

Hemi Sync®


SPIRITUAL GROWTH

MEDIUMSHIP: MAKING THE CONNECTION

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

MEDIUMSHIP:

MAKING THE CONNECTION

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In collaboration with Hemi-Sync®

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Introduction

Welcome to *Making the Connection*, the fourth installment in the Hemi-Sync® **Mediumship** series.

The first three recordings in the series were designed to bring you to this phase in your ability to connect with Higher Consciousness.

The Training Ground helps one to easily enter an expanded state of awareness or to experience deeper meditation. Regularly engaging in these practices results in the ability to recognize when one is in an expanded state (usually associated with alpha brainwaves) or the deeper theta brain-wave state, and to experience each at will. This skill is vital when practicing mediumship, as the best connections happen when one is in an altered state from normal waking consciousness.

Building the Power assists the listener in raising the vibration of their energy field. Those in the spirit world can see the energetic signature—or light—radiated by souls in a physical body. The brighter that light shines, the easier it is for those in the higher vibratory realms to connect with physical beings.

Working with Your Guides provides powerful practices to improve one's connection with our unseen helpers in the spirit world. The best connections across the veil occur when a medium communicates directly with a sitter's loved ones, but guides are useful on many occasions. They serve as a medium's teacher before and after a reading. They act as a gate-keeper and assist those across the veil in understanding the best way to work with you, the medium. They help us to know we are not alone, and they support us in all of our endeavors.

With these three recordings to augment your practice and turn up your light, you are well prepared to now make the connection.

Making the connection with whom?

A medium helps reunite people with their loved ones who have crossed the veil. (To clarify: a psychic attunes to the energy of people living in the earth realm. This series is specifically focused on mediumship and connecting with the higher realms).

Working as a medium does not end at the astral realm, which is where we meet those who have recently left their physical bodies. Once you learn the basic process of shifting your focus from being a human in a physical body to being the limitless light-being that you are, you have opened the portal to all possible realms.

You are far more than a body. While in physical form, you are a blended being—a merging of your soul’s energy/light, and the physical body you have chosen to inhabit, which has its own consciousness. The two are both united and separate at the same time. You and your body are expressions of a greater being you may wish to call a “light-being” or your Higher Self. Your body, your soul, and your light-being state are like nested dolls, which ultimately are expressions of Source, of the Light that flows through all that is.

Because you, the soul, are an extension of this unified, universal Light, depending upon the level of consciousness you achieve while in human form, you can potentially connect with any level of consciousness. The three keys to making the connection are:

—The belief that the spirit world exists, is readily accessible, and that you can connect with those in it.

—The alignment of your energy field with your true nature, which is Love (The *Building the Power* recordings are designed to assist you with achieving this higher vibrational alignment).

—Shifting your focus from this human reality to alternate realities/states of awareness.

While living your human life, you may desire and benefit from making the connection with beings at various levels of vibration, which include:

—Loved ones who have passed, both others' and your own.

—Beings beyond the human perceptual reality, including archetypal beings.

—Spirit guides (the booklet that accompanies the *Working with Your Guides* recordings details some of the many reasons one might wish to connect with guides).

—Light-beings at the “master” level, such as Jesus, Buddha, and archangels.

—Source, Itself.

Connecting with others’ loved ones who have passed
Mediumship is all about showing that consciousness continues after the transition we call “death.” Connecting with others’ loved ones and providing their messages backed with evidence that you are truly connecting with these disembodied souls is the goal of an evidential medium. The guided meditations in this set use the metaphor of shifting gears in a car to shift your focus and awareness from the physical realm to the astral realm to experience connecting with discarnate beings.

Connecting with your own loved ones who have passed

The same methods that a medium uses to connect with others' loved ones can be used to communicate with our own family and friends across the veil.

Dealing with expectations

The spirit world is not some far-off place. It is a realm that interpenetrates our own, but our human brains act as a filter, blocking us in normal waking consciousness to the presence in this alternate reality. Those in the spirit world are quite aware of us and often try to get our attention. Making the connection from our dimension requires raising our vibration as they lower theirs and we “meet in the middle” (frequency-wise).

It's important to approach the practice of making the connection across the veil with high hopes, but with the awareness that if connecting across the veil were meant to happen regularly, all of us would enjoy such a connection regularly. I and every medium I know will tell you that the signal with discarnate souls varies from day to day and soul to soul. Even professional mediums do not have instant access to our own family members. These connections happen

through intention, through commitment to raising our vibration, and also by grace. Do not give up. Each soul is different. Trust that your results are exactly as they are meant to be, and do not compare yourself with anyone else. When you do sense higher beings, at times the “signal” is crystal clear, and at other times the messages, images, and sensations are so subtle you may question what is received. As always, tune in to your heart, trust, and ask for signs in the coming days to validate what you perceived.

How the guidance for this *Making the Connection* recording came about

The best results for any endeavor come about when we rise above our limited human selves and tap into Higher Consciousness. As with all previous recordings in this series, I did exactly that when asked to produce the script for this set of meditations.

I entered a state of deep meditation, turned on my recorder, and invited Sanaya—my team of guides—to provide me the material which would be used for anyone using these practices. When I felt Sanaya’s presence, I invited them to speak through me, and I recorded the words as they came

to me. The script of the narrative you will enjoy here flowed easily.

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. Because the guidance comes directly from the higher realms, you are likely to experience this higher vibration as you listen to the words.

The process

Just as in the other recordings in this Mediumship series, the exercises follow 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. There may be days when you need more time to raise your vibration than what is offered in these recordings. At any stage in the process you can pause and spend more time increasing your light, since raising your personal vibration as high as possible is critical to the process.

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 whatever level of Higher Consciousness you choose or Spirit guides you to access. 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

This non-guided stage can be spent practicing presence, but for the purposes of this recording, now is the time to actually make the connection with a sentient being in the non-physical world. This is a state of eager anticipation in which you need do nothing to make the initial connection. Your intention and attention make the connection happen.

How to use the recordings

These recordings are for training and experiential purposes and are not intended to be used during an actual reading. They will prove most beneficial when used to connect and interact with non-physical beings during your personal meditative practice. As you do so, work diligently to raise your awareness, using all of your physical and soul-senses. What do you see in your mind’s eye? What do you hear in your thoughts? What do you sense physically and emotion-

ally? What do you simply know that you were not aware of before you made this connection?

You may choose to allow the words on the spoken track to guide you, or you can use the mostly non-verbal second track to have more of a free-flow experience. The words, the intention with which they were created and spoken, the specially-chosen music on track one, and the addition of the Hemi-Sync® tones on both tracks 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 nudge. Optimally, you will use it regularly to strengthen your connection with Spirit and experience helpful, healing, and fulfilling adventures in consciousness.

When you make the connection with some expression of Higher Consciousness, be it a master, a guide, or a loved one, keep in mind that these are sentient, creative, loving, helpful beings just like you! Spend time listening, but by all means interact with them in your thoughts. There is no need to speak aloud. In fact, with experience, there's a good

chance you will discover that words are not necessary, and “knowing” will come in full bursts.

You can maintain a state of expanded awareness even with eyes open (such a practice is introduced in *The Training Ground* exercises). If you desire, you may choose to open your eyes and write what you hear and sense in these *Making the Connection* exercises as communication with Higher Consciousness takes place (Keep in mind that writing with eyes closed is a skill that can be learned). The more you relax into the experience, trust the practice, and literally “go with the flow,” the greater the ease with which you can connect and the more wondrous the experiences you can have.

If at any time you desire evidence that you are not simply imagining whatever connection you experience, ask those with whom you connect to send you a validation in the coming days. You can request a specific sign, if you wish, and your unseen helpers will happily comply. They love helping you to know that they are with you and that the connection is real. As you receive your signs, document these to build your faith in the process.

Most important of all, be sure to send a wave of love and gratitude to those across the veil who are helping you on this journey. They are as close as your breath and are simply waiting to make the connection with you.

With many blessings,
Suzanne Gieseemann

About Suzanne

Suzanne Gieseemann is the author of 13 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 best-selling author Dr. Wayne Dyer. Her 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 unseen 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.

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 video section of her website. With humor, insightful writing, and stunning photography, Ty chronicles their travels and adventures in his blog, 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.

