

AJR Michelle Denz 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 Michelle Dens on the show with us today. Michelle is a healer who works with indigenous and galactic beings of light to help people heal on both the physical and emotional levels. Now I'm eager to learn about the Spirit Sheet channels, how they guide her healing work and if they have a message for us. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Michelle. Michelle, welcome to the show. I'm so delighted you could join us today.

0:01:27 - Michelle

Yes, thank you, Julie. I'm thankful to be on your show. I appreciate being a guest.

0:01:34 - Julie

I got questions for you, my girl. Starting with starting with what happened when you visited Egypt.

0:01:43 - Michelle

Oh wow, Egypt was beyond a lifetime. I didn't even think I would ever be in Egypt first of all. So when I had the opportunity to go, I was very excited. I felt like something was drawing me there, and so while I was there, I had multiple uploads of energy occurring. We went to Luxor and while we were there we were on a ship Well, not a ship like a cruise and on the cruise actually, when I first went on the cruise and I sat down, I was just like, oh wow, isn't this great? I'm like it reminds me of the Titanic. And then I was like sitting there for a moment and then, all of a sudden, a past life moment came. And I was like sitting there for a moment and then, all of a sudden, a past life moment came, person I was with. So then we ended up resolving the past life of my being trapped, actually, in the Titanic.

0:03:13 - Julie

It was.

0:03:13 - Michelle

yeah, it just showed me, you know, in like the middle layer of the ship and how I was dressed in that time and I was saying why are they leaving me? Why are they leaving me? So I'm happy that that ended up being resolved on that truck.

0:03:32 - Julie

What you said. I felt like I was on the Titanic. I thought that may not be a good thing Exactly.

0:03:39 - Michelle

I know I was kind of joking around, but then it just like triggered that remembrance, let's say, and so it was something to be cleared. I was happy to clear it, for sure, and it didn't even take

long at all. The energy in Egypt is insane. It's very high frequency, high vibratory, and I mean you have all those pyramids all around you, right. So you know that's huge.

We went to this little cave and in that cave I was like, okay, I'm going to go over to the left, but I was being drawn to go to the right. So I'm like, well, first let's go to the right. So I'm like, well, first let's just go to the left. And we did like probably an hour meditation and then I went over to the right of and it's very dark in there and it was the left side, was very tranquil and all that. So when I went to the right side, I stood up and as I stood there, this energy came from the earth up my entire body and just out, and I was wondering I'm like, is there anyone else feeling this energy like this? And it literally was just running through me and when it was done, it just shut down. My hands kind of went like that and then it just went and it went back down into the earth and I felt at that moment it was a significant soul retrieval, like my soul fragments returned.

And that was just one experience, so yeah, and another was when we went to Isis, the Temple of Isis and that's like in the middle of the Nile. All I kept saying was I cannot believe, I'm in the Nile, I'm in the freaking Nile, that's what I kept saying. But when we were there we were going to do like a whole meditation there and I did do some channeling when I was in that space and again, I was leaning against the wall of the temple, like overtakes it, so you're not able to like really stand on it without, you know, being up to your hip and, depending on how tall you are, waistline of water. But on this day it worked out great because it was low, the water was low, so we were able to walk on the temple and I leaned against the wall and then this energy just shot up my left foot and I was just, every time something would happen.

I'm like, oh, I wonder if that's happened to anybody else, you know, and that I felt like in that moment, that energy of Isis, it was just like this empowerment, you know, and I just felt that and I just felt like confident and empowered and strong and it was beautiful and I just stood there and meditated and then my guides asked me to like go over to the side and there was another part of the temple like deep in the water. So we did some like channeling and light language around the healing of that space. So it was a combination Egypt. It was a combination of my returning soul, fragments within me and also healing for Egypt.

0:07:28 - Julie

Sounds like you got quite the energy upgrade, frequency upgrade when you were there. Very much so, very much so. Yeah, did you notice the difference when you got back in your work and in how?

0:07:40 - Michelle

you felt I did. There was another experience I had there where we were going down deep into this tunnel and then there were a couple areas when you got in there that you could stand up in and it had like hieroglyphics all around the walls and as I wasn't probably more than a minute in and this shooting energy just came straight through like and shot out, and then for that day I kind of had a headache so I had to like and I was getting like really tired, so it was like just working itself through. So by the time I was in Egypt for about 10 days and actually about 14 days, and then when I did come home it took me about four weeks for my physical body to actually integrate all of that energy that I was uploading while I was there. So it was quite the process was uploading while I was there.

0:08:47 - Julie

So it was quite the process. What makes Egypt so special? Is it that it's just so ancient? Is it the positioning from a latitude and longitude standpoint and where it is on the equator and all you know with relation to the equator and all that? What do you think is behind all of that? Because certainly you'd been other places maybe not outside of America but for you to have

that big of a feeling repeatedly in different situations when you were in Egypt. There's something behind that.

0:09:21 - Michelle

What do you think it is For sure?

Well, I feel that well, one I know that in another life, which is we know that they're simultaneously.

So I was basically just meeting myself, I guess, while I was there, but I was a protector of the pyramids and, yeah, and the portals, because there are portals there and we visited the sphinx and we had private time for like two hours there and my guides asked me to do some toning in that space so that we can, that we could kind of balance out the portal that was in the space of the Sphinx it's very galactic there as well and so I was like, oh no, I'm not going to do that right now.

And they're like, no, you need to do that. So they literally just like pushed the toning out of my mouth. So I was like, okay, I guess we're doing it. And it was beautiful, it was very beautiful, and so I think the significance of it is that it is so ancient and that it is very galactic oriented. I know the Chaldeans, that energy of the star seed is definitely very present there and they really help the body become one with the energetic body, with the physical body, and so that we can intertwine, because we're interconnected, we're not separate, as many of us have thought at one point at least in this, you know, in this now moment.

0:11:14 - Julie

When you say it's galactic and it has portals, what are the portals to, if you know number one and number two? When you say it's galactic, what do you mean by that?

0:11:34 - Michelle

Okay, the portals. How I feel of them is that they're very sacred and what they do is it's almost like timeline jumping in a way. You go in this portal and also I feel like at one point, and also I feel like at one point I was lost in the portals like in other lifetime. So, um, it's very sacred space. It's just going into the universal consciousness, the unity consciousness. You know, it's all and nothing at the same time. That's what I feel the portals are. I think it just takes you into that pure consciousness energy.

0:12:14 - Julie

Are you led to the portals? Do you stumble across them as they're assigned? Ladies room to the right, portal to the left. How do you know how to get to the portals, and are they only around the historic sites?

0:12:36 - Michelle

Are they out in the middle of nowhere? Where are they? I believe that there are portals everywhere. We're just not completely aware of them all, unless you, I think, are probably contracted like have a soul contract in knowing. You know you are at that level of a galactic being that you would understand where these portals are. I have been at home and worked with portals and we have like a group of people that we send love out to the world and things like that. So at that time sometimes a few portals would come up and then we would do healing in light language around the portals Because they are sacred and we have to keep them protected. In a sense, I don't know like a ton about like the good galactic versus you know the not so nice galactic beings, you know the not so nice galactic beings. But I do know that the portals are to be protected and balanced. And that's when you know we need to do the sound, vibratory and frequent high frequency to realign and rebalance portals.

0:14:09 - Julie

When you're talking about galactic beings. Is that kind of like a Starship Enterprise thing, where there are different civilizations and beings in different galaxies and on different planets and things like that and they use those portals to to come join us in our human capacity on Earth? Or does it go beyond that basic understanding of Starship, Enterprise and Star Wars and the sci-fi movies that I've seen and that we've all seen in our lives?

0:14:44 - Michelle

Yeah, it's hard to fathom, right, but I do feel like it. I feel like that has an essence, but I feel like it's more in-depth, you know, it's more important than we even realize. And the portals, I do feel like, okay, so galactic beings could? There's a variety there's Andromedan, there's Arcturian, there's Lemurian. You may have heard of some of these Chaldean like I mentioned, and they're all different galactic families and starseeds, but yet, for unity purposes, we're all one like, we're just this energy, and I feel like the galactic, um, at least from like when I'm toning and when I'm, when they're channeling, like through me, it's so high pitched it's they're literally shifting, uh, like our neurotransmitters and our cellular and our DNA to help us realign back to that unity consciousness. I feel like that's their role and I feel like at one time it was all we were just all one consciousness and from that formed these galactic beings.

0:16:16 - Julie

I'm going to ask you if you'll channel for us a little bit later. Oh, yes, but I have a bunch of questions for you in the meantime. Let's go back to what you said a few minutes ago, Michelle and you were talking about your soul and soul fragments. Can you give us an idea of what's your understanding of what a soul is and what are soul fragments?

0:16:41 - Michelle

Okay, so our the soul, like our over soul, is basic, is the consciousness. It's pure, unfiltered consciousness, energy. So we have our higher self, our soul self, I say, and our over soul self, but yet it's all one and being in our physical body, we're connected to the soul but we're not, like, fully aligned, unless we're more aware of that. So what I try to do is say I connect my higher self, soul self and over soul self as one unity, consciousness, inviting, inviting in my egoic self, my physical self, so that we are all fully aligned.

0:17:36 - Julie

What's a soul self and what's an over-soul self?

0:17:39 - Michelle

Well, I feel like they're probably one in the same, but I still state soul, self and over-soul. The over-soul is kind of like the oversoul is kind of like a Kashuk record. It's your embodiment, it's your full, pure consciousness self.

0:18:11 - Julie

And the soul self, I feel, is like just a layer down from that where you're building or you're coming into that enlightenment, into that pure consciousness of the over soul. Your work bridges, indigenous wisdom and, as you've mentioned, galactic beings. How do these two realms come?

0:18:25 - Michelle

together in the work that you do.

Well, what came first was the indigenous multi-tribe families, and how that worked was I was in the middle of a session about nine years back, and I was just doing my Reiki practice with this person and all of a sudden, this swoop of energy flowed through my crown chakra and then I just literally started speaking this language. I had no idea what it was. At the same time, they

were doing all this healing on this person. I was like this is the coolest thing ever, you know. And as they were talking and I started to see, you know, and they were telling me what they were doing for the person, and so I was just trying to figure out. Well, who are they, you know? And I did find out a little later, because I had a friend who's medium, and then I was just like like I was doing a session for her next and I was like, listen, I don't know if they're going to come back. I don't even know what it was, but if it does, maybe you can help me figure it out, you know.

So that's when she said they're you know multi-tribe, indigenous, and from that moment on I have been channeling indigenous healers and guides and then, probably three to four years, maybe three years, in working with them, the galactic came through. And the more that we open up energetically, the more you know you're able to bring back those soul fragments and the soul fragments. I know you asked that actually earlier. So with the soul fragments, they're pieces of your soul that have, like separated from your over soul.

So sometimes it could be caused from trauma. You know from past life experiences where it was so traumatic that you kind of like break part of your soul off so that you don't have to feel it or deal with it and you just kind of like leave it behind in a sense. So then, when you know you're starting to heal and you're becoming more aware, then, as I did in Egypt, I went to Egypt, I was called there. Well, those parts of my soul were ready to return within me because we have big things to do, you know. So as people heal, we can call back in their soul fragments so that they become one again and heal that space.

0:21:37 - Julie

With the indigenous spirits for lack of a better word and the galactic beings. Do they speak in different languages and do you understand what they're saying when they're speaking through you? Like I said, I'm going to ask you to channel a message for us. I mean, will I understand, when you're channeling the message, what you're saying? Is it automatically translated for you or does it come in in like a galactic language that nobody on earth understands?

0:22:12 - Michelle

Well with the indigenous. I feel like, when I'm speaking, that they sound very indigenous, they sound Native American. I have had elders come through during sessions and I feel like my whole face shape shifts, like my jowls, I feel, are like down to here, and they talk very slow and they talk very intently and they come in when it's something for like a deep rooted uh, you know, trauma-based possibly, you know, within density, like density, and it needs to be uprooted and extracted out. They usually come in for things like that and then, yes, I do, they do share with me what's being said.

For the most part, though, I say it's like light language, if you've heard that term. So it's basically this pure essence, energy, and although there are no English words, they do translate the things that need to be translated for the human side of the healing. So the mental mind can, you know, wrap around it, and so we do. They do provide information to the people so that they're in awareness and they can start that healing process even more, and they give guidance, so they'll tell me what the guidance is, and so that the higher self, the soul self, the over-soul self, understand it fully and completely.

0:24:06 - Julie

Okay, so it's like they're translating telepathically.

0:24:09 - Michelle

Yes, our soul knows, like our higher self, knows, exactly what is being handled and healed and assisted with, and for the galactic it's completely different. The indigenous are very vocal, they're very hands-on. They're going in there. There's you know, coming up and they're pulling

out stuff and they're you know, and then if there's any entities you know that aren't weren't inviting into your field, your energetic field, then they're telling them basically to hit the road. You're not welcome here. You can go to the light or you can find somewhere else to go, but it won't be in this space for this person.

0:24:54 - Julie

And does it sound like it's a Cherokee language or a Navajo language or something along those lines that you've heard before? Perhaps before you got into this work, it is.

0:25:07 - Michelle

It all feels very familiar to me. It all feels very familiar to me, but I wouldn't be able to say it's one dialect or another. I feel like what happens is there's so many multiple tribes channel through my throat chakra that it's not just one.

0:25:42 - Julie

It's many. You know that's the unity conscious. We're just one, so they come in as one. Or do they just make noises or sounds? Or is it like they're speaking in a language? Or is it that the galactic guides don't really speak, that we just know what they're saying telepathically?

0:26:20 - Michelle

Back to your point earlier that it's a telepathic translation. Yes, so for the galactic, when they're transitioning in to do their piece of it because it's usually a combination of the two when they're transitioning in, then my voice does change and you can hear the tone difference, the tonal difference. They're very vocal in toning and frequencies so it's very high pitch. That's the reason why I had to try and find a microphone that would handle the frequency level. So it does sound crazy. It sounds like it does kind of sound like you know the little character guy. It's very Chewbacca, Chewbacca. Yeah, it's very tonal.

And when they get into that really high frequency you can actually at least I can, and I think some other of my clients have said they could feel it. But it's almost like that Morse code where it goes dun, dun, dun, dun, dun. It's like that. It's like you can, literally I can feel it. And when that's happening, when the galactic come in, they're really for the mental mind and the cellular to like shift our cellular. And I'm not I'm definitely not a doctor or a scientist by any means, but this is what they've shared with me and this is what the clients have like been able to shift from. So you know mental mind looping, you know constant um your neurotransmitters. They can like literally balance them back out and like heal um that mindset so that you're able to like move forward. You know you can get through some mental anguish and things like that.

0:28:16 - Julie

It's been my experience, Michelle, that spirit communication is numeric, comes in numerals and then our brains decode them, kind of like the Allies during World War II they decoded the Nazi messages and so it really helped them win the war. And I just thought of that when you were saying it's like almost like Morse code and that would make sense to me that it's that that information telepathically is coming in in a code, in a numeric code more likely, and then our brains are able to decode them. What or who are the blue-toned stargazers?

0:29:01 - Michelle

Okay, blue-toned stargazers. They are a hybrid galactic family that has not been to Earth until like at least that's what they shared with me about maybe four or five weeks back now. I was like in a session in the Akashic Records, and in the Akashic Records is very high, a very high frequency space. And they took that opportunity, kind of like when I was in the, you know, a healing session, and the indigenous came through and just started speaking. They kind of did the same thing where they came through during that session and they said they were the blue-tone stargazers, they were here to assist us, that they were hybrid, meaning that they're

Arcturian and Palladian, I believe they said, and the energy was so strong that it just put me into this meditative space and all I could do is like just sit there and you know, in the way that it works for me is I can see them and hear, you know what's being said, but not like in a physical way, like I'm seeing you. In a physical way, like I'm seeing you, it's kind of like almost telepathic, and then you kind of just it's almost like an imagined, but it's not imagined, you know. So then when they were coming through, um, when sharing that I ended up having to lay on the floor because it was that powerful and I was just in this state of being, in my client was just like is everything okay, you know? And I was like, you know, thumbs up, because I was just in that space and they showed me this remarkable Grand Central Sun. I actually drew it out because they asked me to draw it out, it out. And then they had the collective like from here up, you know, facing the sun, and it was huge and they were just saying that you know, that is the energy that we need is from the Grand Central Sun.

And then, when we moved over, they kind of like were showing me in like little skits in a way, and they just had me feel this beautiful loving energy and the importance of that Grand Central Sun. And then they just said stop the destruction. And like tears came down you know my face and they said it twice. They were just like stop the destruction. So they're here to help, to assist us all in coming back to the light in a sense, you know, coming back to the truth of who we are coming back to, aligning with our empowerment, our strength, you know, our love, our pure essence. Now they're intertwined with all of it and I call it the galactic because, again, it's multiple. You know starseeds that I'm working with, so it's always just been easier to say the galactic instead of naming 10 different starseeds.

0:33:00 - Julie

Yeah, I got to tell you when I was prepping for this conversation and I came across the blue-toned stargazers, the picture in my head, and then I thought, why the heck am I visualizing this? And then it made sense to me, see if this resonates for you. The picture in my head was of a 1960s Motown R&B group dressed in those blue, you know suits, like the Pips kind of thing, and I could see them moving and dancing and the music was amazing. Because I love Motown, the music was amazing, they were fun to watch, they were coordinated, everybody got it, they made everybody feel good and it was a memorable scene. And I thought and I get all these crazy analogies in my head I'm thinking really, the blue-toned stargazers are reminding me of the Pips, with Gladys Knight and the Pips from the you know the height of the Motown days, but the feeling was just one of pure joy.

0:34:04 - Michelle

Yes, yes, pure joy, pure love. You know, it's just this, it is. That's the essence of it, it really is. It's just the the trueness of who we are. We need to come back to that. And they're so related to the Grand Central Sun that it just because what is the sun? It makes people happy, it makes people joyful.

0:34:35 - Julie

What's the Grand Central Sun? Is that different from our sun, from our solar system? Is there like a sun over all the solar systems? You've referred to that a few times. What's the grand central sun?

0:34:45 - Michelle

Yeah, I. Well, when they showed it to me I didn't even realize. They told me it was a grand central sun and I didn't really understand that myself. So when I looked into it, it seems that it is the main source, main source of energy, and what happens is like the rays come down into the other sun.

0:35:13 - Julie

So if there's more than one sun Is there a source like God or the universe or what creator or that kind of source.

0:35:20 - Michelle

Yeah, it's like the be allall, end-all to energy. Okay, okay.

0:35:27 - Julie

Yeah, all right, that makes sense, yeah.

0:35:30 - Michelle

I wish I would have brought it, but I do have it on my YouTube where I put it out because I want people to see and they want people to see this. And they are kind of funny too, because when they said stargazers they were like that's with two Z's and I'm like, oh well, pardon me, okay, I'll make sure you know that's known. So I thought that was kind of funny. But, um, yeah, the, when I drew it out, um, I channel. When I drew it out, I definitely channeled that, and then we wrote light language on the back of it. So it's very powerful. Even just staring at it, you can receive energetic remembrance from that.

0:36:23 - Julie

What's light language look like? Does it look like hieroglyphics, or Russian letters, or Hebrew letters or Sanskrit?

0:36:29 - Michelle

or what it looks like, scribble and like when I write it too, when I'm writing it out and I've been writing it probably for I don't know as long as I can remember, maybe eight years at least, and I have books and books of it. So I write from right to left, and sometimes they'll have me write left to right or draw and they'll relay a message for it, and sometimes not because it's very energetic too, it's just pure light itself, even written so, and I believe, because it's just channeled. So whether we're speaking it or writing it, it has that pure energy to it. And you were mentioning the coding before. So the coding, that's one of the things. Our energetic system is a bunch of codes.

If you ever notice in the last few years how all of a sudden every insurance companies and all these other companies are using all eights for their phone number or all fours for their phone number, or people will start seeing license plates that are the time 111 or 1111, or the license plates are 5555. The numbers all have energy and meaning to them, and our coding within our system has that as well. So in the etheric layer I call, you know, our etheric body. In that space where we work, we decode and recode. So it's a matter of when you're decoding things in there, it's shifting everything else and then your physical life can shift along with that. So it kind of like helps you to advance. In a sense it helps your ascension.

0:38:35 - Julie

If you go back and you read those journals that you'd written light language in, can you read it like you're reading English or do you interpret it telepathically as you're reading it?

0:38:58 - Michelle

Well, what they're saying is that it's an essence of energy. So it's not, it's just a pure knowing from our true self.

0:39:14 - Julie

That's what I was getting at with telepathic understanding.

They do, they will translate some you know some of it for me. If they really want me to know, like if I had a situation occurring and I needed help with, they would channel in English and then I would write it in English.

Okay, do your guides have a message for?

us. Well, we can do channeling. That'd be great. Would you like to do that? And like we can add some galactic, because I do feel like we're coming into a space now energetically for world universally, that the galactic are here to like really assist us in in doing some like sharp shifting, you know, and down. We were meant to live a healthy, happy, joyful, loving life, you know, and a lot of that got lost. So they're here to help us shift all of that and get us realigned into knowing, you know, the beauty that we are and the trueness that we are. So I feel like for this, that will be our intention is to bring in an alignment for all and any that listen to your podcast now and in the future, shaniyamokwari, aminah, so that they may receive exactly what's needed in that time that they find us.

Fabulous.

So feel free anyone you know that listens to this to close your eyes. And just closing your eyes, just kind of like, brings you within yourself so that you're very present.

[illegible]

Mokriya Kare.

Wara Bokoturi Ama Katan. Thank you.

I don't know, oh, um, thank you, thank you, thank you, thank you, thank you, thank you, thank
you, thank you, thank you, thank you, thank you, thank you. Yes, thank you, thank you, thank
you.

How do you feel? Great, I saw all kinds of visuals. You know, no drugs are needed, just do the frequency. I always say if you want to do the drugs, whether they be ayahuasca or whatever, that's one way. But I always say you don't need them, they're not necessary. I'm going to describe what I saw in my mind's eye and see if you can interpret this, and see if you can interpret the meaning of what they were channeling through you and see if it correlates with what I saw.

First of all, when you first started channeling Michelle, there was a zigzag line in my energy field, like in my body. In the left side of my body, the feminine side was rock, but it was like a zigzag line. It wasn't a straight line of demarcation. And then the right side of my body, which is the masculine side, was fluid. It was like water. And then the water. I started seeing the water

rotate. It was like there was a vortex inside of it and then I started seeing drops of water going up. You know how you see drops of water coming down. These drops of water were going up. Oh, wow, I know this is interesting. And then what happened was eventually that line of demarcation fell away. It was getting busted, it was getting pummeled with the vibration, with the vibration, and then the water encompassed both sides and was moving and then out of the water.

There were several things that happened, but the thing that I remember the most was there was this structure that looked like you'd see in the Grand Canyon or someplace like that, where it was two big arches that were not joined in the middle, like two pieces of rock, you know that came over to form an arch, but it wasn't joined. And then, near the end, it joined. And then, as soon as it joined, there was this big burst of light. That's beautiful. I love that. So that's what I saw in my mind's eye. How do you dissect that?

0:48:26 - Michelle

Well, I feel like everyone will have their own perception and feel, because we're all unique and different, right, right, right on the spiritual side, and it's about future. So water to me is very purifying. So they're saying like, as you were seeing these droplets of water, but they were going up, and it's more of like you're attuning to a higher ascension. I don't know if it's possible for you, but yes, I think we can all jump up a couple notches. You know, always, always.

So I feel like that's kind of like what that was kind of showing and I feel like also just sensing the vibration of that water. It just is like. It's like this light blue, very light blue, and it's just like a joyful, happy, and that's how they're showing it, because it's just that's where you are and that's where you'll continue to prosper and be so. And they're saying like and as you do this, it's like you'll just continue to open more and more hearts, you know. So we thank you for that. We thank you for your presence and the opportunities that you give to everyone and all the help that you are offering to people. They're just like so they just express their gratitude and appreciation for how you're helping our world as well.

0:50:48 - Julie

Aw, you're making me weepy. Yeah, you and your posse, and then those. I thought it was really cool when those two archways of rock then came together and then there was an explosion of light and then you ended.

0:51:05 - Michelle

Yes, okay, so that's right, you did share that. So to me, how that feels is, um, like ending the separation. That's the ultimate goal. Even the blue tone stargazers, like we have to stop the destruction. It's bringing us back to our awareness of that we're all one. It's all about just loving, loving, loving no matter what someone has done or hasn't done, no matter of all that, because the more love that you give the person that hasn't done for your perception, you know, it's just. That's the piece we need, all the pieces. You know, when they show all the collective, they showed everybody there's no one excluded so the more that we can understand that and just bring ourselves into alignment, and that is getting closer and closer. It's crashing because it's we're that consciousness again. So maybe you saw a vision of us like coming uniting as one, and that's really the goal.

0:52:21 - Julie

Interesting. Wow, that was fascinating and fabulous all at the same time Fascinating, fabulous and fun.

0:52:29 - Michelle

It was fun. It was fun, thank you so much.

0:52:31 - Julie

It was fun. Thank you for doing that for all of us and to your point. Everybody's going to get a different experience, and different I call them divine downloads, where you're going to get different insights. Everybody listening is going to have a different one, whether they listen soon or whether they listen five years from now. It's all perfect and you mentioned that earlier, before you started doing the channeling. That it's all going to be. The vibration is the key and it doesn't really matter when you listen to it, because it's going to benefit whomever listens to it or watches it when they do. A couple more questions as we're winding down. If you could share one message with everybody on the planet, what would it be?

0:53:20 - Michelle

They're saying lead with the heart, lead with the heart, lead with the heart.

0:53:48 - Julie

Oh sweet. Last question why do we incarnate? We?

0:53:54 - Michelle

reincarnate, I feel, because we have. We have like soul contracts. It's almost like consciousness wanted to experience life and then when we decide, you know, because we're all one, so then we break off and then we're into our own individual space and it's really for growth. You know, our growth, our awareness, I feel too a huge thing is compassion, like bringing back compassion, because if I, if there's anything, it's kind of, unless you experience something, sometimes you don't have compassion for that.

The thought someone said the life of you know being poor, being rich, you know all of these. You know losing a loved one, anything, really, all these different experiences help you to have more compassion and understanding and awareness. That's what I find fascinating about it and because I was like, well, if I wouldn't have done, you know this, I wouldn't, you know, if I wouldn't have lost someone who is so true to me, to my heart, someone I love so deeply, I wouldn't know what it was for another person who had the same loss. You see, you have compassion for that and I feel like that's the most important thing we can do is lead with our heart and have compassion. No matter what the scenario, even if you didn't go through it, you can still be kind and gentle and understanding and just be there and in love, in the energy of love.

0:56:18 - Julie

You are just fascinating and obviously very bright and fun too. The stuff that you do is fun and, I think, brave as well for you to put yourself out there, especially in these ways that you're channeling, and to help as many people as you can and to get over the okay. This is going to sound a little different for you, but it's really powerful and it can really help you, and I just have so much gratitude and respect for you for the work that you're doing.

0:56:59 - Michelle

Thank you so much. I appreciate that. Yeah, it's, they're pushing me, my guys are pushing me out. They're like you need to start going out there, you need to be out there. People need to hear, they need you know, help, your help, and we're all here to help in various ways. Right, and this is my, my way, and it is crazy. I always say, well, you know, especially if no one's done any energy, work, and then they come, they find me, you know, online. It's so funny. I'm like they're led, they're led to you, yeah. And then I'm like, well, it's going to be crazy, but Buckle in, buckle up.

0:57:41 - Julie

But it's worthwhile. It's worthwhile Exactly. How can people learn more about you and your work?

0:57:48 - Michelle

I have my website, which is www.soulsrtouched.com, and I do have YouTube. I have some videos out on YouTube channeling and doing fun stuff. I kind of just started a little podcast, just, you know, to share the awakening. You know what people go through or what I've gone through, so that maybe it could help someone else. So that's kind of fairly new through, so that maybe it could help someone else. So that's kind of fairly new. Yeah, but mainly I have you know the things on my website Wonderful.

0:58:32 - Julie

Thank you again for the work that you're doing. In the meantime, everybody, we're sending you lots of love from Sweet Home, Alabama, and from New York too, where Michelle is. We'll see you next time. Bye, everybody.

0:58:46 - Annncr

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

0:59:01 - Disclaimer

This show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional. The Ask Julie Ryan Show, Julie Ryan and all parties involved in producing, recording and distributing it assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.