

# Mastering Meditation

SUZANNE  
GIESEMANN



Author and teacher of The Awakened Way

# MASTERING MEDITATION

SUZANNE GIESEMANN



Copyright © 2011 by Suzanne Giesemann  
Revised July 2019

All rights reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form or by any means (electronic, mechanical, photocopying, recording, or otherwise), without the prior written permission of both the copyright owner and the publisher of this book.

Published by One Mind Books, [www.OneMindBooks.com](http://www.OneMindBooks.com)

ALL RIGHTS RESERVED

**Also by Suzanne Giesemann:**

**Conquer Your Cravings**

**Living a Dream**

**It's Your Boat Too**

**The Priest and the Medium**

**Messages of Hope**

**Wolf's Message**

**Love Beyond Words**

**In the Silence**

**Still Right Here**

**Droplets of God**

**Co-Authored with Janet Nohavec:**

**Through the Darkness  
Where Two Worlds Meet**

# MASTERING MEDITATION

## GETTING STARTED

When I first wrote this booklet, I was fairly new to the practice of meditation. I enjoyed an evening with new friends who had spent more years studying and teaching religion and spirituality than I had spent breathing. When I learned that two of the gentlemen present had been meditating for multiple *decades*, I felt like a piker. I silently asked myself, *Who am I to author a guide called “Mastering Meditation”?*

I went home and slept on that question. I woke up still feeling a bit unsettled and began to consider alternative titles. A pleasant meditation session before breakfast left me feeling more peaceful, then I headed out for a run. The repetitive motion of putting one foot in front of the other allowed my mind to slow as it does while meditating, and it was out there on the trail that I received the answer to my question:

*The amount of time one spends in meditation is not what matters ... not the length of each session, or the number of years one has been practicing. What matters are the positive changes one reaps as a result of that practice.*

So, I did a quick review of my life before I began meditating daily compared with my life now. Was there a difference? Well, let's see... these days I take things in stride—good or bad— without the mood swings that used to dictate my days. I have far more patience, and I no longer stress about the future, knowing that everything is in perfect order right now. I feel tremendous love for everyone, friend, and foe alike, often to the point of overflowing. Amazing synchronicities are a near-daily occurrence, and I intuitively know things before they happen. And ... oh yes ... I talk to people's loved ones on the Other Side.

In short, my life now that I meditate reflects nothing short of a total transformation.

Can I honestly attribute all of these changes to simply sitting in the silence for a few minutes each day? Without a doubt ... especially since I made it a habit to start each meditation session with a simple request for God to *transform my life*.

People think it's kind of unusual for a former Navy Commander to now be a practicing medium, and I would have to agree with them. I never expected to be doing the work I do. The death of my stepdaughter Susan in June of 2006 led me searching for evidence of an after-life. I somehow knew that if Susan's spirit had survived the bolt out of the blue that took her life, meditation was the key to connecting with her. Happily, I was right. I have had many personal encounters with Susan that let me know first-hand that she is not gone forever. The other fringe benefits of meditation are icing on the cake.

That cake is multi-layered and mighty sweet. I've focused on my story so far, but let's shift gears now and talk about you. Why should you make time each day to meditate, and what can you expect if you do?

## THE BENEFITS

The physical and mental benefits of meditation are well researched and documented. Regular periods of sitting in silence are known to **REDUCE STRESS**. Meditation is excellent for lowering anxiety and your blood pressure along with it. People who meditate suffer less from headaches and enjoy enhanced immunity to illness. A friend of mine who meditates regularly convinced her husband to join her. She was stunned by the unexpected changes in his behavior, and reported that 1) his temper had subsided, 2) he doesn't "trigger" as easily, and 3) he now thinks more often before he speaks.

Sounds like meditation could put marriage counselors out of business.

As for the metaphysical reasons for meditating, sitting in silence is the key to **GETTING TO KNOW YOUR SELF**. You may look in the mirror every day. You may know every line and curve you see there, but do you really know the real you? I'm talking about the "you" that doesn't change with time ... the you you're stuck with from now until eternity. If you don't know this side of yourself, meditation is the way to not simply become acquainted, but to become best friends.

You may have heard talk of a lower self and a higher self. You have both. The voice you hear most often belongs to your lower self. This part of you can be quite valuable. It helps you get along in the physical world, but it's not always the most loving voice in the world. The higher self, however, is nothing but love. As my guides Sanaya told me once in a little rhyme they shared with me in meditation:

*Your higher self—*

*That which spirit you call*

*Is connected supremely*

*With the Source of it All.*

Your higher self has always been with you, but it's almost impossible to hear the higher self's voice through all the chatter in your busy brain. That's where meditation comes in. By sitting



in awareness of who you really are—not just some limited creature walking around in a skin suit, but a limitless spirit-being now and forever that is inseparably linked with your Creator.

As this awareness of your true nature increases, so does your **SENSE OF CONNECTEDNESS WITH ALL THAT IS**. You recognize what the common essence of all living things is because you discover it there inside yourself. That common essence is Love and you come to know that *you are that*. Call it God if you will. This knowledge can't help but **BRING MORE PEACE AND HAPPINESS** into your life as you experience real, unconditional love for yourself and others.

In short, it can't help but **TRANSFORM YOUR LIFE**.

Having established an improved connection with a higher power through meditation, you'll find that your **INTUITION GREATLY EXPANDS**. When focused solely on the material world, it's far too easy to rely completely on the five physical senses for guidance. These can often lead you astray. Intuition is your most reliable sense—one that animals use daily to keep them out of danger. Unfortunately, we humans too often fail to give intuition the prominent position it deserves in our lives.

You not only have your higher self and intuition to guide you, but there are some pretty helpful souls who've made it their sole task to take care of you. Call them what you like: spirit guides ... guardian angels ... Fred and Ethel. All I know is that these unseen helpers are real, and through meditation you can get to know them and ask them for **GUIDANCE**.

With my military background, I did my best to deny the existence of spirit guides and angels for as long as I could, but a few years of meditation left me with no choice but to accept their reality and allow them into my belief system. How can I deny that these loving spirits exist when they whisper in my ear things I have no way of knowing about a client sitting across from me? How can I deny they exist after they dictated over 365 inspirational poems to me in the course of a year, each one coming to me during meditation, in mere minutes of sitting with my eyes closed?

I've come to know these guides so well that my friends and I now refer to them by name. No, we don't call them Fred and Ethel. I was only kidding about that. My personal guides go by the much more serious spiritual names of Boris and Sally. Seriously. That's what they told me to call them once I asked. To be truthful, I wouldn't have chosen those particular names for a spirit-person, but they told me I wouldn't have believed them if they gave me more "ethereal" names like *Argonauticus* or *Serendiferous*. And they were right. As they reminded me in meditation, names are only important to us here on earth. On the other side they recognize each other by personal vibration ... by their light.

So, if I wanted to call my guides Fred and Ethel, I honestly don't think they'd mind. I think they're just happy I finally got around to acknowledging them. Now they not only give me beautiful poems, but I receive meaningful messages in prose when I meditate from my group

of guides named Sanaya. Here is one of their messages with a beautiful summary of the benefits of meditation:

*Never forget who you are. You are not your name. You are not the face that people recognize. You are not a butcher, a baker, or a candlestick maker. All of these titles mean nothing and actually hold you back from realizing the real you. The real you is eternal. The real you has no artificial boundaries and identities. The real you is a vibration in time and space creating a ripple that interacts with all other ripples. The only difference between you and the other ripples is not your name, not your appearance, not what you have done or labeled yourself, but the quality of your personal vibration. That vibration is what continues into eternity.*

*You know only a limited spectrum of vibration whilst you assume the dense body, but that which is truly you vibrates so finely that you must expand beyond the physical to perceive it. This you can achieve through meditation. There you will taste the sweet nectar that requires no taste buds. There you will behold beauty beyond imagining that requires no eyes. There you will glimpse eternity.*

*Rise above the labels and the looks. Be that which you are—now—and see how your life changes.*

## GOING WITHIN

There are many types of meditation, such as Zen, Buddhist, Transcendental, Vipassana, and Japa, to name a few. These are all different means to the same end. That “end” is to achieve a different state of consciousness than your normal, waking state. That being said, what exactly is this thing called “consciousness”?

Consciousness is in every living thing, from one-celled organisms to plants, animals, and humans. It is *omnipresent*. Consciousness has no beginning and end. It is *eternal*. Quantum physics has proven that everything exists in a field of all possibilities until observed by consciousness, therefore consciousness is *creative*. Because it is the source of all awareness, consciousness is *all-knowing*.

We most often attribute these qualities to a power outside ourselves, but when you focus on your inner world and become aware of your “*I amness*,” you come to understand that these qualities belong to you as well. You, as an individual, are a *focus* of this greater Consciousness. In this physical dimension, we call that focus “Mary” or “John.” Take away the labels, the personalities, and the individual beliefs—something you can do in the practice of meditation—and there you find your true nature.



You may have heard the term that when meditating, one “goes within.” This begs the question: “Within *what?*” Many people think this means to go within the body—to center your attention on the center of your physical form. I disagree. While it’s helpful to focus on the heart area while meditating, I find that focusing on the body limits your consciousness to the confines of your body’s perimeter.

As a spirit-being here and now, you are limitless. Your consciousness doesn’t end at your outer layer of skin. It’s not confined within the contours of your body. Consciousness has no boundaries, and neither do you. “Going within” does not mean placing your focus on the center of your physical universe; it means going within the levels of consciousness which make up the Real You.

Consciousness appears limited because we are only aware of a small part of its vastness at any one time. Just as the light you see with your eyes is but a small segment of the electromagnetic spectrum, you only access a small segment of the spectrum of consciousness while in the waking state. You regularly experience other dimensions of consciousness when sleeping or dreaming, or when involved in some repetitive or hypnotic action, as I do when running. Can you remember a time when you drove from one point to another and suddenly couldn’t remember covering the distance? If so, you have experienced an altered state of consciousness. Luckily, while your conscious mind was focused on thoughts unrelated to driving, a higher consciousness kept your car from running off the road.

You can deliberately access altered states of consciousness beyond the dream state through meditation. It’s then—when you transcend the limitations of ordinary awareness—that you open yourself to higher levels of creativity, insight, inspiration, guidance, and wisdom. Some of the world’s greatest discoveries have come into being through dreams. Albert Einstein said that “No problem can be solved from the same level of consciousness that created it.” Imagine what kind of problems we could solve in this world and what kind of creativity could be unleashed if more people purposely accessed higher levels of consciousness on a regular basis.

Jesus was able to harness and use consciousness in ways considered miraculous, but it was he who said that we can do these things and more. Those who come to understand that we all contain this same essence are often referred to as “illuminated” or “enlightened,” but this awareness is not limited to a few select beings. It’s possible for all of us to enter into and experience the deeper states of consciousness that lead to an understanding of our essential oneness.

## MEDITATION AND BRAIN WAVES

Meditation is all about going beyond the normal waking state and realizing that there’s much more to this world than what you perceive with your five physical senses. Sitting in the

silence allows you to take your focus off of the physical world and attune to the different levels of consciousness that are always present and available to you.

Your brain is constantly active, but its activity level varies. With every task it performs, the brain emits a measurable frequency. Scientists have categorized the four most common states of consciousness as follows:

**Beta:** Normal wakefulness (the state you're in as you read this, unless my words have you nodding off). Frequency = 14 Hertz/Cycles per second

**Alpha:** Meditative state. Frequency = 8-13 Hz

**Theta:** Deep meditation and dreaming. Frequency = 4-7 Hz.

**Delta:** Deep sleep. Frequency = 0.5 - 3 Hz.

As you can see, your brain is at its fastest when you need it most: when fully awake. To experience altered states of consciousness, you need to slow things down a bit. You do this quite naturally each day when you slip away into dream land. You also spend limited time each day in Alpha state without even trying, depending on how boring or repetitive the task you're involved in is. To reap the benefits of meditation, however, it's the dedicated time you spend on deliberately slowing your brain waves to Alpha or Theta frequencies that produce results (you know, those little things like peace, love, and happiness ...)

So how do you do that? How do you slow down the brain?

## THE HOW-TO'S

What follow are the questions I'm most often asked in my workshops about the practice of meditation. The most important point I'd like to impress upon you is that there is no right way or wrong way to meditate. In spite of the variety of meditation styles available, if your intention is to sit silently and attune to Higher Consciousness, it's pretty hard to do that wrong.

**Question:** When is the best time of day to meditate?

**Answer:** Whatever time works best for you. The important thing is finding a time of day that fits your schedule so you'll stick with it. It's also pretty important that you be relatively alert

so you don't fall asleep when you close your eyes. Morning people would do best to meditate in the morning. Night owls might find it better to meditate at night. Personally, I prefer to meditate as soon as I get out of bed for the simple reason that once I get involved in anything, my brain kicks into high gear and I'm off and running. Again, the bottom line is what-ever works for you.

When practiced in earnest, the time you spend in silence will become your special, sacred time. To get to that point, I can't stress strongly enough how important it is that you make the decision to make meditation a priority in your life. Choose the time you're going to practice, then stick to it, even if that means setting your alarm a few minutes earlier than you do now. Keep in mind, though, that meditation should never be a chore. It should be something you look forward to each day. Be warned that once you start to feel the effects of meditating regularly, it may easily become the highlight of your day.

**Question: How long should I sit in meditation?**

**Answer:** It's not the quantity, but the quality of the time you spend *going within* that matters. If you sit in a chair with your eyes closed for 20 minutes just to put a check in the block that you did it, you're wasting your time. If you sit in that same chair for five minutes with the sincere intention of radiating your heart-felt gratitude to the Universe and feeling your oneness with God, you get a gold star.

Here's what my guides have to say about the subject:

*Are you dissatisfied with your life? What would you do to change it? "Anything," you say? What if we were to tell you that the change you desire would come about with the simple investment of five minutes out of each day? Would you be willing to invest five minutes to change your life? If so, then join us daily and sit quietly. Five minutes. That is all we ask ... five minutes on a regular basis of closing your eyes so as to close out the outer world and then focusing on your inner world.*

*Yes, or course your mind will want to chatter. Tell it you will be back in a few, but please be quiet for now. Concentrate on your slow breathing as a way of quieting your thoughts. This is the beginning. If you use these five minutes as a training ground to attune to All That Is, having the intention when you sit of getting to know yourself as the God-Force (Yes, a bold statement, we know, but how else will you transform your life?), then true change will begin.*

*Are you dissatisfied with your life? Begin to change it with five minutes a day. Every day.*

*Change will occur. It is the law of cause and effect. And if those five minutes become ten, then fifteen, then twenty, then we cannot be responsible for your transformation, for at that point you will truly begin to understand who you are, and you will finally take full responsibility for your life.*

### **Question: Where should I meditate?**

**Answer:** Anywhere that's quiet and free from interruptions. Indoors, outdoors, in a chapel, or in your bathroom—as long as it's quiet and private—it doesn't matter. Just do it.

Yes, it's romantic to watch a movie like “Eat, Pray, Love” and think about going to India for three months of meditating in an ashram, but there's no place like home. Surely there's some place in your home where you can sit quietly for a few minutes each day. You don't need fancy or exotic surroundings. Think about it: the whole point of meditation is to shut *out* the outer world, right? That's why it doesn't matter where you meditate, as long as you meditate.

Create a space that's yours alone. It could be something as simple as a chair in the corner of a guest room or even the laundry room, as long as it fits the “quiet and uninterrupted” rule. The first summer my husband Ty and I went around the country in our small RV, I didn't want to ask him to be quiet for half an hour every morning just so I could do my thing. What did I do? I sat in the car we towed behind the RV! It got a little chilly at times, but it was private.

My father used to say, “Wherever you are, here you are.” You can find peace wherever you are, for true peace lies within.

### **Question: Does it matter how I sit?**

**Answer:** Actually, you don't need to sit at all. It's perfectly fine to lie down if that's most comfortable ... as long as you can stay awake. The important thing is to keep your back straight so the energy that's constantly moving through your body (Life Force, chi, prana ...) has a clear path. While it's true that your back is straight when standing, it's too difficult to relax the body when on your feet, so lie flat, sit on the floor, or on a straight-backed chair.

If sitting on the floor, it's okay to cross your legs. If lying or sitting on a chair, keep both feet flat on the floor. As for your hands, put one on each thigh. It makes no real difference if they're palm-up or palm-down ... whatever's most comfortable. You may want to try linking

your thumb and a finger or two on each hand—a practice called “making a mudra.” If it helps, do it; if you find no difference, don’t.

**Question: I can’t quiet my mind long enough. What do I do?**

**Answer:** This is the most common question I hear. First of all, notice the use of that word “can’t.” As Henry Ford said, “If you think you can, you can, and if you think you can’t, you’re right!” You CAN quiet your mind. You simply may not be able to quiet it for as long as you’d like.

It’s hard to find a quiet moment these days, what with TVs and radios constantly blaring in the background all the time, cell phones ringing, emails popping up, to-do lists growing longer ... That’s why meditation is more important now than ever before. Meditation is a gift to yourself of a few minutes of blessed silence each day. The payoff is that those few minutes you spend with your Self will train your mind to be quiet at other times throughout the day. Answers to questions you ask in meditation are more likely to be heard outside of meditation when you learn to slow down your mind at will. (I highly recommend you turn off the TV and radio more often and learn to *enjoy* the silence).

Don’t be too hard on yourself if you find it difficult to settle down when you first start meditating. It’s hard to undo the body’s way of doing things, but it’s not impossible. One of my favorite ways to quiet my mind is by praying. It’s been said that prayer is talking to God and meditation is listening to God. The two go hand in hand, and nothing settles you down for meditation better than praying first. Here’s how my guide Sanaya taught me the importance of this:

*So many of you complain that you cannot quiet the mind. You wish to sit in the silence, and for this we applaud you. There is no greater way to know your true nature and to commune with your Source. But it is true—you cannot go within and sense your oneness with God whilst the ego is chattering away, trying so very hard to enforce its false sense of separation.*

*How to overcome this? Quite simple. Begin each period of meditation by chattering away from your heart and soul. You do call this “prayer.” Take a few breaths upon sitting with eyes closed, then spend as much time as you need talking to God and your guides and your angels. Share your desires and fears, of course, but most importantly, express your gratitude. Chatter on and on, asking for what you would like to have in your life, and giving thanks that it is on its way.*

*This period of focused, connected “chatter” will set the stage for the quiet period to follow. In this time of prayer you have made your connection with Your Maker. Now in communion, sit for a moment—or many moments—and simply “be.”*

*Can you think of a better way to spend your time?*

If I plan to meditate for 20 minutes, I can easily spend 10 of those praying at the beginning of the session. I’ve tried to enter straight into the silence, and my mind is all over the place. Happily, after 5-10 minutes of talking to Higher Consciousness, which includes my guides, all the chatter I brought into the space with me has been pushed into the background.

Starting your meditation session by praying is a great way to reinforce the reason you’re sitting (or lying) there in the first place. Pray silently or try praying aloud. I find that speaking softly aloud makes my connection and focus even stronger. With that in mind, here’s a great way to begin:

*“Oh God and my unseen helpers, as I sit here in communion with You and with the intention of knowing myself as part of You, may I be aware of your presence now and always in my life ...”*

*May I go forth today as the Spirit-being that I am, experiencing the fullness of all Life and living Life in all its fullness in return.*

*Today may I trust, relax, and see the perfection of Life as it is unfolding I see*

*Love in all things and radiate love at all times.*

*May I truly appreciate the oneness of all life and feel my connection with All That Is.*

*And today, as I go forth as Love, may I bring comfort and light wherever I go.”*

The spirit world reminds me again and again that they are standing by to help us, if we will only ask. This period of prayer is your time to ask, so ask away! It’s perfectly okay to write out your prayers, wishes, dreams, and all that you’re grateful for and to read these as you pray. You can set the paper down and close your eyes when you’re ready to be silent. My greatest word of advice is to not let your prayers become rote recitations. Always pray from the heart. If you use the prayer above, pause between each phrase and truly feel the words as you say them. If you find yourself taking the words of your prayer for granted, find new words. You’re talking with God and the spirit world here ... Make it a fresh, heart-felt conversation every day.

**Question: What if I fall asleep?**

**Answer:** This is a common consequence of slowing down the brain waves. You may find that you go right past alpha and theta state and straight into delta! Many people new to meditation face this challenge. Unintentional nap time will usually stop after a couple of weeks.

Otherwise, try sitting in a harder chair, use a mantra more often, choose a different time of day to meditate, and make sure you're getting enough sleep to begin with.

**Question: Should I listen to music or not?**

**Answer:** That's completely up to you. I recommend trying it both ways and alternating between the two every so often to shake things up a bit. Music that is specifically designed for meditation is terrific for helping to relax and slow down your brain waves. I have a series of meditation CDs produced with Hemi-Sync tones to aid in the meditative process. One of the keys to connecting with any aspect of higher consciousness, be that guides or your loved ones who have passed, 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.

For newcomers to meditation, the Hemi-Sync "Mediumship: The Training Ground" set I produced will help you to enter into an expanded state of meditation or deep meditation at will and to recognize the difference between the two. Please note that you don't have to be a medium to benefit from these meditations.

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 brain-wave measuring skull cap with numerous electrical leads connected to a comp

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.

For more information on these special recordings, please visit <https://suzannegiesemann.com/hemi-sync-mediumship-series/>

I also have several free meditations on my website at <https://suzannegiesemann.com/gifts-to-help-you-connect-with-spirit/>

If you don’t use music, it’s very important not to get uptight at the sounds around you. I remember when I first started meditating how irritated I became at every little noise, including the sound of a bird chirping outside my window. I realize now how absurd that was, since they put bird songs on meditation music. Now I simply sit in my quiet space and *allow* whatever’s going on outside that space to happen. Sit with the intention that external noises will only help you go deeper. Be alert to resistance, which causes unwanted tension, and allow distractions to *be*.

## THE “BLESS ME” METHOD

As stated earlier, there’s no right way or wrong way to meditate. You should experiment and find what works for you. When I decided to teach people how to connect with higher consciousness, including loved ones who have passed, I examined very carefully what I do when I make the connection. I distilled my process into seven distinct steps. What follows is my *BLESS ME Method for connecting with Higher Consciousness*.

“BLESS ME” is a memory device in which each of the seven letters represents a specific stage of this simple meditative process. Each step flows seamlessly from one to the next. 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.

Those I’ve shared it with like the process because it gives them a structure to follow, yet it’s not so rigid that it becomes rote. Try it. If you like it, use it. If you don’t, try something else. What matters is the intention you set in the first place, and that intention should al-



ways include discovering and connecting with your true Self, experiencing an expanded reality, and feeling your oneness with All That Is.

What follows is a general description of each step. You can find a video and instruction sheet on my Gifts Page: <https://suzannegiesemann.com/gifts-to-help-you-connect-with-spirit/>

### ELEMENTS OF THE “BLESS ME METHOD”:

#### **B: Breathe.**

Sit or lie down with your eyes closed. I like to begin my meditations by picturing myself sitting in a shaft of white light that connects me to the heavens and to the center of the earth.

Slow, deep breathing automatically begins to slow the brainwaves and induce a state of relaxation. Always breathe deeply, drawing the air down into the abdominal area. By exhaling a few seconds longer than you inhale, you will trigger the body’s relaxation response.

Take a minimum of three slow breaths, becoming more relaxed each time. Use intention and auto-suggestions to self-induce a highly relaxed state. After several breaths, do a full body scan and make sure you have released any remaining tension. As you move on to subsequent steps, simply continue breathing slowly and naturally.

#### **L: Lift**

With eyes closed and body still, utilize one or more mental tools, as desired, to raise your personal vibration. Flow from one to another until you feel a lift. Examples of tools include, but are not limited to:

- Bring to mind thoughts and/or images of someone or something that brings you joy and engenders feelings of love in your heart
- Bring to mind those things for which you are grateful (Gratitude is optimum for creating a coherent state)
- State positive affirmations
- Pray
- Visualize a scene that makes you feel good and then bring in all other senses to the scene (what do you hear, smell, taste, feel?)

- Clear your chakras
- Fill your aura with white light

The length of time you spend in this stage depends on how you were feeling when you began the meditation. If you felt out of sorts or “gunked up,” do not move on until you are feeling light and love-filled.

### **E: Expand**

Now that you are radiating higher vibrations, take in a deep breath. 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. After this audible exhalation, I like to silently affirm, “I am limitless!”

### **S: Surrender**

This is a short, simple step: 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 state 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.” Using the power of intention and belief, the shift occurs. Know that the result of this shift is that you have “moved” from one state of consciousness to another—the higher realms of spirit.

... ..

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**

If you become consciousness of another being merging with you in response to your request to “Come now,” notice the difference in your awareness. If you do sense someone, engage with them. Ask questions or simply remain passively receptive to whatever occurs.

Spend as much time as you need to experience whatever is supposed to happen during this final and most expanded state of the process. Sit in awareness of whatever you might perceive from Higher Consciousness, be that imagery, thoughts that are clearly not your own, or unusual sensations.

If you sense no other presence, this may simply be a period in which to practice quieting the mind. If you find it difficult to release all thought, it can be very helpful to use a mantra. A mantra doesn't have to be a long phrase that you memorize in Sanskrit. A simple word that makes you feel good is fine. Repeat this word in your mind over and over very slowly. Just like when you focus on your breathing, focus on the word, leaving enough space in between each repetition that your mind doesn't have a chance to get spooled up again. Words such as love, peace, joy, surrender, and God make excellent mantras.

Keep the silence between each repetition as long as you can handle it without allowing other thoughts to intrude, but don't push yourself. I find that 3-4 seconds is the most that busy folks can handle. So, your mantra chanting would go something like this:

“Love” ... (one thousand one, one thousand two, one thousand three, one thousand four)...  
“Love” ... (one thousand one, one thousand two, one thousand three, one thousand four)...  
“Love” ...

Note that the quotation marks above are only around the mantra. The “one thousand ones and twos” are included for illustrative purposes only! Don't count the seconds. Simply enjoy the silence. This is your training ground—those periods where your brain is completely one with beingness.

This is how you slow down your brain waves. This is where you experience other realities. It's also the place where one day, if you continue to set your intentions on this goal, you will experience an overwhelming fullness of love that will bring you to tears. In that moment (and hopefully many that follow), you will know that this is what people everywhere are searching for - and it's been right there inside you all along.

### Receiving Guidance

The “Experience” step is the optimum state for asking for insight and guidance from Higher Consciousness. Whether or not you sense a presence other than your own, trust that a higher aspect of consciousness will hear you. Ask a very specific question relating to an issue you are facing or regarding something that will help you on your life's journey. Remain open to whatever happens after you ask the question. Even if you sense nothing immediately in

response, because you have asked so clearly, you will likely receive an answer in the coming days, whether in meditation or while in normal waking consciousness.

Remain in the passive Experience stage for as long as you feel guided. When you are ready to return to full waking consciousness, do so with an expression of gratitude for what has been experienced.

### **DON'T EXPECT INSTANT TRANSFORMATION**

When I first started meditating, I was disappointed. I expected to hear booming voices in my head, to see etheric visions, to have a visit or two from loved ones on the other side, and see spectacular light shows behind my eyelids. When none of these happened within the first three weeks, I had a hard time not thinking that this whole meditation thing was a big waste of time.

Then I started noticing things ... little things like knowing where people were from or how they were feeling before they spoke. I noticed that I was reacting a bit more calmly to situations that used to get me spun up. I noticed that I was getting into the flow of life rather than swimming upstream. The only thing I could attribute all these changes to was the fact that I had added meditation to my daily routine.

You can expect changes in your life if you follow the steps in this guide. If you begin praying and listening to the Universe every day, how could you not transform your life? But change doesn't always come instantaneously. Sometimes it's so gradual that you don't notice until you find yourself thinking, acting, and reacting differently than you did in the past. Then again, I have also had those magical moments of interacting with Higher Consciousness that left me sobbing with bliss.

I recommend that you keep a journal of the changes you note in yourself and in your life once you start meditating regularly. It's easy to dismiss events as random occurrences, but by keeping a written record of the things that catch your attention, you'll start to see a pattern. This will keep you going if you think there's no real benefit to the time you're investing in meditation. Believe me, the benefits will make themselves known in subtle and sometimes not-so-subtle ways.

### **TO WRAP THINGS UP**

Meditation has gone mainstream, but it still has a bit of mystique, and maybe even a bit of stigma to it. I know that when I first began to meditate daily, I felt odd announcing to my husband, "I'm going to go meditate now." That was something other people did. Today, I

can't imagine *not* meditating and connecting with my Team in spirit. Meditation has transformed my life, exactly as I prayed it would do. It is my highest priority each day.

Meditation can do the same for you, but it takes dedication. It's hard to change habits, and if your daily routine doesn't currently include taking time for yourself for such a passive activity, you'll need to take this new habit seriously. Commitment is the key.

Through the regular practice of prayer, meditation, and contemplation, you can achieve the inner knowingness that an Intelligence far greater than your own flows through you. You—as a focus of this intelligent consciousness—are a co-creator with the great Artist of Life. You are given a blank, white canvas every moment on which to paint your reality. It's up to you what you put on that canvas.

What do you wish to create in your life? More peace? More love? More happiness? Your beliefs are your brushes; your desires are your paint. When you harness consciousness through regular periods of meditation, all of life can be your masterpiece. To experience those attributes that many spend a lifetime seeking, you need only focus your consciousness within. In doing so, you realize that what you have been outwardly seeking has been there inside you all along.

## Poem #299

*(Received non-stop during a state of expanded awareness)*

*Sitting quietly by a river,  
The leaves go floating by...  
This is how to still the brain  
And see with your mind's eye.*

*Meditation's not so difficult.  
Some make it harder than they must.  
It's a matter of simply sitting still  
And in the Spirit placing your trust.*

*Begin with some deep breathing.  
Follow the air as it does flow.*

*Then as your thoughts come to your mind  
Release them - let them go.*

*The brain will want to chatter.  
To stop it do not try.  
Acknowledge that it works for you,  
Then let the thoughts float by.*

*You may wish to choose a mantra -  
A word that brings you peace.  
Then say this word repeatedly,  
Quite slowly without cease.*

*It's in the silence of the gaps  
Between each word you say  
That you enter God's great kingdom  
And in His world do play.*

*"Be still and know that I am God."  
It's there that you will feel it.  
In the gaps between the words,  
God's presence He'll reveal it.*

*No words can match this feeling.  
It is different for each one.  
But once you taste the nectar  
To God's side you'll want to run.*

*But there's no need for rushing.  
God will walk with you each second.  
Long after you resume your day  
For His help you clearly beckoned.*

*Such an awakening is yours, my friend.  
Such gifts they do await.  
For taking time to sit in peace -  
For taking time to meditate.*

*In this way you show commitment.  
You set your priorities quite right.*

There are so many ways to grow with Suzanne ...

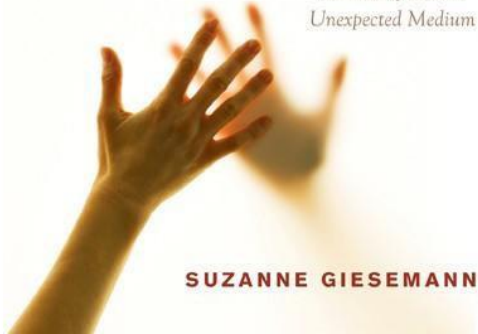
Whether you're seeking healing, inspiration, or just want to feel the love, here are some ideas of where to start!

- Read her books [Messages of Hope](#) , and [Still Right Here](#) which are filled with evidence of the afterlife.
- Continue your reading with [Wolf's Message](#). He left us proof that we are both human and spirit.
- Check out the amazing library of videos on her [YouTube Channel](#).
- Find out how to connect with those across the veil and to bring more peace and joy into your life with her online video courses, [Making the Connection](#) and [Personal Mediumship Plus](#). Grow spiritually with her [Let Your Spirit SOAR](#) , and [Your Emerging Soul](#) online courses.
- Join Suzanne for her [podcast, "Messages of Hope"](#). Enjoy the many podcasts in the archives.
- Join her for her interactive [Monthly Connection](#) webinar to share in the latest teachings and ask your questions.
- Read the wisdom from her guides "[Sanaya](#)". If they speak to you, [sign up](#) to get them in your inbox every day.
- Listen to the CD, [Journey of Remembrance to](#) take a divinely inspired journey with Sanaya and also practice the BLESS ME method of tuning into higher consciousness.
- Meditate to her Hemi-Sync CDs, [the Mediumship Series](#), to better connect with the spirit world.
- Check out the exciting classes and events on her [calendar](#). Suzanne would love to meet you in person.
- Increase your connection to the spirit world with her free [guided meditations](#).
- Join Suzanne's email list to get the [latest news and updates](#) . When you sign up, receive your gift of her e- guide "[Where Do I Begin?](#)" with a wonderful collection of resources.

READ SUZANNE GIESEMANN'S LATEST BOOKS, INCLUDING:

# MESSAGES OF HOPE

*The Metaphysical  
Memoir of a Most  
Unexpected Medium*



*The Metaphysical Memoir  
of a Most Unexpected Medium*

*“To finish this book and not believe in a spiritual world in which our loved ones continue to exist and watch over us is, in a word, impossible.” – William C. Hammond, author, A Matter of Honor*

Are there dimensions of existence beyond the material world? If so, can we connect with loved ones who have passed, and with higher levels of consciousness than our own? *Messages of Hope* is the page-turning story of a former skeptic who has found the answers to these questions and more through evidential communication with the unseen realms.

When Commander Suzanne Giesemann, former U.S Navy commanding officer and aide to the Chairman of the Joint Chiefs of Staff, walked the halls of the Pentagon and flew on Air Force One, she did everything by the book. A personal witness to the horrors of 9/11, she saw things in black and white, with little time for spiritual seeking. Never did she expect that a personal family tragedy would propel her on a mystical journey that would turn her life's path in a most unexpected direction.

Follow Suzanne—now a practicing psychic-medium—as she moves from doubt and disbelief to full faith and trust in a reality beyond the physical senses. Laced with spirit-inspired poetry and compelling answers to many of life's big questions, Suzanne's remarkable story will leave readers with the comforting and credible message that this life is not all there is.

[www.SuzanneGiesemann.com](http://www.SuzanneGiesemann.com)