

AJR Charnel Tanscript

0:00:01 - Annncr

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

0:00:47 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Dr Sharneal Wolverton-Sehan on the show with us today. Sharneal, a naturopathic doctor, merges holistic healing, energy medicine, spirituality and quantum science to help people manifest their dream lives, With clients in over 50 countries and a global platform through TruTV. Her approach is both mystical and grounded. I'm excited to hear how she bridges science and spirit and about the breakthroughs she's witnessing. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Dr Charnell. Charnell, welcome to the show. I'm so delighted we finally connected. Yay, me too. I'm so excited to be here. Wonderful, what's the science of miracles?

0:01:51 - Sharneal

Yes, so the science of miracles, remembering the frequency of love was birthed out of an encounter that I had in 2008 or 2009. Basically, I was kind of in this strange in-between place of finding myself a new single mom with three small children and lost my business because of it as well. I was in full-time ministry at the time and it was very frowned upon to be in a divorce situation. We were on television for three years, and so we lost our contract for that as well, and multiple actually three different contracts. And so I was yeah, I was just. I was also having some pretty major health issues, so pretty much like all areas of my life were just ready for an opportunity and a shift. I probably didn't see it like that at the time. I'm sure not.

0:03:00 - Julie

Yeah, You're like what the heck? Why is my life falling apart?

0:03:05 - Sharneal

I know, I know, but at the time I was really seeking, you know, in the way that I knew at that time, fasting and meditating and contemplating and purging and feeling and writing, and you know, doing all the things that I knew, like I said. But one morning I got up to walk in my living room and when I did, there were these two ginormous, like I say, 14 feet tall beings of light in my living room and I thought maybe I was dreaming, I wasn't sure and I was just in awe. The feeling that I felt with it was overwhelm and fear and also confusion and just a lot of different feelings. And yeah, it wasn't just these two beings, but they also had these huge amounts of stacked books everywhere and a huge desk. It looked very antique-y and very large because they were large, so the desk was larger than what I would sit at, so the desk was larger than what I would sit at, and the one being kind of female-ish and one looked male. The female walked around to the desk and sat down and opened one of the books and me, being curious, went over to look over as much as I could to see, like what is this about? With fear and trepidation and it was records of names of people who had illnesses, who were healed of certain things, naturally, mostly using essential oils, but there were other things there too and it was just record after log after log after log. I remember just the feeling that I had at that minute.

Really, the entire process was like I felt so much love that it was literally coming in from the inside out. It was just literally touching me to the core and coming out and tears were coming down and actually when I talk about it it's like I can feel it all over again. And at one point she looked at me and I heard, without speaking. I just heard her say what do you want? And I said I want to be a part of that, not even really knowing what that meant, but I just knew. You know, walking away from 20 some years in ministry and seeing people get healing and then losing it and seeing miracles and different things, I always really had a lot of victory and joy, seeing when people were in their home self and this was exciting to me. Oh, I'm going to get emotional.

So she looks at the other guy and the guy does kind of like this, and then she's like this, and then really serious, Julie. She points at me and stares right in my soul and she says tell them they're not truly living unless they're living, true. And then she slammed the book. Everything vanished the books were gone, the desk was gone, the people were gone or whatever these things are. The feeling was still there and I was literally shaking from the inside out. I had to sit down and really compose myself.

I started getting all of these downloads of information and grabbed a notebook and just started writing these charts and graphs and words that I'd never heard of before and really had to unpack for a while what just happened and it was probably not very long, but it seemed like forever and just tried to recompose myself of like what just freaking happened, like what just freaking happened, and my body was still, I guess, vibrating to a certain you know. It was hard to walk and talk or do anything for a minute and just this understanding or knowing of, you know, the power of who we are and the love and what we're capable of, and understanding some things with quantum physics and how our DNA works to be able to do certain things that we're literally capable of every single day, regarding miracles and synchronicities, and gave me formulas for those kind of things, and I knew that living true wasn't just like, oh, like a little white lie kind of thing. Like you know, do I look okay in this outfit? And sure, yeah, you look, you know, not like that, but more like everything across the board, as far as who your partner is, where you live, at what season are you living there, who you're doing business with. You know, are you going to even go down to the grocery store at two o'clock or are you going to sit here and write?

And you know, like every minute of every single day, from the very tiniest things to the very, very biggest things, doing what you know to do in that moment as truth for you and your truth could be completely different and hopefully is from mine, and that's what the diversity is of all of us here on the planet. And I understood about the field, I understood about how the field works and how there's our own personal field and our collective field, and I just wrote all this down and it ended up coming into a book, that Science of Miracles, and remembering the frequency of love, because when we are true and we're living that, we embody everything that we're supposed to be doing moment to moment to moment. It does change our immunity, it changes our ether brain, our physiology. It shifts everything which adds to the collective, to shift consciousness on that level as well, and so that has been my mission and what I've been doing ever since.

0:10:34 - Julie

All right, I have about a bazillion questions for you as a result of that. First of all, who? Now, looking back at it, how long ago did this happen? That was?

0:10:46 - Sharneal

I want to say 2008,. Nine.

0:10:49 - Julie

I have to look on my diary you know, all right, so quite a while ago. Who do you think those beings were, or have you seen them again, and who do you think they are?

0:11:00 - Sharneal

That's a really great question I have asked so many times and I actually thought again. I thought I was true. And the other one was named Living Interesting, and my practice is actually called Living, true Wellness and yeah, I've heard her, not seen her. I will hear like whispers of little things to do or not do or you know, just hunches of things, but not seen her again. And who do I think they are? You know, I, I don't know if it's like angelic realm, celestial stuff, uh, off planet, um, ancestors, you know, I don't know she looked of off-planet ancestors, I don't know. She looked very Scandinavian type, look, which that is my background. But he actually looked like Asian descent, which is interesting. And I'm like, okay, I've looked at angels and I came from that realm of ministry and believing in angels and I don't even know if we all really grasp what angels are really. Angels just mean messengers and so for me they were messengers of some kind that came for a perfect season that I needed something more season that I needed something more.

0:12:51 - Julie

When you say that they talked about being your true self and you talked about okay, what am I doing at this moment in time? What am I doing at 3.30? What am I doing tomorrow morning? How do we know we're following what we're being led to do?

0:13:08 - Sharneal

we're following, what we're being led to do? That's a great question For me. I pay attention to how I feel I can kind of get like a check I call it like a no when I sometimes will hear an invitation or be presented with some opportunity. I kind of feel it in my stomach and sometimes it's really blurry and I don't always 100% know, and so I will muscle test or pendulum or take a slower time to respond so I could just really contemplate on it or get advice from my husband and weigh in on that, on it, or get advice from my husband and weigh in on that.

Ultimately, I'm going to do whatever I choose in the field that's required of me, regardless of my environment. I try not to lean on any outer and go in. I'm following my heart really and following that gut, and sometimes I know this is so silly, but I'll do this like eeny, meeny, miny moe and if it lands on the thing that I have peace with, I'll feel it, and if it lands on the thing that I don't have peace with, I'll go. Man, I kind of wanted the other one and then I actually know, oh okay, well, then it's that one.

0:14:29 - Julie

So it's not really a thing to go by, you know, and go. Oh, if you land there, that's it and there's no escape. But it's more to feel a compass of how I feel in my body with that. Do you find that that information comes in when you're thinking about insignificant or mundane things like I want to watch this YouTube video and I also need to do the dishes, so which one am I going to do, or is it just more profound things?

0:14:53 - Sharneal

I think that we're on autopilot quite a lot often and we just, you know, scroll or sleep extra or stay up late watching Netflix or something you know, stay up late watching Netflix, or something you know.

And then I also am very aware when I have stayed up and I'll hear like go to bed, or or I'll just have this knowing, like I should, I should sleep, because maybe I'll get a dream or get something in the night, or I just need the rest for my physiology, or, and it's the same too, with, like, let's say, I have a whole planned day, but I keep getting, you know, I need to call so-and-

so, or I need to go to the post office, or I need to go to this grocery store, and I normally go to that one, but I'm going to go to this one today and I don't know why. And if it comes out of nowhere, too, I especially pay attention to it because it's like well, why would I? And sometimes I don't know why, and sometimes I find out why, and sometimes I don't know why, but I go and I'll find out, like five months later.

Oh that's right.

And sometimes I never know, you know, and I may never know, but our presence carries that field. You know, maybe someone just needed to be in our field, maybe somebody else needed to be in our field. We all contain information within our field and even locations contain information. So sometimes I'll be called to go to a city or state somewhere else for a weekend, and I have no idea why. To go to a city or state somewhere else for a weekend, and I have no idea why, and it's like, oh well, there's something there on an environmental vibration that is going to bring a shift and shake things up in my field a bit, to see something a different way.

0:16:40 - Julie

When you talk about your field or somebody else's field, can you explain that to those listening and watching that aren't really? They've heard the word but they're not really understanding what all it encompasses.

0:16:53 - Sharneal

Yes. So our bio field, all of us, anything living, has this field or electronic belt. There's a lot of names for it. I'm sure that names I don't even know. Bio for me is dual it's both radiating out and also magnetizing back in, and what's contained in our field has a lot to do with what we're thinking about. What we're talking about, what we're feeling. There's also an energetic equation for every organ based on how it's functioning.

All of our DNA, we have ancestral coding that goes out Parasites. If we have parasites or Lyme or fungus, that has their own frequency and their own consciousness and their own radiation. And so you know, a lot of times people will segment like spiritual health, business, when really it's all one ginormous database of different things. And when we shift health it actually will shift things in partnership and business and abundance. And when we shift everything in abundance, same I always say you can't pee in the pool and hope it doesn't get it everywhere. Great analogy Energy is energy.

And I'll work with people who have parasites, for example, and I did these parasite cleanses once a month as a group. You know, just a free thing we were doing. And on the exit questions, just out of curiosity, I'm like. You know. How are you feeling? How are you sleeping? Are you seeing anything different? You know, and I had so many hundreds of people who came back and said I got a check in the mail from like two years ago that was owed to me, the mail from like two years ago that was owed to me. Or the narcissistic boyfriend stopped calling finally. Or you know, someone isn't trolling me anymore on social media. Or, you know, I got that job offer.

You know, and anytime we make those shifts where we're cutting off the supply of a radiation that used to be there and we're clearing that out whether it's killing parasites or doing a biofeedback scan or doing anything kind of clearing to get rid of it that's going to change the equations, that's going to change the code which is going to change the magnet to you, and so there is a very much big hand in hand with all of those things and truly what we think too and what we talk about.

So you can be thinking about all the positive things and trying to force yourself into a new program, mantra, decree and you can say them out loud. But if you're feeling scared about it or

you're feeling, oh, you know, I remember my grandmother tried that like three times and she failed, or even I failed twice and maybe I shouldn't try again. Like that puts negative equations into the equation. So you'll have like a plus, plus, plus and then a little bit of subtraction so you might get a little headway. But you might have a pullback too and that will look like maybe getting a business deal, but then they cancel on you right at the end, or you get that date and then they don't show up, or things like that.

0:20:16 - Julie

I have experienced too, that when we enhance our life in one area, it enhances it all areas of our lives. It's like you know, all boats are going to float eventually and same thing. I've experienced the same thing as what you're talking about. I find that imagination is key in how spirit communicates, not just with healing, but with everything. Have you found that to be the case as well?

0:20:43 - Sharneal

Absolutely because some people hear, some people see, some people feel, some people know. You know, there's all these different ways to interpret.

0:20:54 - Julie

Or do a combo platter, which is what I do. Yeah, all of them. The more you do it, the more they all come in. It's been my experience with myself and also with my students.

0:21:05 - Sharneal

And even when I have a deck of cards that are crystals, they're crystals, oils and decrees. And this was birthed because I was studying essential oils and frequency. And then I found out the crystals also have frequency and energy. And I went to go see a doctor friend of mine and he had muscle tested me and it showed that I needed a vitamin D. So he put a vitamin D in my field and I actually went weak instead of strong and I was just like baffled because I'm like, okay, well, clearly I need a vitamin D, but what's the problem here? And so we tested is it the label, the color, the brand? You know what's the deal? And we went through every single word picture on the label and Ecuador came up, went weak and I had almost died in Ecuador, and so he cleared that out of my body and out of my field and the trauma related to that and the feeling and all that, and then I could be strong with vitamin D.

But I was in the process of putting together a PDF for a book with the marriage of essential oils and crystals in one book for a reference guide, and I was like you know what? I'm not going to do a book, I'm going to do cards. And I was like you know what? I'm not going to do a book, I'm going to do cards. And you can use MS Flash cards.

Or what I tested is if I put this crystal in your field, you're strong. If I remove it, that person's weak. And then I gave them just the imagery of the card. They hold the card and it held the same frequency as if they were holding the whole crystal. And I removed it and you know so it held space for the recording of that frequency. And so with the card, you can bring this in your purse for the day, you know, pick whatever, put it in your car, put it under a pillow, sleep with it, put it on someone's mattress or, you know, stick it in the kid's backpack or lunchbox for the day, or you know, and then pick something else different and then traveling. It makes it a lot easier. It's not as heavy to carry a box of crystals, you know, versus actual heavy crystals.

0:23:12 - Julie

Well, I think all of us have had the experience of imagine you're sucking on a lemon and we start to salivate same concept with that. Why would somebody want to raise their vibration? Why would somebody want to raise their vibration?

0:23:32 - Sharneal

Well, I mean, gosh, psychic powers. You know we can really tap into our divinity of everything's already here. But when we remove the blocks and all the things we've made up about ourselves, then we not only radiate and shine like the sun, but we have that magnet back, and so for me, the more gifted and creative and joyful I can be you know, gosh, why not? We're only here for however long, like, why not enjoy it and have fun and do the things that truly are fun for us? And obviously we got to pay bills and do you know normal adult things that aren't always super nice, but if we can have the perspective that it's not what we got to do, but what we get to do when people got to do the dishes or whatever, the laundry and all this stuff, and then you drive by and you see a homeless person in the front of the bank and they don't even have anywhere to sleep, and it's like, oh sorry, thank you that I have a house to clean, thank you that I have running water, thank you.

0:24:50 - Julie

Right, I put on fun music or I'll listen to something like a book on tape or a podcast or something to make it more enjoyable when I'm folding laundry or doing the dishes or something like that, just to make it more of a fun experience. How does long-distance biofeedback actually work and what role does quantum science play in creating real-time healing outcomes?

0:25:20 - Sharneal

Sure, how does it work? Gosh, you know, entanglement in general is real, which is what Entanglement is when we kind of merge into that field and everyone's connected anyway. But the first time that someone had done bio meaning two going out and coming in there's some technology that will just do uni technology, meaning it'll show diagnostics like an x-ray or gosh, an MRI or something where you just see and get data. With biofeedback there's not only the diagnostic aspect, but then it will customize frequencies based on what is missing or what you need to be beefed up or brought down to get that balance. And we do an aura picture so we can see what's going on in the field. And then we also do voice technology. It's called Evox because everything we say comes from a place of what's going on in our body and our DNA. And so the first time that someone used it on me that I'm aware of anyway, because they're using it nefariously as well with the government, but a doctor had said, hey, I have this new technology, let me try it out on you, and I was like laughing at him because I was like this is dumb, there's no way, you know, because he's in a different state than me and I'm like that's not going to work, you know. And he said, oh, I'll just do it as a guinea pig or whatever. And so a few weeks later I texted him and I was like, hey, did you ever do that thing? Ha ha, ha ha. You know. He was like, oh, I totally forgot, I'll get onto it. Blah, blah, blah.

And then a couple of weeks later, I came home from work, I sat down on the couch and all of a sudden I just felt like super like, weighty Like, and my eyelids and everything were just like ugh and I was thinking I wonder if he's doing it. And I never take naps, julie, I cannot sleep during the day. I don't know if I have FOMO or what, but I just can't. I could barely sleep at night, let alone during the day. And here it was two o'clock in the afternoon and I conked out on my couch sitting up. My husband does this all the time. It's so annoying, but I never do this and I'm sleeping sitting up, kids coming in and out, between two and three dogs and cats, and you know, all the slept through all of it, woke up, I think, about 10 or 12 hours later, grabbed my phone and immediately was like texting him, did you, you know? And I look, and at 1.55, he had sent me a message hey, I'm about to do it Totally knocked me out. And I was like wow. And so I knew the effects, feeling it at that moment. But I was still logically going like how does this work? And how did you know? He did it three times. The second time had the same effect, knocked me out. The third time had the opposite, where I was like cleaning out 23 bags of garbage out of my garage, bringing everything to goodwill, going through all my cabinets, like clothes, going through the kids' clothes as they change ages. It's like, okay, that's yours now and this is the garbage. And where is this energy coming from? I lost weight.

I was sleeping while I was dreaming, you know, money was coming in. It's crazy when you clear out stuff that is stagnant whether it's death, energy or doubt or frequency or programs like everything is moved out so things can come in, you know. And so I was like I'm sold. And I was still logically going like what's the mechanics? Like, how is this long distance? And so I just thought it. I just thought it in my mind and the next day the direct TV went out and I called the 800 number and I was like, yeah, blah, blah, blah.

And somebody in Mexico answered and they're like, oh, okay, turn it off. We're going to send you this beam and then turn it back on and then it should be all working. Give it 30 seconds. And I was like okay. And then two hours later I'm driving in my Jeep down the road and my satellite radio goes out and it comes up, you know, 800, blah, blah, blah. I call some dude in India and he's like, okay, pull over, turn it off, do this. Blah, blah, blah. I'm going to send you this beam and then like reboot. And all of a sudden it was like, oh, I got my answer. You know it was like I asked and I got it. You know it was like this is what we're doing to people. We're using like a ping, you know, to send these things to someone and you can see it and people will cry, they'll get emotional, they'll get books, they get record deals. I mean we've had the craziest cool things that happen when people get biofeedback.

And it's not just physical, you know it is, it can be, and a lot of people who come to me are coming because they have a physical issue usually the worst case scenario. They tried all the doctors and it's not working. So they're I'm the last person that you know. Okay, I'll try you, because my mom said, or whatever, and. But it shifts every bit of their life and you're like oh my God, I got that. I got three job offers yesterday. What the heck I have. I have four books. One lady is writing 12 books right now, like all of them, oh my goodness. And she's lost 100 pounds since February. So it's like okay, okay.

0:30:52 - Julie

Yeah, it's fascinating. Does the soul slash spirit play a role in physical healing the person's spirit?

0:31:01 - Sharneal

So, if I understand your question, you're asking does God have anything to do with healing?

0:31:09 - Julie

Well, if one believes that we're a fractal of the divine and our spirit is the divine, yes, Absolutely, we're already there.

0:31:20 - Sharneal

That's why I say remember, as in member, it's not about trying to get somewhere too, because I appreciate Christianity and also most of it is always trying to get there, always trying to be there. Even in a lot of the new age it's like I'm working on it. You know well, try. You know it's like those words and those programs learn, include effort, and it's like there isn't any effort. The only effort is choice and remembering that you're already there and, as we remember, the blocks are gone because there isn't anything that we need. It's already in and it's just when we remove those programs that we aren't those things.

That's when we shine and that's when we radiate. You know, when we have the sun, you can yell at the sun, you could throw rocks at the sun, maybe there's a cloud in front of it, but is it going to stop radiating? It's just shining. It's going to do its job. It's going to shine, shine, shine. It's going to bring heat. And you know, maybe we're inside and we don't see it, or we have a bad day and we, you know, we yell at it or whatever. It's just going to radiate. We can be like that or we can be like a sponge and just take everything on and be like oh, woe is me, victim, victim. Oh, I'm working on it, I'll try. I'll think about quitting smoking tomorrow.

0:32:51 - Julie

It's like, well, do it, just do it. Yeah, yeah, when you try it doesn't happen. You're trying, you're not doing it. I agree, if healing had a sound, had a soundtrack or a piece of music, what would it sound like? Would it be a song? Would it be a certain type of music? What would that healing soundtrack sound like to you?

0:33:17 - Sharneal

Personally. Probably my fun sounds aren't the same as everybody else. I think everyone has their own customized songs that bring joy, anything that can bring joy. You know I don't personally like jazz music. My husband loves it. If he had jazz music I would be like I got to get out of here. You know I like the Counting Crows, I like Matchbox 20. I like you know, anything that makes me happy and smile and fun and nostalgic. And, you know, maybe all the lyrics aren't perfect. I know there's a lot of music that calibrates in the 700 or above, a lot of classical music and Bach, and some of these things are really really literally calibrated high frequency, and so there's definitely a sound, whether that's through actual lyrics or just music, I think the sound of love, whatever that is just being love, whatever that is, you know, just being love, you know it doesn't even have to have a sound, it's just what you emanate this ailment, use that sound for that ailment.

0:34:41 - Julie

It's been my experience that I agree with you that it's whatever that particular sound is, that type of music that, whatever that frequency is, is going to show up and match to what that person needs to have, which I think continues the conversation of how individual we all are. We're all a fractal of the divine, but we have our own frequency. We have our own and it's my experience that we keep the same frequency throughout all of our lifetimes as far as our spirit goes, the everlasting part of us, which is how we can communicate with spirit that we never knew. Like I'm going to talk to Moses. I think I'm Moses. I'm connected into Moses's frequency, Moses's spirit's frequency, and I find that fascinating.

0:35:34 - Sharneal

I think that it's what you put value on too, because, like with crystal ball healing and things like that, if you believe that that's going to heal you, of course it is, and I have other people who just think it's bunk and wouldn't go for it. But technically our organs all have individual frequency and like rife and biofeedback. If that organ is at a lower frequency it means it's not working in full capacity and you can bring things with sound to bring that up. There are certain sounds that will bring that up. But for me again, I've went to a few like crystal sound healing things or whatever, and had bliss and I went to some that I'm like, oh my God.

I also think it's the intention of the person, the intention of the person receiving. You know there's so many different. You know someone could read Elkhart's book and the intention of them and their sound reading it is going to be different than him. You know, when I get a book I want the author to read the book. I buy books where the author's reading it because it's a different frequency than, you know, somebody just reading their book and it's not their experience.

0:36:55 - Julie

Like an actor reading an audio book you're talking about. Yeah, interesting. Are there any spiritual or energetic practices that are just absolutely non-negotiable for you, that you do to keep yourself in alignment and in a state of joy?

0:37:15 - Sharneal

I do so many things. I mean I have hyperbaric infrared, I have a vibrational plate, lasers, pemf, I have ozone I really love ozone. I do crystals and essential oils, and I say crystals, I just have

them all over the house when I don't do them, but I mean they're just everywhere. I think for me the ongoing practice is the mental of just not ruminating on negative things, not catching someone's thought process and staying into union of divinity, not getting entangled in things that aren't my business or anything for me to be a part of. You know, getting in this group text where they're all like dogging, you know, whatever politician or what I was like, get me out of here, you know.

Or, like you said, you know leaving the room if there's some kind of violence or I mean even at Facebook you could scroll and I'll like today I saw something come through really quick of like a dog that didn't have back legs and I don't even want to say it and it was like an adoption thing. But like, wow, and what I'm thinking and who I'm with you know, because that's tangible. They say the top five people that you hang out with are going to be pretty much you, and we tend to hang out with people at the same level of our frequency, and a lot of divorce happens when people come up above 200 because they're like I don't know who that guy is, but even like cleaning supplies can bring frequency down, and so I've seen people who use perfume or cleaning supplies switch it up. It changes the field, the pheromones and then they're like who's this guy? I don't want to be that guy anymore. And they completely shift.

0:39:20 - Julie

Is that what's happening when, perhaps, a longtime friend leaves our life for whatever reason not necessarily dying, but they maybe take something out of context and they're not willing to discuss it, or they just cut somebody off? I was talking to a woman yesterday about this and she said this woman's been in my life for 50 years and she misinterpreted something that I said and she just told me she never wanted to talk to me again. And my client was saying I thought well, really, after 50 years of friendship, you don't want to talk to me about it, to see what my intention was. And she said I feel terrible. And then I think well, obviously I'm not supposed to be in touch with her because our frequencies aren't matching anymore.

0:40:10 - Sharneal

Yeah, and are you seeing that a lot more in the last few years?

0:40:14 - Julie

I am actually Yes'm not really a streamer but I'm seeing it in my clients.

0:40:20 - Sharneal

It's been an all-time estrangement. It is off the charts. It used to be like a lot of it is the media and the streaming. It's almost like a trophy for you to cut someone out now because they're like oh, I'm doing this under the guise of self-help, this is for self-help and I'm cutting them out.

0:40:51 - Julie

Sending boundaries. Yeah, it's like you're setting a boundary without finding out what the real back to your idea what the truth is.

0:40:58 - Sharneal

Yeah, and unfortunately, and a lot of the kids and I'm not picking on a generation, but a lot of the kids are, you know, the younger what I'm finding is a lot of the younger people are like cutting off their parents or their friends or their siblings, and what it does is it leaves out the opportunity for people to learn communication, to be able to sit down and hear sides and then reevaluate and be together. You know, because, like I don't know how you grew up, but I have a sister and if something you know, we still don't get along half the time, but to this day, if we have a disagreement, my parents will find out and they'll be like y'all come over, we're sitting down and we'll sit there and talk until there is some sort of resolution, even if it's just we're going to agree. Not to agree, you know, but we're going to keep the love and keep the relationship, where a lot of people, for whatever reason, that lower 200 straight to emotion,

straight to reactive, then they're so embarrassed and feel guilty and shame that they don't want to work it out. Or if they just truly think that their ego is telling them and their friends are telling them good for you, like you cut off your parents and your family and that group of people you know. It's like well now you don't know how to negotiate, you don't know how to listen to both sides.

I just talked to this lady who was going to see a therapist and the therapist was giving them all these weird things to do and say and I said, well, have you ever thought about bringing your mom into therapy Because she had issues with both her parents? I was like bring your mom or your dad in. And they were like, oh no, this is individual therapy. The therapist wouldn't want you know them here and I was like that would be the first thing I would do as a therapist. It's like let's bring everyone in, but they're just on the hook to get paid and like keep coming back, keep coming back. And let me empathize with you and build up your victim energy.

0:43:21 - Julie

Certainly we saw that with COVID, with families, you know, over that whole situation and it was nuts the family conflict and strife that came out of all of that and hopefully a lot of that's been healed now with those families that were fractured.

0:43:41 - Sharneal

I think that was a starting point for a lot of this. That was a catalyst for sure. But yeah, it's an interesting thing to witness and experience too. I've been on both sides of you know, having to, you know, walk away with great angst and after talking and talking, and talking, and trying, and trying, and trying I'm not saying I didn't try, but I've also, you know, been on the other side where people are just like bye, and I'm like why, you know, for me I've been like why don't you call me?

And then also, I don't like, if people are going to come and talk to me about other people, my first question is also like well, have you talked to them yet? Let's just get on the phone, all three of us, and let's chat. I won't let a friend talk about another friend without that question. First, it's like don't come to me, like let's all, let's go sit down and talk, because again, anything you give ear to will be given unto you. If that person's going to talk shit about me I mean about them then they're going to talk shit about me and I just that won't be tolerated. For me that's the red flag.

0:44:54 - Julie

A couple more questions as we're winding down here. What excites you the most about the next wave of spiritual evolution here on our planet and outside of our planet?

0:45:05 - Sharneal

Yeah, I'm really excited to see what I'm seeing a lot of people with these catalysts of, you know, hard things quote and perception of hard things and endings. You know, everyone gets really excited about beginnings oh, new beginnings, and new year, and blah, blah, blah but they don't realize sometimes that comes with endings ending of job, ending of relationship and we can get stuck in the oh God, you know, and the fearful and whatever. But, oh my gosh, we're literally creating something absolutely gorgeous right now and people are waking up and I think, with the people that I'm seeing, there are so many people who are way more open to holistic health now because of that whole three or four year situation, and people don't trust that anymore. And so I'm seeing a flood of people who are like open to, you know, even biofeedback or soul audits or, you know, learning kinesiology or some of the online classes or doing liver cleanses or parasite cleanses and really taking ownership of their body, because they know that it'll directly affect their spirituality and their finances and all the other things.

0:46:26 - Julie

Is there a simple tool or practice that anybody can begin using today to help them feel more aligned, more in tune with their own bodies and their own spirits?

0:46:40 - Sharneal

I always tell people get a biofeedback scan because it's going to give you diagnostics, it's going to give you frequencies, and then most people who do biofeedback as a practitioner are not naturopaths, they're just not say just, but they are technical practitioners and they will just set up the frequencies and send it. And you know, for me I like to look at the reports because if I could see the reports and I can give some homework for that individual and say you know what you might need to get in the sun a little bit or stay off your phone or go to bed before 10 o'clock, because the chemistry of your brain is, you know, the neurotransmitters are blah, blah, blah. Or maybe you need to do a liver cleanse or a parasite cleanse or something really easy. You know there's some quick fixes to anchor in the frequencies that we send and that way more. You know you're not having all of this energy go to 29 things. You might just have to hone it into like four things, because you could take care of 25 things real easy by taking a vitamin or something you know.

Or go get grounded and sit outside, and for me I have seen so many people just pop up and up and really clear a lot of things to be able to get that clarity, to give them more direction, to know what is it I'm supposed to be doing right now, what is my actual purpose, and actually have the funds come in to have God fund their mission, because, too, all of that stuff can get static and stuck and it's like we can move all that out and I'm seeing a lot of that. And again, it's remote, so you don't even have to come physically be in my practice. You could just literally redo it over the phone and it's for super easy. But I love that. I love the tools. You know some of these, just to keep these in your field. You know mindset things, music, like you said, there's so many amazing, powerful things that are absolutely free. You know look at the sunrise. You know breathe. You know fasting is huge. You know there's a lot of free things too.

0:48:53 - Julie

Well, and you have a book all about the keto diet too, and the keto cleanse. I know you want to say something about that. Real fast yeah.

0:49:01 - Sharneal

I think as a whole, the world is super addicted to carbs and sugar, and cancer feeds on sugar, Parasites and fungus feed on sugar. Sugar isn't almost everything. It's just pretty difficult to have any kind of food if you're not making it yourself. That's not going to be loaded with sugar. So when I was dealing with my health issue, that was one of the top things is like I literally just went keto and back then it was called Adkins.

Now it's more like keto or carnivore or whatever, and not everybody does well on it forever, you know, and I don't always do it forever, but I'm in the middle of a fast right now. I'm actually on my fourth day and that will clear so many things physically, which changes my entire feel and the things, the ahas that I've gotten in the last four days I mean oh, and the crying, and I mean I literally just went for a swim, for a meditative. I do a lot of swimming or not swimming, probably more like treading water meditations and I mean I was just getting so much stuff because I was like cleaning out a lot and all of this, like new revelation was coming in and new code, and I was like, wow, I should do this more, you know.

0:50:27 - Julie

So if somebody knows what keto is and they're counting their carb grams of carbs. Is there a threshold, like you need to stay? What I've read is standard 50 grams a day, but then I've heard others say stay way lower than that. Do you have one that you suggest to your clients For me?

0:50:48 - Sharneal

15. Well, depending on the situation someone dealing with cancer 15, 20 tops, not forever. And then you can kind of add a little bit after you've gotten into ketosis and you've shifted some things and getting those natural killer cells working in your favor. But yeah, I mean it could take a while to kill everything that's going on that needs to die. But yeah, 15 or 20 is usually my threshold.

0:51:25 - Julie

Okay, great. Last question why do we incarnate To love?

0:51:30 - Sharneal

and to remember and to be.

0:51:35 - Julie

Because we don't do that when we're in heaven, when we're in spirit form, because we don't do that when we're in heaven, when we're in spirit form.

0:51:40 - Sharneal

We are an expression of God and we are experiencing God in us and God in other people and we're remembering it's just earth school right, and creating karmic merit as we go and it's fun and easy, right.

0:52:00 - Julie

Sometimes, not always. Well, I could talk to you for another couple of hours. I think you're extraordinary, you're fascinating, you're wise, you're knowledgeable, you're darling, and what a delight to be able to have this conversation and pick your brain about all of these different things that we've discussed. How can people learn more about you and your?

0:52:27 - Sharneal

work. Yes, if you go to drshornell.com, it's D-R-S-H-A-R-N-A-E-L. My social media is there. I have online courses. We do group cleanses for free. Right now we're doing the Candida thing. We'll be doing a parasite thing in a couple months.

I have my podcast every Thursday. I have lots of free resources on my newsletter if you guys want to get on my newsletter. But yeah, my books are there. I have a lot of cool, cool EMFs and technology things that I sell on the website and, yeah, I'd love to meet with you guys, whoever's out there and you're looking for a jumpstart one way or another. Biofeedback is a great way to start. Soul audits are a great way to start my book. This is huge. I've had so many testimonies of people living out miracles just by reading the book or getting the audio, and I love hearing testimonies and so, whenever you guys have your miracles, miracles are our inheritance. It should be something completely normal. If miracles are not happening, then something is wrong. So let's just remember that and focus on that and you're going to see it and I look forward to hanging out with you and I thank you for your work and what you're doing and bringing light to our consciousness and doing your vision and your purpose for us.

0:53:55 - Julie

Oh, my honor, Alrighty, everybody. Lots for you to ponder In the meantime, sending you so much love from Sweet Home, Alabama, and from Louisiana too, where Sharneal is. We'll see you next time.

0:54:10 - Annncr

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

0:54:24 - Disclaimer

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