



A Dead Man's View

of Life and Death

Tina Zion

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Spirit Information Received  
by Tina Zion

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# This is how it began...

“Give it to the world, cupcake!” the dead man boomed.

Sitting in my sunroom, I telepathically asked a dead man for permission to create this book. I asked JH what he thought about sharing his candid description of his soul leaving his body at death. Is he willing to share details of his life in the non-physical and the stages of this transition? Does he want to share the intimacies of his soul’s growth and the experiences he is having in his divine surroundings? In short, “Can I put it into print for all to see?” Yes, I asked a dead man for permission to publish his description of his soul leaving his physical body, his own insights about life and death, his love of living, his raucous cuss words, his respectful, awe inspiring descriptions and his humorous clowning around in full print.

Again he bellowed, “Give it to the world, cupcake!”

The spirit of JH approached me approximately two months after his death. He was vibrant, boisterous, projecting a great deal of heat and eager to connect. He felt like a big man in physical stature but also by his energetic presence. Our conversation bounced telepathically back and forth with a clarity I had not experienced before. JH compellingly declared his willingness to meet with my monthly spiritual group.

Our spiritual group consists of six people who have been meeting for over eight years at the time of this printing. The group started when I sent out word through the grapevine that I would like to facilitate a spiritual development group that would meet once a month. My intent for the group was and is not only to heighten spiritual awareness but to focus on applying it within our everyday life. Only a couple of people have come and gone over the years while the core of six continue on to this day, deepening our friendship with each meeting. We have gone through a myriad of life experiences together and our bond with one another grows more meaningful with the passing years.

Our meetings have a variety of topics based on “who is fascinated with what lately.” Some of these topics include: meditation, mediumship, quantum physics, advanced use of pendulums, holistic medicine, ascended masters, sacred geometry, life on other planets, and past life regression just to name a few.

The group members range in age from 40 years old to 83 years young. While I attempt to facilitate the gathering, the group laughingly says, “It’s like herding cats!” Herding cats indeed! We are a group of independent individuals with strong ideas and opinions, none of whom have ever joined a group and don’t even like groups and yet here we all are, after all these years, sitting down with

eager anticipation to ask some deeply thoughtful and often profound questions of a man who is no longer among the living.

For over three decades JH had been a barber, a dear friend, a confidant and a travel mate of one of our group members. I will be referring to this group member as “Navajo Slim” throughout the remainder of this book at the group member’s request. This nickname is very important to this person and the significance for the group member and for JH is explained later in this transcription.

JH and Navajo Slim have been dear friends and buddies for over 30 years. No matter what they were doing together, these two men always found themselves intensely discussing the universe, spirit, science, religion, quantum physics, the afterlife and the continuation of consciousness. They had often discussed the death process and created a pact between them that whoever died first would somehow come back and share the experience with the other.

Navajo Slim approached me a couple of weeks after JH had passed and asked me to try to communicate with his dear friend. Without hesitation I said, “Of course! If JH is willing to connect with me!”

I was stunned at my immediate acceptance to communicate with this man, though I made an effort to portray a casual, confident demeanor. I am a psychic and provide readings for people but I had never been the spokesperson for one particular spirit person who directly answered quite complicated questions from a spiritually evolved group. I did, however, grow up in an openly psychic family. Most of our family gatherings would culminate with sharing our latest psychic experiences with each other. Some of my family hear spirit people and others feel their presence, some see apparitions, and some receive guidance within their dreams. Don’t all families do this? I used to think so.

I am a Gestalt trained counselor and registered nurse and hold a national certification in mental health nursing. I am also a professional medical intuitive and psychic, and make my living counseling individuals and couples, giving spiritual insight phone readings, and teaching classes to empower intuitive abilities. While I’m used to receiving messages from spirit people, I had never actually interacted with a person in spirit, at length and before an audience!

A few days later, I sat in my office working on a different book when it occurred to me to check in with JH about conversing with him. I called out to him within my mind and asked if he would come to me so that I could hear him and communicate his thoughts for his friend and our group. I got nothing. In fact, I could not feel or sense any spirit contact in any of the usual ways that spirit people come to me. I finally told my group member that I was willing to be the spokesperson for his friend, JH, but so far I had not picked up anything from him. I said that maybe it was too soon after his passing and he was possibly too busy in his own process to respond.

Then, approximately two months after his death, JH rushed up to me. I had been working for hours on another project and had absolutely no thoughts about him until that moment. He felt and looked like a large man, boisterous and laughing. I broke out into a sweat from the heat of his energy as he stood on my right side. His thoughts were clear to me and easy to understand. He assured me that he was now ready to speak with the group and would do his best. I was amused by this because it seemed like both of us were having a minor episode of performance anxiety!

I quickly contacted Navajo Slim and the other group members to inform them that I had spontaneously heard from JH and he seemed ready to meet with us. I asked that they have questions prepared ahead of time but gave no other guidelines because we did not know what to expect in the first place.

I had never met JH when he was in the living and neither had any of the other group members, except of course, Navajo Slim. Both of these men lived in a different town in a different state. Navajo Slim drove hours each month to participate in our meeting of the minds. While we had heard a few comments over the years about Navajo Slim's travels with JH we really knew nothing else about him. We knew that his close friend JH had recently died but knew nothing else about him until we all gathered to share a sacred, intimate two hour conversation with a man who now exists on the other side of the veil.

We gathered on a Friday evening in July 2009. The following is transcribed from the recording of the session.

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