

AJR Rita Mirchandani Transcript

0:00:01 - Anncr

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

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Rita Mirchandani with us on the show today. Rita is an Akashic Records teacher and a spiritual life coach who helps people reconnect with their soul's essence and live in alignment with their true selves. I'm going to be asking Rita how she accesses the records, how the information comes through and how these soul-level insights can transform a person's life. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Rita. Rita, welcome to the show. I'm so delighted you could join us today.

0:01:33 - Rita

Oh, thank you so much for having me. It's an honor and I'm excited to dive in deeply together and, yeah, explore some exciting topics.

0:01:41 - Julie

Exactly. You say you bridge the gap between ancient wisdom and modern living. How do you do that?

0:02:06 - Rita

for many of us, especially in the Western world, to sometimes lose sight of that, especially now more than ever. Our phones, our technology, everything is right at our fingertips when really the truest kind of source of wisdom that we can come back to at all points is within us. And I think that, at least before I did my spiritual path, I often thought of the spiritual path as meaning you needed to be on a mountaintop meditating versus applying it to the. You know the practicality of your every moment and every day.

0:02:31 - Julie

And that's what my whole MO is. This show is blending the spirituality and the practicality to help us in this lifetime now.

0:02:40 - Rita

Yes, and not just you know to go off and to need to do that, but right, like I saw that you did, like worked with surgical tools and how that was part of your path, and like you can have so much more impact not that it couldn't be that, but the impact is in all of it.

0:02:56 - Julie

Yeah, exactly, and we were talking before we started recording that. I know that you you come from two very mystical places in the world. Your family does so. Tell us about that.

0:03:10 - Rita

Yeah, so I am half Irish and half Indian, both of my parents. My mom was born in Ireland, my dad was born in India. So those are both in different ways, very, yeah, like you said, mystical. Growing up, though, I didn't know that my mom is rather spiritual but my dad was not. So growing up I wasn't actually aware until I went through my spiritual awakening, like how magical those lands are. It wasn't something I kind of knew. But now as an adult I'm like, oh, I can kind of see where this all led. But, yeah, they both have, in very different ways, like their own magic and their own deep spiritual practices that are like I'm still learning about to this day.

0:03:53 - Julie

Well, I know way more about Ireland because I'm Irish too, Ryan, and I've been there several times and there's just something in the air over there. I haven't been to India yet, but people that I know who have been say the same thing that there's just kind of like this little bit of magic in the air there as well. Have you been to India?

0:04:14 - Rita

I have. I've been four times and I would say like the type of magic both places offer is very different. Like Ireland, I don't know if you would agree with this, but it's like it just makes you believe in things that you know like, almost like a childlike essence, that it revitalizes that within you. Is that something you felt while you were there?

0:04:33 - Julie

Yeah, I saw fairies and leprechauns when I was there too.

0:04:36 - Rita

Yes, did you? Yeah, yes, and I learned I actually held a retreat there last July for the first time, just like a spiritual retreat, and that's when I really dove into, like the fae and like the ancient kind of stories and how Ireland fairies. For anyone listening, they're not always like those little cute fairies like Tinkerbell that you're thinking about. They often can come in human form and there's fairies that are very welcoming and then there's fairies that are very protective of the land and they want you to treat it a certain way. So it's just like this magical kind of like portal into things that you used to think as a kid only about, but in Ireland it's a part of the way they live.

0:05:19 - Julie

It is Well. And then you've got the Druids and the Celts and the St Patrick and the. You know all of that. There's a lot going on over there that's mystical.

0:05:30 - Rita

And it's also a really great place for, like, female empowerment, because they still respect, in a lot of ways they give, like Ireland's named after the female goddess, eir. Oh, I didn't know that. Yeah, e-i-r-e, I might be saying the name incorrectly, but it was named after a female goddess, so the the land is deeply rooted in feminine energy and even, um, you know, you have saint bridget, which she's really made a resurgence there, not just saint Patrick, which was wonderful, but they're really making a push to kind of bring that back. That's a country leading that, which is pretty cool.

0:06:09 - Julie

Well, and I've heard about St Bridget, since we're on this rabbit hole for a minute. Yeah, there are some scholars that believe that she never really lived, that she was a pagan goddess, yes, and that Ireland was. So the people of Ireland were so devoted to her that when Christianity came, when the Catholics came in, they knew that there would be a revolt, so they invented St Brigid have you heard that?

0:06:34 - Rita

Yeah, I have heard that. And I mean I don't know what I personally think about it. I mean I would say that all things are possible, right, and like maybe she did, maybe she didn't, but it would make sense, logically, to do that.

0:06:46 - Julie

I get that she did exist. I'm hearing that in my head that she did exist.

0:06:51 - Rita

That feels more right to me as well, but I also think like was it the same essence, you know, was that just carried on? Through her in that new form.

0:07:02 - Julie

Exactly, you went from a corporate career into the spirituality. Woo-woo space is what I call it, and woo, by the way, in Taoism means source, oh. I did not, unless you knew that I did not. I've been saying woo-woo for years and I have a dear friend named Sun Cheng who's a Taoist priest. He goes well, you know, woo means source and I said, no, I didn't know that, but I must be psychic or something, because I've been using them for a lot of years.

Oh I love that. Did you just wake up one day and decide I'm going to leave my corporate job and I'm going to just dive into the spirituality thing? What happened? Was there some kind of a catalyst that took place that got you to pivot to the spirituality space?

0:07:45 - Rita

Yeah, for me I had a very what I would call intense spiritual awakening and for me it happened all within one day and, yeah, like literally one day. So what happened was I was at a very pivotal point in my life. I had graduated with my master's degree on that day and I was simultaneously dating someone who I really loved, but their relationship was starting to kind of just show that it wasn't going to go the way I had hoped it was going to go, and I was in a lot of pain. And that night I was with him and we were kind of talking about what's going to happen with our relationship and he was, like, just go to sleep, we'll talk about it tomorrow. And I woke up that night and in the corner of the room there was, um, what I would call a being and this being said to me um, you're living the wrong life, you need to go home and you're never to come back. And it shook me so much that I woke him up. I had never had an experience before this and I said something just scared the crap out of me I need to go home and you know, we'll talk tomorrow. And I drove home in the middle of the night and we like to your parents house. Yes, I went back home to my parents because I had been at his house that night, but it rattled me so deeply that I think it was like one or two in the morning. I got up and left and I have never done something like that and my life dramatically changed after that.

Within the next few days, the relationship naturally closed off Him and I joked about it as the monster, because he remembers me waking up, that like feeling that startled and my life after that I started seeing things like. I started seeing energies, frequencies, and it was a very painful two years. But through what I learned there, you know that's what led me on this path and that's the. That was the catalyst for me, and later on, this is jumping way ahead. A few years down the line, I had a meditation where I saw, instead of a monster in the corner, it was me, and I saw myself instead being the one who woke me up. So kind of full circle. That's how my spiritual awakening began. It was one pivotal moment.

So it was your spirit that was waking you up, going hey girl, you don't need to be here, and when I asked well, why didn't you just tell me it was like you would never have listened. We had to scare you to the point where you were so jarred by what happened that you actually moved.

0:10:22 - Julie

Wow. And then you said that it was really hard for the next two years. Why was it hard? What happened?

0:10:30 - Rita

Well, for me there was a few things going on. One, the dissolving of that relationship, was such a painful moment for me that I couldn't understand, like, why that was happening. And then at the same time I started kind of getting all these intuitive nudges and I just felt like that wasn't acceptable. I had never wanted any of this. Like I was very, almost I wasn't open to any of it. You know, the spiritual path I was very much like this is not for me. I luckily had a mom who was very open to it, but for me that just wasn't what I was interested in. So when these things started to happen, I was like I do not want this to happen, but it just kind of kept like moving through me, if that makes sense.

0:11:13 - Julie

Did you ever have any spiritual experiences as a child?

0:11:17 - Rita

Yes. So I said, oh, this was the moment. But then of course you look back and you're like, oh, I think there were other moments, you know. So there were a few moments that I can remember, one in particular that I, my parents, can confirm, because I kind of you doubt yourself if, like, that really did happen or not.

There was one moment where I loved to go to art class and that morning I was just crying, crying. I didn't want to go to art class and my mom, you know, she wanted me and my brother to go to art class so she could have time alone, but so she dropped us off at art class. But as we were there, I just kept saying, like there's something wrong at the neighbors, there's something wrong. And you know, it bothered her enough that when she drove home she decided to go over there and what she saw was she heard splashing, and she looked over the gate and their dog had fallen in the pool and was bleeding everywhere. And there's no way you could have seen this. It was like a, you know, a gate. So she was able to save their dog because she went over there. And you know, later on she asked me, like did you see something and I was just like I don't know. You know, I didn't know what to make of it as a kid. But that was just one example of kind of like why was?

0:12:32 - Julie

she crying and why was she saying there's something happening at the neighbor's house, wow. So you didn't necessarily get a visual of what was happening, but you just felt that someone right, yeah, something wasn't right.

0:12:42 - Rita

I wouldn't say I got a visual or I even understood. I was so young I don't think I even understood what was happening. That's how my mom has described it to me. It bothered her enough the way I was acting and what I was saying that she felt called to go over there.

0:12:57 - Julie

Is that how you process information from spirit? Now Are you more kinesthetic than anything.

0:13:04 - Rita

I would say I have that. I also feel like it's just like a knowing, like and even to this day I can't like now I've kind of refined my tools where I can go deeper into it of like, okay, why am I having that knowing about this and why, what is it trying to tell me? But it's still just come as like a knowing.

0:13:21 - Julie

Yeah, yeah, I call those divine downloads.

0:13:24 - Rita

Divine downloads yeah, so it was like I don't know what is happening over there, but something is happening. That's not right.

0:13:30 - Julie

Exactly. Well, I'm going to ask you in a little bit if your guides, if your Akashic guides, have a message for us. But I got lots of questions for you in the meantime. Was there a moment during that couple of years when you were transitioning from your corporate life to really focusing on the spiritual life, where you just knew there was no going back here, this is what my life's going to be instead of? I think a lot of people think, well, I'll try it out and see how it works, and then I can always go back and get another job. Yeah, did you have a thought like that as you were going through that?

0:14:11 - Rita

Yeah, I definitely. So I went to some pretty extreme lengths and I still really, up until I want to say three years ago, kept the door open because it's what my nervous system needed to feel safe. Like you can go down this pathway, Rita, but just keep the door open. And at a certain point, you know, I just knew there was no going back, I had gone too far, not even like it was more an internal thing, like you just know that you cannot go back to the way you were.

So I would say that internally happened but there was a moment too on my journey where I actually quit my corporate job to go to Asia. And there was a moment too on my journey, um, where I actually quit my corporate job to go to Asia. And that was a big, pivotal moment because, uh, everyone told I had \$2,000 to my name. When I did that, uh, everyone thought it was crazy. And it was crazy, but it was the right kind of crazy, the kind where you know you're betting on yourself. I was young enough, right, kind of crazy, the kind where you know you're betting on yourself.

I was young enough. Spirit was definitely pushing it and you know I loved this thing. My mom once told me, because I said, well, that's just such a Rita thing to do to kind of leap like that, because I just kept leaping once this started happening, she said, well, if it's a Rita thing to do, it's probably the right thing to do for you. And once she told me that I was like you know what? I'm just going to keep leaping and see where this leads. But I still would keep like a foot in the door and actually I did go back to corporate for a bit because I needed some money flow, and that's when I learned how okay now I can take these things I've learned and also apply it in a corporate setting. They don't need to be separate, which I think was a pretty cool experience.

Such as I went back and I actually used to be an event planner, so I would work, do consulting for hotels and I was like how am I going to relate to these people now that I kind of had all these spiritual experiences and I just found I could have deeper soul connections with every single person I met. So that's how I started to apply it in the corporate setting, like it doesn't need to be separate, I don't need to necessarily be talking about like psychic things unless that naturally comes up, but can I connect more deeply and can we, soul to soul, have these deep conversations that are fulfilling? And once I had that mindset it just started happening with almost everyone I met. So it was just that little shift.

0:16:27 - Julie

I agree with that. I have had hundreds of people take my class, my angelic attendant training, from all walks of life, some of them even retired, some of them stay-at-home moms, stay-at-home dads and everything from physicians to professors, to scientists, to concert pianists and musicians and conductors and whatever, and they take these skill sets of the spiritual back and

integrate them into whatever it is that they love doing. And I think that you bring up a really good point, because some people are of the mindset and I'm not sure why, but they think, okay, I either got to do the woo-woo or I got to do my regular job, when really they're both just intertwined. Would you agree with?

0:17:20 - Rita

that. Yeah, I totally agree with what you're saying and I also think, maybe like why that? To me that feels like almost like an old paradigm we lived in which might've been true back then, and now we're sort of at a pivotal point maybe the last, I don't know 15, 10 years, where that's evolving, and I know you've been doing this a lot longer than me, so maybe you can speak to that. If that was true, like something did change, or if you've kind of felt that way the whole time.

0:17:49 - Julie

I was afraid, frankly, to put myself out there. I thought, oh my God, people are going to think I'm nuts and it's going to hurt my companies, because I had several companies at the time and it's going to hurt my businesses. And it didn't. And what happened for me was I was led way more into the woo and so sold the businesses so that I could do more of the spiritual stuff. And I was led every step of the way. But it takes courage to step out there. There's no doubt about that, I think, even now. I think the zeitgeist is shifting. I agree with you on that that it's more people are more interested in spirituality versus just rote religion than they were in the past, and especially young people like you and people even younger than you. They're more open to this because they haven't been told that you know that's evil or it's the devil or it's whatever, which is nonsense. But that fear has been working very well to control the masses for millennia.

0:18:50 - Rita

Yeah, that's so true and I think to your point. Technology is definitely making it a safer place. It's still hard, no matter what, but with technology I always say, there's a place for everyone. Literally anything you could think about is probably on the internet now. So there's a place for everyone. So there's a place for everyone. Like literally anything you could think about is probably on the internet now. So there's a place for everyone. So there's a place for you and your gifts. If you just kind of hold that mindset, I find it like releases the fear. Yeah.

0:19:15 - Julie

Well, and also there's always fear associated with trying something new. You go to a new job and you or you want to change careers or something for your livelihood and you're thinking, oh my God, am I going to have enough money to pay the bills? Yeah. So I think there's always that element of fear there and the key is to push through it and follow where you're being led key is to push through it and follow where you're being led.

0:19:40 - Rita

Yeah, that's a good point too. There's fear is just a part of the path. Almost at that point, and once that's the mindset, it's like okay, it's just, it's just here, it doesn't mean stop.

0:19:48 - Julie

You say that you were being led to go to Asia. Did you just like pick out a map of the globe and you know, twirl your pen and see where it landed or what happened? How'd you decide where to go, how'd you decide all of the details of getting there and where were you going to live once you got there and what did you want to experience, and all of that.

0:20:11 - Rita

Yeah. So it was very much like what you talked about following the signs. That was very much how I did it. So I started having dreams of Asia, like literally dream after dream after dream, about going to Asia. And it wasn't one particular place, it was like multiple places. And the

voice became so loud. It wasn't just dreams, it was like, as I was at work, I would hear Asia, just in my head. Asia, like you know, it wasn't leaving me alone. And to the point where I was like, well, what do I have to lose? My head Asia, like you know, it wasn't leaving me alone. And to the point where I was like, well, what do I have to lose? Just go go to Asia.

And the way I started to pick it is, I just saw how much money I had and I said, okay, I have some Delta points, where can that take me? That was literally how I made the decision. And it started in Seoul, south Korea. So I was like all right, my Seoul journey starts in Seoul. Great, we're going to go there. I love that.

And from there I had no plans. So I said I'm going to let spirit lead me. If I'm going to do this spirit journey, this cannot be a controlled, you map out your next six months type of thing. No, no, no, no. This is very much. You give up control and you let it guide you as you're there. And the more I leaned into that, the more that just miracle upon miracle would happen, because you know, I could pivot more easily, which I see people do this and one thing I would say is like, give yourself flexibility, because spirit doesn't want us to be rigid. It kind of, in general, it wants to be able to tell you where to go. And so, yeah, I traveled, I think, to 14 countries during six months and it was life-changing and it definitely made me trust my intuition more than anything else could have.

0:21:52 - Julie

I don't know that. I can name 14 countries in Asia.

0:21:56 - Rita

Well, I also did include it in that. I went to Australia and New Zealand, so I should loop that in. But yeah, there's a lot in Asia Did you go to? The PRC islands and all of that, like Guam and the Hawaiian islands and any of that I did go to Hawaii, and I had, because I was in Japan for a while and the easiest route to get from Japan to Australia was Japan to Hawaii, then Hawaii to Australia and Hawaii. Have you been to Hawaii?

0:22:27 - Julie

Yes, many times.

0:22:28 - Rita

Yeah, so it's like so incredible for the soul and that was, yeah, that was a beautiful soul experience, but I didn't go to any other islands other than that.

0:22:38 - Julie

Okay, and where did you stay when you first landed in Seoul? Did you stay in a hotel or did you?

0:22:44 - Rita

My first four days I gifted myself a hotel, but after that I again booked this with \$2,000 to my name. So I knew, okay, Rita, you're going to have to figure this out. But what ended up happening was, when I booked this trip, I had planned that I would get like a teaching job in Asia somewhere. It was. I knew it was fairly easy and I just figured out I would figure that out when I got there. But what happened was after I quit my job. Actually, it was around like within the two weeks before I quit my job. It was around that same period where I knew I was going to quit but I hadn't yet.

I actually got into a bad car accident. I was rear-ended and you know that pushed me into the car in front of me and, long story short, I ended up getting a payout without asking, without no lawyer. I didn't ask for anything, they just said no lawyer. I didn't ask for anything, they just said here's a check, for I think it was \$40,000. And that ended up funding my whole trip. And the

message that I got was that this is like your education You're not to come back with this, you're to make people, you're to give this away to people who need it, that you meet on your path and you're to kind of educate yourself. But this isn't like you put it away Like it's. It's for you to explore the spiritual path, basically, and that's what ended up funding the trip.

Were you injured? Yes, um, but not to the point. Basically, I lost about 30% vision in one of my eyes, but it came back. So everything that happened, you know it was a big concussion, you know, I honestly just think it was all head related, which to me is connected to the third eye, and I don't know there was a lot of symbolism intertwined with it. But long story short, I have no lasting damage from anything that happened.

0:24:34 - Julie

All right, let's change directions for a few minutes. You say that the Akashic Records found you.

0:24:42 - Rita

Please tell us how that transpired stable after that trip to Asia and figure out what's next. So 2020, covid hits and my corporate job that I was back at is gone, because there's nothing to do with hotels at that point, there's no jobs and about a week into COVID I'm like, okay, well, what do you want to do?

Like, what are you going to do with all these things? You learned in Asia and this knowing came to me that I needed to book a call with this woman. I knew her through my mom and I booked a call. I didn't know it was an Akashic record reading, but that's what it ended up being. And when we did the reading she said oh yeah, you're like right on time to start reading the records. You can go do that now.

And I didn't know what that was records Like you can go do that now. And I didn't know what that was. I was like I don't know how to do that. I don't know what this is. She said just try and see what happens. And I started trying that week and I just gave out free, free readings to anyone. I just tried and all of a sudden it just started moving where people um started coming in. So that's why I say it found me, because I didn't even know what it was. When I booked the reading and you know, I didn't believe I even knew how to do it, but once I started it just seemed so organic.

0:26:07 - Julie

For those who don't know what are the Akashic Records. For those who don't know what are the Akashic Records.

0:26:17 - Rita

For those who don't know what are the Akashic Records? Yes, so, the Akashic Records. If you were to Google them, they might be called this energetic plane of the past, present and future, and the way I like to describe them is they are your soul essence. So you can have your soul reading through the Akashic Records. They're the wisdom of your soul, which does contain the past, present and future, as long as it is what is for your highest good to know at that time.

0:26:44 - Julie

As far as the Akashic Records go, I didn't know what they were either until a few years ago when I started having Akashic Records people on the show and I realized, okay, that's what I'm accessing. I never knew it was called that before, but some people talk about that. There's a white building with pillars that looks like a library or a courthouse. That they believe is the Akashic Records. Some others say there's no physical anything that we can. Not that it's physical, it's energetic in heaven. But do you see a structure or do you see that there's just a file drawer with somebody's name on it that you can pull out? How does it work? And how

does it work for people in all of their lifetimes, like your, Rita, in this lifetime, do you have a number? Okay, 14, 72, 37. And that's your number for all of your lifetimes. What's been your experience on that?

0:27:51 - Rita

Yeah, that's a great question. So my experience is all again. All of it can be true. I'm like very much like a very I'm very open with how I describe things because I find right when I'm too rigid, it then always changes, and so I would say it could be all of those things.

And for me, the Akashic is a living, breathing entity. So every single time I enter it and every time I read for someone, I get a different experience. It's never the same thing I'm seeing, so sometimes it could be a book, other times it's whatever that person's soul, how they want to describe it to me. That's how it presents itself. Sometimes, even in the Akashic, there's nothing, and that's alone how the Akashic is communicating with you that day. So I find it to be more a vibrational frequency of how it communicates, and that's often how I teach to it too. What is the vibrational experience you're having when you enter the records, because that's how it's trying to connect with you. Not everyone is visual in how they receive messages, right? The Akashic's always available to us, and it's available through vibration, and so that's how I kind of see it as a vibrational essence that can change depending on what's needed in the moment.

0:29:08 - Julie

The accessing of the Akashic records. Is it similar to intuition? Is it similar to channeling? Is it all of the above? What happens when you have a client who wants you to do an Akashic reading for them? What's your process that you go through?

0:29:28 - Rita

Yeah, another great question. So I am are you familiar with the term over soul? Have you heard this term before?

0:29:35 - Julie

I have, but I don't know what it means.

0:29:36 - Rita

So the woman who read for me first told me what the oversoul is, and so, above our body, it's different than the higher self. There's a term, the oversoul, and basically it means the all-containing soul, and I was taught to connect to the akashic through the oversoul. So you can connect to the akashic in countless ways and I've tried many different ways, but through the oversoul is where I find you get the most accurate information. So you kind of ask to access the Akashic through the oversoul and the oversoul will then give you information about the person you're reading for or yourself.

And the reason that we do it this way is that to me it's like it drops in, as like a vibration, and I would say this is the difference between channeling or, when I'm like giving intuitive guidance. It's the way I feel when I open the records through the oversoul. So it's a slight shift, like kind of like feeling love versus joy that's how I would describe it Like it's not something so direct versus like oh, I can tell that this is coming from that stream of consciousness as I'm speaking it. Does that make sense?

0:30:49 - Julie

Yeah, same, more. So the all-versus-all is a portion of your soul, or your client's soul, or God, or source, or it's everything, the all-containing soul.

0:31:00 - Rita

So something really interesting, which I don't know if you've had other guests talk about this or if you've talked about this before yourself. So in the Akashic you can obviously read, you could read past lives, and one thing that started to happen was there, and there's been other teachers who've talked about this, but I've probably given thousands of readings and I've noticed sometimes people will have the same past life and I'm like how are they having the same past life? Why is that happening? Right, the exact same past life. If this is all we're, all our own soul, how are they connecting to that same identification, right?

0:31:37 - Julie

So two people are having the same life, or one person's having two lives that are the same.

0:31:43 - Rita

Two people are having the exact same life. They're connected to it. They've never met each other. They don't know each other. Yeah.

And the over soul can describe that because we're all connected to it. And so what it would say is that, while that person is having that past life experience which is so true and profound to them, in that moment, it's more the collective consciousness that they're working through in themselves than it is their individual experience. So, like you know, let's say you and I, for example, had a dream where we were Cleopatra, or a past life experience where we both were Cleopatra. How did that happen? How are you having that and I'm having that? The over soul would say that we're all a part of the same collective over soul, and that can triple down into our individual experience, but it's still the experience we both need for our individual paths and that's why it's manifesting that way.

0:32:37 - Julie

Interesting. That's an interesting concept. I've never heard that before, but it makes tons of sense.

0:32:43 - Rita

Yeah, it's. I mean, there's so much craziness that can happen when. But like that to me, I was like, okay, that makes sense, like that's why you know and that's why when people have past lives, they're like is it real? And I'm like, yes, and also no, like don't hold on to it being your identity, because it's more meant to create the change and the pattern change within your human experience to take you where you're meant to go.

0:33:08 - Julie

Well, and when I do past life stuff with people, oftentimes we can get historic documentation online that validates the information that comes in. Yeah. Like the person's name, where they lived, what their birth date is or the day they died or how they died.

0:33:28 - Rita

Yes, it's wild, isn't it? It's so wild it's crazy. But it's not crazy to you, right? It's fascinating.

0:33:37 - Julie

Yeah, fascinating and fabulous. Yeah, you were a champion chess player as a teenager. I read, and do you find that the logical skills that you developed during your chess playing and tournaments at the highest level back then and the work that you're doing with your clients today do they intersect? Does your logical mind help you with your clients when you're accessing their spiritual records?

0:34:12 - Rita

Yeah, absolutely, and I would guess I'd love to hear your opinion too. But I work with people in all sectors of life, like you mentioned earlier, like doctors, lawyers, people in government,

people in their religious institutions, and you need to have a bit of that understanding of how things work. And also, like you know, I'm going to yes, spirit, I'm hearing you about how to tell that lawyer to do that, but there's also this logistical side that needs to come in. So how can we communicate that so that they can move forward in their work that they're actively doing, but also in a way that others around them will understand what they're trying to do? So it doesn't sound like, you know, it just feels like a natural progression for them. So that's something I love to do, is to bring in like the logical side with also. Then this is how Spirit says to do it.

0:35:02 - Julie

Right? Do you think Spirit was advising you in all of those tournaments?

0:35:07 - Rita

You know, I've never thought about that. Who knows right?

0:35:10 - Julie

Like Bobby Fisher, was Bobby Fisher channeling. You know all of that.

0:35:14 - Rita

Yeah, I was definitely not open to it back then. So, but it you know, spirit can, spirit's always there. So maybe it was.

0:35:22 - Julie

Oh, I think it was. I think you'd have a gut feeling about where you're going to move your whatever.

0:35:28 - Rita

Yeah. I never thought about that. I'm going to have to reflect on it.

0:35:32 - Julie

Yeah, it's, and it's interesting because then you can dissect it and say, okay, well, I, I know, I read that you won a whole bunch of tournaments and you were like the queen chess girl at the teenybop purse at the time and in your area, and I also think, okay, so, by winning those championships, what was that causing you to experience from the spiritual side of the equation, versus what did you experience when you lost?

How did that help your spirit, your soul, expand in all of those different scenarios? And how did that tie in with you having the courage to just drop everything and go run around Asia for all that time and know that, okay, everything's going to be okay and it's all strategic. And I'm being led and I just it's fascinating when I think about your trajectory and some of the things that you got to experience and how it's led you to where you are now, and that's with everybody. We can all look back at our lives and I'm twice as old as you. My son's gonna be 33 in two days actually and so I think, god, I can look back at my life and see, yeah, that led to that, led to that, led to that and I know you can as well, yeah, yeah, that led to that, led to that led to that, and I know you can as well.

0:37:00 - Rita

Yeah, yes, definitely, and I think even after this call, I'm going to reflect a little more too on, like those parts, Cause you know it was easy for me to reflect on the spiritual parts but I haven't reflected enough on, yeah, the parts in between. There was, you know, 28 years and more that I haven't really thought as much about, like how is spirit leading me there too? Yep.

0:37:21 - Julie

Here in the Deep South, they'd say you were being led, darling. You were being led to what you're doing now, and being led in a way that you were being set up so that you could really help people on their paths help people on their paths. So not only were you being led, but you were being led to help people be led on their own paths as well.

0:37:44 - Rita

I think I don't know if you felt this way too, but a lot of it's definitely in the identity shifts when you go from that part of your life to this part of your life. That's what sets you up to be able to help people. So for anyone, when you're going through a hard time that's usually like when I lost my career for COVID, that's, you know, usually something like that. Your identity shift is where spirit's coming through.

0:38:07 - Julie

Well, and in most instances too, it's been my experience, and I'd love to hear it sounds like you'll agree with this that we all can look back on those experiences and think that was awful going through that and, yes, thank God I went through that because something better came up. I always think about. You got to shatter the old to let the new come in.

0:38:28 - Rita

Yes, yep, I totally agree. And even now, when things happen, I'm like at the end of this is something amazing. You don't even know yet.

0:38:39 - Julie

What patterns do you see most often in people's records that block them from living their soul's purpose? Is there a commonality that you see frequently?

0:38:51 - Rita

Yeah, there definitely is. And also I actually remember I had a teacher of mine like this was probably like a year ago, where you know she was like you know, Rita, people are all the same and you know she just said it so simply that I was like huh, but I really thought about it and I'm like we all are like, at the core, everyone's so similar we. We really are like we. We look at all our differences, we try to differentiate ourselves, but at the core, all the things we all want, they're the same and so, yeah, the same patterns come up for almost all of us.

Like it manifests in different ways based on our journeys, but you know, a big one is safety. That's probably the biggest one. Is it safe? And that could mean different things to every person. For some it's kind of like I don't know if you've heard the term witch wound before, so that's like a. I think it's a of like. I don't know if you've heard the term witch wound before, so that's like a.

I think it's a more modern term that basically describes, like in healers, this feeling of speaking out for a fear of being persecuted. Like that's a very common one in a lot of people who are on their healing path or even people who want to go into a public position of some sort, whether that's just talking online. They often can feel like they have that wound of something bad's going to happen to me and that could be past life connected. Another one is you know, there's definitely a lot of stuff around feeling abundance Like there's a fear around that, I would say for a lot of people. Abundance Like there's a fear around that, I would say for a lot of people. Not everyone has that pattern, but that sometimes connects again into safety and a lot of people too, a pattern that comes up is not giving themselves enough permission.

0:40:30 - Julie

When you say fear of abundance, are they afraid that if they're abundant, that they'll lose it and they won't be able to maintain or sustain it? Or what do you find wraps around the abundance fear, because I think that's pretty common.

0:40:45 - Rita

Yeah, that's a really common one. Another one is that I'm a bad person if I have a lot of abundance that healers should not. If this is for specifically for like healers. Like healers should not have wealth, so I shouldn't be able to keep it. Um, Where's that coming from? Uh, I think religion Religion yeah, I think that's a big religious one around like money is the root of all evil.

0:41:14 - Julie

Yeah, because there are a lot of doctors that have a lot of money.

0:41:16 - Rita

Yes, there's a lot of really great people who have a lot of money. It's just something in the collective that comes up a lot Interesting. And one other one that popped in my head was a lot of people this is a belief that comes up, and I think that's what I meant by permission is a lot of them are like oh, I'm allowed just enough, just enough. And this will manifest either in their relationships, in their finances, in their living situations, in their job, like, well, I'm allowed just enough.

0:41:46 - Julie

And that's a really common pattern too, around abundance enough, and that's a really common pattern too, around abundance Interesting. Can trauma be passed down through ancestors and or in from past lives?

0:42:01 - Rita

I would. I would say absolutely yes. And this example just popped in my head like I can give a personal one that so I'm in the process of writing a book and I found myself completely stuck one day and I was sitting there you know like what is going on? Why am I stuck? So I went on the Akashic and I said what is the root of this? And I just saw my grandpa and I love my grandpa, I love him so much and he's passed now.

But I remembered my mom told me this that he would never read a book from a woman author ever. And I sat there facing him and it was sort of this like energetic, like hold of, like you're going to be the one to let that go, because I don't think anyone on that, my Irish side of the family, no one's written a book, no woman. And that's like an example of how it can be passed down in weird ways too. Some ways are common, right, like obviously, if you've been abused or things like that, that does pass down. But it can be passed down in really weird ways that you would never normally think about too, that you would never normally think about too Interesting.

0:43:14 - Julie

I always think of past life information, as we're exploring things from a different perspective each lifetime. Like we may be abused in a lifetime and then we may be the abuser, or we may be the parent of the abused, or the friend of, or the spouse of or the whatever of, and we look at it from different perspectives each time. Have you found that to be the case as well?

0:43:38 - Rita

Yeah, I definitely think that there's truth to that and I also find that it's usually just bringing up wherever the blockage is, as well within you. So whoever that comes to you is exactly the way to see it, or whatever stuck to kind of move Like. As an example, I had someone who was deathly afraid of the dark but she had no reason that she could remember in this lifetime and also she was afraid to explore in this lifetime why she might be afraid of the dark. She kind of had an inkling maybe there's something that happened, but I really don't want to look at it from that perspective. So a past life came where she was able to explore it and the fear left and she hasn't had it since then. So it often too with past lives. It gives us a way of like something feels

really hard or just like something we don't want to relive in this lifetime. It's another way you can kind of help the energy move.

0:44:37 - Julie

Is it alchemized? Is that fear or trauma alchemized, once we identify it?

0:44:44 - Rita

Sometimes identification for me at least, is not enough. You have to give it permission to move. So plenty of us can be aware like. I'll give you an example Sometimes I eat foods that aren't the best for me, and I'm aware of that. But there's sort of like. Also part of me doesn't fully yet want to let that go. I don't know why, but I can tell within myself that sometimes I don't want to let it go. So within you know, looking at energies and identifying it, there also is sort of this like am I truly ready to let that go? And if not, can I just be kind and acknowledge that when it's ready I'll come back and I will let it go? That's something I found to be helpful too is not to force it. Sometimes it doesn't feel fully safe or there's some part of it you're still learning through.

0:45:29 - Julie

How do you know that it's time to let it go? And how do you let it?

0:45:33 - Rita

go. So for me if it appears in my Akashic it's ready to go. And because when I kind of say a prayer to open the Akashic and I say only if it's for my highest good, and sometimes if something appears where I'm like fearful about what it'll mean for me, I'll say, okay, can I just release it 80% today so that I feel safe enough tomorrow to release the other 20%? And the Akashic voice says, of course, but I found the more I give myself space to release things, the more successfully they never come back. The way my system works is like if I just cut something off immediately, often it feels very jarring to me. So that's something I've learned is like to give it space and usually if it's something that's ready to go, it'll just go, I won't even need to release it. But if it's holding on, it's usually trying to show me a part of myself. That's still like learning or moving through that.

0:46:29 - Julie

When you say you ask the Akashic, what does that mean? You're just asking in your head, you're asking spirit, you're saying it out loud, you're thinking of a book or something that's going to answer you. I'm picturing the Harry Potter movies where the hat that talks you know that chooses which house the student goes in Slytherin or Gryffindor or whatever. Explain to us what does that mean? When you say I just asked the Akashic, is the Akashic like spirit, guides spirit the whole nine yards? Does it have a look or a feel to it?

0:47:07 - Rita

So to me, every time I enter it, it's a little different again. So, depending on what I'm working on, like, for example, often I'll work on what's called like soul contracts, have you? Do you use that term?

0:47:19 - Julie

Not really, but I know what it means. Yeah, but tell everybody in who aren't familiar.

0:47:24 - Rita

Yeah, so basically, if you literally just imagine a sheet of paper and this was representing some soul agreements you've made in this lifetime, that's what a soul contract is, and so it's not like I know the way we would normally think about it is oh, I agreed to be a healer.

Yeah, Like yes, that could be a soul contract. But another way a soul contract would manifest is I agreed to not know my spiritual gifts because it keeps me safe. That would be an example of a soul contract. And so in the Akashic and this is very common, by the way like where people will have certain thought forms that are literally stuck, almost like a pattern which we could call a soul contract. So in the Akashic, the way it would show me when I'm asking it questions is sometimes it'll show me a piece of paper where it'll write a word and I'll know, based on that word, if it's a soul contract, if it's something energetically stuck, but kind of going back to what I said before, to me it's more like the vibration of what I'm seeing which tells me what category it is.

0:48:29 - Julie

And those soul contracts are all done before we incarnate, or do they transpire during our lifetime?

0:48:39 - Rita

I would say they transpire during our lifetime, really, and they can come pre. I mean, in the grand scheme of things I'm sure it's all pre-written, but from my human perspective sometimes it ebbs and flows how it happens. So I'll give you an example. I mentioned earlier how I had a car accident and I ended up after I got back from Asia getting rear-ended again. And I know two times in five years and nothing I could do. I'm stopped at a red light both times. So I'm like, why? Why did that happen?

So I asked the Akashic is there something going on here? We're like, you know, is there just something going on? And it showed me you're not moving your energy fast enough. That's what it showed me. So we literally have to push you forward. And I said, well, can I rewrite that Like I don't want to keep learning through this mechanism, it's hurting me. And basically it said, if you agree to work out three times a week, you don't that we won't need to, you won't need that same jolt forward. So to me that was kind of an example of like um, how it showed me I could move like what was maybe a soul contract or maybe in some way an energy that kept repeating into a new kind of energy distribution and that would be like an ongoing kind of soul contract to me.

0:50:00 - Julie

So the businesswoman in me is going okay, I get that we can sign contracts before we incarnate. So if we're dreaming up new contracts as we're living our lives, what does that sound like? Kind of like a DocuSign, you know, like you get an energetic email and you do the DocuSign online. What's that? It's interesting to think about it. I've never heard that concept before, but it makes sense.

0:50:31 - Rita

It's kind of like alchemizing, like you know, if you, if it's like someone, was like, hey, you know, will you pay me X, y and Z for this service, that's like a contract, right. But then it's like, okay, why don't we barter services instead of trading money? Now, like you're kind of shifting the energy. I guess that would be a rewriting a current soul contract or adding an addendum. Addendum, yes, like I did not like getting into car accidents and I could tell that there was an energetic component to it. With the way they both happened, like they were both, it was so bizarre so I didn't want. The Akashic didn't understand that it was hurting my physical body. It wasn't a negative thing it was trying to do to me that it was hurting my physical body. It wasn't a negative thing it was trying to do to me, it just saw it as a way that made sense. Like that was how it was interpreted to me.

0:51:17 - Julie

A couple more questions before I want you to see if the Akashic has a message for all of us today. How can somebody know if they're truly aligned with their core essence, as you call it?

If they're truly aligned with their core essence, as you call it, or just following conditioned beliefs, like your dad obviously had his image of you as a businesswoman, you know, working for a big corporation, doing whatever, and your essence was going, eh, not so fast. I'm really going to go in a different direction than what's expected of me. How do we really discern between what is it that our spirit really is encouraging us to do versus what I'm expected to do?

0:52:06 - Rita

Well, I think it's probably different for everyone how we experience that, so it's not totally a one answer, but I would say how is your experience of life itself Like are you experiencing? How are you experiencing life itself In general, when you're in tune with your essence, your knowing, life itself has a certain way of being experienced. So that's how I would interpret it. How are you experiencing life? Like? Pre-following my own intuition, I had done all the right things, I had done what people tell you to do, but I was not feeling good. I didn't enjoy my life. There was nothing wrong. There was nothing wrong. It was just okay. Now I love my life. I love it, um, and there's not one thing that makes me love it. It's the internal part that does that.

0:52:59 - Julie

It's interesting, it's fun. You want to know more. You can feel that you want to take another step and and you want to find out. Okay, what's the next adventure? What's going to happen next? Who do I get to meet? How's this going to unfold? All of that versus, I think, for a lot of us. We spend our whole lives feeling like we're slogging through life. It's a slog. I get up at the same time every morning I get dressed, I get in the car, I go to the office. I do the same thing, you know. I do the same thing, you know. I have the same sandwich at lunch. And then I come home and I cook dinner and then, you know, clean up the kitchen and watch TV and go to bed and then rinse and repeat the next day To your point. Not that there's anything wrong with that, but that excitement level is missing.

0:53:48 - Rita

Yes, yeah, and the joy yeah. And if you're feeling happy doing that, then that's that's the, that's the sign you're in alignment. It's not like what you're saying, too, is like. It's not the actions, it's how you feel as they're rate occurring, you know.

0:54:03 - Julie

Yeah, I agree A hundred percent. Can you suggest a couple of easy ways for somebody to trust their intuitive guidance and stop second-guessing the thoughts that are coming into their head that are really intended to lead them?

0:54:22 - Rita

Yeah, I would say there's two that I love to recommend, and these are great for people who also are more in the mind. The first is you say, if I had to guess, the answer is, and you just let out the answer, whatever it is. So, like you know, they'll come to a reading should I leave my job? And I'll just say, if I had to guess the answer is, and the answer will just come out of them and they'll say, well, I don't know where that came from. That's usually the deeper knowing just spitting out of you and you know. Then they're like, well, where did that come from? So that's a great practice is just let it out, like, even if it's like you don't know where it came from, you don't need to know, just hear what's being held down, then we can talk the logistic, logistical point. So I do that in the car a lot of the time when I'm trying to make a decision about anything, I'll just be like, if I had to guess, blink, and that gives me my direction on where to go.

The other thing, too, is that to hear your intuition, you want to get your three brains in alignment so you know your wound, your heart, your mind. There is always. No matter whether you were on you know the spiritual path or your, there's always one that tends to lead the show. So sometimes some of us might be leading, like when I made those leaps to Asia, that was very

much my gut leaping and my mind and my heart needed to be brought on board for it to feel safe. So if you're having a difficult time tapping into your intuition, you want to give love to your mind and your heart usually is on board, but you want to give love to your mind to make it feel safe, to hear it, because otherwise it's really about creating safety with those three brains.

0:56:03 - Julie

How do you give love to your mind and to your heart and to your gut?

0:56:09 - Rita

Well, it depends which one's leading the show at that moment, right, like, for example, if maybe someone's heart's leading them like they really love someone but they know they're not good for them, like something like that that would be the heart really going for it.

I would tell my heart, like you know, I think you're so beautiful and I love how deeply you love, but also we're hurting our knowing and we're hurting our mind by following only what you want, and I think it's time we give them some space as well to give us direction. And you know, if the brain was leading the show which this happens a lot even now I'm like I have to come back to my brain about decisions sometimes, you know, I'll say you're so smart and also I love you so much, and also we have other areas that want to have a conversation here. So you know you make better decisions when you let them in. We have evidence of that. So let's take a seat back and I'll kind of soothe it so that it feels safe to kind of take a direction back and really it's talking to them.

0:57:21 - Julie

Interesting, all right. Does the Akashic have any guidance or words?

0:57:23 - Rita

of wisdom or message for all of us. Today, the message that's coming through to me is that it's around peace. Let peace exist within you, because then it exists within everyone else. If you can let it exist within peace, let peace exist within you, because then it exists within everyone else, if you can let it exist within you and you can let that vibrate through others, through the peace that exists within you. So there's a message around peace.

0:57:45 - Julie

Okay, all right. Well, thanks for that Last question. Why do we?

0:57:49 - Rita

incarnate. You know, my logical self has an answer. And then my soul said there is no answer. There is no beginning or no end. It's just, you know, to me there is no answer. It just felt like more, like a flow.

0:58:04 - Julie

What did your logical mind say?

0:58:06 - Rita

Experience.

0:58:07 - Julie

Oh yeah, oh, that was my logical mind.

0:58:10 - Rita

But the soul didn't give an answer. Necessarily it was more. There is no answer other than the flow, the natural way of being uh-huh, interesting, great answers.

0:58:22 - Julie

You're extraordinary, my girl. What a what a fascinating journey you've been on and thank you so much and obviously being led to get into this space to help others on their journeys as well. How can people learn more about you?

0:58:39 - Rita

and your work, yeah, and thank you for having me so much. You're extraordinary as well, and you're helping so many people and I'm so grateful you found me. So thank you so much for your time and energy and this space. Yeah, the best way for people to connect with me would be either my website or Instagram, and they're the same name they're Rita Ellen Mirchandani, so both of those are great ways to connect or just explore a little bit more if they're interested in this work.

0:59:07 - Julie

Okay, terrific, and we'll have all of that in the show notes for those that want to get in touch with Miss Rita. Okay, everybody, I learned a lot from you. I learned several new concepts today, so I love it. That's why I love getting to talk to all these different people. Oh, thank you. We still have to learn, isn't there? And we?

can learn from everybody, from little people, from old people, from everybody in between. So in the meantime, we're sending you lots of love from Sweet Home Alabama, and from Florida too, where Rita is. We'll see you next time. Bye everybody.

0:59:46 - Annncr

Bye-bye, thank you. 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.

1:00:02 - Disclaimer

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