

AJR Anona Blackwell 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.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Dr Anona Blackwell with us on the show today. Anona is a Lancet-published academic physician who bridges the worlds of science and spirit. Her life's work reveals the evidence for telepathy, clairvoyance, NDEs, the afterlife and the healing power of prayer. I'm excited to learn about the transformation she's witnessed and experienced herself and the insights she's uncovered on her journey. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Anona. Anona, welcome to the show. I'm so excited and delighted that you could join us today.

0:01:41 - Anona

No, me too I've been really looking forward to it, a little bit anxious because I'm so much in awe of your work, but even so you seem very friendly. Join us today. No, me too I've been really looking forward to it, a little bit anxious because I'm so much in awe of your work, but even so you seem very friendly. Most Americans are, I think, with few exceptions, which we won't mention any names, you know.

0:01:56 - Julie

Oh my gosh, you call yourself a hedge wedge. What the heck is a hedge wedge?

0:02:01 - Anona

I wish I knew really, but I think I was born that way. To me it's usually women who are very, very close to the earth and it's kind of a cross between a druid and a shaman, I think, someone who is usually older, because you talk about mother maiden crone and I'm very much into my crone at the moment and I must admit, most of my paranormal spiritual experiences occurred within a year or so after the menopause and I had the menopause from hell, which is why in my book I've got an article called HRTS for women that go mad at the menopause. And it's actually quite funny. I had so many like I was lecturing to anything up to 2000 people at one time, and then I had the menopause and even if a student was sitting in there, they want to hide under the desk.

It took me about two years to come out of the brain fog and, curiously, although I wrote a funny article about it, because even my dog wouldn't sleep with me, I sent it off to the Lancet. I sent it off to the Lancet. Men have given up years ago, but dogs usually like me, you know. But anyway, I sent this article off to the Lancet because in those days they used to take publications that were vaguely funny but were also medically relevant and to my surprise, they published it. And now, because there's a lot of interest on the effect of the menopause on women's general and particularly mental health, it's surprising the number of people who are still reading it after. And I think I published it while I was 50., so that was I don't know. I was born in 49. You can do the math, you know.

0:03:44 - Julie

Yeah, yeah, yeah, wonderful. Please send me the link on that. We'll put it in the show notes. I want to read it myself.

0:03:50 - Anona

Yeah, sure, it's on my. I think it's on my website, but I'll send it to you anyway. It's certainly in the book. Okay, I published it in the book.

I could read it to you, but that would take up too long. Okay, so a hedge witch? Back to that for a second. A hedge witch is somebody who's doing healing through natural means, is what I'm hearing.

Yeah, I've taken my own interpretation of it because I think in Wales there's still an awful, there's a great interest in spiritual matters and there's lots of spiritual churches matters and there's lots of spiritual churches. I usually chair a meeting in a place called herryford community center, uh, every other fortnight, every other week rather, and I I was thinking about how come there's seems to be more in wales, with the land of the witches and the druids, you know, and then in England and I I think it may well go back to the burning times when, as you know, witches, particularly in Scotland and slightly less so in England, were routed out. I think they were the wise women who helped the people in the village, and sometimes it was because the men were jealous and wanted their land, so they'd accuse somebody of witchcraft etc. But apparently in Wales, I think there were over 3,000 deaths you know murders, I would say in Scotland, of witches In Wales, I think there were over 3,000 deaths, you know murders, I would say in Scotland of witches In Wales, it's documented I think it's only three, and it's put down to rather funny reasons.

One is funny. One is that the witch hunters couldn't speak Welsh, which is good, isn't it? I can't speak Welsh, but if it's just as well, probably I wasn't born a few hundred years ago, but also because the population was quite poor and the population in general respected these women. They appreciated they were the midwives. Both my grandmothers helped in birthing babies years and years ago in the poor Welsh valleys and also they were the healers and the herbalists and I think that's how we survived. In a way there's still a history of that, very much so in Wales.

0:05:53 - Julie

I think that's how everybody survived in every culture. Yeah, it was the women, even the witch doctors you know that they had in indigenous cultures. It was the women that were integrating all of that. So you also are an academic physician. What does that mean?

0:06:12 - Anona

Well, I would say R. I have been retired now for quite a long time, but I came from a very poor background and I felt that my mother always said said education is the salvation of the working classes. And I suppose because I was fat I thought I'd never get a wealthy husband. But I was a workaholic and I did a degree in King's College in London in biophysics, and my tutor was Morris Wilkins, who won the Nobel Prize, with Watson and Crick for discovering DNA. And so my first degree was very academic and I intended coming to America to study a disease called retinitis pigmentosa.

But having said that, what happened is that the Vietnam War escalated and the shop I was working for lost its grant. But at the same time I was cleaning the floor in one of our local hospitals to help pay for my training and I saw a lady who was sobbing her heart out in outpatients and I went up to her and said you know, can I help you? I just felt bad, even though I was just mopping the floor, it was just the cleaner, and she said her doctor had just told her

she would never have children because she had something called pelvic infection. And I thought, oh, I'm only a cleaner. If I was a doctor I could help her. So it planted a seed in my mind and it's quite interesting that decades later I became an expert in the prevention of pelvic infection. But that's by the by. But then, just before I did finals, I developed a wisdom tooth impaction and my parents paid for me to have my wisdom teeth removed and I was in agony because they'd fractured my jaw and I remember one of the nurses gave me pethidine and I was immediately lifted from agony into normality and I thought, oh gosh, I really want to be a doctor. That is so cool to be able to do that for someone. And so I ended up becoming a doctor.

But I had this very strong. I've always been nosy and I had this very strong desire to do research and I also have a wicked sense of humor. And I ended up specializing in sexually transmitted diseases, where a sense of humor is like a necessity. I could tell you loads of funny stories, but we'll digress aside. I told you I was bound. You'll have to edit that out.

But anyway, I then became very, very interested in infectious diseases of the vagina, particularly something which I called anaerobic vaginosis, which was eventually called bacterial vaginosis, and I produced two Lancet papers in that area and as a result, even as a registrar, I was like having my papers signed by overseas professors and lecturing in America and sometimes in Europe. And so I was kind of highly academic and I had my own academic unit it was only me in it, mind you in St Thomas's in London. But then, as often happens, I fell in love with my mother's Jack Russell and it was more love than I'd ever felt for anything, and so I couldn't bear being in London, so I took a consultant post. I had a consultant post in Swansea, which was somewhat of a backwater at the time and it was in a workhouse the old VD clinic was. But then I was still academic in my head and I ended up producing another Lancet paper on the prevention of pelvic infection in 93. And so I was very much a clinician, but also with this kind of scientific background.

That never really left me. So I'm not sure if that answers your question. I talk too much, I'm sorry.

0:10:06 - Julie

Well, it does, because I was thinking, when you describe yourself as an academic physician, that you didn't have clinical experience. You were just doing the research primarily. But it sounds like you've done both.

0:10:19 - Anona

Oh no, mine was mainly clinical, I just put the other as my hobby. I never went on holiday. You know I'm so boring. It's like my mother once said to me. She said she taught me how to work but not how to play. And it's absolutely true. I've had such a boring life in many ways because I've just worked, you know, took care of my patients, took care of research and took care of my mother for years. Took care of research and took care of my mother for years, and do I?

regret it. The answer is at a superficial level, yes, but at a deeper level I still would do the same.

0:10:55 - Julie

You know, we have duties, don't we? Well, and for those who aren't familiar with the Lancet, the Lancet is a British medical journal that's one of the top in the world. If not considered to be the top, it is actually the top yeah, even the New England by a lot of physicians around the world and medical researchers. And so for you to have one, let alone more than one article, published there, I feel like I should be fanning you with a palm leaf or something. Oh, no, palm branch, long time ago.

0:11:24 - Anona

Long time ago. But what was cool is that, even when I was doing this is, let me see, the last Lancet paper was 1983. One in 82, one in 83, then another in 93. But the 83 one was a double-blind, placebo-controlled trial of a particular drug and it was very expensive to run because we were doing what they call semi-quantitative analysis of the bacterial flora of the vagina and it was absolutely imperative that all the patients came back for their follow-ups. Okay, and so the day before they were due to come in, I would hold their notes and pray and my follow-up rate was almost 100%. But what was more interesting is that the technician who was working with me called me one day to say that he couldn't come to the appointment we'd set with this particular lady.

And in those days there weren't mobile phones and I didn't have any contact details for her. So I actually got her case notes, held them and prayed for her to phone me and a few hours later she said oh, you've been kind to contact me. She phoned me. I was a little bit. Oh, that was cool, you know. But in fact, just to verify it, I actually asked her to speak to my boss the name was Nicol Finn just to tell him what had happened, because I was getting a bit of a reputation of being a bit psychically aware, shall we say, and it was nice to have some lady who was very I remember she was a very pleasant girl to confirm it. So I did actually use the power of prayer or intent, even when I was doing at the height of my academic career. I didn't regard it as odd, I just did it and I have no idea why.

0:13:09 - Julie

Was there a catalyst that pushed you from being a practicing and academic physician into focusing more on the hedge witch side of the equation the spiritual, the energy, healing, all of that?

0:13:27 - Anona

I think it was always in me to a degree, because I had a spirit child friend when I was seven or eight six, seven or eight, I suppose and then when I was 17, we lived in a tin shed, basically, and I was always keen to go to school. And I got up one morning and I was terrified. I said Mom, somebody at school is going to die, and I'm really scared. And she said, oh, don't be silly. So we didn't have a phone, didn't have radio or anything. And the next morning the same thing happened, but no one had died. On the third morning I woke up in a state of calm and I said, oh, ma'am, mr Sharpe, our deputy head teacher, has died. And she thought I was crazy, how could I know? And he was at peace, and when I went to school he had indeed died in his sleep. So I told my school friends obviously the previous day that I was worried somebody was going to die. So that was weird. So I kind of accepted it. But you see, my dad used to douse for water for where my grandfather built houses and he was very good at grafting apple trees and things like that For people who don't know what dousing is can you explain that please Well

with him. It's a way of tapping into energy fields, I would say. And my dad was absolutely amazing. He was quite a strong fellow, but he would get a Y-shaped piece of hazel, hold the two ends of the Y, as it were, and if he walked across an area where there was water, the stick would go right up and over and down, you know, over towards his chest, and the actual bark would come off the hazel. But you can do it with anything. You know a chudash had got one for you, but you could even put a bit of bread on the end of a string and you just say show me your yes, show me your no. But people can use it to um find lost pets, but it's. It was originally, as far as I understood, um used to find out where, where water runs, and I think with the flowing of water you do get an energy fields and some people tune into it is that with the pendulums?

0:15:41 - Julie

yeah, yeah, where originated? Is that just a form of a pendulum?

0:15:44 - Anona

Yeah, yeah sure, A jowl sink, yeah, and you could get the two cross wires as well. Yeah, I should have got my. I got loads of them here. They're great to play with actually.

0:15:54 - Julie

I have a girlfriend that hers is amazing. She'll hang it. Her name's Janine and she'll hang it and that thing will just start going vroom, vroom, vroom.

0:16:03 - Anona

Yeah, you're round and round and round, that's right.

0:16:04 - Julie

Yeah, I got the Spinning like crazy, or go back and forth. That's it, yeah. Yeah, it's amazing. I guess I never equated the dowsing rods with the pendulum, but it makes sense that it's all the same thing. It's the same thing.

0:16:16 - Anona

I remember I had a patient came to see me in Swansea years ago. I don't think I put this in my book, but it was quite interesting. I had always had a picture of my Jack Russell on the desk and we started talking about dogs and she told me that some years previously she'd taken her two dogs in an area of South Wales where there were a lot of previous coal mines and they both ran down a big rabbit hole to chase a rabbit, I suppose, and the one dog came back that a Jack Russell didn't. And she had friends in the mountain rescue team and had them looking for the dog. Blah, blah, blah.

And after two or three days she was desolate because the dog hadn't appeared, and so she contacted a lady who was a dowser who could look at a map and use a pendulum to find where the dog was, and she was so desperate she phoned this woman up and the woman you know, blah blah, blah, and apparently she said this lady wouldn't charge for looking for pets because she was this animal lover, and she told this patient where the dog was, and it was quite a long way away from where they'd been looking where the dog was lost. But she said yes, she managed to persuade the team to go back up and they got the dog and it was fine, apart from having sore paws from where it had tried to dig itself out. So I'm sure it does work.

0:17:38 - Julie

What did your family say and what did your colleagues say when you started getting more into the energy medicine and the woo-woo? Did you get any blowback from that?

0:17:51 - Anona

My colleagues. I suppose I can answer you in the best way, because King Charles asked me that question. What he actually said when I met him was Dr Blackwell don't your colleagues think you're rather mad? Because I told him about patients coming in with their late relatives, and one came in with a horse that had a message for her and I said well, I said sir. I said I've got a degree in biophysics, I've got degrees in medicine, I've got three Lancet papers, two of which permanently altered clinical practice.

I was chairman of the Trust Consultant Committee at the time and I was also a member of the Royal College of Physicians Integrated Health Committee and I had a higher award for clinical excellence. And I said so. I said, sir, when I tell my colleagues that a patient came in with the spirit, with a horse horse spirit they asked me what type of horse, and so and so, and he hooted with laughter, and so I think I couldn't have done it if I didn't have a strong academic background. I'm also incredibly practical. You know, I have to service my own car and I could

milk a cow, and, and so I had my feet very firmly in the ground and hopefully not insane. I don't think I was. Maybe now, I don't know.

0:19:13 - Julie

Well, same with me. I'm a businesswoman who learned how to do woo-woo and same thing, but I learned how to do it. I didn't experience things as a child as you did. When you said you had a friend as a child, that was a spirit friend. Tell us a little bit about that.

0:19:30 - Anona

I can still remember her. I must have been six, seven or eight and we lived out well no, I still live out in the countryside, but it was much more underdeveloped then. And my mother, if she wanted to find where I was, I would sit next to the beehives, very close, and talk to the bees, and I'd have large trees behind me. And then if I wanted company, I would go up the field to our cow shed where there was a little girl called Christine. She had short black hair and we would just play silly games in the cow shed and I would insist that my mother laid a place for her at the table and my parents kind of accepted it. You know, they never questioned it, and so Christine was your spirit friend.

Yeah, yeah, she didn't exist. Well, she does exist only in the spirit world, and so my mother would set a place for her table. But I'd never asked my mother to put food on the plate, I think basically because I was greedy. I wanted it myself. I don't know, but it's very strange. I wanted a plate foot for her, but they acknowledged it, and then, as I grew older I suppose you know Christina disappeared, or maybe I was less aware of her.

0:20:41 - Julie

Do you think your parents really could perceive her, or at least had experienced some kind of paranormal or spiritual things themselves that gave them the wherewithal to say, okay, well, maybe this is really real?

0:21:06 - Anona

greatly different from yours. My father, uh, was basically a bus driver, uh, and we lived on three acres and lived a kind of existential existence, growing food which my mother then sold in the market, and so we were more concerned about. You had to know the seasons. You'd have to know what the weather's like in the days before. Uh, good, uh, um, uh forecasts, if you get my drift. Um, no, it was very much in our blood. It wasn't something we questioned, I suppose I don't think they thought I was also pretty bright and so Obviously Well, yeah, I don't feed it now, though, but my uncle used to say to me that I was never a child. He can't remember being a child, and I can't remember being a child, and I can't remember being a child. It was very sad because I'd have loved to have had a childish childhood, but I never went to parties. I thought people were very shallow and so I didn't want to bother with people. Much preferred animals, dogs especially.

0:22:03 - Julie

When you look back on that now, what do you surmise from that thought process for all those years? What do you think that was all about?

0:22:14 - Anona

I think I was born that way and I believe. You see, I.

That you felt like maybe you didn't fit in. Yeah, oh yeah, completely didn't fit in. Yeah, yeah, I didn't understand my friends. I didn't know why. I didn't even know who the Beatles were, you know. And this was at the stage. They were all playing. Oh, it's George Harrison's 21st birthday. Who's George Harrison, you know? But I was just interested in growing food because I would come home from school, especially in the summer, and I would be home at about half

past four. We'd have some tea and then I'd be in the field until dark weeding the fodder beet to feed the cattle, and then I'd be doing my homework till two o'clock in the morning, and so it was an existential existence. It's a good life, really, because you didn't have to worry about you know Facebook friends saying you were awful, and I used to help my friends at school with their homework. You know you be my friend, I'll help you with your homework.

0:23:14 - Julie

Right right, what surprised and or delighted you the most so far in your journey? If you had to look back on your life, are there one or two memorable events that stand out?

0:23:32 - Anona

First was meeting the king, because I'm not particularly a royalist, but he let me hold his hand and tune into his energy field, and I found out a few things.

Oh yeah, it was cool. Yeah yeah, this is all on air so I've got to behave myself. But I did end up flirting with him horrendously because I was telling him what happened. I went to Kerala with the Prince's Foundation for Integrated Health to study Ayurvedic medicine and then we, the group of doctors, we met what was Prince Charles at the time at Sarin's house, in his obviously his home, and I kind of fell in love with him straight away. His energy, he's got the most beautiful voice. Honestly, as soon as I met he started talking to me. I thought your place or mine. I thought, no dear, we're in yours and you're married. You know Camilla's toast sort of thing.

0:24:27 - Julie

He's not known for that, at least in America. I mean, I would say, you are a rare bird.

0:24:34 - Anona

I think actually it only happened once, but he has a very strong energy field and he's got a beautiful voice, you know, and I was 50 odd at the time, so very much past it anyway. But yeah, I was shaking so much that they give you tea and there were no chairs to sit down and I was shaking the cup of raffia oh dear, I didn't have anywhere to put it and I said I said I said because we were told to call him your Royal Highness or Sir, okay, and I was so nervous. He said don't worry, dr Blackwell, I have that effect on a lot of people. And I thought I really do love you now. And then I said I said I said I said no, I said it's just that the only men I call sir are those I am about to examine. And I'm afraid you, and I'm afraid you may cough and I might behave inappropriately ie grab his testicles and we both burst out laughing. But I was still shaking. So I said would you mind if I hold your hand? Because he actually in practice, what happens? If people have got very strong energy fields, it can interact with your own and I was going, you see, and so I let me hold his hand. He said sure, and he's got really big manly hands like a farmer. And I said oh, do you mind if I read your energy field? So he said go ahead.

So there was me and I could sense this kind of misty figure of Merlin energy standing behind him. So I told him that and I told him a few other things which are a bit irrelevant now. But anyway we were talking so much about dead spirits and telepathy etc. And then at the end he was about to leave and he came up to me and said oh, you never told me what Merlin energy is. You see by which time he was about three meters away. Now bear in mind I'm fat, I was frumpy, I had, and I remember I'd still got the tag on my jacket which said extra large and the price on it, and it fell out and he could see it and I said hope you realize, sir, you're the first man I've tarted up for in 30 years. You know, pull the tag off rapidly.

Oh, it was like something out of a comedy. But anyway he said you haven't told me about Merlin Engier, so I look him up from. This is the way you can undress a man with your eyes. I haven't done it for years, but I looked him up and then I said do you really want to know, babe? And then I winked. I said do you really want to know, babe? And then I winked. I said do you

really want to know, babe? And I winked and I said oh, I'm so sorry, babe, sir, I don't want to be locked up in the tower, whereupon he was in fits of giggles. So, yeah, yeah, I just I don't know.

So did you tell him what Merlin Energy meant. Yeah, I just said it's probably because he is well, he's going to be the future king. Then he would attract a Merling archetype, you know yeah.

0:27:21 - Julie

Yeah, do our bodies remember what our conscious minds try to forget?

0:27:31 - Anona

Yes, there's a lady called is it? Babette Rothschild and written a book called Our Bodies. Remember? And yeah, two main examples. I'm just trying to think of sensible ones for you.

Many years ago I had a medical student sitting in with me called Becky Rebecca I've changed her name in the book, but anyway, they have to sit in one VD session as part of their training. And a lady came in who'd been raped, and Becky was sitting next to me. And during the course of the interview the lady was so upset she was not in a state for me to be able to examine her. And so I said well, I need to check you out to make sure there's no infection. And I said do you mind? I'm a spiritual healer. Do you mind if I use energy methods to calm you down? And so I just held her hand and kind of took her into a little meditation. I said do you know any part of your home where you feel safe? And she said yes, my back garden. So I just took her to the back garden, put her into a little bit of hypnotic state, managed to do all the tests and blah, blah, blah.

At the end of the clinic, Becky came into my office to say could I sign her card? You know she had to sign a card to say that she'd be with me. And she said I found it very odd. She said that she'd be with me and she said I found it very odd. She said that she felt calm when I was calming the patient down. The energy field had affected her as well, and so she said will you show me what energy healing feels like? I said, yeah, okay, this is, you know, my office and so is it. Hold your hand out. And I just did that over and above her hands, and I just said, oh, there's like a prickly sensation over one of the joints. And it turned out I noticed that one of her joints was a little bit distorted and she said it was a family thing and that her grandmother had warned her she would get arthritis. And then I said, oh, what do you feel now? And she said, oh, she could feel kind of energy going up her arm.

So I went in a little deeper and I'm trying to go back to it in my mind and I said oh, I said when you were a teenager you delivered. I said, I said you were a teenager and I can feel warm frog's bone. And I said, no, it's not warm frog's bone, it's the fetal membranes of a newborn lamb. And I said when you were a teenager you delivered a lamb and that changed your fate into your destiny. And she looked absolutely shocked and she said when she was about 14 she in fact sorry, I'm a bit like this now because spirit has just come into the room is I got pins and needles all around my body. But anyway, she said she stayed with a friend who was father, was a shepherd and a sheep had delivered a lamb in front of them, and her friend was squeamish and so Becky had lent down and removed the fetal membranes so that the lamb would could breathe. And I said, yes, you were kneeling on on wet grass. And she said, no, it was wet straw, so I had to get it slightly wrong. And then she said that by the end of the week she was delivered so many lambs she decided to be a midwife and then. And then foresaw this I'm going to be a doctor, so that episode and it was stored in her energy field, which I think is so cool.

So yeah, I don't know how much, but there was another time where I haven't written about it because it's still very traumatic, but I had surgery in 2010 for what they thought was adrenal cancer, but it wasn't. But my post-operative care was appalling. It's so distressing I can't even

talk about it, let alone write about it. But I had a large scar which was extremely painful, and what happened is that when I came out of the anesthetic, I was given a drug because my blood pressure had dropped, something called gelofusin, and my blood pressure fell to 56 over nothing, and it basically meant I was dead. And I wasn't really aware of anything. And I can remember, as I was going under, I could feel, as the drug was going in, I was dying. I knew I was dying and I remember it was quite interesting.

I was reframing things. I thought, oh, I haven't done a will. And I thought, oh well, my sister will have it. No, she doesn't like me, I don't really mind, you know she's blood. And then I thought, oh well, the good side thing is I won't have post-operative pain, so I wasn't afraid of dying. I thought I won't get post-operative pain, but anyway, I did survive and for at least six months, every night I relived my death.

I relived that death, but it gradually got a little better. I'd wake up with panic attacks. And then one night I was sleeping, but it was a lucid dream and I couldn't wake up and I relived the operation itself and I felt the surgeon's blade. I relived the operation itself and I felt the surgeon's blade, and when I did eventually wake up, my nitrous was ringing with sweat, my jaw was clenched and painful and my scar and it was a year later was just as painful as it was on the first post-operative day. And I couldn't believe it. But I worked out. It was exactly a year to the day of the operation and I think it's something called ripples in time and somehow I'd flashed back. So, yes, does the body remember? Yes, unfortunately, I don't want to bore you, but yeah.

0:33:10 - Julie

No, no, it's not boring, it's fascinating because I always want to, especially when I have a private client. We will do an emotional healing and I perceive that the energy of the spirit in the body is encased in what I call the energy-filled membrane. It's like a container an energy block which is precipitated by an emotional event.

So I go into that terror hole and I'm given a scene and I'll be given a year and information. But what I've started doing in recent years is I just say, okay, the year was 1972. And I would say 99.9% of the time my client knows boom, okay, my parents got divorced, my grandmother died, we moved, I went to a new school, my girlfriend broke up with me. I mean, they know instantly. And then, if it's a past life that's caused that energy block and emotional event, I'll get where it was when it was what happened, and then we'll correlate it with what's going on in their current life. I believe that's the most important part of healing, because we can fix body parts all day long. But if you're leaking power because of an emotional trauma, what's the point? Yeah, it sounds like you're experiencing a similar thing in the healing of a bronze willy, bronze penis.

0:34:40 - Anona

I don't know if you're allowed to say the P word, but it's a tiny little willy that apparently Romans used to wear to ward off evil spirits and apparently children would wear them just to be safe if they were let out. But also prostitutes used to wear them and I bought this in a place, a little a town, called coldy cot, and I was. I only paid 40 quid for it. It's lovely. I've still got it again. I should have brought it. If you have another show, I'll bring it on and show you. Um, in fact, I remember, do you know Caroline Nurse? She's lovely. Do you know Caroline medical intuitive? She's great. But I don't oh you don't.

oh, you must get in touch with Caroline, you'd love her, but but anyway, yes, I gave it to this quite world-famous medium and she held it and she said this belonged to you in a past life when you were a prostitute. She said you were a prostitute in North Africa, roman-occupied North Africa. And she said you died in a ditch ravaged by venereal diseases, which kind of makes sense, because in this life I've been largely abstinent. You know the men could all run

faster than me but to be honest I think I intimidated them a bit and I've treated for neural diseases. So I think it's a kind of karma that I spread a lot of VD in a past life and now I treat it an awful lot.

0:36:28 - Julie

I will see that in every situation where there's a past life involved and there's an emotional event, it's as if there's a semblance of a script that is continuing through multiple lifetimes and we're looking at that generalized script from a different perspective. Case in point you were spreading venereal diseases and now, in this lifetime, you help people heal from them.

0:36:54 - Anona

Yeah, it's like Brian Weiss. Do you know Brian Weiss? Uh, past lives many masters. He passed life regression and there's some wonderful stories in his book about I think. The one I particularly remember was a chap who was um kind of a warrior in a Chinese army. I can't remember the exact details, but he died at the age of 80 a natural death, having killed thousands of people, and then in the next life he was a healer who died in poverty and when. I don't know if you see Brian Weiss's work, but there's always like an interregnum when he's past life progression. They have one life and then he talked to some master, discuss it, and then it'd be another life, and Brian asked this master why he killed so many people in one life and then was healing them, and the master said 40 years of killing, 40 years of healing, and so I think that, yeah, I think it does apply, hopefully right, right.

0:37:56 - Julie

Do you believe that modern medicine contributes to a sense of disconnection in a lot of us? Yeah, how?

0:38:06 - Anona

so? Oh, with me. I respect orthodox medicine. You know, if I have cystitis or chest infection I want orthodox medicine. But, oh, it's becoming losing the humanity. As you can imagine, most of my friends I have several who are trainee doctors or proper doctors who are fully qualified and they have the similar mindset to myself and I think a lot of doctors want to adopt a more holistic approach. But we've been sold on the, the pharmaceutical model and they have guidelines and if they break the guidelines they're worried about their job and their reputation. And also they don't have the time and I think that there is very much a role for um, increased use of AI in medicine. But you have to keep the physical contact, you have to hold, touch patients. You squeeze their hands, make them feel reassured.

0:39:11 - Julie

What's one joyful thing you wish people knew about their bodies?

0:39:16 - Anona

I think that we all have a perfect template, a spiritual template, and that when we pass over over we revert to the perfect form. And so, no matter how disabled you are in this life, then as soon as you die you go back to being your perfect template. And the evidence I have for this is quite interesting. There's lots in the books, but what I can say I did experience was many years ago I used to do vulval disease clinics and I had a lady who was as old as I am now and I remember thinking she was quite old and she had a vulval problem and I was interviewing her and when she came in and sat down opposite me, I was aware of a man with a trilby hat and a long dark coat standing by the door with his arms folded, very as a guardian, and I felt slightly intimidated by him but I just pretended he wasn't there.

And I remember I asked she'd had a hysterectomy and I asked her when she'd had it and she said I can't remember, doctor. She said my husband's standing next to you. I'll ask him now, you see, and I said okay, and we ended up having this three-way telepathy and she told me

that she'd never actually had a physical relationship with her husband because he'd been in a wheelchair all his life. And I said, oh well, that's weird. I said because he's standing life. And I said, oh well, that's weird. I said because he's standing now. And she said yes, she said as soon as he died he was well again. And what was interesting is that when she left, one of my nurses said oh, do you think that lady needs to be referred to a psychiatrist Because she'd been telling everyone that her husband was with her. And I said I hope she doesn't. I said because I saw him too.

0:41:08 - Julie

Yeah, I've seen that countless times as well. And that's so comforting to the family members that are left behind when they hear okay, grandma is upright, she's walking, she's not in pain, she's not in a wheelchair, she looks perfect. And that's how they always appear to me. Yeah, or?

0:41:30 - Anona

pets. Even more so because with me, um, you know most well, practically all my relatives have passed over now, and my mother was 99 and challenging, shall we say, when she died. But nothing compares to the death of a dog. You know the death of despair.

And luckily I've got an amazing medium friend called Jane Hutchinson, who, like you, can talk to pets, and she phoned me one day just to warn me. She said oh Fido, that was my last Jack Russell. I'd been in touch with her and had told her that Jasper, my current one, was going to escape from a certain part of my garden and to go and check the fence. So I believed Jane implicitly, you know, if she told me to stand on my head I would do it. You know, not that I probably couldn't.

But anyway, I went outside and I've got three acres but I've also got a smaller area that's got chicken wire all around it. I checked everything. It wasn't there and so that was. It was evening. So the next day I checked it again, nothing. I thought Jane can't be wrong, you know. But anyway, a day or so later I was pottering around in the garden Now with Jasper, because he's an escape artist. He's got a collar with jingle bells on it, and so it's like kids. If I hear the jingle bells, I'm happy. If it goes quiet, what's he up to, you know. But anyway it went quiet and I looked around and I found him and his.

His head was through a hole that he chewed in a rusty part of this fence, exactly where Jane had told me it would be oh my and so, anyway, I rushed, I did a quick fix and I rushed off to get some something called weld, which is strong stuff, and by the time I'd come back he'd managed to get a bigger hole and he'd got through. And it was only his willy had got stuck in one of the chicken wire holes and he couldn't go through, so I had to pull him back and repair it, and so I think our pets on the afterlife do actually communicate with the pets in this life.

0:43:27 - Julie

Absolutely, absolutely. Let's change directions. Okay, yeah, what's the research? I know you've done a lot of research in the paranormal and the afterlife spaces. What's the research show about spirit?

0:43:40 - Anona

communication. I've done a lot of research on it. Mainly it's experiential of what I've done a lot of research on it. Mainly it's experiential of what I've experienced and I suppose, one of the most amazing experiences I had, because I believe angels do exist and Archangel Michael is one of my major guides and at one time when I was doing my healing when I still do it, it's Archangel Michael I pray to.

And one night it was like two o'clock in the morning and I was still working and I got woken up and it was Michael and he said you've got to wake up and check my Jack Russell. Then was called Keston I've had four in all and he said Keston's got testicular cancer. And I said, oh, I'll check him in the morning. And we ended up having this row no, you've got to check him now. And I said, Michael, I just really don't want to. I want to sleep. No, no, no, I'm not going away until you check the dog. So he was sleeping by the side of my bed with my hand over and as soon as I took him to his tummy he rolled over and I was checking his bits, miffed because I was tired, and then he kept arguing and he said I'm not going away.

So eventually I found an area of energy that was abnormal. So I was immediately wide awake, put the dog on the bed and was just using my fingers to scan his testicles and I could feel an area. That didn't feel quite right and I said in fact I ended up arguing with Michael. I said look, you know, I'm the VD doctor. You're only an angel if I say there's no lump there. There's no lump there. I'd examined thousands of men's bits over the years, but anyway, I took the dog to the vet. The vet the name was Gareth Fielder lovely boy though I'm saying boy, he's a man obviously and the vet couldn't feel anything and so I had to lie and I said oh, I was washing the dog, you know. You couldn't actually say I was still a senior consultant, you know, an angel told me he's got testicular cancer and I was groping him at two in the morning. Not the angel, the, the dog, you know.

0:45:54 - Julie

I wonder if angels have got testicles, but never know, sorry, but anyway, he said he couldn't feel it.

0:45:56 - Anona

I just heard from them no, they don't.

0:45:57 - Julie

Okay my toast. No, they don't, because they're not needed.

0:46:00 - Anona

No, they're probably not. No, I was ruined by thought Maybe I'll change it. So, anyway I. So he said, keep an eye on it. You know, keep an eye on the thing that wasn't there. So I waited until, because I think disease manifests first as an energy and then, as the vibration gets lower and lower, it manifests as a physical. So I waited until there was a little lump there and I took the dog to the vet again and the vet was so apologetic and the dog had his testicle removed the following day and it was a cancerous tumor, but it was one of the good ones that don't spread. And so and so Keston died of other condition years later and when I had to take him to be put down because he was in such a state, the the vet apologized again and I came clean by then because I was more open and I said actually, don't worry, it was only an energy field when I brought him to you.

0:46:55 - Julie

Which they don't know what to do with that, and yet it piques their curiosity, I have found. And when you say, okay, well, we, you know, let's talk about something else the weather, or soccer, or football, or whatever They'll say no, no, no, no. I want to hear what you have to say. So everybody knows that this exists. We are afraid of it, a lot of people are afraid of it. And why do you think that is? Why are people afraid?

0:47:27 - Anona

It's because society as a whole is so materialistic their reputation too, do you think, Because you can imagine if everyone believed in spirit. You each should have your own direct contact with spirit. You don't need men in frocks preaching, and I think it's almost like religion is an industry, and it's rather like the pharmaceutical industry. It's toxic to the way we live and

ultimately, all that really matters is try and be as loving as you can. That's awfully difficult, because we're all human.

And you know, if somebody does this wrong, then we often react inappropriately. But yeah, there you go.

0:48:18 - Julie

I agree. Back to the angels and different spirits. Do they feel different to you? Does angel energy feel different from somebody's grandmother's energy? Or a pet's energy. Can you tell us what you experience and how do they come in? Do they just show up? Do you call them in? Do you think of them? How does that work for you?

0:48:38 - Anona

Well, as I was talking to you earlier on, since when my mother moved in with me when she was 88, these paranormal experiences basically disappeared and I still don't really know why that happened. But all I can say is from limited experience. When I was a lecturer in St Thomas's in London, I can remember one lady came in and she was like a female version of Michael Caine, you know Cockney. And she came in. She only had thrush and I was asking her intimate questions and suddenly I was aware of a man. How did I know he was a man? Men feel different and I can't explain it. It's just at an energetic level.

0:49:25 - Julie

But you've talked about that. You've seen spirits. Do you see them?

0:49:28 - Anona

and feel them. Yeah, yeah With him. I'm just trying to remember. They're almost like a faint holographic image.

0:49:35 - Julie

Right, that's what I see too.

0:49:37 - Anona

If you see that, and it's always on my right side. Again, I have no idea why. Always on my right and it doesn't matter they always show up on their right.

0:49:45 - Julie

For me too do they, when their spirit comes in always. It's the only other person I've ever heard say that it's so cool.

0:49:51 - Anona

Your mother's here, she's on your right yeah, and he was a bloke and and he was like, you see, and and bear in mind, in those days we wore white coats, it was an academic unit and I was talking to this lady and I said, oh, I said, I said I can't go on. I said there's a man in the room. Now, any normal patient would have thought this doctor's completely crazy. And she said, in a Cockney accent I can't, you know, trying to. She said ah, don't worry, doc. She said it's only Arthur. He's a bloody nuisance. He follows me everywhere. He's been dead five years. You tell him to bugger off, you see. So that's more or less exactly what she said. And so, mentally, I thought bugger off, you know. So he did.

We went on with the conversation. So how did I know he was male? It was a very strong yang energy and I had this holographic image of a bloke. And then the same thing with a lady where, as I mentioned earlier on, I could see this bloke. And how do you see them with your eyes? Well, ultimately we see things with our brain because you know it's light coming in. So light is an energy form and I think spirits are an energy form and they somehow imprint on our visual

cortex. Um, and then with angels. Again, I don't know why it's a vibe, I think it's just a vibe. How do angels look to you? I don't see them. I can't say I've ever seen Archangel Michael. I've just sensed his presence.

0:51:18 - Julie

We've all heard about the power of prayer. Is it real?

0:51:22 - Anona

Yeah, yeah, you don't always get what you ask for, but sometimes they play games with you, I think. And I was at one time hoping to do some research on what happens in the brains of mediums when they're doing their mediumship. And I had a group of academics in Swansea and we were kind of toying with the idea. And then it was a medium called Diane Lazarus whom I knew at the time and she said she would be quite happy for this to happen and I was just didn't know. I thought how can we fund it? And I thought, oh, what I need is an independent documentary filmmaker, you know, and if you could do a documentary, blah, blah, blah.

But anyway, I was one day I was on the train, got on a Swansea, I was going to an integrated health committee at the Royal College of Physicians in London and I remember I was reading a book by Larry Dossey and I was just kind of gently looking at the minutes of the previous meeting, blah, blah, and I thought, hmm, I will sit here and pray for an independent documentary filmmaker, okay, to come into my life. So I just for about in between stations I think it was between Port Talbot and Newport or something and then in Cardiff, when we stopped, a lady came in and I was at a table of four. She sat diagonally opposite me and I felt this whoosh of energy, like as if I'd been knocked over. I thought that was weird, but I kind of ignored it. We were chatting a bit, she was talking about my book, blah blah, and then we went quiet and when she got off I remembered, because I love Caroline Miss's work. She's a medical intuitive as well.

0:53:04 - Julie

She's the first I ever heard of any of this stuff.

0:53:06 - Anona

Oh, she's amazing.

0:53:07 - Julie

Called herself a medical intuitive. I'm like what the heck is that? I'd never heard that term before. She was very very nice.

0:53:13 - Anona

I know her reasonably well and she wrote a recommendation in my book, you know. But anyway, Caroline had once said that if you meet someone and you're bowled over with the energy, there's a reason for it, and so I was thinking so. Anyway, we got off the train just saying goodbye. Her name was Deborah Kingsland I'm still in touch with her and I said oh, by the way. I said, may I ask what your occupation is? And she said I'm an independent documentary filmmaker specialized in complementary medicine, and she'd just done a film I think it was Rupert Sel Drake or something.

0:53:53 - Julie

So yeah, I film. I think was lupus cell drake or something. So yeah, I think it happens. And I could give you lots of examples but it would bore you, I agree. I agree after everything you've seen, from the research labs to energy healing, is there something that you know about the body and the spirit that you didn't know when you first started studying medicine? Is there something you know now that you didn't know then?

0:54:08 - Anona

I think it reduces your fear of death because I feel totally in awe of you. I wish you'd live closer, I would come and join your workshops, you know. But yeah, I think, just lose your fear of death. It's the process of dying one doesn't like and I'm as much of a hypochondriac, probably more than most. Yeah, so that's about it really is. It does help you lose your fear of death and also, oh, I don't know, with what's going on in the world at the moment, it'd be nice if we could have a collective prayer to get rid of the demons that seem to be around.

0:54:46 - Julie

you know A couple more questions as we're winding down here. Are there small, like a couple of small physical changes that anybody can do today to help them make space for getting in touch with their energetic part of them? Do you have any suggestions for how people can begin to develop getting in touch with their energy body or their spirit?

0:55:16 - Anona

Well, I think for me, as I explained earlier on, after my mother moved in, I lost my psychic abilities, but I think it was because she was so disruptive. I had to give up my meditation group, which was a group of doctors. So many weird things used to happen. So, I think, try and join a group. I think go to a good spiritualist community not necessarily a proper spiritualist church, but certainly in Wales we have a lot of these groups where you pray and then you have a good medium coming in and you'll meet like-minded souls. So you need to meet like-minded souls. The other thing is get in touch with nature and walk with barefoot on the grass. Got to be careful, especially, I caught Lyme disease doing that, so I got to be careful. But just, yeah, I think, get in touch with nature, hug trees and try and link up with friends who are similar minded. Unfortunately, that means that your group of friends gets smaller and smaller. But yeah, that's about all I would say. Just find local groups that you can join and they're very, very supportive.

0:56:30 - Julie

I, in all of my trainings I have practice sessions and people from all over the world participate in those, and so those groups are super supportive of like-minded people too. So it's a way to do it online if somebody can't find a group in their community, Because certainly the whole spiritualist thing seems to be more prevalent in the UK than it does here. You guys have had the London Psychic Society for what? 250 years or something, yeah, yeah, and although America I find it fascinating that America was founded on a lot of those principles with you look at the whole geometric patterns of how DC was set up and there's that whole Mason energy and all that other stuff which is ancient it seems to be more prevalent in the UK than it does here, to me anyways, I may be wrong on that.

0:57:33 - Anona

Well, you'd love Wales, because we're very much into that sort of culture.

0:57:37 - Julie

I haven't been yet, so I'm going to invite myself.

0:57:40 - Anona

I'm going to come visit you. Oh yeah, no problem, I've got a lovely guest. I'm happy to see you.

0:57:45 - Julie

Okay.

0:57:46 - Anona

Last question why do we incarnate? The honest answer I don't know. I certainly don't want to incarnate again, but I think we're here to learn lessons. We're here to try and learn about unconditional love and yeah, unconditional love and yeah.

0:58:06 - Julie

Well, I think you are as extraordinary as I knew you would be Brilliant, open to new concepts, open to energy, obviously utilizing. I think you've done a brilliant job of merging the academic with the woo-woo, and woo, by the way, in Taoism means source. I don't know if you knew that.

Oh, I didn't know that, no, but woo means source, right. So I love the word woo-woo because it's fun, and then it means source and, at the same time, your sense of compassion. Just in talking with you, I understand why your patients absolutely adored you, because when you came in, you were a combination of brilliance and care in a way that most physicians, as you mentioned earlier, don't have the time to do and really in some instances are prevented from doing that just from the malpractice complications that can arise. So kudos to you, doctor. Thank you for sharing all of your brilliance with the world.

0:59:17 - Anona

I don't feel very brilliant, I can assure you. I'm just an old lady living on a small holding with a Jack Russell, you know.

0:59:23 - Julie

Well, how can people learn more about you and your work?

0:59:26 - Anona

Well, I've got a web page called drblackwell.co.uk. It's all lowercase and obviously my book about From Medic to Mystic, which I published in February, and it's got a lot of my ideas in there, interesting stuff about psychometry which I think is fascinating.

0:59:45 - Julie

Well, we'll have you back and we'll delve into that. There's so many other things I wanted to cover, but we'll make room for a you know, 0.20 here and have you back to explore that.

0:59:58 - Anona

Yeah thank you All right.

1:00:00 - Julie

In the meantime, everybody sending you lots of love from Sweet Home Alabama, and from Wales to where Dr Blackwell is. We'll see you next time, thanks, for joining us.

1:00:11 - AnnCR

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.

1:00:24 - Disclaimer

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