

AJR Philip Mountrose - Transcript

0:00:01 - AnnCR

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 Philip Mountrose on the show with us today. Philip is a holistic healing pioneer and co-founder of the Awakenings Institute. For more than 30 years, he and his wife Jane have helped thousands align with their soul's purpose and awaken to a more meaningful life. Through his books, trainings and intuitive practices, Philip reveals how to release blocks, access higher guidance and experience everyday life with deeper love and clarity. Today, I'm going to be asking him to teach us how to open our hearts, trust our inner wisdom and live fully aligned with our soul. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Philip. Philip, welcome to the show. I'm so delighted you could join us today.

0:01:48 - Phillip

Great to be on here with you, Julie.

0:01:51 - Julie

Thank you. You say you and your wife Jane are working to bring spiritual wisdom down to earth. What do you mean by that?

0:02:00 - Phillip

Well, as we started to explore for many years spirituality as you and many listeners have, we realized a lot of it can get lost in the impractical realms, Like it sounds interesting and it sounds very alluring and there's actually a spiritual and earthly polarity we can talk about. But then what do you do with it? Is it practical? Is it something you can actually use and embody? So we look at everything we do and say from that vantage point yes, we do like to explore farther out things. Of course, what's farther out in our reality is pretty normal in a higher reality. But translating that where we are now, so we can actually use it, bring it down into form, has been a motivating factor in what we do and say, including in this moment transmute, translate, transfer that spiritual stuff into applicable language, and suggestion that can help people in their everyday lives.

Well, we like to have people tune into what we call their soul or their higher awareness, and if they can do that, they're getting sort of spiritual prompts. So it's good to just be quiet and be still and be open. And if you can do that with a sense that you are connecting with something larger, it will come through you and the more you do that, the more you're a container for that and it's more easy to just get a message of what makes sense now practically. How could I understand that? How could I use this? How could I explain it to someone so it would make sense?

0:03:52 - Julie

And to people who have trouble meditating and getting still and they say I've been trying to meditate for years and I just haven't been able to master it. Is there something that you can offer to those folks who really want to be able to do it but have not figured out a way to really make it happen for them yet?

0:04:14 - Phillip

Well, a couple of things on that, Julie. First of all, there's a certain percentage of people there's a term for it who, quote can't visualize. A very small number of people, according to scientists, one to 3%. Nonetheless, what I think is really going on is that people, some people just don't visualize, they don't see things. So since I can't see anything, I guess I'm not getting anything. And so it can be very, seemingly, very self-defeating and you want to just realize like, ok, maybe that's not the way it is for me, maybe I need to open up to just sensing things. You know, what am I getting?

I remember one lady we were in an intuitive class with, and all she would see were diamonds and symbols. She said I'm not getting anything. What are you getting? I'm getting these shapes and geometric shapes. But for her, once she got into the shapes and they actually didn't resist it, they told her, they gave her a lot of information and channeled the wisdom.

So part of it is just being open and see what comes up and give yourself time and be patient with yourself. That's a big key to all of this being patient, because in today's world we want sort of instant answers to know. The first thing that comes to mind. That must be it, but generally speaking, I found it's actually more subtle than that, and people who make discoveries, it's not necessarily the first thing that comes to mind. It's something that comes over time and the aha comes unexpectedly, not when you're trying to make it or force it to happen. So, to sum it up, a collection of ideas. There is to be patient, to breathe, to wait, give yourself time and, if you can entrain yourself to have a soul-centering, what we call awareness, rely on that for your intuitive wisdom.

0:06:07 - Julie

I have found in the classes that I've taught over the years and hundreds of students from all over the world, Phillip and I'd love your take on this that we're going to process information from spirit in a way that it's easy for us to do it first, so somebody who's a visual learner may be more visual in the information they get. Somebody who's more of an auditory or kinesthetic learner may process information that way and it's been my experience that spirit communication is in numerals, it's numeric, and then it comes into our brain and then it's decoded, similar to the allies during World War II. They decoded the Nazi communication and it helped them win the war.

I've also found that the more somebody does it, the more validation they get, the more they learn to trust the spirit. Communication and then the other senses come on board and they're then kind of a plethora of all of the different ways to receive information. Have you found that to be the case as well?

0:07:17 - Phillip

I like to call it an intuitive knowingness, where something you're just feeling into it and it feels right and you don't know logically what that is. In fact, Einstein said that we have it all backwards. We use the logical, rational mind as our master. It should be the other way around the intuitive mind trusting that intuitive mind and then afterwards figuring it out. It'll just come to you naturally if you have the right order. But if you have the wrong order, it just doesn't fit and you're fighting yourself and you're struggling, which is actually one of the reasons we like to use oracles a lot, because it prompts this, develops this intuitive ability to see these images and words and they connect to something deeper.

0:08:03 - Julie

But do you find that somebody, perhaps that's an auditory learner, is going to receive information from a spirit and then eventually their visual senses will come on board and spirit communication? Have you found that to be?

0:08:18 - Phillip

the case. Yeah, I found that true. So they have just a way that makes more sense for them, which may not be the way it works for you. So, to be very open, so I like to, just when I'm working with people, to see what's that like for you making a neutral statement, and then, if they start hearing messages, they do that or they often a lot of people especially when they think they can't visualize, they're just sensing something, they are actually getting some kind of feeling or connection to it and just stay with that, just see where it goes.

And we're having that continuously, like in this discussion. So we're going to be saying some things to each other and to the listeners. That is going to activate certain awareness and some of it may be a little confusing or take that processing time which might be with your auditory or visual or kinesthetic or just that knowingness, and that may even be. Some of it may be even triggering, and if you can sit with that, that will be useful and then after a while we'll integrate, and that may take some time too, and then the process starts all over again. So hopefully, by the end of the interview here, people will have a lot of activating, clearing and integrating, which will probably go on after the discussion finishes here.

0:09:44 - Julie

Philip, a couple of minutes ago you mentioned using oracles. Can you explain what that means?

0:09:51 - Phillip

Right. There are oracles, which can be tarot, which have been around hundreds, if not thousands of years, which is a very traditional system, a set system of different cards, meaning different meanings, more or less. And then there are oracle cards, which are very free-flowing and flexible, usually built around a theme, and we found them in our trainings and my wife and I at Awakenings Institute, our nonprofit organization, very useful for discovering hidden meanings, guidance, purpose, healing and more, and they can be kind of revelatory and the way I like to do them is with a person and we can even do this sometime here is to draw a card and see where it goes with us and the listeners.

I'll give you an example of a card from a deck and this is an Oracle deck versus a Tarot deck, which takes a little description if you're not familiar with it. I think Oracles is a good introduction for us here. I was on a retreat a little personal retreat in Santa Barbara, California, and I was feeling really good and I drew a card. I brought the card out. It's from the Sacred Destiny deck by Denise Lynn and it's thriving if you can see it here. And the neat thing about doing this is immediately the senses are interactive. So when you watch this, something is happening in you more or less, and especially Can you describe it to those that are?

listening, people can't see it visually. There's a savanna kind of a desert background. There's a giraffe in the foreground and a baobab, an ancient tree, growing in this sort of desert savanna background. And the term, the meaning is the one word, thriving, which is a brief description of thriving. So when I drew that in the morning, I'm saying thriving. That seems odd because you know I'm in the morning. I'm saying thriving, that seems odd because you know I'm in this retreat. I'm feeling like I'm thriving already. You know it's kind of you know, do I need more of this? Is it reaffirming something for me, you know? And I just kind of sat with it and it's an enjoyable picture, okay.

So I went out and I went to a preserve, a beautiful preserve by the ocean there, and I sat down under a eucalyptus tree and did some meditating. So I'm meditating, getting some messages, some channeled messages and stuff, but meanwhile a lot of people are bringing their dogs by. This is a beautiful place, this kind of open place near the ocean, where dogs can run and they're throwing sticks and they're barking and yelling. Dogs are having a great time. So I'm kind of looking at this, breaking my meditation and there's a slight moment of you know I'm being interrupted. You know a slight momentary glitch, irritation, maybe a negative voice, and that's good to notice when you have that.

Hmm, something happened there. And then I'm just breathing and then I'm sort of enjoying the dogs, because the dogs are having so much fun throwing these sticks and having this open space and I'm thinking, wow, you know, wow, this is amazing. And then that card, that thriving card, came back. So I was thriving, but now I'm thriving even more because I can co-participate with these dogs and the people, their co-masters, their dog companions, and they're thriving and we're all thriving together. And it made it much more meaningful. So that's sort of a simple little story, but that's an example of an enhancement of how an Oracle card can help you. So should we pull one for?

0:13:21 - Julie
us.

0:13:23 - Phillip
Let's pull one for the conversation and and I'll use the same deck, let's stay with that, the Sacred Destiny deck. And so what I like to do is have a theme. And what is the theme? So the theme is what we're talking about today, so let's see if we can hone in and maybe we need the channel bed. What is? Because we like to get a message. Because generally when you do a card, it's good to have a first and intention for drawing the card. I had an intention when I drew that thriving card. You know how could I have a great day, or you know what could be most useful or meaningful for me today. I often have that question when I do my kind of oracle, sacred meditative practice in the morning, as does my wife. So let's see, julie, you have one, or you want me to just come up?

0:14:12 - Julie
I do. My intention with this is to share information back and forth that can help people integrate spirituality into their lives. Practicality and spirituality that's my whole MO is we take the spiritual and distill it into something that's practical so that it can benefit them in their lives every day.

0:14:38 - Phillip
Great, and that harkens back to where we started a few minutes ago. That's good. So there's a deck and you draw it. You can select the cards. That's another way.

There are many ways to do this and we like to teach people all different things. You can do with oracles and channeling and mixing and matching these things, but this is one example. So how do I get the right card? Well, you shuffle them, you pick the deck that you're intuitively led. So this is a great way of building your intuition, and we all know intuition is great. But how do you develop it? Well, you're now experiencing and I'm showing you a way, and we'll all have this experience together.

Yeah, so this is the right card, according to my feeling. You know, how do you know? I'm feeling it. I don't know how, I know it's not rational, but okay, here we go. So here are the chills, the goosebumps, the God bumps.

So people who are not seeing this it has a big purple kind of amethyst crystal growing out of the ground and it says wonders. This is the term in the card. I think there's a little brief description of it that may also trigger some more meaning for you or for us, and then we'll share on it. And then the listeners. They're wondering about the wonders. Things will happen with them now or later. And it is a quartz crystal, according to the deck description, and this is a card about sacred landscapes.

By the way, this oracle deck Just around the corner. Exciting possibilities are waiting for you. Wonders will be abounding in your life. Sometimes they won't be apparent At first. Nevertheless they are there. The more you see them and embracement, the more these possibilities will grow in magnitude. Celebrate and cherish even the smaller ones and let go of expectations. Don't limit them. So, opening up to the wonders. How can we make things practical was the focus. And when we have a beginner's mind, a mind that opens up to the wonders, things can just naturally flow through us rather than trying to control them or block them. It's interesting our senses can only pick up a very small amount of what is actually even physically available, what we can see and hear, and when we're identified or focused or tunnel vision, like we often are, we miss the wonders, the openness of us just being here in this moment on the Internet, exploring this beautiful topic and channeling this crystal energy which sort of amplifies it to me, and that's kind of my first impressions. Julie, you want to share what's coming up with you.

0:17:26 - Julie

It's much more basic. You're going to laugh, bill, but I tell you this I'm looking at this card and I'm thinking it looks like a purple ice cream bar, like a fudge bar or an ice cream bar, but it's purple and I'm thinking why the heck am I thinking of a purple ice cream bar? I don't know that I've ever seen one before. But then I thought, well, it's a wonder. You know, it's fun, it's delicious, it makes you feel good, it makes you happy, it brings back memories, maybe of childhood, of eating ice cream bars as a little kid, and it gives us that childlike wonderment component to life in general. So that's where I went from a purple ice cream bar, from your purple crystal on your oracle card.

0:18:15 - Phillip

Oh, gosh, that's hilarious. You're injecting that playfulness and lightheartedness and the oracles often do that and that's really great, because we're often missing that element, because there's a lot of heaviness going on in society, a lot of things to be concerned about and worried about, and we're not saying to hide your head in the sand and ignore that, but to have a lighthearted, open, wondering, curiosity. Many things will be possible for you. You can make some incredible discoveries. Many things will be possible for you.

0:18:45 - Julie

You can make some incredible discoveries, well, enjoy and curiosity, and all of that are high vibration frequencies and it's way easier to communicate with spirit on the high frequencies than the low frequencies. On the, I Feel Creppy channels Right. Because spirit's a high vibration and they're always broadcasting. But if we're tuned to the Yagdiel Krabi channels, that's not what's being broadcast on that frequency.

0:19:12 - Phillip

So yeah, right, that's a very kind of downer frequency.

0:19:16 - Julie

Yeah Right, very limited Purple ice cream bars. Who knew?

0:19:19 - Phillip

Victim. Yeah, you get into the victim mode very easily in that frequency, rather than sort of the liberator and what's possible. What can I wonder about today? You know, I'm wondering why I'm feeling like a victim. You know, I'm wondering why. You know, wondering if I could do something else. Maybe, going back to your initial question, I'm wondering why I'm having trouble meditating. I'm wondering how I'm. I can't do it this way. Okay, well, could I do it another way? You know? Could I do it walking? You know? Could I do it in my backyard?

0:19:49 - Julie

Yeah, was there a catalyst that really took you from I want to hear about your life before you got into all this woo-woo, spiritual stuff, and was there a catalyst that caused you to say this is really what my calling is and this is really where I want to focus my energies in my life and in my career? Can you take us down the abbreviated version of that journey for you?

0:20:20 - Phillip

Yes, the abbreviated version. In my 20s I started becoming very actively seeking spiritual growth. It eventually led me into a spiritual group where I joined them and I actually met my wife, Jane, there and we married and we left the group because the group sort of fell into that paradigm of following the leader and the chosen ones and I said, gee whiz, I grew up in a Jewish religion. I think I've heard that story before and you know, you can't really. People don't really believe this, do they? Yeah, they do, they believe this and they don't know this. So I left the group and was a lot wiser for it, because it was really great opening the certain spiritual traditions and this is something I want to put a side note.

That's an important point. There are many great things you may have in your current religion or following your current guru, whatever, but don't throw the baby out with the bathwater and when you outgrow it, don't just say okay, because the guru was exploiting money and women. That doesn't mean I didn't learn anything, because some people just it's all or nothing. Again, they're still in the same mode, like that was all worthless and that person cheated me and victimized me. No, you learned a lot and you also learned about how you can get victimized and exploited too, so you're wiser for that.

So, anyways, we outgrew that and we knew that there was something more in spirituality, Julie, because that group didn't really allow, for they had something not expressing negative emotions which made people very repressed. In other words, they didn't deal with the shadow side. So we started looking after that in the different ways of healing and we became very good at healing. We were early adopters of EFT emotional freedom techniques and wrote some books on that. We developed spiritual kinesiology, healing from the souls. We went deep into healing, which was necessary for the spiritual growth you need the healing and the spiritual growth, the light and the clearing the shadow. So all of that led us to where we are now, and then that took us more into the oracles, connecting with angels, channeling, and more of that in more recent years, although we touched on that earlier too.

0:22:31 - Julie

What's spiritual kinesiology and how does it help people?

0:22:34 - Phillip

What's spiritual kinesiology and how does it help people? Spiritual kinesiology so we I did tell in our story we learned from a fellow, Barry Snyder, in 1990s about soul centering and that really helped us get connected with our own souls and just doing a meditation and breathing into our heart and feeling a deeper connection, that's one way to do it. We teach other ways too and that was wonderful. But then we, as I said previously, there's the healing component. Okay, so where you don't feel good about yourselves, you feel like something's wrong with you, you feel hurt, anger, fear, negative emotions, restrictions.

Well, what do you do about that? Well, a couple of things is you can muscle test, which is kinesiology, and we have checklists and so forth on how to get a sense of what it might be or might be connected with, say if you are hurt or angry, and then you can connect with the soul for the healing and that does what NLP is called reframing the situation. So if you see yourself as like a lady I helped who felt very betrayed by her friend who stole from her in their spiritual business and for years she felt very betrayed by this former friend but if you can breathe in your heart and soul about that. You reframe it and see it from a different perspective. It's not just knowing I shouldn't be angry and I should let this go, that's a thought, but when you can actually feel that, you can reframe that and we have a whole system to do that. That's just a brief description, if that makes sense, if that's complete enough.

0:24:19 - Julie

So, for that example, how did she reframe it? What did she after the exercise was over? What did she come away with? That was a different perspective from how she had felt about it before she did this exercise with you.

0:24:37 - Phillip

Well before that, she had been a meditator for seven years. Since this incident, she meditated regularly but she still had, like it happened yesterday, this same feeling of actually as a thought betrayal. But the feelings were the hurt, the difference to distinguish. And then, after this and it was very short, since she had connected with her soul she was immediately able to forgive herself and her friend and release it and feel comfortable with it. So when you go back to it, how do you know it worked?

Is it still the same charge and the same irritation? And it may diminish too. It may not be an instant, it may take a few rounds or a few times to integrate, but you're just reoriented, like it's as if it happened to someone else. I mean, we would all feel bad if someone betrayed you know, if I knew someone betrayed you, I would feel bad about your experience, but I wouldn't personally have my life being diswrought from it, and so I would be neutral. So you get to the point if it was happening to you or that you're neutral as if it happened to someone else.

0:25:44 - Julie

You neutralize the emotion is what it sounds like.

0:25:48 - Phillip

Yes.

0:25:50 - Julie

You mentioned muscle testing For those who don't know what that means, can you please explain that? You mentioned muscle testing for those who don't know what that means. Can you please explain that?

0:26:10 - Phillip

Muscle testing. There are many, many, many ways to muscle test, but basically it's having a yes, no response to any, usually a statement. It's better than statement than a question and you can a simple way maybe the way I think a lot of people do it the best is by a sway test, where you go forward or backwards. And so what you're testing, Julie, is your unconscious as well as your conscious mind, so they may be in agreement or they may not. What's revealing is you want to find out what's being held in your unconscious, which is a much bigger storehouse that's operating a lot of your behaviors and unconscious actions. You know, acting out Like wow. I just was very irritated when someone said why was I so irritated? I don't know, but I just burst out I was rude. I've had that experience. Where was you know? So you have to track it back. So, for instance, we have a checklist we call it a basic checklist.

So you focus on these statements, say, you focus on your mother. Is that a positive or negative? First thing, and you might. You know, let's just say I love my mother. But you kind of go back and if you want a muscle test, there's a lot of ways you can break your fingers, you can hold it strong or break it weak. And people with another person they often see muscle testing where you're pushing on your arm to go strong or weak. So is your immediate reaction strong or weak, unconsciously, without thinking about it, if you do it correctly Focus on your sister, focus on being a wife, focus on being an employee so those are some of the ones in like one of our checklists. So each of those has an immediate reaction. So let's say you focus on your mother or focus on your father and you say I love my father, but you're going weak.

The next thing that we say is what is coming up when you focus on your mother. If that's weak, you focus on your father. What's coming up? And because you're in this environment, we've set up, something will come up. Well, I don't know. You know my father used to criticize me a lot. Oh, okay. And then, neutrally, you know, tell me more about that. And then you can do the reframing and anchoring with the soul, bringing your soul into it, like I did with the lady who felt betrayed or thought she was betrayed, and have a more loving perspective on yourself and or the other person. It doesn't mean what the other person did is acceptable, if they abused you or something. It's just reframing the way you understand it.

0:28:41 - Julie

Is all of that that you just told us about? Is that what you consider to be a belief buster?

0:28:47 - Phillip

Belief buster. That's another little process. We've developed a lot of processes which I think are kind of original to us. We call them getting through processes.

So when you do like holistic EFT, tapping, tapping the meridian points, or that spiritual kinesiology, healing from the soul a good starting point like if someone has something right now that they want to change is you ask a series of questions, four simple questions, and one is do you think it's possible to change this Now? If you don't think it's possible to change this, that's the first level. Yes, I do, let's say you do. You know, if you didn't that you'd start there. Do you think it's possible for you to change this? You know, change my relationship to my father say, yes, do you think it's possible for you to change it now? Well, I could change it, but I don't know if I could change it now. So that's where we'd start. Even though I don't think I can change it now, I could still wonder, I still can explore it.

So you want to address that idea that well, how come you don't think it's possible now? Or whatever level? They're stopping the belief busting. So that would be an initial kind of showstopper if you didn't think it was possible Now, some things may not be possible, that maybe on this plane, you know, can I be 25 years younger, you know, can I jump 10 feet high? So some things are maybe beyond the laws of physical reality, of course. But other things or another question that we ask sometimes is do you think someone else could do this? In other words, do you think someone else could maybe figure out the situation with your mother? Yeah, probably someone could. Could you figure it out? I don't know if I could. So it's different levels of belief.

0:30:37 - Julie

What do you say to the person who says I want to change my relationship with my father, but he's dead. He's in heaven.

0:30:44 - Phillip

Right? Well, even though he's there quote in heaven, although if you think that life goes on, he's still there in spirit. You're still relating to him in this world. So your relationship to him now

is still active, regardless whether he's physically alive or not. So he's still an active force in your life.

0:31:05 - Julie

Right, yeah, I agree, and that's what I tell people when they say, oh, my parents were so awful, they were abusive, whatever, whatever, whatever. And they're both dead now, thank God. And I'll say well, that personality profile stayed with their body when they died and now they're pure love. So you have the opportunity to have a totally different relationship with them in spirit and people. At first they're interested. I don't know that they believe it, but the more we talk about it and then, when we talk to their loved one's spirit and they see that they do want to have a relationship with them, oh my gosh, it's so beautiful. What can blossom out of that once we can put that perspective out there of, yeah, that was a role they were playing in that lifetime and that snarky personality stayed with their body when they died. But all spirits are pure love and I have seen that so many times, Phillip, and it just makes my heart leap for joy every time.

0:32:10 - Phillip

I see it happen. Yeah, it's a beautiful experience. And just scientifically, because a lot of people like science bringing science, since it's the prevailing paradigm of today, is kind of pattern, that kind of belief system. You can change that with the tools we're talking about, like spiritual kinesiology and holistic EFT and others and belief busting.

0:32:46 - Julie

Say more about that, about the epigenetics part, because ancestral healing seems to be way more part of the zeitgeist now than it has been in recent years, and yet I haven't heard a good explanation of what's really going on. Is it a DNA thing that's passed down? Is it in the cellular memory? What is it?

0:33:09 - Phillip

I'm not an expert in this, to really claim to know how scientists determine epigenetically, how they're picking it up from generations, how they study epigenetics, and that's a pretty technical thing. But the nice thing to know is that we have the power to change things, that by our intent, our will, whether it's using the Oracle cards or any process, we can change our lives now and going forward. And the Native Americans said you want to do something, I think, for seventh generations. That's out there in the culture too. So all these things are coming through us, as well as our past lives, which is not from our lineage. All these things are happening now. So whatever you're picking up is giving you a signal of something to pursue and again, being open-minded to, to detect what it is and follow the threads right, let's change directions here for a minute.

0:34:04 - Julie

What's been the most challenging part of holding a vision for a more loving world from your perspective?

0:34:12 - Phillip

what I think it is is having this long-term perspective. You know I sometimes think of well, you know, I kind of want things now and I think many of us are subject to impatience of looking at the big picture. But if you think of how many people are watching your show, this great platform you have, and other shows, it is a growing number like a laser, and things may be happening a lot quicker than we think, even though we'd want to have it maybe happening tomorrow. You know, I'm thinking like if I was living, maybe I was in World War II and just the horrors of World War II for years. The wars went on for years and the atomic bomb and so forth.

Well, you know, people got through that and went from there to a more elevated place. So, even though if you focus on the negative and there's a lot to focus on there's a lot of darkness out there, you're bringing the light and that's the goal you keep coming back day by day. What can I do if I can be a little lighter and brighter today? That's what I can do. And you know, if I can compliment the person at the coffee shop for cleaning up the counter and doing a great job and seeing a smile on her face. You know I can do that. You know that's a good thing to do.

0:35:28 - Julie

Well, and that's how we create. When we know what we don't want, it helps us create what we do want, and that's why we're all here is to create. Is there a collective block you believe is ready to be released?

0:35:40 - Phillip

Well, this may be wishful thinking, but maybe we can do some channeling on this too. This might be a good topic is just to see this different narrative that people are willing to have a different story for themselves, personally and collectively, opening up like a more higher dimensional story. More we like to do we like to sometimes do look at fairy tales because there are oracles to their oracle decks around that. So, seeing sort of the magic we're studying a lot about magic now and seeing your life as a magician, a sacred magician, and having a story where more is possible. Actually, going back to our card earlier, the wonders, seeing more of the wonders of life, like our life is more of wonders rather than struggle and limitation and things being the way they passed and polarized, separate camps, that maybe all of this is a what is it? A cauldron, a lot of energy fusing together to create something different. You know like when we're so polarized it's just going to kind of blow up into a different, new possibility, a new having you a different way of being.

0:36:50 - Julie

People say to me all the time we're more divided in America than we ever have been, and I say have you ever heard of the Civil War.

I mean you have people in the same family that were fighting on opposite sides of the war and shooting at each other, for heaven's sakes. It's just that we live in a 24-7 news cycle, so we have the information more, we know more about it, more about it, and it's in our face, interestingly enough, about the fairy tales. Earlier today, for the first time and I've done tens of thousands of healings in my career, literally I saw Witness to Healing where fairies were involved, mermaids were involved, what else was there? Merlin the Magician was in it and something, oh, elves. And it was like, okay, I'm going through the whole Disney catalog.

I got the Little Mermaid, I got the Seven Dwarves, I got Tinkerbell, I got Merlin the Magician. And I thought that was so interesting because when spirits working through me and with me, philip, to help facilitate healing, I see all these visuals that are analogies for things that are transpiring from an energetic healing standpoint and I thought, all right, what's the deal with these elementals, you know, these fairies and stuff coming in in this healing today, and now you're bringing it up two hours later.

0:38:19 - Phillip

Right.

0:38:19 - Julie

What's up with that? Can you channel some on that?

0:38:22 - Phillip

Yeah, we could do some channeling on that. I'm kind of getting a feeling of what to channel, and this reminds me of our card, the wonders we're bringing. We're coming back to the wonders here, let's see, would it be angels Would here, let's see, would it be?

0:38:40 - Julie

angels? Would it be ascended masters? Would it be maybe just?

0:38:42 - Phillip

someone being from the elemental realms, I think elementals, yeah, being from the elemental realms, yes, dear ones, I am part of the elemental kingdom. Who's a representative here today to speak? As you come more in touch with yourself, you realize that you are made of elements yourself, and that means you will be appreciating your own body more. And as people start to look more within rather than without, they will see they are connected with everything and everyone. So the answers are again within. And then, on the without level, you will see nature all around you and you will look at it with fresh eyes and fresh ears and fresh skin and you will connect with everything and feel the vibrancy of everything around you. And where you have oppressed nature, you will want to restore nature, because as you restore nature, you restore yourself. As you restore nature, you restore yourself.

So the environmental crises that are coming to a head now are warning signs for you to become more in touch with nature, because as you love nature, you are really loving yourself more. And as you love yourself more, you will love nature, because why would you want to harm yourself and why would you want to harm nature? And we love you, we support you so much, we are around you every day and selflessly being there for you, and we love doing that. That is our purpose. That is what we are here for to build life step by step, breath by breath, block by block, with water, earth, air, energy, fire. It's all there for you to take freely and to use wisely. Yes, wisely. Please use it wisely. We love you so much and we hope you love yourself as well Now. Thank you.

0:40:28 - Julie

Thanks for that. Were you seeing beings or were you just getting the information downloaded into your head?

0:40:36 - Phillip

Generally it's a feeling, it's a knowingness. That seems to be the way I channel Now. Sometimes I do go get in pictures and images. I think there were a few flashes through that, a few images that flashed through it, but it's kind of following a thread.

0:40:51 - Julie

Yeah, but it's kind of following a thread, yeah. Yeah, I had Tannis Halliwell on the show a few months ago and she's an expert on elementals and Walt Disney's spirit came in during the conversation and it was because he's kept the elemental whole legends and all of that alive. You know, I mean he did with all of his movies. You think about Snow White and the Seven Dwarfs, you think about Tinkerbell, you think about Little Mermaid and you know all these other different elementals that are in his movies and that Disney is continuing to do, the Frozen movies, certainly for little children. He's keeping those stories alive through the Disney company and I just find that fascinating.

0:41:40 - Phillip

It is fascinating. He was probably an elemental themselves. So some people we feel like they're coming from three kingdoms. There's the humanoid kingdom and you may be a starseed and so forth, even with that and then there is the elemental kingdom. So some people are just naturally attuned to the earth. Walt Disney was probably one of them, and you might meet

people who are very connected with the earth and that may be for a variety of reasons, but it might be because they're coming from this different origin, the source origin, or angelic would be a third strain where people have a more angelic ancestry or type.

0:42:14 - Julie

How do you know when somebody's shifted energetically?

0:42:20 - Phillip

Well, I would think when we're doing a class or I'm individually doing a session with someone, at a certain point there's not a charge around something, or they have a new viewpoint, like before they saw themselves as a victim, they were very narrow-minded. And now, wow, you know, they went to the Akashic Records, they had a past life session, they had a spiritual kinesiology healing, whatever, and now they just are different. It doesn't have the same draw, it doesn't have the same charge, they're not where they started. And then you want to suggest follow up things, because it is possible to sort of lapse back and forget that. So you want to reinforce it.

0:43:00 - Julie

Are we always led? Is it that we're just not listening, or we're not hearing, or we're not taking action on the information that's being provided to us?

0:43:11 - Phillip

Yeah, well, maybe shows like this are encouraging people to listen and take action. So I sometimes look at my life as okay. I have X number of years. Certain things are gonna come across my attention. How much can I take care of, how much can I address If this is something that's bothering me? I wanna find out why it's bothering me and see if I can resolve it, which I probably can, rather than, you know, let it go, forget it. And you know, sometimes it takes, you know, four or five times to come up and say wait a second, this keeps coming up. You know why is this a problem Quote? You know, I guess I haven't learned it. So by the end of the life, you know, there's that idea of the past life review that people see after they die. So we can just take that before we die or continuously take that Like I'm reviewing it. Am I clear there? Am I forgiving? Am I good there?

0:44:03 - Julie

It's just another wonderful growth opportunity for us, right, Exactly when stuff comes up, it's like oh really, Do I have to go through this wonderful growth opportunity?

0:44:12 - Phillip

Oh no, another growth opportunity, another growth opportunity.

0:44:16 - Julie

Exactly, how have you noticed your frequency shifting in the time that you've been doing this work for the past what 25 plus years? How have you noticed in your own body, in your own way, that you approach things? How has that shifted?

0:44:38 - Phillip

Well, I think a lot of it is. I'm not as reactive where I was, where things that bothered me. Now I can kind of sit with them and be more patient, and I also can see the world as a magical journey of saying I have these things coming up. You know, what can I learn? How can I use this opportunity? How can I have this?

Now, where you're either listening to this show or I'm speaking on this show, is something that is teaching me or is helping me go through finding out things that maybe I'm not aware of. Maybe I can be in this moment, whereas before I wasn't in this moment. Maybe I could be in

this moment much deeper than I used to be in this moment. Maybe I could change my story. Maybe I'm not the Philip I thought I was. Maybe I'm a different Philip. Maybe I'm a Philip becoming more of a magician or the person listening. I'm becoming more of a soul-centered being. If you like to become a sacred magician, I invite you to join us, too, on that journey. I can have a different story, a better story, a higher story, a new story that's more wondrous, and to use that card, that wonder card that we drew earlier, a few minutes ago.

0:45:49 - Julie

Yeah, Can you guide us through a short miracle? Reframe an example for anybody to try at home. Is that possible?

0:45:59 - Phillip

We could do that. Now we use the miracle reframe and we also do something, which is we even use this now more recently. Miracle reframe is really good, and another one is the pure potential reframe.

0:46:13 - Julie

Okay, well, can you do a combo platter or you pick which one that you like the best.

0:46:19 - Phillip

I'm going to just go toward Pure Potential, since we've been using that more recently all the Miracle Reframe, seeing a Miracle. So that's taking your situation whatever it is and, using this phrase, even though I have this problem, which is a sort of EFT affirmation, I like to say, even though part of me has this problem, so you have this fear, this anger, this worry, et cetera fill in the blank, listener I now open up to the field of pure potential where anything is possible. So, even though I have this problem, even though I have this worry, fear, et cetera, I now open up the field of pure potential where anything is possible. So that's just taking you to this place where you have no expectations. You're just open to whatever and you can do some EFT tapping, tapping the pressure points which I'm tapping the top of the head, if people don't know EFT.

After you do this, tapping the eyebrow and by the bridge of the nose, the side of the eye, under the eye, under the nose, under the lower lip, the collarbone and under the arms and breathing, and then you tap and you can say again, I'm opening up to this field of pure potential. You're tapping the top of your head, integrating the left and right brain and breathing and then tapping the heart and breathing, so you're putting yourself in a different state and opening yourself up to different energies and you see what happens. And people have actually done kind of like some of the healings you were saying earlier, julia, have just shifted to major things in doing this simple process and we guide them and support them too. So it can even be just long, chronic physical pains and so forth can change and minimize and even disappear from doing these kind of things. Not that it's a replacement for a doctor and so forth.

0:48:15 - Julie

Right, right, it's part of the healing equation is how I phrase it? That the work that I do, the work that medical providers do, the work that complementary healers do, shamans, whomever we're all part of the healing equation to help the person heal themselves, because nobody ever heals anybody else. We all heal ourselves. For those who aren't familiar with the tapping how does that?

0:48:40 - Phillip
work.

So it's based on acupuncture with needles, but it's just with your fingers where you're tapping key pressure points which are connected to meridian energy circuits in the body to balance your body.

And so you're tapping the top of your head and the eyebrows these are key circuits and you're balancing them and the side of the eye, under the eye, under the nose, under the lower lip, the collarbone and under the arm. And we like to do an additional what we call reset process where you can tap the top of your head, integrating your left and right brain across the top of your head and breathing into tapping your heart, breathing into the heart. So the idea is to take whatever quote, the issue is the focus, kind of like we did the oracle, as you want to have a focus and balancing the energy in your body around this focus and the different affirmations can be a leverage or an amplifying point to balance the body. And there have been a lot of scientific studies now on EFT with post-traumatic stress and many other things and it's helped all kinds of people with all kinds of issues and we've done this for many years and even just tapping those points alone can be very calming in itself.

0:49:58 - Julie

At your Awakenings Institute you guide people through holistic healing and divinity degree programs. Can you tell us about some of the things that you offer and what the degrees are, and are they like a regular degree Like you go to? You know you go to UC Santa Barbara and get a degree in whatever. Yeah, Okay, so.

0:50:23 - Phillip

Wakenings Institute in the late 1990s. Jane and I we wanted to become ordained minister, holistic ministers, and we did this from a ministry. But it didn't quite sit right for us and we wanted to get it a little different, where it was more open-ended and aligned with sort of all religions and without a few constraints, called Awakenings Institute, born out of a dream where we saw everyone connected and where nature is honored and everyone's gifts are honored and it's a world without poverty and it's a world without fear or stress. So this idealistic dream was a vision for Awakenings Institute and in that, the people who are interested. We have a little kind of home study ordainment where we connect them with our institute and that's one thing we do. In fact, all our courses are holistic coaching and healing and spiritual guide programs and so forth are through Nonprofit Awakenings Institute.

The other aspect that you asked about is the degrees. These are legal degrees. They're not credential degrees, so they're legalized and accepted by the government, but it's not something you could become a divinity degrees like a bachelor or master's or doctor's of divinity, and it's an alternative way of learning that uses your previous learning plus, your current learning plus, using your life experience as credits. So it's interesting when you go to traditional universities it's kind of a lot of. It's really very external, like sort of book learning. Well, what about all you've learned in your life, like the kind of things we've been sharing in this program, these deep experiences people have? That's not included but you can include this in your degree program through Awakenings Institute for people who are drawn to it. So it's for the right person. It's a very profound experience of getting this degree and self-discovery and self-awareness and self-awakening.

0:52:31 - Julie

Is it all online, Philip, or is some of it in person?

0:52:35 - Phillip

No, they don't have to. They would do it with a correspondence with us online. Yes, correct?

0:52:39 - Julie

Okay, all right, all right. Last question why do we incarnate?

0:52:44 - Phillip

Well, we incarnate here to learn and grow. Figure if everything's connected from the higher dimension, right the law of oneness, everything is one All the polarities, love and fear. If you transcend, you go into oneness. So part of this oneness is the creator. Infinite universe, whatever is creating, has created us and we are part of the creation. So that is what we do here we create and that's why we want to have a very creative, fulfilling, productive life. I mean, we don't have to because we have free will.

0:53:20 - Julie

That's part of what we have available, but why not make the most of it? Beautifully said, you are a remarkable combination of brilliance, experience and kindness, of brilliance, experience and kindness. You exude kindness in a way that is rare, I think. You just come across to me and the energy that I pick up from you is calm, smooth, kind, accepting, loving, knowledgeable, wise all of that. But the thing that stands out the most to me about you, Philip, is your kindness. The kindness just oozes out of your pores and I'm sure those that are listening to this and watching this will agree with me on that. So thank you for all you're doing for humanity and for the world, and thank you for doing it with such an amazing amount of kindness in the mix. It's really extraordinary and I'm really impressed.

0:54:25 - Phillip

Well, thank you, Julia. I really enjoy being here with you and all the energy and all the things you're doing for the world.

0:54:33 - Julie

How can people learn more about you and your school and your books and your classes and all of that?

0:54:39 - Phillip

Well, probably a good starting point and we have a very valuable free resource that Pure Potential, how to do the Pure Potential process that I quickly demonstrated, and there's an EFT manual, a little overview of that, and there's some videos on the Pure Potential process. So where they get that, here's an abbreviated URL that's easy to remember [tinyurl.com slash pure-potential](http://tinyurl.com/slash-pure-potential), [tinyurl.com slash pure dash potential](http://tinyurl.com/slash-pure-dash-potential). And our website is getting through getting thruorg slash spiritual. We actually have several websites but they can. There's a lot of free information there about us and spiritual growth and healing.

0:55:27 - Julie

Terrific, and we'll have that in the show notes as well. Alrighty everybody. Lots of different topics that we covered here, from Tinkerbell to channeling, to global changes that we'd like to see New paradigms. New paradigms Exactly Great way of putting it. So, in the meantime, sending you lots of love from Sweet Home, Alabama, and from California to where Philip is. We'll see you next time.

0:55:57 - 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.

0:56:23 - Disclaimer

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