

AJR Ellen Wier Transcript

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

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Ellen Ware with us on the show today. Ellen's a near-death experiencer and a board-certified music therapist. She weaves together the healing power of classical music, crystal bowls and guided meditation to help others access expanded states of consciousness. I'll be asking her how sound frequencies open portals to the spirit world, how music can become a bridge between dimensions and how tuning into the right vibrations can transform our everyday lives. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Ellen. Ellen, welcome to the show. I'm so thrilled that you're here with us today.

0:01:44 - Ellen

Thank you. Thank you for having me. I'm excited to be here.

0:01:48 - Julie

I got questions for you, girl, because this whole music you know tone thing and frequency is fascinating. I find that all kinds of music can set a different energetic tone and people have been using music and sound since the beginning of time to raise their vibrational level. So I love that you've studied this and you practice this stuff. Let's just start at the beginning. You were called back from a near-death experience by the sound of music. What happened?

0:02:26 - Ellen

I was. I suffered a head injury from a kick in the head by a horse when I was 12. And I was in a coma, and my parents were told to play movies at my bedside to try and stimulate my mind. So they were playing home movies, and things like that, but on this particular day, they chose a Disney movie. That was 90% classical music, and what I remember, though, is I remember being on a wooden raft of sorts, and there were kind of pink clouds, and in front of me was an Ascended Master, and to the left of me was another ascended master, and I had this amazing experience of the other side and came out of a coma to music. It was the music that woke me up, and that's the story that I love sharing, so maybe I'll get to share that here.

0:03:20 - Julie

Yes, please do. What was the movie? Yes, please do.

0:03:23 - Ellen

What was the movie? The movie was Sleeping Beauty and my mom was so upset with my dad for picking that movie because you know she was worried about me in the ICU. But really it set the framework for my experience which guides everything in my life. That, the experience of the light on the other side and then getting to choose to come back. That was everything to me.

0:03:48 - Julie

Well, the thing about the music too, and I've never heard that to play music, especially movie music, for somebody that's in a coma, to help them regain consciousness, but that makes tons of sense. And had you watched that movie that Sleeping Beauty music, and movie musical, I guess, is what I'm trying to say as a young child, so it was familiar.

0:04:15 - Ellen

They said that it was one of my favorite movies as a child, but what most people don't know is it's 90% classical music. It's Tchaikovsky, it's based on the Tchaikovsky opera or ballet, and so the music is very structured, it's very evocative, it's beautiful, it's very ethereal, and I remember hearing it and using the music to pull myself back into my body and it was the most profound thing I've ever been through, and if you'd like, I can tell you a little bit about what it was like on the other side.

0:04:51 - Julie

Absolutely. And before you do that, do you think your dad was led to choose that music?

0:04:58 - Ellen

Oh, absolutely, because I did get a message about my father before reawakening. So yeah, I know he was Okay, so yeah tell us what happened?

Oh, I'd love to. So when I was on this raft which is kind of a strange way to begin I didn't have the tunnel of light, but Jesus was in front of me and I was familiar with Jesus from my upbringing. And there was a man on my left that was. He was, you know, older, kind of thin, bold, with bare feet and long brown robes. I didn't know who he was, but I felt completely safe and protected and from there I was taken into this other realm. So first it was and I'm getting emotional it was this realm of light, with different colored streams and trees and music that I'd never heard before. It was absolutely beautiful. But then I went into the golden light and I felt like whole and complete, absolutely loved and complete, absolutely loved. And I remember the fullness of it, the weight of it just being around my soul and becoming that love, and I just became the essence of love and presence and everything. There was no name for it, it just was love.

And I found myself back on the raft after that and Jesus was communicating through his thoughts and he asked me if I wanted to stay in heaven or if I wanted to live my life on earth. And I wanted to stay at first. But then I was shown the trajectory in my father's path, and that's what's so interesting is that he was meant to actualize his path and would be able to do that more if I chose to come back and live. And at the same time I was making a choice from my soul not from my human, 12-year-old self right. So my soul chose to live and in the moment that I chose to live, I was given the experience of the deepest gratitude that I've ever held and I felt myself just expanding gratitude. And then all these messages started coming through why we're here now, that most of what we worry about on the earth doesn't matter. It takes us away from our purpose and our path. That we create what we think about, what we focus on, that we're more powerful than we think about what we focus on, that we're more powerful than we think we are All these things, so many truths coming into my soul body. And then I made a vow. In that gratitude I said if I get to live, I will give thanks every day for every experience, because I know that living is a gift and that not all souls get to be here.

And then I made a vow that I would come back and heal people with music and I didn't even know at the time like, of course I'm making this vow. I don't even know, and it goes dark. I see music notes in the distance. They kind of are different colors. I can't hear anything, but I can see them, I watch them, they go through me and then I hear this pinprick of sound, this light, kind of far below me. I could barely hear it.

It was almost inaudible, but I was able to focus everything in my energetic body on it and I pulled that sound in and I think I was pulling myself into my body and it got so loud I couldn't like take it anymore and I forced my eyes open and I was in the ICU and the music was playing in the credits and it just happened to be what connected me back. And so from that time on I have lived in my purpose. That I made the vow to do to heal people with music because it came full circle too later in my life and I'd love to talk about that later. But later in my life is when I realized who the man was on my left and that's kind of like a fun little full circle moment.

0:09:03 - Julie

Okay, so we'll get to that in a couple of minutes. I've got some other questions first, who was the man in the brown robe? That was bald.

0:09:15 - Ellen

That's this, the man in the brown robe. That was bald. I didn't know until I went to grad school. I went to a Buddhist university to get a master's in music therapy and transpersonal counseling, which is spiritual counseling, and when I was walking up to meditation class I saw a depiction of Buddha thin and bald, long brown robes and it was the Buddha that I recognized from my near-death experience. So my near-death experience became my why no-transcript was the closest I'd ever come to heaven, and that's when I knew that was the work that I would be using in my practice. And so that presence was Buddha. So Buddha and Jesus both came to me in that experience.

0:10:24 - Julie

Interesting. I saw two other men dressed in brown robes when you were talking about your NDE. May I share those with?

0:10:35 - Ellen

you? Yes, I would love that.

0:10:37 - Julie

The first one I got was St Francis of Assisi in the brown robe, you know, a Franciscan. And then the other one that I got was Father Junipero Serra, who I think was a Franciscan. I think he wore brown robes too. And it's interesting to me because you live in Southern California and Father Serra founded all those missions up the coast of California and you can go on the path that Father Sarah went in. So both of those saints are spirit guides of yours as well, because they were in. I was seeing them when you were describing the NDE as well. So I don't know what pulled you into Southern California, but Father Sarah is very, he is very present with you, I feel it.

0:11:26 - Ellen

Thank you. I feel that so deeply. I wrote down the names. Thank you for that.

0:11:33 - Julie

Yeah, Well, and look up the Sarah missions. I don't have you gone to any of them.

0:11:37 - Ellen

I've been to some missions, but I haven't really asked what they were. I mean, I've been to several missions around here. Yes, they're beautiful.

0:11:47 - Julie

Yeah, like the one in San Clemente. Yeah, they're all up the coast of California and it was Father Junipero Serra S-E-R-R-A who, with his missionaries, you know, founded all of those different missions. You've got one in LA, you've got them in the Valley, you've got Santa Barbara, I mean there's a bunch.

0:12:11 - Ellen

I've been to one in Santa Barbara too.

0:12:13 - Julie

Yeah. So I don't know, there may be something for you to explore with that, because that came really loud and clear for me. Okay, we digress. When you were in the NDE, how long did it last? What do you remember of it as far as the texture of it, the colors, the sounds, all of that, how did they resonate with you in your 12-year-old little mind? And also, have you seen things that emulate them since you've grown up and during your life? Have there been times where you think, oh, that's like what I saw when I was in heaven. Oh, yes.

0:13:03 - Ellen

Oh my gosh. So oh gosh, I already forgot your first question and when I woke up, first of all I lost all my memory from before my accident, so I didn't have first days of school or you know, I was in the coma for five days. To answer your question, I started at a hospital in Hillsborough, Texas, and then was sent to a major hospital, a larger hospital in Waco, Texas, that had a better neurology team and the team that one of the doctors had worked on JFK. So then my parents wanted me to be there. So it was five days and, yes, in grad school when I kind of moved forward, as my 12 year old mind didn't understand it and I had lost my memory.

But I had a special gift of connecting with a higher knowing, I guess you could say. People didn't always believe me about my near death experience at the time, so I held that in and I learned very quickly that because I didn't understand the world, my conscious mind wasn't working well when I was recovering that I just went with what source was telling me and I just didn't tell people. But it was my way of staying connected to them and feeling connected to the other side. When you, when I had an experience like that. I wanted so much to return to that light and that wholeness, and I think that whenever I found something in my life that resonated with the same frequency or energy, I would say yes and bring it into my life.

And when I learned a process called the Bonnie method of guided imagery and music, which is a powerful process using different classical music to move into deeper states of consciousness and awareness, I was taken back to a little bit of that energy on the other side. And that's why I use that in my practice with singing bowls. And that's why I use that in my practice with singing bowls, because I want to move people into those gamma theta waves right in their mind so that they can leave the thinking mind and access source directly. And to me that's the gift right. It's allowing people to connect to their higher self and their guru and their highest knowing instead of seeking it outside of themselves. And music is my way to do that.

0:15:30 - Julie

What is it about the classical music that seems to really resonate with spirituality? I think of the Gregorian chants and the Asian chants and the ancient, you know different hymns and those yes, what is that? You know? Why is it that it was Sleeping Beauty and the Tchaikovsky that really resonated with you and got you back and awake from the coma? What do you think it is about those pieces?

0:16:04 - Ellen

I think there is a brilliance to classical music and the studies show that different types of music affect our body and our energy and our frequency in different ways. Classical music is structured, it's organized. It's a multitude of instruments and sounds and different timbres of the different instruments, of instruments and sounds and different timbres of the different instruments. It evokes that which conscious words sometimes cannot do. It holds an emotion in us that can reach places that we can't even really explain and I think that's why in that day it just connected so deeply to me, that it's my way of connecting to source. And I think

everybody has a different way, maybe, or, but I think music is a, it's the universal language. You know, we can all speak to the emotionality and love of music. It just affects us differently and it is. We need that structure, that rhythm, that connection. It's a gift. It's a gift.

0:17:17 - Julie

I find too that there's been lots of research on the solfeggio frequencies and those kinds of things. Explain to people that are watching and listening what the solfeggio frequency is and how does it differ from regular music.

0:17:37 - Ellen

Well, I'm not fully trained in it, but I do use toning and solfege syllables in my work. A lot of people believe that there's a specific sound and frequency that can create different like feelings of healing in the body, and there are also different tones in which resonate different energy centers in our bodies. So, like C would resonate the root, the base of the spine, d is known to resonate the navel chakra. E is, you know, yeah, the solar plexus, our place of warrior energy. But the solfeggio frequencies are actual frequencies and sound can be measured in numbers, which are, you know, hertz. And the higher hertz or megahertz tend to be more connected with, like heart connections and spirituality, and then the lower frequencies tend to be connected more deeply with, like physical healing and connection to the earth and grounding and safety. So as we move higher in frequency we're moving into, like higher states of awareness. That's what I do with the bowls, in a way, because we can use frequencies that are similar right Like well, for instance, we can use pitches that are similar a half step apart, tuned to the same frequency, and they will give the listener one sound in one ear and another sound in the other, which creates a third tone in the brain and when the third tone is created, we move into altered states of consciousness. That allows us to release the thinking mind and be in the essence and presence of our higher self. That's why people it's called brainwave entrainment.

It can be used through something called binaural beats which people can access electronically, like when they put the earbuds in. It's called brainwave entrainment when it's live. That modality, that practice, allows people to feel like they've left their body and this is something that people can practice if they want to practice altered states or connecting directly and like imagining that their body fills with light and their light body is connecting to something on the other side. That's why people can come back with messages or angelic beings will come to them, ascended masters even sometimes like beautiful experiences of loved ones past who are coming to like hold space and bring wisdom. And that's the heart of my work. That's what Sofia Jio kind of refers to the different frequencies and how they affect the body and the spirit. As far as I know it, yeah, great explanation.

0:20:20 - Julie

Back to the NDE for one minute. Is there anything that you miss or long for, that you experienced as a 12-year-old that you think I would love to just experience that again here, just for you know, a minute or a few seconds. You mean?

0:20:41 - Ellen

from the near-death experience.

0:20:43 - Julie

Yeah.

0:20:43 - Ellen

Yeah, yeah.

0:20:45 - Julie

Like what.

0:20:49 - Ellen

There's a wholeness of love and unconditional acceptance, you know, of freedom, and that beautiful feeling is something that I loved, it. I'm so grateful for the experience and I seek that and look for that in my life, and I know that it's based also on my frequency and my choices. Do I stay in love, you know? Do I choose love over fear? Do I choose unity over division? In my own life, in my own practice, in my own family? And how do I express that?

And when I do that, I am accessing that energy. It never leaves us. It is within us. There is an imprint of that golden light within our hearts that we all can access at any time. All can access at any time. And so, yeah, I'm constantly looking not only like for ways to act in that expression, but also ways that I can reconnect with it, even briefly, through music, through the sun, through water. Being in water brings that to me so deeply and also to bring that to others, because when they're in it and they're experiencing it, I have the gift of being able to witness it alongside them. I can see, I can receive messages, I can hear the same things that they're hearing, and to me it's absolutely beautiful, and so that's why I think I'm so connected to my work.

0:22:24 - Julie

Yeah, I bet, I bet, and I want to do a deep dive in that here in a couple of minutes of you know how you work and what your techniques are and what your clients experience and how that affects their lives. And first, do angels have a sound? I believe they do.

0:22:45 - Ellen

Yeah, I believe there's a sound to the other side, there's a resonance, and I also believe that we work in that realm even in our sleep, like, I think, our soul never sleeps Our human body does but our soul is always accessing that sound, that love, that frequency, and I believe we can bring it to Earth. I believe that there's a way, just a little bit, that we can access it and bridge it to this planet, to bring heaven to Earth.

0:23:18 - Julie

Fascinating. Back to what you were talking about earlier, where you're able to access different frequencies with your sound bowls. When you say that your work bridges science and spirituality, can you explain what you mean by that and also give us a couple of examples?

0:23:42 - Ellen

Oh yeah, totally. So I'm fascinated with how it works in the body, in the mind. So my training at Naropa I have a master's in counseling psychology, spiritual psychology and we studied altered states of consciousness and since then I have really kind of dove deep into like, why is it working in the brain? How is it working? What is that third tone creating? How can we access different states? What do these states do?

I even read a declassified document called the Gateway Project that was declassified by the CIA. That explained altered states of consciousness and how people were able to access different brainwave states, like manifesting, remote viewing, leaving their body, having out-of-body experiences and studying these what we call spiritually transformative experiences, because it's very hard to measure these. And now there's a huge group of scientists that are looking to understand what is that greater energy that people talk about? Why do near-death experiencers from every different culture explain the same thing? They come back with a feeling of gratitude. They come back with a feeling and sense of like, wholeness and complete love. It typically doesn't have one name, it is just love, and there's no judgment and there's complete acceptance. So I started studying these things for myself because I was interested in how is this working? How does it work for people? And I think there was one page they talked about kundalini yoga being able to access this. They talked about deep states of meditation

and how it took five or 10 years. But then I came to one section of the document that talked about how they had been doing study at the Monroe Institute and had found that people could access these ultra-lit states of consciousness through breath, visualization, toning on different tones in the body and then music. And it was a very beautiful practice where people could access it in a quicker time, in a manner of a couple of hours. And as I was reading through the outline of how they did this, I realized it was what I was doing, it's what I had built my practice around all those years ago after leaving Naropa and using the music. So people experience leaving their body.

I had a client just a few days ago and was online. I've been working with her for a couple of weeks and she said you know, I never felt like I fit in on this planet. I always told people I feel like I'm from a different planet, I feel like I have a different understanding, and I kind of thought I was going crazy. But she said, after this experience, I feel like I'm waking up and I get it. I know why I'm here. I know that I'm here for a reason and she goes in all my years. I waited until I was retired to start exploring this and thought I was going crazy. But I know I'm not going crazy. I am accessing greater information and I'm here to do great things.

She had messages from the light. She saw Jesus with her and her mother, who had passed, came to you know, pay homage to her journey, and so for me, that's how it shows up. You know the process came through me. It was downloaded, but I also believe I was accessing greater wisdom in doing that, and the gift is getting to see people access it for themselves. Rather than taking my word for it, they're taken into it for themselves and they can come back and teach me something. And it's like an honor because I know this woman is going to go forward and do amazing things with her life, because she has finally reconnected with the light which she is, which we all are.

0:27:43 - Julie

So, when you're working with a client, can you describe to us Mm-hmm, you know, or an LSD speaking of the CAA back in the day, you know, with that kind of a thing, is it that kind of an experience that your clients are witnessing and experiencing them themselves?

0:28:15 - Ellen

I would say so. In fact they've done studies comparing the Bonnie Method of Guided Imagery and Music with LSD journeys and the same parts of the brain are lit up. When I'm working with a client, whether online or in person, they will typically come in and share their intention. We'll work through connecting with some. If they have oils or plants nearby like that they can connect with oils. We anchor that with the smell, the connection, the frequency of an oil that they might have in their home or I'll do it here on their behalf. We work through toning to clear the body, to resonate the body. So different sounds to activate different wisdom, to clear the heart. We clear away any energy. From the day I work on clearing them, I start to see light coming through. So I'm seeing that as I'm wringing my bowls they lie down. I bring through a download of light through visualization that I explain what I'm seeing and as the body clears and where it's going and all of that. And then I start a classical music program and it's a very specialized program, that is, and I play it for them and I ask them to have a dialogue what are you experiencing, what do you see? And I help them to go deeper. I help them to clear things in the body. It's kind of like they're in a movie. That's how they explain it.

So they start out in one scene and they might be like at their old childhood home and they go in and they find something that they were meant to find, and then they take that and then they move it. As soon as they receive the information from one scene, they're usually transported to another, like, oh, I feel like something's pulling me up, or I feel light and expansive. Okay, where do you find yourself now? Oh, I'm in a realm of white light and there are angels here and they're all standing around me. Well, what are they asking for? You know we dialogue.

It's a beautiful process. They're not hypnotized, because the music keeps people conscious enough to feel like you know, they know they're in control of the experience. And then at the end I do a reading, I talk to them about the themes that came through, I send them a copy of the recording and then I do a deeper dive and they integrate it. So it's the beginning of usually a huge shift in their life and sometimes things people say oh, you know this, this wonderful thing happened that very day or the next day and I was given the message. I'm on the right path, but it's always different for everyone. And um, I also do groups and travel um with my partner who does uh breath work and I do the bowls, and we travel all over the world doing our work together. He is, ironically, recovering from a brain injury now, but our work is very sacred. It's been eight months of his healing and he is coming through and interesting synchronicity, this shared spiritual path we have.

0:31:22 - Julie

My goodness, wow. When you have a client that comes in, how do you know what tones and what bowls to use, number one and number two? What kind of questions do they ask? What are they looking to glean, what kind of information from their time with you?

0:31:46 - Ellen

Well, I choose the bowls intuitively. I used to be very specific. I would say, oh, they're coming in for this, so I'm going to be, you know, using the D bowl to connect with their compassion and their mother nurturing, self-nurturing, or their mother wound or whatever. But now it's very intuitive and I usually am drawn to the bowls and I pull them out, I write them down and then later I understand the meaning of why I drew them. The questions they usually ask are sometimes—and every intention is always met. I will say that Sometimes they want to connect to God more deeply and for themselves.

They want to connect with a loved one, past. They might want to release grief or heal or find clarity. A lot of people right now are dealing with very deep and dense energy in their life and experiences that they've never had before. They want to leave fear behind. They want to shift their life and manifest something new. They want to leave fear behind. They want to shift their life and manifest something new. They want to understand if they're on the right career path that one has come through.

So they want to heal physically and understand their body, because there's a process I do as well and again, their greater self will take me where they need to go. They'll feel something in their body and then we'll have a dialogue with their body. We'll do this very specific process of how to clear the body, how to communicate, and then they usually are like oh my God, my body feels amazing now Because sometimes, like the woman another woman last week who came in with pain is that I feel light. My body hasn't felt this way in a long time. So, as every, every intention you could want, um, I have one client who came in because her mother is. She's a caregiver for her mother, who's um suffering from dementia and Alzheimer's, and she wanted support for herself but also wants to connect with her mother, her mother's soul, but also wants to connect with her mother, her mother's soul, when she can't connect with her human right now.

0:33:51 - Julie

You mentioned earlier that music and tones can bypass the rational mind. Is that what's going on? Do you believe, when you're working with your clients, that the music kind of lifts them out of perhaps depression or moods that are maybe a lower frequency and just by resonating like a metronome or like a tuning fork, the body resonates with those tones and then that helps bypass their rational mind, which is normally full of fear. Is that what's going on?

0:34:33 - Ellen

I believe that I believe there's so much going on. You know, I think that thoughts are thoughts and we give them weight and we give them attention and we allow them to stick around and re-ruminate on them and that can sometimes turn into a story and the story then becomes a guiding part of our lives because we've got the story. So the music helps us to move out of the story and to be in the experience and presence of life, whatever that looks like. So, yes, it is a way to get out of the thinking, mind for sure, and also I feel it's a bridge. I feel like music is a gift, a bridge to the other side. I believe that at our very basic Ellen Pencil level, we are frequency. Even the center of our cells is not a void but is vibration. If you look into the work of cymatics you'll see Dr John Stuart Reid has done all of these studies on these plates where he puts a frequency or sound over the plate and the sand on the plate creates a sacred geometric pattern.

0:35:39 - Julie

I've seen those. That's amazing.

0:35:40 - Ellen

I know. And when he went into the King's Chamber in an Egyptian pyramid, it didn't make geometric shapes, it made hieroglyphics on these plates, and so we know that sound is accessing something on a cellular level within us. And yeah, maybe it's all about frequency. I kind of think it is. Yeah, maybe it's all about frequency. I kind of think it is Maybe it's all about how to stay at that frequency in our human lives. I do too.

0:36:12 - Julie

And a lot of babies sing. My son sang before. I mean he was tiny, tiny, like two, three months old and he'd be like, ah, people would come over and they'd say, what's he doing? I said he's singing and they never heard that before. But I've heard it with other infants as well and it's just a riot. We have movies of it and he loves music. He's a music, huge music fan. I think he went to 50 concerts last year. He lives in LA, so everybody comes to LA and not just rock. I mean it's all different genres, but even as a little infant he was singing. Did your kids do that?

0:37:03 - Ellen

Yes, in fact that's how my daughter got her name, like the day she was born, the night she was like, and I didn't name her till the next morning. We didn't name her, but her name is Aria and it just came to me and so I thought she came out singing and my son he would walk around like everything was a musical. He would sing to us like the transitions of the day, like nap time or cleanup time or whatever it was so amazing, oh interesting.

0:37:33 - Julie

Well, they got your DNA, don't they? And that probably was tweaked during your NDE. Probably, if the truth be told, does silence play a role in sound healing.

0:37:46 - Ellen

Definitely it's an integration. You know there's only a certain amount of that vibratory influence that our body can take before.

0:38:02 - Julie

we need to have silence to integrate and I think that it's a powerful tool as well. Of course that it's a powerful tool as well, of course. What's a common myth or misconception about energy healing that you'd like to debunk?

0:38:15 - Ellen

Well that it's not scientifically based. There is so much science to show the power of frequency, vibration and even music. You know, dr John Stewart-Reed did a study on two samples of

blood taken from the same person at the same time, one being put into a soundless chamber and the other being put into a chamber with classical music playing and the blood that was in the soundless chamber was hardly moving at all. The blood cells had stilled and become quiet. But the other sample was as if it had just been drawn, even though the same amount of time had passed and they were from the same sample. So I think that's pretty compelling evidence and scientific support that we can create shift in the body through sound and vibration. And all the studies by Dr Mitchell Gaynor, who first started working with the crystal balls and his cancer patients, show that as well. Studies by Dr Oliver Sacks, all of these.

There is so much evidence-based research out there to support the use of music and vibration that I think people would be surprised and I do believe that it is the healing of the future and very likely was a part of our past that we have forgotten or has been lost to us that is now resurfacing.

Why do people not know about this? Well, it could be many things. You know, we live in a world where the story is often given to us, and so, you know, we grow up with the knowledge of that, and I think it's been forgotten or maybe even hidden a little bit from us, and so now we're rediscovering it, and I think there's a tendency for people to use judgment as a way of not looking more closely at the possible potential of things, or if they're in fear and want it to be a certain way, I think there can be like a lot of judgment on the other way. And yeah, so I think again. I think that's changing, and I think that you just have to try it for yourself and see how do you feel when you sing, how do you feel when you listen to music. You know, the proof is in the experience.

0:40:48 - Julie

I always laugh and say you can't listen to disco music and be in a bad mood. Ah, that's very true. What is it about the dissonant music? I can't listen to that. When it's not melodic, it's just. Ah, it's like fingernails on the chalkboard. Do you have any thoughts on that and explain what dissonant is to people who don't know?

0:41:15 - Ellen

Well, dissonant music. There's a use for dissonance, so we'll put that to the side. But there are certain types of music that we learned about in music therapy school that actually, you know, when they put rats in a maze, they did better with classical, you know, they did slightly worse with country and then, like, they started being aggressive with, like heavy metal, right. So, and that doesn't mean that it's the same for humans, but it does seem to have an effect on animals. And I'm not saying that heavy metal isn't great, right, or rap or whatever. I love all music. It's what works for you and your life and what brings you joy, and we each have different preferences, right. But dissonance, on the other hand, is when you have two pitches that are very close in relation to each other, like a C and a C sharp, and they create these very fast waves in the air. The waves are really fast, but if you paired a C with a G, on the other hand, that's a perfect fifth, which we typically see as perfect harmony in the body. So the dissonance can be used to move energy in the body. But then I typically my bowls, and the way that I use the bowls is very harmonic, so I'm using it, based on intervals, in my training in classical music that I did in undergrad, to bring resonance to the body through the use of dissonance that goes into harmony. And I do train on this. I train people how to use the crystal bowls and you know people can take a class online or whatever. I'm offering one in August.

But dissonance can be useful.

But to stay in that place of like the fast, it can be a little unsettling for people and it can bring anxiety sometimes.

So I like to just bridge that with the perfect fifth and the perfect fourth and in terms of like the type of music that's used, you know it's always connected to the ISO principle, right, like meet people where they are, what did they like, where did they like to go. But I typically go with classical music with not a lot of words, or if I do use words it's in another language. I like to use a lot of choral music for the expansive part of my work, especially like some beautiful, like old hymns and things like that can be nice. Or I can go into a more like, more modern style of classical music as well, or more deep, like Holst, you know, and the Planets, which is a more really deep work that can be happening as well, but I like WC and Beethoven, Mozart and some of the romantic composers like Tchaikovsky. Those are the types of music I tend to gravitate toward in my program when I work with people.

0:44:09 - Julie

It's really interesting. A thought just came into my mind when I was putting together my trainings and my classes. I was led to use certain pieces of music with certain sections of the training oh yeah, in that module and I thought, okay, well, this makes sense. And it makes sense about how there are so many different ways for a spirit to communicate to us. You know, in music, that we hear in lyrics, that we hear in poetry, in, you know, just seeing a billboard sign on the road that has a message in it for us, that is such truth.

0:45:09 - Ellen

I wrote about that in my book. That's a whole chapter about witnessing the signs. Yeah, because you were shown, through the music that came to you during that time, that it was a validation of what you were doing. You're like, oh, this is perfect music for this right now. Yeah, that's a sign that, hey, we're co-creating, we're part of this, we're watching over you. That's perfect.

I love that, and I love when my blinker, if I'm turning it, matches the music beat on the radio. You know little things like that. That just show you, hey. That just show you. Hey, someone's there with me, I'm not alone.

0:45:48 - Julie

When you work with your clients and you help them achieve altered states. Is there a commonality in some of the aha moments that happen for them? Do you see that, okay, we have a lot of this happen or we have a lot of that happen, or is it? I mean, I would be amazed if it's totally different each time. I don't know that there are that many scenarios. There probably are, but what do you find that people realize in the altered states? Are there any commonalities in the information that they glean from going through those exercises?

0:46:27 - Ellen

Yeah, first of all, every experience. They do have many commonalities but they are also completely different because each person is guiding the experience. So one of them might be at a childhood home, another one might find themselves at the top of a mountain. But what I do notice is, as they move through the experience, that there are scenes. So basically, once they receive whatever information they're meant to receive from one place, their spirit takes them to the next place to receive. There's a remembrance of the light that we are, that we are. There is an acceptance and surrender and release to source. That happens, and sometimes this happens in the first session and sometimes it takes two to three for someone to kind of get there and trust in themselves enough to like be in that place. There's a feeling of either being light or heavy grounded. There's a feeling of feeling heat which is receiving, of love, tingling, sometimes a cold feeling of releasing fear that we hold in co-creating our lives. And then there's a perspective piece where they kind of come out of it like whoa, I get it, I feel better, I feel lighter. They always look lighter, there's light around their face, they can feel it, they can see it.

Two of my clients actually recently have had a profound experience where I said let's just walk out. Why don't you walk outside if it's online, or I'll walk them outside if it's in person? They open their eyes and they're like the world even looks different. Right, the world is more vibrant, more clear. I understand my purpose and over time, more information comes through, but it can be very different for different people. Some people are working through an issue in this lifetime that they brought through from young childhood wound or even another lifetime, and that sometimes they'll go into past life and we'll work through it and then move into this life, see how it integrates. They always leave with wisdom about how to move forward.

0:48:43 - Julie

I can say that for sure with wisdom about how to move forward. I can say that for sure. Do you believe that each of us has a soul frequency and if so, how can we listen for it and use it in our everyday lives?

0:48:54 - Ellen

Soul frequency. Yes, I believe each of us has a higher self, an I am, if you will, that I am, that I am, I am a soul, that I am the human experience. But the human experience is only a fragment of the soul experience. And the soul experience isn't confined to a human life. It is here always and we can pull it in more and more through every experience. And I know that we remember in the good times to bring in that I am and give the gratitude, but also in the discord, to bring in and see the wisdom.

This is happening for me, I am of this, this is I am of this, I am of everything. And so, yeah, I believe that in order to tap into it, we just have to start the practice of acknowledging it, looking for the signs to see that we are always surrounded by that love, finding a practice or a modality that allows us to access the light on a regular basis, meditate, sing, dance, create, co-create and allow the imagination to speak, because our creative process, our imagination, it's not just made up, it know, it is something that we can use to access something far greater, like through something like music, and a lot of times people just will push that off or leave the creativity to the side. No, that's our gift too. Maybe an access point even.

0:50:47 - Julie

I completely agree with you on that, because, especially when I'm doing a healing, I'll say okay, now imagine that your elbow looks like a bowl of whipped cream, and now imagine that this is going to happen, because I find that spirit works through our imagination to give us the human frame of reference for this stuff that we have had no access to. Yes, cognitively we're not aware of it, but it's a metaphor for what's happening on an energetic level. It sounds like you're doing the same thing.

0:51:24 - Ellen

It sounds like we are very similar in the way that we work and I'm just like it's an honor to meet you, because I feel like we're soul sisters in a way. Yeah, I was just thinking sisters from another mister, yeah, oh yeah.

0:51:38 - Julie

All right, a couple more questions as we're winding down here. Is there like a three-minute sound-based ritual that somebody can do today to start shifting their energy to a higher vibration?

0:51:54 - Ellen

Oh, my goodness.

Yes, I have some examples on my YouTube channel.

My name is Ellen Ware W-I-E-R, but you can choose any music that appeals to you, like a three-minute piece, you can do sound bowls, you can do opera, you can do hymns, anything that makes you happy. I would start out with something that doesn't have words at first, so that you can breathe into the music, feel the music where it accesses different parts of your body, and that's something that I like to teach people that I came back with this ability to feel the different notes and timbres on different parts of my body, and every single note is different and hits in a different place. If you can focus on, like, where is the music going, and breathe into it and just allow the music to be the wisdom, allow it to speak to you, that would be a beautiful practice to start today. Even if you just like match your breathing to the music, that would be a beautiful practice to start today. Even if you just like match your breathing to the music, that's a powerful practice. There's so many things you could do.

0:52:58 - Julie

The interesting thing about the music and the beat and the structure and all of that. Dr Bruce Perry has done research on how our brain neural pathways are formed in utero and in the first two years of life and people who are experiencing the energy of drama and trauma as fetuses and then as babies, they tend to go into fight or flight. And they're in a constant state of fight or flight and the thing that calms them down is a consistent beat. So he talks about you take a walk and whether you're walking fast or slow, your brain is registering that step, step, step, step. Same with music the beat. You know whether it's a fast beat or a slow beat and that lets the fetus know that it's okay because it mimics the mom's heartbeat.

0:53:58 - Ellen

Yes.

0:53:58 - Julie

Oh, that's beautiful. And so he works with his patients with PTSD and also people that have anxiety disorders and stuff, and he uses music and also walking to help calm them down because of that beat, that's something that's going to be a rhythm that's going to be matching the mom's heartbeat when the person was a fetus. I think that's fabulous, that research.

0:54:32 - Ellen

And there's research into something called melodic intonation therapy. I think I had that right. I think I had that right. But there's a process by which you can match a beat to a Parkinson's patient who might be shuffling, and when you match a beat to their footsteps, they start to pick up their feet instead of shuffling, and so over time you can use that as a therapeutic modality to help Parkinson's patients. It's gait training. It's called gait training my goodness, I had it wrong G-A-I-T and that's a process through using music to help Parkinson's patients to move more effectively in their body without shuffling. So that's another one. It keeps going. And then obviously, people who sing, if they have a stutter, can bypass a part of the brain and sing without the stutter. So there's many things like that, like the King's Speech that movie was amazing. It was amazing and that story.

0:55:35 - Julie

Yeah, yeah, it was fascinating. Well, goodness, we could go on for a lot more time here with lots of other topics related around music and beats, and healing and all of that. But last question for you, my girl why do we incarnate?

0:55:53 - Ellen

So I believe that we incarnate because we have more to learn and that our goal on this planet and this human existence is to share and spread light, to co-create and expand the universe.

I believe that we are needed by God to create something beautiful to help lift this state and expand the universe. I believe that we are needed by God to create something beautiful to help

lift this planet and each other up into something better and to create heaven on earth. And I think that we reincarnate because we are elevating with each opportunity. Each opportunity gives us another way of lifting that frequency more and more, and I believe that this is the time that we have come for that. This is the new frequency, the new way of being that we're ushering in right now. So you and I and others like us, are helping to lift into that frequency and we're being asked to stay in love through all of it. And thank goodness for you being here, you know to help this and to help bridge that knowing for others, so that they can have this wisdom for themselves and make the choices for themselves. So thank you for that Well same right back at you, babe.

0:57:10 - Julie

I think you're extraordinary and the work that you're doing is fascinating and helping so many people, which is why I've been really excited to have this conversation with you and do a deep dive into so much of why this works and where's it coming from and all of that. So how can people learn more about you and your services and your website and all of that?

0:57:38 - Ellen

Well, my business is called Wellness Music Therapy. I'm at wellnessmusictherapy.com. I also have a YouTube channel. I have a Facebook meditation group by donation every week where I go live and I do the bowls and people get downloads of light and information. You can learn about that on my website. I do retreats. I have a book.

I wrote a book about my near-death experience. It's called Waking Up in Heaven Living with Purpose Through Afterlife Wisdom, and I shared a little bit of my story on a movie called Beyond the Grave that won Best Paranormal Film of the Year at the Cannes Film Festival in France for 2023. So you can check that out on Amazon. It's streaming. Yeah, so there's that too, and I love talking with you and sharing my story. We're writing another book about the spiritual experience that we've gone through with my husband's brain injury and that has been a huge awakening for him and an opportunity for me to stay in my highest and in love, because right after we took our vows he kind of forgot who I was with the brain injury and lost his access to that. So this has been my own journey of awakening new spiritual gifts through the contrast of life that life sometimes brings us, and so that's where you find me and I'm here. I love it. I'll talk to anyone. Send me a message. I love emails and I love working with people.

0:59:19 - Julie

No, coincidence that he married you with all your skill sets to help him heal my goodness.

0:59:26 - Ellen

Yes, we talk about that so much and it's been a spiritual practice along the way. Even last night we were releasing the illusion of the persona that came through his injury and then the part that I took on with the caregiving like to kind of release that back out so that we can step into partnership again in the spiritual work. So everything is part of our journey and I'm living it. I'm living in the messages that I'm receiving and I'm grateful for that.

1:00:01 - Julie

Wonderful. All right, everybody. We've given you a lot to digest here, lots to ponder, and in the meantime I'm sending you so much love from Sweet Home, Alabama, and from Southern California too, where Miss Ellen is, and we will see you next time.

1:00:20 - Anncr

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

1:00:34 - Disclaimer

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1:00:54 - Julie

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