

15 Insights
to Trust
and Understand
Your Intuition

Tina M.Zion

About the Author



Tina Zion

TINA M. ZION is a fourth generation psychic medium and specializes in teaching medical intuition and mediumship. She has taught her medical intuition workshop in Australia, New Zealand, UK, Europe, Canada, Mexico and throughout the USA.

Both of Tina's medical intuition books have won 1st Place Gold Awards. *Become a Medical Intuitive* won this award through Body Mind Spirit Book Awards Organization and *Advanced Medical Intuition* won the 1st place Gold Award through the 2020 COVR Visionary Awards. Tina's books have held first place rankings in Canada and Australia. She is a faculty member at the prestigious Omega Institute of Holistic Studies in New York, 1440 Multiversity in California and Fellowships of the Spirit in New York.

She is a registered nurse, graduating from Purdue University and holds a national board specialty certification in mental health nursing from the American Nurses Credentialing Association. Tina is a Gestalt trained mental health counselor, graduating from the Indianapolis Gestalt Institute in 1997. She received her certification in clinical hypnotherapy from the American Council of Hypnotist Examiners in 1985, specializing in past life regressions and certified through the Michael Newton Institute in Life Between Lives regression. She studied Reiki since 1991 and has taught hundreds of students over the years.

Tina is an 1st place award winner and worldwide best-selling author of *Become a Medical Intuitive: The Complete Developmental Course*, *Advanced Medical Intuition-6 Underlying Causes of Illness and Unique Healing Methods*, *The Reiki Teacher's Manual* and *Reiki and Your Intuition*. She is a contributing author in Michael Newton's book, *Memories of the Afterlife*.

Tina's current private practice now focuses completely on teaching intuition and specializing in medical intuitive instruction. She now teaches all over the world as well as offering individual mentoring sessions.

1

We Are Wired To Be Intuitive

Insight #1. We humans are wired to be intuitive. We are natural intuitives.

Intuition and medical intuition is not a gift that only a few of us have. If that were so, I could not travel all over the world watching people pop open and give accurate information to their practice partner in my workshops. It hurts me when I hear teachers or authors adamantly state that they are the only ones who can do medical intuition for others. We all have been intuitive beings since the beginning of time Intuitive for ourselves and for each other.



2

Intuition Is The Ability To Notice

Insight #2 Intuition is simply the ability to notice and receive information that is everywhere.

The Earth and the entire Universe around us is full of intelligence. Physicists and scientists from all backgrounds have concluded that empty space is not empty at all. The space between the stars is not empty. The space between the cells in our body is not empty. Both the Universe and our bodies are filled with electrical frequencies that are vibrating with intelligent information. It is all about noticing the very subtle.

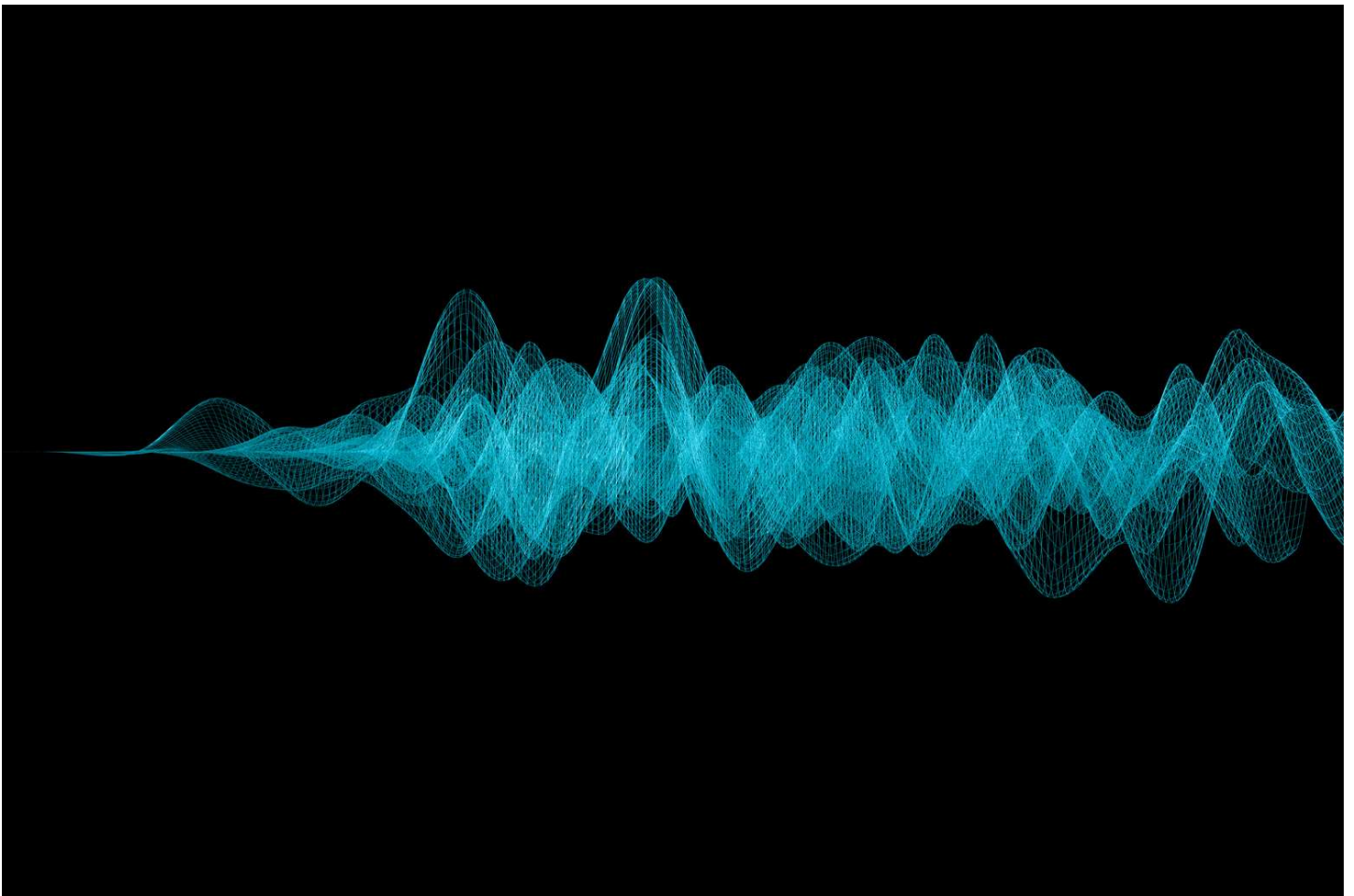


3

Immersed In Waves Of Information

Insight #3. We are immersed in waves of information every second of every day.

Intuitive waves of information are not separate from our lives or our bodies or our brains. Our brains are the computer that downloads intuitive information and at the same time it also uploads what we have learned and sends it back to the Universe.



5

It Will Feel Like Your Imagination

Insight #5. Intuition will ALWAYS feel like your imagination, yet it is very REAL.

Notice that intuition has a “feeling” that seems like you are just making it up. Some people describe it as a sudden daydream state of mind. That is your logical thinking mind trying to work through the intuitive moment that just happened. It will always feel like your imagination because most intuition comes from the non-physical energetic world around you.





Early on in childhood, most of us are told that the things we see or know are only our wild childlike imaginations. We are told that we do not have invisible friends. We are told to never mention our deceased family members again and then they tell us things like we are not seeing grandmother in our bedroom at night.

The truth is that intuition is completely REAL but it will always FEEL like our imagination because it is not solid like the chair you are sitting on as you read this.

6

Intuition Is Sensing And Perceiving

Insight #6. Intuition is sensing and perceiving and does not come to us through our logical thinking brain.

Intuition is not created or formed by our analytical thinking mind. Most of the time intuitive information cannot even be sorted out by thinking mind. The information at the intuitive level of life is often greater than the brain can logically absorb. Intuitive information from these realms is complex, multifaceted and interconnected. Human logic focuses on the physical realm of the world while intuition is from the non-physical realms of life around us.



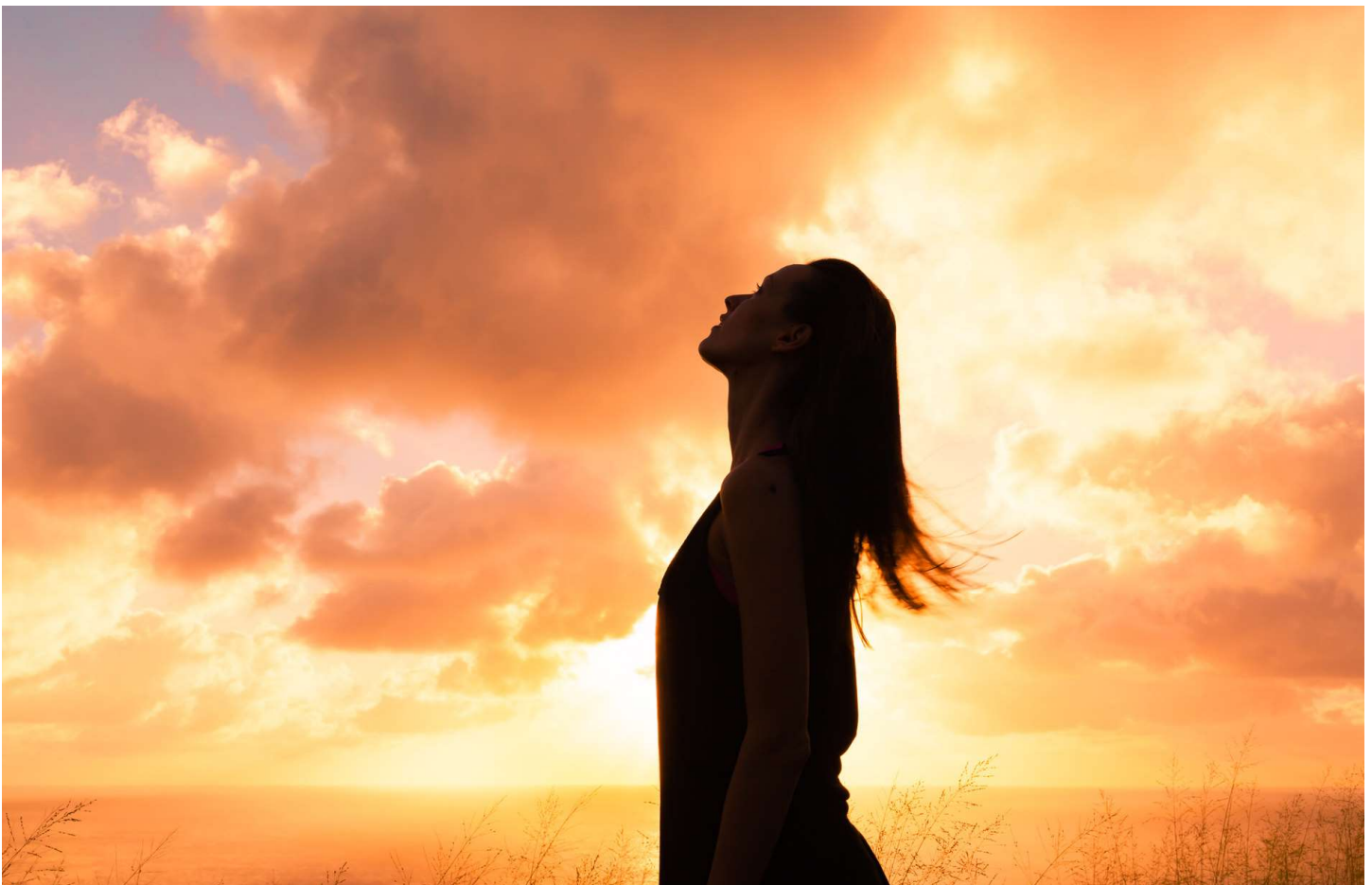
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Intuition Is Consistent

Think about the times in your life that you had to make a decision or a choice. Your thinking mind looks at the many options. It views an issue from this direction then it changes and looks at it from another direction and then another. Sometimes examining the issue like this might continue for days on end. Your mind said, “Yes, I could do that!” Then a split second later it said, “No, I better not do that! Oh wait, I think I can make it work!” Then your mind told you, “There is no way I can do that!” Can you see the back and forth movement of the logical thinking mind? It is doing what it does best...to examine something from many directions.



Intuition, however, will not jump around about an issue or decision. It will gently, quietly give you the exact same information over and over again about that same issue. It will give you a strong sense about the right decision and it will give you a strong sense about the wrong decision. It will not jump around trying to figure it out. It already knows and is telling you. The intuitive information will not change or fluctuate about the issue or decision. Some call it your “gut sense.”



8

How To Recognize Your Intuition

Insight #8. Always take the “POP.”

The constant question I always hear in the personal mentoring sessions that I offer or my workshops is this:

“I cannot tell my intuition from my thinking mind. How do I recognize it or know that it is my intuition? It all seems the same.”

Intuitive information will always pop, leap, dive, surge, bounce, soar, hurdle or vault into your awareness. It will feel as if it came out of nowhere. It will feel separate from your thinking mind and it will feel different than the process your thinking mind always does.



9

Intuition Comes Through Pathways

Insight #9. Intuition comes to us through 7 pathways.

Intuition naturally comes through any or all of our 5 physical senses plus the sixth sense of knowing plus our thoughts. Our five physical senses are: touch, taste, smell, sight, and sound. Our sixth sense comes in waves of knowing. For example, you might be standing next to someone in the line at the grocery and suddenly you just know they are worried about their child.

The seventh pathway is through our thoughts. So many people do not recognize that a large percentage of intuition comes through our thoughts. Yes, our brain sends and receives intuitive information through thoughts. This is telepathy and it is also a primary pathway to receive communication from spirit guides, deceased relatives and friends and the Universe.



Insight #10. Absolutely trust what you spontaneously receive even if you do not understand it at the time.

Thoughts and the feelings of trust has its own electrical frequency. The energy of trust is like a wide-open road without a speed limit. The more you trust what pops into your awareness the more an accurate level of intuition can surge through to you.



Insight #11. Do not try to interpret information for others.

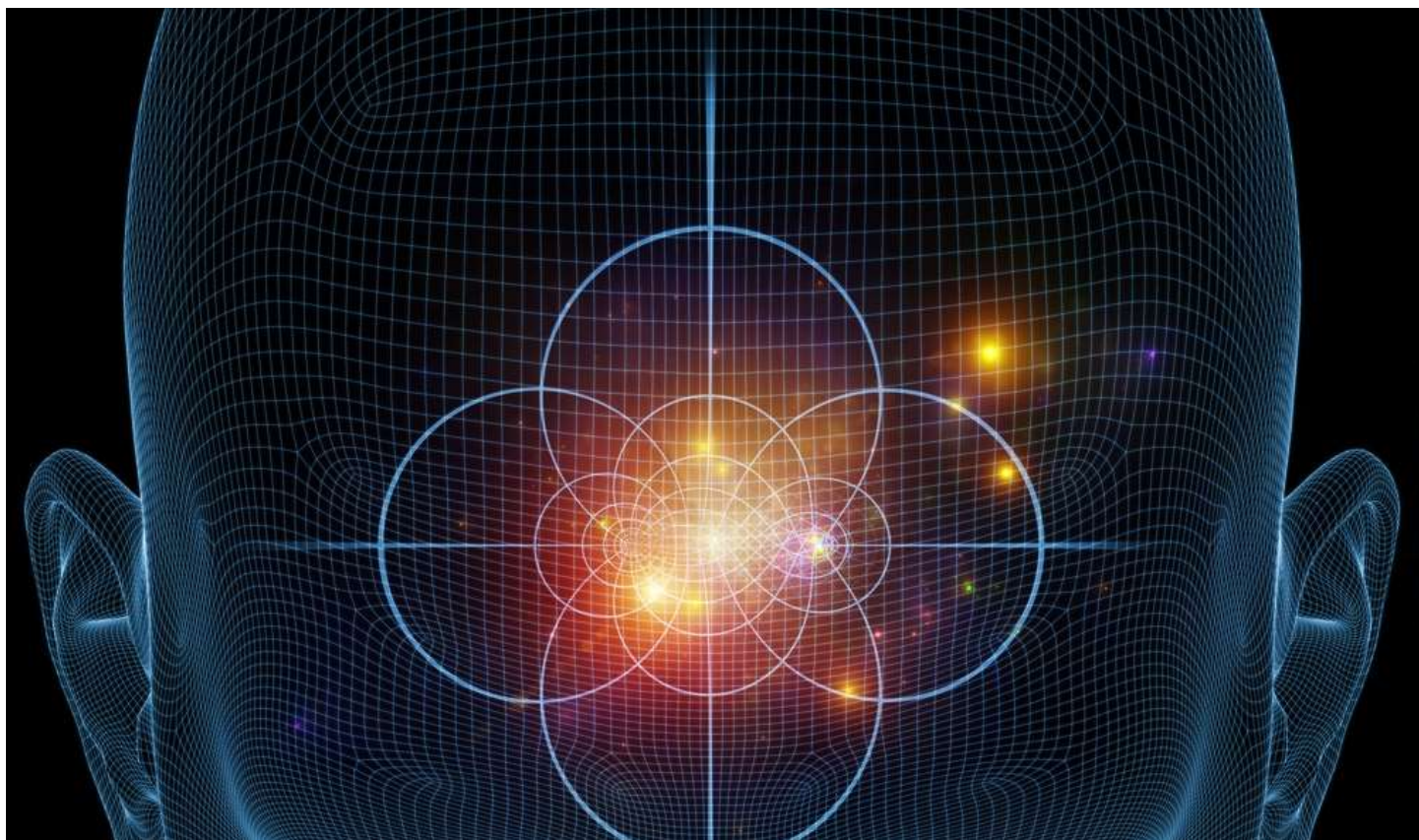
When we receive intuitive information for others we need to describe it exactly as it came to us without us trying to interpret its meaning. When people interpret information for another person we are truly placing our own bias or personal explanation onto a piece of intuitive information that has nothing to do with us. It is for the other person.

A powerful example really happened in one of my workshops:

The students were all practicing in pairs. One of the students perceived a funeral home for their practice partner and was afraid to tell his partner. He automatically decided that the funeral home meant death was on its way for his practice partner. He was terribly alarmed. I asked him to go tell his partner what he perceived and to say it in a matter of fact way. He did so and was amazed that the other person was delighted. She had grown up in a family who owned a funeral home and that piece of intuitive information brought joy to her heart.

Insight #12. Do not work hard to be intuitive.

We humans are meant to be antennas and are wired to be receivers of intuition. A cell phone tower is an antenna. It does not run up and down the road trying to pick up signals for our cell phones. Antennas simply and passively receive information without any effort. Antennas are naturally wired to receive information and so are we humans. The more you work at trying to receive intuition the more you are getting in your way. Do not work hard to find it! It is all about receiving.



Insight #13. Do not focus on accuracy.

If you get caught up in examining your accuracy you will begin to criticize what you receive. Self-criticism clamps down on the pathway of reception. Your criticism and self-judgement will instantly close off and barricade that wide open road of receiving wisdom for yourself and others. Focus on sensing your process of becoming more and more aware. Focus on how the intuitive information is coming to you and the different pathways it is taking to get to you.



Insight #14. Incorporate intuition into your everyday life.

Be playful as you become more aware of your intuitive world and the knowledge it wants to give to you. Be the most fascinated observer of life around you. Observe, notice, sense, feel life around you only as a witness. Notice without judgement the people, nature and the actions of life around you. Notice without any judgement at all. Notice as an eye-witness. Notice and be captivated by the theater that you are part of.



15 Always Trust The POP!

Insight #15. Always take and trust the POP!

Again and again I will continue to say –

Always ACCEPT what pops into your awareness!

Always TRUST what pops into your awareness!

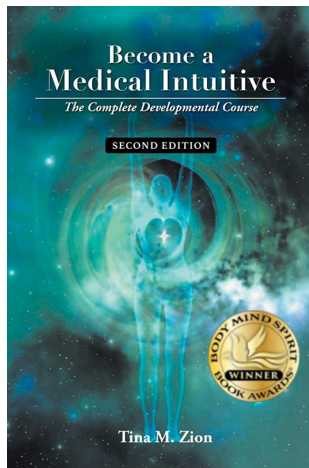
You are naturally wired to be aware.....

Many Smiles and Many Blessings to You Tina

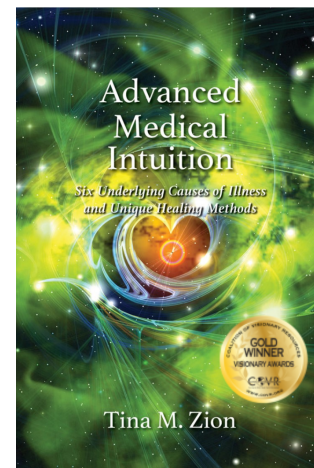


There is much more to learn and accomplish as an intuitive and healer!

Tina now offers two ways to enhance your intuitive skills
Her two books and her online recorded course.



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