

THE “BLESS ME” METHOD by Suzanne Giesemann

There is 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 always 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. The guided tracks in my [Hemi-Sync Recordings](#) and my [Journey of Remembrance Recording](#) follow this process and provide an example of how to tailor the meditation for a specific intention. You can find a free video titled “Connect Across the Veil in 7 Steps” at YouTube.com which is taken from a class where I demonstrated BLESS ME: <https://youtu.be/vkD5gDeUeAc>

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 autosuggestions 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:

- Bringing to mind thoughts and/or images of someone or something that brings you joy and engenders feelings of love in your heart
- Clearing your chakras
- Filling your aura with white light
- Feeling gratitude

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.

M: Merge

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.

E: Experience

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.

Enjoy the free meditations I have on my website at:

www.suzannegiesemann.com/meditations

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Mystic, Medium, and Messenger of Hope

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