

AJR Sandie Sedgbeer 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.

0:00:43 - Julie

Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. What if the words we speak, and even the ones we think, carry the power to shape our reality? My guest, Sandie Sedgbeer, internationally acclaimed journalist, broadcaster, author and founder of the no BS Spiritual Book Club, has spent decades uncovering the intersection of energy, consciousness and authentic communication. Join me as Sandy and I explore how fine-tuning your inner language can unlock your highest potential. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Sandy.

Sandie, welcome to the show, one of my favorite people on the planet. I'm so delighted you're taking the time to join us today. Of course, my pleasure. You are one of those people that when I first met you all those years ago, I just fell in love with you and I was talking to my husband about you last night and he said why? And I said she's just such a like. You're like a big hug and you're so brilliant and you're so wise and you do it in such a loving manner, which is part of the reason why I'm delighted to have you on my show.

0:02:10 - Sandie

Well, thank you for that.

0:02:11 - Julie

You're making me blush. That's your sweater, all right. You say words are energy. Speaking of all those words, can you explain how our everyday language actually shapes our reality?

0:02:26 - Sandie

Oh, my goodness, you know words are alive, they truly are alive. And you know I really believe this, and I think we've seen it with research that certain words that you can say to a child, for example, could completely change the way they react to you know, an issue that may be going on in their life. I don't think enough about the words I use. You know, I understand all of this, but when you're talking it's hard to remember everything. But yeah, I mean, for me words are magic, words are manifestation. You know that intention in the words is so powerful.

0:03:10 - Julie

Well, and words have energy. Every word has energy. Just this morning two examples of that. Number one I was talking to a friend who's 93 and she had throat cancer like 40 years ago and she's always waiting for it to come back. And she had a sore throat and she called me and she said can you scan my throat? Is my cancer back? Don't edit it. And I said no, and stop saying that. I said you talk about being in remission. You keep. I said I've known you for 20 years. You keep waiting for the cancer to come back. Stop that, say I 20 years, you keep waiting for the cancer to come back. Stop that. Say I'm cancer free.

And then I was talking to another friend early this morning on my walk and we were talking about how our mothers would give us the silent treatment when they were mad at us and I think that was a generational thing. I'm sure their parents did the same thing to them. And what are the ramifications of that to a child, when a parent won't speak to them for an extended period of time? What you know? The negative connotations.

0:04:14 - Sandie

It is a terrible thing and I think that you know I did it once to my daughter and I so regretted it. I mean, and the reason I did it, it was because I was so angry with what she'd done that I didn't dare open my mouth because I didn't want to castigate her, you know, so badly while I was in that. But what I didn't think about is that the silence is just as bad, if not worse.

0:04:43 - Julie

Yeah, but when it goes on for a long period of time, that's when I think like I mean, I remember my mother not talking to me for two weeks because I was in a car accident with her car and she was so mad.

0:04:57 - Sandie

Oh yeah.

0:04:57 - Julie

Yeah, I look at that now and I think what? Yeah, and my girlfriend was talking about her dad doing that to her and you know that was crazy.

0:05:06 - Sandie

You know, just lack of experience in knowing how to communicate with other people.

0:05:12 - Julie

Yeah, but when you know better, you do better. Exactly, and that's what we're doing now. When communication becomes conscious, what happens to the energy field between people?

0:05:24 - Sandie

Wow. Well, it expands. It absolutely does expand. I mean, and you can feel it. I mean, when you're talking to someone and you are engaged in that true connection, it's, you know, it's like being in a bubble and it's just the two of you and everything is focused on that connection. I mean, I just love it when that happens.

You know, sometimes I've been sitting in a cafe or somewhere with a friend and all of a sudden you become aware that it's almost like everyone else has disappeared. And here you are and it's like being in your own dimension. It's a very powerful place to be and I think it's so charged with energy that you literally could manifest anything in that moment. In fact, I'll share a story with you. A very good friend of mine. We used to take road trips from Arizona to LA, and so five or six hours, and we would talk the whole time and we used to get into a weird space because we would share not gossip, but share maybe a little situation that involved somebody we were working with and just, you know, help me out with this, so to speak, kind of thing. You know, I don't quite know what to make of whatever behavior is going on, and we started to notice that the behavior that we were talking about changed of its own accord, and we started to think what's happening?

here, you know, it was like we could have this conversation in this enclosed space and it was as if it resolved whatever the problem was, or the person could hear it and, you know, change their behavior or something. And it happened again and again, and again. And I think that is part of what you're saying. Is you know that when you are in that space with deep connection, actually you know you can, you can, it's charged, it's really charged.

0:07:25 - Julie

Do you think there are applications, though, where it makes sense not to say anything to somebody if you're upset with them, just let it. Oftentimes it fades on its own. It's been my experience and I'd love to hear your take on this where I'm upset about something and the other person is totally oblivious. I mean, it's my perspective, based on my frame of reference and my life experiences, and it's never going to be the same as anybody else, so I have found that if I just give it some space, oftentimes it'll just dissipate on its own. Do you think that's what was going on with that third party?

0:08:11 - Sandie

It's very possible. It's very possible. I don't know. I just know that it used to happen. You know we only used to have those conversations on long drives in the car, so you know we related it to. You know the energy in that space. But who knows? I mean we're all connected so we can all pick up what other people are thinking and saying.

0:08:37 - Julie

Right. How do we know we're truly heard and not just listened to?

0:08:42 - Sandie

Oh, I think we know that from the way someone responds to us and you can feel it. You can feel it. I mean again, it's all energy, isn't it?

0:08:54 - Julie

Yeah, absolutely. Is there an energetic consequence when we speak our truth, instead of just being nice to keep the peace, instead of just being nice to keep the peace.

0:09:05 - Sandie

Well, you know we're talking about authenticity now, aren't we? I mean, I absolutely believe there's a difference and people can feel it. If you're not authentic, you know, I call it the wobble in the space. For me, when you're having a communication with someone, it's like a thread of energy that's going back and forth between you and for me, it's either a very straight line and you don't even think about it, there's no impediment or there's a wobble in the space, and that's when I know that they don't really mean what they're saying. It's not quite authentic.

0:09:46 - Julie

How do you know? There's a wobble in space, that's a good question.

0:09:51 - Sandie

It's almost like I sense it and I wouldn't say I see it, but it's almost like I can see it.

0:10:01 - Julie

What's it look like? Well, it's like that, instead of it being a straight line, it's so you're seeing the vibration that's going on between you and the person with whom you're speaking while you're speaking with them.

0:10:17 - Sandie

I'd never thought of it that way yeah, but yeah, I mean, I've always thought of it as a thread that's connecting us, a thread of light or something. But you're right, I'm seeing the frequency.

0:10:28 - Julie

You're a girl. You know we can multitask it's one of our superpowers as women, right Well, and you have lots of experience as a broadcast journalist and a regular journalist and an author, and you've interviewed some of the most brilliant minds in the science slash woo-woo space

for many years. So you've obviously developed your skills in being able to detect things that are truthful. And I love the name of your show, the no BS Book Club. So tell us about your background and what helped you develop that BS meter.

0:11:12 - Sandie

Well, I always knew I wanted to be a writer, always from early childhood. So everything I did in school you know all the subjects that I took were geared towards that. I made sure that I got a job on a magazine. I wasn't officially trained as a journalist, but I got a job on a magazine the moment I left school as a secretary and then I started moving around so that I could eventually move into the editorial department and kind of got my training on the job, so to speak. I'll tell you, one of the magazines I worked for because it always brings a smile to people's faces, and that is one of my early magazines was Penthouse Magazine.

0:12:01 - Julie

Oh, I thought you were going to say the Sun House magazine.

0:12:04 - Sandie

Oh, I thought you were going to say the Sun, no it was Penthouse magazine, which was the most fun I'd ever had, because that was, you know, an American company operating in England at a time when England was still very stiff and girls had to wear skirts to work, they couldn't wear pants or anything, you know. And here was this American company where, hey, everybody's wearing hot pants and it was so relaxed and so much fun and, you know, I just loved the people that I worked with. But yeah, so I worked for Penthouse and then I worked on other magazines and then when I got married and started to have children, I did a lot of freelance. So I started doing celebrity interviews, rock stars and TV stars and things like that. So, you know, as a Gemini, I'm always asking why? Why is the word for me, you know? So it was natural for me to interview people because I'm just curious about everybody. You know, tell me your story. You know, we've all got one and they're all brilliant. And it just went from there.

When I came to America I did. The broadcasting I did in England was more me being interviewed. Occasionally I would do an interview on TV or radio, but mostly it was me being interviewed about the books that I'd written. But when I came to America. You know I had a friend who started one of the first online spiritual TV programs and he used to record it out of a every once a month on a Saturday out of a hotel in Las Vegas with a live audience, and so he asked me to do the interviews. So that's where I started really going into the broadcasting big time and I've been doing it ever since.

0:14:03 - Julie

Well, and you're amazing at it. I've been on your show a couple of times and it's always a wonderful experience and you add not only really insightful questions but, like I said, it's like everyone's a warm hog. You know, every interview that you do your big heart shows A couple of points that came up when you were saying that story. First of all, I remember hearing, even as a kid, playboy and Penthouse, which are the nudie magazines. Right for those who are young enough that don't know what they are. I always heard, oh, but the articles are wonderful. And I was even young. I was thinking, oh, yeah, right, you're reading the articles in Playboy and Penthouse, so maybe you're validating that, that the articles were really good.

0:14:52 - Sandie

They were very intelligent, and the writers of those articles. You know who's some of the best writers in America and you know. That's such a paradox, isn't it? I mean, here you've got all these pictures that everybody looks at, but at the same time, you time the people who bought the magazine did enjoy the articles.

0:15:11 - Julie

I babysat for a family where the dad two families actually and this is in the early 70s and they got like, yeah, late 60s, early 70s, and the dads had those magazines. So I knew what they were because of course, I had to look at them. That's number one. Number two you can't just tease us with. I interviewed all these celebrities and rock stars and then just move on and go on to the next topic. Can you give us an idea of some of-? A?

0:15:40 - Sandie

lot of them were English ones, so they wouldn't necessarily have been known, you know, to Americans. But yeah, I mean there were some about, you know, big TV stars, entertainers, a few rock stars, lots of young actors, up-and-coming young actors.

0:15:56 - Julie

Anybody we would know.

0:16:02 - Sandie

I wouldn't have thought so, because we're looking back in the 70s and 80s and you didn't get a huge amount of crossover. You got Americans coming to England but you didn't get. Unless it was the Beatles, you didn't get. You know, many of the English going to America.

0:16:19 - Julie

Okay, all right, I'm thinking did you talk to Sir Paul? Did you talk to Eric Clapton? Who are you talking to?

0:16:27 - Sandie

Let me try and think. I often forget who I spoke to. You know I go. Oh yeah, I spoke to that person in the first year of her career. No, I didn't meet the Beatles and I didn't meet the Rolling Stones. There were some other rock groups in England that were very big at the time and you know they were all into drugs and things like that and some of them are no longer with us. But yeah, if I think of any while we're talking, I'll let you know.

0:17:01 - Julie

Okay, Well, back to the magazines that are I'm using air quotes controversial, like Penthouse and Playboy. We go to the mirror and the sun and the gossip tabloids and certainly we have them here the National Enquirer and those. Why are people so fascinated with all of that nonsense and all that gossip stuff? What is it about humans that they want to know gossip about people who are, most of the time, famous or they've got some famous thing going on that people are talking about?

0:17:39 - Sandie

Well, we all like to peek into other people's lives, you know. I mean, it's a great way to compare your own, isn't it? You know, am I doing well, am I not doing well? But I think that we are naturally curious about each other, in the same way that you know you can't take your dog for a walk without it wanting to stop, and you know, talk to every other dog and learn everything it can about that dog. And I think, every mailbox post, yeah, yeah, I think we're the same, you know, we're all curious. And I think, too, it gives us some kind of yardstick. I mean, we can say, oh dear, you know, I'm glad I'm not that celebrity because they're having such a hard time. My life looks a lot better, you know, in comparison. Or it gives a hard time, my life looks a lot better, you know, in comparison. Or gives you, you know, motivation or inspiration. You know that, wow, you know, they're just an ordinary person and they've done this and maybe I could do that.

0:18:38 - Julie

Well, the British tabloids have a reputation for being just vicious, vicious, vicious, yeah, yeah.

0:18:46 - Sandie

I wrote for a couple of newspapers a bit, but I turned away from one of them that wanted to offer me a column because I just couldn't do what they were asking me to do. Yeah, yeah.

0:19:01 - Julie

So back to the formulation of you having such a good BS meter. That's what I'm calling it. Do you come from a spiritual family? Were you brought up in a religious culture or spiritual culture? Were you guys all chanting around crystals at the dinner table?

0:19:21 - Sandie

No, I was brought up in a children's home, so I was separated to some degree from my family for eight years and I didn't get bombarded.

I mean I see that as a good thing because I didn't get bombarded by other people's attitudes and belief systems and I wasn't pulled into any particular religion.

We had a church there, but it was just plain old, what they call Church of England.

You know there was nothing that was, you know, orthodox or too deep, so I in a way was left alone a lot of the time to just do my own thinking and my own observing and looking back on that I honestly think it was the best thing that ever happened to me because you know, I kind of I parented myself in a way and grew myself. You know I observed a lot, learned a lot from the people that I was around and behavior and the things that people said, and then watching the actions that followed those. I think that was a really good early training in taking notice, you know, really looking, not just listening but looking at everything else to see if it all matched up and aligned. And I think you can't help but you know, get a good bullshit meter from that, because you pretty much get to recognize all the signs and I also think that I had a good intuition, but I didn't know that's what it was, didn't trust it at the time.

0:21:08 - Julie

I have a girlfriend who her family was in Hungary and Austria during World War II and she was the youngest of a bunch of kids and she went to a children's home, she and her brothers, for several years post-World War II, just because the parents were trying to get back on their feet. And we hear about that in America and it's foreign to us, but I think it's more common than we Americans know. Was that what was going on with you? Were you orphaned? What happened?

0:21:40 - Sandie

Oh, my father died before I was born. I was the youngest of five and so he died four months before I was born. Died on his 36th birthday, would you believe and my mom struggled. There were no social services then. She struggled very, very hard and she got behind with her rent, you know. She couldn't feed five kids and so the four youngest.

We were taken away and placed in a children's home and initially I was separated from the others because I was four, so they wanted to put me in a kindergarten. But my mum, you know, kind of really made a fuss until they put me with my brothers and sisters and I think it sounds worse, you know. I mean, I'm sure there are some, I know there are some terrible places and where I was wasn't, you know, it wasn't a piece of cake, but it wasn't terrible and I didn't have a terrible time. I actually I don't know for my brothers and sisters, you know their experience was different, but I think for my particular makeup it was actually quite a good thing. It just gave me an opportunity to kind of be on my own quite a lot and work things out for myself.

0:23:11 - Julie

Great way to spin something that would be a less than optimal situation in most people's minds, and you've come out with how it's benefited you. And I find that with everything, even people that go through horrific experiences when we talk to them, perhaps years later they'll say, oh, it was awful and I would never wanna go through that again, let alone wish somebody else go through that. And yet here's how it benefited me. Do you find that that's the case with pretty much every experience in life?

0:23:48 - Sandie

Yeah, I mean, we've all had some awful experiences, you know, even if our circumstances are different, we all have the same emotions, you know. So we've all been traumatized. We've, all you know, had grief, love, loss, you name it. All retires we've, all you know, had grief, love, loss, you name it. And I think that, without a doubt, you know, you learn to understand and look for what did I learn from that? For me, every experience is a learning opportunity, hard learning sometimes. You don't want to learn that, you want to. You know, rail against it maybe and whatever, but you know, if you look for it, you will find. And I do believe that we actually come here knowing what we're going to do and I think we set it up pretty much to do. And I think we set it up pretty much and believing that allows me to think I set it up pretty well, you know, to do what I wanted to do in life.

0:24:52 - Julie

I would imagine you've heard that a lot from the people you've interviewed over the years. Yeah, I get the same thing that we come in with a script that's very basic and it gives our lives a trajectory, and then that free will comes in as far as how do we want to explore and experience it. Yeah, and I also have heard a bazillion times from spirit that in what I call heaven, the spirit world, non-physical, there's no right or wrong, no good or bad. It's always just an experience. Yes, yes, have you heard the?

0:25:25 - Sandie

same thing. Yes, absolutely yeah, and yeah, and that's how I look at things at the end of the day. I mean, we're human. We can have our feelings about people and experiences, and get angry and feel resentful, but ultimately it's just all experience.

0:25:46 - Julie

Right, I agree. Was there a catalyst that motivated you to switch to the spiritual track and get off of just the general journalism and author thing that you were doing before for most of your career?

0:26:03 - Sandie

Yes, there was, but it wasn't an instant catalyst. It was a long, slow process. You know I was always interested in looking for answers. You know the occult, the stuff that we didn't know about. So I'd been reading books for years and years, and years, but it was very much critical. Some I'd say, yes, that rings true to me, that's okay, that's not, I can't feel that one. And that went on for years. But the year of the harmonic convergence 1987, something happened and I think, looking back now from what I know, that it was an influx of energy that raised our consciousness in general.

0:26:48 - Julie

What was the homoly convergence? Harmonic convergence.

0:26:52 - Sandie

Harmonic. Okay, what was that? Well, people talk about that happening. Now, right at this moment, it's happening again. It's frequencies coming onto the planet that interact with us, resonate with our DNA and begin to unlock, if you like, whether it's cellular structure or it

creates a new kind of awareness. It opens the mind up and for me, something definitely happened and I can never pinpoint the day, the moment, but I remember suddenly thinking that I hadn't been. What I thought I'd been doing was looking for answers to questions, but I suddenly realized I wasn't looking for answers, I was trying to remember something, and that was a big aha moment for me. You know, if you've been trying to remember something, then you know there's a lot for you to remember. You've been around before and all of this other stuff that I'd been thinking about and reading and criticizing suddenly made sense to me. That was the moment that I knew I had work to do on myself.

0:28:18 - Julie

What were you remembering and where was it coming from? Was it past lives? Was it things that had happened in your life that you'd forgotten? Was it a combination of all of the above?

0:28:29 - Sandie

I think it was past life. And it wasn't that I was. It was more I was recognizing. It was more I was recognizing things. I recognized that I knew certain things or thoughts I'd had were actually right on target about something. So there was a resonance there. And suddenly I realized, you know, I know this, I know it. And how can I possibly know it? It has to be, you know, on another level, you know, or another plane, another dimension, or another life.

And I, you know, around that time I understood that I had to do a lot of work on myself. I understood that I had to do a lot of work on myself and that the direction I was heading in, you know, my life was all about me, me, me, me, me. I'm going to be a famous writer, I'm going to do this. I wrote some books. I had a certain amount of you know, 15 minutes of fame for each one in the English media, going on television, you know, and you think you're all that. And suddenly I realized I was chasing fame for all the wrong reasons and that I needed to go back and I needed to stop what I was doing. And so I stopped writing books and I really started. And I really started, you know, reading with great, you know interest a lot of deeper, deeper books to try and learn about myself.

And then I knew that I wanted to be in America. I mean, I'd always loved America, I'd always loved the idea of America just the name old magic for me. And I realized that I really wanted to be there. And I'd worked for two American companies and two American bosses who both said to me you know, you do really well in America, you're not like the usual kind of uptight Brit type writ.

And a whole series of synchronicities happened, you know this, one after the other. And suddenly it was like well, if you can do that, then you can do that. And at that point I thought I'm going to America. And once I landed, within six weeks, I met my spiritual family. I was given the opportunity to produce this online spiritual magazine and while I was still earning my living doing other stuff, I was completely exposed to the American spiritual arena at that time in California, and it was just. Everything came to me. Everything through that magazine just fell at my feet People, books, information, knowledge, lessons and that was it. I didn't want to go back to. You know who I was and what I was doing before and America's so entrepreneurial too.

0:31:45 - Julie

It's not. We don't have the well. You've got to be born into this family in order to be a success in life. I mean, you can make your own way, and I think that's what you were feeling once you got here.

0:31:54 - Sandie
Yeah, yeah.

0:31:56 - Julie
Yeah. Is that why you say that people perceive some of the Brits as being uptight? Is that what it is? It's just years and years of the class system. I think so.

0:32:07 - Sandie
Yeah, yeah.

0:32:10 - Julie
In all of those famous spiritual people that you've known and interviewed and worked with over all these years, is there something that stands out that you learned from one of those people that really had a major effect on your life then and still does today?

0:32:32 - Sandie
There were. I never kind of followed teachers per se. You know I might go to the odd seminar here and there, but it was never for me. You know, everything was like self-taught. I'd read a lot and feel whether that resonated, but you know I did some. There were two people in particular who were quite influential. One was the guy that gave me the magazine, asked me to produce this magazine and I helped.

He was a channel and I helped him with his first three books, and the first book was all channeled material and the guides that were speaking to him were speaking in yoga-like you know the Star Wars Yoda Yoda-like language where everything was back to fun and they were saying things three times. And as I'm editing this book, I'm taking out the repetition and I'm changing the language. And I started to notice when I went back to my computer that my edits were gone and I thought you know, there's something wrong here. Am I doing something wrong? Am I not saving the document? And it happened two or three times.

And when I told him he burst out laughing and he said you know, you really need to have more faith. He said because if my guides want to say something in a particular way. There's a reason for it, he said, and the repetition is because you know, saying something three times, people take it on. And I said to him well, you know, I have to write an unusual editor's letter at the beginning of this so that people don't think that all of this stuff that I disagree with is my fault.

0:34:29 - Julie
Wow, and nobody would ever, ever think that. Who wasn't an editor? That was your comment from the editor.

0:34:38 - Sandie
So that was a big lesson for me was to just trust, you know, and leave the critical side, you know, out of it. And there was one person that I interviewed whose story, just I mean big time, big time affected me and I just look at this man as somebody apart and you know his book was published I don't know about five years ago and his name is Christopher Baish. Have you interviewed him? I have not.

He wrote a book called LSD and the Mind of the Universe and he was a professor of religious studies, I think, religious philosophy, in Ohio and he had spent 20 years nobody knew except his wife having these very carefully documented series of experiences with LSD, according to Stanislas Grof's protocol, and it was very structured and defined and he was basically looking to research his consciousness and what happened over a period of 20 years. He went beyond what I call beyond the beyond, beyond what I'd ever read anything about and the experiences

he had with. He called it his beloved. You know the energy source that he connected with and what he saw for humanity's future to me was just mind-blowing and that had a big impact on me.

0:36:32 - Julie

Well, LSD, plant medicine, that kind of stuff that's been around for forever and not the LSD has, but the plant medicine and the shamans and all of them. That's how they did their channeling back in the day. Heck, they're still doing it now. A lot of people can benefit from that. Back to the channeled information. That sounded like Yoda talking when you said they repeated it three times in the Bible, and I'm sure you know there's three is divine perfection. That's the number for divine perfection in numerology, and I believe that George Lucas channeled most, if not all, of that stuff with his Star Wars series.

There's so much that resonates in the information, which is, I believe, part of the reason why it's been so successful over the years. When I go back and I watch the early versions, the acting is less than optimal in there and the special effects are good, especially when you consider when it was going on. But when you for me at least, when I watch it, there are all these golden nuggets in there of things that are being said, and I have no doubt that he channeled all of that. Jabba the Hutt really, he's just going to come up with that in his own mind and some of those characters and all of that. Do you have an opinion about that?

0:38:04 - Sandie

I do, Gene Roddenberry, who did Star Trek. He used to sit in a circle and there would be channeled information. And there's a book I don't think this is the title, but I always remember what I think is the title, which is Earth is the only planet of choice. It's not quite the title's not quite the same words, but in the beginning it actually says Gene Roddenberry and others were part of this group that channeled these Council of Nine or something, and that was a book that made a big impact on me and I read that book before I left England and came to America and you know I began to wonder about, you know, back in the 70s and the 80s, the kids you know, fantasy started taking off and the choose your own adventure books for young kids and I watched my son read those books and his mind opening up to the idea of, you know, different worlds, different you know dimensions, the fantasies, the unicorns, the dragons, you name it, and that whole generation and I felt information was being seeded.

0:39:29 - Julie

Well, all those legends I always think of, the Arthurian legends, Camelot and Knights of the Round Table and all of that, a lot of that has been written. The historic side of that. Where did those legends start? Most of them, if not all of them, are based on things that actually happened, and I find that fascinating. The Lady in the Lake what I've read is that it didn't happen in England, it was in Scotland. Was the Arthur, you know the Sherwood Forest and all of that that is talked about? Do you think all authors are channeling?

0:40:08 - Sandie

Oh, I think, yes, absolutely. I mean, when you sit down and write, you go into a space. I mean how many authors say wow, 10 hours passed and I'd written 20,000 words? And when I read it it was like who wrote that?

0:40:24 - Julie

I've experienced that I know you have too Well. And JK Rowling, for heaven's sake, yes, with the whole Harry Potter thing. I was at Harry Potter Universe or World or whatever they call it, in LA a few years ago. My son, Jonathan, and I were there and we were walking around and they had different exhibits and different signs and sayings and stuff that I didn't read the books. I saw several of the movies but I didn't read the books. And I said to Jonathan I've seen that, I've seen that in my mind's eye in telepathic communication, I've heard that she was

channeling all that jazz and I think every author does. Do you think that the journalists are doing the same thing? That are writing articles for magazines and newspapers like book authors?

0:41:17 - Sandie

I think regular journalists, usually they're reporting on something that is real. I think regular journalists, you know, usually they're reporting on something that is real. Often, you know, and I think that the form that it takes, you know, you read a short article and you read a really long article and it's quite different, quite different, I think. No, I think they're in their left brain and you know they're not channeling there. But I think sometimes I read a really long article and I think, yeah, I think they are, they're in a flow.

0:41:55 - Julie

How do we discern which spiritual voices or teachings are really authentic, and what red flags do people often miss in this spiritual space, in particular.

0:42:06 - Sandie

I think everybody you know there's red flags come in many forms. I think the thing that I know about me and I would recommend to others is you have the most incredible BS meter right here. You know we all have it and that will instantly flag anything that isn't authentic.

Right here, meaning in your gut In your gut, In your gut. Yeah, that intuition, that second heart, you know it resonates and you know it. And you know one of the biggest red flags is we ignore it, we push it aside. You know, if you're biggest red flags is we ignore it, we push it aside. You know, if you're pushing something aside, examine it again. You know, I mean, I used to think that I was pretty good at reading body language because I would know things about people if they were lying, and I realized it's not body language, it's my gut is telling me. There's that very fine sensation. You know the energy, the frequency that just resonates.

0:43:16 - Julie

You say that energy never lies what we're talking about now. How can we train ourselves to feel the energy behind the words that we hear or say? Back to that gut feeling. What's it feel like to somebody who's gone? Well, I don't know that I've ever felt a gut feeling about something. Can you describe what it feels like to you?

0:43:41 - Sandie

Well, I think it feels different to everyone and we all have to learn how to, you know, discern this for ourselves. But I'll tell you how I discovered it for me. What was going on was, you know, I have this phrase I call it the typo in my tummy, that's when the red flag is. You know, telling me. And the reason I call it the typo in my tummy, that's when the red flag is. You know, telling me. And the reason I call it that is because the guy whose books you know, the Yoda one, when we were working on his book, I'd go to his house and as I walked into his study, his computer was invariably on and my eyes would go to it. Then I'd say there's a typo there and he'd say how can you see that from across the room? How do you know it? He said you're always picking up the typos and I said that's a good question. I don't know how I know it. So I started thinking about it.

You know what is happening inside me, and I use that NLP technique to kind of slow down the process and I realized that what was happening was my eyes were picking up a pattern that just didn't look right, in this particular instance, on a screen there was something, but it was happening very fast and it was sending a message to my gut which was, you know, not very happy. It was a little bit, you know, troubled and the message would come to my head like error alert, error alert, there's a typo there and it's just. If we can slow down, how do I know what? I know? Yeah, how do I know that that person, I think they're lying, but how do I know that? And if we just start examining our body and think, well, what was going on there, you know, think

about your gut. Was there a sensation there? You know we will find it because it's within us. And I would just encourage people to, you know, question and then start looking within and seeing what's happening. Are they hearing something? Are they seeing something? Are they feeling something?

0:45:59 - Julie

Yeah, yeah, I think it goes down to feeling.

0:46:02 - Sandie

I think that you know the connection between us and our higher selves. You know we tend to dismiss it, we don't think about it, but I think that there is a part of us that is always ready to give us the information if we look for it.

0:46:19 - Julie

Right and again, numbers are the universal language, and patterns and numbers. You know, look at the Da Vinci Code, look at one of my favorite movies with this is Contact, when Jodie Foster is communicating with aliens and they are communicating in numerals with her. In numbers, it's all code. Well, look at our computers now, my gosh, the coders. What are they doing? They're using numbers. It's the universal language. Yeah, what do you hope to accomplish with your personal mission surrounding communication and spirituality?

0:46:57 - Sandie

I just want to help people, you know, understand who they are and that they have so much more available to them than they're aware of, and that if we were all to develop you know, really get to know who we are and the gifts that we actually have, that we're conditioned to believe we don't, then I think the world would be a different place because we would be responding from you know, a different place with different information. Yeah, and that underlies everything I do is to bring information to people.

0:47:40 - Julie

And you're so passionate about books In particular. I read a statistic recently that said only 16% of the population reads books anymore, and that could be they're really sitting down and reading or they're listening to an audio book or something along those lines. Why, in particular, are you so keen on people reading the books or listening to the books?

0:48:10 - Sandie

You know, information is everything, everything. You know we can learn so much, but you know how are we going to learn? It's not just going to necessarily just come in on its own. We have to, you know, we have to find the places, the books, the audibles, the information.

I've always had a thing about books, you know. I mean I was a very early reader and I used to sit in trees and under tables and I would be looking for, I knew, you know I used to read these folk tales from Romania and Bulgaria and all these different countries, and the stories, the fairy tales. You know, I knew I was looking for something, I knew that was real and I couldn't find it in my real world. So I was always reading the books, because then I'd, and the feeling within me was that this stuff is real. Well, I wouldn't have known that if I'd never picked up a book, but it certainly, you know, spurred me on my search for information to remember.

And I think that you know, books are doorways to other worlds. You know we can live a thousand lifetimes in a book. We can't live a thousand lifetimes in one lifetime, but reading the books we can, because we step into that person's world. You know we get to try on ideas and things and learn about ourselves. And do I agree with that? You know, would I like to do that? Is that me? You know, it's just magical. It's like for me. They're like magic carpets, you know, they take me somewhere where I can get information.

0:50:00 - Julie

How can those of us that have really busy lives take advantage of books when we don't have the time to sit down and read a book actually and physically hold the book? Would you suggest the audio books? Would you suggest a little synopsis of a book? I mean, I think a lot of us get our information on social media and I'm one minute real.

0:50:28 - Sandie

I think the synopsis is great if you need just an outline, but you can't immerse yourself into the characters if it's a novel or learn everything from a synopsis. I like audible books. I mean, I'm reading books all the time. I'm reading them for every interview I do. I edit books. I'm reading people's manuscripts to help them. So what I do is the books that I really want to read for myself, whether it's nonfiction or fiction. It's all on Audible.

And every time I get in my car that goes on Not the music, not the news, not anything, it's the book. And also when I'm walking, you know if I'm out walking, they say that if you walk and you're listening to something, your brain will hold. That it's great if you're trying to. You know you've got an exam coming up and you're trying to revise for it, but you know I can pick a place that I used to walk and I can remember the book that I was reading when I walked there. So you know that's a good way of walking, driving any place that's safe, where you can take in that information and you'll hold it and you'll take in more of it.

0:51:45 - Julie

I do the same thing, and I'll also listen to audio books when I'm fixing dinner or doing the dishes or folding laundry or getting dressed in the morning, that kind of thing too. I just find that it's way more convenient for me. Unless I'm on a long flight somewhere, I'm not going to read, actually hold a book or read on my Kindle. I'm going to be listening to it on audio book. Last question I'm going to be listening to it on audiobook?

0:52:15 - Sandie

Last question why do we incarnate? Well, I don't believe we're in school. I don't believe that we come here to learn. Of all the things that I've heard read, what resonates most for me is that we are here to shine our light. Our light is something that has been accumulated and added to over eons of experiences. We're here to shine our light, and it is in the expression of our being that we create our doing so, whatever we've absorbed, you know that becomes our being, if you like, and that informs what we end up doing. That's my view.

0:53:08 - Julie

Beautiful. I completely concur. We're here to create. We're here to create. We're here to shine our light. I've heard a bazillion times from spirit, not that heaven's boring, but they think of something and it immediately materializes, which is why they want to come here, because it's fun to create.

0:53:25 - Sandie

Yeah, yeah, we're creator beings. We created all of it and we are still creating it, co-creating it with the universe.

0:53:33 - Julie

That's right, and then when we die and we go back to heaven, then we create the next incarnation.

0:53:38 - Sandie

Absolutely.

0:53:39 - Julie

Tell us about the no BS Book Club.

0:53:43 - Sandie

Okay, no BS, spiritual Book Club. This is something that I absolutely know I was given to do. It was one of the very few downloads that I've had in my lifetime and it was in answer to a frustrated rent to the universe and it was instantaneous and it shocked me. I was renting about all the books that I get pitched that really aren't substantive. You know there's so much material out there. How on earth are people, especially those, waking up? You know how do they know where to go? Who's helping them sort the wheat from the chaff? You know all they've got is a publisher's promo or a review, and the publisher is always going to make their book sound good.

And there was a lot of stuff that was really frustrating me and I just said out loud to the universe this is crazy. You know who's going to help people sort the wheat from the chaff? Yeah, something has to happen. And literally, jack, something has to happen. And literally it was like somebody unveiled a screen and said look at this. And I saw completely this no BS, spiritual Book Club and I knew everything about it and I looked at it and thought, wow, that's brilliant. I'm not doing it, it's too much hard work and I just put it aside for a year, looking at it out of the corner of my eye every now and then, and at the end of the year I thought you know what this is mine to do. So, basically, what it is what I decided to do, it's not me, you know, there are no arbiters.

A review is so subjective. So I go to all the people like you that I've interviewed, all the people that I respect, that I know are authentic, and I ask them to give me the 10 books that influenced their life journey, because that's a much better recommendation than anything I or a publisher could say. And we get to listen to your stories and you tell us the books that influenced you and people building an archive. So I now have 2,600 recommendations, 260 interviews, because we build the archive on the website. People can go, they can look up, you know what books really you know moved you along your path and you know what did you think about them. And then we do an interview and we go deeper and talk about them, and that is there for anybody. So if someone's looking for, oh, show me all the books written on angels, all of the books that have been recommended on angels, will come up and they can read. You know what the guest said about them. They can find other books by the same authors. So you know it's my legacy work.

This is what I'm leaving behind me for people to use as a guidepost. You know they don't need me telling them what to read. Let them find you know what all of these wonderful teachers and speakers and authors, people who've walked the path you know that's what we want is you know those that have walked the path? What did it for you?

0:57:11 - Julie

Well, and what a gift to humanity that resource that you've created in helping people find spiritual advisors and teachers who've been vetted, certainly with your no BS radar and, yes, you're just a human. However, it's a great place to start, because where else is there on the planet? I don't know of another one that exists, and I was so honored to be included in that, and it really made me think about, all right, what books did influence me and how did they influence me? And I love how you not only have the books with each person that you interview, but how did they influence you? What was it that they got out of that book?

0:58:01 - Sandie

Yeah, yeah, yeah, and I think that's the best recommendation you can have. If there's someone you admire or follow, find out what did it for them have.

0:58:11 - Julie

If there's someone you admire or follow, find out what did it for them, absolutely, and we'll have that in the show notes too. All of that information, all right, everybody. Lots for you to ponder here In the meantime, sending you so much love from Sweet Home Alabama, and from the UK too, where Sandy is. We'll see you next time, thanks for joining us.

0:58:32 - Ann cr

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

0:58:45 - Disclaimer

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