and light, and it just made sense to me. It was just to me common sense.

0:03:04 - Julie

Can you give us a couple of examples of people with whom you've worked that maybe had some kind of medical condition and then you use sound and color and light and it helped them heal?

0:03:16 - Gail

Absolutely. I have veterans. My center used to be called the Healing the Healer Center, so I had a lot of medical doctors that would come acupuncturists, massage therapists, and so it just I

created this tribe of healing the healers and it was so beautiful and so brilliant. I learned so much from them.

One gentleman came in and he had a. He had suffered a heart attack. After 27 years of marriage he lost his wife. It was unexpected and you know like we can die of a broken heart, and so he ended up with stints and a pacemaker. And he came to me and I had, like I said, medical doctors coming into the center and the medical doctor said he was going to get the pacemaker battery changed. And he had, like I said, medical doctors coming into the center. And the medical doctor said he was going to get the pacemaker battery changed. And he said, you know, give me his ejection fraction number and his cardiac output number and I'll tell you how much of his heart is still dead, because he had been told 40% of his heart died. And you know, the numbers came back and the doctor looked at the numbers. He looked at me, looked at the numbers, looked at me. He's like these are his numbers and I said, yeah, he just gave them to me. He just got back from the doctor and he said this is a fully functioning heart.

And I said how can that be? And he said well, organs can regenerate. We can heal our body naturally when we're in the right environment, when the autonomic nervous system is in balance. That is the parasympathetic and the sympathetic which you've talked about on your show before. When you're stuck in fight or flight, you can't heal. You're just stuck in this place where you can't heal. It's a vicious cycle. It's a vicious circle. So I feel like my claim to fame is to help people to reset their autonomic nervous system so that their body can heal naturally. You don't really need anything. Your body knows what to do. It knows how to heal. You break a bone? We know it's going to heal. You might have to get it set, but we know it's going to heal. You slash your arm open. You're bleeding everywhere. We know it's going to scab over and heal.

Why have we been hoodwinked into believing that we can't heal from the big C or chronic illnesses? Why do you think we have been hoodwinked ourselves? We go to doctors and say what do we do? Oh my gosh, I don't know what's wrong with me. Can you help me? What do I take? How much do I take? What should I do?

And we have to start looking within. We have to start looking within. We have to start saying okay, going to the doctor as a partner as not the director of our health, but as a team member and say you know what? I'm feeling a lot of discomfort in my right side, right around where the liver is. Can we check my liver numbers? And the doctor says, yes, of course, and maybe because the liver is related to anger, are you experiencing anger in your life? They need to start to listen.

Just like Dr Page said, listening is a very important skill that the medical professionals have lost and they just want to tell. We need them to listen, we need them to be a team member for us in our health, and that's, I think, where we're going. And that's why I created this community of egg guardians and this is what we call them where you come into the center and we listen to you. We listen to what's going on emotionally, environmentally, physically, and help you set an intention for your session, and then we use music and color to create a we call them musical prescription sometimes, where we're helping you set that intention and we're setting the right piece of music with the right colors inside of a large wooden egg to help your body to come into balance, to help you to connect to your higher self so that you can identify what is wrong with you and so you don't have to go and ask somebody.

0:07:38 - Julie

Okay, let's dive into your invention. By the way, kudos to you, congratulations. I know you've gotten it patented and that's no easy feat. I have four patents myself on surgical devices and it's hard to get a patent and it's very expensive. And so you know, my hat's off to you, girl, as a fellow inventor. How did you come up with the idea? Tell us about the egg, tell us how it works.

0:08:10 - Gail

Oh well, thank you. And I did have a shaman that had to come into my center and kind of slap me upside the head when I was inventing this, because I said to her, having been an automotive, you know, for the first part of my career, I remember saying to her women don't invent things like men invent things. And she was like slap. She said you're an inventor, you're a teacher. I said no, I don't want to be the teacher, I want to have teachers. And she said, well, I'm sorry, sweetie, but jump in, because this is what this? Welcome to your life.

Yeah, so it all came from most, like most healers, it all came from me being sick.

So I was really sick.

I had 23 years of migraine headaches, I had cystic acne, my hair was falling out from heavy metals that I later learned, heavy metals that I got from automotive industry and soldering and, you know, working on machinery, and I had liver issues, I had thyroid issues and then they wanted to do a hysterectomy on me, Just really, yeah, heavy bleeding, and what I found was, you know, these can be symptoms of Epstein-Barr slash, lyme disease, and so over time and working with doctors, I started to bring everything together to help myself.

But through a series of synchronicities and I know there are no accidents I found sound and light therapy in the shape of a box. It was more of a rectangular box and that was my introduction and it was really brilliant. But there are a whole lot of past life stuff came into play during that introduction to that light box where I found that in a past life I was connected to the inventor and he had some past life karma he needed to resolve and bring this technology onto the earth plane. At this time it turned it over to the divine feminine, now Norm Shealy. You probably know or you've heard of him, for those who aren't familiar with him.

0:10:18 - Julie

please inform everybody. Please educate us about Norm Shealy everybody.

0:10:26 - Gail

Please educate us about Norm Shealy, a brilliant, brilliant man who recently passed away. So RIP to Dr Norm Shealy. He was a medical doctor who kind of went rogue, just to kind of keep it quick, kind of went rogue and said this is not how we should be healing with the medical systems, became a medical intuitive I think he was always a medical intuitive Started teaching about energy medicine. Carolyn Miss is his partner. I think he was always a medical intuitive, started teaching about energy medicine. Carolyn Miss is his partner. I don't know if they were ever just business partners or partners in life, but they were dear, dear friends.

And I called him up one day and I said I need to get a past life reading. And he said well, sweetie, I don't do readings, I do regressions. And I said well, I need to know the best person in the world because I need to know why I'm here, why am I getting this download for this harmonic gang and the sound and light, and why haven't been launched into this? And every other door that I've tried to open has been locked. I go to this door not locked, locked. The only door that's still open is the sound and light therapy, and I didn't want to do it, Julie.

I wanted to be a corporate executive because I was really good at operations and project management and that was my gift. And he thought, okay, well, I'm the second best in the world, he said. I said, well, I'll take it. And he said, but you have to come see me. So I flew to Springfield, missouri, to have a reading with him, to find out that there was a karmic connection with the inventor of the box and he was a son of mine in a previous life in Egypt and that I had done sound and light therapy and created potions and helped people to heal throughout my community, throughout my town. And that's what I needed to know.

0:12:07 - Julie

I didn't need to know what was the timeframe of this, and who was the original inventor? Was he Egyptian?

0:12:15 - Gail

No, no, it was Atlantean and Lemurian, to be exact.

0:12:20 - Julie

Oh, wow, okay. So I don't even know when that supposedly happened, but were the years that that supposedly happened? Yeah, so I don't even know when that supposedly happened, but were the years that that supposedly happened? Yeah, I don't know either. Was it before we started the, you know, the Roman calendar that we use, or the Greco calendar or whatever we're using as our calendar? Long time ago? So it was in a life far, far away, all right. And had you found in your research, had you found any other examples of somebody trying to emulate that lightbox that you were getting the information downloaded into your head about?

0:13:04 - Gail

So it's really interesting because I thought for sure, somebody has done this, somebody has already created this, and so he had a patent and I wanted to be more of a community or collaborate with him, but he was absolutely no, this is mine, I don't want to share. And so I said, okay, well, I'm sorry, but I'm just going to go ahead and get my own patent. And I hired an attorney and he said it's yours is so different. You know your music is different. You're using MP. You're not using MP3 files, you're using WAV files, which is the pure expression of the music. You're based everything you've based everything on the waveforms of instruments, not on frequency and hertz.

And he had, like a rainbow colored light bulb, where I was using LED lights that are non-mercury, off-gassing, that have almost the full spectrum of the nanometers of the colors. So I can say, okay, I want to work on the root chakra because of some knee issues, and so I'm going to use some red light and I'm going to use some red light and I'm going to use some drumming, because I know that drumming can help bring the root chakra back into balance. So just and then, the design being the egg shape.

0:14:16 - Julie

So how does it work? You say you use color, you use sound, you use light. Tell us, if I come to you and I've got a pain in my abdomen, what happens? Do you run me through some computer program or something? Do I get scanned by like a, you know, like a scanner at the airport before you go through? Or how does it work? What's the whole system?

0:14:47 - Gail

That's a great question and, just like you and Dr Page spoke about, technology is not really our friend when it comes to our healing and EMFs and all that. So I really prided myself in not hooking this up to a Wi-Fi or Bluetooth technology. There's no screens in there. Everything is basically hardwired. So I wanted it that way and then lined with wood.

So if you came in with stomach problems, you're going to get the egg guardian to do an intake with you and find out why. You know stomach's often associated with worry. Are you worried about something? Is there some emotional trauma, or is it maybe a gut microbiome? You know diet issue?

And so we're there as people with people, the feeling, the touching, the community and helping you set an intention. And when two or more are gathered I'm not a Bible thumper either, but when two or more are gathered and I'm not a Bible thumper either but when two or more are

gathered and you're holding that intention in that space together, it's more powerful. So we have the intention and then, as we're going through, we're saying, okay, the stomach is right around the sacral chakra, so we may use some orange light stimulating the density of the organs. We may use some more heavier bass, instruments like drumming or trumpet or trombone or tuba, because it's going to penetrate the density of the organs. So you're inside this cubic airspace, this resonant chamber that acts as a Faraday cage, but yet there's electronics in there and I've tested it with the Trifield EMF detector and there's no EMFs inside. Now, of course, right outside the egg is the amplifier and you're going to get EMFs off of that. So somehow this shape and this vortex has created a Faraday cage.

You have 40 minutes of music, 10 minutes of silence, and the silence is designed because of a white paper I read from a German doctor who said if someone listens to this relaxing music 10 minutes of silence, or eight minutes of silence at the end, to be exact they'll integrate better. Let the nervous system figure out what's going on. You know, way back in the day when chiropractors were trained, they were told to let the client or patient to lie flat for 15 to 30 minutes so that the nervous system has time to figure out what just happened with all the cracking. And you know adjustments. But today you have things like the joint you pop in, you run out back into traffic and you don't hold the adjustments as long because you don't give the nervous system a chance to really know what happened.

0:17:31 - Julie

Interesting. I hadn't heard that, but it makes total sense and most people don't have the time to lay there for a half an hour. You know they're on and the doctor's on to the next client and all of that. So your intake person is going to say, okay, Julie's got something going on in her GI tract, and then you've already formulated what the different colors are that go with that part of the body and the different music. How did you come up with that formula? It was very interesting, is that?

0:18:08 - Gail

the secret sauce. I share everything, Julie, because I know that no one's going to be able to replicate the energy that I've created with the community and the divine feminine business model. But I read about 98 books and my favorite book was by Kay Gardner, sounding the Inner Landscape, and when I read her book it felt like we were on the same consciousness level with the waveforms of instruments, and every waveform will help a different system of our body or organ, like the flute with the liver, drumming with the root chakra and different things like that. And I just thought it was that light bulb that went off. It was like, ah, and that's it.

That's what we're looking for, because so many people focus on the Solfeggio suite and the frequencies 528 hertz for the DNA. You look at David Hawkins' work Power Versus Force, you know but the Christ consciousness, when he wrote that book, was about a thousand hertz and I think it's probably around 1200. It just the earth keeps elevating. But we keep elevating, we keep raising our consciousness, raising our vibration, so we have to keep up with that. So 528 Hertz probably I mean you're when in your work you're probably vibrating at about 880 Hertz would be my guess.

0:19:31 - Julie

So why would you put yourself on 528 hertz and you know 528 is the self-edge frequencies which are growing chance and things like that from a couple thousand years ago. Yeah, so I agree with you because when I'm teaching energy healing, it's 10% technique, 90% transfer of energy from me to them at a super, super high level. I have no idea what hurts. Somebody can measure me if they want, and they've got to sit in that in order for the body to be able to get used to absorbing that and accessing it quickly. And so I always tell people when they come into my classes look, this is going to be 10% technique, but we got to have something to talk about, so we're going to go through this stuff. But it's 90% transfer of energy.

And when I spend my experience scale and I'd love to hear your take on this that each generation comes in at a higher vibration and each generation benefits from what we've explored and discovered in previous generations. For example, a toddler can work their iPhone better than I can work mine, you know. Or an iPad. I mean, they just know, and some of them aren't even talking in sentences yet. You're thinking, I'm thinking what, how's this work? Well, they've benefited from all of the previous generations that have, you know, figured this stuff out. So back to you read the book on frequencies and the frequencies had music and hurts and stuff like that. And then did you read other research on different colors. Did you connect them with chakras. What did you do on that? How'd you come up with that formula?

0:21:24 - Gail

So a lot. There's a lot of information out there and you know just what if red isn't the root chakra. But we have to have a foundation and the general public believes red, root, orange, sacral and on and on to purple being the crown chakra. So I studied a lot of Cindy Dale's work and just a lot of different people who talk about chakras and chakra healing, and then I looked at the back of the heart chakra and the back of the chakras. There's actually a different color for the back of the chakra. So I looked at that and I thought, let me put together a really good foundation of a training for you know the general public, there's always going to be somebody unique and we would see, oh my gosh, for their root chakra they need the color blue or something like that. And so intuition comes in and as people are running their egg, the eggs have, there is a conscious technology. I can't really explain it. I can tell you that the more eggs that come onto the planet and they're connected to the earth and the grid of the earth, they're all becoming more powerful.

I'm an engineer from Detroit, blue collar environment, blue collar family, seventh grade, educated dad, high school diploma mother. This made me feel like I should go see a psychiatrist because I'm believing that this is all energy and it's connected. This is all energy and it's connected. I had a client one time in Belgium say I was in the egg in Belgium and I felt the Peru egg hit the planet. You know it hit the ground right there in Peru. I said how could you know that? It's not even uncreated, it's not even put together yet. How can you know that? And she said I felt it. I felt it drop onto the land of Pachimama there in Peru. And so for me, my environment of growing up being an engineer and it just doesn't make sense. But there's so many things that have happened now since I've gotten into sound and light therapy that I can't deny it anymore.

0:23:28 - Julie

Mm-hmm. Okay. So back to the instruments. You've mentioned drums and flutes and things like that. Is it music that's composed for the egg? Is it music that's already existing? Is it just that instrument, or is it perhaps a flute that's spotlighted in a symphony, or is it perhaps a flute that's spotlighted in a symphony? What kind of music are?

0:23:55 - Gail

you using and how do you get it? So that's a great question. I worked a lot with Cymatics and John's Lute Reads for those who don't know?

Yep, cymatics is when you see some of those videos online where they put a skin maybe it looks like a drum skin and they play music and it creates a mandala. The different types of frequencies, the different types of waveforms of instruments will actually create this beautiful, sacred geometric form, and so I worked a lot with that. But then I started thinking the energy of the musician matters. If a musician is angry, I don't want their energy of music in the harmonic A.

So I had to interview them. I talked to John Stewart Reed about this. I said you know, even though this is a beautiful instrument, like a violin and Itzhak Perlman's playing it well, if he's angry that day, that energy is going to come through to the crowd. It's going to come through. You're going to feel it Somehow. Some people are going to leave going, I don't know why. I just feel really angry. And it goes the same with again, the podcast you did with Dr Page was just so good and she was talking about when women are going to be on their period. They shouldn't cook because they're cleansing, and that energy is coming through. And it's the same thing that energy of the musician is coming through.

So I had to interview musicians to make sure that they had a high heart energy and they were doing and creating the music for the right reasons, the music for the right reasons. And so then I would tell them listen, I need this piece to be drumming and flute and guitar for helping with sugar cravings. And then I had the ALS Foundation on the East Coast contact me a couple months ago and said can you create a piece for ALS? What does that look like? So I had to really sit with that and meditate and pray about it, because when you get a diagnosis of als, there's a lot of fear, and a lot of fear will feed the disease even more and it's unfortunate that that diagnosis is such a fearful diagnosis.

So I worked with a musician for about three or four months and we put together a piece of music called Letting Go and it's taking you on this musical journey through the five stages of grief and it's so beautiful and people have really resonated with it. So we're actually put that out there. We don't say it's for ALS because we don't want people to go. Well, I don't have ALS, so I don't need that piece of music. Everybody has grief, so you can process musically through this journey of five stages of grief in this musical piece and that's the egg kind of communicates with me and says this is the kind of music we need.

Now. The music that they recently told me that they needed was very cosmic, to help people to understand what their journey is from the cosmos to the womb into life and then back to the cosmos. So we're working on that piece now and we just finished a piece hydrating the planet. So the piece of music is going to hydrate the microbes on the planet, which will then help hydrate the human. And I think one of the reasons we're so dehydrated as a planet is because our earth and our soils are so dehydrated. So we're bringing music back to help the earth plane and help the land.

0:27:27 - Julie

Okay, so you're composing pieces to go inside your egg, versus using pieces that have already been in the world previously, whether it's classical pieces from long ago or pieces that are like you're not putting you know, some kind of acid rock, something in there that's already been written. Some kind of acid rock something?

0:27:51 - Gail

in there that's already been written. We have a few pieces that we do license for musicians that are beautiful and brilliant. One is Ani Williams, who does didgeridoo and harp. She is my mentor in helping me to understand how a missing tone from your voice can correlate to an emotional or physical ailment. So say you're missing the tone of E. So say you're missing the tone of E. On a voice analysis you could have lung problems, allergies, asthma, and you could also be missing the color yellow because she brings in astrology. And this is she learned from Sherry Edwards and you probably have heard of Sherry Edwards who her ears when she was born. She could hear what tones are missing from your voice, where Ani uses a digital tuner like you would tune a guitar and listens to the voice that way. So her music is in there because I think she's just so brilliant. So we license music pieces from you know different musicians if we find something that's appropriate for the egg.

0:28:58 - Julie

So you just have a department of people that just deal with music and a department that deals with color, and you're it. You're the departments. Okay, so you're led to these composers and you've been able to work with them and convey what you're trying to achieve from a frequency standpoint with them, and then they're able to compose a piece of music that you can utilize inside the egg. Am I understanding that correctly?

0:29:28 - Gail

Okay, and when I'm listening to it, sometimes I'll say there's this tone or this tone, and I said that's not what I hear inside my studio, but because the egg has a different cubic airspace and it's bouncing off walnut. Sometimes it makes up some tones, which is really cool, do you?

0:29:49 - Julie

have people that have eggs that are their own eggs, for instance, in their homes, or are they all in wellness centers? What kind of facilities and people are offering this kind of therapy?

0:30:07 - Gail

So we have 22 medical professionals that own eggs. We have people that put them in their home because they just said you know, I want one for my home, I have one in my home. Of course, I need one in my home. It's for testing and for healing. And then over the years, during COVID, a lot of people were afraid to come out and so they asked me. They said, Gail, I miss having my egg sessions, but I'm afraid to go to a center because I don't want to. You know what? So I created a home unit that is just a light capsule. It's just a circular light capsule that can go in a corner of a room, but it still has the same music and instead of having two light strings, it has one. Instead of having two speakers, it just has one.

So I created this because I was seeing a lot of domestic violence and a lot of people really stressed out being stuck in a home with the family, and people say things that they can't ever take back. We get angry and we say things, and so I said to them I said I'm going to create this let it flow therapy called the lift. So if you ever feel like you're going to say something that you will regret. Go get a lift. Before you say that thing that you can never take back or do something or, you know, hit your spouse or partner or kid, go get a lift. So I created this during COVID. I did apply for a patent for it it's still patent pending just because I wanted to have something for people that they could do at home. So most of the centers that have eggs are acupuncturists, medical doctors, massage therapists, nurse practitioners, rns, and then there's also just people who are great listeners and they just want to give people a better quality of life.

0:31:57 - Julie

Okay, I want to go back to go over some basic things. So it's kind of like we went to the complex stuff first, we jumped into that first with the egg, and I want to go back to establish somewhat of a foundation for how the egg integrates into the total healing equation, where people can utilize one or many different methodologies to help themselves heal. There's not just one way, and certainly what you've discovered or rediscovered from the ancients, it sounds like, is certainly part of the equation. And do you find that people are becoming more interested in non-traditional forms of healing?

0:32:52 - Gail

in non-traditional forms of healing? I absolutely do. But it's kind of scary because I think people are overdoing it. I think it was. I wrote down her name, Danielle that you interviewed is her name Pashko. She talks about biohacking and how people are. You know, they overeat healthy things, they overexercise and I think they're overdoing energy work right now and hurting themselves.

I have had experiences with people who that I'm not going to go with the medical route, I'm going to do the energy medicine route and they ended up passing anyway because she went from Germany to Oregon, to Kansas, to Texas, to Mexico and when she came back to see me after six months on this journey of just hitting her body with everything to try to save her life, I couldn't see her face Like I. When I looked at her neck, her whole face was just dark and I used to get ocular migraine. So I thought my gosh, am I getting a migraine? This is so crazy, I'm losing my vision. But I realized that she was disintegrating right in front of me. So I went into my office and I called a medical intuitive friend that I knew and I said I don't know what's going on. And I told him. He said he tuned into her. He said she'll be gone in about two weeks. So I went back into the room and she was like, hey, what did he say? And I said he said you should just take a little break and go see your grandkids and she goes.

I think that's a really good idea, and I did go to her funeral 10 days later, but she did go and see her grandkids. I mean, it's not my responsibility, I can't. You know, there's free will and anything could have happened, but that's what happened and I just see these people hitting their body with so many different things and it's creating a higher risk of complications in their health, unnecessary financial burden, and then they're not telling their doctor what they're doing. So there's miscommunication, there's the poor coordination of their care. So I just wrote an article about the dangers of overusing healers and doctors, because it is a thing. So I just think that more people are saying, well, this is all healthy stuff. Acupuncture is great and massage is great, and frequency medicine is great and the right frequencies are great, but not all together. You have to be discerned, you have to find what works for you and not everything should be done at once. So I think we're in some really dangerous times of navigating this new frequency medicine.

0:35:29 - Julie

Two thoughts on that. First of all, it's been my experience, Gail, that we can detox too fast and the body? It puts so much stress on the body and on the organs. When people tell me, well, I've done a such and such cleanse, I say I'm not a fan of cleanses because you're detoxing so fast that sometimes you think you're taking two steps forward and you're taking 15 steps backwards because your liver and your kidneys and stuff are just going. What the heck is all this stuff? So it's got to be done with somebody that really knows what they're doing. That can help guide you in. You know, here's what you're feeling here. Maybe you want to back off a little bit on this, that kind of thing.

Number one.

Number two I have started seeing recently where I don't see the body necessarily disintegrating as somebody's dying, but I'm seeing their energy disintegrate.

When I get somebody on my radar, there's a hologram of them and then it's like I'm looking at an MRI or a CT scan or an x-ray and I can see inside the body telepathically and see broken bones, torn ligaments, stuff like that. But I'm starting to see the hologram disintegrate and perhaps that's what your friend was seeing as far as her body starting to disintegrate. I see this spirit outside of the body when somebody is dying, and then I'll see angels and deceased loved ones' spirits, and the spirits of deceased pets surround them. So that's how I know. Initially they're dying, but I'm starting to see that hologram that's representing their body start to disintegrate at the same time. So you're the first person I've heard say that, and I've just started seeing that in the past few months. That's interesting to me. Furthermore, how does one discern what's going to work best for them and how do they know what methodology to follow, and how do they know when it's too much, and how do they know who to trust?

0:37:38 - Gail

Oh my God, those are the questions of the universe right now. I'll give my thoughts on it. It's just my opinion. I think you know if you go and do a modality and you leave and you're throwing up and you have diarrhea, it is too much detox that is, then it's too intense. You should stay away from that, because when people first started coming to the egg, they're like I don't think it did anything, I didn't throw up or have diarrhea. I was like and you shouldn't.

This is a gentle, powerful autonomic nervous system balancing device. We did heart rate variability tests on 200 people and everybody had an improvement in the ANS. So I was like this is our kind of claim to fame Be discerning. You know that small, still voice. When you walk into a room and you're standing in front of a machine and you get this sick feeling in your stomach. It's probably not gonna be good for you. But then do you just cancel and do pay a cancellation fee. I'm the one that I'm like I'll just do it and I'll deal with the implications later. And my tell whenever I did energy work that wasn't right for me, I would have insomnia for two weeks before my body would reset. That was my tell.

So if people are really having a healing crisis and they're like I don't know why this is going wrong, it could be with the egg too. It could be more too powerful for people, or it could be bringing up a trauma that they're not ready to release yet. So I don't say that the egg is for everybody. You have to be discerning, and one of your podcasts you were talking about getting a massage and being like, hey, are you on your period? Because you don't want them touching you, and I've had massages where I left the room and I was fearful. It was their fear, I was angry, it was their anger. And so we have to be discerning.

And if there's, you know, different healers out there that are having a lot of issues in their life, maybe it's not somebody we want to have them work on us. They're going through a divorce, they're losing their house, they're, you know, financially stressed out. That's why the egg is so brilliant is because it's consistent and repeatable. It doesn't have the human emotions, it doesn't get cut off in traffic, it doesn't have a divorce, and so I love the machines, but I don't love the machines that are full of technology and screens blasting in your face and EMFs everywhere.

So this navigation of this new field of frequency medicine and energy medicine is going to be really hard to be discerning and to know what is right for you. It's going to be some trial and error, but I think if we tune into our intuition and say, you know, I don't think I should feel that way after this, it's probably not right for you. You should feel blissful, you should feel joyful, you should feel connected to your source, energy, your higher self. You should start to be more intuitive, you should start to see more manifestation because you're clearing all the crap out of your energy field that was blocking you from receiving what is yours by divine right. So does that help give you a couple of tips?

0:41:00 - Julie

Yeah, and I agree with you on the feeling joyful and feeling at least a sense of release, or what my dear friend San Cheng, the Taoist master priest, says. He goes you need a good dose of hopium and hopium is you have hope. You know your body can heal, the body can heal from everything and spirit gives me information all the time. That's hilarious and at the beginning, when I first started doing this, I thought oh my God, you know, I feel like a nut job saying somebody's elbow looks like a bowl of whipped cream or something. And yet what I've realized is it's designed to make us laugh, to break that stress frequency, to understand that spirit is pure love and joy. And when we're feeling joyful, when we're at least feeling hope I love the hopium description when we're feeling hope, we're at a higher frequency and it allows the body to bring in its own healing capabilities.

I agree with what you said earlier, which is when we're in fight or flight, we release cortisol, we release the stress hormones, the norepinephrine, you know that kind of thing, and what's happening is it all causes inflammation, and inflammation is the root cause of all disease and illness.

So when we can come up with a way through your egg or through other modalities. Prayer egg or through other modalities, prayer meditation, whatever. I just read a study about the rosary. I'm a Catholic girl. You know I was taught the rosary when I was teeny weeny and how effective that is as an ancient form of meditation and how it lowers the blood pressure, lowers the you know all the stress hormones does all of that. And so back to your point earlier as well of the ancients knew this stuff. I mean they knew that when we prayed, when we did certain meditations and things like that, listened to certain music, did things at different times of the year during the solstices and during those kinds of pagan rituals, that it helped the body thrive. Fasting same thing, the cleaning out of the old cells and helping the body regenerate new cells that's all ancient stuff. Does our body let us know when we're out of energetic alignment?

0:43:36 - Gail

Oh my gosh, every single day. I used to describe this to people. I say you know, three people are skiing down a mountain. All three of them fall. One of them hurts their right shoulder, one of them breaks their left leg and one of them nothing happens to you.

These are messages from the body. So I the right side is more the masculine energy side, left side is feminine side my boyfriend has my boyfriend's knee issues. I'm like, dude, you are so stubborn, you are so inflexible and you are not wanting to move forward. He's, you know, he's 18 years older than I am, so he's like, oh, I might be dead next year, so don't plan anything, you know. And so his knees he doesn't want to move forward. And I just have to laugh at him.

But everybody is getting these messages from their body and I had an issue with a masculine vendor having issues with working with a female inventor and it manifested itself as a right hip issue. And I'm like, haha, I know, that's you, I can get rid of this and you just release it. So your body's always giving you these messages. And what is my? I just did a documentary and it's called it's Time and the one expert said if you don't listen to the whispers, you get the nudges. If you don't listen to the whispers, you get the nudges. If you don't listen to the nudges, you get the hammer. And the hammer is normally after you broke your ankle and hurt your rotator cuff and you know your body's screaming at you and then you have a chronic illness because you weren't listening.

0:45:08 - Julie

Yeah, do you believe that emotion is the root cause of all illness and disease?

0:45:16 - Gail

For some, yes, but heavy metals plays into that, Inflammation plays into that, immune system issues play into that, stress plays into that. At the root, though, I believe that a lot of it is emotional and not listening to your body.

0:45:31 - Julie

Okay, I find that there's always an emotional component to everything that's going on inside the body, and I believe it's the most important part of a healing, because we can fix body parts all day long, but if you haven't figured out what the emotional thing is and it's causing you to leak power, what's the point? So I'm really adamant about that and do that in all of the healing sessions that I do with clients. I don't have time to do it on my show, but I do with private clients, and so do all my graduates that are working with me. That's a huge part of the healing journey. What do you wish people knew when beginning their energetic healing journey?

0:46:21 - Gail

I think the biggest thing for me is triggers are treasures, and when there's a trigger we need to go back and find where did we feel that same way? So, for an example, this is very silly, but when I was younger maybe five, six years old my brother used to come into my room and steal this abalone shell we got from our great aunt and uncle and we only had one, so he would steal it and I would steal it back. And so one day I was at the barn and I was putting some bag of shavings into my horse's stall and I was going back to my truck and I thought well, when I get back to my truck, that's going to be stolen. And I'm thinking I'm in a gated community, no one's around, why do I think that this is going to be stolen out of my truck, which it wasn't? And I said to myself let me go back to the time when I felt that way, when someone was stealing something from me.

I went all the way back to. You know, I was five, six years old. So if we can notice when we're going to have a trigger and then trace that back to when we felt that way before, and then heal that little child heal that young adult, heal that going forward, we're making a huge difference in our cellular trauma and really expressing those emotions in a healthy way, which you know. Emotions are all healthy, even anger is healthy, but expressing them in a healthy way is kind of the key. So I think that's what I would give advice to is finding out your triggers and knowing that they're treasures, and finding where they came from and healing them going forward.

0:47:56 - Julie

I completely agree with you on that. When I'm helping somebody figure out where the emotional component is, I want to know where did that energy block begin? Did it begin in this lifetime, as a child? I had a client this morning and we figured out that it was in utero with her when she was a fetus and or did it come from a past life and you've brought it into exploring this lifetime? So when we get that emotional energy block out by the root, where did it originate? It's been my experience, Gail, that all the other pent up emotional energy comes out in one fell swoop. And we're saying the same thing. I completely agree with you. Have you witnessed any moments in the egg, either yourself or with a client, that would resemble like a spiritual rebirth or awakening, more so than something connected with a physical ailment?

0:49:00 - Gail

Oh my gosh, so many things are going through my head right now. One thing that people go through past lives, and it was really cute A lady, who's very spiritual, was in the egg and she had the whole recollection of a past life, being a man. And when I opened the egg it was funny. She grabbed her breasts and said I just want to make sure I'm still a woman, because it felt so real that I cleared something with the past and I just got a chuckle out of that. But a lot of people have these clearings.

The other one that's coming up for me is a lady that went in and she had Lyme disease. Her DO sent her to me because he said there's nothing wrong with her physically anymore she does not have Lyme anymore, but she's still expressing the symptoms and she said what happened in the egg was this blue tick jumped out of her head and started circling inside the egg and she realized that that was still an energetic tick in her field that she needed to get rid of before she could get rid of the symptoms. So as soon as that happened then I sent her back to her DO, who then took her to the next level of her healing. But he was stuck with her at this emotional level of the energetic Lyme still plaguing her. So there's so many stories I could tell you.

One time I went in and I got scared because I looked over and I saw myself and I thought I flung the doors open and came out and my assistant who was working with me, she was like what just happened to you? I said I don't know. I said I saw myself and it looked like myself was trying to come back into myself and she said I think one of your souls had a death and it was really trying to incorporate itself back into you and it didn't work. You got to get back in

there and let that finish and it really did scare me. But now that I know what I understand about the different souls and you could be living different lives and all those aspects of your soul can be doing different things and then also incorporate back into each other during your lifetime, it was beautiful but it was scary.

0:51:18 - Julie

Living different lifetimes concurrently you're talking about, right yeah, which is such an interesting concept Makes my head want to explode. I'm like what? There's no way. I don't think we can understand it from a human perspective. And yet I hear it talked about a lot, not only with experts, but also from spirit that are saying, yeah, that's how it works Fascinating. All right, we touched on this a little bit earlier, Gail and that is, how much do joy, laughter and love affect healing, both inside your device and also just in our everyday lives, and what can we do to really create more of that feeling?

0:52:10 - Gail

Well, that's interesting because you said hopium is something that you can sell. A lot of people say I sell hope. You know the eggs, because we give people hope. And I do believe that when you live in a place of love, disease doesn't really see that as an energy it wants to attach to. So I see more of like the cancer, their anger, their fear, their scarcity, lack, and it's a lower vibration. And when you get to joy and love and authenticity which I think even authenticity is higher vibration than love Love can be subjective, but being authentic I mean even the horse, my horse can recognize if I'm being authentic with her or not and she'll turn her butt to me if I'm not being authentic with her. So authenticity, love, joy, hope I think that's a radio station that disease doesn't live on, and so I think when you can stay in that place of those higher vibrational emotions, disease can't touch you and I do truly believe that.

0:53:16 - Julie

Well and the blue zones validate that too for people that have community and have love and family and joy, that they live much healthier, longer lives than those especially in our society today. And we see this a lot with the elderly. Where they're lonely, they're by themselves, even if they're in a nursing home or an assisted living place, If they're not taking advantage of some of the activities and stuff, they're just lonely. And that's when so much disease and illness can come in and can affect their longevity.

0:53:54 - Gail

There's a study by either Cigna or Blue Cross and it's in my documentary, but that seems like that was more than just yesterday that came out and loneliness is equated to smoking like 12 cigarettes a day. It's like loneliness is really bad and we don't have enough community. I try to create more community because I think we need hugs. It builds the immune system and this whole thing with being separate from each other during COVID was just so horrible for people's immune systems.

0:54:28 - Julie

Yeah. So how can people establish more of a sense of community? Let's say, somebody's lost a spouse or they're single and they are feeling lonely.

0:54:42 - Gail

Well, they can walk around Target. I'm just kidding you because I know you did that.

0:54:47 - Julie

Well, what she's talking about, you guys, is when Tim used to travel a lot and Jonathan was away at school. My son and I'd say okay, because I was talking to people on the phone all day, but I needed to be around people and so I just walked the aisles of Target even if I didn't need

anything, or I just go to the store, even if I didn't need anything, just walk around for 20 minutes or so. Then I, and then my my battery got recharged from being around people.

0:55:14 - Gail

So I'm teasing you. So I actually created community events at my house and so I just invite a bunch of girls over and we just have this little spiritual get togethers and we walk around my property, which I live in the country, and collect rocks and just you know, have this community. So I think, doing that you know, getting a group of people together instead of the Zoom call go have coffee with them, go have a meal with them, anytime someone comes to town. I know it's it's takes a lot of my time, but I go do it. I have a Canadian center owner coming into town next month and we're going to meet up for dinner instead of having a Zoom call or a phone call. So just creating community, getting together with your other human beings we're all in this together. No one's getting out alive and we should support each other and love each other.

0:56:07 - Julie

You maybe were one of the original girl rock groups out there. When you have them, come look for rocks on your property. I'm hearing she's a rock band, she's a rock group. I love that. Okay, a couple more questions as we're winding down here. Can you please share a simple breath or sound practice that somebody can implement themselves today when they're listening to this or watching it?

0:56:36 - Gail

So I'm gonna be different than other people because you have the square breathing, you have all these different breathings. I would say get a pitch pipe and they are online, they're called pitch pipes and you can tune it to different tones. So I would say get a pitch pipe and every day do a different tone and you can dial it in, you put it onto your lips and you blow into it and you have your fingertips and your lips connected to it. So when you blow into this pitch pipe, you're replenishing the tone of the selection that you made on the pitch pipe, because I know probably everything else has been already created. So I thought that's a unique way to tone and to use breath that maybe somebody hasn't said on your show yet.

0:57:24 - Julie

How do you know where to set it for the tone?

0:57:27 - Gail

So just do the different tones. So if you are a certain astrological, like I'm a Scorpio, so I sometimes would be missing the tone of G or if you have a lot of root chakra issues knee problems, teeth problems, hearing problems, eye problems you probably want to go ahead and tone to C and C sharp. I write a lot about this in my book. At the back of the book I talk about the different tones that are missing from the different chakras so you can read about it. But you can also just tune into what ailments you have and what tone that would be associated with. But you can also just go through the whole circle of tones over a week or so.

0:58:06 - Julie

For somebody to find that information of what tone goes with what ailment. Is that something that they can find online, or is that only in your book? Is there lots of information out there? How do they find that?

0:58:21 - Gail

It's getting to be really prevalent now and people are starting to learn this. So anniewilliams.com that's my mentor in learning this, and so she has Sound Wheels and she has tons of YouTube videos and classes and it's aniwilliams.com I would send people to her. She is, I think, one of the biggest experts in the world with missing tones.

0:58:45 - Julie

Interesting. I've never heard that before. I've never heard about that. That's a new thing. And when you said the pitch pipe, what's the pipe? It's like a reed, that. What do they call it in grade school? There's something I'm trying to remember. It's some weird name and they blow in it and they, you know, play it. It's got holes on it and they play it. The kids do. It's like the reflector or something. That's not it, but there's, that's what I thought you were talking about. At first I thought, okay, like the medicine men used to use or say but you're talking about it's not the didgeridoo with the circular breathing, because I still can't figure out how to play the didgeridoo.

I don't even know what that is, but when you're talking about a pitch pipe, that's what a choir director is going to use for a group that's going to be singing a cappella without music and they'll blow through that kind of like if they'll hit a key on the piano to get the choir in tune with whatever that key is. Same kind of a thing. That's brilliant, girl. I like that a lot. All right, last question why do we incarnate?

1:00:00 - Gail

I think it's for learning and teaching. I think we're here to learn and to grow as a soul being, because there's no other place in the universe that I know of that I've heard of that we can learn all these emotions, anger and fear and guilt, and happiness and love and joy. But I also think we're here to teach and we have soul contracts with each other to teach each other while we're here on the earth plane. Great answer.

1:00:28 - Julie

Well, you certainly are brilliant and fascinating. The Detroit automotive business is lost. It's the rest of our, our gain, for heaven's sakes, and thank you for having the courage to go out and really follow where you're being led to develop this product and to educate yourself so much I'm sure you didn't learn this in engineering school but to educate yourself to all these different ancient healing practices and then to come up with a new modality that's applicable in this date and time and to help so many people around the world. So thank you for all of your work with this. How can people learn more about you and where they can get more information about the egg and maybe go try it out at a center that has one?

1:01:22 - Gail

So everything is HarmonicEgg.com. All of our music is there, with song sheets on how they were intended to be created. The documentary is there. It's also on Next Level Soul TV with Alex Ferrari, and so HarmonicEgg.com locations. The new book is coming out. We just finished proofing it today, so the new book will be coming out to give people a way to have more conscious living in these chaotic times and a lot of examples that they can do in their daily life.

1:01:57 - Julie

Can someone download the music? Are you selling the music separately or is it only going with the eggs?

1:02:03 - Gail

We sell it separately and they can download a WAV file, a very large file. It won't be an MP3 file because it cuts off the integrity of the piece by compressing it. So it's a WAV file. That's of the piece by compressing it. So it's a web file that's downloadable from our website in the store, and it comes with a song sheet as well the colors that are intended, the chakras that it'll invoke, the musics, and so you know what instruments were used and a little bit about the musician.

1:02:31 - Julie

And does it correlate with whatever the body part is that's under distress, to help that music heal?

1:02:38 - Gail

that body? I'm not sure if I understand the question, but it will tell you. Listen, this piece of music is intended for this body part, this body system or this organ, this chakra, and these are the colors that you want. Yeah, yeah.

1:02:53 - Julie

Yeah, that's what I was looking for. All right, everybody, my gosh. Lots for you to think about here with this conversation. I have lots to think about myself too. I think we're doing a lot of the same work, just in a different way, so there's lots of different ways to get you know, to get to it together. In the meantime, everybody, we're sending you lots of love from Sweet Home Alabama, and from Colorado to where Gail is. We'll see you next time.

1:03:28 - Anncr

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

1:03:42 - Disclaimer

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