

## AJR Christine Dolahan 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 Christine Dollahan on the show with us today. Christine's a psychologist who blends ancient wisdom with modern science to help women reconnect with their inner knowing and energetic intelligence. I'm curious to hear why she believes so many women feel numb, disconnected or like something essential is missing, and how her unique approach helps them enhance their lives. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Christine. Christine, welcome to the show. I'm so thrilled you could join us today. I am so honored to be here, Julie. Oh goodness, it's my honor. I love this. You say the womb isn't just for reproduction. It's a center of creation, intuition and energetic intelligence. What led you to that understanding?

0:01:56 - Christine

Both Lots of study and my own knowing and experience. I've experienced it in just having my children. I think there was a huge transition when I kind of went from maiden to mother and there was something there that when I had my daughter, you know, I mean when you are in childbirth, you're so close to death as close as you could ever get to the door of death but at the same time it's the door of birth, so that's, I mean, that's the ultimate place of creation, right, and we as women are, you know, very privileged if we decide to have children to get to that place. So it's the portal to the spiritual right and that's, uh, that's kind of what my experience was with, with having children. And then, um, you know, and, and afterwards, and my intuition actually exploded after I was I, after I became a mom, my power and and just stepping into my womanhood. So that's, it's mostly experiential and like an inner knowing. But then, you know, the study has sort of uh, sort of um of, you know, put a foundation underneath it. So, yeah, Interesting.

0:03:12 - Julie

I never thought about that. You're as close to death as you can be without actually dying when you're giving birth. I have never heard that before or thought that before.

0:03:20 - Christine

Yeah, yeah, yeah, yeah. It's a really, really. I think most women aren't aware of what a powerful and transitional place that is giving birth. Because if you think about it, you know, from the sort of philosophical standpoint that I come from, which is, you know, I believe that we're not just bringing our babies through in the physical body, but we're bringing a new soul through that has chosen that body and that wants to have an earthly experience. So, really, what we're doing, you know, in our spirit as women, you know, having agreed to be a mother to that soul, as we're going to the proverbial revolving door right, and we're opening that door for the spirit to come in, just like when you know somebody passes away, often family members gather

around them and then they open the door again for the soul to go back. So that's why I say it's as close to death as you'll ever get, just on the other side.

And there's also a reason why childbirth, you know, is as sort of well, dangerous, or, you know, whatever you want to call it. I mean, with our modern medical system and midwives and doctors and all of that, it has become a lot safer. But you know, in the end, you know there's a reason why a lot of moms passed away in childbirth, right, and it's not just that we didn't have the you know sort of medical settings around it. It's also because the soul is that close to that door, right, and there is a lot of even on the spiritual level, you know, a lot of transformation there, and when you get that close, there is no way that you're not going to take some wisdom with you, right? So that's why I truly believe that childbirth is a very, very powerful experience.

A woman will choose, and there's also a saying that when you become a mother, there's not just a baby born, there's also a mother born, right. You're transitioning from maidenhood, from being a young girl and and and you know single woman depending on how old you are when you have children into really you're stepping into this nurturing, wiser woman that is now here to you know, mentor and teach these souls that have come to planet earth and help them sort of learn their body, right. Learn this body, this flesh, suit and how to act in the world, and likewise, these beings. You know, our children teach us so much as well, right.

0:05:56 - Julie

My husband still teases me. He goes, he'll tell people, he'll say, yes, she didn't cook until Jonathan was born, our son. And I said, well, I didn't really have any need to cook before because we ate out so much. Number one and number two I wasn't worried about it because I knew I knew how to read, so I figured I had learned and I could, you know, work my way through it. Once he needed to eat people food, which is what happened.

The other thing about the birthing thing I still laugh about this two points when I had him, he came so fast that I couldn't have an epidural and so I went natural and I remember saying to my doctor and it was probably 20 minutes below my brain's out pain, and I said to her during that I said, okay, I don't want to do this anymore. She's like, yeah, well, the train has kind of left the station already, you'll be fine. And I kept thinking to myself, even a couple of weeks prior, that, okay, billions of women have done this and survived. I can too. And I think most women, especially when they're delivering their first baby, they're thinking, oh, my God, how am I going to get this baby out of me and how is this going to happen and all of that. And back then, when Jonathan was born, they had Lamaze classes. I don't think they do those so much anymore, but yeah, I remember having those thoughts Okay, I don't want to do this anymore. And then millions of women have done billions trillions probably have done this and survived. I can too.

I love the maiden to the mother analogy too. I never heard that either, but that's such a great way to phrase it that it's like heifers and cows and other animals. They have those different names for the animals that have birthed babies, but I never heard of that, but I love it Sounds great. Yeah, you combine the psychology and the ancient wisdom in the work that you do. How do these methodologies intersect when it comes to healing?

0:08:10 - Christine

So you know, I work in transpersonal psychology and that is sort of an upgrade from, you know, traditional psychology or psychotherapy, in the way that we don't just, you know, there's the saying, or this philosophical, chinese, ancient Chinese philosophical concept of, you know, we're heaven, we're earth and we're human. Right, we have a heavenly aspect to us, an earthly aspect to us and a human aspect to us. And in traditional, you know, psychology, psychotherapy, coaching, we usually focus on the earthly aspects. So that's our earthly form, right, our, our psyche, our personality, our body, um, and all of that, and, and I add to it by, you know, bringing in the sort of bird's eye view of the, the heaven, you know, I, I offer, uh, a more

soulful perspective of it and I say, you know what if you know what, if you know your soul chose this body? What if your soul chose the themes that you're working through? What if your soul came here for a very specific purpose and mission? And it's not just random, and you know, and all of that. And so then we don't just talk about, you know well, the domestication, as we were talking about. You know, as moms we help our kids, you know, sort of navigate this flesh body and, you know, navigate society and how do we behave and how don't we behave so that we can be fully functioning human beings. But you know, we're not just talking about that, but then we're bringing in the heavenly aspect of well, maybe you chose your mom, you know, maybe you chose this family, maybe there's a specific reason for it, and that can be very therapeutic because we suddenly we're not so sort of stuck in the physical and the groundedness of being human, but there's something higher than that. There's more purpose, right. There's hope, you know, there's also hope of, hey, maybe life goes on after death. You know, maybe this is just a little, you know, role that I'm playing, of many roles I've played throughout the universe, and maybe, you know, certain aspects aren't as random as I have, you know, thought.

There's also an aspect of perinatal and prenatal birth psychology that I bring in, which is the idea that we're conscious in the womb, we're even conscious pre the womb, which I have a knowing of because I have a memory of it or a remembering of it, and so that I bring in, and then the awakened heart or the human aspects of us, is this idea that we're the only mammals that walk upright right, so that means all other mammals will protect their most vulnerable space and that's their belly and their heart, and we're the only animals that you know or mammals that are walking upright and there's no protection right, and even on the energetic level there's no protection.

So often when we bring in only the human aspect, we will armor right, and so that's when we also feel stuck right. Because we armor, we're not open to love, we kind of retreat into our ego and the fear response of I want to protect myself. I need to be in this space, and so when we can kind of get to the heavenly realm, combine it with the earthly realm, then we're there to be able to open our heart up and start walking a more heart-centered and awakened you know path. And so that's really how you know I work with energy, with you know talking aspects of you know coaching, to help people sort of understand all these aspects about themselves and then clear them out, clear out blocks that they might have brought in from past lives subconsciously and all of that, make them aware of it and then clear it out so that they can be fully actualized and walk awakened and be here, you know, for the purpose and the mission that you know I strongly believe that we all are here for. So that's kind of my sacred work.

0:12:12 - Julie

All right, I've got a bunch of questions to unpack that. Okay, first of all, when somebody understands, as I believe, that we all choose where we're born, when we're born, to whom we're born and the circumstances into which we're born, because that gives our life a trajectory to explore and experience whatever it is we came in to explore, do you find in your work, Christine, that that helps people get out of the victim mentality when they really grasp that? Okay, I chose this because I wanted to explore this. Have you found, have you done any work on that with your clients?

0:12:54 - Christine

It really depends on whether or not people are ready right, and I want to acknowledge here that it can be incredibly hard to wrap your head around. You know that traumas awful traumas, child abuse, you know, sexual abuse, other things have been things that you've actively chosen pre-life and often you know it's more of a no. This is really hard right, like an acknowledgement and a sitting in that. That's where also the human form comes in, right. When we say, but yes, even though you might have chosen this, this is hard, and I've experienced that with people and clients that have had a harder time embracing the concept of

I've chosen this, that when we can kind of nurture that and embrace it and give it a hug and be nonjudgmental about it and really just apply lots of love to it, unconditional love, that's when they become more open to the idea of, wow, well, maybe you know, maybe this is truly something I've chosen, and that's when it becomes empowering.

I think there's a danger of wanting to bypass it and say, well, I've chosen this, okay, and then we just bypass the pain to go to the spiritual. That's what we call spiritual bypassing, or a sort of a spiritual narcissism, which is also a transpersonal frame of reference that is oh, look at me, I look at me, you know I'm just going to let them, but we're not looking at the pain. So I think there always has to be an acknowledgement that, even though we might've chosen, this, life can still be hard, and that's an experience and that's valid. So. So, you know, often what we will do is is, we'll work through accepting that and sitting with that and, you know, creating the support system around that first, and then slowly bringing in that heaven aspect, that aspect of higher bird's view, of radical forgiveness, of what if the person that causes me the greatest pain is actually the person that loves me the most on the spiritual level, right, that has really kind of sacrificed themselves to help me evolve, right, and it's all.

Where's this going? It's all going towards the idea of, you know, perhaps we're here to, you know, develop ourselves spiritually, mentally, emotionally, in all you know ways to become closer with who we truly are. And you know, and that is some will say it's God or Godhead or whatever else I just say it's unconditional love. We're all at our core, unconditional love, um, and, and that's just really what we're unpeeling here on planet earth, right, and that's what we're learning about. That's really the the. The big reason why we're all here is to recognize and understand that. So but yeah, I think that you know there are definitely clients that are resistant to it and more more than that are resistant to the idea than than not. But I think that once we have established the support system, it's much easier to perhaps open your mind up and say and your heart up and start. You know, let those new concepts trickle in.

0:16:10 - Julie

Right. I've had many clients over the years that have been abused and we've had this conversation and I always say, are you working with a licensed therapist? First, because I'm not one. And they say yes, I am. And then I say and they say yes, I am. And then I say not to negate all the pain and suffering that you've been through.

There's this concept and I introduce it and a lot of the times they've heard it before. And then I ask in most instances they're a parent, it's usually women and I'll say, did you parent differently than how you were parented? And they said, oh my God, like complete opposite. And then I say, well, is it possible that we create out of something that we know we don't want? That's how we create something we do want and they get it and they go oh my God, I never thought of that before and I said so.

It's feasible that perhaps we chose that and we experienced and explored it in this lifetime. Who knows what our past lifetimes? Perhaps we were an abuser in a past lifetime and we can figure that out. We can do past life stuff. And, most importantly, how do you parent? How do you go forward from this? And I find it to be really enlightening and my clients say, oh my gosh, it's like these a thousand light bulbs went off at one time. So there's that you said something about. You have memories when you were a fetus, of being conscious, so tell us about that. That wasn't tease. You're not going to get by without telling us what that was all about.

0:17:59 - Christine

Well, I am what we would call a pre-birth experiencer. I am what we would call a pre-birth experiencer, so that means I have remembrance of the time before this lifetime, and it's specifically right before my birth, or my actual birth. I remember.

0:18:20 - Julie

And you know I'm happy to go into it if we have time, if you want me, yeah, tell us what you remember. I mean, give us the cliff notes.

0:18:25 - Christine

I'll give you the cliff notes, so what I remember. My first remembrance is sort of walking on this energetic path. This is how I can describe it. Now there's a disclaimer here that on the other side we communicate telepathically and it's so much easier because we can communicate really big concepts very quickly, within an instant, and also reality is really like shifting there. So the time continuum is sort of different, right. So time-space doesn't exist the way that we conceptualize here on this cell. So, for lack of a better word, it was like a shape-shifting sort of path, but also energetic. There were colors, there was music, you know, it was everything was happening all at once sort of scenario.

And I had my guide next to me, which was my mentor at the time, and he was very tall and large, with robes. I perceived him as a he, not because there's gender over there, but because I was comfortable with that, and he was sort of the one who had brought me from my kind of group that I was making my this lifetime plans with, to the departure or the sort of I could call it. Like I said, it was almost like a helicopter hub, right, like a departure place, and we were walking and I was starting to feel like a sort of a sadness within me because I knew I was going back to planet Earth and I had a sense that I'd gone there many, many lifetimes, that I've had many you know experiences on this planet, in other dimensions as well, but this planet specifically. And there was just a sort of sadness there and we were talking and I said, well, do I really need to go? Is this really something I need to do right now? And he said, yes, we talked about this, this is something you need to do. And I said, well, but can I then at least, can this at least then be my last experience on planet Earth? Because you know it's so hard down there and, like you know, you have to breathe and all of it. And he goes, he goes. Well, you know, if you, if you do all the work we discussed and everything's going to, you know, kind of move, move ahead, then yeah, we can discuss. Maybe it can be one of your last lifetimes, right, maybe not the last, but what do I do if the veil comes over me and I feel really alone again? And he says, well, you know, you can always communicate with us, you just have to. It's like how we communicate now telepathically, just reach out to us and we're there and just remember that. And I said okay.

So then, you know, we got to this hub and I saw other souls with their mentors also at this hub, you know, incarnating. I knew what they were doing and I was sort of sending them love and thinking, oh, they're doing the same thing as me. And the hub I can only sort of, you know, describe as a funnel. So it was like a swirling funnel, almost like a wormhole. I often wonder if what science talks about in wormholes is actually the departure place of this. So that's kind of how it was. It was like the tunnel that a lot of near-death experiencers see just on the other side that's why I say the revolving door and so I was on that other side and so I was standing there and I'm like, okay, it's getting close, I'm going to have to go.

And I was trying to hold him kind of prolong the talk and at that point he was sort of mischievously, but in a very loving way, he was like, you know, you really have to go now because otherwise we're getting in trouble here. And then he pushed me and I fell into the vortex and you know, the last words kind of were kind of like we love you, reach out, you know we're always there. And so I was like in that moment I'm like he pushed me and then I was falling, sort of sucked into the funnel. It was dark, dark, dark. Then there was a switch point and that was the physical switch point and then I felt like a slamming into my body. I felt my first breath, which was incredibly painful. Everything was cold, bright, light, and I was like I'm in a body again. Here we go, I'm in a body again. And then I just fell unconscious.

And my mom will tell you that after my birth I slept and slept, and slept, and that was all I was doing and it was because it was just so exhausting for me to be in a body. So that was kind of my experience. And then after that I've had some memories of, you know, like my family members looking into my crib and saying, oh, gucci Gaga, Gucci Gaga, you know, and me thinking hey, you know, I'm a fully thinking being in here, like you don't have to do the Gucci Gaga, you know, I was almost feeling like a 95 year old and like a baby's body. And then I had other memories where my dad would come up and say oh, your name is Christine, Christine, and my maiden name is Kishkat. So he'd be like Christine Kishkat and I'd be like huh I guess that's my name now, huh.

So you know, sort of just adjusting to my spiritual body. And then throughout my first two years of life I've also had remembrances of past lives. So my past life, deaths, past lives that I had why specifically I chose this life? That there was in some ways blessings. You know that I had done a lot of work in my past lives and I was being blessed a lot in this life, which I can say definitely has been true. I've been feeling very blessed in this life. I've had hard times but overall, it's been pretty good and you know.

So that's kind of and it just kind of stayed with me. That remembrance just stayed with me.

0:24:07 - Julie

So yeah, Thank you for that. What a great gosh. What a great synopsis of your first couple of years and your birth and all of that. I will tell you that in the work that I do, I see a lot of vortices. When somebody is dying, the spirit and the body separate and the spirit goes through a vortex. To your point earlier with the NDE people, a lot of them talk about experiencing a vortex. I also see a vortex in the form of a wormhole in an exercise that we do with somebody at the end of their lives who's afraid to die, and we call it the walk to heaven, and we go through a vortex, a wormhole, where we're being pulled towards heaven. It's like a dress rehearsal of what's going to happen when the spirit separates from the body. And then, lastly, I see vortices all the time, multiple times within an hour, when I'm doing an energetic healing with somebody, whether it be on my show or whether it be a private client. So the vortices are always present.

And the thing that's the most interesting about the vortices as somebody is dying is the vortex is created by the movement of angels' wings, and I talk about that in my book, Angelic Attendance what Happens, how we're Surrounded by Angels and the Spirits of Deceased Loved Ones. And the first time I saw that, Christine was with my own mom when she was dying in 2002. And I'd never been with anybody who was dying before, let alone I'd been doing woo-woo for about 10 years but didn't know anything about it. And I saw that vortex being created by the movement of the angel's wings and I thought all right, this is going to play a big role. I don't know what it is yet, but it's going to be interesting. So there's some validation for you on all the vortexes that you witnessed when you were going through all of that. You say you help women connect with the wisdom of their cycles and the intelligence of their womb. Can you explain that more for us?

0:26:18 - Christine

Yeah, I mean to your point with the vortices right, we have our connection to the spirituals really vortices, right. This is the. We have a our connection to the spirituals really through our room, right, and I personally have experienced this with you, know my own cycles and my own. You know getting pregnant and having babies and all of that, but that's sort of where the babies will come in, how spirit will express, through you know, our women, our womanhood. So you know it's really connecting with you. Know the sacredness of blood flow too. You know when we go through our blood flow, that's the most intuitive time, right. It often links to the moon cycles, most intuitive time, right. It often links to the moon cycles when we're really in tune with our body and our hormonal cycles. It will link up with the moon, right, and often we

will have our flow around the full moon and we will be most fertile around the new moon, which makes also sense, right, because that's when we can put in a seed to create new life. So I think that there's something really powerful in connecting with that, but then also in connecting with what I was mentioning to you with the mother or the maiden, the mother and the crone, and connecting that with your life cycles. Because in a woman's life there's birth, then there's maidenhood, right, young womanhood, so to speak, where you're single, you might still be unmarried or married without children. And then there's this big transformation when you would decide to become a mother, and I think there's also intuition and vortices opening up that never really fully close after you've become a mom. I mean, there's not just the intuitive link to your children, but a lot of women will become more intuitive overall after having babies, right. And then there's that whole phase, that rush hour of life when you raise your children and all of that. But then we have another switch point and I'm not there yet, but I've read a lot about it. I see it in sort of the crones, the wise women of my life where we switch again and the blood goes away, but then the wisdom kind of sinks in, right, and that's when we really channel the wisdom.

And in ancient times, you know, as women we lived in tribes together and we supported each other. You know, young women, old women, mothers, we all helped raise the children. The wise women, the older women, would advise the young women, and there was no sort of this notion of well, what do you know? You know kind of, but it was a mutual helping and healing and shifting through the tides of life together and I think that bringing that back into our modern society is something that's going to be very healing, especially on the, you know, for us as women, because I feel, especially in this season of my life that I'm in right now I see it in my clients there's a lot of isolation and, you know, feeling alone. I hear, all the time I feel so alone in my motherhood. Yet we have social media and all of that. There's a lot of judgment instead of, you know, helping each other and supporting and, you know, and creating community and tribe. You know, a tribal sort of energy amongst us. So all of that kind of flows into my work as well.

0:29:42 - Julie

Yeah, I know, in the ancient cultures, when a woman was on her cycle, she would go into a tent let's say the ones that were living in tents, you know the tribes and they called it the red moon that they were going through and the other women who were in her tribe would take care of her and baby her and wait on her, and all of that and I thought, wow, that would have been nice, you know, if that had happened. The other thing about the moon cycle what is it about how, when a bunch of women live together, they all have their periods at the same time? Right when I was in college, for part of it, I lived in a sorority house and you could always we were all on our periods at the same time because the trash cans were full of tampon applicators. What's up with that? How do we synchronize with other women when we're having our periods? You?

0:30:41 - Christine

know. I think that there's a lot to be said about this and I want to add to your experience. I actually have like very good friends, girlfriends, over in Germany, and we're synced up Like we all have our period around the same time, even though we don't live in the same space. And I think there's.

That's this idea of consciousness is everywhere, right, there's the illusion that we're separate from another, or one is 3000 miles away and the other one is, you know, it feels real, but consciousness is, you know, can travel wherever. We're really in a sea of so-called consciousness, right, and and and. So I think that's so. It's this butterfly effect of you know, if I, my consciousness, is working here and I connect with your consciousness, and so we're, we're really not separate, right, our consciousness sort of flow in and out of each other and are one, right, and and so. So when we, when we kind of sync up that frequency, then then you know, our consciousness will manifest that in the body and, for instance, and you know,

saying, telling the body now we're going to, you know, have our blood flow, right, or or whatever it is. There's also a lot to be said, you know. There's the saying of you know, herds of a feather flock together.

You often, you know, when you have a frequency shift, you might notice how certain consciousnesses will move out of, or friends will move out, that no longer you know serve you or are no longer aligned with you, and you'll sync up with, you know, consciousness that is a little higher or more conducive to where you are at. So I think that's it's really all consciousness, and I think what we're where we're moving towards is, um, understanding. You know that we're not just the earth aspect of our being, but the heaven aspect too, and that's the heaven aspect. So I think that's how you can sort of explain that as well, right, um that, uh, and you know, arguably a lot of people will say that we're moving from 3d to 5d. Right, and that's part of it. We're understanding that, even though I'm individualized consciousness, I'm still the same consciousness as my friend in Germany, as, as you, as you know this, we're all having that sort of same experience and we can link up that frequency or attune the frequency that makes sense.

0:32:57 - Julie

I remember being in college and we would talk about that, you know, okay, everybody's on their period. And then one day I thought, god, think of all the convents throughout the world with all those nuns who are all have. Certainly they did the same thing. You know, they all were having their periods at the same time. My goodness, that would be something and that would be an interesting bit of research. I don't know if it's been done, but I would bet my bottom dollar that they were all having their cycles. All those women that were living together in a convent, whether it be a mother house with a bunch of them or maybe a smaller convent with fewer I'll bet those ones that were fertile were having their periods at the same time too. I want to come back to the friends move in and out of our lives point in a minute. And first, can women who are postmenopausal or who've had a hysterectomy, can they still access womb?

0:33:56 - Christine

wisdom? Of course, absolutely, because it's not just a physical right, but there is a grieving of that physical aspect of womanhood and then kind of reestablishing, but the energetic aspect of the womb will always be there, right Because we've chosen. You know, this is where I come from. That's my conviction. We've chosen our body and even if we remove it, the energetics are still there, so we can still access it. So absolutely yeah.

0:34:30 - Julie

I agree. Why do so many people feel numb a lot of the time? Why do so many women feel numb a lot of the time?

0:34:40 - Christine

Well, in my experience, it's what we talked about with the human aspect of ourselves. You know how in the beginning I referred to the idea that we're the only mammals that are walking upright all the time. I never thought of that Exposed, right, our hearts are all the time we're exposed all the time. Our bellies, you know, our solar plexus, where we express our personality, that's exposed all the time. That's our most vulnerable area, not just physically but also psycho-spiritually.

And when we don't know how to sort of maintain it, nurture it and also protect it energetically in a healthy way, then we go to sort of protection mechanisms that are often taught by our parents, right, and no fault to them, but they didn't know any better, right, they pass on. That's when we say generational trauma or generational protection mechanisms, and a lot of times you know it's fight, flight or freeze. And you know, in the physical nervous system we have fight, flight or freeze when we're afraid. But in the energetic we do too. And that's numbness,

right, it's a mechanism of how can we feel safe in our body and in our experience, and if we numb ourselves out, we don't have to feel all these overwhelming emotions, right, it's really protecting is what I have come across with my clients and in my work.

0:36:16 - Julie

Okay, do you notice a commonality in the form of a longing that women with whom you've worked experience perhaps many desire for something, but they rarely give themselves permission to really pursue something. Have you found commonalities in the women with whom you've worked, regardless of their age? You mean in terms of the numbing piece, the numbing and the longing for something like something's missing and I don't know what it is. And the numbing and the longing for something like something's missing and I don't know what it is, but I just I feel numb, I feel like I'm just stagnant, I feel like my life isn't going forward. And there's a sense of longing that I find with my clients and they'll say something's missing, but I don't even know where to begin to think of what it is.

0:37:10 - Christine

Yeah, a lot, and I do think that that has a lot to do with the numbing right. But again, it's this idea of I'm longing for something, I could be doing all these things, but I'm afraid right, that's what I found. I found like, well, I don't know how to get there and it's making me uncomfortable and I need help and I need guidance, right, which is probably why they've come to you or me along in the first place. Right, because they feel stuck and they don't know how to get out of it. But there's also this well, I could be doing this, but what if? You know, I don't know how to do this?

It's definitely a I feel safe in this, even though it's not fulfilling me, right. It's also this idea of you know what if I jump over the cliff and I actually don't fall but I fly, then my heart will burst with joy. And that's to the point of the human aspect that when we have somebody to guide us and we feel protected and safe enough to say, okay, well, what if I make the choices and the changes in my life? And what if I don't fall? What if I fly? What if I do have not just my human guides but my spirit guides with me and everything's going to be okay. You know, then, that's a very different way, and that's when we get into the idea of self-actualizing or being awakened right and, and that's ultimately having that in balance the human, the, the human aspect, the heaven aspect and the awakened heart is when we're self-actualized, truly blissful, joyful beings and where the longing and the numbness and all that can go away because we just feel safe, right.

And we know we're protected. My mother actually told me a beautiful quote the other day and it's been swirling around in my head because I think that she found a lot of comfort in it and I'm like, yeah, I think that a lot of people will find a lot of comfort in it and it goes you know, in the end everything will be good, and if it's not good, it's not the end and that's so simple, but it's so true because in the end everything will be good. So, and that's also goes to my you know, I can say that from experience. You know, we have so much fear of dying, and I can say that from my sort of death memories that I had in my first years of my life, there was also this remembrance of I was so afraid in those lifetimes to die, and every single time spirit showed me but look, it was okay.

You moved out of your body and you were like, oh, there is something there. I'm not actually dead, it's not dark, oh, it's so beautiful over here, you know. And so it's the same thing. That's the last you know part where a lot of people move through numbness because they're like well, what happens after? You know, death is a really big staller and living your full life. Interestingly enough right? So yeah.

0:40:08 - Julie

Yeah, my spirit guide 10 years ago, who's a dead, pope Clement VI, came to me and said you need to teach the world what happens when somebody dies. I said I'm a businesswoman, I'm not doing that. Thanks, but no thanks. And then he prodded me and then, you know, I released angelic attendance and all of that and he said that first time he appeared to me, Christine, he said it's been so bastardized over the millennia and people are so afraid and there's nothing to be afraid of. It's glorious, maybe not today, but when the time comes there's nothing to be afraid of. Which begs the question are there some myths about the female body and psyche that you wish we'd unlearned?

0:40:57 - Christine

you know, I think that for us as a collective and the female or the divine feminine, we're relearning our own power. I see that in a lot of my clients that you know a lot of us as women, we're trying to sort of shift into the male power right and like make the male energy and like make the male energy the male, the way that men express power, our own, and then we end up exhausted because it's not an energetic fit. I think stepping into what has been sort of has a negative connotation about being feminine. You know, I had one client tell me but I don't want to be weak and I'm wondering and I asked her. I said well, I wonder what makes you feel that we're weak? We're badass. We birth babies, you know, we birth businesses. We have all this intuition. Intuition is something that's, you know, mostly feminine. Even men who are very intuitive, they're bringing through their divine feminine right that's talking to your point of the vortexes in our womb. So many men become so much more psychic or, you know, intuitive after they've birthed their children because we're activating that, you know, connection to the other side and then understanding that nurturance is not weak, it's actually very strong Without us nurturing our babies and being there for them, and doing that in a healthy way, of course, without losing ourselves. Humanity wouldn't have humanity here. So I think, revisiting this what does divine feminine strength mean, and how do we help humanity nurture and develop is something that we, as the divine feminine collective, have to really reclaim, and not in a way and this is something I always say it's not in a.

We're currently, I feel, coming into an age of balance. Right, that's the golden age. It's the age of balance, where heaven will merge with earth, where, you know, the divine feminine will merge with the divine masculine within all of us. And right now, there's a huge shift at the divine feminine coming back, because it's part of the balance. It's not the, you know, oh, matriarchy over patriarchy. No, that's not it. Right, that comes from ego. It's more of a. You know, the yin and the yang. Right, we work together, we merge our strengths, but in order for that to happen, we as women have to find what that is, what the strengths mean, and that they're not weak, that they are just a different aspect of reality and that it's badass to be a woman in a healthy expression of the divine feminine.

0:43:55 - Julie

Let's change directions for a few minutes here. I got a few more questions to go through. Was there a catalyst in your life that led you to create this healing path for others? You mentioned that really, the light bulb went off when you had your first child. Was that it, or?

0:44:18 - Christine

was there something that preceded it or something else? Yeah, there are several catalysts. I would say I mean, I always had this remembrance of my pre-birth, right. So there's something else. Yeah, there are several catalysts. I would say, I mean, I always had this remembrance of my pre-birth right. So there's always that.

And then, um, that kind of I, my veil didn't come with, uh, like most souls, will you know, experience with birth. My veil came with domestication, when my family members uh, you understanding, philosophical and phenomenological understanding of the world clashed with what my remembrance was. And as a child, you see your parents as gods. So I said, okay, god

has spoken, this was not real. And that kind of plunged me into, you know, quite a depressive phase when I was a teenager, in my early 20s. So there was some kind of awakening there, you know, when I went through a lot of unhealthy relationships and there finally was a time, my early 20s, where I said no more, this can't be the pit. I have this remembrance and then a childhood friend passed away and that death really let me down the path of now. I really want to know if this was a remembrance or this was just a dream and I just made it up in my head and that really led me on my path of becoming exploring, you know, the psychospiritual, in a both experiential as well as a very academic way. And that's when I decided to change career paths, you know, not do the art anymore I've done art history but move into a transpersonal psychology and so on and so forth.

And so, and then the second catalyst was really when my children were born and I realized how unsupported birthing mothers and people are right when they make a choice. And I was sort of plunged into this behavioral. It wasn't hormonal necessarily, but this behavioral, you know, postpartum, it wasn't depression so much as it was anxiety. And I, you know, I was looking for help and I looked out there and there was nothing there. And I'm like, how can this be? How can we leave our women so alone in this? And if I experience this, then billions of women must be experiencing this and must think well, I guess you know this is just how it have to be, like this, how about we create some support systems and start conversations around this, so that you know, and my, you know, I'm postulating, I have no evidence for this, but I'm postulating that every woman has some kind of what we would now call postpartum depression after having children.

Depression after having children because it is so different from what you imagine it to be before having children, and that's what I've heard most from people, just, you know, had a baby. They're like this is completely and entirely different from what, and even like almost a regret of if I would have known it was this way, maybe I wouldn't have chosen to have children. And so that's really was the catalyst when I was like, okay, I know my way. Now, like this is divine feminine work.

You know, we have to support our moms, we have to support our women, we have to, you know, put things in place for holistically minded people who don't want to take meds, who don't want to, you know, or want to combine it integratively and say I'm going to take the meds, I'm going to see my psychotherapist for postpartum depression, I'm going to take the meds, I'm going to see my psychotherapist for postpartum depression. And I'm also going to see, you know, my coach, slash energy healer, who will help me guide through this motherhood journey. And it's really something that I created, that I wish I had at the time when I became a mom, so that other moms, you know after me don't have to feel so alone and so sort of disoriented through this change, because it can be so empowering. But it can also be such a dark time and lonely time and I want it to be empowering.

0:48:07 - Julie

Yeah, yeah. I went in for my postpartum checkup two weeks or whatever after Jonathan was born and I took him in with me and I said to my doctor how in the name of God do these indigent young mothers do this? I said my parents have been here for two weeks and they're going to spend another week and I have support. How do these young moms do this? And she said well, you know, it's not the same thing, they're not getting the same level of care. But I remember thinking holy Moses.

Yeah, yeah. Nothing prepares you for it until you're in it. And you know what? Again, billions of us have done it and survived and thrived Right. So, with the support of others, you often talk about returning to wholeness. What does that mean to you?

0:48:56 - Christine

Wholeness is assuming that we as spiritual beings come here to have a human experience and when we're on the other side we have like a brief experience of what it's like to be sort of merged with unconditional love.

God, you know, fill in the blank for that higher sort of being right, that we're part and parcel of. A lot of religions and philosophies talk about that. We kind of split into individualized consciousness and our idea is to merge back with that and I have a knowing of that because of my pre-birth experience. That's how I felt, that's why I didn't want to leave, because it's just so beautiful over there. But we can only kind of merge back with that if we have experiences here on planet earth. So we're really all on a so-called healing path or a path of healing, meaning you know the word healing comes from becoming whole again, right, and so it's really an understanding of who am I at my core and how can I get back to that. And the more we understand about ourselves, the more we kind of understand about that right, that God being, and the more we can merge back with that and the more we have an experience here on planet Earth with it, because heaven is not somewhere else. It's right here in our heart, but coming to that understanding here in the physical, right, and not coming from a wounded place, right, because there's a saying hurt people hurt people but coming from a more whole place where we sort of shift more into our loving nature, and coming from a loving base versus a fear base. So that's in a nutshell how I contextualize and how I conceptualize.

Wholeness is understanding who we are at our heart and in the effort to merge back with that and then also living it actively, right. And one question we can always ask ourselves is what would love do, not what would fear do. What would love do in this moment? Right. And then making choices from that. And that's not just healing to us, right, because when we're kind and we help others or we do joyful things, we feel better about ourselves and I think nobody could deny that that makes us feel healed, right. But we also help others feel whole or point them in their direction.

So there's a lot to be said about us walking each other home as well, and you know, and all of that because we're all in it together, even though there's often this idea of we're all separate and we're all kind of floating around in our separate little boats. You know, and they don't understand me, but really honestly, all experiences are universal. We all experience grief, we all experience love. We all experience sadness and depression, at times, anxiety, we all experience it. And when we can see that within each other and kind of you know, I think that's sort of how I see it and it's really coming back to wow, what I truly am, is that love, right, and the physical expression of that love trying to learn about itself.

0:52:10 - Julie

And, at the end of the day, is the most important component, our intuitive wisdom that we all possess. Yeah, because we can read things, we can go to classes, we can watch videos, we can do all of that, but it's really what resonates with us individually and I call that intuitive wisdom. Yeah, that really helps us, would you?

0:52:35 - Christine

agree, I would agree 100%. I would agree 100%. And when people are like, well, how do I know I'm living my life from a loving place versus a fearful place, I always say, well, when it comes from the heart, when you feel it in your heart, when you feel right here, then you know you're coming from a loving place. When you feel it right here and you're like it's just a gut feeling, it's just it flows, you know that's. But when it comes from here and you start thinking and what if? And you know, and it's kind of like contracted energy, not expansive, then you know you're coming from your ego and you're coming from sort of a fearful place, and and figuring that out is also part of it. Right, that's why a lot of people find meditation very helpful,

because we can better separate what I would call our spiritual self from our human self, right? So, yeah, entirely agree.

0:53:27 - Julie

I completely agree. What is a small yet powerful way that anybody can do to reconnect to their body? And they can do it easily and for free. And they can do it right now, today.

0:53:47 - Christine

I think connecting with your body is just, you know, body is nature. And going into nature, experiencing yourself in nature, walking barefoot, right, walking barefoot in the grass, grounding yourself, that's all free, that's all. You know, that we don't need to see anybody and it can be very, very powerful, I think anything that is, you know, physical, whether it be yoga I mean, there's a ton of yoga offerings on YouTube or just exercising, walking, breathing, right, consciously experiencing your breath. Breath is spirit in the body, right, and it's integrating that. So there's a million ways of using these things that are free to connect with your body and connect with your own inner intelligence.

And then, lastly, I mean, we're just being bombarded with so much stuff social media and news and I don't know what right, Working on becoming silent and you know, and calming the mind chatter, right, I think, and that's where meditation can come in, if that's something that we're drawn to. But just clearing that surface, mind, chatter of, you know, of other, all these voices in our heads, right, and then, once that's silenced, we can actually access our own inner voice, right, our own, not just our own soul's voice, but also the voice of our spirit guides, and then also the voice of our body, because our body speaks its own language, but it's very subtle and we need to be able to listen to it. So I think there's so many, you know, offerings out there that are free that can help us, you know, access our body knowledge in that way.

0:55:35 - Julie

I agree. Last question why do we incarnate?

0:55:39 - Christine

I agree. Last question why do we incarnate? We incarnate to learn about ourselves, to learn about love and to live love. That's bottom line. And with that comes, you know, we experiencing ourselves as joyful beings. Because when we understand that we're love, pure love, at the heart, right, and that's we're going through the journey of. You know we're this flesh body, you know riding, you know, through the universe and we have different flesh bodies. But you know, soul never dies and this is just a loving experience of that, you know. Then there's joy with it right. Then suddenly we are not afraid of death, suddenly we can see why everything's happening for us, right, not to us, and I think that's really the purpose of all of us incarnating is love and joy.

And then within that there's different little purposes that we have and helping other souls, you know, experience that same thing and getting them to that. I mean you're doing that work through your podcast and your work right. But even just in little things, when you smile at somebody or you say, hey, you know you look nice, or the littlest things, right, you don't have to open up shop and say, but the littlest things of when you ask yourself what would love do in this moment, love would maybe connect with them. You know, like we talked earlier, I'm just so open-hearted. I connect with them eye to eye and that's how they feel, like they can ask me for the way. Yeah, what a beautiful analogy there, right? So we're all just walking each other home and recognizing that will help us be more kind with each other, and I think that's what humanity needs is love and kindness.

0:57:14 - Julie

Yeah, Aren't you wise? My goodness, girl, for being as young as you are, and for those of you listening, she looks like a supermodel. Oh, thank you. Much respect in the work that you're doing and combining the ancient with the current psychological thoughts and being able to merge the two in a way to help primarily women, because in the medical business especially, most of the research is done on men and we're just now starting to say, hey, you know what are we chopped liver? We need to have some research done on the women as well, and I really give you lots of kudos for focusing on the work that you're doing. I know you're helping a lot of women of all ages and I appreciate you for everything that you're sharing and that you shared with us today. How can people learn more about you and your work?

0:58:26 - Christine

Yeah, they can go to my website it's drchristine.com, and they can learn more there, as well as connect with me on Instagram. The handle is at it's drchristine, and yeah, so that's how you can learn more about me.

0:58:44 - Julie

Okay, alrighty, everybody, we've given you a ton of information to dissect here. I know there are many golden nuggets for us to uncover when we listen to this again. So in the meantime, sending you lots of love from Sweet Home, Alabama, and from New Jersey to where Christine is. We'll see you next time.

0:59:08 - Ann cr

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

0:59:23 - Disclaimer

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