

The logo for Hemi Sync, featuring the words "Hemi" and "Sync" in a bold, sans-serif font, with a stylized circular symbol containing a vertical line and a curved arrow between them.

Hemi Sync®

# Mediumship:

*Building the Power*

For maximum benefit and understanding,  
please read this manual before beginning the exercises.

# **Mediumship:** *Building the Power*

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**Introduction** — Welcome to the second installment in the Hemi-Sync® series *Mediumship: Building the Power*.

What exactly is this Power, with a capital P, that you will be building? While similar to the familiar human concept of power as strength, might, or force, the Power you will tap into and build as a result of using this recording has no opposite. This Power is what enables your connection to the spirit world.

As you will hear in the narrated portions of the exercise, the Power that breathes you is the Power that flows through all things. This Power, this Light, expresses itself through you and through all beings, whether in physical form or pure spirit. This

Power does not give life; it is Life, itself. You would not walk about in human form were it not for the Power illuminating every cell of your body. This Light burns always within you, connecting you with all that is, across dimensions.

As a soul temporarily in physical form, you are connected at all times to the spirit world. Your brain and the lower vibration of the human energy field can keep you from fully experiencing this connection when in a normal waking state. By consciously working to raise your vibration through exercises such as *Building the Power*, you can greatly increase your awareness of and interaction with the higher realms, which is the goal of mediumship.

My first CD in this series, *Mediumship: The Training Ground*, paves the way for you to connect with the spirit world. You first learn to achieve a state of expanded awareness and later, through practice and guided techniques, a state of deep meditation. By repeatedly practicing the exercises with the help of the Hemi-Sync<sup>®</sup> tones, you come to know what each of these distinct states of awareness feels like. These two altered states are crucial for making the connection with beings who no longer occupy a physical body.

After sufficient practice with *Mediumship: The Training Ground*, by setting a clear intention, you can enter into expanded awareness and deep meditation at will. As a result of this commitment to your soul's growth, you provide yourself the opportunity to experience yourself as far more than the physical body ... as the Power, itself.

You may be wondering, if this Power flows through you, if there is nothing but the Power, then why do you need to build it? Because you are both a soul and human. Many activities of daily living in this earthly realm can sap your energy. Interacting with other humans whose energy fields are dissonant to your own can be a drain on your personal vibration. If you do nothing to build the Power regularly, you may not be maximizing your energetic potential.

Sitting in the Power, as you will in this exercise, is akin to a strength workout for the soul. Just like going to the gym to strengthen your muscles, you can't expect one workout to last a lifetime. Over time, if not strengthened through exercise, the Power dissipates, simply from experiencing life as a human being.

As a medium—one who serves as a voice for those who no longer have a physical voice—it is vitally important to build up a storehouse of this energetic “fuel.” There may be days when you need

to make a connection and you aren't feeling particularly strong emotionally or physically. By regularly building the Power with intention, you strengthen your energy field and create a reserve that you can call upon when other sources are running low.

**How the Guidance for *Building the Power* Came About**

Hoping to practice what I teach, I tapped into the Power for guidance when asked to write the script for this series of meditations. For *Mediumship: The Training Ground*, I was instructed by my Team in spirit to enter into a state of deep meditation. I turned on my tape recorder, entered this altered state, and spoke aloud the words of my guides, Sanaya, as they came to me. After 40 minutes of recording the script for expanded awareness, I thought my task for the evening was complete. Sanaya had other plans.

“We will now dictate the second exercise,” my guides informed me. Surprised, but pleased that we would complete the task in one sitting, I turned the tape recorder back on and once again shifted my focus to the higher realms. The script for the *Deep Meditation* exercise flowed as easily as the one for *Expanded Awareness* as I channeled Sanaya's words non-stop.

I had the two recordings transcribed verbatim and sent them to the staff at Hemi-Sync® for approval. They immediately gave their

blessing to both scripts. Only later did I learn that the normal approval process usually involves much back-and-forth discussion and tweaking of any proposed scripts. I attribute the ease with which this process unfolded to the fact that the words came directly from the very realms the exercises train you to access.

With the intention of producing a script for this second exercise in the *Mediumship* series, I once again entered into deep meditation with my tape recorder turned on. This time, to my surprise, the words did not flow. I waited, but heard nothing. Only when I brought myself back to waking consciousness and turned off the tape recorder did I hear from my guides. “For this exercise, you will write our words as we dictate them to you.”

And that is how the guidance you will follow in this recording ensued. Having learned to write Sanaya’s words while in a state of expanded awareness, I served as their scribe for this project. Once again, the script was approved with no changes.

I trust that you will feel the higher energy that comes from having accessed the guidance directly from higher consciousness. I have found that when we take any earthly tasks or challenges to a higher level, we are rewarded with better results.

**The Process** — Just as in *Mediumship: The Training Ground*, the overall structure of the exercise uses my BLESS ME Method of attuning to higher consciousness. I developed this seven-step process to assist in accessing higher states rapidly and with greater focus.

The structured progression of the BLESS ME Method keeps the brain from wandering while allowing enough flexibility to adapt the process to your own style and preferences. It can be used quite effectively for your regular meditative process or as a preparatory process for doing a mediumship reading.

“BLESS ME” is a memory device in which each of the seven letters represents a specific stage of the meditative process. The seven steps are seamlessly integrated into the narrative of the guided track so that your awareness flows quite naturally from one step to the next.

### **Elements of the BLESS ME Method**

#### **B: Breathe**

By taking several slow, deep breaths, you automatically begin to slow your brainwaves and induce a state of relaxation. Always breathe deeply, drawing the air down into the abdominal area.

Combine visualizations and auto-suggestions to self-induce a highly relaxed state.

**L: Lift**

In this stage, you utilize one or more mental tools, as desired, to raise your personal vibration. Thoughts that focus on love and gratitude are optimum for creating a coherent state. Affirmations, prayer, positive imagery and the like are excellent ways to LIFT your consciousness during this stage. In this Building the Power exercise, you will spend an extended period of time in this stage, since raising your personal vibration as high as possible is critical to the process. The specific details for this stage are described at the end of the BLESS ME Method section.

**E: Expand**

Take in a deep breath, and as you exhale, imagine your human energy field in the shape of a sphere expanding at the speed of light in all directions. This imagery takes your focus off the human body, providing awareness of the limitless nature of the soul.

**S: Surrender**

Silently state the words, “I surrender.” This intention-filled statement asserts your willingness to remove your focus from the ego’s “story,” and identify instead with your true nature as a soul.

**S: Shift**

This crucial stage shifts your focus from the physical world to the world of no form, no time, and no space. You may choose any keyword or imagery that helps you to shift your awareness from form to spirit. I use the verbal command, “Shift.” Harnessing the power of intention and belief, the shift occurs.

**M: Merge**

Through intention, merge your energy field as a soul—your etheric body—with that of any other being of light that will serve the greater good. This could be a loved one who has passed, a higher being, or your own higher self. Invite this merging of energy fields to take place with a phrase such as, “Come now.”

**E: Experience**

During this non-guided stage, spend as much time as you need to experience whatever is supposed to happen. This is the time to practice quieting the mind. Alternatively, it is the optimum state for asking for insight and guidance from Higher Consciousness. This is a state of anticipation in which you need do nothing. Simply remain aware of whatever you are experiencing and allowing the Power to flow through and as you.

**Working with the Sacred Seven Aspects of the Soul to Build the Power** — As mentioned above, after the initial stage of slowing down the mind with several deep breaths, you will spend an extended period in the LIFT phase of the BLESS ME Method. Because the focus of this exercise is building the Power for mediumship, you will give extra focus to your etheric body's seven main energy centers, or chakras. As a result, your entire energy field will be energized.

I will guide you to visualize the colors traditionally associated with each chakra as you focus on them in order from the base of the spine to the top of your skull:

- 1st/Root: ..... Red
- 2nd/Sacral: ..... Orange
- 3rd/Solar Plexus: ..... Yellow
- 4th/Heart: ..... Green (like an emerald)
- 5th/Throat: ..... Blue (like a baby's blanket)
- 6th/Third Eye: ..... Indigo (like a sapphire)
- 7th/Crown: ..... Violet

As you may be aware, these are the colors of the rainbow in order, increasing in frequency just as the vibration of each chakra does, from the root chakra to the crown chakra, from red to violet. An easy way to remember the order of these col-

ors when using the free-flow track without guidance is by recalling the fictitious name ROY G. BIV. Each letter in this name stands for the first letter of the color associated with each chakra.

You will go a step beyond visualizing colors, however. I also guide you to create the experience of seven innate aspects of the soul as you focus on the chakras. My guides, Sanaya, first introduced these soul qualities in my *Journey of Remembrance* CD. They call these specific qualities “The Sacred Seven” and have associated each one with a specific chakra:

- 1st: Joy
- 2nd: Peace
- 3rd: Strength
- 4th: Courage
- 5th: Gratitude
- 6th: Humility
- 7th: Divine Love

The greater your ability to generate the feeling of these high vibrational qualities as you focus on each chakra, the more you open yourself to your own innate Power. You will pay particular attention to those chakras which play the most important roles in mediumship.

The 3rd/solar plexus chakra is the engine which fuels your connection to the spirit world. It is the seat of your clairsentience—your intuitive sense of knowing and the ability to feel those in spirit. Strength is the quality of the soul associated with this energy center. Your focus on this attribute as you visualize the solar plexus area will keep you from feeling depleted when working with higher energies.

The 4th/heart chakra is the bridge between the physical and non-physical dimensions. The rays of light you are guided to visualize radiating outward from your heart are quite real. As a projection of the one true Light, you are a beacon for the spirit world. Focusing on the heart chakra as you strengthen your innate courage causes you to stand out to those in the higher dimensions.

The 5th/throat chakra is the seat of your clairaudience and the 6th/third eye chakra is the seat of your clairvoyance. You will strengthen your ability to both hear and see information from those in spirit as you breathe in the two qualities associated with the 5th and 6th chakras: gratitude and humility.

Strengthening the 7th/crown chakra allows you to sit in awareness of the Self as divine love, to breathe in the Life

Force and feel it AS Love ... to come to know yourself as That. Can you imagine how our world would change if everyone did this practice regularly?

After building the Power in each of the seven chakras, you are guided to consciously move the Power vertically throughout your energy field. Intention and focused thought move Consciousness, so it is your thoughts that propel these actual waves of energy. As you become more sensitized to the Spirit within, you will physically feel the undulations. You may find yourself rocking gently and naturally as the waves flow rhythmically up and down the vertical axis of your etheric body.

If you have never before been aware of the flow of energy within you, this physical experience of the Power flowing through you can be startling. Always remember that when working with the Power, you have nothing to fear. This Power is the very same Light that burned within you long before you took on physical form. Its essence is love, peace, and joy. Surrender to the experience, and be transformed as you remember instinctively your true nature.

**Completing the Exercise** — After the period of strengthening and aligning your chakras in the Lift stage, you will con-

tinue the BLESS ME Method, Expanding your aura, more fully Surrendering your identification with your human story, and Shifting your focus from the physical world to the spirit world. You will then have the opportunity to Merge with whatever being(s) of light best serves both you and the greater good each time you practice the meditation. You are given ample time in the Experience stage of the exercise to ask questions of this being, receive guidance, or simply experience whatever is meant to happen.

Remember that each time you sit in the Power, the outcome may differ. Do not expect to have earth-shaking, life-changing experiences each time. You are on a journey, and your path always unfolds perfectly and with divine timing.

**How to Use the CD** — The words, the intention with which they were created and spoken, the specially-chosen music, and the addition of the Hemi-Sync® tones create the potential for a deep and powerful experience.

In your enthusiasm to progress rapidly, you may want to use this meditation daily. If you feel guided to do so, follow that guidance. Optimally, you will use it regularly to strengthen your connection with the spirit world, perhaps once a week.

Doing so will aid in maintaining a vibrant and strong aura. Use it more often, as needed, when feeling energetically depleted or for a special energy boost.

You may choose to allow the words on the spoken track to guide you, or to simply sit in awareness of the Power by listening to the non-verbal track. You will find select passages of the guided track serve as affirmations. When listened to repeatedly, they become part of your subconscious belief system, bolstering your awareness of your own innate Power and raising the vibration of your energetic field.

The more you meditate with the intention of building the Power, the more you will come to know yourself as the Power. The resultant shift in identification takes you from “bottom-up awareness”—from the “I” who resides in a physical body, who feels itself to be separate, yet connected to Spirit—to “top-down awareness,” fully aware that the body is an extension of your higher Self. This is the ultimate goal of the spiritual path.

*Building the Power* is much like turning up a dimmer switch on a light, and you control the switch. This special practice of building the Power, when done with dedication and the highest of intentions, will improve your connection with non-phys-

ical beings such as loved ones who have passed, and with guides and other higher beings.

There is one additional side benefit to your repeated use of this meditation: As your own inner light glows brighter, it radiates out to those around you in a ripple effect. By spreading the light, you increase the brightness of the energetic field that surrounds our earthly home. Ultimately, the Light—the Power—is indivisible. Your efforts truly benefit all.

With many blessings,  
*Suzanne Gieseemann*

#### **About Suzanne**

Suzanne Gieseemann is the author of 12 books, a metaphysical teacher, and an evidential medium. She captivates audiences as she brings hope, healing, and comfort through her work. Suzanne's gift of communication with those on the other side provides stunning evidence of life after death. Touted as "a breath of fresh air" with "a quality that is so different from others that it is difficult to describe," she brings messages of hope and love that go straight to the heart.



A retired U.S. Navy commander, Suzanne served as a commanding officer, as special assistant to the Chief of Naval Operations, and as Aide to the Chairman of the Joint Chiefs of Staff on 9/11. Today Suzanne addresses questions about the purpose of life, the nature of reality, and attuning to higher consciousness. Her work has been recognized as highly credible by afterlife researcher Dr. Gary Schwartz, Ph.D., and bestselling author Dr. Wayne Dyer. Her latest book, *Still Right Here*, an Amazon #1 bestseller, provides healing and comfort with the irrefutable evidence that love and life are eternal.

The tragic death of Suzanne's stepdaughter, Susan, a sergeant in the Marine Corps who was struck and killed by lightning along with her unborn son, propelled Suzanne in a new direction in search of life's deepest truths. When she first began researching and writing the Hay House published book, *The Priest and the Medium*, she never dreamed that she would one day connect with the unseen world herself.

After years of meditation, Suzanne began to have intuitive experiences, which led her to several classes on mediumship and to an intensive course at the respected Arthur Findlay College of Psychic Sciences in Stansted, England. Her eye-opening experiences there allowed her to develop her contact with the un-

seen world to the point where she now teaches mediumship and gives private readings, connecting people with their loved ones who have passed. Her experiences with inspirational writing and inspired poetry are published daily on her blog, [www.SanayaSpeaks.com](http://www.SanayaSpeaks.com).

Suzanne has been happily married to her soulmate, Ty, a retired U.S. Navy captain, since 1996. They enjoy an active life of travel with their two long-haired dachshunds, Rudy and Gretchen. Ty married a naval officer and not a medium, yet due to irrefutable evidence that Suzanne is able to discern in her communication across the veil, he is fully convinced of the existence of the greater reality. Their relationship is chronicled in the video *What Does Love Look Like?*, which can be seen in the media section of her website. With humor, insightful writing, and stunning photography, Ty chronicles their travels and adventures in his blog, [www.LifeAsTySeesIt.com](http://www.LifeAsTySeesIt.com).

Suzanne's transition from Navy commander to her current work as a medium is chronicled in her memoir, *Messages of Hope*, which is featured in a documentary by the same name.

Visit Suzanne's website at [www.suzannegiesemann.com](http://www.suzannegiesemann.com).

