

AJR Show Dec 4th Transcript

Anncr [00:00:00]:

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 to 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.

Julie [00:00:42]:

Hi, everybody. 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. It is the holiday season of it's here. My gosh, it went fast, didn't it? And so we're gonna do this week live and next week live, and then we're gonna take a couple of weeks off for the holidays. So couple of notes about the show. We've got some special ones planned as you're doing your holidays this year. First of all, on December 23rd, we're gonna have a show with Sherry Salata, who was Oprah's executive producer and also president of Harpo, Oprah's company, and own the Oprah Winfrey Network.

Julie [00:01:35]:

And she is a master at reinvention. So she has great stories about working with Oprah for 20 years and then how she's remade her life. I think you guys will have a ball. I thought that would be fun to listen to as you're wrapping presents and cooking and things like that, getting down to the Christmas rush. And then on Christmas Day, which is a Thursday when we normally do a live show, we've got a Christmas scholar and his name's Dr. Jerry Bowler. And every question you've ever had about Christmas traditions, he answers like, why do we kiss under mistletoe? And was the star of Bethlehem really a comet? And what was the first Christmas carol ever sung? And things like that. I had pages of notes, and it's really a terrific conversation.

Julie [00:02:29]:

I had to stifle myself because I had so many questions that we just didn't have time to get them all answered. But I thought on Christmas Day, you know, if you're in the kitchen or you've, you're, when you're getting ready to go to a party or something. It might be kind of fun for you to listen to something really Christmassy. So my team and I have gotten a little creative here this year. You also want to stay tuned tonight because I'm going to announce a free winner of a session with me valued at \$750. So we'll be announcing that a little bit later in the show too. If you want to join me and have a conversation, join us at askjulieriyanshow.com that's AskJuly Ryan Show.com. if you're joining us on the YouTube live stream, we've got Samantha over there.

Julie [00:03:21]:

And just go to YouTube, ask Julie Ryan. You can put a question in the chat. Just put your first name where you're located and your question and we'll be answering people from over there too. Got Chris on the main dashboard. You guys know I never know who's calling. I never know when their question is going to be and I never know what spirit's going to say. So it's always a crapshoot, which makes it so much fun. I'm ready.

Julie [00:03:47]:

Chris, who's our first person? Oh, we've got a question. Okay. From the YouTube live stream. She says, hi, Julie, Susan from Texas. I left my 86 year old mom in Georgia who has dementia

in the care of a relative. I continue to have very uneasy feelings. Are you able to see why?
Thanks so very much. Okay.

Julie [00:04:13]:

So for those of us, those of you who are joining us for the first time, how this works is I raised my vibrational level to the level of spirit. I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to akin to Susan in Texas. And then a laser beam is going to come back near me to Georgia because Georgia is right next to Alabama here in the US for those of you that are listening from abroad and I'm going to get in touch with your mom, Susan, and we're going to talk to her and see what she has to say. So here we go. Here comes my laser beam from sweet home Alabama. I'm hooking into you, Susan in Texas. Got you.

Julie [00:04:56]:

Okay.

Julie [00:04:56]:

It's ricocheting back here. That is coming east southeast to Georgia. Okay. It's passing over Alabama where I am. I watch this laser beam. Really, you guys? And it's on a map. I see it cross oceans. I see it go directionally.

Julie [00:05:12]:

It's a riot. So got your mama. Okay. Is the person taking care of you? I'm not even getting the question out. And your mom is answering me and she's saying not so much. She's saying that she doesn't see that person very much, not so much. She would like to have more time with them. She feels like it's always rushed.

Julie [00:05:43]:

Is she getting the basics? Yes. Is it optimal? No. So I think your uneasy feelings are correct. How this is working is every spirit has a frequency they keep throughout all of their lifetimes. And in order for us to get in touch with them, all we have to do is think of them because our heads are like big satellite dishes and they receive and they transmit frequencies. So I'm thinking of Susan's mama in Georgia and that connects my spirit to her spirit and it opens up something similar to a two way radio communication. And it doesn't matter if the person's spirits in heaven are still attached to a body. It's all the same thing.

Julie [00:06:25]:

So we say something to them, they're going to answer us. How you know that it's them with whom you're communicating is. It's the first thing that comes into your head fast as you can snap your fingers. So Susan, your mom was answering my question before I had it even out all the way. And that's because time doesn't exist in the spirit world times a human creation. So I think follow your gut and see what you can do to get her perhaps some better care. Thanks for your question.

Julie [00:06:59]:

Alrighty. If you want to have a conversation with me, we're@askjulyryanshow.com if you're joining us on the YouTube live stream. We're @askjuly. Ryan, just put your first name where you're located in your question in the chat. Samantha's over there to help and we will get your questions answered. Remember to subscribe wherever you listen to the show. We're on all the podcast networks. Got five YouTube networks, you guys, wherein we've got an English, Spanish, Portuguese, French and German channels and on YouTube.

Julie [00:07:37]:

So we can, we can get you in English, we can get you in other languages and so you just always want to subscribe so that you'll know when. We have a new show that comes out. We

release three a week actually, so gives you lots of fun information. Okay, Chris, who's next? Hi, Elizabeth, how are you?

Elizabeth [00:07:59]:
I'm good, how are you?

Julie [00:08:00]:
I'm terrific, thanks. Where are you?

Elizabeth [00:08:03]:
I'm in Springfield, Illinois.

Julie [00:08:05]:
Oh, terrific. Okay. How may I help you?

Elizabeth [00:08:10]:
I was wondering if you could do a PET scan. I have a new little kitten. He's only 8 months old and he's been kind of sick.

Elizabeth [00:08:19]:
Like, with what he eats and, you know, he kind of gets a little better and then he gets sick. And I've got to take him back to the vet this week because he's kind of sick again. But I was wondering if you could do a PET scan on him.

Julie [00:08:33]:
What's your cat's name? Oliver. Cute. Is he close by? Can we see him?

Elizabeth [00:08:40]:
Sure.

Julie [00:08:41]:
Here, Ollie. It's always fun to see him. Oh, he's a tabby cat. For those of you that are listening. Hi, sweet boy. He's beautiful. Okay, what I'm going to do is I'm going to hook into. Oh, he's giving her a kiss.

Julie [00:08:55]:
You guys who are listening, he just kissed her on the bottom of her chin. How sweet was that? All right, so here comes my laser beam from sweet home Alabama heading to you in Illinois. Got you going from you to Oliver. All right, Oliver, what's up? I heard before I even got him on my radar, Elizabeth, that he has worms. He has worms. Have you seen any worms coming out of him? Like to rear end or anything?

Elizabeth [00:09:21]:
I haven't, but he had them about two months ago.

Julie [00:09:25]:
I got. He's got worms.

Elizabeth [00:09:28]:
Oh, okay.

Elizabeth [00:09:29]:
Okay.

Julie [00:09:30]:

Yeah. He's kissing her again, you guys. How sweet is that? Okay, so what I'm doing is we're getting them cleared out. And imagine that I've got a laser beam and so going back and forth in the hologram, that's his body, to clean out those worms. We've got that, they're obliterated. Now, it's really interesting with worms and parasites and stuff like that, what happens is the insides of them get evaporated, but it leaves their carcass kind of like their outer membrane. And then we suck that out the top of his head. So that's all removed.

Julie [00:10:10]:

I get he needs another dewormer. I don't think it. I don't. If he had worms before, I don't think they were all gone. Yeah. Okay, let's ask and see. Where is he? Where's he getting them? Where's he getting the worms? Is he an indoor cat?

Elizabeth [00:10:25]:

Well, pretty much. It's wintertime now, but he kind of tries to get away when he goes outside. So he's been inside for the past month?

Julie [00:10:35]:

Yeah, yeah. I get that he had him when you got him and that they just weren't all the way gone last time. I think he needs another round of dewormer.

Elizabeth [00:10:48]:

Okay, great. All right.

Julie [00:10:52]:

So I hope that helps, but he's darling. You're welcome.

Elizabeth [00:10:57]:

He is. Thank you, Julie.

Julie [00:10:59]:

You're welcome. All right, we're at Ask the Ask Julie Ryan Show. AskJuly Ryan Show.com. and we're also on the YouTube live stream at Ask Julie Ryan, so you can get us either place. Okay, who's next? Hello, Fiona.

Elizabeth [00:11:22]:

How are you?

Julie [00:11:23]:

All right.

Elizabeth [00:11:24]:

I'm wonderful.

Julie [00:11:24]:

How are you, my girl? I'm good.

Elizabeth [00:11:26]:

I'm good.

Elizabeth [00:11:27]:

I've been asking Spirit that I should be on the show, so thank you very much. I am from Canada.

Julie [00:11:34]:
What part? Toronto.

Elizabeth [00:11:36]:
No, Montreal.

Julie [00:11:37]:
Montreal. Okay. Yeah. Great.

Elizabeth [00:11:40]:
So I have a very important question that's related to my hearing loss that.

Elizabeth [00:11:49]:
Came about in around 2007. I was diagnosed with it, and it was attributed to childhood trauma. I had hurt my head when I was around 4, and at the same time, I had a very, very high fever where I was hospitalized.

Elizabeth [00:12:11]:
So at that time, it was maybe on a light loss. Now it's at a medium level, and with it, I have developed tinnitus in 2015.

Elizabeth [00:12:25]:
So I was wondering if Spirit could help me with this.

Julie [00:12:29]:
Absolutely. Here we go. Here comes my laser beam from sweet home Alabama, heading north and takes second. All right, got you. When I hook into you, what happens is I can see it, and I can feel it. It's almost like a clunk, you know, when. You know those big, chunky puzzles for little kids, when you put a puzzle in and you can just feel it kind of go clunk in the base of the puzzle when you put a piece in. That's what it kind of reminds me of, by the way.

Julie [00:13:00]:
Everybody that's watching and listening, either in real time or in the future, even if it's several years from now. When I talk about a healing, I want you to envision what I'm describing. Same with you, Fiona. I want you to envision it because when you do that, it helps integrate the healing into your body. Because the body's gonna follow what the brain shows it, even if the brain doesn't believe it to be true. Everybody that's watching and listening, I want you to envision it or get a feeling for it as well. Cause we're all sending healing energy to Fiona. That's why I always want to know where you're located, so everybody can know where to point their laser beams.

Julie [00:13:45]:
And it's like the power of prayer. When a bunch of us are working together for the same purpose, then it's amazing the miracles that happen. So laser beam hooked into you, shooting energy from your feet up through the top of your head. It's going to your left ear first. The energy is. Is your left ear worse than right or is it the one doing the heavy lifting?

Elizabeth [00:14:10]:
It could be. It is doing the heavy lifting. It's more the right ear that's problematic. Although I would say the way it was described, like a cookie cutter.

Julie [00:14:22]:
So the cookie cutter would be. I'm not understanding the analogy there.

Elizabeth [00:14:27]:

It's the range of how much I've lost in my hearing.

Julie [00:14:31]:

So you've got hearing, but a cookie cutter's cut apart portion of it out.

Elizabeth [00:14:36]:

Yes, yes, that's the way it seems.

Julie [00:14:39]:

Okay, all right.

Elizabeth [00:14:40]:

Like if you would take a bite of a cookie. That's the way it is.

Julie [00:14:44]:

Okay. All right. What's interesting is that the energy is always gonna go to the most needed area first. And sometimes that's the area that's more of an issue. And sometimes it's the side of the body doing the heavy lifting, which it sounds like that's the case. And so spirit's doing as it works through me and with me. And spirit is God, source, the universe, whatever you want to call it. And as spirit works through me and with me, in your case, we're going to be working on enhancing the side that's doing the most work, and then we'll tackle the side that's the most help.

Julie [00:15:24]:

Okay. It's fascinating to see that. So as that's happening, what I'm watching is, I'm watching there's a vortex that's spinning inside your ear. Imagine if we put like a cone inside your ear with the, like a megaphone cone that a cheerleader uses, you know, and they cheer through the megaphone. Of course, the narrow end is in your ear canal and it goes all the way in through your eustachian tubes. And so what's happening is there's a vortex spinning inside of this and stem cell energy is going into it. Stem cell energy, Fiona, is a light amber colored gel. It has sparkles in it.

Julie [00:16:13]:

Reminds me of a hair gel that was a thing in the 60s and 70s when I was a kid called Dippity Do. And they still sell it on Amazon, by the way. I don't know that I've ever seen a healing like this before. And I've done this tens of thousands of times, but I normally will see a vortex on the outside. I see the vortex that is the stem cell energy is going into it and it's spinning as it goes in your ear. So this is fun because I love getting to see new stuff. And then it's like it's in my bag of tricks. You know, somebody else will show up and that healing will be used on them.

Julie [00:16:50]:

Sometimes I think they're just more advanced healings that we get to see all the time. And so that's happening, and what that's doing is it's regenerating your hearing. Now, what I'm watching is that stem cell energy went in. And what I'm watching is it's also causing new neural pathways to form between your ear and your brain on that side of your body on the left side. All right, so let's go to the right side. Let's let that percolate for a minute. Let's go to the right side and see what's the exact same thing. There's a vortex spinning inside your ear.

Julie [00:17:29]:

You know, imagine if you put a funnel that you use in the kitchen to pour stuff through that went in to your ear, goes all the way into your Eustachian tubes. Stem cell energy is being poured in there, and it's spinning. And so I do see those neural pathways that are. They're new neural pathways that are being installed in between your ears and your brain. Now, these are all

analogies, obviously, of the energetic healing that's happening. And it just gives us a human frame of reference. And, you know, obviously we're looking at you. You don't have a funnel sticking out of your ear, but if you can envision that scene, it's the same energetic frequency as the healing that's happening.

Julie [00:18:23]:

So my analogies are wild. Sometimes they crack me up. A lot of the time, I have a good imagination.

Elizabeth [00:18:30]:

I can imagine.

Julie [00:18:31]:

Yeah, yeah. And people who aren't visual feel what that would feel like to have a funnel in your ear that's spinning. You know, imagine what that feels like. Or an auditory learner, imagine what that sounds like. When I just tuned into the auditory, it sounded kind of echoey, like there was movement, but it was echoing inside your ears. So. Got that. All right.

Julie [00:18:57]:

The funnels are being removed. I'm watching hearing aids get removed. This is interesting. It's being tested. Your ears are being tested. And normally, Fiona, I'll see musical notes and sound waves. Test the ears, especially the eardrums, when we're working on that for you, I'm watching a xylophone get played with the hammers, you know, and. And then musical notes, notes.

Julie [00:19:28]:

And I'm watching it start off in the low range, and then I'm watching. It's like there's a dial on each of your ears, and it's getting fine tuned. And then it's going up several octaves till it goes all the way up. Okay. Now, I just watched it do that, you know, when. When the musician is just doing the whole thing. So I hope that helps.

Elizabeth [00:19:51]:

Thank you. Yes. I will envision this on a daily basis. I also wanted to know about the tinnitus that did develop later on, if.

Julie [00:20:01]:

There's any that was addressed as well, that was all addressed in the same healing. Yeah. Yeah. So let us know how you're doing.

Elizabeth [00:20:09]:

I thank you so much.

Julie [00:20:10]:

You are welcome. I will. Thanks for you.

Elizabeth [00:20:13]:

Take care.

Julie [00:20:14]:

Okay. Thank you. Thank you so much. You bet.

Elizabeth [00:20:17]:

Thank you.

Julie [00:20:18]:

All right, we're @askjulyrianshow.com if you want to have a conversation with me. We're @AskJuly Ryan on the YouTube live stream, so join us there as well. Remember to subscribe, remember to leave a comment, leave a review, because that's how you're automatically entered into the drawing. You want to stay tuned, see if you're the one who wins A free session with me. And we'll announce that a little bit later in the show. I love to hear from the winners because the stories are so much fun. They'll say, oh, my gosh, I was driving to work, then I was listening to your show and I heard my name called and about drove off the road because I was screaming in the car. It's really cute when people win.

Julie [00:21:07]:

So just leave a review and then you're automatically entered into the drawing. And we'll be announcing that in a few minutes. Okay. Hey, who's next? Chris.

Julie [00:21:20]:

We got a question from the YouTube live stream. Chris from Ireland. Oh, my gosh, the emerald dial. Hi, Chris. You're up late. Goodness, it's the middle of the night there. You say I have digestive issues. I've had diet issues for the last 30 years.

Julie [00:21:38]:

Doctors have no cure. The condition has worsened and is now affecting many parts of my body. Thank you, Julie. Hope you are well.

Julie [00:21:46]:

I am.

Julie [00:21:47]:

Okay, Chris, here we go. Here comes my laser beam from sweet home Alabama heading over to you in Ireland. All right, got you. Shooting energy from your feet up through the top of your head. Mold and yeast. And what I was seeing was a thatched roof on a house. I don't know if you're living in a home with a thatched roof or maybe you did as a child, but that's what I'm watching. I saw a scene of that.

Julie [00:22:16]:

So what we're doing is we're clearing the mold out of your system. It's.

Julie [00:22:24]:

Current mold. When I see current mold, it leaves an oily residue behind it as we clear it out. And so what's happening is this white powder is sprinkled on it. Think of baby powder, and that absorbs the oiliness. Old mold looks dried to me. Think of the dried moss that you'd put around an orchid plant or another plant and a planter to decorate it, to dress it up. If it's in your home. I have those all over my house, and that's what I'm watching getting cleared.

Julie [00:22:58]:

You have what's known as leaky gut. And leaky gut is when the separation, the separation happens in the intestinal wall, and the cell membrane's only one cell thick, so it separates, and then microscopic particles of food and toxins from the gut get into the bloodstream. And the body's going, oh, no, we're under attack. And all kinds of issues happen there. So stitching that up, getting the yeast removed. Couple of pointers. Stay low on the food chain. If God made it, eat it.

Julie [00:23:34]:

If man made it. In a factory, do your best to avoid it. Yeast loves sugar loves anything fermented. So stay away from fermented foods. I know it's the holidays. I mean, go wild on Christmas if you need to. The rest of the time, stay on the wagon.

Julie [00:23:51]:

And also you want to stay away from anything that's processed, like baked goods, anything with sugar, bread, rolls, cookies, pasta, stuff like that, because it all absorbs, like, sugar, so you want to stay away from that stuff, too. Peel your fruit if you're going to eat fruit. Never put a slice of lemon or lime in a drink because it's full of yeast and God only knows what. If it's in a restaurant because it's been sitting out for hours and freeze and reheat leftovers. And then you want to get a hold of a medicine called nystatin. N Y S T A T I Nystatin. And that's an antifungal that's going to help heal your stomach. In the meantime, I would check your home for water leaks.

Julie [00:24:42]:

The fact that I saw a home with a thatched roof on it, which is very common in Ireland, there's something going on with your home. Even if you haven't lived in a home with a thatched roof, the fact that that showed up to me told me there's something happening with a home. And it may not be this home. It may have been a past home that you lived in perhaps for a long time that had a water leak. So I hope that helps, and I hope you feel better. Thanks for staying up so late to talk to us. Sending you lots of love across the Ocean. All righty.

Julie [00:25:16]:

AskJulyanShow.com and if you want to have a conversation. And we're @AskJuly Ryan on the YouTube livestream. I say that throughout the show because we have people join us mid show and want to know how they can call in and ask a question. All righty, Chris, who's next?

Max [00:25:35]:

Hi, Julie. My name is Max. How are you?

Julie [00:25:37]:

Hi, Max.

Max [00:25:38]:

So wonderful to speak to you. I saw an interview of you on a podcast, and I was really blown away. I really liked what you had to offer, and, you know, I'm really grateful that you're sharing it with us here for free and that we can also reach you in other ways. So thank you for that. I really appreciate it.

Julie [00:25:54]:

You are most welcome. Where are you located?

Max [00:25:57]:

I'm in Toronto, Canada.

Julie [00:25:59]:

Oh, my gosh, another Canadian. Max. I gotta tell you, I got a grandson, Max, who's 19.

Max [00:26:04]:

Oh, yeah.

Julie [00:26:05]:

And I was texting with him a couple of days ago, and he said, and he lives at home, but, you know, he didn't really like the food that's available there. It's all men in the house. And so he

said, mimi, can you fix me some food? And so I told him, my husband, I said, well, my grandbaby wants some. His Mimi to fix him some food. So made a Costco run, fixed him a bunch of food. He picked it up a little bit earlier.

Max [00:26:34]:
So that's nice.

Julie [00:26:35]:
I think it's great that you know that he's my Max and now I get to talk to you. You're my other Max.

Max [00:26:42]:
The pleasure is all mine. I appreciate it.

Julie [00:26:43]:
Yeah, terrific. How may I help you? You tell me. You're in Toronto?

Max [00:26:47]:
Yeah. So Basically, I developed CPTSD in the early 2010s.

Julie [00:26:52]:
What is that?

Max [00:26:53]:
For those who don't know complex PTSD. It's like extended PTSD. We're going on and on.

Max [00:27:02]:
So in around mid 2019, I tried the Wim Hof breathing technique to try to heal it. And after doing about 12 rounds of that over a couple of days, I suddenly felt an extreme amount of panic and anxiety that would not shut off at all. And every technique that I had learned up until that point, because I was into meditation and breathing and yoga only made it worse. And then I couldn't go, like an hour without eating. I couldn't listen to music. Everything was a trigger or nothing at all. My body was just stuck in that setting. So I had to go on medication and it's still not enough yet.

Max [00:27:38]:
We haven't worked out, like, how to fully shut off this, like, monster. But the medication is helping and I am receiving remote healing every day. But I still can't diet, meditate, do breathing or exercise without it triggering the panic.

Julie [00:27:56]:
What's the panic from? What was the catalyst in 2019? Max?

Max [00:28:01]:
It was just trauma from. I don't know, stuff I don't really want to say publicly, but just.

Julie [00:28:07]:
A.

Max [00:28:07]:
Lot of things over time, emotional stuff.

Julie [00:28:10]:
And so what's happening is you're still having panic attacks is what I'm hearing.

Max [00:28:16]:

Yeah, I mean, the psychiatrist said it's not like a panic attack because panic attacks go away. But like, you're saying it is the same symptom. It's like this panic that just will not shut off. Even on, like, even on some benzos that I've tried, it still won't shut off. And I'm getting. Yeah, I went to India to live with a yogi. I went to Arizona to live with a shaman. Spent all the money and more and time and you know what I mean? Like, some of them thought it might have been like a partial kundalini awakening.

Max [00:28:45]:

I don't know. Anyway, that's all I got for you.

Julie [00:28:48]:

I think it's from trauma. So what we're gonna do is we're gonna re. We're gonna edit the trauma reels in your brain. How about that?

Max [00:29:00]:

Sounds good to me.

Julie [00:29:01]:

Are you game? It won't hurt, I promise. It'll be fun. So it's called the Walt Disney method. And he did this with his. Seriously, he did this with his daughters when they were little and they'd have something happen and it'd be traumatic. And he, you know, he was a filmmaker and he was a cartoonist, so he was an animator. And they used those old fashioned reels of film where they had different segments in them, you know, like different squares, different pictures. And then the projector would put them all together and it would be the moving pictures.

Julie [00:29:38]:

And, you know, you remember, I think he released the first Mickey Mouse. I forget. I think it was Mortimer the Mouse, like in the 1930s or something. So you can imagine until his death 30 or 40 years later. You know, he saw really the advancement of that. So spirit gave me this technique many years ago. And it works great. Imagine that all of that drama and trauma from your childhood is on a movie strip of film.

Julie [00:30:09]:

And it's spinning, it's playing in your brain. So what we're going to do is I'm watching that get pulled out of the side of your head. It's coming out the right side of your head. And we're going to edit it, we're going to splice the film, and we're going to put new stuff in there, that stuff that you want to watch.

Max [00:30:29]:

Okay, sounds good.

Julie [00:30:31]:

And so that's coming out. And what I've done is I've watched this. It's like a green fog that's gone on top of the film. And what it's doing is it's marking all of the frames that were traumatic and dramatic. And there's a bunch of them.

Max [00:30:49]:

Oh, that's cool.

Max [00:30:50]:

We have a synchronicity. I was reading a book last night, and I marked it with green on a place I wanted to note.

Julie [00:30:56]:

There you go. So these frames are being marked with green. And sometimes there are several frames, sometimes there's just a couple, but there's a bunch of them that are in there that are happening. Okay. So it's being pulled out. Pulled out, pulled out, still pulling out. So let's give it a minute. It's happening.

Julie [00:31:14]:

All right, so now what we're doing is there's a. Imagine there's this light is what I'm seeing. And it attracts the green segments like a magnet. So all those green segments are getting removed from that strip of film that's very long. And then what we're doing is we're putting yellow frames in there that are happy, sunshine, joyful, things like that. So what we're doing is we're editing out those scary parts, those traumatic parts, and we're putting in happy parts. And of course, yellow sunshine, happy. Right.

Julie [00:31:57]:

And so what's happening now is that film is turning around and it's going through a device that's gluing those onto that stream of film. You with me on that? And it's going back in your head. So it's like we pull it out. The green frames are removed. It turns like, goes underneath, and it's being threaded back into your brain. And what's happening is it's rolling up into a spiral into a. It's going to form a vortex, and it's going to spin here in a minute because vortices are always involved in healing. Always, always, always.

Julie [00:32:41]:

So, all right, it's all back in your head, and it's like if you wind film and you pull it from the middle, it'll come out in a string. So that's what's happening is it's Spinning in a vortex. And that centrifugal force is cementing the new memories into your brain. Yeah. So whenever you feel that panic, I want you to remember that we've already changed the scene and it's something happy now. So if you see something or your memory comes back.

Julie [00:33:20]:

Think of it in a yellow, happy, joyful way. Because it's already been edited into your brain. It's gonna cement into your body, and that's going to help with the pain.

Max [00:33:33]:

Okay. Thank you.

Julie [00:33:34]:

You're welcome. One other thing. Have you heard me talk about the two minute rule?

Max [00:33:40]:

No.

Julie [00:33:41]:

The two minute rule goes like this, Max, and it works great. All thoughts that feel bad are based in fear. Most thoughts that are based in fear. So everything that feels bad is based in fear. Anger, jealousy, boredom, whatever. All based in fear. Most of those thoughts feel bad. Like 99.9% of them are fake news.

Julie [00:34:02]:

They're false. They're irrational fear. So when you have a thought that feels bad, ask yourself in your head in a nanosecond, is this going to kill me in the next two minutes? It's a yes or no answer. With this game, the answer is yes. That's a rational fear can harm you or kill you,

change the conditions, get out of the road before the truck runs you over. That's irrational fear. Everything else is an irrational fear. I'm running late for an apartment.

Julie [00:34:32]:

What if it doesn't go the way I want it to go? La la la la la la. When we go into fear, our body goes into fight or flight. We don't even. Our body can't differentiate between what's a real fear and what's fake fear. Most thoughts that feel bad are fake fears. So when you ask yourself, is this gonna kill me in the next two minutes? A lot of the time, Max, you're gonna laugh and you're gonna go, oh, my God, I'm being such a drama king. And you know, that'll diffuse it right away, but it keeps you out of fight or flight. The beauty with the two minute rule is you can use it unlimited times a day.

Julie [00:35:11]:

It's free and it's convenient. It works anywhere your brain is, and your brain's usually with you wherever you are. It also works in every situation. So those are two techniques that can help you a lot. You're welcome.

Max [00:35:25]:

I appreciate it.

Julie [00:35:26]:

Thanks for joining us. All righty. AskJulyriShow.com we're at Ask Julie Ryan on the YouTube live stream. If you're joining us on the live stream, put your name where you're located and your question in the chat. And then we will get your question answered. Samantha's over there to help you Remember to subscribe, remember to leave a comment, leave a review. And then also speaking of the two minute rule and all of my other books, they're great Christmas gifts, you guys. Just go to askjulyrian.com books and you'll be able to find them there.

Julie [00:36:09]:

We've got a new one coming out in the next week or so. It's another angel messages book. It's a whole bunch of stories of angelic and miraculous occurrences. We hope to have that out in the next week in time for Christmas. So remember askjulyrian.com books that'll lead you to the links on Amazon and elsewhere where you can get the audiobook, the digital, the paperback. And they make great gifts, too, so keep that in mind. All right, Chris, let's take one more, and then we'll announce the winner of the free session. Hello, Pat.

Julie [00:36:51]:

Hello, Pat. How are ya? Thank you.

Patty [00:36:54]:

I'm well. And I'm. And I'm just falling in love with all your shows. Thank you for what you do.

Julie [00:36:58]:

It's exciting. Thank you for listening and watching. Where are you? Where are you located?

Julie [00:37:03]:

Bellingham, Washington.

Julie [00:37:05]:

Oh, terrific.

Julie [00:37:07]:

Kind of cold right now.

Julie [00:37:08]:

It's a little chilly down here. Yeah, I had to cover my plants and bushes and stuff A couple weeks ago. I went down into the 20s. Craziness.

Julie [00:37:18]:

Wow.

Elizabeth [00:37:19]:

Yeah.

Julie [00:37:20]:

But then it got back up to 60, so I can't really. Oh, no.

Julie [00:37:23]:

That year.

Julie [00:37:23]:

But yeah. Yeah, yeah. Well, how may I help you?

Julie [00:37:27]:

Well, after many deaths in the family, starting in 2007, I lost five really close family members. And I know that I have a lot of trauma that's blocking me, but one of the things I'm experiencing is left side hip. It's like my hip is crooked and it gets stuck in the nerves and the muscles kind of get weirded out. So I have an appointment to go see another chiropractor. But in the meantime, I'm curious what you can see in that area. If it's emotional, if it's part of my emotional blockage.

Julie [00:38:06]:

Oh, yeah. It always is.

Elizabeth [00:38:08]:

Always.

Julie [00:38:08]:

There's always an emotional component in place before any kind of medical condition arises 100% of the time. So. And that would be. We'd cover that in an appointment. Either schedule an appointment with one of my graduates or may just go to askjulyrian.com and you can schedule an appointment. We'll do a deep dive. Pat, for Tonight, what I'm going to do is I'm going to look at it and see if we can do a medical healing on it. Because the emotional stuff that comes up sometimes is really sensitive and you don't necessarily want to talk about it, you know, to the public.

Julie [00:38:43]:

So I have five, soon to be six graduates that are working with me, and they're taking appointments. They are all fabulous and they're all darling, they're lovely. They're all gals, and they're just wonderful. People love talking with them. You can usually get in to see them fairly quickly and. And they're way less expensive than I am. So consider that. In the meantime, here comes my laser beam from sweet home Alabama heading up to you in Washington.

Julie [00:39:11]:

All right, got you going to your left hip. Yeah. Chiropractor. I just watched a chiropractic adjustment happen. But you got bone on bone on that hip. So really let's. Yeah, so let's put some stem cell energy in there. You got some arthritis in there, too.

Julie [00:39:27]:
Has anybody told you that? Yeah.

Julie [00:39:30]:
No.

Julie [00:39:31]:
Yeah. Arthritis looks like pat. Arthritis looks like corrosion on a battery that's expired. You know that white crunchy stuff. Like, have you ever had a battery in a flashlight and it's been in there for years, and you go to turn the flashlight on, it's not working. And you look at the battery, it's got a lot of this white crunchy junk all over it. That's what arthritis looks like in the joints, and that's what it looks like in surgery. I've been in countless joint scopes in surgery, and that's what it looks like on the monitor.

Julie [00:40:03]:
So of course, that's my human frame of reference, because that's what I really looks like. So we're getting that removed. And then I'm watching stem cell energy get injected out of this big syringe with a big old long needle on it, and it's going in and being injected. Light amber color gel sparkles. Dippity doo. Do you remember dippity doo when we were kids? Yeah. Isn't that hilarious? Spirit's hilarious with these analogies, but they're to give us a human frame of reference. So I'm watching that happen.

Julie [00:40:37]:
I'm watching the joint get rotated a little bit, and I'm watching this stem cell energy build up the socket.

Julie [00:40:48]:
You know, the joint's gonna be a ball in a socket. So on the backside of the socket, it's kind of worn down a little bit. So what I'm watching is I'm Watching this stem cell energy bring up that curve a little bit, almost like a potter is gonna use clay to mold their creation into whatever they want. And so that's what I'm watching happen with that. There's a vortex spinning outside of your hip. There's always a centrifugal force. There's always a vortex that transforms the stem cell energy into whatever body part we need. It's amazing stuff.

Julie [00:41:29]:
So.

Julie [00:41:29]:
And interestingly enough, while I'm watching this healing happen, Pat, if you go back to your fourth grade science lessons, we learned every cell has a nucleus. Every nucleus is surrounded by cytoplasm, which is a watery gel, like dippity doozy. And our bodies have a centrifugal force in them that spins, that causes the cells to divide and replicate to the tune of billions of them a day. Well, I'm watching that and describing to you what's happening energetically. And I think it's what the body does. We're just watching it warp speed. So that's my explanation for it. Anyways.

Julie [00:42:07]:
That's what spirits told me. Okay. All right. Got that. I see you. I see you kind of moving your hips back and forth. I see you doing the hula hoop. Orthopedic healings are so fun, Pat, because I always watch the body part that's worked on, get tested.

Julie [00:42:23]:
So I see you doing a hula hoop spinning to the left, now going to the right, and you're pretty good at it. Did you have a hula hoop as a kid? I did. You did. Okay. That's why you're so

proficient. It's like riding a bike. Once you hula hoop, you can learn how to. You can hula hoop for life.

Julie [00:42:44]:

I love it. Oh, gosh, I hope that helps, but I'm glad you're going to go see a chiropractor. I think that's a really good start. Let me ask, does Pat need her hip replaced? I heard not at this time. There you go. So I hope that helps.

Julie [00:42:58]:

Thank you so much. I love what you do.

Julie [00:43:01]:

Welcome. Thank you. Thank you for joining us.

Julie [00:43:03]:

Happy holidays.

Julie [00:43:04]:

Thank you. You too. Okay, Chris, let's announce who our winner is tonight. And let's see.

Julie [00:43:14]:

It's from Miss Molly D. And she says Julie is the best. Listening to her show is like a warm hug. It's exactly what the world needs right now. Sounds like a song. I think Bert Beckarach wrote that. What the world needs now is love. So she goes on to say, thank you, Julie, for enlightening us all with spiritual education.

Julie [00:43:38]:

And connection. Do yourself a favor. Keep an open mind and listen to this show. So, Ms. Molly D. You have won a free one hour session with me, valued at \$750.

Julie [00:43:52]:

And to claim your prize, all you have to do is go to askjulyrian.com, click on the button that says ask Julia a question and just say, hey, I won the free session with Julie on the show. And then my assistant Rachel will help you find a date and time that works with your calendar in mind. And I will be delighted to talk with you. We can talk about anything you want to from the buffet of psychichness. We can talk to a deceased loved one. We could talk to Moses, Elvis, whoever. It doesn't matter. We can scan animals.

Julie [00:44:31]:

We can do past life stuff. We can do medical stuff. We can tell how close to death somebody is. We can talk to angels, whomever. Doesn't matter. All the stuff we do on this show. But I'll get you for a whole hour. And looking forward to that.

Julie [00:44:44]:

If you want to put your name in for the drawing, just leave a review like Molly did, and then you may be the next lucky winner. I give away a free session and a free class every month. So you want to go ahead and leave a review. Congratulations, Molly. Thanks for the drum roll, Chris. It's his favorite part of the show when he gets to play his drums. Okay, who's next? Hi, Jill. How are you doing, girl? All right.

Julie [00:45:13]:

I can't have.

Elizabeth [00:45:15]:

I got through.

Julie [00:45:15]:
Good.

Julie [00:45:16]:
Where are you? I'm from Wisconsin. Oh, terrific.

Elizabeth [00:45:20]:
Wonderful.

Julie [00:45:21]:
And we have snow.

Julie [00:45:22]:
I know. Chicago got a punch, too, didn't it? Yeah. Yeah.

Julie [00:45:27]:
Yes.

Julie [00:45:27]:
Yeah. You like snow. She's got a big smile on her face, you guys.

Julie [00:45:31]:
I was.

Julie [00:45:31]:
She likes snow. She's got her. She's got her ski band headband thing on.

Julie [00:45:35]:
Yes, I do.

Julie [00:45:36]:
Yeah. So keep all that stuff up there. I don't do snow down here in sweet home Alabama. So keep that white stuff up there. Here's why I don't do snow. I grew up in Ohio, where they got a lot of snow when I was growing up. And then my first year out of school was in Sioux Falls, South Dakota. And that made Ohio look like the tropics.

Julie [00:45:56]:
They got so much snow up there. And so I swore when I left there on my 24, I'd never live where it snowed again. Cause I had my fill and I haven't. So I'm glad you enjoy it. I enjoy pictures of it. That's it.

Julie [00:46:12]:
I love it. I love snow. We love snow.

Julie [00:46:15]:
Terrific.

Julie [00:46:16]:
My question is, if you would be so kind. I've had issues with the left side of my body for the last 10 years.

Julie [00:46:25]:

What kind of issues?

Julie [00:46:27]:

Oh, mobile issues. Digestive. I don't know if it's from, like, the mid thoracic region of a vertebrae that was kind of.

Julie [00:46:40]:

Slipped and then had to grow back, but it has affected everything. And then I rehab, but I can only get so far. I'm never affects my walking. I never got back to what I was. And I'm constantly doing therapy with myself and watching my. My levels, my energy. I've become more spiritual through this journey because I. I had to.

Julie [00:47:08]:

I felt like I did develop PTSD because I just lost the ability, and my body was something I always used every day. And then I. I had to rethink things. I had to rethink the way I lived, and I still have residual things. I don't know if you can help me with that at all.

Julie [00:47:28]:

So the ptsd, were you listening when we did Max's healing earlier?

Julie [00:47:33]:

Yes.

Julie [00:47:34]:

So listen to that. Listen to that on the recording. Download the show. It'll be out tomorrow morning. And listen to that on the recording, and then envision that happening inside your brain. It works great. It is the best healing that I've seen in all the years I've been doing this for ptsd, regardless of what caused the ptsd. So could you text me something? Absolutely.

Julie [00:47:57]:

Did you have an accident or a ski accident or something? What happened?

Julie [00:48:03]:

Well, I had, like, three, five, a lot of traumas in the same month. I lost. Loved ones died.

Julie [00:48:12]:

I felt something slip in my back. I did feel my body just something shifted.

Julie [00:48:21]:

And then I got in a car accident the same month I lost my job. It was kind of a lot.

Julie [00:48:29]:

Okay. All right. So from a physical standpoint, you were in a car accident.

Julie [00:48:34]:

Yes. And I felt that. An injury. And somehow, maybe in the middle of my back, I just couldn't. Those muscles were so tight, I couldn't move for three years. I just was like, I'm a lot better.

Julie [00:48:49]:

Okay.

Julie [00:48:50]:

I'm a lot better. I'm so grateful, but yeah.

Julie [00:48:54]:

Okay, here we go. Here comes my laser beam from sweet home Alabama Hooking into you in Wisconsin. All right, got you. So it looks like your vertebrae, and I haven't seen this before. I can't see all this new stuff tonight, you guys. This is great. It reminds me of when you buy firewood at the grocery store, and they have three or four pieces of firewood and they're tied up with a rope. Yep.

Julie [00:49:22]:

That's what it looks like. But it's scar tissue around your vertebrae.

Elizabeth [00:49:26]:

Is it?

Julie [00:49:28]:

And they're kind of. Yeah, left side. And they're kind of.

Julie [00:49:34]:

Scrunched a little bit. They're not in their proper position. So what I'm watching happen. And of course, this is an analogy for what's happening physically in your body. But what I'm watching is I'm watching that cord that's wrapped around those vertebrae, which is limiting your mobility. I'm watching it get cut with a pair of scissors. Er, scissors that'll cut through anything, fabric, boots, whatever. I'm watching that get cut.

Julie [00:50:02]:

Okay, so now it's loose. So what I'm watching is, I'm watching that middle vertebrae get put back in its position. Imagine like an ice cube tray. You know, the old fashioned ice cube trays, they used to have the plastic ones. And let's say you have an ice cube that's partially out of its little pocket, its little area where you put the water in for it to freeze. So I watched that vertebrae go back into its proper slot. All right?

Elizabeth [00:50:32]:

Yes.

Julie [00:50:33]:

You with me on that so far?

Julie [00:50:34]:

Yep.

Julie [00:50:35]:

Okay. And then what I'm watching is these little spacers, Jill, Think of the spacers that a tile mason uses when they're laying tile. I'm watching these little spacers get put in between those vertebrae so that it keeps them in the proper spacing position. Now what I'm watching is you've got a little bit of disc degeneration over there. Just because your vertebrae have been messed up for a while. So the discs have been compressed. I bet you've been in some pain too, from what I'm seeing.

Julie [00:51:08]:

Chronic pain.

Julie [00:51:09]:

Yeah, I can see that. Yeah. So stem cell energy, globs of it are getting put, and there's a vortex spinning behind your back, and that's going to regenerate the disc, which are like the shock absorbers in between the vertebrae. And now what I'm doing when I'm spirit working through

me and with me to help you heal yourself, there's this little fine netting that stretch from the upper to the lower vertebrae. Think of a goldfish net. You know how fine that is? If you're getting a goldfish out of a bowl or out of an aquarium, and those are stretched from those vertebrae. The interesting point about that, Jill, is when I go back in and scan somebody years later, after I watch that healing, that netting is still there. We don't come in with it, but I watch it in healings and I've Seen it in people that I scanned years ago.

Julie [00:52:04]:

And that netting's still there, which I think is way cool. I won't remember. We've worked on their back. I'll remember them, but I don't remember what we did. And I'll say, do we work on your back? And they'll say, yeah. And I'll say, okay, great, because that netting's still there. So we've got that going. Okay, you've got a bunch of scar tissue back there, too.

Julie [00:52:22]:

And scar tissue looks like thick spider web material to me. And so what I'm watching as I'm watching that get cut, because when we have scar tissue, oftentimes it can tether different parts of our skeleton and keep it from moving in the proper.

Julie [00:52:45]:

Way or the way that it's intended to move. So I'm watching that happen. Okay. And then your spine is crooked. Your spine is. You've got some scoliosis going on in your spine just because your vertebrae have been messed up. So let's fix that real fast. So this is a pretty comprehensive healing on your back here.

Julie [00:53:05]:

So two metal rods on either side of your spine. Your spine's heated with a laser to make it pliable. Think of a potter using clay. It needs to be moldable in order for them to make whatever it is they're creating. And then as those rods move very slowly towards the middle, it's straightening out your spine. And then there's a laser happening on your spine again to kind of like same thing as firing the clay creation of a potter to make it stable. And then those rods fall off and they disappear. So your spine's straight now.

Julie [00:53:42]:

I just watched, like, a geyser of energy come from your tailbone and shoot up out the top of your head. So that's called your hara line. H A R Ray.

Julie [00:53:54]:

Thank you so much. Do you have any suggestions as I move forward?

Julie [00:54:00]:

Yeah, I think, you know, continue with the. I'm getting. Stretching is really the best thing for you. The chiropractic care is really helpful as well. And.

Julie [00:54:14]:

I'm watching you laying on your back with your knees up to your chest and doing the hip stretch, where you put both knees, you know, to one side, your arms are outstretched, and then you do it on the other side. That's the biggest thing, is to stay flexible. And what I just heard was motion is lotion. So move. You know, we don't want to move when we're in pain. And yet when we move, that's what helps us heal. So I hope that helps I highly hope consider scheduling an appointment with one of my graduates or may just go to askjulyrian.com and we'll, we'll do a really comprehensive deep dive and help you with that.

Julie [00:54:55]:

Thank you so much. I appreciate it.

Julie [00:54:56]:

You're welcome. You're welcome. You too. Okay, honey, I hope you feel better. Thanks. All right, Chris, let's take one more and see who that person is before we end this evening. Okay? And. Hi, Julie, Natalie in California.

Julie [00:55:15]:

I've had high ferritin levels for over a year. Have done ultrasound, liver scans and several blood tests. No medical explanation for the high ferritin. Can you help? Yeah. Let's do a heavy metals detox energetically. So imagine, Natalie, we've got two big U shaped magnets on either side of your body. They're joined in the middle. They're going up and down your body.

Julie [00:55:39]:

They're pulling out metallic particulates. Those look like little sparkly and dull pieces of glitter. They also look like a strand of steel wool from a steel wool scrubbing pad. Those magnets that are joined in the metal go up and down your body. They turn a quarter of a turn, go up and down your body, turn a quarter of a turn till they make a full revolution around your whole body, which they just finished. Now what we're doing is we're irrigating any kind of metallic dust out of your body. And I love this part because imagine you got fluid flying out the end of your toes. Makes your feet look like sprinklers.

Julie [00:56:15]:

So that's what we're doing.

Julie [00:56:18]:

And hopefully that will help. So thanks for your question. All righty, everybody, that's it for this week. Remember, we're going to do a live show next week. Remember, you want to put on your calendar the 23rd for the Sherry Salata show and on Christmas Day, download the Christmas expert askjulyrian.com for books if you want them as gifts and in the meantime, sending you lots of love from sweet home Alabama. Bye, everybody.

Anncr [00:56:51]:

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

Anncr [00:57:05]:

This show is.

Max [00:57:06]:

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