

AJR Frances Fayden 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.

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 Frances Faden with us on the show today. Frances is an interfaith minister, author and intuitive healer. She channels guidance from Mother Mary and the archangels to help women discover their purpose and create miracles. With such powerful spiritual allies, I'm going to be asking Frances for practical tips we can all use and if Mother Mary has a message for us, please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Frances. Frances, welcome to the show. I'm so delighted you could join us today.

0:01:34 - Frances

Oh, thank you. I've been looking forward to this for such a long time. I'm so grateful to be able to be here with you, yay.

0:01:40 - Julie

Oh, my honor. In 2012, you encountered Mother Mary. What happened, yeah?

0:01:50 - Frances

Well, it was the last thing that I had expected was going to happen. I mean, I was raised Catholic but I pretty much left that whole path when I was pretty young because I knew that I had wanted to be a priest. And they said that girls can't do that. And I said that doesn't seem right. So I started studying metaphysics by the time I was like 11 and just had my head in everything until I was about 19.

And I had a kind of a healing crisis and that's when a lot of my spiritual searching went down the path of like healing and how does it work, and all of that. So I was doing a lot of healing work. I became a massage therapist. I started doing chakra, balancing all these different things, and the funny thing that happened was that the chakra started to talk to me and started to give me insight as to why people were having problems and all of that. So I did that for quite a long time, but I still had that deep desire to be a priest and at that point I called it being a minister.

So I went to school, I went to the new seminary and I became an interfaith minister and then I moved to the spiritual community that was based on the teachings of Paramahansa Yogananda, and I thought this is it.

This is everything I've ever wanted, and my wife Deepa and I were there for about six years and quickly we found out that it was not the right path for us, but we didn't know where else to go and what to do.

So we ended up leaving at the end of the six years, and that was my time of the dark night of the soul. That's when cause I had this spiritually broken heart of like this was my dream and it was to center my life around God Like how could this not have been the right thing? And it put me in a lot of doubt and a lot of despair, and I felt so disconnected and even though I could help other people feel connected, I just was having a hard time myself because all of my spiritual practices were associated with being in the spiritual community, and it was just really painful. So what ended up happening was, in March of 2012, I went to go see a woman named Amma Sri Krunamai. She's an Indian saint and I'd heard that she blessed people and I was like I need something. You know, I need something. So she blessed me and my only prayer was to open my heart back up.

0:04:01 - Julie

She was still alive. She was an alive saint.

0:04:04 - Frances

Oh, she's still alive now Amma, Sri Karuna Mai. Yeah, she's not the hugging saint, she's a whole different Amma. I just actually saw her last weekend, so she's still around, she's still on tour. Anyway, she blesses you and she's an incarnation of the divine mother. In my opinion she is, and so all she said to me was divine mother, here's your prayers. I was like, oh, thank God, and that was kind of the opening that I needed. And then, about six months after that I mean six weeks after that, my teacher, Reverend Jane Howard Feldman who you would love I don't know if you know her she had sent out this little packet of an icon called the Ivoron Icon. It's the Hawaiian Ivoron Icon of Our Lady of Perpetual Healing and it's a miraculous icon because it streams myrrh and it spontaneously just produces this miraculous thing. And so I sent away for this little packet that she sent me, didn't really think much about it, wasn't at all thinking about Mother Mary.

And then, about six weeks after that, I was in my meditation room and I had been praying because I was like I really need help. I really need help. Like you got to give me some direction, you got to help me and I had just started going from working with people one-on-one, to working in groups and doing it over the phone. Back then we called it a teleconference, right so calling it a teleconference. And I was doing group messages at that time with the angels. And so here I was, I was praying, and it was July. It might've even been around this time in 2012. And because I have a background as an energy person, I know what energy feels like.

All of a sudden, I could feel the energy in the room shift and I knew, oh, someone's here. And someone was standing behind me and I dared not move, Julie, I was like I'm not moving, but in my mind's eye I looked behind me and there she was and I could see it and I was like, oh, that's Mother Mary. Wow. And I was like what's she look like? Well, she looks a lot like this painting behind me. She was standing behind me and I never see her face. She always shows me her outline and she was wearing her veil and she was wearing her dress and she shows up differently from every time that I work with her. Sometimes she shows up in blue, sometimes she's in white.

But I was so taken aback that I just was like so I just asked her. I said Mother Mary, why are you here? And she said I would like to be on your next call. And I was like you would. And she said yes, and then boom, she was gone, just like that. And I was like whoa? And then my mind immediately I was like did I make that up? What just happened? Who's going to believe me? I'm not even Catholic.

I went through all the things, right, but I was like, okay, what else do I have to lose? I was like, okay, what else do I have to lose? I was in such a place at that time. So then I did it the next week and I said, all right, I'm going to share a message from Mother Mary and see what happens. And I was able to do it very easily. And at the end I didn't ask for any feedback, but

at the end the first three people said if you're wondering about your purpose, this is it, this is what you're meant to be doing. That was amazing.

So ever since then I've been working with Mother Mary, channeling her messages and just trying to help people connect. Now I just have to say that I call her Mother Mary, but I've learned as an interfaith minister that this is a universal energy. It's really the energy of unconditional love. I believe that if I was in a different country with a different form of Divine Mother if I was in China, it would be Kuan Yin. If I was somewhere else, it would be different. She came to me in that form and, believe me, it wasn't the form I would have rather had, like an alien from like Mars come and try to help me, because I was like, oh no, no, no, no, this is not going to work, but it's been the most healing thing for me.

0:07:43 - Julie

Well, and I and I refer to her as Virgin, the Virgin Mary, because you know 12 years of Catholic schools like, that's the Virgin Mary and and she participates.

Where I see her the most, Frances, is when I'm having a healing done on me by my mentor. She's at the head, she's behind my head, like you, and she looks like the statue. She's either she's got her white veil on and her blue cloak or vice versa. It's usually blue and white. Her arms or her hands and her arms are usually stretched and she looks like the statues, because that's our human frame of reference for Mother Mary, and I agree with you that she is the symbol of universal energy that can take different forms in different you know, different cultures and different religions and different experiences that people have around the globe and beyond, even in the galaxies far, far away. I'm going to ask you if you'll channel her later and see if she has a message for us. Okay, but I have about a bazillion questions for you. All right, bring them on Before we get to that. What's something that people wouldn't expect about the energy of Mother Mary?

0:09:07 - Frances

Well, you know, when I first encountered her, I had been raised Catholic, but I wasn't practicing at all, and I still am not. And so I said to her Mother Mary, I'm not Catholic, and she smiled and she said neither am I.

Which is true on so many levels. That's true, right, right. So I think that a how accessible she is. She's all you have to do. She's very respectful of our free will. So we need to invite her. You know, we need to say please help me, please work with me. So how accessible she is and how funny she is. She's got a really, really good sense of humor and she wants us to be happy and joyful. There's this kind of thing that I grew up with in Catholicism of like suffering is a good thing. Mother Mary has never said to me oh yeah, suffering. She's never said that to me. So I think the universality is probably the thing that is probably most surprising. Think the universality is probably the thing that is probably most surprising.

0:10:05 - Julie

Well, and that's my next question, you must be psychic or something. I was going to ask. That's what I always say. I must be psychic or something Because I was going to ask about. There are many Marian apparitions around the world, and certainly some at very famous shrines Lourdes, fatima, you know, medjugorje, on and on and on and on, and that her wanting us to live lives of joy and her being so joyful. How does that correlate with the other messages that have been delivered in those other parts of the world, some of which are ancient, you know ancient sites where she's been appearing, and I certainly know that she doesn't just appear at Lourdes or Fatima. She can appear in a field. She appears behind me when I'm laying on a massage table getting a healing. So is there a correlation between the messages you receive and the messages that have been portrayed and talked about throughout the centuries? And if not, how do you explain that?

0:11:24 - Frances

Yeah, it's a great question, thank you. I've been studying these apparitions because I really wanted to understand like what is this energy and why does she keep coming back? Like what is this? You know, I don't know, of all the religions that I've studied when I was in seminary, I don't know of any where the divine keeps manifesting and manifesting the way that Mother Mary does. So what I can tell you is what I've learned is that the person who is the visionary, the person who is receiving or witnessing the apparition whether it is an actual apparition, like she's standing there, or more like me, where it's more of a hearing and a visitation and a locution kind of a thing there's two types of things I've noticed. Either somebody is like Saint Bernadette of Lourdes, who doesn't understand anything and is just telling you everything, and she's so there's in that apparition of Lourdes. There's no Saint Bernadette in there. She's just like she said this, she said this and she did this. What does it mean, st Bernadette? She's like I have no idea what it means, but she said this, she said this and she said this.

And then most of the other apparitions, in my opinion, are filtered through the person who's seeing them. And so if that person is devoutly Catholic and they're seeing something, they're going to be seeing it through the lens of what they've been told about heaven and hell and purgatory and all those things, and that's kind of the way that they're seeing it. So, for example, if we think about Fatima, those three children were raised in that tradition and that was right at the end of World War I, which at the time had been the most horrific war that we had seen, most horrific war that we had seen. And yet some of the visions that they had were of things that they thought were hell, which turned out to be you know, world War II. It turned out to be. I mean, who in 1917 could have thought of what a concentration camp would be? Who could have even imagined that and that there would be gas chambers, like? Who could imagine that? But they saw those kinds of things and they interpret it through their level of understanding.

Even when Mother Mary comes to you individually, she's always going to come at your level of understanding, which is why it's so important for us to pray, to meditate, to keep doing things to expand our awareness. So some of these apparitions it depends upon how quickly the church got involved to kind of like manage the message, and there are some of them that kind of got locked down really really fast. A really great book is called the Great Apparitions of Mary by Ingo Swann and it's more of a historical account and it's 22 of them and one of the things that I loved about that is it shows you what was going on at the times. These apparitions happened and Mother Mary came very often to say, heads up, heads up, things are going to be happening in France, here's what you can do. So she's never just saying like uh-oh, she's saying the energy is moving this way and if everybody starts to pray and let go of their resentments and go this way, we can really shift the tide, which is what she said at Medjugorje, which is what she said in Rwanda.

Now, people don't always listen because they always think she's talking about life on the other side, but she's talking about right here, right now, that we can change things. And even still now she's coming to us as Our Lady of Woodstock, which I know, you know, and trying to wake us up to what's going on. So my personal connection with Mother Mary I don't feel like I'm a world political person. She hasn't asked me to do that. She's been asking me to help especially women, to say yes to their purpose, to wake up, and because I think if women on the planet were actually empowered, this world would look really different.

0:15:12 - Julie

Oh, absolutely, and I want to do a deep dive on that in a minute. The thing that just came into my head about, you know, girl power is you know, Santa's reindeer were all girls. All girls, yes, Because the male reindeer lose their antlers. But you know, Rudolph and Dasher and Dancer

and all them, everybody's thought since the beginning of that story that they were all male. No, they weren't, they were girls?

0:15:41 - Frances

Well, but that's the whole thing, Julie, is we don't have language. We don't really have words for powerful women. You know, it's something that I struggle with. It's like well, any any word that I can think of for a powerful woman has either been demonized or sexualized. Right, so, it used to be the master of the house. What do you call the woman of the house? The mistress? Well, we know what that word means now. Right, so, as women, we don't even have language that empowers us. Even feminism has been like, demonized and turned into something awful. So I think Mother Mary came to me because it's something I needed. I needed a positive example of the divine that looked like me, that felt like me, that I could relate to.

0:16:25 - Julie

Example of the divine that looked like me, that felt like me, that I could relate to A couple of points. Going back for a minute about what you were just talking about.

Our Lady of Woodstock, my dear friend Perdita Finn yeah, mine too and her husband, Clark Strand. Clark sees Mother Mary as this redheaded, freckle-faced young girl, yeah, and comes through with these profound messages that he channels. And he is an unlikely candidate because he was a monk, a Buddhist monk, a Buddhist monk, yeah, but you know, just amazing the stuff there that happens. The other thing about Fatima is during World War I, most of the clergy was illiterate. Still, a lot of the clergy didn't read or write, and so they were all afraid of anything that they didn't understand, didn't understand, and their scope of knowledge and their frame of reverence was very limited to their little villages and things like that. And yet, wasn't it Fatima, that one of the messages dealt with Pope John Paul II and when he was shot? Can you tell everybody about that?

0:17:43 - Frances

Yeah, so she was given, saint Lucia was given secrets. They called them secrets, and I think that happened in Medjugorje too. She was given secrets that she wasn't supposed to reveal, and I think some of them also had to do with World War II. But one of them had to do with the Pope, and I think the prediction or the mystery was that he actually would be assassinated. Now we know Pope John Paul II had a deep devotion to the Blessed Mother, and he credits her for the fact that he made it through and that he was okay.

But that was one of the warnings I guess we could call them. It was one of the warnings that Mother Mary gave was like all these changes that were going to be happening Interestingly enough, around 1900, the messages from the apparitions, which are much less well-known, start to criticize the church, start to be critical of the priests and what they're doing and what's happening, and so that's part of the reasons they're not popular. And then, of course, you know, 80 years later, we see why she was being so critical and what some of the things were. She talked about a dark influence that was kind of going to be happening in the church, and then we've seen, you know all these abuses and things that have happened and we know it's not specific to only the Catholic Church, but it definitely was happening there was happening there.

0:19:09 - Julie

Well, and I think to your point about the church coming in and editing it to be the way that they wanted it to be portrayed, if you will, and remembered in history they have way less control now because of our internet and our ways to communicate internet and our ways to communicate, and so do you find that Mother Mary is appearing more often now to a wider variety of people, or is it that she's been doing it since the beginning of time and we just know more about it now because of our communication channels?

0:19:45 - Frances

I think she's been coming the whole time and I do think we're more aware of it now. I have an app on my phone that's called Marian 365. And every day of the year it gives you an apparition that happened somewhere. So the reality is it's like people are like oh, mother Mary talks to you. I'm like if she's not talking to you, probably something's wrong, because she's talking to all of us all the time and it's. I mean, it's just like the lady out washing the laundry out by the river in 1858. And there's Mother Mary in the tree coming to tell her and then the field is fertile that week. You know, whatever. I mean it's all these different things. It's not just like these isolated little things, it's like she's appeared here in the United States, in Wisconsin. I went to go to that apparition site and she was there to help a woman to, you know, make her ministry flourish and to teach the. I think it was to teach the native kids at that time. So she appears constantly. It's just not always this over the top thing Like have you ever seen the footage of Our Lady of Zaytun, Egypt?

Have you ever seen that footage? No, I never heard of it. Well, mother Mary appeared from 1968 for three years, I think. Three or four years, from 68 to 71 or 72, almost every night on the top of this Orthodox cathedral or Orthodox church in Zaytoun, Egypt, and there she was. There's pictures of her glowing white. She would be up there, she would wave to the people and hundreds of thousands of Egyptians, Muslims, Christians, everybody saw her every night and one of the people that was really moved by it was the president of Egypt at that time and if you remember, in the 60s Egypt and Israel were not friends at all, right, but it was through that apparition happening over and over and over again, that everybody saw healings would happen. It really softened his heart. And by what was it? 1978 or whatever it was. There was the treaty between Egypt and Israel, which still stands.

So she is very active still in the world and sometimes she comes in a flash and sometimes she comes like that for three years, and you can still see these images If you go onto YouTube. There's videos about it and there she is, up there. You know the Holy Family went to Egypt when they were trying to keep Jesus safe and so she went back there and there she was and bringing those two energies together. So I just think that she's really trying to show us that she's right here. And when I say she, it's like the divine, feminine energy of God. The energy of unconditional love is the answer to everything, whether it's personal, in our own lives we're trying to grow our business, whatever it is, or it's the energy that we really need on the planet.

0:22:41 - Julie

Well, she supposedly is appearing someplace here in Alabama in a field. I've heard little bits and pieces about that.

I haven't looked into it, but when you were talking about Wisconsin, that made sense, especially with the Indian schools because they were really abusive on the show, who one gal in particular was sent away when she was four to boarding school because she was half Indian and it was the nuns that were teaching it and they were awful. The nuns I had in school for 12 years were great, but it was bad news. The other thing that I find so interesting is that and this may play into trying to control the message I live in the Deep South, so you know there's like 1%.

Catholic here and it's mostly Southern Baptists and other Christian faiths, which I love. I love living here, everybody's wonderful, which I love, I love living here, everybody's wonderful. But I find that there's really an aversion to anything related to Mother Mary in the Protestant especially religions and I'm wondering if that stems from Martin Luther or where have you looked into that at all? I mean, they just almost get apoplectic when Mother Mary is mentioned in these different Christian faiths. Why is that?

0:24:15 - Frances

Well, I don't know 100% why the reaction is as much as it is, but if we look at what was happening at the time, so we had the Roman Empire right, and then we had Christianity coming kind of a grassroots level and they kept trying to squish it and it wasn't getting squished and they kept trying to squish it until finally the Roman Empire adopts Christianity. And the way that I say it is, it's not really that the Roman Empire became Christian, it's that Christianity kind of became the Roman Empire and so it kind of took on this whole other energy. They kind of made it in their own image and then it became this imperial Christianity, this imperial Catholicism, and then Rome became the center of the Christian world at that time. And then what ends up happening is as can happen is a lot of corruption was happening, where priests were selling like, oh, you can be free of this sin if you pay this much money, and you know so. There were all kinds of like shady things that were happening and Martin Luther was like, hey, hang on, let's not do this, and I don't think it was his intention to actually start a whole.

I think he was trying to reform the church, which even St Francis of Assisi was attempting that in his own way by creating that order, which, at the time, people, they were going into these vocations but they didn't really feel connected, they weren't really practicing that presence.

Then, st Francis, that's why I love the saints, I focus on the saints because they're the ones that really get it, they're the ones that really know.

So by the time Martin Luther came, he pointed out these 95, theses, these 95 questions of like what's going on here.

But that opened the door for possibility, because up until then it wasn't even conceivable that you could have anything other than the church. And then once you did that, it kind of splintered in all these different directions and then you have so many flavors of Protestantism. So I'm not as familiar with the Southern Baptist, but I do know that all of the external ritual and pageantry kind of got stripped away, as in kind of throw the baby out with the bathwater, and I think that's part of here in the United States. Part of the challenge that's happened is the mother vibration isn't present really in the church, and we see that now in this country where people are calling themselves Christian and then, in my opinion, doing things that are just not Christian at all and thinking that they're following Christ. And I just think it was let go of, unfortunately, and I couldn't tell you exactly why, other than they got rid of everything that was associated with anything you know, ritualistic or mythological.

0:27:01 - Julie

Well, and most of those rituals were pagan in origin.

They were the whole May crowning, you know, crowning a statue of Isis and bringing flowers and all of that that then the church adopted for Mary and that was interesting you were talking a minute ago about. Everybody is in communication with Mother Mary, whether they realize it or not. In communication with Mother Mary, whether they realize it or not. A friend of mine and we've had him on the show, father Sean O'Leary, who grew up poor on an Irish in Ireland on a farm and was raised by his Druid grandfather and his mystic grandmother, yeah.

He tells the story about how his grandmother had a better relationship with Mother Mary than she did with any of the humans. He said she talked to her all day and she was in conversation with her and she you know, it was like he said none of us could see her, but it was obviously she was having a conversation with her and and he said they were dirt poor and and so to your point. Earlier, that thought just came in my mind that she appears to everybody. Let's change directions for a minute. You also work with archangels. Let's change directions for a minute. You also work with archangels and other angels, and you mentioned the saints a minute ago.

Do they normally accompany Mother Mary when you experience her? Do they work individually? Do they work as a group of like angels only allowed in this communication? How does all that work? And then also, piggybacked onto that, tell us the same about the saints. And are there specific saints with whom you work? Okay, so that's 15 questions all at once.

0:28:56 - Frances

Okay, let me write it all down.

Okay. So I started out working with the angels. So one of my mentors is Reverend Jane Howard Feldman. She wrote a book called *Commune with the Angels*. You would love to have her on your podcast. She's amazing and she's really like very connected with Archangel Michael specifically and she's a great channel and she does something called an angelic attunement. I had mine back in 1994. And that's when I, like a few months later, was like whoa, who's standing behind me? And that was Archangel Michael, like you know, the seven foot tall, seven foot wide, energy blue, with gold and all of that. Archangel Michael, I love him. So he kind of acts like a guardian angel for me. I connect with him on that level.

But when so I was doing work with the angels, I'd been channeling messages and doing all that kind of stuff for a while. And so when Mother Mary made her presence known to me, what I noticed was that Mother Mary comes to me with the number four, she talks to me in the number four a lot. And so that number four, what does that mean? So that means that if I see the number 44, you know that kind of thing. Or once I got like a notification from the IRS and it was stamped. The timestamp was 444. And I was like, oh, she's got this, I know she's got. So she talks to me through that number. But also it corresponds to the four directions, it corresponds to the four elements, and so she comes with four archangels whenever. So whenever I'm doing a channeling and she gave me the grace of I can say a prayer, and she comes when I call her, which is amazing. I always call on the four archangels, michael, raphael, uriel and Gabriel, and they always come with her. Now, they're not the only ones that you can work with, but those are the ones that I work with.

And, interestingly, when I used to first do this, whenever they would come, they would come in kind of this diamond shape, like one, two, three, four in this diamond shape and she'd be in the middle of them and they would create that space and then, boom, her energy would come right in the middle of that diamond shape, not a square, a diamond. And lo and behold, I got. I saw an image of a mandala and the divine feminine is has that diamond with a dot right in the middle and that's the original divine feminine of you know the universe and I was like so I see a lot of things. I get a lot of information that I don't know what it means until later sometimes. So I've been learning all these years. I've a lot of information that I don't know what it means until later sometimes. So I've been learning all these years. I've been like, well, she told me this, what does that mean? And then I find out later oh, it's this.

So those are the four that I work with. I can work with them individually, but I always call them to create that sacred space. They're kind of like her, you know footmen or something. They you know footmen or something. They're kind of like the fairies in jail. Yeah, they are, they always come.

But I also work with the 12 archangels, and they correspond to the 12 houses in astrology, the 12 rays of God, and those are a beautiful energy to work with as well. Of course, there's an infinite number of archangels, and so I love the archangel vibration because I can feel just how powerful they are. And Michael is really good. When you need some faith, you need some energy, you need to feel protected. Raphael is really great. If you need any kind of healing, gabriel is the one that's been coming by a lot recently because he's like the messenger for the messengers he helps you to really have the courage to live your purpose and to act on the messages that you receive. And then our good friend Archangel Uriel. He stays in the back a

lot, but he's the archangel of light, and so I've noticed that each one of them comes at a time when the seasons change.

Mother Mary said pay attention to seasonal changes and learn how to work in harmony with them. So Gabriel comes in the spring not that they're not available all the time, but you'll notice that his feast day is the 24th of March and he is the guardian of the spring equinox. And then we have Raphael's energy at summertime, we have Michael's energy for the fall equinox, and then Archangel Uriel is for the winter, and so the more you go into this, the more you'll see all these different layers of things. And then Mother Mary started talking about not just the four, but the four midpoints as well. So there's actually eight seasonal points on the calendar of when things are changing. And then I was talking to a woman who practices Wicca and she said oh, you know, the star of Venus is an eight-pointed star. And I was like oh, it's an eight-point, so Venus is the divine mother, one of the divine mother planets, and so following that seasonal pattern of those eight changes is kind of like following the Venus energy. So that's your archangel question.

In terms of the saints, ever since I've worked with Mother Mary I can channel any saint or any being. It's helpful if I know more about them because I understand it more. But you know, I do East and West, so I've worked with Yogananda's energy, but the ones that I work with the most as far as saints go, besides Mother Mary's energy, padre Pio I don't know if you know St Padre Pio. Sure, tell everybody who Padre Pio was, please. Padre Pio, how do you not love him? So he's a very contemporary saint. He passed in 1968, and he had all the stigmata wounds of Christ and he was an amazing healer. So here in Pennsylvania, where I live, there is a Padre Pio Center not far from where I am and I've gone there several times.

The woman that started that center when she was younger. She had a daughter who had a problem. I forget exactly what it was, but there was something wrong with her bladder or something like that, and she was not even two years old and the doctors took it out and basically said, well, good luck. And sent her home. She's like, how's she going to live without a bladder? Like how's this going to happen? And so she was a devotee of Padre Pio. Padre Pio was alive at that time, this was 1968. And it was right before he passed. And he came to her in a dream and said bring her right away. And so she got on the plane with her daughter and her newborn baby got to see Padre Pio. Not a lot happened in the interaction, or so she thought. And then she came home, brought her daughter back to the doctor, they took another x-ray and, lo and behold, her bladder was growing back and they were like, oh, we must've missed some. No. And so now she actually runs that center and she's fine.

So Padre Pio for healing is amazing. I mean, whenever I see him he's wearing his brown Franciscan friar's robe, he's got a rope that he wears as his belt, he's got big rosary beads as well and he has an Italian accent. He's always wearing his gloves because he's got the stigmata. And I've had miracles happen. My wife had a miracle happen with Padre Pio. So I love him. I always call wife had a miracle happen with Padre Pio, so I love him. I always call on him whenever I'm doing healing work with people.

0:35:51 - Julie

Okay, well, you can't just drop that tease. I've had a miracle happen with Padre Pio.

0:36:00 - Frances

Well, I'll tell you. I'll tell you deepest miracle. So we went to the center. They have his glove there. So his glove has like a blood stain on it, right. The amazing thing about his stigmata is, 24 hours before he passed, in September of 1968, all of the wounds healed up. They all healed up and he had these wounds for like 50 years and you know, it smelled like flowers, like it never was yucky or anything like that, but he would lose his blood.

And so Deepa, when we first moved here, she was having some kind of really bad allergic problem and her lips had got all swollen and they were getting a little bit blistery and we didn't know what was going on. And we went out to see Padre Pio and they have one of his gloves in a glass frame and they were, you know, putting out where people could venerate it. And and they were, you know, putting out where people could venerate it. And the lady saw Deepa and was like, do you want to like, have the like? Do you want to kiss it? And she said, can I? She's like, yeah, kiss it and I'll, you know, wipe it off after. So Deepa did. She kissed it and within 24 hours her lips were normal.

0:36:59 - Julie

Wow, wonderful, and he was psychic and a medium and all that other. Well, a psychic and a medium and all that other, he wouldn't call it that.

0:37:05 - Frances

But yeah, he used to read people's hearts. So you know, the weird thing that Catholics do is, when a saint passes, they take their body parts right and they have relics. And so they took his heart out and his heart had the wounds of Christ still in it and he said that was the most painful of the stigmata for him is that you couldn't see it, but it was his heart from the piercing that Jesus had. And so his relics were on tour 2016, 2017.

And Deepa and I went because I'm a junkie for all miraculous things. I'm like I love miracles. And we went to go see him in New Jersey and we're driving, I'm like, oh, let's go see Padre Pio's heart is in this. And we're driving, I'm like, oh, let's go see Padre Pio's heart is in this. You know whatever it was at Reliquary and we got about a block and a half from the church and she looked at me and I looked at her. I'm like, do you feel that? All of a sudden, we were like boom, like our heart? Chakra was just like oh, my God, can you feel that? And that was from that far away.

0:38:14 - Julie

And then, the closer we got, and then we went inside and it was this little you know thing that they have it in, and I just was like, oh my God, you could just feel the power and the devotion that is Padre Pio. So yeah, he's one of my main saints. How can we know that we're resonating with spirit? Is there a common physical sensation or knowing that you see with your clients and in your community?

0:38:28 - Frances

What do you mean by?

0:38:29 - Julie

resonating. Well, let's say, somebody is not familiar with how to communicate with spirit and they're longing to do so. Is there a way that you found that's a commonality with people when you're teaching them, to let them know that they're really tuned in and that that's the real thing and it's not just that they're making it up in their heads?

0:38:55 - Frances

Yeah, couple things. So I take people through. I taught a class called Write your Miracle where I taught them about spiritual journaling and in that one of the things I always take people through is write down your question and then write down the first thing you get. And everybody does that and I say, okay, now think about your question, put your hand on your heart, say a prayer and now ask your question and then write down what you get. And I asked them did you get the same answer? No, it's always different. The first answer is not wrong. It's just your answer. It's just kind of the top of your mind. It's perfectly fine.

But when you connect in with yourself, you put your hand on your heart and you pray and you ask and you say what's the answer? This gentler, wiser part of you comes through and we'll give you an answer. So how do you know If we'll give you an answer? So how do you know If the guidance that you're getting puts you into more fear? You want to look at that. And I don't mean fear like I'm nervous about taking a step in the direction of my dream. I mean, if it makes you fearful, that's not spirit. If it's making you anything that you would consider negative. You want to be very, very careful about that. If something's telling you to hurt somebody, be very careful about that. If something's telling you to hurt somebody, be very careful about that. But if you find yourself, you might feel nervous.

When I was going to move from New York to California, I felt it. I immediately felt peaceful and then my mind kicked in and was like, how's that going to happen? But I was like, oh, that was the right thing. So a feeling of peace, a feeling of calmness, a feeling of love, a feeling of joy, all of those things are indications. The part of you that thinks am I making this up? I still have that going on. I still have that come up for me. It's something that you have to prove to yourself. And so what are some things you can do? You ask a question, you write it down and you keep an evidence journal where you look to say what happened after I said this prayer, what happened after I did this spiritual like what happened, because our mind is just going to go on to the next thing. And so a big piece of what I do is I just hold up a mirror to people and say look, do you see what happened? Like, oh yeah, because we don't put it together.

So in my experience, you know, spirit always feels expansive. That's the best way I can say it. It doesn't necessarily mean it's going to make you feel happy, but it's going to make you feel expansive. There's like a knowing that goes along with it. And as you get used to that, you know, you just kind of have to keep doing what you can do and keep practicing so that it's like learning a language.

I mean, I often call myself a translator. It's like once I say a prayer and I'm just hearing, seeing and feeling whatever it is and I'm translating it for people so that it's useful. And that's the other thing I would say is, especially if anybody wants to work with other people, the big thing I had to overcome is letting go of being right about something and really focus on being useful, being helpful, and that makes a huge difference. And so because when we're in, I want to be right, we're in our ego like right and wrong, right and wrong, but when we want to be helpful and that's one of the best ways you can grow your intuition is in service of other people. If you really want to help people. You just offer it without any attachment, say oh, this is what it looks like to me and let it go, that's what will also help you get it a little bit clearer.

0:42:17 - Julie

We're saying the same thing, I agree. It's that first thing comes in. Yeah, I would say spirit doesn't communicate on the I feel crappy channels because the vibration is too low, first of all. Secondly, spirit is never going to say you're just an ugly broad that drools, it's not going to happen. You know, if that's the information you're getting, that's your brain, get back into alignment. Re-add the question, remake the statement. When you're suggesting people say a prayer and come from their heart, do you believe that they're getting into a vibration with spirit that allows them to communicate more easily?

0:42:55 - Frances

Oh yeah. So even with my own clients, they'll say, oh, I was struggling with blah, blah, blah, and I said, well, did you pray before I forgot? Like, well, say a little prayer before. It doesn't have to be fancy, you can just be like help me, that's it, that's all you need. You're getting yourself out of the way, you're getting your small mind out of the way and you're opening yourself up to possibility that now has permission to come in and work with you. And so I can't underestimate. I mean, it's just, prayer is just so important.

0:43:26 - Julie

Right. You say meditation is a friendship with God. That's my book. How do meditation and prayer differ? Are they one in the same or do you think they have different applications?

0:43:46 - Frances

Yeah, I think there are different applications. So, just like we're having this conversation, you know. So when we pray, obviously that's when we are initiating our communication, and when we're meditating is when we're really open and we're receiving and we're just allowing ourselves to be in that attunement. I wrote that book back, actually when I lived in the spiritual community, because I really felt like meditation was kind of misunderstood. I'm very much a relationship person, so I'm very into like having a relationship with spirit, which is very different than learning a bunch of techniques.

So people say you know, oh, you know, I can't meditate, or like what would I say? And I'm like well, what would you say to your best friend? Is it hard for you to pick up the phone and talk to your friend? No, you're just like hey, what are you doing? And that's kind of how I approach spiritual practices is like it's your opportunity to connect with the divine in whatever form works for you, for me it's Mother Mary, and just say, hey, mother Mary, here's what my day was like, you know, here's what's happening, and then to just let it go and then listen, and sometimes I hear things and sometimes it's just a comforting presence, you know, but that's kind of what I mean by that.

0:44:55 - Julie

What's your definition of a highly sensitive soul and do they have a role, these highly sensitive souls, in that collective consciousness, not only of everything that has been, everything that will be, but also in our planet right now, in our reality, right?

0:45:15 - Frances

now? Yeah, absolutely. I mean, I think sensitivity is a spectrum, right, sensitivity is a spectrum. So, like my wife, deepa, who did that painting, she's an empath, so she's like way at the far end I'm about an inch away from there, so I'm not quite an empath, but I'm really really sensitive and my body's really sensitive. And so to me, a highly sensitive soul is somebody who A is not numb to what's going on in the world, is willing to feel whatever they're feeling, and probably I think everybody is actually highly sensitive.

But awareness goes hand in hand with sensitivity, and so the more aware you become, the more your sensitivity expands. And I think that's where it's really important right now, because we need that awareness on the planet of how our actions are impacting other people, the animals, the plants, the water, all of that. That inability to be willing to feel the impact of what's going on is part of why we have some of the questionable choices I think we've made as a culture. So I think highly sensitive people need to learn how to prioritize themselves and learn how to take care of themselves. And what is that sensitivity?

So I have a lot of physical sensitivity myself, but also emotional, and it's changed, it's evolved over time. So in the last year I've become very sensitive to the moon. I never used to have a problem with the moon. Now every time the moon is full, I'm like it just makes me emotional because I'm very connected with the lunar cycle. So I'm learning how to take care of myself in all the different ways and I think that that's my lesson in this lifetime is how do I take care of myself in a female body? I think that's a big piece of my healing in this lifetime.

0:47:06 - Julie

Whenever I see a full moon, I howl there you go. That's a good thing to do.

A couple of nights ago and it was my husband's birthday, and we had all of our grandsons in the car with us, who were all grown. And I'm howling in the backseat. They're just going. Oh for God's sakes, mimi, really, but Tim's just used to it. My husband, Tim's just used to it. You know, it's just something that I do. How do messages from Mother Mary differ from other spiritual guidance that you receive, and what's she urging us to understand at this time? How do they differ?

0:47:42 - Frances

You mean, how do I hear them differently?

0:47:46 - Julie

Well, are they different in their content? Like, if she's saying, okay, you got to pay attention to the planet, are the archangels and the saints telling you the same thing? Or is she telling you that and the archangels and the saints telling you the same thing? Or is she telling you that and the archangels and the saints are telling you something?

0:47:59 - Frances

different. Well, Mother Mary is my main person that's talking with me. So when I do a session with somebody other, like whoever's on that person's team will show up. But Mother Mary's energy is always there. And so even before I had my experience, my visitation from her, I noticed like God, all these clients, like they all work with Mother Mary, like she kept showing up in my sessions and I was like I guess I'm just attracting a lot of Mother Mary people. It's kind of weird and I didn't realize that it was actually my energy as well.

And so very often, sometimes I'll just be talking, you know, and I mean I can go through the process where I say my prayer and I do all the things, but she'll just sometimes tell me something, and so if I'm talking to somebody, she'll give me an idea or she'll say something, or you know, it's very encouraging, I guess that's the thing I can say. Mother Mary's energy is very, very encouraging, encouraging, and she gives us a perspective that we can't, really, that I would never come up with. You know, it's a perspective that looks really really different, and so I've heard her say things that are so endearing that I would never know. Like I have somebody who might come for a session with me and Mother Mary comes through and talks about the prayer they said when they were five years old and that they asked for something I don't know what. And Mother Mary's like, yeah, I remember that prayer and I've been working with you ever since. And the person's like whoa? I'm like how would I know? Like I don't know these things. So it's very intimate and it's very personal and it's very, very encouraging. And Mother Mary is always guiding us. She never tells us what to do. That's the big thing between her and anybody else I channel is she won't say, okay, go here and do this, unless you ask her very specifically. She's very hands-off about things. She wants you to feel empowered. So she'll never impose her will, ever. But she will give you the guidance if you ask for it and say, well, you know, I'm thinking about this or I'm thinking about that, she'll say to you consider this or consider that. Like the way that she talks. It's not the way that I talk, it's a whole other way of being. Does she have a message for us today, right now? You want a message? I can ask? Let me ask Mother Mary. So I won't say my whole long prayer, but I'll just say a prayer to Mother Mary real quick. Oh, it's good.

Every time Mother Mary comes it makes me want to cry. Her energy is just so powerful. So the first and I had a feeling she might say this the first thing she's wanting me to say is to you personally, and she is thanking you. She's thanking you for alleviating so much suffering and she's thanking you for taking the fear out of something that is actually joyful. And she's telling me to tell you that the work that you have done has made it so that when people cross over, they're able to be greeted by you know, these loved ones and these great ones, in a very she's just saying you've made it easier, you've just made it so much easier and you've healed so

many hearts, and so she's grateful for you for that. So that's one thing. Makes me weepy, I know. Makes me weepy too, mother Mary's, just like just your heart chakra.

Now let me ask if she's got anything for our listeners, anything that she wants to tell people to know. Okay, so Mother Mary hasn't been talking to me that much about, like current events, because I know people are kind of freaked out about current events and she hasn't really been giving me anything that's been predictive. But what she has been saying is that it's so important for us when we're in a time of great change, which we are right now in times of great change, it's so important to focus on that which never changes. So she's asking all of us to not make our spiritual practices or our spiritual path a hobby. Don't let it be something that like it's kind of fun to go to a psychic fair every now and then. She's asking you to really hold God in your heart.

However, god shows up for you as closely as you can during these times, because everybody is needing comfort. The thing that people need right now is comfort and the world is not going to give it to you. You're not gonna see it on the news, you're not gonna look out in the world. You'll get comfort if you go out in nature, but if you look to the world of men is what she's saying? You're not going to get the comfort that you need. You'll get more distress.

So she's saying do the things that comfort you, do the things that you know. Work with your hands, do things that you can do that focus your energy and focus your attention away from the things that are beyond your control and to really bring yourself into this moment as much as you can. Because when you're in this moment, that's when you'll feel her presence. You'll feel the presence of the angels and of course, she's saying I send all of my angels to you. I send all of the angels to be with you. So start a conversation with the angels, if you haven't done that already. Start talking to the angels if you haven't done that already. Because the angels, you can feel them so fast and they respond to you so quickly and they live in the energy and the frequency of light and joy, and that's where you're going to get your comfort. Right now, we all need to be in that higher frequency so that we can hear the answers and the guidance for our own personal problems and for the problems of the world.

0:53:50 - Julie

Thank you, Thank you, Mother Mary, and thank you Francis too, my goodness, from me certainly, and also from everybody that's going to hear this in the short run and in the long run, Absolutely, Because people tell me all the time yeah, I'm listening to all of your episodes and there are hundreds of them, so they're going back a long way. So thank you for doing that for us. A few more questions here as we're winding down. I want to change course. Again. You say that miracles can occur when we align our energy with universal laws. What are those universal laws?

0:54:28 - Frances

Yeah, so like, for example, the law of vibration. You know, when we're looking at manifestation, the law of vibration, which most people know, is like law of attraction, which is kind of a subset of that. So the universe does work by laws. So when we embody the energy of whatever it is that we're desiring to manifest, the universe has to by less. You're a victim to life happening to you and you become somebody that can actually be a conscious creator.

Now, there's all of those laws, but then the law that I love the most and that I rely on is what I call the law of grace.

And so, even if you don't know about all the other laws, the law of grace is what I think Jesus came to teach us, which is, yes, in my opinion, all of the Old Testament was about the law of cause and effect. It was all about, if you do this, then there's this. It's an eye for an eye, and I think it was trying to help people remember that all of that. And then Jesus came and he said

yes, but or yes, and it's the spirit of the law, and that there's this law of grace. And so, when you align yourself with the highest frequency that you can, Mother Mary, Yogananda, Archangel Michael, Jesus, whatever it is that you believe and you connect with that energy. I've seen it that you live in a bubble of grace, meaning that whatever might happen to you, through the law of karma, it gets mitigated, and there's this higher law that takes care of you and that you work in cooperation with by just you know being yourself and telling the truth and you know living at that higher level. Does that make sense?

0:56:14 - Julie

Yeah, yeah, perfect. Is there a way, an easy way to implement what you call your miracle formula I'm using air quotes for those of you that are listening and an easy way to implement it or to integrate it? For a beginner and something that you've seen work over and over again, yes, the Magnify your Miracles journal. Magnify your Miracles journal.

0:56:43 - Frances

My journal has four steps in it. Number four is four steps. I call them the core four things, and so these principles. Now, when I say miracle, what do I mean by miracle? You can tell me your definition of a miracle. My definition of a miracle is anytime you experience something that you didn't think was possible. That's it, simple. So that could be a shift in your perception. It could be anytime you experience something you didn't think it was possible. And so how can we have more miracles in our lives? So, magnify your Miracles. That's the name of my podcast, and I'm always teaching people how you can have more of that energy in your life.

So the four practices that I do is one is the gratitude practice. We get ourselves in that place of gratitude by writing out at least three things that we're grateful for that are currently in our lives, and then, once we're in that place of gratitude and feeling like, wow, my life is really blessed. Then you write down about three or depending upon how many goals you have, goals that you have that you would love to experience as if they're already here. So you're in the place of gratitude and then you're saying thank you for whatever it might be. So thank you for my perfect health, thank you for my new job, whatever it might be. So those are the two practices, and most people do those in the morning.

And then the other two practices are what I call review, review and revise.

And this is a Neville Goddard technique, which, at the end of the day, you look back on your day and you say what didn't really go so great, like what would I have loved to have happen, and then you rewrite it the way you like it to happen and you do it to the point that you don't feel any of the negative feelings anymore. So if you got a speeding ticket, then you would write it out like either you didn't get the speeding ticket, or you got it and it got waived, or whatever it is. And then the last piece is you look back on your day or your week for the evidence, like we talked about, and you track your evidence. So at first you might not have a lot of evidence, but if you do the first three practices over time you're going to start to see the universe is dancing with you. The universe starts to mirror what's going on with you and your vibration. So to me those are the core practices that you can do, on top of, obviously, the prayer and everything else I've been talking about.

0:58:54 - Julie

Terrific, and we'll have all of that in the show notes too, where somebody can reach all of that. Last question why do we incarnate?

0:59:03 - Frances

Well, I think that we're here to wake up to who we actually are, and when I work with people with their sacred life purpose, I say that everybody has something that they came here to embody, to experience and to express, and it's from day one and it's different for every person.

So when I check in with people, it's like something that's in your energy field of like why are you here? I'm here to embody experience and express peace, and I grew up in a family that was really, really anxious. So we're usually born into the opposite energy of whatever we're here to do. So sometimes people that are born into the, they're here for joy. They're born into like depression or something like that. But I think we're all here to embody, experience and express something that is unique to us ultimately, to awaken to the truth of who we are.

0:59:52 - Julie

Beautifully said you are extraordinary, my girl.

0:59:56 - Frances

Oh, thank you Right back at you.

0:59:59 - Julie

You are eloquent, you communicate in a way that is easily understood by anybody whether they're into the wo-wo spiritual stuff or not, you have a presence about you that is warm and inviting and accessible. Thank, you. And that you are just extraordinary and what you're teaching humanity is so necessary and so helpful. Thank you, thank you, thank you and thank you for the work that you do it and so helpful.

1:00:37 - Frances

Thank you, Thank you, thank you and thank you for the work that you do. It's so important oh my honor.

1:00:43 - Julie

How can people learn more about you and everything that you have to offer?

1:00:47 - Frances

Yeah, you can just go to my website, francesfayden.com, and that is Frances with an E, as we were saying, and you can tune into my podcast, the Magnify your Miracles podcast. Wherever you get your podcasts and also on my YouTube channel.

1:01:03 - Julie

All right, lots to think about, lots to digest here. Everybody, thank you for joining us and until next time, sending you lots of love from Sweet Home, Alabama, and from Pennsylvania too, where Frances is. We'll see you next time., thanks for joining us.

1:01:22 - Ann cr

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

1:01:35 - Disclaimer

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