

## AJR Suzanne Giesemann Transcript

0:00:01 - Anncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan. Hi, everybody.

0:00:44 - Julie

Welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have such a fun show for you today because Suzanne Giesemann is here. Suzanne's a spiritual teacher, medium and thought leader. She, like I, learned how to access the afterlife in order to serve humanity. I'm excited to compare notes with Suzanne and learn more about how she helps people. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with my friend Suzanne. Friends, now let's go talk with my friend Suzanne.

0:01:29 - Suzanne

Suzanne, welcome back girl, I'm so thrilled to have you back on the show. Thank you, Julie. It's been a while, but we've seen each other in the meantime.

0:01:35 - Julie

I know it. I know we like get an air kiss in the passing, usually at the Helping Parents Heal conferences. Yes. Which are so, my gosh, what an organization and I know you've been involved since the beginning and such a huge part of that. I'm honored to have one tiny little place to be a part of it.

0:01:57 - Suzanne

Yeah, yeah.

0:01:58 - Julie

I understand. Congratulations are in order for you, my girl. I have to read this because I'm not going to remember all of it. Everybody. Suzanne was recently honored with the Humanities Team Spiritual Leaders Award. Past recipients are Nelson Mandela and Archbishop Desmond Tutu. Pretty Heidi company there, girl Humbling, and alongside Pope Francis and the Dalai Lama, Suzanne's also on the Watkins list of the 100 most spiritually influential living people. I love that. I love that.

0:02:34 - Suzanne

That's how we get to add new people to the list. Unfortunately, somebody passes across the veil. They can add new people. I love it.

0:02:43 - Julie

A former Navy commander with a master's degree in national security affairs. Suzanne served as a commanding officer and aide to the chairman of the Joint Chiefs of Staff. She's authored 15 books and created videos and recordings reaching millions worldwide. I'm so sorry you're such an underachiever.

0:03:03 - Suzanne

That was my husband, I think.

0:03:07 - Julie

But seriously, thank you for your service, both in the military and also to humanity at large in helping really change the zeitgeist. I think of the spiritual discussion. I'm seeing it in the work that I do and I have to assume you are as well that we've really seen a shift. You've been at in the work that I do and I have to assume you are as well that we've really seen a shift. You've been at it much longer than I have, but just in the time that I've been involved it's pretty dramatic. I think I wouldn't say pretty, it's very dramatic. Would you agree with that? Wonderful.

0:03:40 - Suzanne

It's wonderful how open people are. They don't automatically say, oh, that's woo-woo. They want to know more or they're already on the path.

0:03:47 - Julie

Yeah, yeah, and I use woo-woo. You gave me grief about that a lot of years ago and what I found out is woo in Taoism is source, woo means source, so they call it the woo-gee, the woo, whatever, wow. So I didn't know. That's where the woo-woo came from.

0:04:08 - Suzanne

And somebody I know knows that I like to make acronyms out of everything and they said woo-woo is window of opportunity, window of opportunity. There you go.

0:04:17 - Julie

That works good too. How'd you go from being a naval officer into becoming a medium?

0:04:24 - Suzanne

When I saw the lifeless body of my stepdaughter at her funeral, I had a knowing that I couldn't describe that there is more, that she still has to exist in some form. I had synchronistically been led to a book about mediums about four weeks before she passed. That opened my mind to possibilities and looking at her body I said I'm going to find her spirit.

0:04:55 - Julie

Well, and I think I have goosebumps listening to you talk about that, but I also believe that you were led when you were still in the military. Please tell everybody about when you were an aide to the chairman of the Joint Chiefs on 9-11 of 2001, when terrorists attacked the World Trade Center and the Pentagon, and I believe that was all part of your journey leading up to all of this.

0:05:22 - Suzanne

It definitely started me asking the deep spiritual questions about why are some people in the wrong place at the wrong time? Allegedly, I had no concept of a bigger picture or eternal life, and we left the Pentagon on a Sunday morning, took off in an airplane headed for Europe. We were over the Atlantic when we got news about what we thought was a small plane crashing into the World Trade Center. And then, when we found out it was not an accident and it wasn't a small plane, the chairman told me to have the pilot take us back to Washington. And I went up to the cockpit and I said we're going back and he looked at me and he said Commander, our flight path is going to take us right over Manhattan. By the time we got over Manhattan, every other aircraft in all of US airspace had been grounded, but because we had the leader of the United States Armed Forces on board, the chairman, we had fighter escorts all the way back to Washington, so it would have been the last passenger jet because obviously those fighters were in the air. And we landed and went back to the Pentagon and stood there staring at this hole in our building that we had just left and all I could think was those were people just

like us sitting at their desks that this is just this hole. Right now. I stepped over jet engine pieces in the grass I didn't know how to process that or my grief.

I had no coping tools. I had no religion, no spirituality, nothing. So I pretty much ran away from all of that. I put in my retirement papers, wasn't eligible for two more years, but I just bided my time and then took off, literally sailed off into the sunset with my husband to just go live our dream. And then, while we were out cruising, we sailed across the Atlantic. Big adventure. But life caught up with us, with my stepdaughter's death.

0:07:15 - Julie

And you had to come back from overseas.

0:07:18 - Suzanne

Oh yeah, that was the whole time we were traveling back in such despair and I thought back to when I was an escort officer for the families of 9-11 for the memorial service. I volunteered for that duty. They needed people to escort the victims' families and I realized then that was a huge mistake on my part because I couldn't handle their grief. I just, I was raised where you feel everything positive, you know you're only happy. I never saw my mother cry, but then when Susan died, that was up close and personal and we couldn't run away. But that was a turning point that just propelled me on this journey. And now I see that Susan is still with us, as my heart knew, and other people's loved ones are still with us. It was my search to connect with her soul that opened me up to a whole world I didn't even know existed.

0:08:14 - Julie

Well, and for you to go through the whole 9-11 thing in such a close and personal way. I know a retired colonel Air Force colonel that was there that day too and was actually the aid to the Secretary of the Air Force at the time. And whenever I hear somebody say, well, that didn't really happen, that was just CGI and all that, I think I know two people that were there.

0:08:42 - Suzanne

Oh yes, and to have, like I said, to step over engine pieces to smell the fuel. There's no explaining that away. And you were in the building too, right?

0:08:54 - Julie

Not when it was hit, I was in the air. No, I know.

0:08:57 - Suzanne

But when you got back, oh, yeah, and it was yeah.

0:09:01 - Julie

Yes, I was right there Because your general wanted to go inside the building and I remember you telling me you were thinking why are we inside here Well we went to his office, which was on the far side where the attack was.

0:09:12 - Suzanne

But he wanted to see the impact site, which was on the other side. So we started going through the center. We were going to come at the impact from behind. The electricity was out, there's smoke everywhere and I'm thinking why are we inside? Smoke everywhere and I'm thinking, why are we inside? And happily his bodyguard at that point said let's go outside, sir. And we stepped out into this soggy grass and it was just life-changing.

0:09:34 - Julie

God bless you. And then please share with everybody how Susan passed, because that also is a remarkable story.

0:09:41 - Suzanne

It is. She was a sergeant in the Marines just pretty recently, seven months earlier, married to another Marine, she had volunteered to go to Iraq as a Marine and her husband said no, Susan, it's too dangerous, stay here. So she stayed there. One day she was reporting for duty. There was a storm about 10 miles away but a bolt of lightning came down where she was and struck her and they worked on her for seven hours and couldn't save her or the little boy she was carrying, her baby. That would have been our only grandchild and it took them both that day. Yeah, yeah.

0:10:27 - Julie

So obviously those were too dramatic, to say the least, life altering experiences to shake you up, to get you to the place where you said, okay, wait a minute, there's more to the story here to the place where you said, okay, wait a minute, there's more to the story here.

0:10:51 - Suzanne

Well, there's a third. Okay, what's the third? I started reading about these people who could allegedly talk to those who have passed mediums and I determined I'm going to take my husband, we're going to find a medium. We're not going to give them our last name so they can't look us up online, know anything about us. And I found somebody who I knew had the ability to see spirits. She showed it to me in a way that she didn't realize. She was revealing something in a class we were both in and I took my husband, didn't tell her what we wanted and she says there's a young girl here who died rather suddenly in her 20s, and she's wearing a brown uniform. And I have this tingly electrical feeling running up and down my body and I suddenly have the headache of Zeus and Athena, Zeus being the god of lightning bolts. There was nothing about that that she could have known. And then she described her personality. She described the way she was sitting next to her dad, which was exactly how Susan used to drape herself across my husband's tie. And the clincher the world-rocking knock-yourself-off clincher was when she said and there's a little baby boy with her that she wants to introduce to you. And it was a boy she was going to have.

I was sobbing. I was like it's real, I knew it. I knew she's here. This was a year after she passed. I'd been meditating every day, trying to connect with her myself. This just cemented my awareness that she is here and I'm going to get her myself, and I just stayed with that practice. She deliberately held back, did not come through for three years because she knew if she'd come right away I would have said, Susan, here you are, and stopped and going on to something else. But I was committed to connecting with her myself and in those three years I opened up to psychic abilities, other people's loved ones, other higher beings that I never knew were there or that I could possibly connect with. So it was a good practice.

0:12:53 - Julie

And you and I both live in the deep south, and so down here they would tell us you were being led, darling.

0:13:00 - Suzanne

That's right.

0:13:03 - Julie

Do you think now, knowing what you know and being able to communicate with spirit, do you believe that they're always communicating with us and it's up to us to be their receiver, to tune in to their frequency so that we can hear them and get their information, and see them and work with them?

0:13:24 - Suzanne

I would just modify that a little. I wouldn't say they're always communicating with us. Depends on who you're talking about. They're always available. So I liken it to different stations on the radio or TV. Different stations are always right here. But another analogy is if we're talking about loved ones who have passed picture a family sitting on a couch in the living room and one person's watching TV, one person's reading, the other one's knitting they're not communicating, but they're all around each other and they know that. And then at some point somebody just speaks up and says something to the other. Then they look up and they engage and then they go back to doing their own thing.

0:14:03 - Julie

It's like that, right right, and I picture that all of the satellite TV stations are all broadcasting their programming and it's for us to tune in to what programming it is we want to receive.

0:14:17 - Suzanne

Yes.

0:14:18 - Julie

Because we're able to transmit and receive with spirit, but it's attention intention receive with spirit, but it's attention intention.

Where is your attention and what's your intention with where you want to put your attention? So I agree with that. In your newest book, Mediumship, you say you want people to know that their loved ones are still right here and want to communicate with them. I love the analogy of sitting on the couch knitting and they're around. But say more about that. How do people know that their loved ones are around? How do you know that their loved ones are around?

0:14:55 - Suzanne

The book Mediumship. I take part one and I answer all of the. How does it work? What is it? Why do we do it? But part two consists of two of my evidence-based stories and 30 stories from contributors who are normal people who've had interactive experiences with loved ones who have crossed, many of which fall in the category of ADCs after-death communications. So I love that this book opens us up to the wide range of ways that those across the veil get through to us. For me, mediumship in the strictest sense of the word is sitting with a medium who acts as an intermediary, a voice for those across the veil. But mediumship is also sacred communications from loved ones personally. So they might flicker your lights or they might leave a sign that's undeniable that they led you to know that they're right here, that sort of thing.

0:15:48 - Julie

And most people discount that because they don't know that it really is their loved one and they're thinking there's no way that I can figure out how to make that something that's really that I can validate. What do you say to those people?

0:16:03 - Suzanne

I say to that that there is a quality to those true ADCs after death communications that you know in your heart. That was them. That was not a coincidence, that's not an accident. In my book, messages of Hope, I give the three examples of signs that Susan gave us in the first week after she passed, two of which had to do with butterflies acting in very unusual ways. No other explanation moments is what I call it an N-O-E, and so to this day if we see a butterfly we think of Susan because of those astounding moments. But we know that that's not an A-D-C. There's something timely about them, astounding and you know in your heart because you have that heart-to-heart connection with them.

0:16:49 - Julie

And it's the first thought that comes into their heads. That's what I teach is look, you're talking to your deceased grandmother's spirit in heaven and you say something to her and you're going to get something in your head immediately, sometimes before your thought to her is even completed. And that's because time doesn't exist in the spirit world. Time's a human creation.

0:17:13 - Suzanne

She's already got your thought and she's responding, but we're all taught, especially in the Western world, to overanalyze the daylights out of everything, and that's why part of the teaching in my classes consists of telling you to notice that thinking, when thinking takes place first of all, you kind of stop breathing when you're really thinking hard and you feel as if you're perceiving the world from the head. But you can intentionally move awareness down into the center of you, into the heart space. But I'm not talking about the emotional heart that opens and closes. I'm talking about just this state of being that's very peaceful and perceived from here and thinking ceases just long enough for you to notice unusual things that stand out that are arising in awareness, not in the head.

0:18:01 - Julie

In the field of awareness Right, I have a friend named Son Ching, who's a Taoist priest, and he says if you're thinking, you're not knowing. If you're knowing, you're feeling. And I think that's exactly what you're talking about. That it's a feeling that you get. It reminds me of children's little chunky puzzles, you know with the big wooden pieces, and you put that last piece in and it kind of clunks into place and it fits.

0:18:32 - Suzanne

It's just kind of like boom.

0:18:33 - Julie

You know it's there.

0:18:35 - Suzanne

Yeah, I tuned in before reading the other day and before I even shifted my awareness, I tuned into Zoom and my client is there and her daughter in spirit showed me a white lamb. I hadn't even asked her to step in yet she's showing me this white lamb. Then, when I asked her to step in, she showed it to me again and that came with that clunk, that knowing she used to have a stuffed white lamb and it carries the message that I'm held in the arms of God and protected mom. And she did. Her mom confirmed very first stuffed animal she had as a baby was a white man.

How sweet is that.

0:19:13 - Julie

Why is it that, when we can get what you call evidential information from our loved ones, certainly it helps our loved ones still here in human form process that. Okay, this spirit is really around me, because there's no way Suzanne would know this. There's no way that Julie would know this. I've seen research that shows that that's the best, perhaps most effective way to heal grief is to communicate with a loved one in spirit.

0:19:51 - Suzanne

What are your thoughts on that? I haven't heard it put in that much of a definitive term. The best way, I would say it's right up there with the best ways, because you can't get your loved ones back and we know that. But when we think they're dead and gone, which people say all the time, or I've lost my loved one, to find out they're not really gone. They're actually here,

right here in awareness different channel, like we said gone. They're actually here, right here in awareness different channel, like we said, and we can still communicate with them and we get to say the things we didn't get to say and hear the things we wanted to know from them. That really changes everything and that we don't need a medium to do that. The communication is ongoing, right.

0:20:32 - Julie

Right? Well, you and I both, I think are of the mind that you can give somebody a fish, or you can teach them to fish, and so we both are of the mindset of let's teach whoever how to do this, anybody that's interested. It's not hard. Everybody has the ability. It's just a matter of developing and enhancing it. Would you agree?

0:20:55 - Suzanne

with that I would, and I heard an even more meaningful for this field that you and I are in analogy the other day. You can save a drowning person or teach them to swim, so fishing is nice We've heard that before but these are drowning people. They're drowning in their grief. I love that, yeah isn't that great.

0:21:15 - Julie

Yeah, that is good.

I was talking with a client this morning for the first time and her three daughters.

Her husband had passed a couple of months ago and so her three adult daughters were there and it was lots of stuff came through through, but the thing that I thought was the best was he was a farmer and he coached his kids and his grandkids basketball teams, you know, just as a parent and a grandparent.

And so they said well, does he have anything that he wants to say about basketball? Because apparently he had played basketball in high school and college. And so he was talking about a couple of plays, like the play when you throw the ball all the way down the court and you got somebody down there to receive the ball while the other team is still running down the court and you've already made a basket, and they knew what that was. But the funniest part, Suzanne, was he said the most important thing with these kids, whether they're little or whether they're in high school, is they have to have fun, or whether they're in high school, is they have to have fun. We get so stressed out about it and we put so much pressure on these kids that it's crazy, because when somebody is under pressure, they can't perform.

0:22:25 - Suzanne

Doesn't that work in our field too? Exactly as teachers, people get so stressed I've got to get it right. When it's surrendering and just allowing this connection unfold makes for the best connection.

0:22:37 - Julie

So he was going on and on about how you have to have fun you know, that's the most important thing and his family was laughing. They said, oh my God, he was the most stressed out coach ever in the history of basketball coaches. And they said he certainly has a different perspective from heaven. And I think that that's really true. I'm sure you've run into that a lot of times too. Is there something that comes to mind?

0:23:03 - Suzanne

along those lines. I see it quite often when I can tell if somebody had no belief in the afterlife before they passed. I see it quite often when I can tell if somebody had no belief in the afterlife before they passed, because they give me this charade, they open their hands in front of their

eyes and that means my eyes have been open. I had one where a mother in spirit showed me that she didn't believe and she also showed me she had terrible eyesight and she said tell my daughter, I can see clearly now but there's a double meaning and her daughter burst into tears and said that was our song.

0:23:47 - Julie

I love that. Yeah, I can hear it in my head. How do non-physical interactions occur? How does spirit communicate? How does one get information? Do they ask specifically for send me something that's going to be something that I can't deny, to let me know that it's really you with whom I'm talking. You know if it's a loved one or a friend or whomever. How do spirits communicate?

0:24:21 - Suzanne

first of all, you mean with anyone or through a medium? Yeah, both. Well, they manipulate consciousness to put information into our field of awareness, and that can come through visuals. You can see images in your mind's eye. You can hear thoughts that may sound like your own, but it's coming from spirit. There's that knowing. Or they catch our attention with things in the objective world, like they snag your attention when you look at the clock and it says 444, and that was your number together. They snag your attention by flicking the lights and you know it's them. So this can be an inner experience and awareness or something in the objective world.

0:25:01 - Julie

I find that they communicate in symbols and signs, and also in words and phrases as well. Why do you think they communicate that way?

0:25:11 - Suzanne

That's how we perceive the world, but the better and more attuned the medium is, they don't even need to use words. I brought through astronaut Edgar Mitchell, who was the first man to walk on the moon and started the Institute of Noetic Sciences. Twelve days after he passed, a dear friend of his said do you think you can get Edgar? Well, we got great evidence that showed it was him. They were friends. He recognized his personality. That was not what we expected, not what I expected, certain things that he had in his home. But then he started.

Edgar started transmitting information to me in bursts, no words, just here's what I want you to share. And then I've sent it back to him in a burst. I didn't say words, I just, in one download, sent him back a communication. And Edgar said to me what we're doing is like passing a hockey puck of information back and forth, and the hockey is significant. It's a current event. I shared this whole thing with my client and he said I hate sports, but last night I had a house guest. We went to a hockey game and I was sitting in the stands watching it and just daydreaming about Edgar. So he imparted a whole message about how this communication actually can take place beyond our normal speaking, and then a current event for the client, which is really cool yeah.

0:26:37 - Julie

I agree. I find too that when I'm traveling internationally in a country where I don't speak the language you know, signs and symbols are the universal language, even for spirit. So if I'm looking for the ladies room, I'm looking for a picture of the toilet or I'm looking for a picture of you know that women's symbol that usually is associated with a restroom.

Excuse me, in one of my classes I had a guy that swam in your world. He was a contractor engineer who did black ops, so you know I always tease him. I say, yeah, you could tell me about it, but you'd have to kill me first, right that's the old joke yeah.



So he wanted, he was working on some algorithm for something and he wanted to talk to Einstein. So we pulled Einstein in and Einstein was relaying these mathematical equations and things, equations and things to my guy way above my pay grade. I mean, I about broke out in hives when I saw those mathematical equations, but I was telling, I was able to write them down and I was telling them what they were and it was fascinating to watch them solve this algorithm problem, whatever that my client was working on together.

That is really good Wild. And then recently in one of my trainings I had a research scientist from Harvard that's working on cancer research and it involves vitamin C and she wanted to talk to Linus Pauling, who won, you know, the Nobel Prize for curing polio with vitamin C. And I think those are great examples that you and I have witnessed ourselves of the availability of anybody. In spirit, you can talk to anybody you want, whether you knew them or not.

0:28:28 - Suzanne

That's right. They won't always come through if it's for your ego, but if it's helpful in healing, yeah, they'll help you yeah it's amazing.

0:28:37 - Julie

I find that Okay. So research we were talking about that shows that in your newest book. What's the other one? The Awakened Way?

0:28:50 - Suzanne

The Awakened Way, yeah, the.

0:28:51 - Julie

Awakened Way, you share practical tools we can use to live a divinely guided life. What's a divinely guided life? What's that look like?

0:29:02 - Suzanne

Oh, what it looks like is you stop worrying, you stop planning. You basically say guide me, lead me, show me what to do next, and you don't have to ask all the time. You just have it's like your ear is, as often as you can remember, tuned in to do next, and you don't have to ask all the time. You just have it's like your ear is, as often as you can remember, tuned in to higher guidance and you just get in this state of flow. I have a course coming up with the Shift Network, all about this how mediumship opens you to a life of flow because you're consciously connected, not just when you're doing readings, as you know, but all the time. I used to be a planner and have to-do lists and I just don't anymore. My biggest goal is just to be guided by spirit.

0:29:45 - Julie

Well, and that's a big shift for you and for me, because of what we did, you know, before we learned how to do this stuff, for heaven's sake. As a naval officer, I mean, your life was guided by routine and rules and regulations, and orders yes ma'am Stuff like that. Did it take you some time to relax into that and I'm sure it felt weird to you for a long time.

0:30:11 - Suzanne

It did, and that's what I tell all my students. This is a journey, it's a process. It did and that's what I tell all my students. This is a journey, it's a process, and what we're doing is undoing patterns of left brain activity, getting more into balance with the right brain, because we still need the left brain but also gaining trust. We need to trust that the spirit world is real and that it's made up of sentient beings who are here to help us and we're part of that.

0:30:38 - Julie

How does one know they're being led?

0:30:41 - Suzanne

You have an inner nudge, you follow it, you act on it. It turns out to have some wondrous result that wouldn't have happened otherwise and you say, wow, let's do that again. You can ask for signs along the way. If this is really you, what sign am I going to see today? I've had so many examples of that. I gasp all the time when I get my sign and my husband has stopped saying what? Because he knows I'm about to explain. You won't believe. I just got my sign.

0:31:08 - Julie

Yeah, and he's a naval officer too. So when you took him to see the medium after Susan passed, I can't even imagine what he was thinking. Oh my God, my wife's lost her ever-loving mind.

0:31:21 - Suzanne

Well, Julie, it's hilarious because he told me years later he didn't even know what a medium was. He just went along because he wanted to say yes, dear, but now he's married to one. I had no idea this was my path.

0:31:36 - Julie

Right or how it was going to unfold, or have a plan on how for all of it to manifest. And you know we're so used to setting goals and having measurables, and all of that in nine companies I've founded. I've never done anything without a business plan, ever.

0:31:57 - Suzanne

Oh yeah, yeah, I used to teach that too. I used to teach strategic planning, and it doesn't get any more rigid than that. Wow. And now people say what's your long-term goal? I said listen to spirit and serve. I know.

0:32:12 - Julie

Me too, people go. What are you going to do with this? I say I don. I know Me too, people go. What are you going to do with this? I don't know. Well, why are you doing this? Again, I'm being led to serve, I'm being led to teach this stuff. Tell us about Sanaya.

0:32:26 - Suzanne

All this first, 2010, sitting in meditation, a masculine and feminine energy, powerful, just settled over me and I said who are you? And they said we are a collective consciousness of your guides and you will write and write and write as Sanaya the name that I'd heard before reading a book by somebody named Sanaya. But why that name came to me? Why they gave it to me? Well, I looked it up after that meditation and it means one worth listening to and flash of lightning, oh Wow. And so I did.

I wrote their messages daily, daily, daily, until they started speaking through me, and I'm still, to this day, able to channel their messages. And we have an Awakened Way app. People can find it by typing in Awakened Way, with probably close to 6,000 of the daily messages now new ones every morning and a little oracle button. That's really helpful when you have a question for Spirit. You just tune into your heart and say give me a message from these archives. That's going to be the perfect answer for me now and you push the button. It stuns me how perfect they are.

0:33:43 - Julie

So how do they communicate to you what's your process?

0:33:47 - Suzanne

Every morning I come up to this room, I sit down. I usually listen to meditation music, often with binaural beats. I have six of my own hemi-sync recordings. I'll listen to meditation music, often with binaural beats. I have six of my own hemi-sync recordings. I'll listen to my own recordings, but just the music and the beats part for myself, and I ask what I need to know that day. Or I ask a question, a specific question how do I deal with a challenge that I'm dealing with? And then there comes a point. It's only about 10 to 20 minutes that this whole process takes.

I get this, pick up your iPad feeling we're ready, we have a message for you and my iPad's beside me. I can open my eyes and hold that expanded state. I open an email to myself, put Sanaya as the topic and then they just deliver the message. It's nonstop, usually just one paragraph. I thank them, I make sure the meditation is over, anything else we need to cover. Then I go downstairs and I take that message and I put it into social media, the app, my website. It's stunning how they never fail to give me something fresh, something relevant, something helpful. And then, as I'm posting it, I go to a copyright-free picture place, a photo place online, and I ask Sanaya, what search term do you want me to use to go with this? And they'll tell me the search term. I type it in and then all these pictures come up and they point out which photo they want me to use, and often it's a sign that somebody who reads the daily message was looking for. Very often I get emails and Facebook comments that say that's my sign today.

0:35:31 - Julie

Yeah, so when you get messages from them, are they on certain topics? Do they cover like across the board all kinds of life things? Are they give us an idea of what some of the message like categories to get in a state of flow?

0:35:49 - Suzanne

understanding who we are. So it really is across the board. But many times current events. They must know that a lot of us are feeling a lot of tumult lately here and they're showing us how to find peace and how to see things from a higher perspective. It's very practical advice. Every message ends with the words. It's very practical advice. Every message ends with the words. You are so very loved and it just feels so good to get these messages and to know that we're not alone and they know what we're going through.

0:36:26 - Julie

Yeah, who do you think makes up Saniya?

0:36:31 - Suzanne

I know several of them, but not all, because it does change from day to day and depending on the subject matter.

If I had answered this question years ago, I would have thought, oh, that's woo-woo, that sounds really silly. But I have received such stunning evidence of things I couldn't know about each of these people that I looked up afterwards that I know Jesus is one of them, archangel Michael, professor William James, who was really into mediumship and one of the great philosophers of the late 1800s. Had you ever heard of Professor James before? I'd heard of him, but when he showed up in one of my morning meditations it was stunning and I said you need to tell me all kinds of things about you that I don't know. Same with Immanuel Swedenborg I knew just the bare minimum about him and he told me that he was considered a heretic in his time, that he was an inventor and invented machines that were ahead of his time. All of this was true. It's really, really humbling and awesome to have these people and these higher beings that can use us to help all of humanity.

0:37:48 - Julie

That's like what's the book from the 30s Think and Grow Rich, when.

0:37:52 - Suzanne

Daniel.

0:37:53 - Julie

Hill, napoleon Hill, napoleon Hill, right yeah. And he talks about how these big fathers of industry the Henry Fords, the Edison and all those guys all had spiritual advisory boards like spirit guides that were around them. And I see that sometimes with clients. I have a client who's a Fortune 500 CEO of a publicly traded company and he has people on his board, on his advisory board from Spirit, like Sam Walton. The funniest one, Suzanne, was he has Mary Kay Ash. He said who's Mary Kay Ash? And I said you know the Mary Kay pink Cadillac, the makeup gal, and he said what? Why is she on my advisory board? I said she was one of the best sales coaches ever. I mean, she amassed these housewives that sold hundreds of millions of dollars and, you know, got them all to do it part-time and let them know.

0:38:58 - Suzanne

Riding around in pink Cadillacs.

0:38:59 - Julie

That was their incentive, that's right, and other ones that we didn't know, like you, that we looked up. But do you think we all have advisory boards like that, that kind of follow us around? Are they spirit guides?

0:39:13 - Suzanne

Are they other? I don't think everyone has a board like that. They're accessible to everyone, absolutely. But you and I are on a path where we're reaching more people and they know that and they can get the higher level messages that are helpful through us. But everybody, as you know, has individual spirit guides who are still a cut of normal people.

0:39:35 - Julie

Right no-transcript is there a difference?

0:39:43 - Suzanne

There is a difference. It's a different channel, a different level of vibration and they can affect greater numbers of people. A spirit guide works generally with one person. Angels can affect large groups of people. Archangels, the masters, can affect all of humanity, can work with all of us, can visit individuals at the same time, if need be.

0:40:08 - Julie

And so how about our advocates that maybe are a grandmother's spirit or another loved one's spirit?

0:40:18 - Suzanne

It's funny, my mentor, mavis Patilla, calls those inspirers A little different from a spirit guide whose soul if either way you use that term, soul task is to help you. A grandmother whose past may still be enjoying her astral realm afterlife experience, but can still inspire you and help you by getting thoughts through to you.

0:40:42 - Julie

And how does that work? I picture it as like I've seen this visual. You're going to crack up when you hear this. I see loved ones in spirit that'll send, like a paper airplane thought that goes into

the person's head. It's like they're sending a thought you know through the ethers into their head and then the key is to act on it.

0:41:07 - Suzanne

Well, here's another one for you. The adage as above so below, as you know, is so accurate for so many things in our world. You know, large planets are like the cells in our body. There are so many wonderful metaphors, but this one. So spiders in our world can tell if something has landed in their web by tensioning the different strands of the web. They can tell from without even moving, just from the center of the web, if what just is in the web is a leaf or a valuable critter for dinner, a leaf or a valuable critter for dinner. So I feel that we're all a part of one big web of consciousness energy strands and our loved ones just have to kind of tickle that strand that connects us field to field. They tension it, we get it, we want to get their attention. Our thoughts create a vibration in the strand that connects us.

0:42:05 - Julie

Great analogy. It's interesting when I'm scanning somebody who is dying and or, for instance, is in surgery and I can scan real time, I can read the anesthesia equipment, I can see where they are in the procedure, what they're doing, all that kind of stuff, and they're always over the head of anesthesia. For instance, in the operating room is the person's guardian angel, the patient's guardian angel's, always over anesthesia. They're always spirit guides over the heads of the surgeons and then the loved one's spirits are in kind of like an amphitheater position like a horseshoe rows of a horseshoe of them and there's always a correlation between how much prayer is being said for the person and how many spirits are in the room. What do you think's going on there?

0:42:55 - Suzanne

Oh, just adding their high vibration guiding the surgeon's hands and the nurses who are helping. I have no doubt that they're just there to support, and I remember my husband had surgery and I didn't want to go public with it. I didn't tell anybody. And then there was a challenge in the surgery and suddenly I went on Facebook and said we need prayers, and I'm sure that that operating room filled up at that time.

0:43:19 - Julie

Yeah, it's really interesting. There's always a correlation between prayer and the number of spirits that I see in the operating room, and likewise when somebody's dying angels are always present. Lots of spirits, animal spirits, all your beloved babies are all going to be there with you. They're around you all the time now, but they're going to be there in force.

0:43:41 - Suzanne

I just shared the story of that with somebody this morning whose loved one is in a very precarious health situation and may pass. And I said, when my dad went to hospice, I stood at the foot of his bed and I turned to my sister and said, wow, this is cool, I can smell our grandmother's perfume. This was before I knew I was a medium. And she said I don't smell it at all. And now, once I became a medium, I realized that was his mother, came to escort him across the veil.

0:44:15 - Julie

Right, and we both know Chris Kerr. Dr Chris Kerr, who's written in his book Death is but a Dream, about a patient whose mother died, I believe, when he was five, and by the time he got into Chris's hospice facility he was 95. And he was smelling his mother's perfume 90 years after she passed.

0:44:37 - Suzanne

Doesn't matter, because she's in the realm of no time and space, exactly.

0:44:41 - Julie

Exactly, which leads me to the question of there are people that believe that we are existing concurrently in multiple realities. You have any thoughts?

0:44:52 - Suzanne

on that I do. We are fields of energy and our fields cross realities. We can tune into any reality. Our soul is able to maintain this incarnation experience but also be having other adventures. Right now. The soul is not just tied to one body at a time. The higher self is much bigger than the one soul. So I believe that's focused on the human realm right now. But when we're asleep the soul is planning the next day.

0:45:23 - Julie

Yeah, that whole being in multiple realities at the same time makes my head hurt, so I don't understand it from a human perspective. So I go with. Okay, is it feasible? Yeah, it's feasible. So that's it, and I'll know more.

0:45:38 - Suzanne

My guides have said every time people ask about that, we'll tell you up to a certain point, and then you literally can't wrap your head around it, or metaphorically Right exactly A couple more questions as we're winding down.

0:45:51 - Julie

First of all, why do we incarnate?

0:45:54 - Suzanne

Oh, why does an artist paint, why does a composer write music? Because we want to create something more beautiful than what already exists. Because we want to create something more beautiful than what already exists. And the soul is an emanation of God, of spirit, and says there's so much possibility here, let's go see what kind of experiences we can have that lead to further evolution of this human species. So it's not to learn certain lessons like we're bad people, it's lessons and music lessons. Let's see what we can make from this incarnation and let's see if we can take back more love than we brought in.

0:46:33 - Julie

To create. Yeah, we're here to create Absolutely and share love. I agree completely. How can people learn more about you and your work?

0:46:44 - Suzanne

My name is SuzanneGiesemann.com. I'll take you to my website. I have resources galore on there and a gifts page, all kinds of meditations and eBooks that are free. My YouTube channel has over 400 videos, my app, awaken Way, and online courses, so all kinds of things.

0:47:03 - Julie

You're all over the place, girl. What a great example of following where you're being led and what a remarkable journey you've been on, with some really extraordinary experiences that nobody would wish on anybody else.

0:47:23 - Suzanne

And yet we're all given unique abilities. You have opened up this wonderful connection. You've helped me with medical things and helped me see other possibilities that were outside of my box, and I hope that together we've helped people say how might I be limiting myself? I might have abilities that I'm not aware of.

0:47:45 - Julie

Well, we all. Once you connect with spirit, then you can do it all.

0:47:49 - Suzanne

Yeah.

0:47:49 - Julie

I think, and I think everybody has the ability, because both of us run into people all the time, and that's who our students are People. All you have to do is be interested.

0:47:59 - Suzanne

But each person may have a specific calling. Like health is not my thing and it fascinates me. I know I could do it, but you'll know what specific path you're supposed to go down.

0:48:13 - Julie

Right, and that's the majority of what I do, as you know, is the health stuff. Yes, because that's what people ask me to do, and if I'm talking with a private client, we may do a past life thing, we may scan them health wise, we may talk to their grandmother in spirit, you know whatever in the buffet of psychicness but most of the work that I do I would say probably close to 90 percent is health related and, no coincidence, that's why I was in that industry for 30 years.

That's right, that's right. Yeah, and it's not like I knew what all the body parts look like, but I knew I could buy a book that had pictures of the body parts that I was being told were being worked on, like okay well, this is what a gallbladder really looks like, and I'm always I feel like we're going back and forth, even though we don't get to talk much Next time.

0:49:16 - Suzanne

I run into you. I would like to carve out more time, no matter what's going on, and sit with you.

0:49:21 - Julie

So thank you, Sounds good, okay, everybody sending you lots of love from Sweet Home, Alabama, yay, and from South Carolina too, where Suzanne is. We'll see you next time.

0:49:32 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit [AskJulieRyan.com](http://AskJulieRyan.com).

0:49:47 - Disclaimer

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