

AJR Mary D'Agonstino 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 Mary D'Agostino with us on the show today. Mary's an intuitive psychic medium, astrologer, author, artist and energy healer. She's merged her many gifts into simple techniques designed to help people connect with the divine and align with their soul's purpose. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Mary. Mary, welcome to the show. I'm so thrilled you could join us today. Thank, you.

Thank you for having me oh my honor If you could whisper one message to everybody on the planet. What would that be? All is well, yeah. Why is that your first thing that comes to your mind?

0:01:47 - Mary

Well, I had a little conversation just a minute ago and that came through, and it's also something that came through for me, a message, when I most needed to know that all is well, to know that all is well, that at the deepest level of life, beyond, below, around all this, all chaos, challenges, they're all as well. Oh, I love that. Brandon is my son who is in spirit, and he is my youngest child. I have five children and he was the first one to leave the crew on the physical plane, leave his body, and so he was 24 years old and he was quite the light, quite a big light of pure heart. Really. He had a little bit of a hard time being on the planet, I think you know, with his big heart, his gentle spirit.

But the angels are you referring to my? Our work together, Is that? Yeah, so, Brandon, through his passing, through my healing, through my own healing arts practice that I've had for many, many years, I was drawn to create a in his honor an offering, I suppose, where I help other people who have had losses through their grief, and we call it Brandon's Angels. I wrote a book about the extraordinary experiences that I had through his passing and just amazing ways that he let me know he was with me. I was with him. We had a shared death experience that I really didn't know the name of that, but being an empath and an intuitive, I was there for it. Can you tell us about that?

0:04:16 - Julie

Yes, the shared death experience, and explain what that is, because most people know near death experience, but not necessarily shared death experience.

0:04:24 - Mary

Right.

Well, you know, it's also a yes, it's a term that I found, as I said, kind of explained what happened away. And another person is with them and has an experience of their transition, of

the other side of their process, without being the one to leave their body. So I, although I was 70 miles away from my son when he passed suddenly in a car accident, I learned through consecutive events that happened and messages that came through, and just extraordinary messages. I learned that I was with him, that there was, there was no doubt I, at the time of his passing, the exact time I was in session, uh, with some clients and in my space, again, 70 miles away, in my healing space, very, very sacred place, very, uh, um, it's, it's right here and it's. It's a room in my home actually, which I really enjoy, having it be right here and in session.

And I had this vision, that of a goddess in the sky, in the night sky. It was an evening and it was January 13th, dark, outside, winter, and the clients too, a couple were there and I had worked with them previously. So we were very comfortable with each other and very open. They were asking me questions about, I believe it was some of their past, unloved ones and other such things, and I had this vision of a goddess in the night sky. So it looked like a giant, beautiful red and reddish colored divine feminine energy that you might see in paintings or something, but not quite that vivid as a detail, and she was taking stars out of the sky and placing them on the earth and then taking stars off the earth and putting them back in the sky. And I shared that vision with my client and we all looked at each other like, wow, that's beautiful, but how does that apply to us? But I just kind of went, oh okay. But I just kind of went, oh okay.

So the next morning he did not return to where he was supposed to be and we went looking for him and realized it was at that time when he took a car out. He worked at a car dealership and was allowed to test drive the cars, of course. You know, 24 year old that was his dream job, by the way and he took the car out and he was driving very fast and he went down a curve and missed the curve and flew into a ditch. That was a retention pond with very little water in it, but he turned upside down and no one could find him when they went to look why he didn't bring the car back. Well, it was at that time when I had that vision.

So that was a shared death experience, where and there's more to it, because what occurred was after my client left and the session ended I was in what I would call a like an alpha meditative state and I was incredibly calm, had and now I'm I'm thinking of what I shared at the beginning all as well. I felt that all as well. I took out my phone and I was looking at some photographs, of pictures of his birthday. I just happened to be scrolling through and I landed on a picture of Brandon's birthday, which was a couple of months prior, and I felt just this overwhelming sense of peace and just a calm. And then I fell asleep, and it was the next morning, in a deep sleep. So, again energetically, from what I know as a intuitive and healer I was in another realm and not going through the portal, so to speak, but helping him and ushering him. And I woke up and did a little bit of meditation and then I got the frantic calls from his girlfriend trying to find him. Where did. Where is he? He didn't come, he didn't return the car. Nobody can find him. Um, and so I need to go back because there's one more piece to this shared death experience. That kind of started it.

So the day before, on January 11th, so two days before his the car accident, his the car accident, I was sent a meditation by a friend of mine, and it was a guided meditation audio with the numbers on 111,. So 111 and January 11th oh, listen to this, it's the angel numbers. And I said, okay, yeah, yeah, you know, I have my own idea of what numbers mean and and the very you know it's and I teach this too. It's like, well, what do you feel the numbers might mean? You know what? What do they mean to you? So I listened to the meditation and in it I happened to. I said, okay, I'm going to listen. And it was very beautiful.

And I was taken in the meditation through a. I was shown a vision of a portal of ones, one one one, and they were light, like three lines of light, like one one one, and the angel energy that I have worked with for quite a few years, or since I was a child. The angels have been around me the angelic realm. I was like pushed through. And I was in my meditation that's supposed to be, you know, relaxing and he I was a little angry. I was like wait, I don't want to go, I don't

want to go through this light. What are you, archangel Michael? Stop pushing me. But it was like keep going. And I got a message keep. And I wrote about it after keep going, just keep your vision straight, Follow the lines. It felt like I was, if you've ever cross country skied where you have to like, really push and stay focused and move your body in this straight line. It felt like that. So that happened two days before I was in session and had that vision of the goddess, and the one, one one was just like wow, that's profound.

So the next morning, when, frantically, we're all looking for Brandon, where did he go? What did he do? Did he take that car driving off into the? You know, drive it into. Where'd he go? So we I went on to his uh, social media, which he was a big social media guy, um and I saw a very short live video that he had taken while he was driving the car. That evening, at the exact same time, I was having the vision he's in the car driving, and this video that he took was just of the speedometer in this luxury car and his, his hand and well, he couldn't really even see his hand it was kind of on the steering wheel and the speedometer numbers were going up, up, up up, you know 2, 5, 10, 20, 40, 30, 40, 50 to 111, 111 miles an hour. Boom stop. The video stopped.

And when we were looking for him the next morning you know everybody's getting on the phone, where is he? Where is he? I saw that video and I said I know everybody's getting on the phone, where is he, where is he? I saw that video and I said I know where he went. I knew in my heart he went through the portal and he was gone. I knew he was he.

He died and I felt again this, this incredible sense of peace, and it lasted for about a moment, though, as a mother, I then went what? And I, you know, I talked with him in my mind and I said but where are you? Where are you? And I could see his face and his big, bright smile. He had a beautiful smile, very proud and his big, bright smile. He had a beautiful smile, very proud of his smile. He was, he had a little stint in modeling, very handsome man, young man, so he smiled and he said I'm okay, mom, I'm okay. And I saw him surrounded by water, like sparkling water, and I said, okay, well, you need to let us know where you are. And so we ended up. He ended up being found in water a little bit, not a lot of water, but enough uh by uh. The accident occurred where there was a walkway and a person found the car and he had apparently passed almost instantly. You know that was in 2017 and I've had quite the journey of healing.

0:15:01 - Julie

Let's get into that some. But first, before we get there, Mary, I want to circle back about the goddess that you saw, the feminine energy. Was that the first time you'd seen that particular vision of a goddess that looked like her? Had you seen her before? And when you look back at that today, who do you think that was? What do you think she was doing? What was her message?

0:15:29 - Mary

Yes, okay, the first time I had seen anything quite like that goddess. Yes, that was the first time it was. But and I have part of my spiritual awakening, so to speak, or my practice has been connecting with the divine feminine so she showed up for me, she the you know God goddess, and just made sense to me years ago. And it also made sense to me why you know that I should keep that quiet. You know that wait. Is God a man? Is God a woman? Is God an energy being raised in a religion? But I was raised in a religion, too, that very much honored Mother Mary. So I saw her. I saw Mother Mary as the goddess.

0:16:25 - Julie

That's what I saw, too when you were describing it Wow, catholic girl, that's the Virgin Mary who has shown up for you. Yes, everything's going to be okay. Yes, and the fact that she was taking stars out of the sky, bringing them down and taking stars from the earth and bringing them and putting them back in the sky so often. Virgin Mary is what I call her because of what I was taught. A lot of people call her Mother Mary. You know, goddess energy, if you will, she's

oftentimes depicted with stars around her head, stars around her whole body, stars around her feet, and so, when you were talking about that, I've never seen a statue or a painting of the Virgin Mary wearing red, however, but I thought that was fabulous. I mean, why not?

0:17:18 - Mary

Well, I love red. I love the color red, pink, dark. You know? Yes, absolutely, Julie, I have been. My name is Mary. I was born on the Feast of the Immaculate Heart of Mary, so I knew when I, you know, I started to really connect. I have full goosebumps on that.

0:17:43 - Julie

When you just said the day you were born, you know when your birthday is.

0:17:58 - Mary

Yeah, really help us to remember these things, that who we are at our core, where we come from, what we're made of, who is there for us.

So I've always felt incredibly connected to Mother Mary. But I knew her when I first learned my healing art the healing art, hands-on healing of Reiki I remembered it almost in my bones as being something that was very natural, especially for women and mothers to do, and then I thought, oh, this is what Jesus did. He was a pure channel of healing. So, and I really resonated with that and I actually had some visits from Mother Mary back then when I learned Reiki and even before that. But it was like here's who I really am, and she showed herself to me in like kind of many forms of of, of a healer herself, of a priestess herself, of a bigger, more vibrant energy than maybe we've been taught, and so that is, uh, that really helped me, because it helped me understand that you can't really contain the energy of the divine. The energy of the divine comes in the forms that we most need, when we most need them, exactly.

0:19:38 - Julie

What do you think she was representing to you? What message was she conveying with the stars? I find that fascinating.

0:19:47 - Mary

Yeah, well, I feel that I was being shown it, felt I knew the message as it was being given, you know, and every time as it was being given, you know, and, and it's and every time. That's a wonderful question, by the way, because every time I go there into that meditation or I share my story um, that was a very private story and I have permission, actually, from my clients too I was like can I share what this vision was? They were like, uh, yeah, you know and it wasn't for them was.

They were like, uh, yeah, you know, and it wasn't for them, it was for them. And also I had the gentleman who is the client get talk at. He spoke, he, he did a uh Lakota prayer at Brandon service, because that's how connected we were. So what I feel that represents is the life she was showing. The goddess was showing the cycles, cycle of life you know of.

We are all stars, we all come from the heavens, from the, and I did call, I do call her the goddess of the night sky, mother Mary, mother of the heavens, you, you know, that's all what I, what she's meant to me, what represented, but the cycle of life, of life and death, and the power of it, and that you know, and then also we do not. There's a bigger presence at play that we are a part of. I felt that and she was showing me that Not only are we guided, watched over, protected, but we're a part of that too. Our souls are immense, our souls are part of this cycle and everyone we come from the stars and then we'll return to the stars and when it's, when our destiny is, and we can't change that. We can't change because, you know, as a mother, of

course, with my child passing, I wished everything that he wouldn't have, but that only leaves me with pain and suffering. He didn't meet his fate, you know.

So I was opened up to the vast, bigger picture. The bigger picture of all is well, I'm with you during the grief. You open to that. You know that healing, that knowing she would be with me and guide me and show me exactly what I needed, exactly when I needed it. I mean that's profound, that one one one. And that nobody knew that no one knew I was in a meditation of one 11. I mean, Brandon didn't, of course how. And then that one one one. It's forever on the internet, his, this video of him, uh, of his yeah, and so that was given to me with assurance that she would be with me.

0:23:03 - Julie

Well, and she'd been there, done that, losing a son.

0:23:06 - Mary

Exactly, and I connected deeply with that. I said, mary, you need to be with me because you know the suffering, you know the pain.

0:23:17 - Julie

Yeah, the other thing. Do you think that perhaps the I'm still fascinated by the putting taking a star from the earth, putting it in the sky, and taking a star from the sky and putting it down. Do you think that there could be some significance there about reincarnation, that the stars representing a spirit or soul, you know, comes back to the heavens and then another star returns, perhaps in a different form, but it could be the same star that came in for me too, that that could be something along those lines.

0:23:58 - Mary

That does go with something along those lines.

0:24:06 - Julie

That does go with that thought, does go with my experience and my belief Me too.

0:24:12 - Mary

Brandon continued to share with me and what I realized his kind of purpose was with me. It was a uh, he reincarnated and we talked about this in his life and my kids and I, you know it's like well, thanks for coming and being my mom this time. You know, thanks for and and I I was at when, brand, I wasn't planning on having Brandon, and you know what's that? I hear it Tell God your plans and watch him laugh or whatever. But, and there and I was in, I was living, I was just very stuck in a life I didn't, you know, wasn't what I had hoped. I suppose it wasn't, it was. There were a lot going on and boom, he came in. I was pregnant with him and I had been praying, help, help, and so I, I, I always felt such a connection with him as from from another lifetime. Yeah, you know that, mom, I'm good and he still. He talks to me and I've written these stories about. He was fascinated with other lifetimes and he, you know. So we were very open with that and I believe he heard my call. He came in. He said I'll help you, it'd be my honor to come and help you be your child, and but I'm going to have to leave when I'm done. I'm going to leave early because I have to continue the healing in this family, the healing in my family, with me and and the generations, Cause he did, uh, he, he struggled with um.

What we saw was um, um, what we saw was um, familial addiction, you know, and he was very young and he, but he took it up, he took it and I can see that. That lifetime, yeah. So there were other lifetimes with that kid and him and I, and he came in and he said, okay, I'm good. And within a year of his birth we were moving. We went to a whole new area of the country to live where I felt much better. Then we ended up coming to Colorado and then everything came out about the um that I needed to be revealed to free me from a very painful marriage, and

Brandon was kind of the catalyst for it. So it was the cat. Yeah, I like, I thank you, it's like I am always open to more and that is, I believe, how life is Right. If we are curious and open, we can say wait, that was the goddess mother showing me other lifetimes. You know this, you remember this.

0:27:10 - Julie

Yeah, yeah. In your book 111 Days there's that 111 again of Divine Intervention, a Mother's healing journey. You share daily miracles. Was there a moment that confirmed you weren't walking this healing path alone? After he passed, I mean, we've already established that Mother Mary was there for you in the form of a goddess, whatever you want to call it, and Isis, whoever Mary. And then, after he'd passed and you were in your grieving phase as a human mom who'd lost not only her child but her baby, and I always say that the last child born, the caboose is always. I always say the parents reached perfection and they didn't need to have any more. You know, the caboose is always. I always say the parents reached perfection and they didn't need to have any more. You know, once they have the youngest, the youngest loves that the oldest and the other kids don't like that so much. But was there something that you experienced in your grieving process that really was a miracle, that perhaps you talk about in the book and you thought, okay, I'm really not doing this by myself.

0:28:25 - Mary

Yes, yeah, I mean, there are many and I, you know, I wrote 16 stories in the book 111 Days of Divine Intervention, but the one that comes to me to share right now is why I said, oh, Brandon's angels. I immediately had white feathers come to me from I don't know, they would just be on my kitchen floor, but the one that I'm going to share because, yes, the death of my child, you know that is incredibly difficult, and to know that I wasn't alone, I needed daily reminders, byworldly confirmation and the love and the of the divine and source and my connection to my son. Um, it was the first mother's day after his passing. So it was just a few months, you know, it was May, uh, four months later, and here I was with my other four children, grown children, a few grandkids, and I was like, oh no, mother's Day, this is not good. You know, this is hard with a mother, and I mean with a child in spirit. I don't know how I'm going to. Even I hate Mother's Day.

So, but I, my kids, were like what do you want to? What do you want to do, mom? You know I said let's have a picnic in the backyard, let's hope for a beautiful, beautiful Colorado spring day. You never know, in Colorado it could snow. So we set it up. It was all just we could do to, you know, have some lunch, have some food. We were sitting in my yard. His two best friends, Brandon's two best friends, were there, who they call me mom too, because along with my youngest caboose kid came all kinds of other children. You know that he thought youngest caboose kid came all kinds of other children. You know that he thought I could help take care of and so he would bring home. I'd say, Brandon would bring home stray children rather than stray animals. He'd bring home stray kids and say, mom, I have what his one best friend said thank you for giving me such a good childhood.

After Brandon passed, I said, oh, you're welcome. After Brandon passed, I said, oh, you're welcome, um, but anyway. So we're in in the yard and I'm sitting at the round table around uh patio table. My, my daughter-in-laws are around me, one's in front of me and I'm looking, and then my other children, my grown sons, were, and his friends were looking at me and we're all kind of like, oh, and I started to think of Brandon and I got really upset.

I didn't want to cry and break down in front of all my kids, look. And I was like what? And there behind me was floating down from the sky no trees around, no birds, very open yard I have no trees anywhere. A white feather was floating down behind me and landed on my shoulder a little white feather, probably a couple inches. Just as I was thinking about him and all these eyes on me and I, I, she, got up and took it off my shoulder and gave, handed it to me and I

said oh, you can't make this blank blank up. And all the kids were like grown men, kids, you know. Grown children, grown women, what? Grown men, kids, you know, grown children, grown women, what? And so that those kind of things kept happening and that helped me immensely.

0:32:30 - Julie

Oh, I'm sure. Yeah, I always say that too. You can't make this up, you can't make that up? Yeah, and I use another S word. A lot of the times you can't make this stuff or another S word up. Beyond your own cathartic healing, how does your book offer comfort and guidance to others who are grieving?

0:32:54 - Mary

Well, I made it especially for I created this. It can be called a day book or an oracle book. I've always wanted to create one of those with little snippets of words of wisdom or suggestions that you could read, suggestions that you could read one day at a time or use it as an oracle. So the way that it helps is, when you're in grief, it's very difficult to hold thoughts, to hold it's like okay, you're grieving, go write about this, do this, think about this. It's really impossible, especially in the early phases of such a deep loss, to do anything but simple things. So I made it simple and you can open the book. For example, I'll do that right now and then you just open to a page and say read a few lines, and then let that settle in and you can journal about it.

I'm an avid journaler, you know writer, journaler since I was a kid.

But if you don't have the energy for that, then just let the wisdom heal, sink in, give you moments of peace, and that is how I created this book to do that for those who you know, and you don't have to have the loss of a child.

It can be any, any type of grief or heaviness that you're working through.

So everything you know this is how have you acted on your own behalf? Is this question or inquiry on day 67 that I opened up to just now, today, remember ways that you have acted on your own behalf against the grain of what you might have been taught, against the grain of what you might have been taught, so that right there it's like a little bits of allowing, accepting self-love, self-peace, self, because that was very important to me was to and I do that now I share that nothing is more important than you feeling safe and feeling that you are sacred, being that you are respected in all your life and all your trials. As a mom who lost a child, unfortunately our culture doesn't really know what to do for us. So I found what worked and I had already had many, many, many years of healing behind me. So this is for creating just a gentle way to be in the day with yourself as you are processing grief, to be in the day with yourself as you are processing grief.

0:36:09 - Julie

What do you recommend we say to somebody who's lost a child? Is there a greeting that we can utilize? Because what do you say you know, I'm so sorry for your loss is what most people say, and I've heard from a lot of people who are grieving in very deep grief. They say that just doesn't comfort me, it doesn't help when we say that, but that's kind of been adopted as the standard. Greeting when we meet somebody who's experienced a loss, greeting when we meet somebody who's had, who's experienced a loss. Is there something that comes to mind that you found was more comforting to you than the normal way that people would greet you? Yes, yes.

0:37:01 - Mary

I personally, really I didn't mind when people said I am sorry for your loss. I took that in as to me it was well, it depended on who said it, but mostly I felt it as sincere, like oh, yeah, kind of

permission for me to say, yeah, this is I didn't mind, I like it, I didn't mind when people say I'm sorry, I'm so sorry for your loss. But what I would recommend is that you ask the parent about the child and that you, yeah, tell me. Oh, that is the best, because, as I knew that my son's soul was still alive and spirit was very active, the death of a child is like such a disconnection from some you know, as a mother especially, and fathers too, but um it, it feels like a severing almost of a limb. So when you say, when you say, tell me about your, your child, what, what, what's their name, and use everything in the present tense, yeah, interesting.

That is so helpful because you're acknowledging that that child existed and still exists, and that is so, just so helpful.

0:38:45 - Julie

Great piece of advice. Thanks for sharing that with us. Let's change directions a little bit here. You say you've always been able to feel and hear the energy of the sun, moon, trees and rhythms of nature. Can you describe those experiences as a child and how, or if they different from what you experience now?

0:39:11 - Mary

Yeah, sure, thank you. Um, so I I remember as a kid loving to be to go outside and to be alone and I'm the oldest of eight children, so I think that was my escape. And I also had a grandfather who taught me, showed me like I remember distinctly being outside alone, just sitting under the trees or sitting and just feeling this calm and peace, and and then my grandpa putting my hand on the tree trunk and saying, uh, hello to the tree, and and so as I got a little bit older I had this special hiding place in this tree next to my house and I could just feel the energies of the ground below me and the birds. I loved the birds. I used to run around and see if I could hold them, catch them. I wanted to hold the bird so much. And I also had memories of remembering that there were like little people that lived in the, in the trees. And then and then I do distinctly remember that, like I knew I had to forget that and I was about five.

0:40:48 - Julie

Do you see them now? Do you see the little people now as an adult, Uh uh no, I see.

0:40:57 - Mary

Uh no, I don't, but I see, I can see and feel lights and energies and presences more Um.

0:41:08 - Julie

I see, I can see them. You do, yeah, and all you have to do, mary, is just ask them to come out. Okay, come say hi, because that's what I did. It was in Ireland last summer and I knew people who saw the fairies. I thought what better place to see fairies than in Ireland? And I was in this wooded area and I said I know you guys are here, come out and say hello. And they did. They flew around me. It was. They look like little leprechaun-y people too in the fairies. And they came out and I could communicate with them and I said thanks so much for coming out. I really wanted to see you guys. And they said well, we knew you could see us, so that's why we came out. And then, when another person walked up, they scattered really fast.

So a couple of weeks later, when I was back in Birmingham, I was in our botanical gardens, which I love, and I thought I wonder if there's fairies here too. So again, I was in a wooded area, I was by myself and I said, hey, come out. Can you guys come out and say hi? And they did, and they looked different. They still look like fairies, but the fairies in Ireland look like Tinkerbell fairies, and the fairies here in Birmingham look like University of Alabama majorettes. They had on like a leotard that was silver sparkles, silver sequins, which I thought was hilarious, and that's how they show themselves to me here in Birmingham. So I don't know if they're like southern cousins of the Irish fairies or what the deal is with that, but I'll bet if you ask them to come out they'll show themselves to you and you can talk with them. Talk with

them what does tree energy feel like versus ground energy or or other nature type energies?
And then we'll get into the angels in a minute.

0:43:00 - Mary

Okay, uh, tree, thank you for all that. I'm so excited, I can't wait to go outside and you know you're, you're very, I'm like, oh yeah, I do see, I have seen them. They're different in the different areas. And so here in Colorado, my tree, I have one tree. Trees are grown, are planted by people here, because there's not, it's I live in a high desert up against the mountains. There's not, it's. I live in a high desert, up against the mountains. And then there's, of course, a lot of pine, evergreen, but not not really. I have one on my my, in my home, on my land, right here, one pine, one apple, crab apple.

Their energy is more like as opposed to the land they're like. Well, it depends on what the tree is, my apple tree, which I like to sit under it is, the energy of the tree is kind of a guard, it's like a guardian, it's like the centerpiece, I want to say, of the area that it's in and it will guard, protect, it wants to give its energy in group, like communities. So you know, it's weird because when you live in an area where everything has been excavated and then planted, as you know, which is kind of where I live, the trees take on a little different energy, but the there it's, it's. They are the guardians of the land on which they're planted. That's what I want, that's what the tree outside is telling me right now, and I kind of cultivate that because I do my healing work in my home. Also, I've named my practice because I'm so connected with the land and the trees. Trees are very powerful guardians of the community in which they are. So, whether it's people, whether it's other trees, whether it's and it thus includes the little animals, the, the um, that type of thing and they want nothing more than to provide shelter and food and and uh, or whatever piece of land they're sitting on.

The land in Colorado is quite intense and when I stepped foot on this into this place, which I did in 2000, the year 2000, away from the East Coast, I was moving here via a job transfer from my ex well, he's my ex, now husband and I had never stepped foot in Colorado, but I wanted to come here so much for some reason, I didn't know. It was closer to the West coast, which is where I spent a lot of my years, and I got here and I was driving up the freeway and it's very open here. I don't know if you've been. It's north of Denver, yeah, and it's becoming more crowded now. Lots of people want to live here and I looked and I saw this one tree out in the distance and I heard my soul is home. My soul is home and yeah, so the land holds the energy of all of those who have lived on it before.

0:46:33 - Julie

How do you see creativity as a gateway to divine connection and soul healing?

0:46:40 - Mary

Well, storytelling is definitely a creative expression. I believe I feel like creative expression is our, is really kind of what we came here to do, you know, to to. It's. It's an expression of our essence, our soul, and when we do that through, through any creative act, that's, I feel, like our natural way as humans. It's an it's so we are.

I do believe we are spiritual beings having a human experience, and I think that, through creativity, creating is how our soul expresses through our human form. So, to me, to be able to do that, it heals us because it reminds us and connects us back to our own source, our own connection to source. And creativity can be anything. It's not we've kind of we co-opt everything and go, okay, well, it has to look like this or it has to be, it's like, no, it doesn't. It can look any way, but allowing that expression cooking a meal, living, your and and just, uh, the expression of yourself through any type of medium, which meaning, uh, writing or painting or or speaking, or singing, um, playing a musical instrument, walking, running, athlete, you know

be, whatever it is that you're called to do, and it can be as simple as a daily practice it really wakes up your soul, your spirit, and just fuels it.

0:48:40 - Julie

So did I answer your question, you did yes, yes, you did Really well, thanks. Are you sensing something shifting about that surrounds the role that healers and intuitives are going to play in humankind as we're moving forward, are you seeing a shift in those energies being more readily received by just the normal society people?

0:49:11 - Mary

Oh, yes, I mean, I've been doing this for quite some time, in a way like opened up in the early 1980s to human consciousness and we called it some different things.

But I feel that we need to keep very, very clear about that and, um, grounded in that, as healers, as intuitives, um, as as the world catches up, you know, because, uh, to me, I've always been able to kind of do that, you know like, oh, I'm going to create, I'm going to have a creative healing arts, I'm going to do a practice, I'm going to, I'm going to.

I feel, now, what I do is I am a lot of people who want to awaken to their gifts, but are also our healers or our teachers or our spiritual teachers come to me and then I help them to have the confidence, not, you know, through practice, teaching, through, you know, helping them. Come on, we can do this. We're all in this together. We are the, we are leading the pack, we are and, and uh, yes, I think it's becoming more accepted, more, uh, because it's, it's part of who we all are. We all are, have this operating system, the software of being intuitive, of having being spirit. So, yeah, it's being, it's coming back and we're here holding that space for others to open to that and use recommend that anybody can implement today.

0:50:58 - Julie

That is going to help us move from insight to action, because it's one thing to understand these concepts. It's something else to take action and have them really. That's when they integrate into our lives. Can you recommend something that's easy for people to implement, that can help them with that?

0:51:40 - Mary

Um, yeah well, let's see. I'm going to. I just was sharing this. I think this might something easy to implement. I'm going to say to start to trust the message you receive and do it. So what that means is start to ask your inner know, let's say your inner knowing, or your spirit, or and someone asked me this about a pendulum I don't know what to do. I said, well, here's what you do.

You quiet your mind. You say and ask about simple things like should I go here for lunch or here for lunch? Should I have this for dinner or that? Should I call this person or not call this person? Should I go out to this meeting or not? And sit and quietly ask yourself what is, in my highest and greatest good in regard to this, and then you get an answer you will, you can use, if you do any, the people that are kind of getting into. I don't know if I should trust my intuition. I don't know what to do.

Start with those little things and then do what you, what you said, what you were told. Right, you know your guidance, your intuition said don't call, don't do that, do this, go, do it, and then keep doing every day. Ask as many times as you need to. Would this be in my highest good? If you hear, you know you can do it this way too. If you hear a yes, go do it. If you hear a no, don't, and see what starts to happen and watch what doors open, what doors close and keep asking, and it just builds your muscle and it helps you, and I think that I hope that's what you

know. To me that is so important, it doesn't matter what action, but follow the guidance of what you're being told First ask, then follow it and see what happens.

0:53:55 - Julie

And ask about everything. Great advice. Last question why do we incarnate?

0:54:02 - Mary

To have fun. That was Brandon's answer. When I, you know, I was like Brandon what do you? Why did you? To have fun, but what? What I really do feel, and I, I know this in my core. I want to experience this place here, this life, this where it's nowhere else. Can I get this level of uh drama? No, in you know. Uh drama, no in you know. But beauty and joy and love. There's nothing like the, the beauty of a flowers and and the beauty of of the land or or a loved one, and being able to hug and and those. That's why we incarnate to have an experience and to well. Learning is all is great, which is, I think, is a byproduct, but I really feel our soul longs to have experiences and this that's why we incarnate.

0:55:00 - Julie

Well, and certainly you've experienced opposite ends of the spectrum yes, I have In your adult life, let alone when you add in your childhood experiences as well. And you're still standing. Girl, you're extraordinary, I think. You're so lovely, you're so wise and remarkable in how you've been able to really go from the depths of grief losing your child to not only living a life of joy yourself but also doing what you can to help so many other people who are walking in your shoes in the same path with losing perhaps, a child or somebody else who's very dear to them, and utilizing your gifts to the world to help them navigate that journey. So bravo. How can people learn more about you and your work?

0:55:55 - Mary

Yeah, thank you so much for saying that. I really appreciate it coming from another fellow helper and healer of humanity. You can find me on my website. I've created my website. I'm a part, I'm also an artist and all those things, but, um, and it's my name, so marydagostino.com, and you can find all the things I do, all the offerings, my, my, uh, different, um, wonderful creative expressions of sessions and healings and guidance and books and classes and all of that. So that's how you can find me.

0:56:38 - Julie

And we'll have all that in the show notes as well.

0:56:40 - Mary

Thank you.

0:56:42 - Julie

Okay, everybody, lots for you to dissect here and digest and integrate into your lives, to help you on your journey as well. And Mary and I are sending you lots of love from Sweet Home, Alabama, and from Colorado too, where Mary is. We'll see you next time. Bye, everybody.

0:57:05 - 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 psychological, financial or legal advice.

0:57:27 - Disclaimer

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