

*R.E.A.L. Healing Methods™ TV Show Podcast Who I Am The R.E.A.L. Method
Podcast YouTube

*R.E.A.L. Healing Methods™ TV Show Podcast

*R.E.A.L. *Healing*

Methods™

formerly Get R.E.A.L. with Judy Jewett

*A transformational podcast exploring higher consciousness, divine wisdom, and spiritual awakening through insights from angels and master teachers. Open your mind, feel what resonates, and awaken to the truth already within you.

*Listen to the podcast [Watch on YouTube](#)





*Who I Am

Meet Judy Jewett

I'm the founder of R.E.A.L. Healing Methods™, a Master Consciousness Spiritual Academy, and the creator of R.E.A.L. — release, embrace, align, love™: a simple four-step healing modality that helps people break free from self-doubt, the feeling of never being enough, and fear.

I'm also the podcast and TV host of the **R.E.A.L. Healing Methods™ TV Show Podcast** (formerly Get R.E.A.L. with Judy Jewett), a master healer, author, speaker, and Gene Keys Guide. My work is for anyone who feels stuck in cycles of past pain,

self-doubt, or emotional struggle — even while walking a spiritual path.

"Open your heart to pure love, expand your trust and freedom, and tap into your own inner strength — you don't need a guru for that. You just need to come home to yourself."

Podcast & TV Host Founder, R.E.A.L. Healing Methods™ Master Healer Gene Keys Guide Author & Speaker

The Method

R.E.A.L. — a four-step path home to yourself

Every episode and every session moves through the same four movements. It's the same method behind the podcast, the healing sessions, and the Academy.

R

Release

Let go of the old stories, fear, and self-doubt that keep you stuck in the past.

E

Embrace

Welcome every part of yourself, including the parts you've been taught to hide.

A

Align

Reconnect with your inner guidance so your choices match your highest path.

L

Love

Return to pure love as your baseline — for yourself, and for everyone around you.

Listen

R.E.A.L. Healing Methods™ TV Show Podcast

formerly Get R.E.A.L. with Judy Jewett

New episodes explore ascension, consciousness, angels, and channeled messages from master teachers — plus healing meditations to help you feel it, not just hear it.

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Jun 24, 2026

What does ascension really mean beyond the spiritual buzzwords?

Jun 4, 2026

What happens when spiritual experiences become impossible to ignore?

May 21, 2026

A healing meditation for energetic alignment (7 minutes)

May 10, 2026

Why so many people feel lost right now — spiritual awakening explained

Watch

Angels & Master Teachers, on video

On YouTube I share channeled messages from Angels, Archangels, and

Master Teachers — along with healing meditations and Way-Shower teachings for anyone moving through their own awakening.

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