

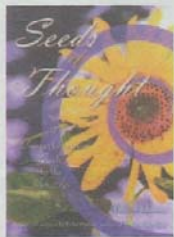
# A New Age Guide

An Interview with author  
Tiffany Johnson on her first  
book, *Seeds of Thought*

BY TIM MIEJAN

**T**iffany Johnson represents a new generation that is intent upon preserving ancient principles and wisdom that make up the New Age. This thirtysomething Minnesota native is a psychic, healer and speaker who wanted to offer her clients — and the public at large — a quick and easy-to-read guide to accessing inner wisdom, so she wrote *Seeds of Thought: A Comprehensive Guide to the New Age* (Beaver's Pond Press, 2004).

Tiffany spoke with *Edge Life* by phone from her home office in the Twin Cities about her personal journey as a psychic reader and as a new author.



**When did you realize you were on a path as a psychic, healer and teacher?**

**Tiffany Johnson:** Honest to God, I never knew anything different.

**You are who you are and you've always been who you are.**

**Johnson:** Well put. I started studying this stuff when I was 10 years old. Instead of going to Nancy Drew at B. Dalton, I would go to the New Age section. All of this has never not been part of my life. I didn't have a grand revelation. I didn't have a near-death experience. I didn't have one of those magical, mystical moments. For lack of a better term, it was something innately within me.

On some levels that makes for a boring story, but on other levels I didn't have to suffer through those "What's wrong with me?" moments. I just proceeded with, "This is who I am." I had blonde hair and blue eyes and read Tarot cards. It was fundamental to who I was.

**Who was the first adult who confirmed your abilities and gave you confidence?**

**Johnson:** My mommy! I was 14 and I remember it so terribly succinctly. When I was around that age, we moved from New Prague to Burnsville. It was the end of eighth grade going into ninth grade and it was a very awkward time. That summer after moving I pretty much spent time by myself. It sucked, because I'm a very social person. So I turned to my Tarot and that aspect of myself and really delved into it.

So I did a reading for my mom, and I remember it so clearly even today. We were at the kitchen table. To this day, I don't think my mom would profess that she knows anything about divination in any form, but I read her cards that day and she looked at me. I swear to God I'll never forget it. She says, "You just told me that my life is shit, but you're right on."

She had been through a lot. She divorced my biological father after 11 years of marriage with a 5-year-old daughter, after not working for six or seven



years and not really having any money of her own. My biological father hit her and she had really been through a lot.

**More than you really knew, right?**

**Johnson:** Without a doubt. I was sheltered from a lot of that, and that was a good thing. So Mom was the first person who really acknowledged my abilities.

I think what's important for all parents is: When you give recognition to your children — and I don't care if it's for their psychic abilities, sporting events or an intellectual pursuit — you have no idea of how much that means to them. I still hold that experience in my heart to this day.

To this day, if I'm not feeling good about how a reading went, or if I don't feel I was making good connections with someone, I default to that day when I was 14 years old and trusted myself. My mom gave me my first big validation of things that I really didn't know. From then on, that gave me the hutzpah to go forth and do this for my friends and not be fearful and not worry about judgment.

Other validation would come, but typically it was after the reading. At the time, someone would go, "What?" and then two or three weeks would pass and they'd come back and say, "I met this guy, Brian, and you told me it'd be a 'br' name."

**Your book is a primer on the New Age: angels, auras, crystals, dreams, intuition, meditation, numerology, psychic development, reincarnation, spirit guides and tarot. How do all of these ideas and modalities connect in your life?**

**Johnson:** They're absolutely something I walk in and utilize each and every day, in some form or another. And it would be that way regardless of my profession. Everything is interrelated. I utilize every topic I put in the book, and it's innate within me to do so.

Now, there are many other wonderful tools not mentioned in my book. Astrology is amazing, but because I wanted to keep this book so short and make a Cliff Notes version of the New Age topics if

I could, I didn't feel comfortable reducing astrology to three pages in my book. I couldn't do it. Feng shui is another topic that had so many aspects to discuss.

I felt like I would be doing a disservice by putting some subjects that I have studied in the book. And frankly, I don't use astrology every single day. So I just put in the topics that I felt tremendously comfortable speaking on.

**Why did you write *Seeds of Thought*?**

**Johnson:** Because there wasn't one book on all of these topics, at least from what I found. There are umpteen bazillion books out there on chakras, unheard of amounts of books on angels, an astronomical number of books on tarot. My students, my clients, other people's clients and friends and family would tell me that they didn't have one little book to succinctly dip their toes into that pool and give them a primary definition of topics related to the New Age. That's why I did it.

I kid you not, I was vacuuming my house and all of a sudden I hear from my guides, "Write a book." That's the last thing I really wanted to do. My forte is as a reader and I'm absolutely proud of that. So I look up to my ceiling for whatever reason and do the, "You've got to be kidding."

And I hear again: "Write a book."

And I did the, "No."

And then I hear, "It's already written."

And then I look up and say, "I beg to differ."

My guides gave me this message, long story short, that this was to be a compilation of notes I had already taken during all my studies and classes. So it had already been written. I just had to compile it to get it out there to the general public. This whole project probably took about three months. That speaks to the divine order of things.

**Outside of buying your book and attending your study group, what other ways can people begin to understand more about the New Age?**

**Johnson:** Oh, my. Perhaps a good way to start is by getting a reading. Another book I recommend to everyone is *Ancient Teachings for Beginners* (Llewellyn), by Douglas de Long. He goes more in depth than I do, into four or five topics. Another way to begin is to hop into a chat room. About.com is awesome. They have so many different aspects of spirituality that you can really talk freely about. You can just read what other people are saying about things.

I think it is so important that people diving into this don't feel alone. I hear this from so many people and it breaks my heart. I was there at one point, too. You are not alone and there are people out there who will talk to you about these things. Don't be afraid of it and don't think that you're lessening the integrity of your own religion. You're enhancing your soul. ☺

*Tiffany Johnson's book Seeds of Thought: A Comprehensive Guide to the New Age, is available at [www.readingsby-tiffany.com](http://www.readingsby-tiffany.com). She also facilitates a monthly metaphysical/healing discussion. The next meeting is at 6 p.m. Thursday, Jan. 6. For more information, call (612) 272-2561.*

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