

## AJR Live Show - Oct 30th 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. Welcome to everybody. It has been one crazy week for me. This time last week I was in Atlanta for our big angelic attendant training. We had a wonderful, wonderful time. Bunch of people there from a bunch of different countries flew in and, oh my gosh, what a weekend. I think that it was lucky that we didn't blow the roof off of the hotel with all the high vibe of all that was happening. But what a delight For those of you that would like to attend start saving. I mean, it is truly a life-changing event that was happening. But what a delight For those of you that would like to attend Start Saving. I mean, it is truly a life-changing event and it will be just an amazing thing for you to join us next year. We've already got the date it's going to be the 23rd through the 25th of October 2026. And then I'll do my online Angelic attendant training class. That's live, but it's just on Zoom, and that's going to be May 17th and 18th, so you want to keep those in mind. Also, I'm going to be giving away a free online class that's self-paced, but it does have free. It does have practice groups that come with it, and so I'm going to be giving that away a little bit later in the show. So you want to stay tuned and see if you're the lucky winner of the Angels and Enlightenment Training. That's our self-paced class and, again, it does have live practice groups with it as well.

If you're joining us on the YouTube live stream where it asks Julie Ryan, just put your first name, where you're located and your question in the chat. We've got Samantha over there that's helping people, and then we've got Chris on the main dashboard and if you want to have a conversation with me, just join us at [AskJulieRyanShow.com](http://AskJulieRyanShow.com). Remember to subscribe, remember to leave a comment, because that's where we get our winners. Every month, I give away a free session and I give away a free class every month, and all you have to do to enter the drawing is just leave a review. Anywhere you listen to podcasts we're on all the networks. We're also on YouTube. If you have friends that and family that speak other languages on YouTube, we've got English, Spanish, Portuguese, french and German, so please share those with them as well. Okay, Chris, let's get started. Let's see who our first caller is Julie. Hi, Julie, it's Julie in Indiana. I love your name.

I had three baby spirits in the spring. I had one embryo fail, two were lost at nine weeks. Do they change with losses or embryos made in IVF? I don't understand what that means. Do I still have three orbs? How does it work? Okay, all right, let's see.

Let me get you on my radar and we'll see what's going on, how this works. For those of you who are first time joining us on the show this evening, first of all, welcome and we're delighted that you're here. How this works, everybody is. I raise my vibrational level to level of spirit. I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook up into Julie in Indiana and then I'm going to have a hologram of her in my mind's eye and I'm going to envision shooting energy from her feet up through the top of her head and then I'm like an MRI or a CT scan or an x-ray. And if there's a healing happening with a caller or

somebody who's joining us on the YouTube live stream, please envision what I'm describing. Not only the caller, but also everybody that's listening and watching, regardless of if you're joining us live tonight or if you're listening to this five years from now, it doesn't matter. And then we're all going to be sending healing energy to the person who's asking the question, and it's like the power of prayer the more the merrier, the more we are joined together in a commonality, a common goal of helping somebody heal. It works great, so we'll do that.

All right, Julie, here comes my laser beam from Sweet Home, Alabama, heading up to you in Indiana. You have two baby's energies above your right shoulder. Baby's energy is attached to the mom's energy field before they're conceived and they look like little orbs. And so you have two baby's energies. They are not a multiple birth, they are spaced out. It reminds me of when you're in an airport at night and you can see the planes with their landing lights on and they're getting ready to land. You can see them spaced out in the distance and that's what these baby spirits look like. Julie, keep in mind that babies attach to the mom's energy field before they're conceived and they can be adopted babies and birthed babies. So keep your options open. With that, I hope that helps. Thanks for your question.

We're at AskJulieRyanShow.com if you want to have a conversation with me. If you want to join us on the YouTube live stream, just come in at AskJulieRyan, put your first name, where you're located and your question in the chat and Samantha's over there to help if you need some. So we got Chris on the main dashboard. Chris joined us in Atlanta. You guys, he was a big hit. Everybody got to meet the man behind the curtain you know my own version of the Wizard of Oz who makes all this stuff work, so it was really fun. I told Samantha next year I'm gonna drag her cute self down there too, so we'll have her join us next year as well. All righty, let's see who's next.

0:06:51 - Karen  
Hi Karen, hi Hi, how are?

0:06:53 - Julie  
you.

0:06:54 - Karen  
I'm terrific. How are you doing? Fine, I'm Greenville, south Carolina. You're not too far from me.

0:06:59 - Julie  
Nope, not too far at all. Terrific, how may I help?

0:07:03 - Karen  
you this evening. It's about my daughter's dog. He has been having issues with his paws so he wants to lick them all the time and he obsessively licks them, like right now I'm having to watch him. He's over here. You've got to watch him constantly because if he's not licking his paws he's scratching himself. My daughter tells me I'm the problem because he does it more when I'm around. So she's done testing on him all kinds of things. But we don't know what is his problem. Why is he constantly licking or scratching? What's his name? What kind of dog is he? It's a golden retriever and his name is Finn, but we call him Mr. I love that.

0:07:44 - Julie  
I love it. Is he close by? Can he come visit us? He's right here, yeah, hey, mister, oh my God, he is so cute, hey mister, oh my gosh, I like them too, but, mister's a riot, you guys that are listening he is as cute as he can be.

0:08:04 - Karen  
Okay yeah, he is as cute as he can be.

0:08:05 - Julie

Okay yeah we love him, he's trashy. Yeah, when a question's being asked, Karen, I get. Even before I get somebody or some animal on my radar, I'm getting what I call a combination of the chemicals that are being put on lawns and on the grass even in parks.

And also this time of year, the mold that's coming in with the rain and also the leaves, you know, as they're decomposing. So that's what I'm getting. And it's hard when they lick their paws because then they're just ingesting all of that stuff. So I would get some hypoallergenic baby wipes that are unscented and I would wipe off his paws, Okay, and see if that helps. But that's what I'm getting is and you know what do you do he's got to go out to use the bathroom and the wands.

0:09:08 - Karen

They say he's fine, when there was just them hanging out my daughter and husband hanging out, he's fine. By the minute I come over he gets ramped up and he starts licking. And he licks it so hard and so fast he latches on. He takes his paw pad off. So they have to watch him constantly.

0:09:23 - Julie

I latches on, he takes his paw pad off, so they have to watch him constantly. I think there's more to the story than that. I mean, I think you're very charming and beautiful and exciting. However, I think that he's maybe when he's at your house. There's some chemicals being used, that he's walking on as he's coming into your house, do you guys? Have a lawn service or did you um? Do you fertilize your own lawn or put weed killer on it? Don't fertilize.

0:09:52 - Karen

No, no, no, not anymore. I haven't done that in a long time. So, no, okay, I'm trying to think what else. We have a lawn service, but he, just, he just um, comes in and mows the grass, that's it. But he won't. He does it not at my house, he does it at my daughter's house too. Both, he does it anywhere.

0:10:10 - Julie

I don't think he's nervous when he's around you. I think he loves you and he's excited, but I've gotten five times. It's from the chemicals on the grass.

0:10:19 - Karen

It's chemicals on the grass, okay, and just wipe it with hypoallergenic and okay, unscented, all right, okay, see if that helps them, okay, good luck.

0:10:29 - Julie

All right, thank you so much. Thanks, you're welcome. Bye, mister. How cute is he? Oh my gosh.

Askjulieriashow.com. If you want to have a conversation with me where it Ask Julie Ryan on the YouTube live stream so you can put your question in the chat and put your first name where you're located in your question and we'll be getting to those too. I also have a winner for a free class, so you want to stay with us and see if you're the winner? I love hearing from people who've won a class or a session with me and they'll say I was driving and I was listening to your show and I heard my name called and I started squealing. Or I was getting dressed in the morning and I heard my name called on your show and I started dancing around my bedroom and my husband thought I'd lost my mind, but I was so excited that I won. Oh, it's just something fun that we do every month and it's fun for me too to get to talk to the winners when

they get in. Get on my calendar. All right, Chris. Who's next? Matt? Hi, Julie, Matt in Indiana, first time writing in. Well, welcome, Matt.

My wife's having sleep problems, I'm wondering if you can scan her and do a healing to help. Her name is Julie. Well, there you go, lots of Julies, all right. So here we go Laser beam from sweet home, Alabama, back up to Indiana.

Your wife is very inflamed. She's got lots of inflammation in her body. Looks like red fog on body parts. Getting that calmed down and it's anti-inflammatory energy. Is a royal blue color, Matt, and getting that calmed down. So, going back in, I get it's hormone related, Matt. I don't know what her age is. She may be perimenopausal, so I would look into bioidentical hormones. Those are the hormones that our bodies make when we're young and fertile and popping out babies. And also they call it sleep hygiene no screens for two hours before you go to bed. Turn the Wi-Fi off, make your room cool and make it sleep hygiene. No screens for two hours before you go to bed. Turn the Wi-Fi off, make your room cool and make it very dark, and hopefully that will help.

So thanks for joining us, Matt, all right. AskJulieRyanShow.com For those of you that are just joining us. Remember to subscribe, remember to leave a review. You can find everything you need at AskJulieRyan.com. Schedule your appointment with me or one of my five graduates that are working with me and they're all just terrific. Three of them were in Atlanta with us for the training last weekend and it's so fun how we have graduates come to and they volunteer to help and it just makes it for an amazing experience. They're all so wonderful. Everybody can do this stuff. You know, in the first hour people are doing it and they're amazed my whole buffet of psychickness, you know. So it's really fun. All right, Chris. Who's next? Lydia, hi, Lydia, hi, how are you? I'm terrific. Where are you?

0:13:54 - Lydia  
my girl, I am in San Diego.

0:13:57 - Julie  
Oh, great Okay how may I help you?

0:14:01 - Lydia  
Hi, I was diagnosed with cancer an endometrial cancer, in 2023. I had very successful treatment and thought things were pretty good, and then it recurred in June of 2025.

I'm sorry and I'm sorry, I, yeah, I was too and I I just, um, I was surprised, because I do a lot of spiritual work, I do a lot of meditating, I do, you know, I try to avoid any recurrences. And also, what's the message? You know, I do believe that illnesses a lot of times are giving us messages and I just I want to learn. I want to learn the lesson.

0:15:08 - Julie  
Yeah, yeah. The lesson for cancer, especially when it's female types of cancer, is you're really good at giving, not so good at receiving. You are wonderful in how you take care of everybody, and that's way more comfortable for you than letting somebody take care of you or give to you. That's almost the universal emotional component. Does that resonate with you? Are you really good at taking care of everybody?

0:15:40 - Lydia  
I have been in my life, and yet recently I've been in my life, and and yet um recently I've been taking care. I've been um well, maybe that's it. I've been taking care of myself, um, pretty well but I don't.

I don't have a really big social network, so there aren't people taking care of me so much, aren't people taking care of me so much? And so I am missing that. But I don't know. I feel like it's really important for me to be loving, you know, loving myself more radically and really taking care of myself. So I have been really focused on that.

0:16:28 - Julie

That's good. So you're receiving from yourself, which is a great first step, and then from.

God. When we get there, you go, and then when we get sick, we're forced to receive from others, whether that be medical providers or friends or family or whomever, and it's part of us learning to receive, usually after a lifetime of giving and really sacrificing is kind of a dramatic word, but putting others' needs in front of our own word, but putting others' needs in front of our own, and I think most women do that. We're brought up to take care of everybody, especially in, I would say, around the world, but in our Western culture too, that we're always taking care of others. So what I'm doing is I'm going to shoot energy through you. We're going to work on the cancer. What are you, what are your doctors doing with you now?

0:17:30 - Lydia

Right now. The last time was a very little recurrence and you know I had a. I had a surgery and the first time I had a surgery it all went well. They gave me the opportunity for radiation but said that I really didn't have to do that so I'm not doing that, that it was so small that you know they're really considering this not coming back. And you know I got a little you know little niggly concern that I haven't learned my lesson yet.

0:18:08 - Julie

Well, a couple of things you can do. First of all, most of it stems down to diet, and cancer cells love sugar and love anything fermented. There's a scientist at Boston College called Thomas Seyfried. He's my fave. I don't know if you've watched him, he's just, you know, no holes barred. Here's how it is. Cancer needs sugar in any form. Anything that's processed, anything that's refined, absorbs like sugar. It needs sugar and it needs fermentation. You remove those two food sources for cancer, it's not going to grow. You're going to be able to get rid of it. So he talks about just staying low on the food chain what I talk about and keto diet maybe some blueberries yeah, I'm on that, you know. Some berries once in a while yeah, that's really going to help you as much as anything. And then eat organic as much as you can All of your cleaning supplies, your lotions and potions and all the things we use to help us be our beautiful selves. You want to be sure that those are all organic as well, because we have so many toxins just in our everyday environment that are wreaking havoc on our systems.

I'm in your body now. I do see a little bit of scar tissue in your pelvic cavity. Taking that out. That kind of looks like a spider web to me, but a little bit thicker not as thick as a basketball net, but certainly thicker than a spider web, Lydia. So getting that out. And then what I'm doing is I'm scanning your whole body to see if it's metastasized anywhere. When I see somebody with metastasized cancer they remind me of a dairy cow that's white, that has black splotches thrown on it. You know, like if somebody took a glob of black paint and threw it on them. I'm not seeing that anywhere in your body. I am seeing some lymph nodes get removed and then stem cell energy being used to regenerate those lymph nodes. Stem cell energy will fix any body part we need Light amber color gel, has sparkles and it reminds me of dippity-doo hair gel back when we were kids, you and I and there are vortices spinning above your head, beneath your feet, on either side of you, front and behind, all spinning concurrently. That's gonna redo your lymph nodes.

I would highly recommend that you schedule an appointment with one of my graduates or me. Let's do a really deep dive, let's do a full tune-up, you know, get you all ready for the holidays. And right now, I think you look good. I think you look good. It's just it really diet is going to be

your big thing. It is One other thing, too, Lydia, that I would recommend is I did a show with a woman who her name's Karen and she's from the.

Oh gosh, I'm blanking all of a sudden, but it's the cancer you know curing thing and I'm blanking on her. I'll think of it in a minute and I'll come back on. Carla means Giroux, Carla Manns. Giroux is her name and she's from the Radical Remission Group. So you want to Google, ask Julie Ryan, and then Carla with a K Mans, m-a-n-s. Giro, g-i-r-o-u-x like the French spelling, and Radical Remission, and you want to listen to that. And Radical Remission is a book that was written and there are 13 common denominators that people have cured their bodies from cancer. What they followed? All of them were sent home to die. The doctor said that we can't do anything else for you, and they followed these 13 different steps from all walks of life. They didn't know each other, but they were all common things that they all did and they're all cancer-free five, 10 years out. So I would check that out too.

0:22:33 - Lydia

Radical remission. Thank you, that's great, you're welcome.

0:22:36 - Julie

Yeah, schedule an appointment with one of my graduates or me and we'll give you the full tune-up and make sure you're in good shape. Thanks, Lydia. We're at AskJulieRyan.com for everything you need. If you want to call into the show this evening, we're at AskJulieRyanShow.com. If you're joining us on the YouTube live stream, we're at AskJulieRyan. Just put your first name, where you're located and your question in the chat and we'll be getting lots of you on from there as well. Remember to stay tuned, because we're going to be announcing our monthly class winner here in a few minutes.

Chris has his drum roll ready. He was practicing before we went live. I think that's. His favorite part of the month is when he gets to do his drum roll. So, speaking of drum rolls, Chris, who's next? Helen? Helen from Ohio. Ah, a bookie girl like me. Helen, Helen from Ohio ah, a bookie girl like me. I was born and raised in Ohio, although I've lived in the Deep South way longer than I ever lived in the North or in LA. Hi, Julie.

My dear neighbor Liz passed in July and I shared information from Angelic Attendance with Sal, her husband. Now he has passed. Oh, do they have a message for me? I miss them. They're saying yeah, they're both with you. She's on your right, he's on your left. They're talking about plumbing. They want you to check your plumbing, pay attention to see if you have any water leaks. They're saying, outside in particular, do you have a faucet that's not turning off all the way? Do you turn off your outside faucets before the weather gets really cold so that they don't freeze? They're talking about your outside plumbing. So check into that.

I'm sure that's not the exciting message you were hoping for, but I'm just the roving reporter. I just say what I hear. And as we can't control what somebody says when they're alive, we also can't control what somebody says when they're alive. We also can't control what somebody says when they're in heaven. And once we have some time to talk with them like if you schedule an appointment, Helen, with one of my graduates or me, you can get in to see them a lot sooner than you can get in with me and they're a lot less expensive. But when we have an hour we really can have a great conversation with anybody you want in spirit.

It doesn't have to be somebody you knew. It can be a spirit that's attached to a body, somebody who's still alive. Maybe they're in a coma, or they're an infant or an elderly person who isn't verbal, and it can be anybody whose spirit's in heaven, and all spirits go to heaven. You know, like all dogs go to heaven, all spirits go to heaven too, and so it could be anybody you want to talk to, whether you knew them or not. You just think of them. That tunes your satellite dish head to their frequency. Every spirit has a frequency. They keep throughout all of

their lifetimes and you just think of them Tunes your satellite dish head to their frequency opens up kind of like a two-way radio channel and you say something to them and they're going to answer you.

And it's really that simple. How you know it's from them, Helen. The communication is it's that first thing, fastest you can snap your finger that comes into your head. If you think of it for more than a couple of seconds, that's going to be your brain talking to you. So the more you do it, the more validation you get. The more validation you get, the more you trust it, and then it's just second nature. So give it a whirl, let me know what you come up with, and check your plumbing, especially your outdoor plumbing. I hope that helps. We're at AskJulieRyanShow.com or at AskJulieRyan on the YouTube live stream. Come join the fun.

Every Thursday night, 8 Eastern, 7 Central and 5 Pacific, we do a live call, unless I'm out of town, like I was last weekend in Atlanta for the training, but I would say the vast majority of Thursday nights we're doing a live show and if we're not, then we're running a past favorite call-in show and I have lost count of how many people tell me. I had somebody at the training last weekend. We were doing a healing on tinnitus with a student and one of my graduates came up and she said I've had tinnitus for a year and it was healed just listening to you work on this other woman. She said thank you, and I hear that from people all the time that when they listen to the show, oftentimes they'll have a similar thing happening and it will help them heal their own bodies. Because you know, at the end of the day, nobody heals anybody else. We all heal ourselves. I'm just helping you heal yourself, like that's what medical providers do. We all help you heal yourself. Okay, Chris, who's next? Hello, Ken.

0:27:54 - Ken

Good evening, my dear. How are you?

0:27:57 - Julie

I'm lovely, how are you?

0:27:59 - Ken

you, I'm doing well, I'm in Florida, I can tell.

0:28:03 - Julie

He's got the ocean behind him.

0:28:06 - Ken

Well, that's a picture I took when I lived over next to the ocean.

0:28:10 - Julie

Oh, fabulous. What part of Florida are you in?

0:28:13 - Ken

Central Florida.

0:28:15 - Julie

Okay, great Like Orlando or Daytona or.

0:28:20 - Ken

Well, I'm about 50 miles north of Orlando and about 60 miles from Daytona, literally in the state of Florida.

0:28:31 - Julie

Okay, terrific, terrific. How may I help you, sir?

0:28:34 - Ken

I am concerned about a neighbor of mine and I asked a while ago. I do not have her permission to ask this for her.

0:28:45 - Karen

Okay.

0:28:46 - Ken

But I'm concerned for her. I don't have direct contact with her because of her condition. She has metastatic cancer throughout her body. I'm told I'm so understood it started with bone cancer. She chose not to go with radiation chemo. She chose to go with following a food diet, but I understand as of yesterday she is wasting away.

And I tried to do Reiki for her and tonight, in fact, calling in the universe, archangels and all for help, and I wanted to have a miracle for her. The miracle is all about raising the awareness of others to others that this is what can be done and can happen.

0:29:37 - Julie

Yeah.

0:29:38 - Ken

So is there anything you can do for her?

0:29:41 - Julie

Well, a couple of things. First of all, what's her name? Karen, Karen. Okay, I'm going to connect to you, Ken, and then I'll go to Karen, I think. A couple of interesting points. Number one the body has the capacity to heal absolutely everything and anything. It's miraculous what the body can do in healing. Number two sometimes the healing is death.

Sometimes our spirit is ready to go and we all decide where we go. When we go, how we go, who's with us or not? When we go, what the circumstances are that surround our passing, Ken and sometimes that's the Spirit's exit plan is to go out the way that they're doing it. So what I'm going to do is I'm going to connect into you and then I'm going to go from you to Karen, and my guess is she's probably in one of the phases of transition and we'll talk about that and we'll talk to her. We can talk to her spirit.

What I was just saying before you came on, Ken. We can communicate with any spirit. That's how I do all the medical stuff I do. It's my spirit connecting with your spirit or Karen's spirit or whomever's spirit, and that's how we communicate. So here we go. Here comes my laser beam from Sweet Home, Alabama. You're not that far from me either. I can get to you in about six hours in my car, even faster if I'm flying. So here we go, got you going from you to Karen. She's in phase eight of the 12 phases of transition. What that means is she's surrounded by angels and the spirits of deceased loved ones and pets. As she's getting closer to death, there will be more and more spirits that will arrive and the circle of angels is cemented at the feet. Cemented probably isn't a good word. Anchored at the feet by her parents' spirits closest you know, maternal and paternal spirits to her. How young is Karen?

0:31:51 - Ken

I think she's in her early 60s.

0:31:54 - Julie

Oh, so are her parents still living or are they deceased?

0:31:58 - Ken

That I do not know. She's married. Her husband is with her.

0:32:02 - Julie

Okay, all right. So is she in hospice or in the hospital, or where is she Home? She's at home. Does she have hospice care? Do you know?

0:32:11 - Ken

I do not think so. She's refused, she's refused.

0:32:15 - Julie

All right. So that circle of angels is going to open into a horseshoe and then eventually a straight line across her feet. Everybody goes through the 12 phases of transition, Ken, regardless of how they pass, if they go instantly, like in the case of a homicide or suicide, or they go over a long period of time days, weeks, months, even years. Everybody goes through the 12 phases of transition and it's important to remember that time doesn't exist in the spirit world. Time's a human creation. So an instant death, you know, is the same. All those phases happen. Having said all of that, let's ask her my three questions. I always ask Karen, are you ready to go? Absolutely not. She's saying. Are you in pain? Does that sound like her? Some? She would say absolutely not. She was very emphatic about that. Are you in pain? Yes, what do you need? More time with my loved ones, is what she's saying. She needs more time. Does she have children? Does she have a family?

0:33:24 - Ken

They have one son that I know of.

0:33:26 - Julie

Okay, yeah, what a sweet friend you are to check on her. If you download the 12 phases of transition chart off my website, askjulieryan.com, ken, go to the 12 phases page and scroll down a little bit. You'll see there's a free downloadable chart of what all the 12 phases look like, and then what you can do is save it on your phone and then you just ask what phase is Karen in? And you're going to hear a number in your head that fast. First thing that comes in. Sometimes it comes in even before you're done asking the question, and that's spirit letting you know where she is at any given moment. If you want to talk to her, talk to her telepathically, think of her. That tunes your cellulite. Dish head to her frequencies. Say something to her. She's going to answer you. It's going to be the first thought that comes into your head. Does she live close by?

0:34:25 - Ken

Yes, a couple hundred yards away.

0:34:28 - Julie

Okay, great. So you know, do something, drop something off on the front porch for them with a little cord. Let them know you're thinking of them and you know if there's anything else you can do. Sometimes it's best to not necessarily take food but take maybe just some regular household items like paper towels and toilet paper and the newspaper or some magazines or something like that. So often when people are in a situation like that, and certainly after somebody passes, they have enough casseroles to last them till kingdom come and there's only so much freezer space. So oftentimes you know, when we ask people what do you need? Certainly you can do that in your card, but I think just take them something to let them know that you're thinking of them. Maybe take them some flowers and some paper products or something like that, just to let them know that you're there in spirit with them.

0:35:30 - Ken

When you said take them something immediately, I saw oranges.

0:35:35 - Julie

There you go, perfect, and you're in the perfect place for them. Yeah, yeah, absolutely. So you're such a kind guy and thoughtful man to be asking about her. You also may want to take a copy of Angelic Attendance, my book what really happens as we transition from this life into the next, and it has illustrations in it and I'm trying to find one here so it shows you know what the different phases are, how the angels and the loved ones and your pets and all of that are positioned. You can also write on your card, on your note, for them to just go to [julieryangift.com](http://julieryangift.com), [julieryangift.com](http://julieryangift.com), and that will be a free digital and audio book download that they can. She may want to listen to it instead of reading something, and it comes with the digital too, so you know they may listen to it, they may not. It's something that you can give them that may help them on their journey a concern would be would that come across as a negative?

No, because I think we're all going to lose a loved one and we're all going to die sometime. So I find that it's given away by thousands of them. I give away every year and then also it's given to people who have loved ones who are very ill and also at the end of their lives and even after they pass by not only hospice organizations but by churches of all denominations and synagogues. I get emails all the time from those organizations wanting to know if they can have a discount on books that they can pass out to their congregations, and I always give it to them at cost so that they can share this. I congregations and I always give it to them at cost so that they can share this. I think this stuff should be taught in the schools, because we're all so afraid to die. Yeah.

0:37:45 - Ken

I'd rather give a book to someone who, however, is not ill and may not be approaching death, than to give it to someone who was possibly late in the stages of death and then unlike, because they could take it as oh you tell them I'm gonna be dying very shortly, you know.

0:38:03 - Julie

But at the same time, I always see the advantage of it, saying this is the process of transition for you, so you can expect this and relax yeah, exactly, and that's the thing too, is we get so many comments from families saying, oh my goodness, thank you so much to the person who gave me this book or gave me the download, because it helped me get through it and it helped my loved one too. It helped them not be afraid. So I think it's appropriate. Whenever you give it and it's kind of like anything else you give somebody a gift, you can't make them open it, you can't make them like it. All you're doing is you're coming from a place of love.

0:38:45 - Ken

Yeah, I think maybe I could give it to her husband and he has the option.

0:38:51 - Julie

Absolutely, yeah, absolutely so. [Julieryengift.com](http://Julieryengift.com) free digital audio book download and then you can get the paperback on Amazon. You'll probably have it the next day. So thanks, ken Great talking with you, you bet.

0:39:07 - Ken

Appreciate all that you do.

0:39:09 - Julie

Oh gosh, thanks for joining us this evening. Anybody that wants a free copy of Angelic Attendance what really happens as we transition from this life into the next go to

julieryangift.com. It's a free download. Share it with your family and friends. Whether they have somebody at the end of their lives or not is irrelevant. Everybody's going to die. We're all going to lose a loved one and most of us, especially in the Western world, we haven't been around somebody who's been dying. The other thing that's interesting about this end of life phase is there's university-based research now that shows that 90% of people at the end of their lives see the spirits of deceased loved ones and pets as they're transitioning 90%. So when we hear grandma talking to her deceased mother, who's been dead for 60 years, and we think she's hallucinating, she's not hallucinating.

She can actually see them, see those people, those spirits, and converse with them. So it'll help you get through that. Whether it's now, next week, next month, in 50 years, it'll be information that you can use. All righty, Chris, let's go to one more caller and then we'll announce the winner for the free session Rachel. Hi Rachel from Huntsville, Alabama. Hi, girl, she's right up the road from me.

My three-year-old dog had an ACL and meniscus surgery yesterday. Aw, could you please send her healing energies? Absolutely, here we go. Here comes my laser beam straight up interstate 65, heading north about a couple hours. She's a couple hours north of me and got you going from you to your dog. All right, adding a stem cell energy. Light, amber color gel sparkles, dippity-doo. There's a vortex spinning above the dog that's going to regenerate all those pieces and parts. Your dog's going to do great, she's just going to heal like a champ.

The thing that's also coming in, Rachel, is to feed the dog purified water. Don't feed it tap water. There's too many chemicals and stuff in it. So purified water. If you don't have a water purifier, then you know, give her, cure her some kind of purified bottled water, not spring water, but more like Dasani or Aquafina or one of those that's reverse osmosis, purified and micro-filtered that came in before I even got her on my radar was to feed her purified water. I'm starting to get that more often with pets, because I think the chemicals in our tap water not only make us sick, they make our pets sick too, so I hope that helps. I hope your dog recovers nicely and quickly and completely. All right, Chris, drum roll for our winner.

This is from a YouTube review, remember, you can leave it on any of my YouTube channels in any of the languages. We got five of them. We'll translate it if it's in another language. And we're on all the podcast networks, so you can leave a review there too. And this is from Sorrento Shore. Sorrento Shore and she says dear Julie, I'm assuming it's a she Sorrento Shore is a she. Dear Julie, I think you are a wonderful interviewer. Aw, thank you. You ask the best questions, listen intently to your guests and make sure to guide the talks so they have clarity. Love your channel. You should have a million subscribers. I agree with you. We should have a million subscribers. So you know, please share this Everybody, share this with your family and friends, so we'll get up to a million subscribers.

So, sorrento, sure, you have won a free Angels in Enlightenment training class with me, and that is our online self-paced class. It comes with live practice groups, multiple practice groups a week, and my facilitators for those practice groups are graduates of my big angelic attendant training class. They are all fabulous. The key is you got to practice, practice, practice. We lay neural, new neural pathways in the brain. When we practice, it becomes second nature. You get validation for what you're receiving from spirit and the more validation you get, the more you trust it, and then it's just second nature. So, sorrento, shore, go to AskJulieRyan.com, click on the Ask Julie button, send a note to us, just say hey, I won the free class on the show on October 30th and my assistant, Rachel, will get you all the information you need so you can go ahead and get involved.

Congratulations, thanks for such kind comments. Appreciate it. If you want to enter the drawing, just leave a review anywhere. My podcast is on all the networks and on any one of my

YouTube channels. Just let us know what you think of the show. I love reading them. Okay, Chris, I think we have time for another caller. Hi, Adriana, how are you girl? Thank you for taking my question. You're most welcome. Where are you? I'm in Massachusetts.

0:44:36 - Adriana

Okay, great, I met you last year at the retreat that you have in Georgia. I just went for one night. But I have a question for you and this is my daughter.

0:44:49 - Julie

You flew in from my live. I remember you. You didn't do the class. You had something else going on with your family.

0:44:57 - Adriana

You couldn't stay the whole weekend.

0:44:59 - Julie

You just came in for a while it was so nice to meet you.

0:45:01 - Adriana

You guys were awesome. I wish I was there this time this year, but we couldn't make it.

But I wanted to just let you know that I'm here because I want to ask a question about my daughter. She's 20 years old and she's suffering all of a sudden with migraines and she at the moment is having a lot of. She's been having a lot of dreams or nightmares, whatever you want to call it during the night. Every night she has dreams and they're so scary to her and it's been happening for, I think, the last two years, and every night she has two or three dreams and she's getting a lot of anxiety out of this.

I asked her, I said are these things happening and, you know, becoming reality? And she said no, but I'm just scared every day if somebody's dying, somebody's getting anything, any kind of crazy dream she has at night. So in the morning she feels so tired, she feels anxious. She didn't have a good night's sleep, nothing, so I don't know and she's becoming very nervous that she's going to die, that something is going to kill her. So she's getting all these fears out of nothing. Today she said maybe you should get me an appointment with a neurologist. Something is wrong in my head. She's having all these fears. All of a sudden she's in college, her second year, and since she started college, she started with these nightmares issues and she talked during the night.

0:46:49 - Julie

Does she live at home or is she living in a dorm? Is she living on campus? She lives in a dorm.

0:46:52 - Adriana

yeah, she lives in a dorm, but she's constantly now. Every day she texts me maybe I have this, maybe I have that. And I said, no, no, no, no, you're just bringing, you're just creating your own reality. You don't have anything. But you don't understand. Something is wrong with my head. She's scaring me at this point. So I want to know if you can scan her, do it and you know some kind of healing, so to calm her down, because with this whole situation, she started taking Adderall and it has calmed her down a little, but that's not something I want her to be on forever.

0:47:33 - Julie

So no, no, no, no. She doesn't want to be on that. You don't want to be on that. You don't want to be on that, and that's so addictive it's so hard to get off of. So yeah, see if you can talk her out of it.

0:47:46 - Adriana

So I am not in charge anymore. So she makes her own decisions. They don't let me decide anything for her. So she goes and says, sure, I'll take it. I'm like, no, so I can't do anything. I know he's helping her.

0:48:01 - Julie

Okay, what's her first?

0:48:02 - Adriana

name.

0:48:02 - Julie

Adriana.

0:48:04 - Lydia

Isabel, isabel.

0:48:05 - Julie

All right, here we go. It's my laser beam from Sweet Home Alabama heading up to you in mass. Got you going to Isabel? Isabel, I'm talking to your mom, she's going. Yes, please, before I even get the question out, so she's game to be scanned.

When I was getting on a divine download, before I even got her on my radar, Adriana was. I was getting that she's got mold exposure and it's probably in the dorm. Those dorms are notoriously full of mold and maybe they you know, maybe they'll slap some pain on the walls, but that's about it. So I'm clearing the mold. Her system. I think that's what's disturbing her sleep. And when it comes to dreams, so get her an air purifier and have her run it in her room. She has them, she has everything. Okay, great, tell her to keep running them in her room.

That's number one when it comes to dreams that are scary. When we dream, we are oftentimes visiting different realities and we're trying to make sense of them based on our human perspective, and there isn't one for other realities. We know what we see in our human lives, but we don't know what happens in other realities, and anything we don't understand scares us. When we get scared, we go into fight or flight, and fight or flight makes the cortisol levels go up, makes the norepinephrine levels go up. It's like being on steroids, and when somebody's on steroids for medication they're like the energizer bunny. It's hard for them to sleep sometimes and to relax. So she's got that natural steroid happening because she's afraid, and that causes chronic inflammation, and chronic inflammation is the root cause of all disease and illness. So when she has something in her dreams that scares her, it's just because she doesn't know what it is. All spirits are pure love. There are no evil spirits. All that stuff is just made up by the movies and by literature and authors and all of that to scare people, to get an emotional response out of them. It's all nonsense. So you can tell her when she has a dream that she doesn't understand, just to ask what does this mean? What does this mean to me? Is there a hidden meaning here? And she'll hear information come into her head. It's really that simple. What did this dream mean? That's number one. Number two a technique that I teach is called the two-minute rule. Have you heard me talk about that, the two-minute rule? You want to teach her this. The two-minute rule goes like this no thought has a meaning.

Until we give it a meaning, all thoughts are neutral. There may be a woman walking down the street with a purple dress on and you say, oh, I hate purple. That woman looks terrible in that color. And I may say, oh, I love purple, I think purple's her best color. It's just purple. But we give purple a meaning based on our preferences, based on our human experiences. So when

we have a thought that comes into our head, it doesn't have a meaning until we give it a meaning.

Thoughts are either based in love or they're based in fear. Anything that feels badly is based in fear anger, jealousy, boredom, grief, actual fear. Anything that feels bad is based in fear. The key is is it a real fear or a fake fear? 99.9% of the time, it's a fake fear. It's fake news. So here's how you tell the difference. Why you want to tell the difference is you want to stay out of fight or flight. The body doesn't know the difference between a real fear and a fake fear. It just thinks oh my God, I've got to increase my stress hormones so I can run fast and get away from whatever the fear is, whether that be a bear chasing us or we're running late for an appointment or a class in her case and the body automatically does that unless we stop it like nipping in the bud immediately.

Here's how you do this you just ask when you have a question that feels bad, you ask is this going to kill me in the next two minutes? It's a yes or no answer. No other answer works in this game. No, but that doesn't count. It's yes or no. If the answer is yes, that's a rational fear. Something can harm you or kill you. Change the conditions before it does. If you're standing in the middle of the highway and there's a semi-truck headed for you, get out of the road before the truck runs you over Can harm you or kill you. That is a rational fear. Everything else that isn't going to harm you or kill you in the next two minutes is fake. Kill you in the next two minutes is fake. I'm running late for class. I had a scary dream. Whatever, it's all fake.

So when we use the two-minute rule, what happens is we stay out of fight or flight. When we're in fight or flight, the blood drains from our brains and we lose clarity. So the blood's drained from her brain. She's got her stress hormones going, which is keeping her awake at night, not letting her sleep, and she's not thinking clearly. She's like, oh my God, I had this bad dream and all these bad things are going to happen. No, they're not. It's just a dream. It doesn't have, doesn't mean anything.

So teach her the two minute rule. And is this going to kill me in the next two minutes? Yes or no? And that'll help her a lot. The beauty with this, Adriana, is it's free. It works in every situation. You can use it unlimited times a day and it's convenient because it works anywhere your brain is and your brain's usually with you wherever you are. So two-minute rule I've made it a habit. I made it a habit Whenever she has a bad thought, two-minute rule. It's going to really help her For the mold exposure. I would get that tested and then talk to the dorm people about it.

Okay, yeah, yeah, okay. So I think, that'll help too.

0:54:35 - Karen  
Thank you so much.

0:54:36 - Julie  
Julie, so wonderful to see you again. Thank you, I appreciate your help. Take care.

0:54:40 - Adriana  
Bye-bye, same here.

0:54:42 - Julie  
Bye-bye, bye, alrighty, everybody. That's it for this week. Happy Halloween to everyone. It's tomorrow night and I hope you have a wonderful evening, enjoy all the little kids and their costumes and all of that, and I will see you back here next Thursday. 8 Eastern, 7 Central, 5 Pacific. In the meantime, sending you lots of love from Sweet Home, Alabama. Bye, everybody.

0:55:10 - Ann cr

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

0:55:25 - Disclaimer

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