

# Where do I begin?

YOUR PATH TO HOPE  
AND HEALING NOW

EDUCATE • EXPERIENCE • ENGAGE



*“What do you do when the world gets you down?  
You realize this is not the only world.  
This awareness makes all the difference in the world.”*

## IF YOU'RE FEELING LOST ...

I understand what it feels like to have the legs taken out from under you by a loss.

The death of my pregnant stepdaughter Susan at age 27 from a lightning strike devastated our family. My journey from Navy Commander, Commanding Officer, and Aide to the Chairman of the Joint Chiefs of Staff to my current work as a Messenger of Hope commenced at Susan's funeral.

Viewing her lifeless body provided an epiphany. I knew in that moment that the body is only a vessel that temporarily houses a much greater part of ourselves.

My search for that greater part and the subsequent discovery of the existence of an eternal, love-filled reality began with this pivotal realization. And with my left-brained background, nothing short of irrefutable evidence would have sufficed to convince me.

## GOT EVIDENCE?

My inner knowing was validated by an unexpected visit several years later from a young man nicknamed “Wolf” who passed the same way our Susan did.

A prophetic poem penned by Wolf the day before he was struck by lightning provided PROOF that we are souls. The drawing that accompanied his words leaves no doubt that the soul knows things about our earthly life that may not bubble up into human awareness\*.



\*Details are found in my book *Wolf's Message*

*Let me take you from an emptiness  
that can't be filled, to a  
fullness that can't be contained.*

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## THE AWAKENED WAY

Wolf's evidence-filled visit to me from across the veil led to an important message for all of us that can be summed up in three simple but transformational insights:

- You are not only human.
- You are part of one big web connecting all that is.
- You find healing and connection through expanded states of consciousness.

When you fully understand these truths, they will change your life.

My mission has changed from serving my country to serving those who are dealing with the pain of loss and those seeking a greater understanding of our true nature as beautiful expressions of one unified Mind. I help by providing a path that weaves its way from pain to hope to the certainty that we are part of a greater reality.

The Awakened Way of living that the three truths above embody leads to peace—not just at some elusive endpoint, but right here, right now, as you journey through life.

You may be wounded. You may feel broken. But it is my greatest honor to help you discover that you are a soul. And your soul is perfectly fine.

At the level of the soul, you are whole and complete.



*“Life is full of tests. They are not multiple choice.  
There is only one answer: Love.”*

## THE THREE E'S ARE THE KEYS

How do you bring this soul-awareness to the surface?

You follow what I call the 3 E's:

- **EDUCATE:** Learn all you can about who and what you really are.
- **EXPERIENCE:** It's amazing what you find when you quiet the mind. My goal is for you to discover for yourself that love never dies.
- **ENGAGE:** Realize you are not alone through direct mental interaction with others on both sides of the veil.

This guide is designed to help you do these things for yourself.



The 3 E's are not steps that you take in any one order. They are elements that mirror your life's journey: ever onward, ever upward in a spiral path of evolution.



# *"Where do I begin?"*

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## GET READY TO SAMPLE!

Whether you're new to teachings about the Greater Reality or well-versed in all things metaphysical, there's something here for you.



## DETAILED OFFERINGS

Browse through the next few pages for an all-inclusive list of the many helpful resources available under each of the categories from the Overview of Offerings page.



## SUGGESTED "PAIRINGS"

Continue scrolling to find suggestions for the best way to get started depending on your intention and interests.



# The Path to Hope & Healing

## OVERVIEW OF HELPFUL OFFERINGS FROM SUZANNE GIESEMANN

### BOOKS

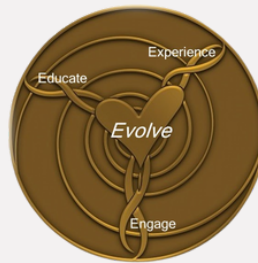
Pore over page-turning evidence that you are part of a greater reality.

### PRACTICES

Learn first-hand what you find when you quiet the mind.

### CLASSES

Dive in online or in person for practical tools and no-fluff teaching.



### DAILY INSPIRATION

Feed your soul with uplifting words received from the higher dimensions.

### PODCAST

Recharge your spirit with Suzanne's messages of hope and Q&As with her guides.

### YOUTUBE VIDEOS

Prepare to binge-watch once you hear the evidence & feel the love.

### INTERNET RESOURCES

Mine a treasury of FAQs, higher wisdom, and "Wows" from across the veil.

### WEBINARS

Gather insights & tools from Suzanne and those who assist her from the other side.

### HEMI-SYNC TOOLS

Experience meditation like never before with high-tech tones and higher guidance.

### SOCIAL MEDIA

Engage with like-minded souls on Suzanne's Facebook pages.



Individual offerings in each category follow ...



# Detailed Offerings\*

\* (ED)=EDUCATE (EX)=EXPERIENCE  
(EN)=ENGAGE

+ ITEMS IN PURPLE ARE OFFERED FREE OF CHARGE

## BOOKS

MESSAGES OF HOPE (1,2,3)\*\* (ED)

WOLF'S MESSAGE (1,2,3) (ED)

STILL RIGHT HERE (1,2) (ED)

THE PRIEST & THE MEDIUM (1,2) (ED)

DROPLETS OF GOD (1,2) (ED)

AWAKENING (4) (ED)+

MASTERING MEDITATION (4) (ED)



## DAILY INSPIRATION

DAILY WAY MESSAGES (ED/EN)

MESSAGES OF HOPE POEMS (4) (ED/EN)

LOVE BEYOND WORDS (BOOK) (1,2) (ED/EN)

IN THE SILENCE (BOOK) (1,2) (ED/EN)

SANAYA CHANNELING TRANSCRIPTS & VIDEOS (ED/EN)



## PODCAST

PODCAST - LIVE (ED)

PODCAST - ARCHIVES (ED)

\*\* 1=PAPER 2=KINDLE 3=AUDIBLE 4=EBOOKLET

[More ...](#)





# Detailed Offerings\*

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## PRACTICES

JOURNEY OF CONSCIOUSNESS MEDITATION (EX)

JOURNEY OF REMEMBRANCE MEDITATION (EX)

RADIANT HEART MEDITATION MEDITATION (EX/EN)

MAKING THE CONNECTION MEDITATION MEDITATION (EX/EN)

TEN MINUTE TRANSFORMATION CHAKRA CLEARING MEDITATION (EX/EN)

SIP OF THE DIVINE MEDITATION/PRACTICE (INSTRUCTIONAL VIDEO) (EX/EN)

BLESS ME METHOD MEDITATION/PRACTICE (INSTRUCTIONAL VIDEO)  
(EX/EN)

HEMI-SYNC TOOLS FOR AWAKENING SERIES (EX/EN)

HEMI-SYNC MEDIUMSHIP SERIES (EX/EN)



## CLASSES++

PERSONAL MEDIUMSHIP PLUS (ED/EX/EN)

MAKING THE CONNECTION (ED/EX/EN)

YOUR EMERGING SOUL (ED/EX/EN)

LET YOUR SPIRIT SOAR (ED/EX/EN)

SHIFT NETWORK CLASSES (ED/EX/EN)

HEMI-SYNC COURSE: MAKING THE CONNECTION (ED/EX/EN)

[More ...](#)

+ ALL CLASSES ARE AVAILABLE ON-DEMAND ONLINE, OTHERS IN PERSON







# Detailed Offerings\*

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## WEBINARS

THE MONTHLY CONNECTION (ED/EX/EN)  
THE MONTHLY CONNECTION ARCHIVES (ED/EX/EN)  
SHEDDING YOUR SKIN WORKSHOP (ED/EX/EN)  
AWAKENED LIVING WORKSHOP (ED/EX/EN)



## YOUTUBE VIDEOS

MESSAGES OF HOPE DOCUMENTARY (ED)  
BIG QUESTIONS, BIG ANSWERS (ED)  
MESSAGES OF HOPE PODCAST  
AFTERLIFE (ED)  
WORKSHOPS & PRESENTATIONS (ED)  
SPIRITUAL TOOLS (ED/EX/EN)  
CHANNELING WITH SUZANNE & SANAYA (ED/EN)  
GRATITUDE & INSPIRATION (ED/EX/EN)  
INTERVIEWS WITH SUZANNE (ED)  
MEDITATIONS (EX/EN)



## SOCIAL MEDIA

Facebook  
YouTube

More ...





# Detailed Offerings\*

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## HEMI-SYNC TOOLS

MASTERING MEDITATION: THE TRAINING GROUND (ED/EX/EN)

MASTERING MEDITATION: BUILDING THE POWER (ED/EX/EN)

MASTERING MEDITATION: WORKING WITH YOUR GUIDES (ED/EX/EN)

MASTERING MEDITATION: MAKING THE CONNECTION (ED/EX/EN)

TOOLS FOR AWAKENING: GETTING TO KNOW YOUR TRUE NATURE (ED/EX/EN)

TOOLS FOR AWAKENING: YOU, BEYOND YOUR STORY (ED/EX/EN)



## INTERNET RESOURCES

DAILY WAY MESSAGES (ED/EN)

BIG QUESTIONS, BIG ANSWERS PAGE (ED)

THE AWAKENED WAY EXPLAINED (ED)

SUZANNE'S INSPIRATIONS BLOG (ED)

More ...





# Suzanne's Suggestions\*

+ ITEMS IN PURPLE ARE OFFERED FREE OF CHARGE

NEW TO THE IDEA OF A GREATER REALITY?  
START HERE ...

[Messages of Hope Documentary Video](#)

[Messages of Hope Book](#)

[The Monthly Connection Live Webinars](#)

[Messages of Hope Podcast](#)

[Daily Way Messages](#)

[Awakening E-book](#)

[Mastering Meditation E-book](#)

[SIP of the Divine Meditation & Instructional Video](#)

[Ten Minute Transformation Chakra Clearing Meditation](#)

[Awakened Living Workshop](#)

[Love Beyond Words Book](#)

[In The Silence Book](#)

[Your Emerging Soul Workshop](#)

[Let Your Spirit SOAR Workshop](#)

[Personal Mediumship Plus Workshop](#)

[More ...](#)





# *Suzanne's Suggestions\**

+ ITEMS IN PURPLE ARE OFFERED FREE OF CHARGE

## ONGOING SUPPORT & CONNECTION

[Daily Way Messages](#)

[Facebook Community](#)

[Podcast & Archives](#)

[The Monthly Connection Live Webinars](#)

[The Monthly Connection Archives](#)

[Sanaya Channeling Transcripts & Videos](#)

[YouTube Videos](#)

[Shift Network Classes](#)

[In-Person Classes any/all](#)

## CREATING A DAILY PRACTICE

[Awakening E-Book](#)

[Mastering Meditation E-Book](#)

[Daily Way Messages](#)

[Ten Minute Transformation Meditation](#)

[SIP of the Divine Meditation & Instructional Video](#)

[Journey of Remembrance Meditation](#)

[Podcast & Archives](#)

[More ...](#)





# Suzanne's Suggestions\*

+ ITEMS IN PURPLE ARE OFFERED FREE OF CHARGE

## MEDITATION SAMPLER

Mastering Meditation E-book

SIP of the Divine Meditation and Instructional Video

Ten Minute Transformation Meditation / Recording

Radiant Heart Meditation / Recording

Awakening E-book

Making the Connection Meditation / Recording

Journey of Remembrance Meditation / Recording

Journey of Consciousness Meditation / Recording

BLESS ME Meditation Instructional Video/ Recording

Hemi-Sync Meditation Series: Tools for Mediumship & Tools for Awakening

## COMFORT MEASURES

Messages of Hope Documentary / Video

Messages of Hope Book

Still Right Here Book

The Monthly Connection Live Webinars

Podcast Archives

Making the Connection Meditation Recording

Awakening E-Book

Daily Way Messages

Sanaya Channeling Transcripts & Videos

Journey of Remembrance Meditation

Personal Mediumship Plus Class

More ...





# Suzanne's Suggestions\*

+ ITEMS IN PURPLE ARE OFFERED FREE OF CHARGE

## UNCERTAINTY & THE BIG LIFE QUESTIONS

[Wolf's Message Book](#)

[Podcast & Archives](#)

[Frequently Asked Questions on Website](#)

[YouTube Videos \(See suggestions on the last page\)](#)

[YouTube Q&As](#)

[Facebook Community](#)

## A DEEPER DIVE INTO AWAKENING

[Wolf's Message Book](#)

[Sanaya Channeling Transcripts & Videos](#)

[The Monthly Connection Webinar](#)

[Monthly Connection Archives](#)

[Journey of Remembrance Meditation](#)

[Podcast](#)

[Hemi-Sync Series of Meditations: Tools for Mediumship / Tools for Awakening](#)

[Personal Mediumship Plus Workshop](#)

[Any and all in person classes](#)

[Shift Network Classes](#)

[More ...](#)





# Suzanne's Suggestions\*

+ ITEMS IN PURPLE ARE OFFERED FREE OF CHARGE

## BEGINNING MEDIUMSHIP TRAINING

[Awakening E-book](#)

[Making the Connection Meditation](#)

[Ten Minute Transformation Meditation](#)

[SIP of the Divine Meditation & Instructional Video](#)

[Serving Spirit Level I Class](#)

[BLESS ME Meditation Instructional Video & Recording](#)

[Hemi-Sync "Mediumship" Course](#)

[Hemi-Sync Series of Meditations: Tools for Mediumship](#)

[Hemi-Sync Series of Meditations: Tools for Awakening](#)

[Live Monthly Mentoring Webinars & Mentoring Archives](#)

## FURTHER DEVELOPING MEDIUMSHIP SKILLS

[Ten Minute Transformation Meditation](#)

[SIP of the Divine Meditation & Instructional Video](#)

[BLESS ME Meditation & Instructional Video](#)

[Messages of Hope Book](#)

[Droplets of God Book](#)

[Priest & the Medium Book](#)

[Serving Spirit Level II Class](#)

[Journey of Remembrance Meditation](#)

[Next Level of Sacred Mediumship with Shift](#)

[More ...](#)





# Suzanne's Suggestions\*

+ ITEMS IN PURPLE ARE OFFERED FREE OF CHARGE

## VIDEOS TO ANSWER SPECIFIC QUESTIONS

(All can be found on YouTube by searching the following titles with "Suzanne Giesemann" in the search box.)

[What Our Loved Ones Are Doing In the Afterlife](#)

[You Can Talk to Your Deceased Loved Ones: Tips to Validate the Connection](#)

[Top Ten Questions People Ask About The Afterlife](#)

[Does Radiating Love Make a Difference?](#)

[Coronavirus and Beyond: How to find Peace in Tumultuous Times](#)

[How Those Who Die Give Us A Glimpse of the Afterlife](#)

[How Can I Best Make a Difference?](#)

[Is All of This Real?](#)

[Pets in the Afterlife? You Bet!](#)

[Why, Why, Why Do We Go Through Grief?](#)

[Your Place in the Cosmos Explained](#)

[How Can I Reconcile My Religion With My Belief in Mediumship and My Spirituality](#)

[When The Body Dies, Does The Soul Suffer?](#)

[Angels Are Real!](#)

[Do We Dissolve Into Nothingness?](#)

[Is Archangel Michael Real?](#)

[Channeling Explained](#)

[Angels, Spirit Guides & ET's, Oh My!](#)

[How Spirit Guides Communicate With Us](#)

[Are Crop Circles Real?](#)

[Who Created the Creator?](#)







# Will You Join Me?

TOGETHER, WE CAN FIND OUR WAY HOME



If you've read this far, it's probably because the tests of life have become a bit much. When we feel grief and sorrow or stress for any reason, finding center again often feels impossible. This simple guide can be your source for moving beyond suffering and pain.

I have helped millions of people find peace and tranquility by living The Awakened Way. The promises inherent in this way of living consciously are available to all of us if we are willing to take a few simple steps.

Where to start? Begin with this e-book and choose a path to follow. There are no musts or have-tos here, just effective, simple things you can do each day which will, with persistence, make your life better.

When we are wounded, broken-hearted, or overwhelmed by life, it is hard to imagine we can ever find peace again. And yet I've seen it happen countless times and I hear daily from people whose lives have been changed by this work.

I know these practices can work for you too. There really is a path to hope and healing now. AND when the challenging times are just a memory, I hope you'll stick around with all of us in this beautiful community of kindred spirits who know that peace, love, and joy are right here.

With love,

*Suzanne*