



## Episode 22

### Part 1

## **Manifesting All You Desire**

### **with Spiritual Guide Ryan Wilaby**

Welcome to Toni Talks – Humanity Matters. This is your host, Toni Julian. And today we are going to talk about intentions and manifestations. We have a really special person on, someone that has just become very dear to my heart, Ryan Wilaby. Welcome!

Ryan: Thank you, Toni. I am so happy to be here.

Toni: Thank you. Yeah, I'm absolutely delighted. This is probably going to be so useful for people. Ryan you are a spiritual guide, a channeler, a teacher of the esoteric and mystic, and you also have a business called Quantum Shift, which is just this amazing endeavor that you do to help people elevate themselves. And today I want to talk with you about manifestation and also intentions and how people can bring more into their lives so they can really find their true purpose, that happiness and joy, into their lives - really just walk into that space. With that, let's just start with a little bit about yourself. I'm sure people are really curious to know about your background and how you got started on this journey.

Ryan: I would love to thank you for that beautiful introduction. Yeah, I started Quantum Shift in the end of about 2011 into 2012. I had a corporate gig, the corporate job before that. I came up through banking and finance and like through my teenage years, all the way up into my mid to late thirties. And I've always had a real inclination or drive, to find the answers to the big questions. And when I was real young, I remember just thinking within my lifetime, we, or I, we will know so much more than we know now about what our existence is, what this is about. Why, what are we doing? And so I've always had that inquisitive drive, the philosopher's quest of really going inward and figuring out what is going on.

I was fortunate enough to be raised by a village. My parents were very busy, living and figuring out their lives, individuals being humans, who left a big opportunity for me to have experience with other families and other adults and getting a wide range of understanding or how people would flow through life and how they would experience life and a lot about how not to do life and how to do life. And within that, I got the experience of Christianity. I

was within a household that was Wiccan, that grew up understanding paganism, Celtic religion, old, all pagan religions, witchcraft. I grew up with a witch through generations on the female side, the gift and the knowledge, and the book of shadows was pushed. What was passed down. That all opened me up to understand energy and just different ways of how life and energy can show up for people. And then that led me into my career in business and in the corporate world and really applying energy and how to use energy. But I am energy - everything is energy, and how that looked in the corporate world and to really use that to help advance myself within the company, the ranks and income and to build the kind of career that was going to suit a lifestyle that I wanted as well. And use that, work that up, and then it came to the point to where yes, this was picture perfect, but it is not serving the higher purpose.

And so it was, that whole thing of being in the corporate career for the spiritual person who leaves and goes on their quest. I really started going really deep into meditation, into yoga, hiring my own personal yoga guru that lived in India for three years and an Austrian that came back to the States. And I worked with them one-on-one and not to do yoga, but to really go into the Sanskrit, the mantras, the meditation, Reiki - did practicing of Reiki on me, really working on me, energetically. It's a lot of beliefs systems and things that I took on from my childhood and from corporate that I was bringing with me as well.

So working through those, got into an institution Called AIPAC, which is International Professional Excellence in Coaching. And it was really a modality all based on energy. And it's a life coaching program. And I started up my own coaching business then in 2011 and kind of moonlighted that with my corporate business, because I did work from home and was able to schedule my work as I wanted. And then from there, I really went full time and I resigned from my corporate job at the peak of my career when everyone really thought that this was like - you could ride it out. Then at that point, I moved to Bali Indonesia. And so I sold everything I owned, what I didn't sell I gave away and I went with literally two roller bags and ----- of clothes, work materials and a laptop computer. I didn't have a hotel room booked, I didn't know where I was going when the plane landed, I'd never been there. And I didn't know anyone there - literally got off the plane, got into a cab and told him to take me to the Captain Hook Bar, the only thing that I knew. Of course, the cabbie didn't know what the Captain Hook Bar was, so I said, just drive along the beach and we'll keep asking all the other taxi drivers along the way if they know where the bar was. They did. I landed, I got a room across the street at the hotel that was across the street from that bar, and the journey began.

And I started building my coaching business from there, and that was 10 years ago, and it's been morphed into not just a life coach working in energy and helping people, cause I was working with a lot of executives, business owners, entrepreneurs, and I still love that venue and that avenue, but what I was doing the whole time in this life coaching was really spiritual work. I was connecting people with their spirit and their soul plan, their soul contracts and agreements, so that they could really flow and move with the divine life plan that they came here to live out. And so that just started morphing, and that kind of leads me where I am here today, doing the spiritual guidance and the spiritual work while I work with people.

Toni: That's such a beautiful story and I love how you just became completely unencumbered. You just left everything material behind. You had an idea where you wanted to go, you didn't make any specific plans around it - that, in a lot of people's minds, would be like, wow, that's brave! Some people don't even like going to a restaurant to eat by themselves, if you think about what kind of normal people in society will do, but how completely freeing. And I think there are a lot of people like you that have done that - they've left corporate work, they have some passion, they have some calling. So I know this will resonate with a lot of people because what you went through shows up in people's lives in a lot of different ways, doesn't it?

Ryan: It does. Absolutely, it does. And I want to add in here just real quick is that you don't have to leave your corporate job. You don't have to get rid of all of your material possessions. You don't have to move to the other side of the world and be in a culture and in a language you don't know. And if you're called to do that, do it. But, you know, we have so much to assist us in coming into our own, in coming into our relationship with ourself and our spirit more now than we have ever had in the history of humankind. Energetically assisting us that - you don't have to go drastic unless you're called to do that. I mean, everyone's gonna have their thing, and I think it's really important because it can seem overwhelming and it can be like - then there's the times just, that's not me - I can't imagine myself doing that. Your path will be different, and it will look different, and it will show up what is exactly meant for you. I think people think that they need to be the minimalist in order to be spiritual. And it's just not the truth. It could be for some people, but it doesn't have to be that for everybody.

Toni: Yes, and we are all spiritually, all souls living in a human body for experiences on this earth. So we could be anywhere, in whatever form that takes. And I know personally, I have reinvented myself many times and lately - and also with your help and with your amazing wisdom and influences, integrating the spiritual aspects into what I do, which is why you and I are here together on this podcast is that, to me, that is a way of manifesting something really quite amazing. So can you share now a little bit about your gifts? I want to call it clairsentience because you just have this knowing, you don't hear words or see visions as I do. We all have different gifts and they're all developed in different ways. Can you tell me what you went through, what your transformation was about to bring these gifts about? And then we're going to go into actual, manifestation topic.

Ryan: Yeah absolutely. I guess the awareness of the gift came into my knowing just in the last part of 2020, just a few months ago, six, seven months ago in September and October of the clairsentience coming in and just having the knowing. And I was also starting to receive channeled information from Archangel Metatron, and I wasn't even aware who he was, that there was an Archangel Metatron. I didn't know this. And he was being introduced to me first through the sacred geometry. Archangel Metatron works within sacred geometry and in colors. The awareness that was brought to me is that I've always had this, I just didn't know it. And clairsentients - there is a lot of us out there that don't know that they have, or they are using, this gift because it's just a knowing, right? A friend may be talking to you, and you already know the end of the story and where they're going and how you might be able to help them or assist them. You don't really need to hear the whole story, so you might

interrupt them. Clairsentient people who don't know they have the skill, can sometimes seem kind of rude – they interrupt a lot, seem like know-it-alls, because they just know stuff and people are like, how would you know that? They can be dismissed for that. And so then you will question yourself like what, how would I notice? When I started coaching and working with my clients, I didn't realize that's what I was doing, but I knew I was really effective with my clients. And I would - what's beautiful in that relationship is in the beginning, you can ask, do I have permission to interrupt? If I feel like we could fine tune and bring us in together to really get the best value out of our time together. So that was happening. And then in our sessions, I would stream information that would serve the client. And at that time, and I still think that happens, is that I think that the higher consciousness or the higher self, the spirit being, will move through me to provide the answers that the client is looking for. So it's still them receiving their own information but it'll come through me. And they'll be like, Oh my God, can you repeat that? And I'll be like, no, I'm sorry, I don't even know what went through me!

So that was the first understanding that I was having this information moved through me and I didn't fully understand it. I did that for years, just let it be, work with my clients. And however that worked through, I didn't even try to question it just cause it was working. But then through 2020 and coming through 2020, I went through another spiritual awakening. And that went just deeper layers, right? It's always a journey. There will always be more awakenings as we're in this space of allowance. But when I started receiving the information from Archangel Metatron to let me know what was happening to me and myself, physically, and the connection with my soul and my spirit and the soul agreements and soul contracts, it was also letting me know that I was receiving gifts also, and that some of the gifts I already had, but I will have now words for them or meanings of what that is. And the clairsentience was one of them. And it really just brought the whole big picture together for me to better understand it. One of the challenges I think with somebody who's clairsentient is that you don't hear the answer, you don't see the answer, you just know. So you - it is a real thing of trust, a trusting of yourself and a trust in your spirit and a trust in your guides who are giving you information that will serve you and guide you.

And I think this is going to be one of the biggest gifts that we're seeing come online for people who are going through the evolution of consciousness is the clairsentient, because spirit is going to be wanting more and more trust from us, to trust ourselves because at the end of it, all of this there's ourselves. When we speak about unity consciousness, we're all one. And our higher self is always working to reach us, to give us information to best serve us, to allow us to move in the most graceful divine way, for expression of our ourselves and of the divine. And so the trust is integral in that process, and it's going to be in trusting your own knowing of the information that comes to you. And I think that will continue to be, along with some other gifts that will be coming online, to be really cool and fun and interesting to see happen.

Toni: So true, like telepathy. I'm already starting to experience some of those things. It's been quite an amazing journey. As you're talking, it's occurring to me, we're thinking about manifestation and everything – it's like that trust in ourselves. And what comes up around that for me is intuition. So many of us, how many of us have said, oh, you know what,

something just hit me about that, but I ignored it. Or I had a feeling I didn't quite, you know, I think with these things that maybe some of our listeners are going through is that there are subtleties. It's not whack - hit you over the head and look you're this, or you're that, or you have this gift. It's, you know, really being in touch with yourself and paying attention to those intuitive things. And some people are just innately a little more sensitive. Like I grew up super sensitive, so I - and how open our we, right? So if people are listening to this, I would say they're pretty open. And if you're listening to this level of conversation, they're going to be open. So it's taking that intuition and that word trust just totally came up for me too, is trusting yourself, trusting your higher self, trusting God. And I don't mean that in a religious way, but the divine higher consciousness. That is so amazing. I'm excited because I want to hear from you about manifestation and in the context of, for people listening, if they've been in business or came from the business world, like you and I did, Corporate world, up the ladder, get reviews, get bonuses, hit the road, sales contracts, all that - is, you know, we're accustomed to a certain vernacular, which is objectives, goals, strategies, tactics, and working toward a particular - you know, so we are so ingrained - and everybody can relate to that, is like we have a goal - that's the objective is actually the intention, right? It's just a matter of vernacular what we want to accomplish. So if we have it in our minds, can you talk about manifestation and, not only in terms of how people can bring that into their lives to be more conscious of it, because - if you can start with perhaps how we all manifest every single moment of every single day. Can you start there perhaps?

Ryan: Yeah, absolutely. And I wanna just think about the word God, because I will probably use that. And I am a spiritual being and I am not associated with any religion or anything of that. And I would just like to just release the word God, while we're here in this video anyway, and if you're finding this video and you're hearing this, then I would like for you to be able to release the definition around God that Christianity or organized religion gets to own that. The word God has been around, and it's meaning, way before any organized religion ever came about and started adopting and using that word. So I feel like it's taking the power away, or the stigma away, from the word God. Because it is the source that is. It is light. It is all of that, that we can give it all these other names. So I just liked that you brought that up, but I kinda wanted to expound on that a little bit.

Toni: Yeah, I appreciate that.

Ryan: Yeah, thank you. Manifesting. We are always manifesting whether we realize it or not. And I think that if you want to become a conscious manifester - and this is the first thing you need to realize - is that the power that you hold, the creator that you are, it's just that you're manifesting and you are creating your reality at all times. It's just that you're doing it in an unconscious state. And when that happens, it goes into a default mode; you're manifesting in default mode. So it'll manifest based upon what your current frequency is, meaning your level of consciousness. Everything is energy.

The second component you need to know if you want to become a conscious creator is that everything is energy and you're always manifesting at all times, everything has a resonance or a frequency to it, and that resonance or frequency is being drawn to the same - of its like. So we live in an attraction universe, meaning like energy is attracted to like energy. If you

are not aware that you are manifesting at all times, then you are just going to be manifesting at your base frequency that you currently are at. Your base, if you're not consciously aware that you are an energetic being, then your default frequency is also going to be that of what is matching the collective consciousness. You're just going to fall in the collective consciousness realm, the frequency. What creates the collective frequency and your own personal frequency is your belief system. It's your belief system that has been imprinted upon you since birth, in the womb, and some agreements and your soul agreements and soul contracts that you agreed to as a spirit being that decided to come in and focus your energy, to manifest into a physical form, to have expression in the physical reality that we call earth, the life on earth.

And so you made agreements and belief systems to come in to have a baseline frequency, to be able then to have experiences, to allow yourself to say, I do not want this experience, I want this. Now you are going to move to a higher level of frequency and you were going to start manifesting things that you desire rather than the things that you do not. And that is the tool that creates the evolution of consciousness, to move away from that of what I do not want, to become a higher frequency of energy, to be able to manifest that at what I do.

Yeah, we are manifesting at all times and that awareness in itself, if you can look at your reality, if you can look at your life, if you can look at your relationships, if you can look at your prosperity, if you can look at your abundance, if you can look at your respect and your community at your business, in your family, in your relationships, you get to take ownership of exactly how that is showing up, because you're manifesting that, based off of your level of consciousness, your frequency of your being that you're admitting you will be attracting. And that frequency is based upon your belief system, a lot around your worth, because your worth is what is going to determine what your frequency is as well. Does that make sense?

Toni: It does. It makes a lot of sense. What comes to mind are people who say, oh, I just can't get a break and people who go through their lives and just like this happens and that happens and they just - they are not conscious when things happen to people that are painful. It's not like they wish that on themselves, but they really don't know perhaps why it's happening. And so you're saying that if they can bring their resonance up to a higher level, they will start attracting higher level experiences and things in their lives. So for someone who is at that point, are there maybe a couple of easy things that they can do to bring up their resonance - like I learned this one thing in Qigong, which is you literally, people that sing bring up their frequency, people that dance, people that are laughing, and so there's just this one thing. Yeah. Dancing, right? There's one thing I learned where you sit in a chair and you stomp your feet and you clap your hands and you just laugh out loud like there's no tomorrow. Laughter - it can heal illness, it can bring people out of depression. And you know, those kinds of things. Are there some things that you have done when maybe you're not feeling like you're having that great of a day and you're feeling like your energy is low from an energetic standpoint. What can people do? Just a couple of quick things, perhaps?

Ryan: Yes. You mentioned some great ones which are great energy shifters, right? Another one is, so much of the time where we are in lower vibration or frequency or energy,

whatever you want to call it, it's because we are living in the past. We're replaying something from the past and we're living a story out in our mind and we don't even realize we're doing it. So it really is awareness around what your mind is doing and it's about training your mind. If it wants to go to the past, to look at the stuff that you are grateful for. You want to visit the past, and it's starting to tell a story about how your mom did this on this day and didn't show up or didn't do blah, blah, blah, blah, whatever> Acknowledge it, number one, and be like, all right, ego - that's the ego mind. That's just going down a memory trail that is reminding you of scenarios that is trying to protect you from future events that might look like that. It's not serving you. So when you notice that is happening, just train your mind to move to things in the past that brought you joy, that were really great experiences like that time that my mom was at the soccer game and that I shot the goal. And like she cheered and we talked about it on the way home. You can just train it if you're finding it going that way. This is a modality of gratefulness. Of gratitude. Gratitude is a shifter, but this is like a specific thing that you can move through your past to have specific events that can really fill you with positive energy.

Yeah. So that's a great one. I think laughter is a huge one. What is happening when you're in a low energy, low frequency consciousness is your ego mind is active. So some of your people here, they're going to find this, if you don't know, like the ego mind and the conscious of it, the ego mind is what I like to call the inner critic and in my work and my modality, I call it the gremlin, and we go through an exercise where you name the gremlin. It becomes an identity, and it's actually your alter ego, the one that creates the stories, the one that goes in the past. If you can just identify when that alter ego is showing up and is talking and doing that, you know that you are not that alter ego. Ask yourself who is hearing the conversation in the mind. That is who you are, the observer, and the observer can actually laugh at the ego mind, the gremlin who is going through all of this painful experience. And really remove yourself to know that you are not it, that you are of the highest consciousness, the observer. And from there, you can transmute the experience, the memory, the itching, whatever the ego mind is doing in that moment to allow it to do it, to not fight it. But then maybe redirect and laugh and giggle at the whole experience of what it is creating, because it is not real, right?

So that's a powerful one, and then awareness of your thoughts and your words. So I'm really staying on the theme of the thoughts, right? And the conversation in the mind. And I would like to break it down this way into energy. Energy is two forms of energy - anabolic, energy, and catabolic energy. Anabolic energy is a building up creation process. Catabolic energy is a breaking down, tearing down process. No right or wrong, good or bad. They're both within this reality that we are moving through, of duality, is needed for the expression and the experience of the physical form, that we agreed to come here and to move through. We have free will to use catabolic energy breaking down, tearing down, or anabolic energy creation building. Your thoughts and your words are either going to fall in one of two categories, anabolic or catabolic. So if you're not feeling really - you're in a lower level and you're just like, ugh, bring attention to what is going on in your mind again, and just pay attention to what is coming out of your mouth, and words, as you're having basic conversations with people. And if they are words and thoughts that you could say, Ooh, this is more of a breaking down, tearing down process. I call it flip the script. How can you

reframe or rewrite the thought or the words that are coming out that move it from catabolic into anabolic energy? You can get an immediate shift in your body and in your being, just by being aware of the thought. And if it's catabolic, reframing it into anabolic phrasing. Super powerful.

Toni: Yeah, I love that. And one of the things that I practice is not just catching yourself, but if that thought form is out there, I'm like delete, delete, take that and recycle it. Get rid of it. It's to me, it's air pollution.

Ryan: I retract that from the universe.

Toni: Yes, exactly.

Ryan: Those are my words and that's the exact phrase I use with my clients. And if I'm out in a social gathering and I could say something, I'll be like, I retract that from the universe! And they'll be like – and I'm like, no, don't worry about it.

Toni: That was actually for everybody's benefit though. Retracting that. Exactly. Yeah. I think, one of the big revelations I had not that long ago - it was just that thoughts are things right? They're energetic and like a radio wave, but you don't see it, but it is absolutely there. And I think like all those thoughts that get together, that is what creates this kind of unconscious universal thought, these things that just all cluster.

Ryan: We're talking about manifestation, right? We're talking about we're manifesting at all times whether realize it or not. So this is the very first step of being a conscious creator and manifesting is what is my thoughts doing? Because your thoughts create your emotions and your feelings. When your thoughts and your words that you're using are attached to emotions and feelings, the universe now is moving in double time to bring it into a physical reality. So you're manifesting at all times whether you realize it or not, like that is the very first thing you need to know. Now that you know that, now it's to bring awareness of what am I thinking and what am I projecting? What is my vibration and frequency that is allowing me to draw in that? Do I want it, or do I not? Do I want all of the things that I'm negatively thinking about? Because that's what I'm going to get. Where focus goes, energy flows. Okay. Literally, this is science. This isn't spirituality hocus pocus dah, dah, dah. This is physics. It is proven quantum mechanics, physics, and you cannot deny it. It cannot be proven wrong. It is real. And if we know that, then the only thing that would prevent us from creating that of what we want is really around our worth. Because, and the that'll be a whole other - yeah, we'll have to do a follow up. But yeah, because if you're not having the awareness and wanting to reframe your thoughts and your beliefs, then you're okay with what you're going to create and receive for an experience. And like we said earlier, there's no right or wrong or good or bad.

If you want to be in catabolic energy and have a frequency of that and have those experiences and the emotions and feelings that come with that through your free will, then you can. It's still serving the greater good, but God is still receiving the experience of your expression as an energetic beam that is receiving emotions that is what is opposite of what is the truest reality, unconditional love, and through the experience of that, of what is not



true confirms what is true, it serves. And it's just, you're going to have to ask yourself what is the experience that I want to have? That's your free will. What emotions, what feelings, what state of being do I want to be in as I traverse through this void of space that's creating physical reality around me at all times. And how do I want to feel while that's happening? And if the answer is, I want to feel joy, I want to feel peace. I want to feel harmony, that is what we're called to. That is the great calling that's calling us home, that's calling us to unity consciousness, which is pure unconditional love, all that there is. Anything other than love does not exist. But moving through that of what does not exist lets us know that love is there for, without the contrast, how are we to know what really is without anything to base it against?

So this is the big self-expression of being able to know what we truly are by moving away from it and then moving back to it. And some of us are in the journey of just moving away from it. And that's totally okay. And to allow and not to get attached to their story and entangle within their story and where they're at on their journey of their self-expression of being separate from source.

Toni: It's not for us to judge, which brings down our energy. You know, and that just dovetails so beautifully with my mission of just bringing humanity together at all levels and all cultures and so much. And this again is a separate, another tangent, but just so people understand this bigger picture really is that we are all one and we're all brothers and sisters, and we're all just the spiritual beings that are these fragmented expressions of God. And so if we start to look at - shift our thinking and start to look at life that way, and our experience here, then all of a sudden we're not so different than anybody out there.

And we can look at people with completely different views, whether it's political or otherwise, and say, I respect their view, it's not my view, that's their free will, this is my free will. And so I think there's just a great amount of tolerance and people that can live in their hearts with love and unconditional love and move toward that. And that's certainly the path that I'm on; it doesn't need to be for other people. But again, that's why you are here is to help us in that shift of our thinking so we do become more aware.

I hope you've enjoyed Part One of Toni Talks – Humanity Matters with Ryan Wilaby. Please be sure to check out Part Two where we continue to talk about unity consciousness and how emotions play into manifestations, as well as the steps for you to manifest everything in your dreams.