Unlocking Your Intuition with Tina Zion Transcript

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Introduction and Guest Background

Hi, beautiful souls, and welcome to another episode of Stepping Into Soul Power. I'm your host, Dr. Elizabeth Samanta, the intuitive psychiatrist. And today, today friends, I am beyond thrilled to introduce a truly remarkable guest.

She is a fourth generation intuitive medium, one of the world's leading experts in medical intuition and mediumship. Not only that, but she's an award-winning author gifted teacher, has traveled the world, is empowering others to harness their intuitive and healing abilities.

Her teachings have transformed lives. Not only that, but she's got a background in healthcare as a registered nurse, specializing in mental health, and is certified in clinical hypnotherapy, past life regressions, life between life regression, You're the Michael Newton Institute.

She's truly dedicated her life to guiding people towards healing and to helping them unlock their true intuitive potential. Tina Zion, I'm truly honored to have you here.

Welcome to the show. Bless your heart. What an introduction. Thank you so much. I tried to soak some of that into my own heart there. You're welcome. It really is a pleasure because you're doing so, you doing good things in the world.

You are doing the things. And your journey is, it's inspiring. But some of our listeners may be a little bit curious to hear a bit more about it. If you could just, for people who are not familiar, tell them a litte bit about yourself, like how you discovered your intuitive gifts and what led you down this path of medical intuition and mediumship?

Oh, wow. Well, I guess I was born, maybe I'd say I've never said it this way, but I would say that I born into this paths of medium-ship and intuition, and medical-intuition, because a lot of people have one or two intuitives or memes in their family.

I had both my father's side and my mother's, side were very active in the spiritualist church. Probably let me think three of them were in doing readings for people.

Intuition in Healthcare

And as a little kid, we were expected to be intuitive. We never even had a class about it or no one ever talked about. But we we're also expected too perceive deceased relatives.

If we did as little kids, We'd say, Oh, I saw grandma Marie and things like that. and it would be no big deal and everyone would probably say, well, of course you did.

And then they're going to say did she have her leopard skin boots on today when she came because she was pretty flashy and wonderful. In fact, she's with me many, many times and I love to bring up her Leopard Skin boots.

So I didn't have a class, I just had an environment. Now, a lot of people, one of the key things I like to share is we didn't have any special gift, and I don't a special give, but what we had was just a normalcy, that this was normal to have a foot in the physical and a in a non-physical at the exact same time.

So that's, I guess, how I would respond to your question. You have a really interesting background, a unique perspective of working in both healthcare setting and then as a teacher of medical intuition.

How do you see intuition playing a role in the healing process, especially like in a clinical environment? It truly, truly

has a place, but most physicians, nurses, all the clinical staff that it takes, in an office complex or in a hospital area that they are all using their intuition, but people don't really realize it.

In fact, I think mostly I teach people how to notice. They're very, very subtle. And so when staff people are working in the hospitals, they don't realize that when they walk into an exam room or the emergency room, or something, that they have gut instincts, and that's a common word for it, gut instinct.

So really, I think most of the time I'm just helping people and teaching people how to notice their instincts and how But to address your question too about the medical field, I have, and this surprises people, in my live and in-person and on my mentoring classes on Zoom and things like that, a lot of physicians, male and female, that come to my courses.

I had nurses, nurse practitioners, PAs, physical therapist, all kinds of people are coming and pretty soon during a break or something, they'll come up to me and they say, I don't really want anyone to know, but I'm a physician, you know?

And I said, oh, that's fine. And then I tried to make it normal for them and tell them, lots of physicians come to my classes, Lots of nurses and tech people and massage therapists and all kind of kinds people.

help them to feel normal about it too. Yeah, I really do. Oh, that's beautiful. There is, you know, in all of your roles, it sounds like you have seen the, mentoring people as well as teaching, as you're writing about and you've seen people in person and in practice.

And so you seen a variety of challenges that people have based on their healing journeys. From your experience, what are some of the most common emotional energetic blocks that kind of prevent people from really connecting with their intuition, their souls?

People always think intuition like I already mentioned is a special gift that only a few have in the world.

Medical Intuition and Mediumship

And I'm telling you, we all have it. So they don't give themselves any credit that they are also very naturally intuitive. And so that really gets in the way of people and they're fascinated.

People are really fascinated with intuition. They seem to be very fascinated by mediumship. And so it all kind of fits together. I do have courses that are very directed to those different things, but different categories, they all blend together, it's like the medical intuition didn't happen until I was about, I don't know, almost 40, 35, 40 years old.

And suddenly I Was perceiving inside of this woman's colon and then her large intestine and found a grouping of very cancerous polyps. Now I'm not licensed to diagnose, but we intuit as what we can do is we describe it.

We can tell the person the location. we Can describe in its color, its size, what shape it was in. Hers had like five fingers of polyp. And so we can give all of that detail.

And I can't tell you how many people I have sent from my office when I was doing readings and healings. Gosh, I would send them to the emergency room.

Because to me, what I do and what teach is blended in with Western medicine. I think that's why doctors and nurses come to my classes. So I don't know if I answered your question.

You did. I love that you're helping people to realize the intuitive nature that they have within themselves and really empowering them to give credit where credit is due.

Yes, absolutely. I'm wondering, because you're a medical intuitive and you also teach mediumship as well. And I am wondering how those two, how you've used those to together and how do you help them?

Well, I guess how have you seen them help other people heal? Yes, yes. Boy, that's actually A complicated question with a complicated, I think, answers, but they do blend together because when you're working as a medical intuitive, that we're not just focusing on the human body, the physical body.

We're focusing also on that energy field of that person. Were looking at negative patterns that they keep repeating. we're perceiving relationships that are troubling.

And so it's every aspect of really a human's life. So I really teach that. Then what I hope to do with every single session, and what hope I have my students understand, is that every session that they have doing medical intuition or mediumship, to bring some sort of positive change or a release or relief for your client.

In other words, those might be some words that really mean healing. So I really want a positive in some way, no matter why they're there or what's going on.

And that's really always my goal. That's my go when I teach people how to do this as well. And so you're juggling, it sounds like you've got multiple different roles.

You're an author, you are teaching, your mentoring. Right now, for many people who are experiencing, you know, a little bit of turbulence, some unpredictability is going on in the world.

There have been natural disasters and there are a lot of people I can talk about. As a psychiatrist, I've seen a lotta patients are coming in just feeling uncertain and anxious or just scattered trying to find their footing.

And so I wonder what How do you stay centered through all of this stuff going on? And are there tips? Are there strategies that you've taught to help other healers and those seeking healing in these chaotic times?

Yes. No one's asked me that before, so I find that wonderful, actually.

Staying Centered in Chaotic Times

One of the things I hope I get across to people when I do a class or individuals or whatever, is I really hope people understand that we're not just a physical body, that the aliveness in us is actually our soul or the eliveness is the energy of who we are.

And so I want people to understand that they are an energy being also and that They can direct and I have multiple ways to teach them how to do that that we can Direct our energy and All we have to is think it and the energy will follow and there is some science that is showing this now we just think It and The energy Will follow because our thoughts are Every thought that we have or every word within a thought has an electrical signal that rushes through our body, our energy field out into the room, out to the universe.

And so one of the things too I teach people is get in charge of that energy being that you are and to realize that it will do what you ask it to do. We can power up our energies and I do it Gosh, when I'm really busy, I'll do this kind of powering up with the human toroidal field.

I will sometimes do it three or four times a day because it normally takes, you know, energy's instant, so it takes a couple of minutes. So I teach people about that so that if we work with ourselves as an energy being, then it applies to all kinds of chaos that is going around us.

It applies to, you know, I think that's why I'm doing as well as I am at my age is that I work very, very directly with the energy being that i am. Yeah, i love that.

I love taking charge of your your energy, taking responsibility and being very direct and intentional in how you focus your Energy. That's a great word to use, in fact, intentional.

And a lot of times I will use that and I'll use be deliberate to deliberately be aware of what you're doing, who you

are, what your energies doing and direct it towards health, direct it towards calmness, you know, give it direction.

Yes. And so I guess another question that I had is that there are, everyone's a little bit different in how connected they might feel to their, or even just understanding that concept of like, energy, that we are energy.

We have an energy body. Are there any resources? And you teach classes, but are there there are any books? Are There any other resources that they can kind of seek out tap into have a better understanding of themselves on that level?

Well, I'll tell you who comes to mind besides my own books, because because I have medical intuition books. I've three of those and I be your own medical intuitive to work on yourself.

But who I love to really tell people about is Gary Schwartz. And he has oh my gosh, I don't even know maybe seven or eight or nine books out now. I loved his older ones.

He is a Harvard trained scientist and was a department head of Yale. So he a lot of credibility and that helps people realize, wait a minute, there is something to this.

Maybe it is real because here's this Harvard Yale scientist. And what he's doing, and he describes what finds and what keeps finding in his books, he is trying to prove that the conscious living part of us never dies and that it does continue on.

I don't recall that he uses the word medium for it.

Books, Research, and Growing Acceptance

But he does a lot of research with people who, and I've met him since, so I love that. But, he's really trying to prove it. He gets a lotta flack, I hear, about this, but he is showing some evidence.

And I loved it when science and what I call the ooh wah wah, come together. I like that a whole lot. It is beautiful. Yeah, there is, People are really interested in, it's so wild how things are changing in recent years because I think people have become more and more open to mediumship, to talk.

Yes, yes. I agree. People are not stunned like they used to be. Yes. Talking openly about it. And I know that you have been doing not only just mentorship, but you also have an upcoming book regarding leadership.

It's supposed to out hopefully October 14th. And in fact, when we are finished here, I'm going to get back to responding to my editor. So that makes it pretty real there too.

But it's a book about the reality and what's going on in the non-physical world. It's book directed towards mediumship. And I've titled it Healing Ghosts, Haunted Places and non, non physical beings.

So yeah, so, and people are yearning for that. In fact, I'm getting a lot of interest already, already about it. Yeah, yeah. I mean, uh, absolutely see that and, um, And I wonder for you, what was your inspiration behind writing that book?

That book in particular? Yeah. Hmm. That's a good question. Um, for many, many years, because I've been doing this now for decades, medical intuition and mediumship all the time.

And I didn't realize for ages that, uh, in my else just simple example, I would be working with a living client and a deceased family member would appear in the room.

How I absolutely take that is that now I have two clients and both are just as alive as each other. So the deceased person is just alive is my so-called living client.

And so I treat everyone as a client and some people have multiple deceased people that come in. They're all clients. Talk with them. That's how I talk with the living person.

And I'm always, and I didn't realize I was doing this. I am always looking to assist the deceased as much as the Living. What else? I always because many of them have not crossed what we call crossed over into the light.

It took me ages to realize this that I doing healings for troubled deceased. is what I like to call them. And I love to help people take the fear out of this, because the aliveness in us is that spirit.

It's our spirit, and so that's kind of what led me to it. I finally realized, wait a minute, I think I'm really helping out some deceased people. That better write a book about that.

You need to teach people how to do it also. Because most mediums, if you think about it, They yearn to give accurate information to the living client.

So they give information. If the deceased person's talking, they listen carefully and then they tell the leading client what the disease is saying. What I realized, I was doing that, but I also taking it another maybe multiple steps and bringing a good closure to struggling, struggling people.

A good closer or a healing for both the living and the deceased. And I thought, gosh, I took a few years to realize I was doing that, and I though, Gosh, better write a book about that.

Upcoming Book and Legacy

So that's really my book number six. I think it's my last book now, but that book is coming up. Six books is quite a bit. That's quite a few. Okay. So I wonder, so this will be your sixth book.

And so for you, I know that promoting that book will will a part of your future, what would you like, but I guess thinking longer term, like what are you hoping your legacy is?

Ooh, you have really good questions that people have never asked me in all the interviews that I do. That's beautiful. My legacy, my primary goal, and I'm glad I've written these books because they'll be lasting.

They'll keep on, I guess is my legacy, is to take the fear out of, for people, to the non-physical for the living. They don't have to become mediums, but to be as comfortable as I am with a foot in the physical and a in a non physical, and not to afraid, not be afraid.

I can't quote the statistics, but if your viewers Google it, statistically, it's pretty high that the general population of the world has had some sort of experience with the non-physical world.

And I sure can remember what the number is, or the stats are showing. But lots of people have these experiences, and they become terrified oftentimes.

I want to take that fear out of it and to normalize it for everyone. So that, I guess that would be what my legacy would, what I'd hoped to be. Taking the fear out and connecting with the non-physical.

I think that's our noble goal, because we truly are, we're more than just our physical bodies. We are. honestly, in all of what you're doing and you really changing the world in a very positive way.

I wonder, I guess my next question is, you've seen a lot of transformations happen over the course of your teaching career, your career in healthcare.

And I wonder if there's one in particular, Lerlie, that had a profound impact on you and how you practice. Oh, you mean one of my experiences with the non-physical?

Oh my goodness, I have so many. I've been doing this forever. One comes to mind. is that especially with couples who have a deep love for each other and one of them passes.

And so this woman's husband had passed and she was so distraught and he came in very, very readily And he hadn't crossed over. And here's the first thing he showed me.

He appeared in the kitchen, and I was seeing this in my mind's eye. and he was stirring a big pan of something. And I told her that. This is just simple things, and I said, well, for some reason, he's in the kitchen in front of the stove stirring a pot of something.

And she burst into tears and she said he did all the cooking. So see, it's just evidence for people, evidence. And so I told her what he was saying, and that he had a stash of money hidden, that she knew nothing about.

I don't know why I'm telling you this one, but that, she know nothing, about and so he told me where it was and she had that.

Powerful Healing Story and Where to Find Tina

And then, here's the icing on the cake for mediums in my opinion. is that I assisted him and with the help of his living wife to actually just lift up and out and cross over into the light.

Now that doesn't mean he's gone forever, but it means that he is making an advancement in his life. Because I think a deceased person is just as alive as we are.

But this way, once they cross over into the light, they have another level of learning and things like that. And they can come and go even more readily without a struggle.

Then he was coming and going occasionally just to check in on her. and I help them with their communication together. I guess a simple example, but that's the one that popped into my mind.

Oh, that that beautiful. Thank you. And for anyone who's eager to learn more or connect with you, where can they find you? Oh thank you for asking that.

My website is just my name, TinaZion.com. And on there, if you go in there you'll get a, I want everybody to have a little gift that is like 15 insights about really what intuition is.

And so that's a lil freebie if they want. On there is also where I'm teaching live and in person. So I met Omega Institute in New York State frequently.

I have taught in all of the many, many countries all over the world, which I just love to do that. And so where I'm teaching is on there, but also my books and where you can get them.

They're in print and audio and an e-book and that kind of thing, because I want people to really have them in any way that fits for them, yeah. So thank you for asking me that!

You're welcome, Tina. It has been such an honor Having you on the show today, your wisdom, generosity, insights into power of intuition, into healing are just truly inspiring.

Thank you for sharing your story, for your insights. And for all of you who are listening, please, check out her website. She's doing amazing work. It's truly an inspiration.

If you haven't heard it yet today, I appreciate you. The soul in me honors the soul you if you'd like to see more episodes like this, please subscribe or click here.

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