

Hemi Sync®



SPIRITUAL GROWTH

Mediumship: *Working with Your Guides*

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

Mediumship:

Working with Your Guides

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Do you have guides in the spirit world? Yes, you do. We all do. How do I know this? My guides told me so! As a former Navy Commander and commanding officer, I would not make such a bold statement unless I could back it up with evidence. So allow me to share a stunning example of how I know that spirit guides are real, and that their task is to guide and inspire us.

After recording my ***Building the Power*** Hemi-Sync® meditations, I was driving from the studio in Lovingston, Virginia, to the airport in Richmond. Due to the schedule, I had not exercised in two days, and I was eager to get some fresh air. I checked my watch and realized I had just enough time to enjoy a one-hour hike before checking in for my flight.

I stopped at a pull-out along the road, and when I checked Google maps, I was delighted to see that Thomas Jefferson's home at Monticello was just ahead near Charlottesville. A quick search of the Internet revealed multiple hiking trails on the grounds open to the public.

Within half an hour I found myself hiking along a beautiful, secluded trail on this historic property. There was not another human in sight. On a whim, I decided to have some fun with my guides. I shifted my focus and I asked my guides to bring someone from the spirit world to hike with me. I smiled at the thought that perhaps the spirit of Thomas Jefferson might personally escort me around his property.

I immediately felt the presence of Sanaya, the collective consciousness of guides who I refer to as "my Team." I have received thousands of messages dictated from Sanaya, and I often channel them in special sessions for large groups. They said nothing at first, so I continued hiking. After a few minutes, they drew my attention to a spur trail that struck off to the right. I saw that it went up a short hill and ended at a wooden bench about 50 yards ahead.

You will go and sit on that bench, Sanaya said. There is a gift there for you.

I glanced at my watch and replied silently, “I only have one hour to get some exercise in. I don’t have time to sit around!”

Sanaya replied, *Go and sit on the bench. There is a gift for you there.*

If I have learned anything about spirit guides, it is this: Push back once if you don’t like the advice you are given, but if your guides insist, by all means, do as they say.

Impatient, but curious, I left the main trail. Approaching the bench, I saw that there was a small, black, circular object on the seat. As I drew closer, I recognized the object was a hair band for a ponytail. My pulse quickened. Was this the gift they had spoken of? I had learned from working with my guides that gifts from those in spirit come in unexpected packages.

I could see that the two ends of the black elastic band were connected by a small silver ornament. I picked it up and drew in a quick breath. The ornament was a tiny silver butterfly. As I described in my memoir, *Messages of Hope*, butterflies are the

sign my stepdaughter Susan sends from the spirit world to let us know she's around.

Look more closely, Sanaya whispered, and the skin on my arms erupted in goosebumps. I intuitively knew that this gift from Susan and Sanaya was about to get even better. I turned over the little ornament and shook my head in disbelief. There, engraved on this hair band found on a bench that I never would have approached had I not been specifically guided to it, was the word “phoenix.”

What few people know is that our Susan had a six-inch tattoo on her right hip of a beautiful phoenix, a symbol of transformation and rising from the ashes.

This and hundreds of magical but very real experiences that I have enjoyed with my guides would fill a book, not just this booklet. But I don't want to simply share my “*No Other Explanation*” stories. My goal in these ***Working with Your Guides*** meditations is to help you to regularly have these kinds of experiences yourself.

Spirit guides are real. They know everything about you, including where you are each moment and where you're headed. It is

their job to help with your soul's task of awakening to the reality of who and what you are. If your goal is to be a better medium, they will help you with that. If you simply want to learn to connect better with your own loved ones, they are an excellent resource for that as well.

Your guides will help you in every aspect of your life, not just with communicating across the veil. Becoming aware of your Team's presence is like finding a genie in a bottle. Instead of wandering around wondering what to do about a troubling issue, you can learn to shift your focus to their level and ask for help with your challenges. It's important to note that in most cases, you have to ask them for help. They will not willingly offer answers. By learning to ask, you are demonstrating your awareness of the existence of a greater reality, and you are using your free will to access the higher levels.

Will your guides always answer? Here is what Sanaya says:

Your guides are like that genie, yes, but they will not always give you all that you ask for. First, they do not have all the answers, for no individual unit of Consciousness is all-knowing.

Most importantly, your guides do not offer you a hall pass so that you can step out of class in Earth School. Hear us well, we are still here. We are your classroom aides. We sit beside you in all of the classes, but it is by attending the classes and participating fully that you learn.

You are here for the experience of school, not to simply stand in the hallway. In your times of greatest struggles, when you feel you need us the most, this is exactly when we may go silent, but we are here. Finally, when the time is right, we may lean in and whisper a helpful word or two, allowing you to know that you are not alone, and to gain just the right insight to carry on and save yourself.

About spirit guides

So who or what are your guides? Sanaya says:

Some have lived human lives, and others have not incarnated into a physical body. We think of ourselves as twinkling lights. The light that is you fills your body in much the same way, yet you are no more the body than the light in a room is the room. You flow and glow as do we, your fellow lights.

See us any way you wish. We suggest you refer to us as friends,

for that is what we are. Love is love, whether in a human body or a light-body. The heart knows us well. Go there to connect with your unseen friends, and you will see us in a w(holy) new way. We love you so.

Do guides have names? My guides have told me that they don't need names. They recognize each other by their light, and they recognize us the same way. They understand, however, that we humans need names to differentiate each other, and your guides will give you a name if you ask for one. The best way to do this is to enter into an expanded state of consciousness, just as you will be guided to do on these recordings. Invite your guide to merge their energy field with yours. Then, rather than asking them, "What is your name?" ask them "What shall I call you?" Take note of the first name that comes to mind.

If you are like most people, you may feel that you made up the name you heard. Now is the time to ask for a validation. Silently state, "If this is the name you wish me to call you, I would like some kind of sign in the next week referencing that name."

Thank your guide and return to full waking consciousness. There is no need to actively look for this name to appear in your life. Your guides have likely chosen a name because they know

you will encounter it shortly. Simply remain alert, and in most cases, the name will pop up in some magical way within the next seven days.

After Sanaya gave me their name, I went to Google and learned it is a Sanskrit name meaning, “eminent, distinguished, and of the gods.” It also means “one worth knowing.” Rather appropriate for a Team that has provided so much wisdom over the years, don’t you agree? Several years later I learned that Sanaya is also an Arabic girl’s name meaning “flash of lightning.” This meaning is so appropriate that it leaves me breathless, for it was a flash of lightning that sent my stepdaughter, Susan, across the veil and propelled me down the path I’m on.

Even if your guides give you a simple name like Boris, who is my main spirit guide, smile and be grateful. Trust that they know what they’re doing.

How can you trust the guidance you receive from your Team? Sanaya says:

Where do you meet your guides and higher self? In the heart, not in the head. In the head resides the voice that says, “This is

my imagination.” In the heart is where you feel a connection and have a sense of knowing. The voice you hear in the heart will always be supportive and loving, not filled with doubt. If you feel the doubt, breathe deeply and allow all doubt to flow out through your fingers and toes. Return your awareness to the heart with the clear intention of reconnecting to your Source. The connection is always there, but you may drop the call when you get into the head and allow fears and doubts to prevail. Peace resides in the heart, right next to knowing.

I made my acquaintance with Boris after I had already begun connecting with loved ones across the veil as a medium. Boris had been with me all along, of course (because your main spirit guide is with you from birth), but my belief system at that time did not include the existence of guides.

Thankfully, Boris was persistent. He kept making my lip twitch during my readings every time I hesitated to deliver from a spirit person some information that I didn't trust. This got my attention, because try as I might, I couldn't create the strange tic at will. Soon the twitch was accompanied by unspoken words such as, "Say it!" and I began to act on that guidance. Every time I did so, my readings turned out to be far more accurate and healing.

I came to understand that Boris is always present during readings. Even so, he made it clear that guides only play a support role in mediumship. It is the medium's job to connect directly with the spirit people instead of working through their guides. In this way, the medium can better sense the spirit person's personality, character traits, and any other information they wish to share with their loved ones.

It is always best to receive information first-hand. If, however, you get stuck and are not sensing something clearly, your mediumship guide may step in to help. On the rare occasions when I call upon Boris in the middle of a reading, he will give me a few bits of information about the spirit who is present. I will pass this on to my client, and once they validate the accuracy of this information, I can usually pick up more details directly from the spirit.

Some of the best ways your mediumship guide helps you with your connections take place behind the scenes before, during, and after a reading. Your guide knows how you work. They know your strengths, your weaknesses, and how you process information. They will meet with the loved ones of your client before you sit with them and brief the spirits on how best to work with you through your consciousness. This way, once the read-

ing begins, your guide can step back and allow you to merge your energy field with the spirit for the most direct experience.

Use your guide during a reading to make note of any information that may prove helpful in future sessions. For example, you may sense a spirit making the motion of drawing something on their arm. You discern this as their attempt to show you that they had a special tattoo (Perhaps you'll then push yourself to see what the tattoo looks like and why they decided on that design).

When your client validates that their loved one did, indeed, have a special tattoo, this is the perfect time to ask your guide to add this item to your library of symbols. To do so, simply pause for a moment and silently say to your guide, "The next time a spirit comes to me who has a special tattoo, have them use that motion to let me know about it." This is the kind of information your guide will use when briefing a spirit in advance for your readings. Having a set of symbols that you and your guides have agreed upon will make your readings flow far more smoothly and easily.

Your guides can also prove to be quite helpful after a reading. No matter how well you feel you connected with a spirit or

spirits during a session, always take a few minutes to check in with your guides afterwards. Sit quietly and call them into your awareness. Thank them for their help during the session, and then ask, “How could that have gone better? What could I have done differently to better serve that spirit and my client?” Your guides are your greatest teachers. Take note of any insights you receive after asking questions of your guides, and you will come to realize how useful this practice is.

Creating the scripts

All of the recordings in the Hemi-Sync® *Mediumship* series are unique in that Sanaya has dictated the scripts. I used the same creative process for each:

- I set the intention of receiving the words for a guided meditation that will help you to achieve the greatest possible experience for the topic at hand.
- I wait until I receive a nudge that it is time to sit in meditation for this purpose.
- I listen to music with Hemi-Sync® tones and turn on my tape recorder.
- I enter into a state of deep meditation.
- When I become aware of Sanaya’s presence, I invite them to merge with my energy field and to dictate the words for the meditations.

- I transcribe the recorded words and send them to the Hemi-Sync® staff for review.
- Once approved, I record them in the studio.

Just as with the previous recordings that were prepared in this way, neither I nor the staff at Hemi-Sync® made any changes to the original words. I know this is because the guidance comes from the higher levels of reality, and guidance received from higher consciousness is almost always better than anything that originates at our human level of awareness. I am excited that you will experience the unique energy of these recordings for yourself.

Getting to Know Your Team

The first recording in this *Working with Your Guides* set is called **Getting to Know Your Team**.

In this meditation, Sanaya and I invite you to embark on a journey of imagination to meet the members of your spirit Team. Why use your imagination when so many people are afraid they are making up their experiences with the spirit world? Imagination is an excellent tool. It opens the door to a true merging and flow with higher levels of consciousness. It helps you to become centered, focused, and to remain con-

nected with levels of awareness beyond the normal human experience.

This meditation is guided as if spoken directly from your guides. Trust that because you set the intention to get to know your Team better, the words do indeed come from them.

One of the main goals of this meditation is to become familiar with the difference in what you sense when your team is closely present in your energetic field, and what you sense when they have stepped back. Each time you do this special exercise, you will be guided to experience merging with five members of your team, one at a time. I first experienced the difference in the feel of each of my guides during a meditation led by my friend and fellow medium, Susanne Wilson, in a spirit guide workshop she and I co-facilitated. I highly recommend you check out Susanne's book, *Soul Smart*. She offers comprehensive and easy-to-follow steps on connecting directly with your beloved spirit people, pets in spirit, and spirit guides, and it's always a great idea to check out a variety of teachers' tools.

In this **Getting to Know Your Team** meditation, your main spirit guide and your mediumship guide (who may or may not

be one and the same) are invited to participate each time you listen. As a result, you will develop a closer bond with them. What if you are using these meditations for connecting with the greater reality, but you have no intention of being a medium? Then you may not have a mediumship guide. That's okay. Notice and honor whoever makes their presence known to you along with your main spirit guide.

The other three guides who blend with your awareness may vary as you do this meditation. The variety will allow you to experience exactly what is needed in the moment and to ultimately meet all the members of your Team.

Keep in mind there is no right or wrong way to sense your guides. Your experience will be exactly right for you. You may see images or colors, hear words or sounds, sense physical changes in your body, or some combination of all of these. Rather than questioning what occurs, learn to flow with whatever arises, as it may differ each time. Your guides know what they're doing!

One of the greatest joys of realizing how close and accessible your guides are is realizing how helpful they can be. For that reason, you are given the opportunity in this exercise to ask a question

of your Team. You may find it helpful to prepare one in advance for your mediumship guide before beginning the meditation. Later in the same exercise, you are given time to ask a general question of whichever guide is best suited to help you with any issue you choose.

I recommend that after you finish the meditation you write down whatever you sensed and any answers you discerned. If no answers come during the meditation, do not feel that you failed. Because you asked so clearly, the answer will come in just the right way and at just the right time to serve the greater good. Trust!

Increasing the Connection

The second recording in this set is called **Increasing the Connection**. Each human's life follows a story line that grows and changes based on one's experiences, choices, and belief system. If you have doubts or fears about the spirit world, such thoughts can block your awareness of your team of spirit guides. This second exercise is designed to identify and clear any beliefs that may get in the way of you enjoying a clear connection across the veil.

To achieve a focused and expanded state of awareness, this meditation utilizes my seven-step BLESS ME Method, which I introduced in the first two sets of this *Mediumship* series (*The Training Ground* and *Building the Power*). The seven steps flow seamlessly from one to the other, with the letters of the BLESS ME acronym representing the words Breathe, Lift, Expand, Surrender, Shift, Merge, and Experience. For more details on the BLESS ME Method, please read the booklet that accompanies either of the previous two sets.

Once you have entered into an expanded state of awareness, you are guided to silently repeat a series of affirmations which I speak aloud on the recording. By repeating these affirmations in this altered state, you are naturally bypassing your conscious mind. In this way, you are more easily imprinting these positive suggestions onto your conscious mind, where they will quickly become part of your belief system.

Repeat this exercise regularly. It takes most humans about three weeks to replace habitual thoughts with new ones. Continue working with these affirmations until you know in your heart that each phrase accurately represents your new belief system.

At the end of the affirmations phase of the exercise, you are

given the chance to ask your guides the very useful question, “What is it I need to know now?” Sit in an alert, yet passive state of non-expectation and receive whatever comes to you. If you discern a suggestion that feels beneficial, act on it when you come out of meditation. If you experience something positive as a result, continue this practice. In this way, you will come to trust the guidance you receive from your Team. As stated above, if you hear or sense nothing, then simply use this time in the meditation to train your mind. This peaceful, receptive state is the optimal state for working as a medium.

Communing with your guides

The third recording in this set is called **Communing with Your Guides**. This free-flow meditation is provided to allow you time to spend in communion with your guides for whatever insights and guidance is needed in the moment. Once again I guide you through the BLESS ME Method to help you attain an expanded state of awareness. I then ask you to follow along with me as you issue an open-ended invitation to your guides to facilitate an experience that will further your soul’s journey.

The music fades to a soft, airy sound known as “pink noise.” Even without the music, the Hemi-Sync® tones continue to help you maintain your experience of expanded awareness. Re-

main in communion with your guides for as long as you intuitively feel guided do so. You can return to normal waking awareness at any time during the recording or stay in this state until the meditation ends. As always, there is no right or wrong way to do this exercise.

Each of these tracks is a stand-alone experience. Optimally, the first time through you will listen to the three meditations in the order described above. To get in the habit of working with your guides, which is the whole point of these recordings, after you have experienced each of them once, why not ask your Team, “Which track should we listen to now?” As Sanaya stated earlier, much of the guidance we receive from higher consciousness comes in the form of helpful information and messages that can only be validated in one place: in the heart. It is this heart-to-heart, soul-to-soul link that you will learn to develop and expand by using these recordings.

I sincerely hope that by making these meditations part of your regular spiritual practice, not only will your mediumship improve, but you will come to know how very loved you are.

In conclusion

I leave you with these words from Sanaya:

Your guides have never left your side, it is true. And there is a Force, a Source, a Be-ing that has never left OUR side, for there is a hierarchy, as you would understand it. Yet, at the same time, there is a oneness to all of Life. This flow, this Force, this Source, this energy, this Be-ing, this knowing, is Love ... is lov-ing, and because it is a flow that never ceases, never ends, never dies, flows through all and IS all, it is YOU.

Do you feel the flow in our words? Do you feel the flow in your veins? Do you feel the flow in your knowing and in your very BE-ing? You cannot escape it. It has never left your being, just as your guides have never left your side, nor could they, for we and they are all part of That, as of course are you. May you find and take comfort in this knowing and in this be-ing and in this lov-ing, and may you flow with it and grow with it and sow with it ... Love.

With many blessings,
Suzanne Giesemann

For more of Sanaya's wisdom, visit www.SuzanneGiesemann.com and browse the many gifts under the menu item "Sanaya/Blog."

