Energy Medicine Practitioners Need Healing Too! Transcript

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Introduction to Tina Zion

– Our next guest is somebody that we originally had on our first Global Energy Healing Summit. And I thought she was so amazing that I wanted to have her back.

Her name is Tina Zion and she is a medical intuitive. Now, she's actually 1/4 generation intuitive, which is pretty amazing. So her mother and grandmother and great grandmother also were intuitive.

Uh and you will hear a lot of her story as we, as we continue here. But she wrote a book recently that I read and I thought it was fantastic. It was called Becoming Your Own Medical Intuitive.

It's won all sorts of awards and she has just like encapsulated in one book. So many, great strategies to actually heal yourself, to figure out what's going on, call on guides and heal yourself.

So I thought that was so cool. And I've actually recommended her book to many people in addition to being a medical intuitive, Tina Zion, our guest here was a nurse for many years. She was a hypnotherapist.

She's an expert in Ricky. So she has so many healing modalities and she's also just a wonderful human being. So, Tina, it's great to have you back. Thanks for being here. – Thank you so much.

I can't tell you how happy I am to even spend this time with you. Thank you. – Yeah. So Tina tell us about your journey and I know we've talked about this before, but tell us about your journey to get to where you are now becoming a medical intuitive. When did you first start to notice that you had this into this intuitive ability?

Family Intuition and Early Experiences

Well, the intuitive ability in my family and it did run through the generations of my mother's side, but also my father's side, his parents and his brother were very active in the spiritualist church too. So, and they were doing readings for people and things like that. So really, it's to both sides of your mother and your father to, yeah, my father to, it took me a while to really realize that.

But so intuition and my upbringing, we never received a class. We've never received anything about it. In fact, our family never talked about it. But if we kids would say, oh, you know, I, I saw my are grandma ma three. They would say, well, of course you did. And if you said, well, I saw an orb floating around out in the air, out by the barn, they would say, well, yes, of course you did. That's, you know, that's a spirit being and things like that.

So I guess how I would summarize that as I grew up in an environment that was very, very natural to be aware of these abilities. So there was never, no one ever taught us down through the generations.

We just kind of did it. And that's how the intuitive part began. And how the medical intuitive part began was when I was doing a lot of reiki sessions. And suddenly I realized I was looking inside of a person's body. And so I started sharing that with people and though they were amazed how accurate and I was amazed how accurate I was.

So that started my goodness back in the 1990s is when the medical intuitive part started. – Yeah. Well, you know, it's interesting, I was interviewing Donna Eden a while back and she was saying that her belief was that all Children when they're born are born with intuitive abilities, but they get talked out of it by their parents, right in the outside world and, and other people's belief systems. You had, your family just had a belief system that encouraged it.

So it flourished and, and, you know, here you are today many years later, still using that ability. But, but I think that, I mean, do you think that's true too, that we're all born with this intuitive ability?

– Oh, yes. We are actually wired very naturally to be aware of the non physical world. And what I've noticed about Children. Well, even my own grandkids, my one granddaughter who's actually coming over after a while, she uh when she was about four years old, she was mad at her mother, my daughter and she had her hands on her hips.

And she was saying, don't you remember when I was the mommy?

Medical Intuition and Spirit Guides

And you were the baby? And Yeah. Yes. And, and they would, you know, the kids, if you really listen to them, they talk about the non physical world and also their past lives very, very freely. But we really need to listen to what they say.

– Has this intuitive ability in your family continued on into your Children also. – Yes. Yes. And again, we never had any classes about it. But my son, his, his cousin passed on when he was 18 and my son said he was at that, he himself was at the top of his stairway in his house and he looked down and suddenly there was his cousin Scott who was just standing there in spirit.

And so again, it's a very, very natural thing. And now my son's son has actually seen a deceased person standing at their front door and, you know, and my son was amazed because his friend had, had just passed three days before that kind of stories like that. – Yeah. And in your book, there's all sorts of incredible stories of, of you helping.

I mean, a lot of it is about healing, but also a big part of your work. I know that different souls come to you and, and, and you help them move on right into the next realm. And so, yeah, – Thank you for bringing.

Yeah, thank you for bringing that up because I really want living people to realize that as well as healing themselves. They can also help to heal and help deceased people to release, you know, the earth plane world and to move on into the light.

So thank you for bringing that up. – Yeah. Well, one of the, one of the interesting things I thought when I was reading your book and I think it's uh pretty early on in the book. It's been a while since I've read it.

But you said that, you know, we think like, you know, I'm here in my office and in the physical realm, I think that, you know, I'm the only one here. But you're, you're saying wherever you go, there's all sorts of spirits and souls and angels all around you talk a little bit about that.

– Well, everyone thinks that when we're in the physical world that it somehow we're separate from the spirit world, from the nonphysical spirit world.

But actually the alive nous that's inside of us is our spirit. And so we are actually intertwined uh and living a spirit life along with the non physical work world. And we're living a spirit life in the physical world also. So it's not, but, you know, we humans, as most people grow up, we think it's a very separate thing and clear up into the clouds or something when in fact, what I teach and, and point out to people know we're in a physical and the nonphysical world at the exact same time.

– Yeah, that's a great way of looking at it too because we, because we are souls are in a physical body. That's where we feel so separate. Right? Versus, uh, there are times where our souls are not in physical bodies obviously too. And, and we're just like these other souls that you talk about or entities that are around, they're just not in physical bodies are not, not informs that we can perceive in the physical world, but intuitively, we can perceive them. And you've taught me how to do that, which is really, really cool. And your book teaches people how to do that and how to communicate with um with relatives with guides, calling on guides, talk about calling on guides. I know that's an important part of your, your work with people is, is helping them if they want healing to call on healing guides, even guides that you know, are super powerful. Like as a matter of fact, you, you say only call on divine and sacred guides, correct?

So talk about calling on guides and, and for those of you that this may be a, you know, a newer conversation for I

highly recommend and you get Tina's book becoming your own medical intuitive because she goes in depth uh in this what we're talking about in the book, but talk about the power of calling on guides and why that's such an important part of your work, teaching people how to do that.

– Really, the things that I end up teaching in my workshops and private mentoring sessions. And then I put them in my books are really think that I notice um as I, you know, go through daily life and what I noticed is most people who are aware that we have spirit guides or could have spirit guides.

They are not this learning really about who are their guides are not discerning and not aware that just like we humans that are living and working at different levels of awareness, it's the same with the non physical world. There are different levels of awareness of beings, they call themselves guides. And so I asked living clients to be more, much more careful about who they're working with.

Because when I've noticed they have very, most people have very low level. And by that, I mean, they're not as advanced and awareness in their divinity, things like that. So um I study myself as I do this too.

And when I realized this, I released my lower level guides and thank them and things like that. But what I did was I thought, what are the two or three words that really define high level of advancement?

And I kept getting divine and sacred and maybe pure. Also, sometimes I hear the word pure. And so when I demanded that only the divine and sacred come to help me through life and help me to teach this. Oh my goodness, my abilities just skyrocketed. Uh So really a lot of times I just study myself and what's going on. But I noticed that when we are more discerning and take more care with who we are calling in, it will make a profound difference.

How to Receive Intuitive Pops

And also it's like here on earth, there are divine and sacred guides who are specialists in any kind of area. So there's the other key word to use divine and sacred specialist. – Yeah, specializing in healing, specializing in, you know, whatever other things you're looking to have, right? There's guides that can come and help you.

Yeah. Now this is, you know, this for some people hearing this, this seems like, okay, this is a little far out. Why, what reassure them, why, why this is something you firmly believe in and why you believe these guides can help them and, and, and share with them what the guides can help them to do when they call in guides. What, what types of things can uh they now have access to.

– There, it's just like here on earth. My dad was a plumber and he was specialized in residential. But while other plumbers specialized in industrial plumbing for, you know, big factories and things like that and it's the same in the spirit world to their specialists for everything.

So, if you wanted to have a healthier body and mind, there would be a divine and sacred specialist who excelled in working with me, working with the person precisely for their physical health.

They might have a divine and sacred guide who specializes in their mental and emotional health. They could be. And all throughout another example, there could be and there is a divine and sacred guy who would specialize in your confidence.

And yeah, and being more assertive in life, there's a, there's no end to the specialists that are there for us. – And what are these guides help people to do? Can you explain that a little bit?

Well, it depends on what we ask them to do. So that leads me into talking about that. Every thought that we have is really an electrical spurt of energy that surges into every cell of our physical body and then out into our energy field and then out into the universe.

And so it really depends on how we state what we want or need. And so I would ask people to be very aware of

words not to use. Don't say, can you help me?

Well, yes, they can help, help me, but you need to tell the divine sacred exactly the and use the exact words of what you want them to do for you. Um So, and don't, don't ever say I am hoping for this.

I want this. I am yearning for this because that sends a signal that you never receive it. So change your wording into I receive now with the divine secrets, help whatever it is that you want help with.

I hope that's hope. I said that clear enough. – No, no, that's great. And your book makes, makes it even clearer and I know your courses do too. So there's entities all around us all the time.

Right. That's a little bit freaky to some people. Why, why should we not be afraid of these entities? Even entities that, you know, aren't divine and sacred.

You know, I know in your book you talk about this too but, but talk a little bit about how, why we shouldn't be afraid and how we, we actually have control over our environment too.

– We actually have a great deal of control. But you have to feel that and really know that the spirit world has to respond to whatever it is you are demanding. And here's one of the things to bring the Children back into this. A lot of people have kids who are afraid at night and they think, you know, there's something in the closet will oftentimes there is, or they'll see something coming through the wall, you know.

Well, it's really, you know, their deceased grandfather coming through the wall, but they don't know that. So I asked people to teach themselves but also teach their Children to be very commanding. Because if you tell spirits that you have to leave, now they have to leave. And if you tell spirits, they have to go to the light, then they will go to the light.

It's amazing that the living humans have so much power and so much control that the non physical world will really comply. And I know this from decades of doing this and teaching people how to do this, this really works.

But you have to mean it when you say it and you have to realize you are in charge of the physical world and the non physical world that you're in, that were much more in charge of it. – I love that.

I love that and, and talk about intuition, a lot of people think that, you know, to be intuitive, your, you have to clearly see a vision and, and I like you, you describe it as, uh, it's gonna feel like it's your imagination but it's real and, and, and you talk about little pops, I think. So talk, talk about, talk about because I think some people are too hard on themselves and trying to be intuitive like they wanted to be perfect, just, you know, like in the physical world, they wanted to be exactly like the physical world.

Healing Root Causes and Why Some Donu2019t Heal

And they think if it's not, if it's not exactly like that, I'm not intuitive, you've taught me that it's not exactly like, I mean, occasionally it could be like that you could have a super vivid visualization or something like that. But most of the time for me it's not, it's uh it is, it's a little pop or like if I'm talking, you know, to my, my father who's not in the physical world anymore, you know, it can, but it can be just like this little pop or this little, I don't know if it's a voice in my head or if it's just like I'm, I'm thinking this thought that he might say but, but it, but it, for me it's real, right? Because you've taught me how to do that.

So talk a little bit about this. – You have the best questions. Thank you for bringing this up. I love this, that people who are yearning to be more intuitive, they tend to be so hard on yourself and whoever is listening to this right now really consider if you are being so hard on yourself and one of the ways we're hard on ourselves is we always think we're just making stuff up when in fact, now think about this, we're dealing with the nonphysical world.

So it's not going to be solid like you and I are sitting here, it's not going to be solid like that, it's going to be non physical. And if a thought pops in will use your example, all of a sudden you're working throughout your and

suddenly you have a thought about your father who's deceased, then that means he is there. And all we need to do is it's telepathic communication. It's the energy of thought bouncing back and forth. So you receive that when you instantly thought of your father, that was the pop. So when you want to say something to your father, you just think it and your father will pick it up.

But then here's the key. A lot of people will tell me, gosh, I do talk and talk and talk and talk to my deceased loved ones. And I never hear anything back. And I said, well, do you stop talking to allow them to respond?

Everybody goes, no, I never thought of that. So it's important in telepathy to clearly speak and, and think your thought and then pause and take, like you said, take the pop of information because that is our deceased level and answering us and it will be an instant pop. But then everything after the pop is really our thinking mind pretty much getting in the way.

So that's why I say, and you know what students all gosh, for decades have told me that of all the things I teach the most important was to take the pop.

They say that's the most important that made all the difference in the world when they're trying to talk with their loved ones, when they're trying to interact with their divine sacred guides, take the pop of whatever and it can pop in as a thought, but it can also pop in as an image in your mind's eye, which is just as valuable. – And to get the and to be able to perceive that pop, you have to really be quiet and open and not, you know, busy minded, right? I mean, you just have to just kind of ask the question and just relax a little bit and just let something happen.

– Yes. Just relax and, and again, it's just relax for a split second to, and then something will leap into your mind. It will be a picture of something. It will be, you know, a thought. But, and if it came in instantly, that's key, that will always be the most accurate always.

And when I realized that and I started to take the pop of information, I always took it as an absolute truth. And that made a huge difference in my abilities to, yeah that's really important, like rather than doubting it just take it as the truth and then, and then your ability will expand now because when you go into your doubting was that reel then, then all of a sudden you're starting to diminish your belief in your own abilities, I think to. – Absolutely. Absolutely. – So why is it so important for people that want healing now to go to the past and figure out, you know what's, and you teach to go to the past with your guides?

To it could be in this lifetime a certain age or maybe a lifetime before. Why is it like, why does the past have to be healed in many situations for the current being of who we are uh experiencing healing?

– Now, if, if you think about it, if we do healings for, I don't know, let's say we have a frozen shoulder. If we uh focus the healing on the current frozen shoulder, I'm just making that up as an example that there will be more like a band aid, more like a bandage that we put on it.

But if we actually ask our divine sacred for the exact moment causing the frozen shoulder that I have found that that could lead us into eight different categories of cause.

Uh And, and when I teach people to heal that exact moment with your divine sacred, it's not a band aid anymore. It is a profound and more permanent healing and how I define healing is a release or a relief of a burden.

So that could be emotional. It could be physical like a frozen shoulder, but it's a release or a relief of some burden of some kind. – Why do some people heal and others don't?

– Well, there's lots of reasons sometimes and this is usually very unconscious with people.

Energy Healing for Practitioners

Sometimes they do not heal because if they heal, they no longer have a reason to say no to people. So an example of that is a grandmother who is babysitting for all of her grandkids even when she doesn't want to. Well,

she tends to get ill and that gives her a reason to say no. So sometimes there's a secondary gain of what it would be called because I'm a mental health counselor to, it would be considered a secondary gain to hold on to our, to our sickness. Sometimes our sickness served that in some way, but we're usually very, very unconscious about it.

– Yeah, I think we're so addicted to continuing being who we are. Right? And, and you know, like people want, that's why there are so many people are so fixated on uh the outside things, fixing them versus doing the work that you talk about really is kind of going inside.

Uh you know, people, someone who gets cancer, you know, they'll do the chemo, they'll do the surgery and that's, that's great. Right. It can, it can be helpful.

But if the cause of that cancer is still there, that's why you see people go into remission and then it reappears haven't gone down to the root, which, which is what you really teach people how to do. – Well, yes.

And, and you know, the physicians call holistic medicine. They call it integrative medicine. And that's their term for holistic. But, and I'm a registered nurse too. And what I hope everyone realizes is, again, we are a physical body in a physical world, but we are also that an energetic spirit body. And so when we combine the physical healing along with the energetic healing again, that makes the healing more profound because we're attending to it at both levels of the physical and the nonphysical at the exact same time.

– So what we have a few more questions, but where can people access your work, Tina? Where is a place they can go to find your books, your courses, everything you do. – Oh, thank you for asking that too. My website.

The name of it's very easy. It's TinaZion.com. And on there are actually have five books, three of them are about medical intuition and two of them are about reiki and there is also wherever I'm teaching, I have to live courses coming up in the spring here of 2023 and so they can pretty much find everything in my background and things like that and also how to get ahold of me. – Okay. Awesome. I'll say, yeah, because you actually do sessions with people too, yeah, and teach them how to become medical intuitive and things like that.

– Yeah. Yes. Yes. Yeah. My private sessions tend to focus now. I no longer do healings and, and readings, what most people would call a reading and healing. But I have oh, five or six students that are very, very dedicated and have trained with me for a long time.

So I refer those people to them and my goal is to teach people how to do this for others, but also how to do it for themselves yourself. – Yeah. Now, one of the things that I know you're interested in to is helping energy medicine practitioners uh heal themselves and, and stay healthy. And uh you know, that, that is a big, big challenge, I think because they're giving so much and, and unfortunately sometimes, you know, they suffer from that.

So what kind of struggles are you see? Do you see, because we do have quite a few healers that are attending the global energy healing session. A good percentage. What, what kinds of struggles do you see?

Healers actually having. – One of the primary things because I work with a lot of professional energy practitioners too and they keep finding that they themselves become very, very ill. I'm working with some a man right now who says every time he does energy work with somebody, he's in bed for three days.

And so one, one of the primary causes of that is that we energy workers tend to give our own energy to the person. We're trying to help where there's only so much energy we have as individuals. And when the practitioners very busy they're working with, you know, anywhere from 3 to 5 to eight people a day.

And I beg, I beg the practitioners to stop giving your own energy and to have a healing team of divine and sacred guides and to work with that team and the team actually works in the healing way for people.

So that one of the problems is that we healers tend to give our own essence away. And that's not going to be the highest level of healing. And it's also going to be a tremendous depletion of our energy. – That's, yeah, that's great advice for healers.

But for anybody, that's because, you know, even people that aren't full time healers, once they learn about energy and now they wanna send good thoughts or good energy to somebody else, right? Rather than sending your own energy, call on your guides and channel their energy to that person.

That's great advice. I love that. – And direct the guides that you're doing this in behalf of name, name the person you're trying to help. You're doing this on behalf of, you know, Suzy Q or whoever and that it's the divine and sacred who are sending the energy, you know, in your behalf. And another good example is Reiki practitioners. I don't teach Ricky anymore, but I have the two books out. But here's what I found and this is just one example of energy workers depleting themselves.

They put their hands on, even though they're reiki practitioners will put their hands on somebody and send their own energy. And I said, are you filling up first with the this beautiful energy of Ricky until you're so full? That that rushes through you?

99% of the people say no, I've been sending my own energy. I never made that distinction Between the two. – Yeah. Now you say there's four primary cause causes of illness or life struggles for energy practitioners. So sending your own energy would be one.

Are there additional ones? – Yes. Yes. Many healers tend to feel that they are in past. And really what that that definition is of an empath is that they identify impacts are very, very, very intuitive. But what they tend to do is they see some tragedy or some terrible thing on TV, or, you know, their neighbor or loved one is very ill and they, they pick that up, but they tend to identify with the trauma and begin to participate with the trauma rather than being the healer for it. And what that does is it just adds to the tragedy or the agony or whatever is going on. They simply add to it rather than hold that brightest light of all. And when we hold the brightest light that helps the people who are struggling to come out of the struggle.

But if, if the impact just merges with the problem, there's not a solution, there's not a change, there's just more of that traumatic energy. – That's really good. I noticed that in myself, you know, I think I'm getting better at it, but I remember my father in law was passing away in our home in hospice and, and I was like seeing him there.

And I was, I literally was feeling what, what I thought he was feeling right. And I had, I had to separate that I, someone had told me, you know, that you can, you can care about him but you don't have to feel what he's feeling or participate, like you said, and whatever is going on there.

And, uh, and that was helpful, but I still do have to catch myself sometimes because I'll put myself in people's shoes probably a little bit too much.

Yeah. Yeah. And so what's, what's the way to, to get better at that for people that because that's not healthy for you or for them, you're saying it's compounding what they're feeling in them and it's draining energy in you and, and, and putting you into that same state that they're in.

Pretty much. – Yes. Yes. Yes. Well, impasse tend to put themselves and you're having, you know, you're sharing a really good example of how that happened with you that, so see, there was no healing in that. There was just you impasse tend to absorb whatever's going on. So that's not helping the healing situation.

But when you stand there with our deceased people who are in their death process, we need to be the brightest light or when there's somebody horribly ill, when were the brightest light rather than feeling the illness that that person has?

No, let's be the brightest light and helped guide them out of that situation. So it's very, very important and I know this to like you because I was being an empath, I was smoking up everybody's stuff and I was in bed all the time.

– Yeah. Yeah. Great. Yeah. So I'm so glad you figured this out. You can, you can help, you help so many other people figured out. Yeah, I can't recommend your book highly enough. I hope people will go pick that up becoming your own medical intuitive. It's, it's got so many different strategies uh that you packed in there that are super useful

and will guide people through.

And then of course, obviously take advantage of your courses and so many good things. Tina, we can talk on and on and on your such a amazing human being and such a kind person.

Thank you so much for being with us. I really do appreciate it. – Bless your heart. I just adore you. Thank you so much.