

The logo for Hemi Sync, featuring the words "Hemi" and "Sync" in a bold, sans-serif font, with a stylized circular symbol between them that resembles a sound wave or a signal icon.

Hemi Sync®

# Mediumship: *The Training Ground*

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

# **Mediumship:** *The Training Ground*

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## Introduction

Congratulations! You are about to take your connection with the greater reality to the next level. All of us have the ability to connect with loved ones who have passed, with guides, angels, the masters, and with Oneness itself, because we are part of that Oneness. At times this connection happens spontaneously, but it can also occur through heartfelt desire and intention.

As an evidential medium, I deliberately connect with those who have passed to the spirit world. We engage in active, intelligent, two-way communication. During our conversations, those on the other side share healing messages for loved ones who remain on the physical plane. They also provide verifiable details about their lives while they were here that I could not possibly know — the “evidential” aspect of evidential mediumship.

Can anyone be a medium? Yes, because we all have the same equipment — we have a soul. It is through the soul that we connect with all other souls, whether they be in physical form or not. The quality of that connection varies from person to person. Why? Because as long as we are attached to a body, our soul must express itself through that body. This vessel, this “instrument,” can either help or hinder the connection across the veil.

Some humans are born with the unhindered awareness of the presence of spirits. Their energy fields are perfectly tuned to perceive the higher vibrations of those in the spirit world. Mediumship is a natural ability for humans, but for some of us, this ability must be developed.

I am not what is known as a “born medium.” For most of my life I had no awareness of the greater reality. I was very by-the-book and left-brained, serving a full career as a U.S. Navy officer. I never sensed a spirit or believed I could do so. If anyone had told me I would one day be working as a medium, I would have laughed at them.

The unexpected death of my stepdaughter Susan in 2006 changed my life. She was six months pregnant when she was struck by lightning. Susan's passing led me to investigate if claims that consciousness survives death are true.

The week after Susan and her unborn son Liam passed, I began sitting in the silence each day. Until that time, I had never practiced any kind of meditation. My goal in doing so was to see if I could connect with Susan's spirit, if indeed there was such a thing as life after death.

After seven months of daily meditation, having had no personal contact with Susan, I took my husband to see a medium. The evidence provided by the medium during that session turned my world view upside-down. She told us things about Susan that left no doubt in our minds that Susan was present in the room with us.

The intense healing that this reading with a medium provided our family compelled me to let others know that mediumship is real. I went on to write several books about mediumship. One of those books required me to attend a class taught by medium Janet Nohavec. Janet unexpectedly called me to the front of the

classroom. She told me there was a spirit standing with her, and she instructed me to connect with that spirit myself.

Perhaps you can imagine my surprise when I closed my eyes and clearly discerned several details about the father of a young lady in the class. Not only did I correctly sense that he had died of cancer at age 70 and that he had worked as an engineer, but I heard him whisper “Twinkletoes,” a nickname given to him by his wife.

At first, I had no explanation for how I was able to perceive such evidential information. In retrospect, the reason was clear — I had been sitting in a state of expanded awareness daily for the past year and a half. When I closed my eyes to see if I could sense the spirit, I was instantly able to quiet my mind and tap into the higher vibrations of the spirit world.

That year and a half of meditating in hopes of connecting with Susan proved to be the training ground for experiencing altered states of consciousness. Once I discovered that the spirit world can be accessed by a very simple and natural shift in awareness, I began to train myself to enter various altered states at will. The result has been an ongoing upward spiral

of improvement with ever-increasing clarity.

Would you like to enjoy a clear and convincing connection with higher consciousness? Would you like to serve the spirit world and their loved ones on the physical plane to the very best of your ability? You can. The quality of that connection depends on what you put into it.

Mediumship can be likened to musical ability. The world is blessed with a few Mozarts, Bachs, and Beethovens. The rest of us need to practice our scales if we want to improve our skills. I'm no Mozart, so I practice my scales daily. If you would like to improve your connection with Spirit, this CD set will help you do that.

To connect with the spirit world, we must shift from normal waking consciousness to an altered state of awareness. The normal state in which I work is one of "expanded awareness." At times, a medium will also work in a state of deep meditation.

I designed the two CDs in this set to help you experience each of these states. By doing so repeatedly, you will come to know and recognize the difference between normal waking conscious-

ness, expanded awareness, and deep meditation, and to quickly enter the desired state at will. Rather than wishing and hoping that you can achieve a certain state of awareness, these CDs provide a systematic training ground for mediumship.

One of the keys to being a clear channel for those in spirit is achieving coherence of mind, body, and spirit energies. The addition of Hemi-Sync® tones to the music allows the two hemispheres of your brain to come into rapid synchronization. This makes it easier for you to achieve the desired expanded states during your exercise periods.

Does this kind of training really work? Absolutely. I have had the privilege of being tested as a medium by several respected research scientists in different laboratories in the United States. During one such session, the researcher fitted me with a brainwave measuring skull cap with numerous electrical leads connected to a computer.

As he was hooking up the nest of wires, I set the intention of entering a state of expanded awareness before being instructed to do so. Following the established protocol that I include on these CDs, I self-induced the familiar state I use

when working as a medium. As I did so, the scientist turned to me and asked with surprise, “Are you an experienced meditator?”

I did not know how to answer him. In terms of years of practice, I knew that there were many people who had been meditating decades longer than I had. Thanks to my focused training, however, I had learned to enter expanded states of awareness at will quite easily. For that reason, I shrugged and replied, “I suppose I am. Why do you ask?”

He shook his head as he stared at his computer screen and replied, “We haven’t even started our experiments yet, and you’re already producing some very coherent alpha waves.”

For one who strives to obtain evidence, this comment provided validation of the value of training the mind and body to become coherent. Alpha waves are the signature of a state of expanded awareness. Theta waves are produced in deep meditation, and these appeared on the screen later in that laboratory session when I was asked to tune in to specific aspects of higher consciousness.

If your goal is to be the best medium possible, to serve to the utmost of your ability as the voice for those who no longer have a physical voice, then these CDs will most definitely help you achieve that. You control the “instrument,” and these tracks with Hemi-Sync® overlays are your “scales” for improving your skills.

#### **How the CDs are designed**

This set consists of two CDs with two tracks on each disc. The four tracks contain specially chosen music composed by Christopher Lloyd Clarke. All are overlaid with the precise Hemi-Sync® tones that will assist you in easily achieving the desired states of awareness for each track.

#### **CD 1: Expanded Awareness**

This CD is designed to help you experience a state of expanded awareness. It allows you to slow down your brainwaves from the waking state of beta brainwaves to the alpha brainwaves associated with a light meditative state. Those in the spirit world are far more able to impress your consciousness with meaningful images, sounds, words, thoughts, emotions, scents, smells, and intuitive feelings when you are in this state than when you are in normal waking consciousness.

In the first track of CD 1, I guide you step by step from waking awareness to expanded awareness. Once you become familiar with how expanded awareness feels and how to achieve this state through intention, Track 2 allows you the opportunity to enter the expanded awareness state without guided instruction for as little or long a period of time as you desire.

#### **CD 2: Deep Meditation**

In the first track of CD 2, I guide you incrementally from waking awareness to a state of deep meditation. This allows your brain to slow down enough to produce the theta waves that provide an even greater connection with those in spirit. This is the optimum state for trance mediumship or channeling.

It is not necessary or even advised to maintain a state of deep awareness when interacting with a client during a traditional (non-trance) medium session. However, the ability to generate theta waves during a reading can result in such a pure merging of souls that the medium is able to directly channel a spirit's thoughts, words, and mannerisms.

During a reading, a medium shifts back and forth from normal waking consciousness to expanded awareness and deep medita-

tive states. These CDs are designed to train you to identify your current state of awareness and to shift back and forth at will.

In the first track of CD 2, I guide you to experience both altered states, noticing specifically how each state feels and the difference between the two. I allow you to practice maintaining these expanded states with eyes open or closed, a valuable skill for any medium.

As in CD 1, once you become familiar with how deep meditation feels and how to achieve this state through intention, Track 2 of CD 2 allows you to practice what you have learned without verbal guidance. Track 2 contains the same music and Hemi-Sync® tones as Track 1, providing the optimum opportunity for free-flow application of these vital mediumistic skills.

#### **The BLESS ME Method**

Each of the guided tracks utilizes my BLESS ME Method of connecting to higher consciousness. I developed this seven-step process to assist in accessing higher states rapidly and with greater focus. It can be used quite effectively for your regular meditative process as well as a preparatory process for doing a reading. 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.

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 tracks so that you flow quite naturally from one step to the next. Below is a general description of each step. The two guided tracks in this CD set apply the seven steps slightly differently on each track, providing you with an example of how to tailor the process for a specific intention.

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

#### **B: Breathe**

Taking several slow, deep breaths automatically begins to slow the 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**

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. Affirma-

tions, prayer, positive imagery and the like are excellent ways to LIFT your consciousness during this stage.

**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 critical step 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. In these CDs, I use the verbal command, “Shift.” Using the power of intention and belief, the shift occurs.

**M: Merge**

Through intention, merge your energy field as a soul with that of any other being of light that serves the greater

good in that moment. 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**

Spend as much time as you need to experience whatever is supposed to happen during this final and most expanded state of the process. This is the time to practice quieting the mind. Alternatively, it is the optimum state for asking for insight and guidance from Higher Consciousness. It is a state of anticipation in which you need do nothing. Simply remain aware of whatever you are experiencing and allow Spirit to flow.

**How to Use the CDs**

There are no “shoulds” or “musts” on the path to being a medium. You are exactly where you are supposed to be in every moment, as your path unfolds perfectly. With that in mind, allow Spirit to guide you regarding how you train with the CDs. You may choose to listen solely to Track 1 on CD 1 for several days or several weeks until you feel you are ready to progress to Track 1 on CD 2. You may alternate between CD 1 and CD 2 immediately. You may feel inspired to use the guided medi-

tations only a few times until you decide to develop your own method using the non-verbal tracks.

To receive the optimum benefits from the guided meditations, set aside the time to listen to the respective tracks from start to finish. The non-verbal tracks allow you to experience the expanded state of awareness and the deep meditation for the full length of the track or for whatever amount of time you have available.

Regardless of whether you use the verbal or non-verbal tracks, the final “*Experience*” stage of the BLESS ME Method is the most crucial for your work as a medium. Use this time to interact with higher consciousness by asking questions and listening for the answers. Use it to train your mind to be still. Use it to achieve greater awareness of who you are and why you are here.

A regular, if not daily, practice of these exercises holds the potential to transform your life. Your dedication and commitment to training yourself to enter these alternate states of awareness will provide a solid foundation for your work as a medium. The practice also opens you to the possibility of adventures in consciousness beyond your imagining.

Be aware that you may not experience spiritually transformative experiences each time you sit in the silence. There may be days when you feel that nothing has happened at all. Remember: this is the training ground. Trust that Spirit knows what you need in every moment, and enjoy the journey.

#### **About Suzanne Gieseemann**

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 best-selling author Dr. Wayne Dyer. She is a member of the Advisory Council of the Academy for Spiritual and Consciousness Studies along with such notable leaders as Raymond Moody, M.D., Jean Houston, Ph.D., and Larry Dossey, M.D.

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](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. Always seeking balance between work and play, they spend much time in nature hiking and bicycling. Ty married a naval officer and not a medium, yet because of the 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 unique 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).

The story of 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).

