

Sessions with Tina Johnson

Intuitive/Energy Readings – Sometimes life can just be too challenging and we need a little help for clarity and direction. These sessions last one hour and are used to help you get centered and gain more clarity and insights on a specific issue.

Inspired Reality Now™ – This program is for you if no matter what you do you just don't feel good enough; you wonder why you respond to circumstances the way you do and even when you try to change, you are having a difficult time making decisions; you are questioning your purpose in life; you feel insecure and powerless; you feel diminished by being or playing the victim; you simply feel “stuck” or “trapped; you have very little idea of who you are or what you want or you are tired of living someone else's expectations.

When you are ready to live without validation from others, know your identity is beyond your current reality, feel complete in your wholeness and know that purpose is found from within...then ***Inspired Reality Now*** is for you.

Sessions range from a minimum of six weeks to six months. Each session lasts about 1 ½ hours with homework to be completed in-between session work.

Divine Design - Your Divine Design is your Spirit's energetic blueprint and it is constant in your existence. It is essentially how you are spiritually “hardwired”. In the world of form, in which we live in, there is constant change; yet fundamentally there are four parts to us we can always recognize and it allows us to have something to hold onto. It provides us the ability to know what's correct and true for us. Most of us have a spiritual “amnesia”, i.e. forgetting who you are at your deepest levels until your Divine Design is unveiled.

Your Divine Design consists of four parts:

- **Divine Essence**—who you are in all time and space
- **Divine Function**—what you do no matter what— and it is not dependent on third dimensional abilities
- **Divine Rhythm** —a constant rhythmic pulsation from your Spirit
- **Divine Feeling Tone**—your path back to Source

This is a four week course with “aware” work to be done in-between sessions. It is preferable to have completed the ***Inspired Reality Now*** program first.

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Spirit Visioning – How would you like to experience the ecstasy of superior fulfillment rather than the pleasure of existence? What if you could radically change your existence more to your liking? Living from your Spirit's vision rather than from the ego or personalities vision is the key blueprint. There are 12 basic elements of creating your Spirit's vision.

This is an 8-10 week intensive course with required homework in-between sessions. ***Inspired Reality Now*** is a pre-requisite.

Introduction to Raw Foods – Join Tina in her kitchen to learn about the basic fundamentals of beginning a raw foods lifestyle. Learn how to make delicious meals, green smoothies, healthy snacks and desserts. You will also discover how to get enough protein, using the proper oils/fats, the necessary tools and equipment required and will leave with a recipe book and a full tummy! The session is customized to your needs and lasts 2 ½ hours. A 2-week advanced appointment is required.

Lifestyle Management – Are you in need of knowing how to change your diet and lifestyle to become healthier? If you are confused about what to include in your diet or what to truly avoid for optimal health, these sessions are for you. How much protein should you have or what kind of proteins? Is dairy good for you or not? What about caffeine? How much fiber and what kinds do you need on a daily basis? All of these questions and more are answered in a customized session since each individual is unique!