Introduction to Tina Zion

My next guest is a wonderful lady that I've just been having a little bit of a chat with, and when I started looking at at her biography and her life, one of the interesting things was Tina.

And this wasn't in the in the biography you sent me, but you are a fourth generation intuitive, so I want to hear a little bit about that as we get into it too.

I love that fourth generation. Wow, that's amazing. Tina is globally acclaimed. She's won all sorts of awards as an author of two medical intuitive books.

She's one of the leading medical intuitive on the planet. And her books, actually, there's a new book that she's just releasing, so you can be some of the first people to go out and get it.

It's called Be Your Own Medical Intuitive, and it's just coming out, which is really exciting. So everybody make sure we'll mention that again. But make sure you go out and get that book after you hear Tina.

I know you're all going to want to do that, but she teaches all over the world and people love her. I've found her because of different things that she was doing, and so when I saw what she was doing, I knew she would be perfect for our summit.

So, Tina, thank you so much for being with us here today. Bless your heart and you have such wonderful energy yourself. So this is a joy already. And we've just getting started.

Yeah. So tell me about the fourth generation. That is really fascinating. So. So will you tell me about your ancestors and and how you kind of continue the tradition?

Well, my great grandmother, I didn't really realize it until maybe five years ago that it was really, a fourth generational thing. It didn't even occur to me, but I spent a lot of time with my great grandmother and she was an intuitive.

She was an active medium. She was very, active in, the spiritualist church. And so I spent a lot of time with her until she passed on when I was around 11 or 12.

Family Intuition and Mediumship

And so it just, I was just telling my, granddaughter this morning that my great grandmother used to, you know, there used to be percolators for, coffee makers, and she would let the coffee grounds dry, and she'd give me a little bit of coffee, too, and then we'd let the coffee grounds dry, and she would look at the grounds and give me a reading from the grounds.

Kind of like the old tea leaf, way of doing things. And so she would use a deck of cards and things like that for her, her readings. So, then, you know, even on my so that was my mother's side.

And so my grandmother was very, very intuitive, my mother very intuitive, and myself. But then also my father's side was, very active in the spiritualist church also.

And that was from my grandmother and my uncle and through my father. So one of the things that I would want to point out to everybody is this sounds like it would be a genetic thing coming down through the generations.

But you know what? It really wasn't. I'm the only one that does it professionally. But what really is, is coming down is, how this is a normal see. And because I never had a class in my family, we never even talked about it.

But, you know, if deceased family members came in, we'd call each other and say, oh, did they come to you? And we talked about it. Was it just that normal?

So, yeah, I think I grew up in an and just that expecting it to be normal. In fact, we kids were expected to be mediums. Nobody even question it. And we never talked about it.

So, it was just, and I, assumed, you know, everyone grew up this way. Then I found out in my 20s that not everyone's, not everyone's like, oh, yeah, that everybody.

But but I wish they were right. I mean, how awesome it would be if when a loved one left their body, you you didn't think it would be weird to communicate with them?

Like you could have that communication? What a wonderful gift that would be if more people embraced that. Yes. And to realize, you know, that we can also call women too, because in in my upbringing, they, people in spirit are just as alive as we are because we're spirits.

We are actually a spirit entity with a with a physical body. And so people that when they are deceased, they to us, they're just as alive as they always were.

Yeah. That's amazing. I had, a friend who recently had a, two of his children, unfortunately. And they were just, like, a few months apart. Yeah. Passed away.

And you know, from a human perspective that is like the worst of the worst. Yes. And from a spiritual perspective, which is hard for us as humans to even be able to get to that place to embrace it.

It's, it's a fairly natural thing, though, right. Well, but in, you know, not not passing away young but but being able to understand that they are still there, like you just said. Yes.

And you know, for everyone, though, to hear it's not the same as walking into a room and there is a physical pressure. So it's certainly I would never say that it is the same, but it when people hear this, that, oh wait, maybe my deceased people, maybe I can communicate with them, maybe they really are alive in, a certain way or a different way.

It's been over the years has been very, very calming. And yes, the thing for people to realize that, yeah, I know for me, my my father passed away when I was only three.

He was killed the Vietnam War. And, you know, we used to, we weren't quite, as enlightened, you know, when I was younger in my family about, you know, we were more traditionalist, but, you know, we would say he's our guardian angel.

But I've always felt like he's been with me. And. And now even more recently, like, you know, have little conversations. That's again, it's not like he's there, but it just does make me feel so much better knowing that my dad's kind of guiding me and has been along for the ride.

And and when I have something really tough, I can come and ask questions and sometimes get intuitive answers is really, really cool. But one of the key ways to do that, if you talk to him and either make a statement to him or a question, yeah, I would ask you to pause, and the pause is just a split second of a pause and take the pop whatever pops into your mind's eyes.

And as an image or whatever pops in is thought, because it's telepathy, they are truly interacting because every thought is an electrical spurt. So. So notice that and you will get more precise communication going back and forth between two two.

Yeah yeah that's beautiful. Thank you teen I I'm sure I will definitely benefit from that. And I know a lot of people can do so. One of the things that was interesting when I was looking at your background is that, you you are

obviously your medical intuitive.

You have, you know, great intuitive powers, but also you were a registered nurse, a mental health nurse. Yes. Reiki master, you got certified in clinical hypnosis.

You have so many different things that you've delved into. What what made you want to become, registered nurse, for instance, when you had these kind of superpowers?

Spirit Communication and Energy Awareness

What what took you down that path? And were you able to use these superpowers as you were doing that? Yes. Yes, they they come in naturally. And what all of us do, really, is we intertwine, the information because intuition is really simply information.

And so we intertwine information. But when I was, you know, actually working as a psychiatric nurse, I had a specialty certification and it and things like that, and a mental health counselor.

But I would if we put it in the person's language, so I wouldn't say, oh, I just got an intuitive hit from you or about you. I would say, now, you know, for some reason, I just have a sense about this dadada and if we put it in the language that people would be more comfortable with, what we're really doing is we're sharing intuitive information, but we just put it in a bit of a language.

It doesn't scare people. That's what's important. But no one's ever asked me about why I started to be a nurse. I always, always it was my quickest entry into mental health because that was my fascination.

That was my yearning to have a big difference in people's mental, health and in their emotional health. So that's really how the two started to come together there.

Yeah. And so when we talk about mental health, one of the I was sharing with you that I watched one of your videos where you were talking about the the brain is like a computer, but your mind is like the internet.

It's everywhere. Everywhere. So yeah, talk to us about that. Like and then you talked about negative thoughts versus positive thoughts. We're going to get into the medical intuition a little bit later.

But this is really fascinating me. So I want you to to enlighten everybody on how the mind is everywhere, because that's something that a lot of people can't fathom.

They think the mind is inside the head. Yes, there is where the brain is. Yes, almost everybody thinks that. But really the brain, our brain is like the is the computer, it's the keyboard and the zoom and things like that.

But our every thought and every emotion that we have is an electrically charged energy. It's a particular, vibration. And so every single word has its own electrical spur.

And then when we line up words into a sentence or a question that, that, sentence or question has its own electrical, I always it a spurt. I like spurt.

Yeah, yeah, but you know what that means. Every single thought or emotion that we have surges through our physical body first. Yeah. And then it emanates.

We're not down underneath our skin. It emanates past our skin, out into what people call the aura. Yes. When? So our aura, people think they feel seen auras because they think it's going to be a stationary thing around a person.

When in fact it fluctuates constantly with our thoughts and emotions. So it's always it's a fleeting, very fluctuating, energy field. Really around us.

So the mind and every single thought and emotion again goes through our body out into our energy field. But it also and we're sending a signals constantly out into the entire universe because it's electrical.

And so, you know, it's not like our skin is insulation around an electric cord like that. Oh, no, it's very permeable. And so, we are truly part of the universe and truly interconnect it because our energy, like, right now, the two of us are intertwining energy fields and with thought and emotion.

That's amazing. And so you and I talked about, somebody who thinks life is a battle with that thought, right? That goes out everywhere. And then in the video, you said they're going to tend to see or attract battles that.

Yes. Right. Yes. Because they're sending out a battle frequency. And so the universe being, people around us, the everything around us, the animals around us that will pick up that battle, frequency basically.

And so it, it will, tend to draw and match the battle frequency. And I said this to one of my counseling clients years and years ago, he was saying what was going on in his life.

And I said, so what you're telling me is you leave the house every morning expecting battles. And he was like, well, yeah, I guess you're right. I said, then you will always find battles.

Yeah. And he got back to me just a few years ago, and he said that changed his life. And I didn't think it was, you know, that big a thing he said changed his life.

Yeah. And it might not be battles, but if you think life is tough or life's a struggle. Yes. Any of those thoughts that that will be what you see versus what are better ways to look at life.

Like what, what, what, what are some more enlightened ways to look at life that we can attract in? What would you suggest? Well, I do ask people to get more in charge of their thoughts and people will say, oh, I'm not really in charge of my thoughts.

They just come and go and come and go or or they say my family was very negative and so I'm negative. Well, if you're not in charge of your thoughts and your emotions, who in heck is in charge of you?

Is there anyone else around? That's who else is in charge? Yes. So I ask people to get in charge of their thoughts and start expecting that, I will learn the same lessons and very calm.

A lovely, beautiful ways.

Thoughts, Patterns, and Personal Reality

But a lot of people think that they have to learn lessons, you know, with a struggle. Yeah. So. So I ask people, just change your language inside of your mind and inside of your body and out in your aura and the world.

Just change to wait a minute, I can I can expect my day to be peaceful, to have, wonderful interactions with people and loving them and things like that.

It is what we think is, is creating the world, in our personal world. And, what we feel with emotions either powers up those thoughts or makes them very dense.

Yeah, that's. Yeah, that is really, really cool. So, we can still learn the lessons without having to get addicted to the, the struggle or the battle, because it is important and you learn lessons from struggling and battling, but that's not the only way you can learn.

You can learn more. Calm, peaceful, loving, beautiful way. Right? Yes, yes. But see, if we think that's the only way we can learn, then that pretty much has to happen.

Yeah. It's like yesterday, one of my clients told me. Well, you know, this is going to take me a long time to become intuitive. I said, well, and if it if you think it will, it truly must take a while to do that because your thoughts are running the show, so to speak.

Yeah, yeah, yeah. And even people that believe in what you and I are talking about, they, they they talk that they talk the talk, you know, your thought and then they go and they let themselves slip and they know.

Oh yeah. But not that doesn't matter. That little thing, I mean, everything thing has some impact, right? It might be small. You didn't ruin your life because you got angry at somebody, or you thought life was a battle.

But but you have to really start to take control and not just allow yourself to slip in those old patterns. Right? Right. And what? That's one of the, the key things to notice in your life is that when we have negative patterns that keep repeating, that really is a signal from the universe that, wait a minute, there's a lesson to be learned here.

There's something to learn, not about everybody else in the pattern, but about ourselves in the pattern. And we all have patterns like that, too. And when I learned a very big negative pattern, I finally go, oh, wait a minute, it's happening again.

Yeah. When I when I got that message other and that the patterns, the negative patterns will just fall away. Yeah. Fall away. Yeah. That's what I do too.

One of the first things I try and if I have a feeling that doesn't feel good, I'm like, all right, what what's creating this? What is that pattern? And then I try to identify it so that I can remove that pattern or move beyond that pattern.

So this is really, really good. And that is a huge step in healing or advancing or learning is letting go of the old patterns that caused whatever situation you're in that you're not happy with.

Yeah. So look for we really are in charge. We have so much choice in our life that we have a choice to notice when, oh, wait a minute. Here's the pattern again.

Yeah, yeah. What should I really learn about myself and that. And it will fall away. Yeah. And the key thing is learn about yourself. Because most people think it's out there that everything's happening, right?

Yes, yes. You're saying you're creating what's out there with. Yes, yes, yes. And you know the different people might change that are part of the pattern.

Sure. But and so if we keep focusing on everybody else in the pattern, we're going to miss. Well, wait a minute. This patterns really about me. What do I need to know about me?

Well, here's my real quick example. Is I kept getting into, regional management positions for home health care. And, you know, and there's a long story of why I was doing that, but but four times I was fired.

And it's because new companies would come in and take over and they put their, their head, management in those key positions, you know, so it wasn't because of me, but but see that pattern repeated four times until I thought, wait a minute, wait a minute.

And what I got was, you're supposed to work intuitively with people, not the original managers for a business. Yeah. And so it kept it kept kicking me out.

You're back here again getting back, and you're for time fate. So don't give up hope. And you know, I'm I'm apparently known pretty well for intuitive stuff.

So, you know, don't give up hope. I've was fired four times. Oh, wait a minute. I'm supposed to teach people how to be more intuitive? That's awesome.

So let's talk about medical intuition, explain a little bit about what that is and and your process for doing it. Okay. I think it has different meanings for different people.

So what how it started, I was I was doing a lot of Reiki sessions for people and it just, I was picking up a lot of information, but I suddenly I realized, wait a minute, I'm looking inside a person's lung.

Oh, wait a minute. I am looking inside their liver or in their colon or, you know, and so it it I realized that we're we're we have such abilities that we don't, realize that we have.

So to me, medical intuition, I started doing more and more of that. And so it we not only is intuitive pick up general stories because our stories life stories are vibrating in our energy field.

But, we are also able to look into like a shoulder joint or, you know, a knee joint or someone's colon. It's a really perceive, what is the energy field doing in these different locations?

And in that body, mind, emotional connection? That truly more negative emotion is, slower, denser, thicker, stickier. And so certain negative emotions will tend to congregate in our physical body and make us ill.

So that's how it began. And then people was, they kept saying, I don't know what just happened, but I'm feeling so much better. And really, I just studied myself.

I thought, well, how am I doing this? And so that led to my first book, become a medical intuitive. And then but people kept telling me, wait a minute, I you had you did a healing on me.

I said, no, I, that I didn't, you know, because we we're really our own healers. Really. Right. And so, I realized, wait a minute, there's healing going on.

There's positive changes. So to me, a healing is a positive change and a release of some sort of burden. Okay. And so that was so I studied myself because people kept telling me, you know, or keep asking me, how are you doing this?

I go, I don't know, beats me so much. So I started studying myself again. And that led to the next book, Advanced Medical Intuition. And that's really focusing on different causes of illness and healing methods and things like that.

And so when you go in and you see the, the burden or the, the energy there. Yes. And then how are people, doing that healing like just by the understanding of it now they can let it go or what's happening when they, when they heal from, the information that you're giving them.

You have great questions. Actually, I, I always want because I don't want anyone to to think I have this super unique gift that only I have.

Medical Intuition and Healing Process

Or if you people have, you know, we're all able to do this. So I do everything I can to empower the client to participate in their own healing. But I also do it with the highest level of guides, spirit guides.

And to be careful who you work with in the spirit realm because like right now, if you and I just called out for help to the universe, we could get any old person floating by and.

And then you're stuck with some deceased person who might be messed up, who might be struggling in their own way. So I always ask people to to insist on the divine and sacred level of of guides.

And when I started narrowing it down to who I was working with in the spirit realm, and I narrowed it down by Divine and Sacred. So those are two very powerful words that are send out electrical spur.

And so, that's when it really started cranking up with the, the healing. So there's, you know, all kinds of those. See, when we're dealing with the divine sacred, I can't come come up with why you do this particular steps for this and this.

Right. It changes with the individual. Yeah. And so the divine and sacred guides are giving you insights or information about this person or how does that work?

Yes, yes. So I'm listening and I'm also sharing that with my client. And I am oftentimes giving a step for the client to do. Okay. So in other words, I'll just make something up here.

If I had mentioned it like a frozen shoulder. Well, I would say now the the guides want you to look down inside of your shoulder and see what moment in time started that frozen shoulder and take the path.

I said that to everybody. Take the path of information and they'll go right to. They don't realize they know it, but they'll go right to the moment that an illness or a struggle began.

And that moment can take us into past lives or our current life. That's where we start going. All different kinds of right, right, right. And then when they when they go to that moment now the charge gets what dispersed just by going to that moment sometimes.

Well, sometimes the guides go and sometimes my guides will say to, they want me to tell the client to call in their own guides, okay? To heal that moment in the past, we are so powerful as, as, human beings, we have no idea how powerful we are, but we can listen to the patient of our guides, heal the past.

We can. You know, when I look, suddenly start looking inside of people. Well, that's, you know, remote viewing or astral projection. So, yeah, they're very powerful.

And I want everybody else to know it's not just me and a few other people now. Right? I want people to be empowered. Yeah. Well, in your new book, Be your own medical intuitive like and can, can people actually become their own medical intuitive?

Yes. That's the whole point. That's the whole point of that book is I once again, I studied myself and I thought, well, wait a minute, I'm really just helping them to do their own healing.

I'm just giving them some steps to do their own healing. So again, I started myself for another couple of years, and then I wrote that book just based on everything I noticed.

Yeah, that's awesome. And that book is coming out like right now. So yeah, right now I get to get this book. Be your own medical intuitive. Amazon. They can go to, probably other bookstores, but Amazon's probably a good choice to go to.

I think you said they're already selling it on Amazon right now. Yes. Even though it says, yeah. And I just found this out, like I was telling you yesterday, that it has an October 1st, date, you know, for release.

But in fact, my publisher just told me yesterday it's in print, and, people are buying it on. And the fantastic. Yeah. Thank you for bringing that up.

Thank you. Yeah. So, what are the most common blockages that get in the way of somebody's healing? One of the main ones is expectation. Because now think about this.

If you expect that your spirit guides will show up. Like, you and I look right now on this recording, so solid and in a physical body, you're going to miss when they show up more as, a beautiful golden ball of energy.

Yeah, you know, you will miss that. So what I found is people have such expectations another way, another expectation would be I have to see everything with my eyes open.

Apparently, I'm pretty good at this, and I would say 75% of the time I have my eyes closed and I'm perceiving in my mind's eye. So I would say expectations is the main thing.

Now I would give I tell you one other thing that gets in the way. People are saying this to me all the time, almost every day. I don't deserve to heal.

I don't deserve to have divine and sacred level of guides. So I want everyone to hear to. They wouldn't show up if we didn't deserve it. We're we are humans, learning and even divine and sacred.

They tell me they're learning and the more they help us, the more they develop. So, that would be. I'm thinking about it. Yeah. So they're learning to. Yeah.

Through our experiences. Yes. Yes. Yeah. And the absolute right. Absolutely. Everybody. So everyone is participating learning, growing. Yeah. That's kind of a cool way to think about it I love that. Yes.

Oh thank you for saying that. So expectations and for some reason self-criticism that I don't deserve something. Those two are the major blocks that get in the way.

Yeah. What are some first steps that people can take to start to open up to their intuition? I like another thing I just want to bring back. You said expectations.

I think we get addicted to this human form. So we think, you know. Yeah. Again, I'm. It's going to be like me looking at you where I see human form or me hearing your voice the way that I hear you talk to me.

You know, we think it's all going to be like that. So you really have to start to open up to more subtle forms of receiving information. But how what are some first steps to, to start to do that?

See, now, I wasn't sure how to answer this, so I just ask my guides really quickly. And here's what I'm getting is. Even though you and I are sitting here in the physical, I would ask, the listeners here, the viewers to notice the aliveness inside of your physical body.

And we'll notice it in all different kinds of ways because we're individuals. But notice that aliveness and however you are aware of it, and then notice that the aliveness, it does not it's not down under our skin.

It's very important to realize that we are a non physical entity as we're also physical. And so that makes this the first thing to realize. And like when, I met you or met someone else, I notice, everybody is a soul.

Energy first is really what I do. And I just notice them as an energy being. And if you start doing that, that will make a big, big difference. It's helped me not be so critical of other people.

Yeah, it's a broader perspective. As we live this life. So that would be the first major step to. That's a major step. Yeah.

Guides, Commands, and Developing Intuition

Now that is so cool. And it it comes with repetition too, right? If you do it one time, you go, okay. Yeah. This is a soul. This is a beautiful soul. Not that human being that I was judging just a second ago.

That's great, but making it a practice is probably what you've done. And yes, it can't be a one time thing. Yeah, yeah, not a one time thing. Is there anything you tell yourself in particular that you know that that maybe if you go back like that allowed that practice to continue?

Is it was there like a mantra you would have when you were teaching yourself to do this? No, not at all. I ever faced this. Well, what are your rituals?

And I say I'm too busy for ritual. So I just ask everybody to include, the non, physical world into their life every day to include in information that just pops in out of nowhere.

Because that's really all intuition is, is information. And it's noticing a very, very subtle a lot of it. But we're we're receiving information constantly, in an intuitive way.

It's just most people blow it off. Yeah. So it's things like, someone sent me, a photo of the, the, a panel truck. It was bright pink and it had, I'm with you now or something like that across painted across the truck.

And, she had just asked a question, and then she said, this truck pulled up and, you know, changed lanes and came in front of her. And that was the answer to her question was painted on a pink truck.

So, yeah, you can't make this stuff up. So it's amazing. And guides, are they typically people that we've had connections with in this life or, you know, a previous life or, can they be something other than that too?

Well, our deceased relatives, they can, be guides, you know, to assist, like my, grandmother Marie. She's with me frequently, but, you know, she's not at the divine and sacred level, even though divine and sacred to me.

But but, you know, she's not hasn't achieved that. That angelic realm or the divine and sacred. So, yes, our I, we have all kinds of guidance from, you know, our loved ones and things like that.

But when it comes to the the big stuff, that is the important decisions, the important learning. No, I go, you know, I, I didn't go for the big guns. I go for the big kahuna.

Yes, I would, yes, I would. I think it's a talk about divine and sacred level. Like what? What does that mean to, for a being to be at the sacred level?

Well, at least in the English language, because I have clients all over the, the world, but at least in the English, English language, that divine and sacred are, are very precious words, you know, so they have, a precious energy.

Yeah. And so and when I, I talk to people about commanding too, and people get really concerned about. Well, I can't boss divine is sacred angels around and things like that.

But you know, that's the old training from here. You know, you, you, you, you know, they're in charge of me, not me. Yes, yes, yes. But here's really when we command, the first time I, I heard about commanding was back in the 70s with Saint Germain teachings, and he was commanding right and left, but, yeah, but, with what I really mean with command is that we use very precise words because every word is an electrical spirit out to the universe, and that when we say it, we we mean it.

So when I call for the divine and sacred, there's those precious words. And I also would go, guide who specializes in meeting the science, but I mean it when I say it.

So it has, again, that emotion of power and the precise words. So I don't know if that answers your question, but that's how we we really know who we're working with is I want that most precious level that at least in our awareness, it is very advanced.

I guess that's another way I would put it. That's awesome. This is so cool. Really, really cool. When you call upon the divine and sacred, do need to know, you know, because I think this may stop some people do you need to know who it is and you know what they're called by?

Or can you just accept the information and just know that it's coming from a source of the divine and sacred? I actually know I want to sort that out and so I would ask people to communicate back and forth.

And it is telepathic communication, which is just words jumping back and forth that I, I always ask them, now, are you truly at the divine and sacred level?

And if they're not, they'll either take off or they'll say, no, and then they'll like float away or walk with their tail between their legs and like, okay, yes, yes, because it's a good thing.

But they can't lie to us, apparently, because they don't lie. They'll say, no, I'm not at that level. Yeah. So it is communication. I talk constantly.

That's the other thing that will really increase your intuitive abilities is how about ask for Divine and Sacred Guide who specializes in my intuitive abilities?

Okay. And see you'll get that particular specialist universal lens that specialist to you when you do. Yes yes yes. Yeah. Yes. And then sort it out, you know, talk back and forth and back and forth.

Lots of little tiny questions, very tiny meaning, exact words, right to the point. And say it very strongly and then pause and take the pot. Do you ask the question verbally, like actually saying it out loud, or is it more, internally?

You're asking questions. Obviously receiving is going to be more internal. But when you ask the question, do you say it the way I'm asking you a question where it's out loud and then you wait for the answer or do you say it more internally?

I would ask all of your listeners to notice which way feels the most powerful to them. Yeah. So if you depend on saying it out loud all the time, you might be standing in the grocery line and you want to talk, say, I, I'm doing this all day long, right?

Which will really enhance it. But I don't want to spurt out your divine sacred guides. You know. So, in so in your mind, because that's telepathy. It will shoot out there to them and they will respond or say it out loud if you can, whichever feels the most powerful, to, each of you who are listening, that's what makes the difference.

And also because I have clients all over the world, I always tell my clients, too, that if it feels more powerful in English, then do it in English. If it feels more powerful in your home language, do it in that language, too.

It's all about really feeling. How powerful we are. Is as human beings.

Books, Workshops, and Final Advice

Yeah. So in addition to your works, Tina, can people is there other are there other ways to access, either you or courses you teach. Yes. Yes. Right now, because of the Covid that we've had, my workshops are on zoom.

So my, website is is pretty easy. It's Tina zion.com. And so I do, you know, workshops. But then I also do mentoring sessions, a private mentoring on a 1 to 1.

Now I start because I'm teaching so much, I no longer do what normally people call readings. Right. But so all of my, private sessions are about building the other person's ability to do this.

Okay, cool. I love it at Tina zion.com. People can access you. Yeah. You're such, You're such a wonderful being. You know, I can tell you, you're very you're you're so much kindness and love coming off you and and a humbleness and, as befits a midwestern, girl that we just talked about.

Yes. You live near Chicago and Indiana, but just, really, really beautiful being able to be with you and and just so glad that we were able to get you, on our summit.

Do you have any final thoughts you'd like to leave with people? Tina, before we say goodbye, well, my my my bunch here, my guides, they're saying to remind everybody that you are not so much a victim, anymore.

If you realize your abilities and start learning how to empower yourself. Because we're energy beings. So power up your energy first and foremost. Yeah, I love it. Power. Pure energy.

And actually, one last question. When somebody has an illness, what is the reason that that is showing up? Is it to heal or help or help to help that person to recognize and heal a past wound like you talked about with the shoulder?

Or, maybe there's many different reasons it's showing up. Why do those things show up? There's many. There's I don't know if I can even identify if I that because each individual is so individual and what they're some people come in and a certain illness or a certain situation is in their life contract, you know, the Akashic records, some people, come in and if there was a traumatic event, that was very it's always a emotion that was very emotional.

Unresolved emotion, from a traumatic event in their past life that we will tend to carry that energy forward into many lives, because each time it's another chance to.

Because we had so much choice, it's another chance to heal it. So, in the new book that's out now, the be your own medical intuitive I I've over the years I've identified like there's eight primary causes or category of causes.

So some of it's, you know, our environment, some of it is, emotional events. It's happened in our current life. You know, just all kinds, of all kinds of reasons.

I can't wait to read your book. It's been amazing getting this opportunity to learn from you. Thank you so much. So new book, Be Your Own Medical Intuitive, out now on Amazon.

Be sure to pick that up. Either a digital, version or the hard or the the the physical version. And then Tina zion.com. Go to Tina's site and learn more about what she has to offer.

Tina, thank you so much for being part of this. Thank you. You have been a delight to talk to today. Thank you. Yeah, thanks so much, Tina. Take good care and I hope to see you again soon.

Thank you very, very much. For.