

AJR George Lizos Transcript

0:00:01 - Annncr

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

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have George Lizos on the show with us today. George is a spiritual teacher, psychic healer and a priest of the Hellenic ethnic religion. I'm curious to learn how ancient Greek mysticism and manifestation can help us tap into the divine and create more amazing lives today. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with George. George, welcome to the show. I'm so delighted you could join us today.

0:01:29 - George

Hi Julie, Thank you so much for having me.

0:01:32 - Julie

You're most welcome. You teach about protecting our light. Yes, what are some hidden ways we unknowingly give it away.

0:01:41 - George

Ooh, very interesting question. So we have an energy body outside of this physical body, as you know. So when we go through life, we're like sponges and expect, interacting with people who may have like negative thoughts or vibrations or negative spaces online when we scroll through our phones, when we go to the different social media sites. I like to think of them as these like different kind of cities and different types of countries, like we have Instagramville and Facebook land, for example, and all these online spaces. They have private spaces and they have publicville and Facebook land, for example, and all these online spaces. They have private spaces and they have public spaces and semi-private spaces.

For example, when you go into your Instagram feed, that is a private space. Your DM's private space, the explore tab on Instagram is a public space. So different types of energies linger in different spaces. So we have to be aware of what kind of energetic attachments we're exposing ourselves to and how that is affecting us through a term called emotional contagion, which is this ability of social media and something happening right across the world affecting you emotionally on the other side of the world.

0:03:04 - Julie

Yeah, and don't you think that that's how all media operates? If it bleeds, it leads, you know. If it's something that's drama and trauma, that's going to be their first story and that's what people gravitate to. Is it because we're trained to do that, have we been conditioned to do that, or is that just human nature?

0:03:23 - George

I think drama is addictive, the adrenaline it produces from a physical, like a biological standpoint, it releases stuff like hormones in your body and that keeps you hooked on the screen and wanting to know more, so it can get quite addictive. So we are addicted to dramatic events and that's why reality TV, for example, is very popular because of that and that's why I consciously, for example, is very popular because of that and that's why I consciously and this is what I teach to my clients as well is like detox yourself from negative news. Of course, be informed and be aware, but don't indulge, Because that's how you become exposed to all kinds of things that lower your vibrational frequency and therefore make you a much to people spaced as spirits of similar low vibrational frequencies, and that's the easiest way to become energetically attacked.

0:04:16 - Julie

The thing about the if it bleeds, it leads. I always say, well, it's all about the dollar, because when somebody is afraid and they get an emotional attachment to something, they're going to watch it more. The more they watch it, the more they can charge for the ads and it's all about the revenue at the end of the day, but we're not necessarily cognizant of that.

We just think, oh my God, this happened. And we think, oh, you know, it may happen to us in the next 24 hours, when it's on the other side of the world exactly, and that's why it was really important to me when I wrote my book protect your light.

0:04:55 - George

I included a whole section all about digital like well-being and digital cleansing and energy protection. Because we live in an increasingly interconnected world Look at us right now communicating from like opposite sides of the world. So it's really important that, as the world has become increasingly complex with the media, with news, with social media, with the virtual reality as well that we also have more complex energetic practices to protect ourselves. I remember when I decided to teach about energy protection, it came out of this need that I had as well Growing up in the spiritual community. You hear all about, oh, just shield yourself with a white bubble and I'm like, oh, if I read or hear about the white bubble one more time, I mean I get it, it's a powerful shield. The white bubble one more time, I mean I get it, it's a powerful shield, but it's not a one-size-fits-all. We need to have a more complex, but not necessarily complicated way to managing our energy.

0:05:54 - Julie

So how do we stop observing other people's emotions and energy?

0:06:06 - George

So energy work works with intention.

So what I wanted to do in my book and in my teachings in general is, instead of just teaching about those practical physical tools that we all love, like using, for example, gongs and bells to clear energy, or sage and palo santo, which we all love the bells and whistles let's work with our intention, let's work with our physical body, because I believe that our physical body is our greatest tool, our greatest divination tool, our greatest energy protection tool, our greatest everything tool. So the easiest thing we can do is we can work with our intention and with visualization exercises to protect ourselves. The way that I teach it is by shielding ourselves, and I teach a seven-step process in the book. However, the main three steps of this process is identify clear shield, meaning turning on our 360-degree vision, our inner vision, our psychic vision, to identify what's stuck within our energy field.

Second step clearing it. And then, third step, shielding. And shielding. We're using different types of frequencies that work with source, with the universe, but also with our own intention. If

we intend that I'm surrounded by in a bubble of rainbow light right now and that raises my vibration, that rainbow ray works because it exists in the universe but our intention activates it and makes it truly effective. So I teach people how to layer different shields so that they can feel protected.

0:07:34 - Julie

Okay, what are energetic cords?

0:07:37 - George

Energetic cords are relationships that we have to people, to, to pets, to past lives, to events in our life, different spaces, all around the world. Whatever we have a relationship with, we have an energy cord connecting us to that being or to that event, whatever it is. So there are different cores extending from different parts of our energy body are different chakras. If the relationship is positive, it's positive. There is beautiful, good vibes flowing back and forth from these relationship cords. If the relationship has gone a little bit negative, there may be negative energy going back and forth. So it's really important to cut negative cords, amplify positive ones. But also, if we want to go a little bit deeper, we can do some psychic surgery on these cords to cut filaments and make changes within those cords to improve or amend and change and transition different relationships.

0:08:34 - Julie

Can you give us an example of, perhaps one that you've experienced, or a client with whom you've worked, where that psychic surgery on the cords has happened?

0:08:43 - George

Yes, for a while I do this back and forth. I do like psychic lines, which is great for like keeping your intuition really like fine-tuned. And I get a lot of calls from people who, when I learn about their relationships and they have relationship issues and they're in this desperate, urgent need like tell me about my relationship, does he love me? Like is he going to come back, is she going to come back, what's going to happen? And usually what I do, I identify those energy cords they have with their significant other and when you zoom into the cord you can see little cords, energetic filaments, and sometimes there are.

The cord may be positive in general, but there may be an energetic filament of jealousy or an energetic filament of feeling hurt or being triggered from something that happened in the past. So what I do and I do this a lot, so I'm not going to give a specific example, but it's something that's so common is you tune into that energetic cord. You identify, let's say, for example, an energetic filament of jealousy and you cut that filament. Or you work with a violet flame, which is a transmuting frequency of light, to go into this cord and transmute the energy of those negative filaments, strengthening the positive ones.

0:10:02 - Julie

So you're envisioning all of this. You're envisioning cutting the cord of jealousy and envisioning putting the violet light in there.

0:10:10 - George

Yes, it's very similar to the kind of work that you do with healing, but instead of identifying like ailments in the body, I identify blocks and relationship dynamics and then you do the healing through that way relationship dynamics, and then you do the healing through that way.

0:10:32 - Julie

Okay, all right, I'm fascinated with the fact that you're a priest of the Hellenic ethnic religion? Yes, what's this tradition involve and how did you first feel led to it?

0:10:51 - George

first feel led to it. Yeah, so I am Greek. I'm Greek Cypriot, so my ancestors were Hellenic polytheists. They practiced and they believed in the Greek gods and goddesses. Now, when we think about the Greek gods and goddesses, we think about the myths. We think about Zeus and Herod, the divine couple, and Aphrodite being jealous and like sleeping with like a thousand men. Now, that's mythology. The interesting thing is that mythology draws from theology, but theology doesn't draw from mythology.

There is a religion and a spirituality to the Greek gods and goddesses that, sadly, has been suppressed by Christianity over many years. Now, the religion has been suppressed, but the people practicing it have not. We have been practicing underground for years and therefore there has been a continuity of the religion throughout time. In 2017, actually 2016, that's when I traveled to Athens and I trained as a priest to the Hellenic ethnic religion, the religion of the ancient Greeks, as a priest to the Hellenic ethnic religion, the religion of the ancient Greeks, when the Greek government finally, after years and years and years, recognized the religion as an official religion, as a legal religion. So the Hellenic polytheists came up from underground and they ran the first ever priesthood training, and I attended it in Athens and I became a priest to the religion and ever since I have been practicing at the modern Temple of Zeus that we have here in Cyprus. So it is a religion of the ancient Greeks.

Now I'm going to give you the basics. The basics are, and many people probably grew up with the Abrahamic religions, for example, Christianity, Islam, etc. So the easiest way to understand it we have this source energy. Okay, the ancient Greeks called it the true being. Okay, from that source energy we have the gods and goddesses, and there are as many gods and goddesses as there are universal functions.

Because the gods and goddesses, they are universal laws. For example, Aphrodite, she's the law of form, she gives form to things. So there are universal functions. What makes the universe work? Gravity is a law, therefore a god. Sunset, sunrise functions of the universe. They are representations, known as deities, gods and goddesses. So the ancient Greeks personified everything so they could have a more personal relationship with it. So the ancient Greek religion essentially is honoring and working with natural universal laws, but they give them name and a persona and characteristics so that you can have a relationship with that. So when we think about the Greek gods and goddesses, the 12 Olympians, for example, we're talking about 12 universal laws and how we can work with the laws of the universe to live a good life.

0:13:31 - Julie

And so it sounds to me like the Hellenic ethnic religion is more along the lines of the Druids and the Celts and the ancient mysticism-type religions, more so than we think of the Greek Orthodox religion. That was, you know, that is, you say, Greek religion, and I think that's what most people are going to picture.

0:13:59 - George

You're absolutely correct, because in Greece and Cyprus the main religion is Greek Orthodoxy and I grew up as a Greek Orthodox as well. Until I was 15 years old, I was like deep into the religion, going to the church, chanting and all of it, and then eventually I started my spiritual journey of transitioning and exploring. But yes, it is very similar to the other pagan religions around the world because they're all founded on the same premise. Pagan religions around the world because they're all founded on the same premise. What the ancients did is they studied nature, they observed nature and they made inferences based on what they observed and they used that to develop their philosophy about life, about the world and about religion.

So, when you think about the Celtic religion, the Hinduist religion, when you think about the Native American religion, the aboriginals in Australia, they're all ethnic religions, they're all

earth-based, natural religions. There are two main types of religions. We have natural religions that were created and were developed as a result of the relationship between people and the earth, and then we have the man-made, human-made religions that are based on the dogma of a single person Jesus or someone else, a prophet, for example, declaring something. So this is the main difference. So you're right to think that the Hellenic ethnic religion is very similar to all the other pagan religions around the world.

0:15:32 - Julie

How'd you find out about it?

0:15:35 - George

It's there, but the way that I found out about it because it's available, like if you go to the ancient texts they talk about the religion but it's not talked about. Because we read about the mythology, we learn about the mythology in school and so we are fed very specific information. The way that I came into it is I had my Saturn return when I was 27, 28 years old and I was working a full-time job in London. I was working for Hay House actually, you may be familiar with the publishing house. So I was working for full-time job in London. I was working for Hay House. Actually, you may be familiar with the publishing house.

So I was working for the London offices Still a corporate job, spiritual but corporate and I burnt out because I was trying to build my spiritual business part-time while also like working a full-time job, Up to a point that I woke up one morning and my body would not function. I like burnt myself out completely. So I headed for Glastonbury, which is a very magical town in the UK, and I did a past life regression. Long story short, I found out that I had to learn how to embrace the divine feminine energy. So I rushed out of the past life regression, tears running down my cheeks and right across the street I see the goddess temple of Glastonbury. I'm like, oh, I find. So I go in and I go to one of the priestesses.

0:16:51 - Julie

I didn't know. There was a goddess temple in Glastonbury. And that's in Scotland right.

0:16:57 - George

Glastonbury is actually in England, it's in the west of England and. I was there last week, so it's really fresh in my mind as well right now.

So I go to the goddess temple, I'm like I need to connect to the goddess, I need to connect to the divine feminine. So the priestess explained to me all about the Celtic goddesses that they honored. And then I'm like, hold on a second. I mean, I'm not a Celt, let's see if I can find the equivalent within the Greek religion, within my ancestry. And I go to my Airbnb, I search online and synchronistically, that was the year 2016, that the Greek government legalized the religion and the Hellenic polytheists were running their first priesthood training. So I attended and the rest is history. So it was the universe bringing me there. It was my sudden return. It was meant to happen.

0:17:45 - Julie

I love it. All right. How do the ancient Greek spiritual practices inform modern healing in this day and age?

0:17:55 - George

Oh, I love this question because I feel that new age is really really, really, really old age, because I feel that new age is really really, really, really old age, because I feel that new age is really really, really, really old age and we can see that New age old age. I love that. Yes, it is old age, because I remember when I was doing my temple hopping trip, I did a temple hopping trip in Greece to write my book Secrets of Greek Mysticism, and I went to Epidauros, okay, and I

went to the temple of Asclepius. Now, asclepius is a Greek god of healing and his symbol, the Asclepian rod, is a motor symbol of medicine. It's the stick, the rod, with the snake wrapped all around it. That is the ancient symbol of Asclepius, symbolizing healing.

Now, the Asclepion was the first ever hospital in the ancient times and there were many Asclepia around the ancient world, the biggest one being Adepidorus in Greece, mainland Greece. So I went there and I was fascinated by their healing chambers and the healing equipment and process that they had. There. There was a cleansing space where people would come and they would spend time cleansing themselves, after which they would go to different types of purification rituals and making dedications and offerings to the god. And then they would go to the healing chamber underground and they would sleep there with snakes slithering all around them throughout the night, and then they would have dreams of the god and of Asclepius and his daughters, the other goddesses of healing, who would come and heal them or give them guidance in their dreams, and then in the morning, the priests would help them interpret those dreams and heal them or give them guidance in their dreams. And then in the morning, the priests would help them interpret those dreams and give them prescriptions, healing prescriptions, and there were tablets and tablets and tablets of the miracles performed by Asclepius and all the healings that he performed.

And then I'm thinking about what we do, what you and I do as healers as well, and it's a very similar thing. We guide people to cleanse things, to purify, to use their dreams as a way of like channeling. We channel like energy from the universe and from the earth to facilitate healing. So I feel the ancient Greeks and many ancient traditions like they were really developed when it comes to healing and they had advanced healing technologies that they could use and they used successfully. And what we're doing right now we're simply rediscovering what the ancients had already mastered.

0:20:40 - Julie

I agree, and it brings to mind too, George, how in the pyramids, in the bottom of the pyramids, there are chambers and there's, in most instances there's water flowing through them in the form of streams, and lots of reports, lots of research of people with whatever ailment going down, spending an hour or two in those chambers where the water is and then coming up and they don't have cancer anymore, they don't have diabetes anymore, they don't have whatever their ailment is. And it makes me think, okay, first of all, water, we know, is a great channeler of energy and water, to your point, is cleansing, and so water is healing. You know the baths at Lourdes and Fatima and all those kind of places too, but also the shape of the pyramids to me, leads me to believe that there's some kind of energy generators.

0:21:41 - George

I agree, and that's why I teach. One of the most powerful shields, of a transmuting shield that I teach and the one that I use every single day, is the golden pyramid of light shield.

0:21:52 - Julie

Okay.

0:21:53 - George

Because when you think about the pyramid, spiritually, symbolically what it is, it has a very stable basis with four sides. So we instantly have the number four. That is a very stable number. When you look into like numerology, it's all about stability and structure and basis and safety. So we have a stable structure symbolizing the earth and then it all goes all the way up to a single point that connects with the sky. So we have the connection to the heaven and the connection to the earth, the celestial frequencies and plane of heaven and the connection to the earth, the celestial frequencies and plane of existence and the earthly frequencies, which is

what we do for healing. We connect with the earth, we connect above and we find healing. So they are channels and portals of healing energy. That's what I feel pyramids are.

0:22:44 - Julie

I agree, and I think it's fascinating that they're all over the world. They're not just in Egypt, they got them everywhere.

0:22:50 - George

Yeah.

0:22:51 - Julie

Yeah, yeah. Is manifestation more about aligning with divine timing or mastering ancient energetic secrets we've forgotten?

0:23:05 - George

In my latest book, ancient Manifestation Secrets, I wanted to bust some myths about manifestation, one of the myths being that the law of attraction is the most powerful law in the universe. I'm like, yes, it is powerful, but there are other laws in the universe and we cannot surpass them. We need to take them into consideration as well. So, when it comes to manifestation, I'm all about aligning ourselves with the frequency of our soul, because our soul already knows what kind of desires are right for us, because we can manifest from two spaces. We can manifest from ego and therefore we're disconnected from our soul. I'm like, oh, I want this car, or I want to go on this cruise, or I want to manifest this or that, which is great, you can go on this cruise, or I want to manifest this or that, which is great, you can.

However, what if we first take the time to align ourselves with the frequency of our soul that already knows what our soul contracts are, what our relationship contracts are, what our soul purpose is over several lifetimes, what our specific life purpose is in this lifetime, what our energetic makeup is, where our soul comes from, what's our soul realm, where do we come from in the universe? Our soul already knows that. So when we take the time to align our energy to the frequency of our soul, our soul informs us of what desires are right for us and what desires we'd rather like let go of or just put aside. So, to answer your question, both of what you said are correct because to me, the ancients knew this, the ancients and their ancient secrets. They understood that manifestation is about alignment. Manifestation is about coming home, the home that is your soul, and manifesting from that place, not from an ego perspective.

0:24:50 - Julie

How do our life's goals get hijacked? How is it that our spirits know but a lot of the time our brain doesn't know? Is it through conditioning of how we're raised in our families and our communities and all of that? How does that happen?

0:25:08 - George

It's a combination of that. So, going back to the energetic attachments that I shared in the beginning of the episode, if you think of your energetic body as your physical body, it's a very presence the chakras and the seven layers of the aura, or more. So If our energy field is clean, that means we're aligned with what our soul feels and knows. Then we end up feeling other people's emotions, thinking other people's thoughts, behaving in ways that are not in alignment with who we really are, because we're not really living our lives. We're living other people's lives because our aura is hijacked by all that stuff, and that's why, when we take the time to cleanse, to reconnect, then that's how we truly follow our purpose, and I feel the majority of the people in the world are not truly living their lives. They're living other people's lives.

They're allowing their energy to be affected so much by other people by conditioning, by these bubbles that we live in, that we don't realize what's true for us. For example, my personal example growing up in a teeny, tiny island in the Mediterranean. Okay, the conditioning that has been around in my entire life is you can only be so successful. You can have a career in Cyprus, if I hadn't taken the time to deprogram myself of all of that, I would still be an accountant. I would be an accountant in Cyprus because nobody allowed me to believe that I could be an international speaker and I could write books and then speak all around the world.

Nobody taught me that Nobody made that available for me, because my aura was conditioned and cluttered by all the limiting beliefs that other people had.

0:27:07 - Julie

Right, right. Well, and I think that we oftentimes do what our parents expect us to do.

0:27:15 - George

Exactly.

0:27:15 - Julie

Because we're worried that we're going to be thrown out of the tribe, yeah, and ostracized, and in some instances people are.

0:27:23 - George

We do.

0:27:23 - Julie

When they don't do what their family wants them to do? What role does intuition play in navigating trauma? I know you do a lot of work with trauma, and how can we tell it, apart from fear and conditioning what we were just talking about?

0:27:41 - George

I love the question. So, trauma when I talk about trauma, I always go back to triggers, because triggers are doorways to our traumas. So the way intuition comes into this is that whenever we get triggered by something and a trigger, an emotional trigger is a strong negative emotional response to something that happens outside of us. Okay, so somebody says something and we feel it in our gut, like we feel negatively towards that. We get triggered and all of a sudden we're experiencing something that happened in the past. So that's how we can use our intuition to navigate that.

Okay, let's be inquisitive about this trigger right now. Why did what that person said trigger me? What could be behind that? And that's how we use our intuition and therefore our body. Our body keeps the score. There's a great book called the Body Keeps the Score. Our body can tell us, help us navigate and identify what's there.

Oh, I am feeling this in my heart, chakra, or I'm feeling this in my gut. I'm feeling this in my shoulder. Let's do some more excavation there. Okay, I'm feeling this in my shoulder. What's happening there? What's behind that? How old is the version of me that's feeling that in my shoulder? Oh, it's five years old. What happened at five years old First thought that comes up, your intuition's like oh, so-and-so happened.

This person like bullied you at school. How could that be connected to what happened right now? Oh, that person said something that made me feel a little bit berated. Could that be related to what happened to me at five years old? And I'm feeling it here. It lives here. The energetic attachment is here. Yes, then how can I use some tools to start resolving that trauma? Usually, especially in the beginning, as soon as we identify the source of that trauma,

we start the process of healing it. But then you have to do some more work as well, and the way that I do it is I work with eye movement therapy. It's called integral eye movement therapy. It's very similar to EMDR, whereas you move your eyes while thinking about a traumatic memory, and that helps you release the negative attachment and emotion you have to it.

0:30:06 - Julie

I agree, and I completely agree with you, and I teach this same thing, George, that it's that first thing that comes in your head, sometimes before your thought is even finished being thought, and that's all you know. That's from spirit and that's your guidance, coming in from spirit. I agree completely on that. How does somebody know when they're ready to step into their spiritual path and can they do it, even if they're terrified to take that first step?

0:30:34 - George

Yeah, I like to think that when we're ready for the next step or the beginning of our spiritual path, the universe or spirit guides source, whatever you want to call it will start sending you signs. Now you cannot miss the signs, and if you do, they will get stronger and stronger and stronger, bigger and bigger and bigger, until you don't have a choice but follow them. Personal story I so I was a smoker and I would drink like most students do, like I was 21, 22. I would go out every weekend and get drunk and I kept hearing my guides say I was still spiritual, but I was like abusing alcohol and also cigarettes. I could hear my guides say you need to quit smoking, quit drinking, and I'm like, okay, great, I'll do it. And then I would go again and do. I would relapse every single week. I'm like I'll start Monday, I'll start Monday, and then I would never do so Until one day my cousin come over.

We're going out at night and we're like pre-drinking at home, having wine, and I drank a whole bottle of wine as a pre-drink and then she was straightening her hair with a hair straightening iron and then at some point she like laid it down on the floor and we were dancing and I accidentally stepped into the scorching hot hair straightening iron Yowch Burning my foot. I was too drunk to pay too much attention to it, so I went clubbing. Long story short the following day I had a huge blister under my foot. I ended up getting infected and I was limping for two months. That was the last time I got drunk. The message from the universe was clear no smoking, no drinking.

0:32:28 - Julie

Wow, they even slapped you upside the head to get your attention.

0:32:33 - George

Yeah, the universe will get your attention.

0:32:35 - Julie

Oh my gosh. A couple more questions as we're winding down here. George, is there a practice or mantra that anybody can use right now to connect with their spiritual team?

0:32:48 - George

Yes, yes, yes, okay my favorite mantra. I do this whenever I need a quick way to reconnect, and the way this came through for me is while I was finishing up my book Secrets of Greek Mysticism. I was writing about like guiding people to do like three rituals every single month to the gods. And there I was rehearsing for a Mamma Mia musical and trying to finish my exams at drama school and writing that book. I was like doing a thousand things and I hadn't done a single ritual in three months and I was feeling like such an imposter, like how can I be writing this and not living it in the moment?

And then I heard something that my teacher said in the training that we did in 2016. And he said we're already swimming in the ocean of the gods. You don't need to really need to like

search to find the gods. They are all around us. So just wake up, wake up to their presence. And in that moment, I placed one hand on my heart and I told myself wake up. And the intention was wake up to your inner divinity, wake up to the truth. And that's the simple practice we can all do right now Just tell ourselves wake up and see what wakes up within us.

0:34:11 - Julie

That's as easy as it gets. What did you find when you woke up?

0:34:17 - George

Ah, relief, relief that I don't need to do any ritual. I may want to do the ritual to deepen my connection, but you find this relief because you realize it's all good, all is well, you're connected, nothing ever really goes wrong, right right and guilt is just useless yeah, what's the point? Exactly it's a vibe killer, yeah, last question why, yeah?

0:34:44 - Julie

Last question why do we incarnate?

0:34:46 - George

We incarnate to collectively, to expand consciousness, create more of what is, keep on refining our experience on earth and really celebrate our divinity, because immaterial source knows it's perfect. Embodied, incarnated source can experience that perfection.

0:35:10 - Julie

There you go. Great answer, all right? Well, you are fascinating. I want to have you back when we have more time, because I want to explore the Greek mysticism some more, because we just all think of all the Greek mythology and the gods and stuff and it's so much deeper and you just gave us a big old tease about how it is different from the mythology. I loved your. What did you say that theology and about the theology and mythology?

0:35:41 - George

Yes, like mythology, draws from theology and therefore the myths. They hold allegorical meanings and stories and messages, but the myths about the gods, they're not the gods. The gods are not their myths. The gods are something else.

0:35:57 - Julie

Yeah, and that's what you tap into and that's what you are able to access and utilize their ancient practices and methodologies to help people heal in this day and age. So that's fascinating to me and I want to explore that deeper with you Sure.

Yes, Thank you for taking the time to meet with us, because I know it's way past your bedtime when we're talking, with the time difference, because George is in Cyprus and I'm in the Southeast US. So thank you for sharing your wisdom with us and staying up late. You go get some good rest and in the meantime, how can people learn more about you and your work?

0:36:41 - George

So you can find everything about me on my website, georgelesos.com, and on Instagram, where I live at georgelizas as well.

0:36:50 - Julie

All right, and we'll have all of that in the show notes too. Okay, everybody, sending you lots of love from Sweet Home Alabama, and from Cyprus to where George is. See you next time.

0:37:01 - Anncr

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

0:37:16 - Disclaimer

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