

AJR Tianna Roser Transcript

0:00:01 - AnnCR

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan Hi everybody, welcome to the Ask Julie Ryan Show.

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Tianna Roser with us on the show today. Tiana is a Reiki master, author and clinical hypnotist who helps people reconnect with their true essence. But Tiana's work goes far beyond traditional healing. She explores ancient, forbidden and forgotten realms to help others align with their soul plan and unlock deep inner wisdom. I'm excited to learn about her techniques, the transformations she's witnessed and the insights she's uncovered on her journey. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Tiana. Tiana, welcome to the show. I'm so delighted that you could join us today. Happy to be here, thank you. You bet you say you explore ancient, forbidden and forgotten realms. Please tell us about those.

0:01:52 - Tianna

That's the tagline for our podcast Beyond the Illusion. Yeah, I mean, sometimes also I say I'm an explorer of the inner and outer worlds, just have such a curiosity and love mystery, and so you know that's being curious or interested in anything from Atlantis to, you know, ancient Egypt, to out-of-body travel, just all of those things that maybe don't get talked about and covered in like mainstream lifetime is very fascinating to me. I'd love to explore that more.

0:02:31 - Julie

So what have you learned? What surprised you? What's delighted you the most, of what you've seen or learned?

0:02:39 - Tianna

Yeah, you know, as far as the podcast Beyond the Illusion having different guests, and you know, I think that it's helpful just to keep an open mind there's a lot of things that I feel like, oh, I won't know for sure until I die. Like, did aliens really, you know, build the pyramids? Were the pyramids built through sound frequency? All of these things are interesting to explore. But I think the things that really matter are the things that we learn about ourselves, our quantum self, ourselves across lifetimes, because those things you can tap into your own higher wisdom and kind of get a greater knowing. But I think a lot of the outer mysteries of the world we can explore possibilities, but I don't think we can know for sure until we pass on. Probably.

0:03:28 - Julie

Yeah, so when we explore past lifetimes for ourselves, how does that help somebody?

0:03:36 - Tianna

That's such a great question because I hear sometimes people saying like, oh, you know why visit the past, that's over. But I think you know, even in our current lifetime, or there's the expression like an unexamined life is you know? Oh gosh, I forget how the expression goes, but basically you know, it's a treasure to have a deeper knowing of self, and so to have an

experience of yourself in a different body, in a different experience, and to see different facets of yourself, I think allows us to have, you know, a deeper knowing of ourselves. So first there's that. There's like in this lifetime I'm experiencing through my Tiana filter, right based on my childhood and the people around me and the society I live, and that's going to give me a certain flavor of experience. But then to go back into being, let's say, in a male body and a different time period, in a different society, you have a totally different way of seeing things that can help us to have more empathy and more compassion, things that can help us to have more empathy and more compassion. Maybe I don't know if there's something that I judge in this lifetime like why are people like that? How can they be like that? And then I go into a lifetime where I'm like that right, it helps me to, you know, have a greater connection with other people.

But also, I think a big thing is to see how we are evolving across lifetimes and to see that, you know, there's so many different lessons that we could learn and there's only so much time in a life. And so I think of each lifetime as kind of like a semester in college where you have to kind of choose okay, I'm going to focus. You know, each semester you couldn't take all the classes. You have to choose a few to focus on, and then you know, the next time, next semester, you can choose different ones.

So, going into different lifetimes, we get to specialize or focus in different areas and then we can see how we are improving or evolving or maybe where we're stuck and where we need to let go. Also, we can have deeper understanding of our connection with others because some of the people in our life right now have been in other lifetimes with us and to see, maybe, where some of the baggage comes from, why do I feel this way around this person, why is it so difficult with this person, and then to realize like, oh, that's why it kind of helps us to have more objectivity in our life. So there's a lot of things that we can get from exploring past lives, versus just curiosity and glamour of like, oh who was I in another lifetime? Really, people don't. It's funny, people don't really come that much. For that reason, people mostly come to kind of want to understand themselves or want to heal something or want to let go of something.

0:06:48 - Julie

Native American or, you know, or other indigenous cultures, that there was a princess or there was some royalty there. I've laughed about that so many times, oh my gosh. I find that there's always this semblance of a script that plays through multiple lifetimes and it's very generalized. And yet, to your point, we're looking at it from a different perspective different time, different place, different gender, different set of variables. And we're just looking at it from a different perspective, which helps our spirit expand because, like you so eloquently just said, it gives us the opportunity to look at things in a way that we hadn't before, like maybe you were the murderer in a past life and you're the one that gets murdered in this life or in another life, and all of that. It's really fascinating, I agree.

0:07:40 - Tianna

Kind of like shadow. You know, if you're familiar with shadow work, like the Jungian term of the shadow is like the parts of ourself that we haven't accepted, or yeah, basically like that. So then, to see that we are all of those things right, we're everything and then we're nothing, a sense of objectivity and a sense of again like empathy and compassion for all the different flavors of the rainbow per se. Or you know how they say, to understand someone, you need to walk in their shoes, and so, going into these other lifetimes, we're walking in different shoes each time, and so we start to have a greater understanding of how other people might be and why. And I think that's so important in the time. The times that we're in now are so polarized and it's like this us versus them, whatever, anything, anything you can think of any issue, there's this like polarization that's happening, and so I think it's so helpful to understand that we're actually we're both of those things and we're none of those things at the same time.

0:08:44 - Julie

Do you believe that? Let's go down that rabbit hole for a second? Do you believe that we really are in a time that's more polarized than other times in history, or is it just that because of the 24-7 news cycle and all the social media that we know about it more?

0:09:02 - Tianna

Yeah, that's such a great question because, yeah, it's really hard to have, you know, to know for sure, objectively, right, because times are very different, as you're saying. But, yeah, I really do believe that we are in a more polarized time and I think that, like again, it's like it's both perfect and imperfect that we are, because we, you know, my perspective is that we come from the oneness of spirit intentionally to come into this plane of duality on earth, you know, so that we can explore the contrast and that we grow and evolve through contrast, and so. But there's a point where, you know, it gets so heightened. And it's helpful, though, because as we push against that, something has to give, and so I kind of I think that we are in these like powerful times of shift, and so it's part of this kind of like breaking things down in order for new things to be created or for in order for us to grow or shift, there's this massive discomfort and unraveling that's happening as part of our evolution.

0:10:13 - Julie

I agree with you on that, and I think we've always been polarized, you know God, from the beginning of time. There's always wars, there's always disagreements, in every culture, every society, all of that. People say, well, we're more divided in America than we ever have been. I go well, have you ever heard of the Civil War? You're a people in the same family that were fighting each other on different sides of the battle. It was nuts.

But we just know about it more because of the media and perhaps that's what's causing the shift. That's part of the evolution, perhaps because we are aware of it more now, even though it may not be more than it has been in the past, but it feels like it is because we're more aware of it because of our technology now, and that causes us to make changes, because we certainly back in the olden days, when Egypt was fighting the Turks or whoever I mean the Native Americans didn't know about that, but now they do in a nanosecond, when somebody on the other side of the world is having some kind of turmoil happening. So I think that's a really interesting point you make there about all of the shifting that's happening, and then, when we add the technology into it, that makes total sense to me.

0:11:40 - Tianna

Yeah, and like you're saying as well, like in the olden times, like you didn't know your neighbor's belief system, necessarily, they weren't talking about it and it wasn't like displayed publicly and openly, where now we can see everyone's stance on every single issue through social media. So you know, there is so much more of that, like you said. You know, just like I said, it's always been polarized, because that's part of this plane, or at least it has been in the past, is duality. I would strongly believe that there's a lot of growth opportunity if we can find a way to create harmony through, you know, working through our differences, versus just separating further or clashing more. Working through our differences versus.

0:12:26 - Julie

Is this just separating further or clashing more? What's? Is it Yusai Reiki? What's Yusai Reiki?

0:12:32 - Tianna

and how's it different from regular Reiki? Oh, it's actually called Usui and Usui the founder of Reiki, mikau Usui, that's named after him. So I would think, like when you say regular reiki is actually usui reiki it's just people, you know. Don't say usui on there. Okay, are there different?

0:12:51 - Julie

yeah, so the traditional reiki are there traditional? Are there different types of reiki other than the just the regular traditional reiki there?

0:13:00 - Tianna

are. There are and in fact even you know the. What I'm calling traditional reiki is really like traditional reiki as it has been practiced by the West, as when it was taken out of Japan and practiced by the West, which I you know. Without having like hard statistics, I feel pretty confident in saying that there's way more non-Japanese people who practice Reiki than there are Japanese people who practice Reiki. Interesting.

0:13:25 - Julie

Why is that?

0:13:27 - Tianna

Well, okay, so I'm half Japanese, by the way, but, you know, born in the United States, my mom is born in Japan. You know, Japan is a very kind of closed culture, and so you know what things in Japan tend to like stay there and they, and so, whereas you know what things in Japan tend to like stay there and they, and so, whereas you know the United States, we're a very open culture and we like to share all of our you woman named Mrs Takata, who plays a big role in the Reiki history for us Westerners. She was a Japanese woman who lived in Hawaii and then sort of fell ill and went back to Japan where her family was, and when she was there she went to the Reiki Center. This is like 100 years ago ago that we're talking well, not a hundred years for her, but the history of Reiki is about a hundred years and then she went to the Reiki Center there, got better, learned Reiki and then brought it back to Hawaii and then from Hawaii is where it really spread all over the world through Mrs Takata.

But the Reiki, as I later learned, the Reiki, the original Reiki that was taught in Japan, is different from the Reiki that you know, the majority of the Westerners all practice, whereas the original Reiki was more.

I mean, they would meet very regularly and practice together and the Reiki master would watch over their progress and kind of before you know, they could move on. It would be a long, laborious process, as a lot of things in Japan, it's very, very quality oriented and focused, and so it's sort of been adapted where, instead of us being the healers, reiki is the healer that works through us is the way that I was taught by my three teachers, and so there's different variations of how people are practicing it. But I sort of like just to be the conduit and not have to be the one who has to figure things out and be the doer. I trust Reiki more than I would trust myself for those things, and so I think it's really beautiful the way that we're. You know, a lot of us are practicing Reiki now which is to be just the pure conduit and trust and allow Reiki to do the healing through us.

0:15:57 - Julie

Say more about that. For people who know the word but don't know what Reiki is, tell us about that the word, but don't know what Reiki is. Tell us about that first of all, and then tell us about what you just said. Who or what is Reiki that's working through you to help your client, and how does it help your client?

0:16:18 - Tianna

Oh, wow, yeah, so many ways I'm such a Reiki enthusiast. So first of all, the word Reiki. So Reiki is an energy healing modality that originated in Japan and ki is the Japanese word for energy. A lot of people are familiar with chi, the Chinese word right, tai, chi, qigong, and so ki Japanese and chi Chinese meaning energy, and rei R-E-I means universal. So Reiki is universal life energy. So it's just a beautiful high frequency energy that we can tap into because everything is energy our physical body, our emotional body, our mental body, our spiritual body.

Reiki can help people pretty much with almost anything because everything is a frequency.

So if you get trained in Reiki, you get attuned to Reiki, which means you get activated to be a conduit or a channel that Reiki is flowing through you to who or whatever else you're sharing Reiki with.

So Reiki could help somebody with their physical issues, their chronic back pain or their sleep issues. It could help them emotionally with, you know, feeling sad or anxious or things like this. It can help mentally, it can give you a calm and peace and it can help you shift spiritually, and so it's almost a one-size-fits-all, because you could tap into Reiki for one thing, like oh, my knees hurt and then after you could feel emotionally better or mentally calmer. So it can help you and it's a very holistic way to work on your healing and also just a wonderful tool on your spiritual path, because each time you connect to it you're kind of clearing out whatever you're ready to let go of, you're raising your frequency, you're raising what I call your resting frequency, because you're bringing in this higher frequency energy, you're releasing some of the lower stuff and so it's fairly like gentle way to be able to heal yourself, to be able to shift and transform things over time.

0:18:32 - Julie

And you said Reiki is universal energy. Is that coming from God? Is it coming from spirits? Where's it coming from the universe? Is it in all galaxies? What's the?

0:18:45 - Tianna

Well, you know. So some people use the word universe instead of God. So you know, you could. It just sort of depends on the framework of how you see that. So I think, yes, I think from the universe, which I think is an expression of God. I often don't use the word God just because it has a very strong religious connection connotation and some people that have been burned by religion have like a negative feeling when you use the word God. But you know, I also think that like there's a million words for the same thing and it's not a bad thing, but I might just say from the divine right. So the all that is the oneness source. Yes, it's coming from that.

0:19:45 - Julie

Yeah, I agree with them personally. Are you with them remotely? Is it a combo platter? And how do you do it? Do they feel something? And how does it work with them? And then afterwards?

0:20:01 - Tianna

Yeah, so it can be done both, either in person or it could be done remotely. Of course energy is not constrained by time or space either in person or it could be done remotely. Of course energy is not constrained by time or space. And so, yeah, so some of my clients I'm seeing in person and some of my clients we might do like a Zoom session. It doesn't matter because it's all energy connects through intention. So when this person is open to receive the energy through me and I show up and I connect with them, it could work either way.

If somebody comes to my office, I have sort of you know, I have like a massage table where people lay fully closed and you just can kind of start at the head and then you know you have hand positions that could be hands-on or it could be hands-off. And then you know you have hand positions that could be hands-on or it could be hands-off, channeling the energy starting from the head going down towards the feet. If somebody's over Zoom, they might be like laying on their couch or their bed, and I could either do the same thing kind of imagine them on the screen and start at the head and move down, or you can just send it to their whole beingness down, or you can just send it to their whole beingness. As far as what people feel or experience, it really depends on the person. Everyone has a different sensitivity to the energy,

so some people are very naturally sensitive and feel all sorts of different things. It could be because everything's energy right. It could be getting very relaxed, falling asleep. You might feel warmth, you might feel tingling, you might feel like you're floating, you might see colors, you might have old memories come up, maybe emotions which could be wonderful, emotions like peace and joy and love, could also be uncomfortable stuff that was stuck that's coming up to clear. Usually, if uncomfortable stuff comes up, it can move pretty quickly during a Reiki session and then the person can feel much lighter and freer afterward. But even if so, it's interesting because I'm very sensitive. Obviously I've been doing Reiki for many, many years now.

It's interesting, you know, when I could feel something. I'm sure you must feel this as a psychic right Like it's like oh, to you it's so clear you get all of this information and the other person doesn't know anything about it. It's in the same way. Like you know, I might feel like lots of energy flowing through to this person and they may or may not feel something, and yet they can still get a lot of benefits. So I would say the majority of people feel something during the session. But it's also possible that somebody doesn't experience or notice anything during the session and then, you know, they reach out and they're like, oh, the weeks after were so peaceful and nothing ruffled my feathers or I had so much energy or I felt so inspired, or things like that could be for some people more of an after benefit than during the session.

0:23:04 - Julie
Yeah, yeah.

I find too and I'd love to hear your take on this, tiana that the zeitgeist is changing about energy medicine, that Reiki is being used in many medical centers and in different allopathic practices not just Eastern medicine practices where people will.

My mother gosh this is probably 30 years ago maybe she had rotator cuff surgery and she was in the hospital and that surgery is really painful. Anybody that's had it will say, oh, that surgery is just awful for the pain level. And I remember her telling me that her nurse did Reiki on her and my mother was very conservative, very Catholic and not open to woo-woo at that point I mean open like within the traditional religious thing and she said the pain really was diminished. And I thought, oh my gosh, here's this ultra conservative mother of mine who's reaping the benefit of. God bless whoever the nurse was that came and worked on her and it helped. And I love that some Western practitioners, including the health centers and the medical centers and hospitals, are starting to integrate that into their menu of services, if you will. Are you seeing that as well?

0:24:37 - Tianna
Yeah, you know, and I'm more like, yeah, hearing that from other people as far as like, yeah, there's cancer centers that allow Reiki or have offer Reiki.

I have had I had one woman who worked with hospice that wanted to learn Reiki and have that as another offering.

So I do think there's a lot more openness to it and more acceptance and I I've seen over the years, just through, you know, like, how you can kind of know that it's becoming more mainstream is like through TV and movies they they're, they have, like you know, characters that do Reiki or you know like, okay, I guess it's, you know it's mainstream enough that they can reference it that way. What's interesting, like what you said about your mother, is what I love about Reiki versus hypnosis, because I do both Reiki and I do hypnosis and I love them both and they each have their own you know things that they're really good. With Hypnosis, the person has to be like at least fairly on board with it. You know somewhat like definitely open to it, but also you know somewhat like definitely open to it but also, you know, somewhat

believing in it. If they have a strong skeptic inside of them or skepticism, then that will get in the way and interfere with the session.

0:25:47 - Julie

I hadn't heard that before about hypnosis.

0:25:50 - Tianna

Oh yeah, hypnosis. I mean I wish it was just this like magic pill where we're like oh, whatever you want, boom, I just say my magic words and you shift. No, it's. You know, it's a partnership. It's like half of the client and half me I can. You know, it's like the whole. You can lead a horse to water, but you can't make them drink.

If somebody is coming just to you know, like sort of prove you wrong or do something, it's not going to really work because it's coming through their own consciousness and so their own consciousness. They at least have to have that kind of openness to allow themselves to relax enough to go into a deeper state. With Reiki. What I've seen, like similar to what you're saying about your mom, is that people, if they're in enough pain, yeah, they get so desperate that they're willing to try anything. They don't care, like they're, like, I'll try it once and see. And so some of the biggest shifts I've seen sometimes are these people that are skeptics but they're in pain and so they're so open because they're just like anything. And so I mean I can think of this one guy that came to I was having these monthly Reiki shares where anybody in the community could come and have a mini session with me and my Reiki students and each person just gets 10 minutes on the table, but it's, you know, it's free and you might have like five people working on you at one time. And so it's this great opportunity for someone who's, you know, never experienced Reiki before or just wants a taste.

And this one guy came and he was just very conservative, like you know. He was this like older Texas rancher kind of man, you know, and everybody else is kind of this, like woo-woo yoga person in the group. So he very much stuck out like a sore thumb and I had everybody introduce themselves and he straight up said this is really out of my comfort zone. This is really strange to me, but I'm just in so much pain and it was a frozen shoulder. He has so much pain from my frozen shoulder and he tried all of the Western medicine things and he even tried acupuncture as well and nothing had helped him. So he's, you know I'm willing to try anything once. So when it was his turn and he was on the table, just wow, I mean one. I could feel like so much energy pouring into him.

And this man who I just I have a pretty strong feeling that he doesn't normally cry in public, you know, because he's fairly stoic. When he came in, he just burst into these big, huge sobs and you could just feel all the energy flowing, huge, huge sobs the whole time. And then afterward, when I asked him what he experienced, he said he felt all of this grief coming up around someone that he had lost five years ago, and that's exactly the amount of time he'd had this frozen shoulder and you know. And so as he allowed himself to feel that energy and for it to move, he said he could actually feel it moving through his arm. And then he was like and my arm, it feels so much better.

And and I can't tell you how many times I've had somebody come in specifically with the shoulder thing, where it was really, and then they end up crying and then you know so to me that's all this like heart chakra, or in Eastern medicine they would say that the lungs is where we carry grief. You know so to me that's all this like heart chakra, or in Eastern medicine they would say that the lungs is where we carry grief. You know, because they have the organ theory of where each organ is connected to certain emotions. So when they allow that grief to come up and to move, then also their body now can move, now can move, and so, yeah, I think that that's really beautiful with Reiki is that someone just needs to be, you know, open

and willing but don't necessarily need to believe and they can still experience a lot of healing and transformation.

0:29:47 - Julie

I agree, that's been my experience as well. Most of the work that I do is healing work. That's just because that's what people ask me to do and, like you, they've been to multiple doctors, for example, and gotten multiple diagnoses in some instances and different treatment programs, and they still have the same symptoms. So they'll come to me and I'm like a human MRI so I can see inside their body. I'll go oh yeah, you're full of mold, do you have a water leak in your house? And they got this plethora of symptoms. And these doctors are going. You know, they're not trained to look for that, but we're able to pinpoint it and there is always an emotional component in place before any kind of disease or illness sets in. So we're on the same page with that. I agree with you on that. I love to hear about different people's modalities.

I learned Reiki first long time ago, like God, probably 35 years ago. I didn't really learn it. Somebody made me a Reiki person and like, did this? Yeah, I did. Like this voodoo thing around me and and was showing me these Sanskrit symbols and stuff like that, and I was like, okay, great, had candles lit and I thought, okay, great. And then I watched it heal my toddler's skin needs instantly and I thought, okay, there's something to this stuff, and then went on from there. So, yeah, it's really fascinating and there's nothing like having it have an outcome. That's palpable. Or you can see it Like with my son when he was a toddler. By the time I put him in his car seat, probably an hour later to take him home, there was no trace of bruised knees or little droplets of blood on his knees and I thought, okay, there's something here that I need to pay attention to. So it's fascinating. You say you're a master metaphysician. What's that mean?

0:31:54 - Tianna

Oh well, I wouldn't say that I'm a master metaphysician. I've taken classes, so there's. You know, I went to this school called Delphi, which is sort of it's this metaphysical school that's in Georgia, and so they have different tracks. They had like a healing track. They have their own healing system called Rohan, and I took the master metaphysician track. So I've taken different. You know, they have all these different courses in there. They had like a color and sound healing. They had what's called Yandi, which is like inner child healing. So there are all these different metaphysician type of courses that I've learned and apply in my practice.

0:32:38 - Julie

So do you find that you're just an amalgam of all these different modalities that you've learned and they all merge together? Or when somebody is working with you, do you think, okay, I need to use Reiki on them and I need to use sound healing on this situation and I need to use something else on that situation, or is it all just kind of mushed together?

0:33:00 - Tianna

Yeah, that's a really great question because I think, over the years of practice so like initially when I started offering my services practice, so like initially when I when I started, you know, offering my services, if somebody came for hypnosis, I'm like, well, they signed up for hypnosis, they paid for hypnosis, just doing hypnosis, you know. And then somebody came for Reiki. You know, I had them all separate and then over time I started to feel like, oh, but you know, maybe in this hypnosis session this person could really use Reiki, this could be really helpful. And my guide started to tell me that too, like like you don't need to keep it so separate. You know, of course you want someone, always you want someone's consent. So, of course, like, if I want to bring in a different modality, if someone's in a hypnosis session, I wouldn't just start giving them Reiki without asking them if they're open to that. But what I find is that, yes, many times they work together and really, what—so with Reiki? Because that's where I started as well.

I started with Reiki, and with Reiki I was trained and I teach Reiki now to just, you know, be the pure conduit, again, like Reiki's the healer, not me, and so I'm the vessel. But with hypnosis, right like I was, like, well, I'm guiding them right. During the session, I need to choose what words I'm using and, based on what they're experiencing, I'm going to follow it up. So I'm very much in the driver's seat, whereas with Reiki, I feel that I'm like the container, and so I used to see it separately like that. But over the years I found that everything I do, I'm really the vessel for spirit to work through me, and that most important thing is, like you know, each day I start off, I just I connect to spirit and I ground, and I asked to be a conduit for the highest good for each person. It's not as important which tool, it's most important that you know whatever they most need, that spirit can work through me and provide that, and so it really helped me to shift my perspective like that, not that like I'm this one person that either uses this tool or this tool, or this tool or this tool.

No, I'm, you know all of it. I am a vessel working together, co-creating with spirit for this person's highest good. And so sometimes that means you know too that I might get messages from spirit and ask them to share that or not. So it doesn't have to be so restrained or confined based on you know particular tools, but you know, yeah. So the most important thing in my life is just to be this vessel for the highest good of anyone that I'm interacting. Doesn't have to be even at work right, it could be with my friends or it could be with my family. At work right, it could be with my friends or it could be with my family. Seeing it all as a flow, versus like compartmentalizing everything and seeing it separate.

0:36:01 - Julie

I'm the same way, I do the same thing, and that's what I teach too is let's figure out what's the easiest way that spirit communicates with you, based on how you learn, and there's no right or wrong. It's spirit working through us and with us to help the person heal themselves emotionally, physically, whatever because nobody heals anybody else no doctor, no healer like you or me, no shaman, no medical provider. The person always heals themselves and we're just helping them heal themselves. But they all decide when and how they integrate the healing. So I agree with you on that what led you to study and teach this stuff? Did you just wake up one day and think, oh, I'm going to teach Reiki? Or what was your journey like to get to where you are now?

0:36:51 - Tianna

Yeah, I definitely. Even when I was learning Reiki, I never thought that I was going to teach. I thought I was just learning for my own. And so I often think that when I'm teaching other people and they're like, oh, no, no, no, this is just for me, and I'm like, well, who knows, you know, who knows five years from now how you'll feel? Yeah, like most people, I think there's some discomfort, some existential crisis that kind of pushes us to wake up.

For me, it was right after college, like really, it was just somebody who didn't have a strong interest in something specific, like some of my friends, you know. Oh, I want to be a lawyer. Oh, I've always wanted to be a fire person or whatever. You know, that wasn't me. I didn't have a strong passion for something. So I just was using logic and I was like, okay, study business, the world is always going to need business people. And okay, I don't like numbers, I guess I'll do marketing. And this is just kind of the way that I went about it and then thought that I wanted to be, you know this businesswoman. And then I got exactly what I wanted, you know, and I started working in marketing and just something felt really off. You know, it felt like gosh. You know, if you got to the top of the mountain and then you were like, oh, this isn't what I thought it was going to look like, and, and so I was just thinking like, oh my gosh, is this what my life is going to be like, you know, 10, 20 years from now? And I just couldn't imagine it. Just, everything felt just very artificial, it didn't feel aligned or authentic with me, but I didn't even know who I was at that point, right, and so it just something felt very off. And I think I'm a very emotionally-based oriented person, a very heart-centered person, and so it's hard for me.

I can't just shove that down and just do the grind, like if something doesn't feel aligned, it's really hard for me to keep going. So it pushed me to start questioning, and it's always been somebody who's been interested in dreams, so that's been something I've always had vivid dreams since childhood, and I love working with my dreams, and so it sort of coincided. But I'm sure, you know, it was like spirit guided that around.

This time I started in my corporate career and it wasn't feeling right and I was questioning who am I and what do I want that. My boyfriend at that time gave me this used book that he found that he thought I'd be interested in about dreams. Me this used book that he found that he thought I'd be interested in about dreams, and it was a channeled book by Jane Roberts, who channeled this being Seth, and Seth was amazing. And I was just like, oh my gosh, this Seth, I love this Seth. And I went about and found all the you know, this is before days, you know the days before Amazon. So I was like, going back to the used bookstore, go through all the piles of books and look for other books that had Seth, and I was just hooked on Seth and I just thought Seth was amazing. And then I was like, oh my gosh, how can I want a Seth? Jane Roberts got a Seth, how do I get a Seth? And I found in one of the early books that she said how she connected to Seth, and so then I was like, well, I want to try that and this spooked some people, but it was through a Ouija board. And so I got a Ouija board, which I bought at the toy store that's, you know, next to the Monopoly and other board games. That's where he found it. And, yeah, I started trying that with my boyfriend at the time and then he got tired of it and then one day I kept trying on my own and then one day I connected to his guide and it was just like she gave so much like amazing helpful information about some of his struggles. And so then once I shared that with him and it was like really spot on, then we started connecting to his guide and then eventually my guide, through the Ouija board.

And they were the ones that were adamant that I had to learn how to meditate and they didn't want me to keep connecting them to them through the Ouija board. And so they really like tough, loved me into like meditating because I was like the lazy one. I just was like no, the board's easier, I want to connect to the board. They're like no, no, we're holding this space for you, we're dropping our frequency down, you need to raise your frequency. So they taught me how to, you know, meditate, raise my frequency so that I could communicate with them inwardly instead of using the tool of the board.

And so once I started, you know, meditation was really hard for me initially and I understand that you know a lot of people that's the case. But, like you know, this is like way back in the day, like I had a cassette tape, like a cassette tape that I listened to and it took me like 45 minutes to an hour just to calm my mind, quiet my mind. But then, once that happened, wow, it was amazing. And then I would meditate for like three or four hours a day and I really think that, like, if anybody meditates for three or four hours a day, you're probably going to have a big spiritual awakening at some point. So that's what happened is what happened is I started to like feel energy when I was meditating. I started to like float above my body and see my body below meditating. My spirit guides are talking to me, and so this kind of like big explosion of spiritual energies and experiences shifted me to finally quit my job and want to explore where that's gonna lead me.

0:42:27 - Julie

Do your spirit guides talk to you all day long or just when you engage them.

0:42:34 - Tianna

Yeah, I think that's really interesting, like having talked to other people who work with their spirit guides, how you know, and then, of course, because I guide people in Life Between Lives Regression and in Quantum Healing, hypnosis Technique, where people can connect with their guides how individual and unique each of our connection is and maybe what sort of relationship that we have chosen to have with them. So my main personal guide his name is

Will, short for William, but he told me to call him Will, and so he has a very kind of playful relationship with me and he definitely is not just around whenever I want he. In the beginning he really was all the time and I was just asking him all the time for everything. And that probably went on for at least a year where he was, you know, answering all of my questions. And I can remember because I had quit my job you know I'm from Hawaii I quit my job and left Hawaii and moved to Boston just to find myself to be in a new environment where nobody knows me and I could explore.

And I can remember it was when I moved to Boston that one day Will told me like look, I'm here for you and yet you're not trusting yourself. You're asking me everything and you need to know that we're at the same level. I can just see from a different perspective here. You know we're in the same soul group and I'm helping you from the other side. But you know you're looking up to me and you're not trusting yourself enough. So I'm going to take a break, I'm going to go away for a while. I want you to learn how to trust yourself. I'm not gone, but I want to step back and so that you know, and of course that hurt my feelings at the time, but of course that was like a really, really helpful thing for me.

And so he's come in and out over the years. A lot of times I might feel him there, like I see sort of like a magenta purple light when he's around, when my eyes are closed, and or I'll just feel him for his energy signature. But he doesn't always talk to me. He sometimes talks to me and sometimes he's like you know, you've got this and doesn't. So yeah, that's the relationship that he and I have. Now I know other of my clients that, like their spirit guide, will show them where to park their car, you know, like to tell them you know their parking spot or maybe what stock to choose. My spirit guides are not working with me that way, you know. So we all have different sort of you know, established kind of boundaries and relationships with our spirit guides, and you know, just like we're all here in our own unique journey, it's not the same for everyone.

0:45:26 - Julie

What is soul planning and how does it help people?

0:45:32 - Tianna

Yeah, the soul plan system it's really. I'm sure you've probably had this kind of experience too, where sometimes things come to you that you weren't looking for and you're like, okay, I guess this is something I'm meant to learn or offer. And the soul plan reading was something like that where it's funny. It was like Amazon recommends this book and it was this book about soul plans by my teacher, blue well, my now teacher, blue Marsden, right, but it just the cover caught my eye and I was like, oh, what is this? This sounds interesting soul plan. And so I got the book and I read it and just it was one of those things where I just felt that intuitive, like yes, I'm supposed to learn this. Honestly, like even when I was reading it I didn't fully understand how it worked, but I get those intuitive hits. And so this is how I am. It's like I read the book, I got the intuitive hit, I went to the website and I signed up for the training in London England, you know, without even really fully understanding how the system worked. And so I went to London England and, honestly, like I was a little like I don't know, it's funny, but part of me was skeptical, but also part of me felt very like, intuitively drawn to it, because your soul plan, in the soul plan reading, is based on your name at birth, which is usually your name on the birth certificate, and it's using it's sort of a channel system, using some gematria, which is where you take a letter of the alphabet and you assign it a numerical value. And based on your name at birth, we look at both worldly things and also spiritual things, right, because we're spirit coming into human body and so we're both divine and human at the same time. So we're learning how to have one foot in each world. So we're learning how to have one foot in each world.

So the soul plan chart it's got a downward-facing triangle and an upward-facing triangle, and the downward-facing triangle is spirit coming into matter, and so the triangle we're looking at three aspects. So we first look at the worldly aspects of the worldly challenges that we came in to work through. This is our growth opportunity, right. And then worldly talents that we came in to embody and express, and then worldly goals of where we want to move towards. And so the way that you work your soul plan is that you apply your talents to help you overcome your challenges, to reach your goals. So we have that, both for the worldly aspect and then the facing up triangle. This is how we bring the material world and raise the vibration up to spirit or ascend right. So we look at also the spiritual challenges, the spiritual talents and the spiritual goals in the same way that you work the worldly part and then in the middle of the chart is your soul destiny and that is the energy that you've come to embody and express in this lifetime.

So by looking at your soul plan, it gives you. You know there's all these different systems and I think that they're all valuable. We've got astrology, we've got numerology, we've got human design. I think they're all kind of looking in a slightly different way at this information of like, who am I, why am I here, what can I learn and so forth. And so it's this map that we can use to kind of better understand while I'm here on earth, you know, where do I want to focus and what do I have to offer.

And so it's when I went to the training, like I said, I was like, but I didn't come up with this name, my mom came up with this name, you know, and my name being Tiana and the way it's spelled it's very confusing.

You know so people often understandably because it's T-I-A-N-N-A. It looks like Tiana and there's people named Tiana, this, and so it's so confusing. Why? Why did my mom call me Tiana but then spell it this way? But then when I look at the soul plan reading, it's like, oh, I needed these exact, specific, you know, letters of the alphabet to bring in these certain energies that match what my soul came in. So, okay, I guess I can accept the way that you spelled it, even though you know it didn't make sense to me. So when I went to the training and then we were practicing on each other, it was so accurate that I was like, okay, well, even though you know, my Tiana awareness doesn't remember choosing the name Tiana. It makes sense to me that my soul could have had that contract with my mom. Or even, you know, some mothers have dreams where they're, they receive the name of their child. It makes sense that there could be, you know, on a lot of different levels, how we as a soul chose our name.

0:50:31 - Julie

I agree. So that's a cipher when you're converting the letters into numbers and into code. So you probably could be a secret agent for somebody if you needed to with that kind of training on that.

0:50:47 - Tianna

I have a lot of secret agent dreams, interestingly enough. You know, I'm like I think of some other Lifetime Parallel universe. I'm a secret agent because I keep going there in my dreams, even though it's not something I'm thinking about in my current life. So I think that's fun to imagine.

0:51:04 - Julie

Yeah Well, so obviously that was a divine download into my head. I'm like God she could be a secret agent and maybe you were in past lives, Maybe you were one of those people that were figuring out the enemy codes and the enemy ciphers and things, and certainly those have been used since the beginning of time and where I learned about those was watching the Da Vinci Code movie and that's like all of all that stuff and Tom Hanks' character was the guy who was the specialist in that.

I heard about it during the World Wars but I don't know that. You know, in the ancient times they were using those, but that's where it's been around since forever times they were using those, but that's where it's been around since forever, yeah.

0:51:53 - Tianna

And then it gets, you know, the whole thing with, like, even though we call it past life regression, it doesn't have to be past in time, right? If we think of time quantumly, as all time is now. So, also, like usually when I have those sort of secret agent dreams, it seems more futuristic. So, like I said, I'm not sure if that's a different timeline, if that's a parallel reality, or you know, yeah, me in the future. I don't know, but it starts to boggle our mind if we think of things like parallel universes and quantum time and that maybe our next incarnation could be in the past, in the historical timeline, but it's my future life, or you know, it gets really crazy.

0:52:33 - Julie

I'm hearing in my head. I'm hearing past lives and I'm hearing parallel life. Yeah cool, yeah interesting. We can explore that further another time. Do we all come in with this soul plan when we're born and when we incarnate, or do we formulate it along the way? Can it be edited? Can we revise it once we're here? What's your understanding of all of that?

0:53:01 - Tianna

Yeah, my perspective is that we do come in with a soul plan and absolutely we can change. It's sort of yeah, it's a plan, right, just like we make in our outer everyday lives. We make plans and then as we go we might change them as things change, and so I think that the soul can change it. And then of course, the personality has free will and so for some, you know, like you and I, our personalities are probably fairly aligned with our soul. But some people, and of course you and I, in the past, you know, however, many lifetimes weren't always aligned, you know, with our soul as our personality and so we all have, you know, the whole range of lifetimes. But so if the personality is not very aligned with the soul, then it might be going a very different direction than the soul might have planned. However, the soul might, you know, occasionally bring in some kind of big experience to kind of push them, hopefully, back on path.

But, like I myself have gone back to some past lives where, when somebody else was guiding me as the practitioner and we get to the end of the life and I was very disappointed that I did not achieve or I failed what I, you know, I thought I failed or did not achieve what I came in, and then my guides would tell me like it's okay, you know, you still learn this or that, or now you learn what you don't want to do, or whatever.

And so I don't think there's any judgment at all. And my guides have even told me well, sure, there's a plan A, and there's a plan B, and there's a plan C, and if that doesn't work, there's a plan D, and so there's, all you know, many, many, many possibilities. And, of course, if we think of time quantumly, then it's okay as well, because, okay, well, if it didn't go quite how I wanted it to, then maybe I will shift and try a different way next time in my next life. So there's another life and another life after that. So, yeah, I absolutely think that we come in with a plan and it's going to shift and evolve somewhat. Sometimes we're very much on plan and sometimes we really pivot in a totally different way, let's change directions for a minute.

0:55:19 - Julie

Got a few more questions for you as we're winding down. What's a life between lives? Is it when we're in heaven and we're planning our next incarnation? Or what do you mean by life between lives?

0:55:35 - Tianna

Yeah, absolutely, I'll call it instead of heaven, I'm going to call it spirit world. Yeah, it's in between incarnations, you know like, after I passed in my last lifetime, my last incarnation, the

one right before this one, the previous one, I don't jump right into another lifetime. I go up into spirit realm and connect with my soul group and talk to my spirit guide. And, yes, also, you know so, reflect on what I learned in that life and then also plan, as you said you know. So, reflect on what I learned in that life and then also plan, as you said, you know well, what do I want to do next time? And so it's a session that was created by a man named Michael Newton. He wrote Journey of Souls is like his big, very well-known book of Souls, is like his big, very well-known book. And he was a hypnotherapist, gently guided people, you know, into this in-between world. He didn't even necessarily believe in the spirit realm and yet his client kind of went into it, so he just kind of Thank you.

0:57:53 - Julie

That's fascinating. I we could, we could have a deep dive on that. Next time we have you on, we'll do that. Is there a quick, easy way for somebody to begin exploring their inner wisdom and soul? Plan for those that are watching and listening is do you have, like a you know a tip or two that somebody that perhaps doesn't have the time to do a deep dive into this, something that they can do just to begin their journey.

0:58:23 - Tianna

Sure, one of the things I often recommend to my clients is clients is, I mean, we're all going to lay down and go to sleep every night, or most of us are and, um, and this is a wonderful time when you're laying down, anyway, you can call in your higher self, soul, whatever word you choose. Um, you can. You can, through your intention, say I open to receive the love and light of my soul. And just imagine, like the top of your head, which is the crown chakra, like it's like a door that you choose to open to allow as little or as much as you feel comfortable receiving. Our higher self loves us unconditionally but also honors our free will. It's not going to force itself on you, it's waiting to be invited. If you will invite it in, and every night you could just have your cup filled up, you could receive this love, receive this light, receive this beautiful high-frequency energy of your own higher self.

And, gently, your frequency will start to shift over time, the more you embody. You know, like when I started on my spiritual journey, I wanted to leave my body, go to spirit realm, ah, get out of this crazy world. And then I learned along the way no, I'm supposed to embody my higher self and create, you know, heaven on earth by shifting our frequencies here. So, just when you lay down to go to sleep, call in your higher self open to receive love and light. And you also might, when you do that, ask, you know, ask a question or ask for a message. If you do that regularly, it's like you're building the bridge between you and your higher self energetically, with frequency, and that will strengthen and develop over time. So why not while you're sleeping, right?

1:00:08 - Julie

Exactly Multitask right Even when you're sleeping, which we're doing anyways, because we're astral, traveling, and we're dreaming and we're solving problems and resting our bodies, and so we're doing a lot. There's a lot going on when we're sleeping. Last question why do we incarnate?

1:00:28 - Tianna

Yeah, I do. We incarnate. Yeah, I think we incarnate to explore, to like. You know, it's kind of like if you learn all about playing guitar, but until you pick up the guitar you don't really know what it's like, you don't really learn it. And so, as a soul, we can understand everything from our consciousness, but we really want to embody and then feel and sense and experience everything, to deeply know. And so, yeah, I think it's to embody and explore and learn through trial and error in our human bodies. Great answer.

1:01:10 - Julie

You are just darling. You are eloquent, you're very bright, obviously very smart, very, very skilled at a plethora of different modalities. We went all around the world with you today with all of your skill sets, so I understand why your clients love you and I just think you're extraordinary. So how can people learn more about you and your work?

1:01:39 - Tianna

the best thing to do is go to my website, which is awakeningtransformation.com, and then through there you can connect to all the different things that I offer transformation.com and then, through there, you can connect to all the different things that I offer.

1:01:49 - Julie

Okay, that would be wonderful. In the meantime, sending you lots of love from sweet home Alabama. I'm from Texas to where Tiana is. We'll see you next time. Bye everybody.

1:02:03 - AnnCR

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at [AskJulieRyan](https://www.instagram.com/AskJulieRyan), and like her on Facebook at [AskJulieRyan](https://www.facebook.com/AskJulieRyan). To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:02:17 - Disclaimer

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