

# Suzanne Giesemann - Manifest Mediumship Excellence 2024

## What You'll Discover in These 10 Weeks

In this 10-week transformational intensive, Suzanne will guide you through the fundamental skills and competencies you'll need to experience a deep dive into the artistry of spirit connection.

### Module 1: Embodying the Higher Self More Fully to Build the Power You'll Need for Mediumship Excellence (March 6)



Suzanne will explain how you can turn up your personal power to boost your mediumship abilities.

She'll also stress understanding your Life Force that's flowing through you at all times. Your Life Force is what breathes *you*, and like your breath, it's dynamic.

Delve deep into how much of your soul's power you currently embody — and how much more you *could* be carrying and radiating in this physical incarnation.

In this session, you'll:

- Better understand the difference between **human self** and **soul**
- Discuss the concept of **embodying the higher self**
- Take a deep dive into the concept of ***building the power***
- Learn best practices to **get the most out of meditation** and why it's so important to mediumship
- Experience a **spirit-guided meditation** to strengthen your aura/human energy field

## Module 2: Bypass Your Brain's Filters to Become a Clear Channel for Spirit (March 13)



The brain is an exquisite instrument for navigating life in human form — yet there's much more in existence than what our brain equips us to perceive with our physical senses. The brain effectively acts as a filter of consciousness.

Suzanne will take you on a deep dive into the different roles of the **left and right hemispheres of the brain**. See how the two lobes of the brain can affect your mediumship in both negative and positive ways.

Learn about one of the major communication networks of the brain that can undermine your progress as a medium — until you become aware of how it operates. Thankfully, as Suzanne will explain, these patterns of activity within your brain are programmable!

Taking advantage of the concept known as *neuroplasticity* will help you bypass the brain's filters to the best of your ability and become the clearest possible channel for spirit.

### In this module, you'll:

- Understand how the **brain helps and hinders** mediumship
- **Discuss binaural beats** and how they aid spirit communications
- Discover new research on **neuroplasticity** and how this can help your mediumship
- Explore how **certain practices aid in bypassing** the brain's filters
- Experience a **spirit-guided meditation** to experience life from the right hemisphere

## Module 3: Clearing Fear & Doubt for Spiritual Dominion in Mediumship So You Can Confidently Follow Your First Impression in a Reading (March 20)



When we cross to the Other Side, we come to know who we really are and have been all along. We no longer doubt ourselves or feel fear.

What if you could bring this awareness and confidence to your mediumship now? As Suzanne will explain, this begins with identifying the human sensations, thoughts, and feelings that take you to a state of constriction.

Learn to live each moment as you acknowledge that your true nature is part of your life's journey. Rather than criticizing yourself for being human, you can train yourself to notice restricted thinking and uplevel it.

This doesn't mean that human fears and doubts will never again arise. You are still human, after all! This module will strengthen your ability to trust yourself with the help of spirit.

**In this module, you'll:**

- Discuss **fear and doubt** and how these affect spirit communication
- Take a deep dive into **trusting yourself and spirit**
- Learn an analogy about the impact that **constructive and destructive thoughts** have on your energy field
- Discover how to notice and "run with" **your very first impression in a reading**, trusting that the spirits know the best way to get each unique connection flowing
- Experience a **spirit-guided meditation to face fears** and doubts and increase trust during spirit connections

**Module 4: Embrace Gratitude to Align With Your Soul's Innate Magnificence & Connect With the Higher Realms (March 27)**



At this point in your mediumship journey, you've experienced how gratitude instantly brings you back to center and helps you align with your higher self.

The deep dive you'll take now into this powerful vibration will help you to embrace gratitude even more, as one of the greatest techniques in your toolbox for aligning with the higher realms.

As Suzanne will explain, not every mediumship reading flows the way you want it to, and maintaining alignment in the face of difficult spirit connections is a skill that can be learned.

Once you do make the connection, how do you express what those across the veil want to get through with as much detail as possible? Suzanne will share the nuances of creating a truly sacred connection that will change lives.

**In this module, you'll:**

- Gain a greater understanding of how an **attitude of gratitude** affects your energy field
- **Acknowledge the magnificence** that makes connections possible
- Discover how to deal with **difficult sitters**
- Practice **widening the lens** of your perception
- Learn how to **peel back layers** during a spirit connection
- Experience a **spirit-guided meditation** to shift your energy through gratitude

**Module 5: Allow for Imperfection in Life & in Readings to More Effectively Connect With Those Across the Veil (April 3)**



It's human nature to strive for perfection — but take a walk in nature and you'll see that a state of true perfection does not exist. Perfection is relative.

What exactly is this elusive state that we seek, yet always seem to fall short of? As Suzanne will explain, viewing perfection in this new light takes pressure off you when connecting with spirit — and during all other experiences in your life.

What other aspects of your human nature are keeping you feeling “less than” when you work as a medium? For instance, when a client says “no,” do you let it sap your energy, or can you let it flow through you?

Learning to be as compassionate with yourself as you are with your clients impacts your energy field in positive ways that make connecting across the veil far easier. This empowering module will help you see that everything is *just right*.

**In this module, you'll:**

- Discuss the difference between **human perfection** and **Perfection** with a capital “P”
- Learn how to **better deal with “no”s** in a reading
- Understand why a medium **would allow, yet limit, feedback** during a reading
- Know how to differentiate between **imagination** and **what is “real”**
- Experience a **spirit-guided meditation** to examine and uplevel your beliefs around perfection

**Module 6: Harness the Power of Divine Love to Communicate With Precision in Readings & Become a Greater Conduit for Spirit (April 10)**



Explore why those in spirit feel so loved and how you can harness this love for yourself now. What are the blocks to feeling the higher states of self-acceptance and freedom?

Once you recognize which of your human thoughts are holding you back — and clear them — you become a greater conduit for the unconditional love of the Divine to flow through you.

Spirit will guide you in an exercise to experience your true nature. Some things need no words to be expressed, but as a soul in human form, you must rely on words to communicate what those in spirit want to share.

The verbiage you choose and **the way you deliver spirit's messages** make a world of difference in mediumship. Those across the veil can be quite clever!

When you notice how they work with you, and make the most of what you learn in your spirit connections, your mediumship can blossom.

**In this module, you'll:**

- Practice how to best **report your inner experiences objectively** for your client's greatest understanding
- Understand **how spirits use double meanings** and other tools for “economy of energy”
- Examine your understanding of **human love vs. divine love**
- **Discuss forgiveness** and how it comes up in mediumship
- Experience self-love through a **spirit-guided meditation**

**Module 7: Visualization Practices to Boost Your Co-Creative Superpowers & Enhance Your Connection During Readings (April 17)**



Are rituals necessary to connect with those in spirit? No. But can they help? Yes — as long as they are not rigid or fear-based practices that are founded on superstitious beliefs.

As Suzanne will explain, the main goal before connecting with spirit is to take steps that will uplift and empower you. There are many practices to do so. Which ones are best for you will change as you change.

What would it feel like to practice a powerful personal ritual and do a reading with a crystal-clear connection as a result? Just thinking about it feels good and raises your vibration! And what if you were to combine this feeling with a clear vision of what you hope to achieve?

Suzanne will share how **visualization is a powerful tool for manifesting** a desired outcome.

Taking the time to fully experience the best outcome in advance — as you will have the opportunity to do in this module — serves as a divine dress rehearsal.

**In this module you'll:**

- Discuss the importance and usefulness of **visualization during meditation**
- Learn how to apply your personal power to **manifest greater spirit connections**
- Understand the importance of ***preparing the field before readings***
- Discover the power of having an **affirmation ritual**
- Experience a **spirit-guided meditation** to receive insights on what elements will be best for your personal affirmation statements

**Module 8: Reclaim Your Wholeness & Improve Your Readings With Help From Your Nonphysical Friends in the Spirit Realm (April 24)**



When those in spirit tell us “you are never alone,” they mean it literally.

The more you experience nonphysical beings in your spirit connections, the more you come to trust in their omnipresence. How would your mediumship and your life change if you brought this truth into your awareness, moment by moment?

Suzanne will share stories and teachings to help you celebrate how much angelic assistance is available. You'll open to greater possibilities in your own spirit work.

Shamans are well-versed in traversing the unseen realms that you explore in mediumship. They **understand the power of using nonphysical helpers**, including spirit animals, to accompany them on journeys.

You can harness this ancient wisdom to clear blocks to your connections across the veil. Suzanne will also **share a modern-day analogy** that will make it clear to you that you're already whole, at your deepest level.

**In this module you'll:**

- Expand your understanding of **how angels help your connections**
- Discover the **role of spirit animals** in mediumship
- Become more aware of the human tendency to **fit details into a storyline**
- Learn a **helpful analogy** to understand how humans set aside aspects of our story that we don't want to deal with
- Experience a **guided meditation** to retrieve parts of your story that you've set aside

**Module 9: Transform Your Energy Field Into an Antenna to Amplify Your Connections With the Spirit World (May 1)**



Mediumship reveals the interconnectedness of all life on both sides of the veil. The more you connect with your guides and the spirits who come up in your readings, the more you'll recognize and honor that web in action.

Becoming aware of how life unfolds with purpose and meaning allows you to relax and **let your mediumship develop ideally for your path.**

On this journey, you've come to understand that the world only *appears* solid. Beneath what we call "matter" are patterns of energy information (consciousness) vibrating in fields.

Your body acts as a receiver and transmitter of these patterns of consciousness. Your human energy field can be tuned like an antenna for better connections with spirit.

In the physical world, the antennas take on different shapes for different purposes. What if you could **use the power of activating unique geometric shapes** within your field for greater attunement to the higher realms? Suzanne will show you how.

Discover the shapes to best assist you exactly where you are at this point in your soul's journey.

**In this module, you'll:**

- Appreciate **how the spirit world helps** orchestrate connections in readings
- Learn how you — and each player in every interaction — **receive exactly what you need**
- Discover **sacred geometry** and how you can use shapes to amplify your energy field
- Emphasize the importance of **creating a miracle mindset**
- Play with **various geometrical shapes** and experience their unique energies in a spirit-guided meditation

**Module 10: Master the Art of Becoming — Embrace Being a Work in Progress With Limitless Chances for Growth as a Medium (May 8)**



Fully understanding that you're limitless and that **learning and growth never ends** opens you to endless opportunities.

You can relax now! You are an eternal work in progress. There are always more beautiful touches to add to your innate magnificence.

Suzanne will guide you to ask yourself how you can **use your awareness to take you to the next level in mediumship**.

You can turn to the masters to help you. Even the best artists use models when creating their masterpieces. Who might you model to further your connections with spirit? How could they teach you?

This playful module will provide you with insights and new relationships in the physical world and across the veil to add more light to the art of mediumship.

**In this module, you'll:**

- Discuss the importance of being a **perpetual student of spirit** with an “empty cup”
- Explore the **concept of artistry** in mediumship
- **Discover your innate magnificence** as you chip away at what is concealing your true nature
- Learn the value of **choosing a model**
- **Experience a spirit-guided meditation** to meet your model and learn from them

## ***The Manifest Mediumship Excellence Bonus Offering***

In addition to Suzanne's transformative 10-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

**When you register by Midnight Pacific on Sunday, March 3, you'll receive the bonuses below as an extra gift:**

## **JOY-US Beads Exercise: A Practice to Remove the Sense of Separation**

***PDF Guide From Suzanne Gieseemann***



In this digital guide, Suzanne explains the difference between seeing people with human eyes and the eyes of the soul. Be amazed at how quickly this practice helps you see all humans as not only fellow souls but also expressions of the one Source of all Being. It's a very simple yet powerful practice you'll benefit from using again and again.

***Register by March 3 to claim this bonus before it expires.***

**Plus... you'll receive these bonuses too!**

**Mediumship Excellence Q&A**

***Video Teaching With Suzanne Gieseemann and Sanaya***



How does the spirit world view mediumship? What advice does the spirit world have for mediums? Learn the answers to these questions and many more from Suzanne and Sanaya. Suzanne hadn't heard the questions beforehand and the spontaneous answers from Sanaya are captured on the spot in this video recording in some of the most profound mediumship teachings you can receive.

## **Healing Messages From the Heart of the Universe**

### ***Video Meditation and PDF Worksheet From Suzanne Giesemann and Sanaya***



Watch as Suzanne's guides in spirit, known as Sanaya, lead a group through a healing meditation in this video recording of one of Suzanne's monthly webinars. As you follow the guided meditation, receive all the benefits of this energy transmission yourself. Also included: a worksheet to help you prepare for the meditation and reflect on the meditation itself.