

## Ask Julie Ryan - Tina Zion Transcript

0:00:01 - Intro

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.

0:00:42 - Julie

Julie Ryan Welcome to the Ask Julie Ryan show. Please remember to subscribe, share and leave a review. In today's episode, we ventured into the world of medical intuition with Tina Zion, a fourth generation psychic medium, registered nurse and award-winning author. We explored what it means to have x-ray eyes, understand the role of spirit guides in our healing journeys and discuss how different colors can be used as healing frequencies. Our conversation explains medical intuition and how we can use it to help us heal ourselves and others. Enjoy the show,

Julie

Hi, Tina, welcome.

Tina

Hello there, Julie,

Julie

I'm so delighted you could join us today. Thanks for taking the time to share your wisdom with us.

Tina

Thank you very much. Thank you,

Julie

You bet let's just get right into it. What's medical intuition?

0:01:40 - Tina

Well, you know, a lot of people have many different definitions for it and what I?

I have a really expanded definition for it that it is Picking up intuitively, oh, what's going on with the person, with the causes that's happening with a person.

But it's more than just because of the word medical. Most people think it's all about the physical body, which it's a great deal about the physical body, but I also want everyone to know that it's about Picking up information and healing the emotional body, healing at the soul level, healing at the, the cause of whatever's going on. So I have a very, very more expanded view of that and, for me, medical intuition, since I teach it. I teach people to not just perceive the, the aura of the energy field, but to actually pick up that information that's in our energy field, but then to go even deeper, in past the skin and notice organs that are struggling, maybe a joint that is frozen or whatever. So I have a very expanded view of it and I and I'd love to talk to people about that it's not just the medical body, it's our relationships, it's repetitive negative

patterns in our life. It just is are the whole being of a person Comes forward, is is what usually happens.

0:03:26 - Julie

I agree a hundred percent. As a medical, intuitive and energy healer with a background in the medical business, like you do we'll get into that in a minute I Believe that the emotional components are the most important part of a healing, because we can help the person heal body parts all day long. But if you're still leaking energy, forget it. What's the point, right? Yes, so exactly. So I, in my mind's I'm like a human MRI. Like you, I can see broken bones, torn ligaments by a viral infections, bacterial infections, cancer, all of that. And then we want to figure out when did the energy block from an emotional event begin? Where did it start? In this life? In a past life? Yeah, I agree Completely. I love that. So you say also that medical intuition leads to a profound level of Information about your eternal life story. Does that mean that it encompasses ancestral Information, past life information? What do you mean by eternal life story?

0:04:38 - Tina

Hmm, by eternal life story, that when I work with my divine sacred guides, that they may Show me or pull me back, sometimes to a client's oh, you know, we could go back to caveman days. We could go back even Prior to that. We could be taken to other planets, other solar systems, where that Person literally came from, you know, in their eternal Existence. So I'm I'm love talking about this with you because I want people to realize how Expanded this is. This isn't just, you know, fighting a boo boo in our, in our body. This is Really big stuff and I I realize you and I know that, so I love sharing this with your listeners.

0:05:32 - Julie

You see lifetimes from a galaxy far, far away, right.

0:05:38 - Tina

Is that's not a TV or something? No, far away yeah.

0:05:43 - Julie

Yeah, yeah, is that Star Wars or is it Starship Enterprise? I think it might be starship Enterprise in a galaxy. Why do you think our ship right there?

0:05:50 - Intro

Yeah, I think so.

0:05:52 - Julie

Hilarious. So how do you connect with your client? Do you have to be with them in person when you're working with them, or do you do it remotely? Is it a combination? What happens when you have a client that's presenting with a medical situation?

0:06:09 - Tina

well, quite some time ago I had an office and so actually the medical, intuitive part of it Began for me when I was giving a lot of Reiki. I grew up in a very intuitive, failing the world medium. It's kind of very naturally. But but suddenly when I was doing a lot of Reiki many years ago, I was pulled into their body and zooming around in people's colons and then they're hard and you know and things like that, and so it just expanded from there. So I worked one to one in my office. I received so much intuitive information.

I started asking people after a Reiki session Would you like to sit down and hear? Oh, intuitive information I got, and at first I was terrified to ask people. But you know why. I want everybody to hear this too. No one said no. They were all like, yes, tell me, people are so eager to get this

information. You know about them. They're themselves and their struggles and things like that. But yes, your question, I now Only teach Mentoring sessions on a one-to-one. It's on zoom, and I do classes and courses, you know, and things like that. It's some of my very long-term Mentoring students I have on my website and they do direct healings and readings now, so I had to make some adjustments because of the volume, but the people that get on my website are always that ones that have worked with me for a long time, yeah, so you know what they're doing.

0:07:47 - Julie

Right, you're recommending somebody that you feel really comfortable about. I do the same thing With my graduates.

0:07:54 - Tina

Yes, same thing. Yeah, I have to feel very comfortable and know that they're going to Work at a level, at a high level, absolutely.

0:08:05 - Julie

Yeah, well, I think too that we all have the Ability to heal ourselves. Everything is healable. Sometimes death is the healing. I tell my patients and my clients but not patients, clients, but it's a matter of nobody heals anybody else. We help them Facilitate healing on their own. Would you agree with that?

0:08:31 - Tina

well, I agree with that. In fact, my whole goal is to Show people that they are in charge of themselves If they keep coming to, to people for readings and readings and reeling. You know that I want people to know. That's why I turn more towards teaching it. I'm with people to realize they can do this for themselves. So I agree with you.

0:08:55 - Julie

Hope right, yeah, and I use the analogy that when somebody has surgery or they have a laceration, the doctor is gonna Gonna stitch it up or use staples to close the incision or the cut. The doctor doesn't make their skin grow back, they make their own skin grow back and I think that's a great analogy. And and I know you've had people come to you, as I have many times where well, there say they'll say I've been to 15 doctors and they've given me 15 different diagnoses and 15 different treatment plans and I still have the same symptoms. So I'm coming to you to heal me. I always say, okay, take a breath. That's not how it works. I Believe what I do is I'm eager to hear your take on this what I do is Part of the healing process. It's complementary, it's part of the healing equation with Eastern and Western medicine as we know it and and teaching people to follow their guts on. If a doctor tells you something, if it doesn't feel right, you need to investigate.

0:10:04 - Tina

Yes, it's not going to be right if it doesn't feel right to everybody. So Absolutely, and I'm a registered nurse and a mental health counselor as well and I truly believe of that integration because we are in a physical body. So, okay, we can get the staples you know we have to but there's so much more to the healing process than Surgery or pills or yeah. So I love that integration of of the what I call the ooh, wah, wah and the physical Right, right, I call, will, will I call, will.

0:10:39 - Julie

Now, said thing Same letters, right, different, different sequence of letters. Are you finding that, that this energy healing, medical, intuitive practice is being more readily accepted by individuals, just in the general public? And or what kind of reception are you getting from the

medical community? I would imagine that you have medical providers that take your classes, as I do as well.

0:11:10 - Tina

Yes, in fact I have a Lot of physicians, nurses, nurse practitioners that come to my courses, but I'm also working with the many of them on a one-to-one. You know, physical therapist I've had all kinds of practitioners in the true. You know traditional Western medicine, and here's what. Here's what they usually say. They'll say I just know things. Before I open up the door to my exam room, before I walk in and see the person, I just start getting hits. And they'll say I want to do more of this, how do I do? How do I do more of it? And so you know when the medical field is opening up to this work.

0:11:55 - Julie

We're on our way. I Agree, and I had a physician on the show here recently, dr Maria. I'm a son T from London who was a graduate of my class and she says that she, the more she's done this, what she's integrated is, even if the blood pressure is fine and the you know all of them the EKG is fine and all of that, but she's still getting the information that this person's having a massive heart attack. She follows that before she follows the other Documentation, you know, and testing and stuff. That's the norm and she said she's never been wrong on it yet it's a. She has a 100% success rate, as I think all medical providers do, that follow their intuition.

0:12:41 - Tina

Yes, yes, and I even have been working with a surgeon for a long time. He specializes in skin cancers and he said, Tina, since I'm using my intuition, he says I can just tell what direction I should make the incision to remove the tendrils of it. And so he's just told me that recently how it's really, even as a surgeon, he's following his. I'm covered with goosebumps telling you he's following his intuition for that. And he said I'm right all the time.

0:13:14 - Julie

Yeah my husband had had both of his knees replaced Tina, and so I gave the surgeon my book and I have a chapter about what happens in the OR, how there are surgeon spirits that are advising the actual surgeon performing that procedure and that patient's guardian angels over the head of anesthesia and all that and so on my husband's second knee. But you know, after he was in the recovery room the surgeon came to talk to me and I said you, you had a little bit of a struggle with that implant. You had kind of Jerry right, get a little bit to get it in his knee right, and he had this look on his face he goes wow, you really could see what was going on in there. And I said I told you and he was laughing, he goes okay, can you just go home with all my patients because he recovered from? My husband recovered so well. And I said I said yeah, I mean this is real stuff.

And I'm starting to be asked to speak to medical students and at nursing schools and I know Reiki in particular has been taught at nursing some nursing schools for quite a while. The sometimes they'll call it healing touch or something along those lines, but I could feel it moving too. I think as the newer doctors are graduating and doing their residencies they're more open to okay. There are different ways to heal and they all can be used in conjunction with one another.

0:14:43 - Tina

Well, you know, also in the medical world they've come up with a term that means holistic to them anyway, I don't know that it means that to the general population, but they call it integrative medicine, and I know three physicians right here in my area that are certified as integrative physicians, and so they're actually have developed, you know, as what would you call it, as a skilled specialty in integrative medicine, and so you know that's starting here, like

you and I talked about in the Midwest, and is taking action. They're taking action as integrative medicine.

0:15:28 - Julie

Yeah, absolutely so, when you did do the healings and what you teach to your students, how do they connect? What do they experience? How does the information come in? How do they convey it? What's the process?

0:15:44 - Tina

One of my biggest concerns is that I kept hearing from people that they were exhausting themselves and when I checked in with that, I found that a lot of people that consider themselves healers and this happens with breaking and therapeutic touch and medical intuition they're using their own essence, their own energy field. And so I really, really emphasize to work with very advanced, high order level of guides. And you know, Julie, I used to work with lower level guides and you know some. A lot of people are working with deceased people that are saying they're guides but they're not. They're different levels of guides.

I have found and I want the most advanced, and so I really teach that to be the director of a very advanced divine and sacred team and not use our essence, because if we keep doing this, I sometimes some people I've told them they're not going to get as old as I am. They're not, they're not going to be at all grandma's. They keep giving that energy away to other people. So be the and it's about teaching the person be the director of their own body and be the director of a divine and sacred team. And that made all the difference in the world, with my accuracy, because even in mentoring sessions. There's still. We're still working, you know, with each other to advance. So I it made a huge difference when I decided to only work with the most advanced level that I've become aware of.

0:17:38 - Julie

Interesting. Yeah, I find it energizing at the end of the day after I've talked to clients. Yeah, people say, why aren't you exhausted? And I'll say, no, I'm jazzed if it's, if I'm doing something in the evening. I got to go relax so that I can, you know, get my energy back to normal so I can go to sleep eventually. So, yeah, I agree with you on that.

0:18:03 - Tina

You're on, yeah, you're not using your own energy then. But I'm telling you because I taught Reiki as a Reiki master, you know, back in the 1990s, for probably 10 years or so, and people were using their own energy and not filling up with Reiki first, and just being the Native Americans called that being the hollow bone and just letting that flow, or letting the flow of your divine secrets through you, not use your own energy, and they weren't even cognizant that they were doing that.

0:18:41 - Julie

They had to be taught that there's a difference. Please explain what Reiki is to those that are listening or watching, that have heard the term but they're not familiar with exactly what it is.

0:18:53 - Tina

It's.

It's actually originated with a monk in Japan and there's an area there in Japan, you know, really to honor him and Mikhail Yusui and it's really I would describe it as a very fine, very light, very fast, very particular frequency of energy, and so he started doing this during I don't know an earthquake or a big crisis there, back in the 1800s I think, and people were just responding to it so beautifully, so long story.

It started spraying all over the world and actually you fill yourself up with that frequency. And when you learn to do Reiki, the Reiki Master Teacher actually gives an attunement for the three different levels of Reiki and in the attunement what's really happening is the teacher is I don't know how else to say it but embedding some sacred symbols into their energy field, which just enhances their energy field and enhances it to be the hollow bone for that particular frequency of healing. And it's considered a hands-on but you don't have to have your hands on. It's also a distant, because energy is energy, it's everywhere, it's everywhere. But how I've learned to describe it in people, that this kind of scares. I describe it as electricity, that we're very electrical, and so this is really Reiki's a real high frequency of electricity is really, and we're very electrical as human beings, and so that helps people understand it somewhat and not be afraid of it. And it is all over the world now, that's right.

0:21:01 - Julie

I always say spirit doesn't communicate on the I Feel Creppy channels because the vibration is too low. So we've got to raise our vibrational level in order to get in touch with spirit. That's going to give us guidance, to help us facilitate the person healing, whether it be emotional and or physical, and they're obviously interchanged. We discussed that already. There is something, though, that comes to mind, and I haven't ever asked anybody this question, but I've wondered it, so I'd love your take on it. I went through 12 years at Catholic schools, and in the sacraments of the church there's one called Holy Orders, which is where a priest is ordained, and I've often wondered if it's a similar thing that's been happening since the beginning of time, with the attunement or the teaching of the student or the priest or whomever, to be able to play in a high frequency that connects to spirit, so that they can get guidance in order to help others. What's your opinion of that?

0:22:12 - Tina

Well, you know, as you're saying that, I'm sitting here thinking I don't know what to say to that, so I'm asking my guides. And I'm very willing to say it beats me, I don't know, so I'll ask my guides. But what they just showed me is and I know nothing really about the Catholic Church but when the cross, when the priest does the cross, they're really embedding I've never saw this either embedding that symbol into somebody's energy field.

0:22:48 - Julie

Well, that's an interesting point, Tina, because when I'm at mass, when I'm in a Catholic Church at mass, when I go most weekends, when they do that blessing, at the end of the service I see an arc of light go out and encompass the whole congregation. It goes in a big V, and I also see it another couple of times during mass, and so I'm sure people think, well, you're really devout because your eyes are closed. No, I'm just watching the show is what I'm doing, and it's so fun when I go to different countries especially and I do my best to go to mass in whatever country and whatever language they're saying it because I want to see what's going on and how it differs. I got goosebumps talking about this, so this is validation. So I have seen things like rainbow colored arches come up in the middle of mass and then fold back down at the last prayer. I've seen other amazing energetic phenomena in different cathedrals throughout the world, and so I've always thought there's got to be some kind of a transfer of energy at a really high vibration, not just with priests but with anybody that's ordained. I would ask I can marry people, because I was ordained online for free and you pay \$20 for the certificate saying you're a minister, but the other I don't know that that happened to me at that point.

But the other thing I see that's really fascinating too and I love your take on this, Tina is whenever anybody gets married, there's this dome of energy that comes down on top of them, regardless of if they're getting married in a church, in a field, in a justice of the peace's office, in their backyard, whatever it doesn't matter. And it reminds me of the glass dome on one of those old clocks. I have my MIMA's mantle clock that you can see the insides. I think they call it an anniversary clock and it's a dome that comes down. I see that every time somebody gets

married and I've often thought I bet that's originated in the Jewish weddings, where they stand under the canopy. I wonder if, since the beginning of time, they've been able to see that energy come down. Have you ever thought about that or witnessed that at a wedding, for instance?

0:25:31 - Tina

Yes, and what is, I think, making a vow? We have to be careful, because we humans are so much more powerful than we realize, and you and I are realizing it and trying to teach other people. They are just as powerful. And when we make a vow, that is an energetic thing, it becomes a thing, and I think that's what we are seeing. Is that literally that vow that's being made in?

0:26:10 - Julie

a wedding, you mean in a wedding, yeah.

0:26:12 - Tina

When they're making no vows, that's a thing that they're doing. That's a connected connection and energy. And I wanted to bring up I was kind of raised Lutheran but then we would go to the Spirituals Church on Thursday evenings for the readings, but my uncle it was a Lutheran minister and I was a little kid and we'd go sometimes to my uncle's church and I thought we all went to see Uncle Bob Gullo because when he was doing his service in the sermon he became so bright, white that I couldn't even see him. So I'm looking around and I'm just a little kid and I'm looking around thinking boy, I hope everybody else is there, everybody's seen this. I thought we all just went to see Uncle Bob Gullo. I have no idea what he was even saying, because I was five and older, I guess. And see, look at all the things that you're witnessing in these services too.

0:27:13 - Julie

Yeah, Well, I'm in the deep South, I'm in Alabama, yeah, and so I've been to Black Southern Baptist churches where the music is amazing and, oh my God, it's almost like there are a bazillion tinkerbells in there, you know, lighting up the place. They see sparks of energy, kind of like at the end of the Disney TV show where tinkerbells hit or wand and sparkles happen, kind of a thing. So there's sparkles all over. And then I think that the you know so Feggio music, that classical music, the Gregorian chants, the Buddhist chants, that kind of stuff raises our vibrational level to different heights where we can communicate with spirit more easily because we've raised our vibrational level.

0:28:04 - Tina

Yes, yeah, it's like I went recently to see this, our local symphony do the Messiah, which was a very long, long piece, and their energy was just building up and then, you know, all above their heads, and then the energy would calm down, and then the energy would go, oh, and the violins would take off. And you know what we're really telling everybody is there's so much more to the physical world and I'm hoping people will hear that that they can witness this as an energy world too, not just a physical world. It's a blending going on here I love talking about this I do too.

0:28:50 - Julie

It's fascinating. I think it's fascinating. You know, we always say you can't make this stuff up. There are just sling orders. You can't make this up Exactly, Exactly. Let's back up for a minute as a fourth generation psychic medium, eager to hear about your other intuitive family members Were they all like that, or just certain ones? And what you experienced as a child? When did you first realize that you could access different energy frequencies and things like that? I'd love to hear how that all unfolded.

0:29:26 - Tina

Yeah, the first memory that I have, I think of because of the house that we were in. I think I was around five years old and deceased people, especially one he was an adult man would come in and enter into my bath and as a little five-year-old I felt like I was like that and then he would finally leave and besides, I didn't know really what was happening or what to do about it. But in my family we really everyone's expected to be intuitive and everyone's expected to be a medium. That, Julie, it was not taught. We never partly talked about it. We didn't have little classes or anything. You were just expected to see Grandma Marie after she passed on and you were just expected to. I kept seeing a farmer behind the barn because I'd be out roaming around at night and there was a deceased farmer back in the field on his, on his jeans and just looking across the field and it was never. We were never told it wasn't real. We were expected to know who when the phone rang. Back. When phones rang, we were expected to know who was calling. We would vibe each other. So I assumed everyone grew up this way but teaching groups like we do. People didn't have that experience, and a lot of times teachers and parents say you don't see anything, it's just your imagination. But my family wasn't a very healthy family though either, but we were expected to be intuitive and to be mediums.

It was so normal. No one even had ever talked about it, except if somebody came. We'd all share it and I always like to say it thanksgiving. One of my nieces raised her hand. Everybody are quiet for a little bit and she raised her hand. She said well, how many people here has had extra spirit activity in their house lately? Then, you know, four or five of us raised our hand. So we then like we were all talking about it, and if we'd bring friends to our house for the holidays, they would be shocked at how our family just talks about dead people and all ways and stuff like that. So it was so normal I guess that's my long answer but it was very, very normal and expected and not frowned upon or told you were nuts or anything like that which most children by the age it's been my experience by the age of about six or seven, they're being told oh honey, that's just your imagination.

0:32:31 - Julie

Like you mentioned, I get the same thing which is why I wrote my children's books Because I had so many moms and grandmothers say can you please give me a way to help discuss this with my child so that it helps their intuitive abilities continue to expand and flourish? Were all of those generations that you know of? You say four generations? You think it stops at the fourth generation out from you. You think it's been like that since the beginning of time, with the whole family tree?

0:33:04 - Tina

I see four generations, because that's all I know. Because of my great grandmother, the my fourth generation away. She didn't pass till I was about 12 and I spent lots of time with her and she was a card. She used cards for card reading. She would give us little kids some coffee, but mostly it was so the coffee pot was full of grounds so she would dry the grounds and then give us her reading. We'd be so excited that we'd hand her our little coffee cup and she would give us her reading from the coffee grounds. So she's the farthest back that I'm aware of as an intuitive and medium.

And then my grandmother was my mother and me and now my grandkids. They are all seeing, in fact, my son's little boy. He said dad, I'll just make up a name Tom is staying on the front porch and my son, Andrew. He turned to look and it was his dear friend that had just died three days ago. But his little son didn't realize it. He goes, dad, tom's on the front porch and so, yeah, isn't that something? And so, with this, very natural for us, you know, I think allowing it to be natural really lets people open it up. You don't have to hide anything?



0:34:37 - Julie

Yeah Well, my next question about your generations, or four generations. Did your great grandmother, was she born in Indiana or did she immigrate from someplace else? And where did she learn to read the coffee grounds?

0:34:54 - Tina

She was actually. I believe she was born and raised in West Virginia, back in the mountains, and I don't know if any of us were taught and she had never said she was taught. However, she was a very active member in the Rosa Crucians. I'm glad you asked that. I kind of would not have thought to bring that up In the Rosa Crucians. If you've heard of them, they were back then I have.

0:35:21 - Julie

Please tell people that aren't familiar.

0:35:23 - Tina

Yeah, they're not as secretive now but back then you know, she was doing card reading in the 1940s, 1950s and there were stacks and stacks all over the house of Rosa Crucian teachings and they're kind of look like magazines but it's a secret order and it's based on. Their symbol is the cross with a rose in the center of it, and she had a little cross that we could look inside this little tiny window and we could read the Lord's prayer in this little tiny cross that she had. So she did. Her training was really of the Rosa Crucians in that very secret order, and then she was very active with the spiritualist church too, and the Rosa Crucians and correct me if I'm wrong watch the DaVinci Code or read the DaVinci Code.

0:36:22 - Julie

They're all through that. But the Rosa Crucians, I believe, were like knights in the Vatican defending the Pope, and then, when the church was starting to get corrupt, then they broke off and they said, okay, these guys are doing some stuff that isn't acceptable. And so they broke off and they became a secret society to protect themselves and protect the heritage and the and you bring up a really good point about all of this stuff. It's been my experience, Tina, see, if you concur with this where all this stuff's been part of religions and culture since the beginning of time, and as these religions especially are starting to want to gain power, then they take that away from the people and say, well, you got to go through the pastor, you got to go through the priest, you got to go through the rabbi to get to God, when you don't need to go through anybody, you know, you just go through yourself, you go through your own head.

0:37:31 - Tina

Well, and that's why you and I are out there teaching that in each individual of us it is very, very powerful. This is not a oh. I tell everybody too I don't have any gifts at all that this is a very natural ability that all of us have. But yes, I would agree. Historically, you know, they want the congregation to become sheeps. Really, and that's part of their language about it is to be sheeps, you know, for the shepherd, for the priest and the ministers and so yeah, we agree.

I have to agree with you about that, yeah.

0:38:11 - Julie

And everybody has the ability. It's just a matter of enhancing and developing it. Yeah, you just happened to be from a family that talked about it and acknowledged it. I think most of us aren't. I say I was not a five-year-old like you with dead people chasing her since childhood, but I learned how to do this stuff because I'm an inventor of surgical devices sold throughout the world and former manufacturer, and so I've always been interested in healing and that's what brought me into this. And what I've found is, once you connect with spirit, you can do everything with it. You don't need to just do pet communication and you know talking to dead

people and medical stuff. Once you're connected in with spirit, you can do it all. Would you agree with that?

0:39:00 - Tina

Oh, yes, and that's my goal is to teach people that I'm not special, that I'm just going to help you figure out how special and how powerful you are. You know, that's what I hope is for anybody that connects in with me.

0:39:18 - Julie

Yeah, I agree, I agree. Well, it's spirit working through you and me and our graduates and others, certainly, whether they're in a medical profession or whether they're a healer or whether they're an indigenous healer. I mean, there's like limitless capabilities, but it's always spirit working through us and with us to help the person heal themselves. Is my take on it.

0:39:47 - Tina

Yes, I always say you know true balance. Everybody say, oh, you got to be balanced in life. Well, to me, the true balance is you have a foot in the physical and a foot in the non physical in a very balanced way and you live. That's what you and I are talking about in church and seeing the arcs of light and my Uncle Bob glowing like a big light bulb, that we're in the physical and the non physical, equal and it's I think it's the icing on the cake, you know.

0:40:20 - Julie

Oh, absolutely, it makes it very fun and very interesting, I agree. So, as you mentioned before, you're a registered nurse and you specialized in the mental health field. How does that nursing experience help you in the work that you're doing now to not only help facilitate healing but also in training other people who are in the medical profession and not you know I don't give it really any soft bits in my biography, you know, and in the books and stuff.

0:40:55 - Tina

But I think it gives a credibility and it helps other medical people realize, well, maybe this is okay if I start perceiving inside of my patient's body and things like that. I think it's an error thought about this really, but I believe it's probably given me some credibility that you know the, you know I'll say, well, I'm, you know, a graduate of Purdue University and I didn't even realize Purdue was such a big deal back then. But I think it gives credibility and it really helps medical people to consider even taking my course and trying it or not feeling so weird, because the medical people tend, when this starts or they start being aware of this, they're kind of freaked out for the most part and they need that balance and someone to say, hey, wait, no, this is normal, this is normal. You should get some hits about your patient before you walk in the exam room or when you hold the charge or something like that. That's I think it helped to normalize it for them. That's the only thing I can think of.

0:42:12 - Julie

Yeah, that's the only thing I can say it was part of your path to get you interested into this. Obviously, and interestingly enough too, we had a former emergency department physician, Jeff O'Driscoll, on the show he used to. He came out of the closet after he retired. He ran a level one trauma center in Salt Lake City and he talks about how he'd have, for instance, if there was a car accident with a family and perhaps the wife died at a child and then the other family members were in his ER. What he would do would be the wife's spirit and the deceased child's spirit would be advising him on how to care for their loved ones who had survived, that were in trouble from a trauma standpoint. And that's such a great story to hear from a physician who, he said there was one nurse in the emergency department who would come get him or they would be able to talk about it, but he said I was afraid I'd lose my license if I talked about it.

0:43:26 - Tina

Yes, everyone's in. Pretty much everyone's afraid to let other medical people know this.

0:43:33 - Julie

Yeah, yeah, but I think they're all. They all know that it's true, because most of them are experiencing it, but it's just not something that they talk about necessarily.

0:43:43 - Tina

Well, and people will say how do I know? I'm not making this up and I said because you will get so much validation. Right, you know the physician there in the emergency room. You know if he says even what the deceased woman is telling him. Those that family knows that there's a truth in the hat, uncovered with goosebumps, talking about, yeah, talking about it. Right now we get. We get. We get so much validation of how true this is, how accurate we are, how accurate he is. See, he knew he was accurate.

0:44:18 - Julie

Right, right. And for those of you that are first hearing Tina and me say, oh, I'm getting goosebumps on that, that's just validation from spirit, that what we're hearing or what we're saying is true and everybody gets that. We just don't realize what it means. But yes, I think I think when you get to the ground, on stage, like you and I, we go validation from spirit, absolutely.

0:44:43 - Tina

Yeah.

0:44:46 - Julie

What are X ray eyes?

0:44:50 - Tina

I actually was talking to a doctor and when he turned around and left the room he said, well, I don't have X ray eyes. And I thought, oh my goodness, I didn't even know he knew I had that, for you know one of my workshops and stuff. He said well, I don't have X ray eyes, but what I say about that is that I teach that we have the ability on I have to say this to only with permission from the person Do I ever do this with, because I don't think there's anything that I don't know I can think of. That's more intimate and private than you know going into someone's energy field but in past, their skin, into any place in their physical body that they're struggling with, and so I only do it with permission.

But it always feels like like a, like a laser beam of you know, like professors will shine a little laser beam at the chalk board or wherever they're talking about, and I feel like I go in, kind of like a little beam of light with hypersensitive sensors at the end, and I go in, pick up stuff in the energy field and then the skin and then pass the skin. I kind of just land wherever my guides land me is how I say it and then I just start picking up information it was images or words, smells, other sensations. But that's what I mean is I get real precise about perceiving what's going on? So I call it, you know, seeing with.

0:46:42 - Julie

X-ray vision. I think you and I are sisters from a different mister, because I do the exact same thing, because same thing I won't scan anybody without their permission. I think it's a, it's a violation of their privacy and it's a HIPAA violation too, as far as that goes, which is just the you know, the health information information. But one other thing is I watch a laser beam come from my body to them, wherever they are, anywhere in the world or in a galaxy far, far away, and then I have a hologram of them in my mind's eye and I'm like a human MRI. It's like I'm

looking at an X-ray or CT scanner and MRI and, like you, I go in blind. First because I want to see where the energy is going to go.

First, because sometimes it's something that's asymptomatic, that's showing up and we're heading off a problem at the past before it even becomes problematic, and or it can be the root cause of a bunch of other symptoms that they're experiencing. And the same thing rapid fire, boom, boom, boom, boom, boom. Here's what I'm getting. And then I watch an energetic healing happen that can emulate what I saw in the operating room. It can be something added, something getting removed, whatever, but see if this happens for you too. I get these funnier than blazes analogies, like I may tell somebody their elbow looks like whipped cream or something crazy, but but it's just how the images come into my head, and what I've realized over the years is it's spirit, giving me the ability to convey the information in a way that's understandable to our human frame of reference, and when we can picture it or get a sense of what's happening, it helps us integrate the healing into our bodies. Do you find the same thing with the work that you do?

0:48:38 - Tina

Very much so, because you know, if we can even put it in the phrases that our clients use, it helps them to assimilate it, because we're not scaring them, we're not saying weirdo, weirdo things, we're using some phrases that they would be comfortable with. And yeah, so an elbow like what'd you say, whipped cream, whipped cream, that can't be good by the way, but I use Dippity-Doo a lot.

0:49:07 - Julie

Do you remember Dippity-Doo back in the day? Yeah, dippity-doo is a hair gel from the 60s and 70s, oh yeah, oh yeah. Yeah, remember Dippity-Doo and it's stem cell energy. And I say it has a consistency of Dippity-Doo which is like a watery gel. When that first came into me from spirit, I'm like seriously, dippity-doo. And they say you know what their response was? They said their response was well, it's funny. And I said okay. And they say this is supposed to be done in joy. You're supposed to have fun when you're doing this stuff. And these crazy analogies that I talk about make people laugh and it lightens up the mood, which is lightening up their vibration level, which helps the healing integrate into their body. Does that make sense.

0:50:02 - Tina

Oh yes, it reminds me of this one woman client. And well, she was part of a big class and she kept coming up to me during breaks and she said I had no idea you were going to be funny. She was kind of grumpy about it. I had no idea you were going to be funny about this, and so, yeah, there's just this joyful what we're doing here.

0:50:27 - Julie

Yeah right, but all of it is. I've had people say the same thing. Well, you're just so flippant about it. You need to be more serious. I'm like, why Got it? You know spirit's pure love. God is pure love. You're supposed to have fun when we're doing this.

0:50:42 - Tina

Well, some of that seriousness if we talk more about the energy is actually a denser frequency. It's actually a denser vibration, and density tends to jam up and clog up different areas in our physical body.

0:50:59 - Julie

Good point. Yeah, I hadn't thought about that that way. You mentioned earlier about your spirit guides. Is it a collaboration between your spirit guides, the person with whom you're working, their spirit guides, other spirit guides what do you think that whole crew is that's helping you do the work that you do?

0:51:22 - Tina

For me and I'd be interested. It might be different, a bit different or a lot different for you, but I have a team that has grown over the years and so they're divine. They're at that divine and sacred level, whatever that means to most people. But the divine and sacred level of advancement is really what? And there are specialists in something. So I have a lot of divine and sacred specialists. So a specialist like if I'm working with somebody and they have a problem in the organ of their heart, not just the heart, the chakra, but the organ of their heart. I have a cardiology specialty guide and so I have specialists and I don't even know. I know I have a team.

Once you have a team and you've invited them in, they never leave. So now I just I'm constantly talking to them. I'm like, okay, I'm going, you asked me something I don't know what they answer with, and so I asked them and whatever I said is what they said. So I would encourage everybody to talk to them and develop a working relationship, not just when you're meditating, but talk to them. You're doing the dishes or stirring the soup or something. Put them and allow them. They can't push into our lives. Allow them to be part of our lives and communicate back and forth. So I don't know if that answers your question, but that's, I don't even know how many I have because I've been doing this so long. It's kind of they seem like a really huge group now.

0:53:05 - Julie

You have your minions with you, yeah, yeah, and I don't differentiate with that, I just it's just natural. I don't even think about it, I just say it's spirit working through me and with me. It's God, the universe, spirit guides, deceased loved ones, the whole getting caboodle. We had Perdita Finn on the show and you'll get a kick out of this. And she talks about every morning she lays in bed with her husband and they say their morning prayers and then she has a to-do list for all of her deceased loved ones and her saints and her angels and she'll say, okay, mom, I need you to do this, dad, I need you to do that. You know, saint Pot, for Jinnia, I need you to do this and she said it works amazingly well.

She talks about how she says everything I ask they do, and that goes along the line of you saying when you invite them in, they're not going to interfere, they're going to be. How I think of it is they put like little pings of guidance in our heads for sure, and it's our free will whether we follow it or not. But when you ask for their assistance, they're boy Johnny, on the spot. They want to come in right away and help. Do you find the same thing?

0:54:20 - Tina

Absolutely, and in fact I would, as mentioned, a step farther, be more accurate with our words to them, because every word is an electrical signal too. It's telepathy going back and forth. So if you just if you and I just sat here and called out for help, it's kind of super vague really. But if we really say, do like your example, I want you to do this today for me or for somebody else. That's clear, see, that's clear, and they will jump in and do what is possible for them to do. But be clear and I'm not saying that to you, I'm saying it to everybody listening to us Be much more definite about what are you really hoping and wanting or needing, and use very exact words.

0:55:18 - Julie

I teach the same thing. I always say all spirits are super literal, maybe they were potty trained too early and they're just, you know, anal retentive. But the example that I use, Tina, is if you say to your deceased grandma, hey, grandma, are we going to enjoy the movie? And you hear a yes, and you're watching some movie tonight on TV and it's awful. And you're saying, grandma, what's up with that? Well, grandma gave you. They're always going to answer you correctly, they're going to give you the correct answer. And she gave you a correct answer

because the way you ask the question can pertain to any movie you're going to watch throughout the rest of your life, exactly.

Whereas yeah, whereas if you said, hey, grandma, we're going to enjoy watching Frozen 2 on Disney Plus tonight, that's really specific. I completely agree. You use color in healings. Talk to us about that. How does color come into play?

0:56:16 - Tina

Well, I would say that color is more than just color. It's more than a crayon or colored pencils or whatever, or even sinking about a color. It's color is our color in our aura. When we see color in the auras or inside of the person's body, we're actually witnessing a certain again, frequency of vibration of energy. And the brighter the color, the more positive the body is, or that area of the body, and the more dark, more dim, if there's a gray tone, there's usually depression. So color to me is full of information. And then color in the lower. Where's the location of the colors that you're perceiving? So it's just chock full. Every color is full of information. The brighter the color, the healthier, and as it gets thicker, more gray or more brown, it's not as healthy. So you can actually see variations of it too, and that gives you even more information. It's the shade of it, the location, the shape of it, what direction it's moving. Is it not moving?

0:57:41 - Julie

See all that I never really thought much about it until I was preparing to chat with you today. But anti-inflammatory energies royal blue. Inflammatory energies red to me. When I see an organ that looks diseased, it looks brown or black. A healthy organ looks pink. Antibiotic energy looks fuchsia to me. Is that what it really looks like? That's how it's identified to me, so that I know what it is. A viral infection looks like really watery beef broth the color of watery beef broth to me.

0:58:15 - Tina

Yes, yes, that makes sense to me, see.

0:58:18 - Julie

And darker energy, right, for instance, the antibiotic energy. If I'm scanning somebody I can tell okay, you've got a viral infection, you've got a bacterial infection. And the intensity now listening to you makes sense because the intensity of the antibiotic energy, this fuchsia color which is more pink than purple to me, it gets bolder, stronger if there's really a raging infection happening. If there's more intense antibiotic energy it's being sent. Yeah, interesting, cancer can look brown or black. Inside that nodes. I see sequestered toxins that can look brown or black inside a lymph node.

0:59:05 - Tina

Yeah, yeah, I thought that was interesting. Can look like little dots or blobs Kind of like sticky blobs Again form, shape, location.

0:59:16 - Julie

Right Absolutely Back to your mental health experience and how you integrate that into the work that you do now. We've already established that we both agree that there's always an emotional component to any kind of medical condition. It's always in place before any kind of medical condition arises. Do you find that when we're taught certain beliefs as children, that it can affect us into our adult lives even if we're not aware of it?

0:59:50 - Tina

Oh, absolutely, because, again, everything's energy. If your family is spewing I don't call it spewing anger, hatred, racist stuff, whatever that energy is shooting out of them or oozing out of them and it's hanging around the house. So, yes, the child's very likely to be interfered with

by the energy of thought and emotion that they're surrounded with. Sometimes I'll see the guys who give me an image of the child swallowing their parents' crap, so to speak, swallowing their hatred and kind of making it their own, because little kids are not sure what's going on about much. So, yes, it's very real and very important to know about.

1:00:52 - Julie

With your mental health patients back when you were practicing with that? Did you find that there normally was a correlation between what they were taught in childhood and how it was manifesting in their adult lives, or not necessarily?

1:01:08 - Tina

Yes, because, again, I consider thought and emotion as one of the causes of people's emotional struggles, but also their physical struggles in illness too. So, yes, I thoroughly agree with that, that it's picked up along the way as energy, as words that we hear as trauma. So I've done a lot of trauma work in the past.

1:01:40 - Julie

Yeah, yeah, I've heard you tell the story about a client that came in that was raised in a kind of a fire and brimstone fundamentalist culture and was so afraid of what was going to happen to her when she died. Can you share that story with us please, about how you worked with her?

1:02:01 - Tina

I believe you used hypnosis as part of your Okay, I think I know what story you mean then. So I'm a nurse and a psychiatric nurse specialist, so I had a board specialty in it and counseling, and that I was also a clinical hypnotherapist and I just tended to start doing. People kept going into past life regressions, and then some people would actually not land on the earth plane in a past life and they would tell me well, I'm floating around, I'm heading to another planet. I thought, oh, wait a minute, they're going to what Michael Newton calls a life between lives experience. So this one, back to this woman. She plopped down in my office chair and she said well, I want you to do a regression with me because I know I'm going to hell.

And if anyone was going to find hell I mean she was looking for hell and I even have it as a blog that I wrote up. Oh, it's also in Michael Newton's book. He accepted it as one of the cases that he put in his book she would have found hell if anybody was going to find hell. And what she found, bless her heart. She grew up in this very, very independent church. They all followed some man that I don't think he was a minister or anything, and he would shame her in front of the congregation and she had all kinds of terrible stories.

So if she was convinced she was going to hell, all she could find. She said I'm looking, I'm looking, I'm looking. And she said, well, I don't see hell, but I see a place that doesn't have as much light. And she said they're looking down. All they have to do is look up a little bit and they'll see the light that they can go to. I am covered with goosebumps right now. She said all they have to do is look up. She said I can't find it. This must be hell. But she said there's not a wall, there's not a container, it's not a place. It was beautiful. And then when she said I know I'm going to hell, I said oh, my goodness, what are we going to do here? And I just let her do. And she couldn't find hell because there is a way.

1:04:37 - Julie

I agree. Yeah, Everybody goes to heaven.

1:04:40 - Tina

Yeah there's a lack of awareness. I could sure see that, but she couldn't find hell. It's a good story isn't it Hell?

1:04:50 - Julie

I had goosebumps when I read it. That's why. I wanted you to share it with everybody. As we begin the new year, we often have these amazing resolutions that we all want to do in the year, and that's why health clubs their enrollment is always the largest in January, that it tapers off by February and certainly by March a lot of the time. But you have a methodology. I'll call it that. You have named the pause. How do we incorporate that in our daily lives and how does it help us when we do?

1:05:31 - Tina

I love to talk about the pause. I didn't connect it in with making resolutions, but all of you know the whole universe is alive and the whole world around us is communicating to us all the time and we just get so darn busy, mostly in our heads or doing you know physical work or our jobs or whatever is going on, and really all we need to do is pause and notice. And people I will find, if they're working hard to be intuitive, they kind of look like a unicorn to me because they're pushing out from their third eye, their forehead, and so what, somebody looks like a unicorn to me. I'll know that they've been working really hard trying to be intuitive and I'll say you know, no, working hard is you're never going to find it. It's about not working at all and just pausing and not working, not trying, just noticing the fact that I tell people.

Really, I think the main thing that I teach is just how to notice the very subtle in life, just how to notice it. So that's really what I mean by the pause is stop working, trying to be intuitive or trying to be something, and pause and allow and notice. I guess allow and notice because the world, you know, the earth. The universe is communicating with us constantly. People will know our numbers. You know those, keep seeing certain numbers. Every number is really. It's an electrical spur, it's an electrical signal. It's like everybody sees 1111, you know, that's kind of the most common one, at least that I hear from, and to me it always seems like the pillars to the gates to heaven or the gates to higher awareness, gates to awareness of the non-physical realm is very natural around us.

So I think every number series is a signal. You know numerology. I don't know numerology real well, but it's a symbol of energy.

1:08:07 - Julie

I agree. I have a lot of threes and sevens in my life and in the Bible. Seven stands for spiritual perfection and three is, of course, divine energy. So I find it fun when those yeah come up to last question. Why do you think we incarnate?

1:08:32 - Tina

Because to me, it's all about learning. It's all about our next, like all of us here on earth right now, usually what we bring forward from our past lives is something profoundly emotional, and we tend to bring emotions, tend to follow us along into our next incarnation. To me, no matter what happens to me, I try to learn from it, rather than being a victim of it or you know, or I don't know what else to say but a victim of it or succumbed by it or overtaken by it, I try to learn. No matter what happens and no matter what happens in the world around us, everyone has an opportunity to learn in some way. I always think that we're in a pathway of advancement. What do you think about it?

1:09:36 - Julie

I agree. I think we're here to create a life of joy and create what. Well, whatever we're led to create, and I agree with you that we bring in things that we want to explore and experience from a different perspective from past lives, kind of like a script and lots of subscripts, and then at the same time, because I see a semblance of scripts that will repeat throughout multiple lifetimes With clients when we're doing past life scans.



They're so much, so much fun because we can corroborate the information we get with historic documents a lot of the time and again, you can't make this stuff up.

1:10:16 - Intro

Yeah, make it. I don't know.

1:10:18 - Julie

Yeah, it's a lot of fun. Yeah, you are absolutely a delight. What, what a wonderful conversation.

1:10:27 - Tina

Oh, I've had such a good time with you. Thank you so much, Julie. I'm in that so much.

1:10:33 - Julie

You are most welcome. How can people learn more about you and your classes and the work that you do?

1:10:39 - Tina

Oh, thank you for asking that too. Well, my website is just my name, Tinazion.com, and I have written two breaky books and three medical intuition books. I'm working on a book, number six, now, and so really all my courses and the schedule is up there and just my little story of my little bio is on there.

1:11:06 - Julie

So it's just my name, my website, thank you for having TinaZion.com and we'll put that in the show notes as well. Alrighty everybody, what fun to get to talk to Ms Tina today. We're sending you lots of love from Sweet Home, Alabama, where I am, and from Indiana, where Tina is, so we'll see you next time. Thanks for joining us.

1:11:47 - Disclaimer

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