



She had a thriving television career but gave it up to help others connect with the other side. Just four years into her new career, she has a global clientele and is booked months in advance. We dropped by to explore the powers of Tina Powers.

## At Rest with Tina Powers

**Who:** Tina Powers, medium, and author of the children's book *The Land of Imagination*

**Why:** Because she believes it's one's birthright to be intuitive.

**Where:** We discovered Tina at Miraval Resort in Tucson, Arizona, where she lectures and conducts readings on a monthly basis.

**Organic Spa: How do you describe what you do?**

**TP:** One description we wrote was "A former news anchor receives messages from loved ones and guides to help you have a happier, more fulfilled life." But basically, I'm a medium. I put out an intention that I wanted to help people be happier.

**OS: How did you get into this line of work?**

**TP:** I was always sensitive to other energies, even as a child. I could feel the energy behind what somebody was saying to me—whether angry, sad, or anxious. Later, when I was a reporter and would go out into the field, I would often end up at horrific events where perhaps somebody had died. The news was all death and destruction. Once I stopped doing the news, stopped putting those awful images in my head on a daily basis, I started to get stronger messages intuitively for people. All along I had been interested in reading about auras and the reality beyond this reality. There was a knowing that this wasn't all there is.

**OS: How do you then harness what powers you might have?**

**TP:** My husband and I were living in Indiana, and I'd heard about a place outside Indianapolis called Camp Chesterfield. [This is home to the Indiana Association of Spiritualists and was founded in 1886 as a Spiritualist Church. Spiritualism is the science, philosophy, and religion of continuous life based upon the demonstrated fact of communication by means of mediumship with those who live in the spirit world.] I felt like I needed to go see what it was, primarily because I was being regularly woken up at night hearing people's voices. When it got dark and things calmed down, I heard other dimensions. I was literally being kept up at night before I went to the camp. While there I met an 88-year-old medium who said "Honey, just because they are knocking on the door doesn't mean you need to let them in." Now before I go to bed, I say I need my sleep unless there is an emergency.

**OS: Do you ever not get anything?**

**TP:** Every time I've sat with somebody and tuned in, something comes.

**OS: How do you tune in?**

**TP:** I say a prayer before I begin. From there it is like a clicking in that I can feel internally. I just start hearing information and saying what I am hearing. It's like a certain channel that when I hook into it I am able to pull through information to help people.

**OS: Where are these people you are hearing or seeing?**

**TP:** They're not in the same reality. Do I know exactly where they are? No. Einstein said that energy can't be destroyed, it is just transformed. I believe this is just a different dimension. I've also come to learn that when we are out of our physical bodies we are in a much lighter, faster, body. Our eyes can't see it unless everything slows down.

**OS: Do you have any tips to share on how one might become more in tune?**

**TP:** Yes, I have quite a few. Begin by saying or writing, "I am open to using my intuition." This puts an intention out and helps tune your radio receiver. Also:

- Before getting out of bed in the morning, ask your guides for any suggestions for the day. Then, listen and take notice of thought impressions. But don't strain to hear—just ask and allow.
- Start exercising your intuitive muscle more by tuning in and trying to feel who is calling you on the phone before you answer it. See how often you are right. Intuitive psychic ability is a muscle and a natural gift for all of us. The more we use it, the stronger it becomes.
- Meditation and deep breathing slow down the mind and body so we can hear more inwardly.
- Journaling can help us access our higher self and our intuitive thoughts. We can pose questions while we are writing, and then just let go and ask our guides to help us find the answers. Don't think, just write.
- Most of all, start trusting the way you first feel about a person or a work situation. Intuition, the voice of the higher self, is not fearful but helpful. Trusting yourself is the key to our own freedom. —*Rima Suqi*