



# Finding Peace and Comfort Now

## *Your Tools for Taking the Next Step*

*Whether you are new to these ideas, or have traveled long on the spiritual path, choose what resonates with you and take that "leap of faith." Your loved ones are cheering you on. As you feel guided, select another item and take the next step. Follow your heart.*

♥ **Sit in the silence each day** - even for 5 minutes. You may feel at first that nothing is happening. Keep this as a daily practice anyway! You are opening stronger connections with spirit and you will see progress. My two online courses teach you how to meditate and "sit in the power," and I have three free meditations for you at: [www.suzannegiesemann.com/meditations](http://www.suzannegiesemann.com/meditations). *Ten Minute Transformation* is a short chakra clearing exercise that will clear out the energetic clutter and leave you refreshed and clear-headed.

♥ **Read something inspirational each day.** It is so easy to get caught up in daily hassles and emotions. You need a "feel good" break and the wisdom that comes with repetition of spiritual truths. Many, many people have told me that my book [Messages of Hope](#) was a turning point for them as they moved from grief to hope. The daily messages from Sanaya on my website or Facebook page as well as my *Inspirations* blog posts provide excellent spiritual food for thought.

♥ **Reach out for support.** One of the best organizations I am associated with is "Helping Parents Heal". This group goes beyond other bereavement groups by allowing the open discussion of spiritual experiences and evidence for the afterlife. Even if you are grieving someone other than a child, the joy-filled experiences shared on their website and in their newsletter will be another bridge to peace for you.  
[www.helpingparentsheal.org](http://www.helpingparentsheal.org)

♥ **Watch my videos.** Viewers say the "Buddha at the Gas Pump" interviews are amazing. In fact, if you watch only one video, choose "Buddha at the Gas Pump, June 6, 2017" to hear many examples of the evidence I have received that your loved ones are fine on the other side.  
[www.suzannegiesemann.com/videos](http://www.suzannegiesemann.com/videos)

♥ **Read my guides' description of the afterlife.** I received a direct download from spirit which I've included in my free e-book *Awakening*. Sign up on the e-news form on my homepage and you will receive a link to download *Awakening*.  
[www.SuzanneGiesemann.com](http://www.SuzanneGiesemann.com)

♥ **Explore Wolf's messages** and the fascinating evidence he shares to show us our eternal connection with all that is. Author Caroline Myss said that "[Wolf's Message](#) is an authentic portal to the other side." Each message will bring you closer to the knowing that you are forever connected to all you love.

♥ **Learn how to connect across the veil.** Join me at one of my [classes or workshops](#) around the country or in my [monthly mentoring webinars](#) in which I teach practical tools to shift your awareness to the greater reality and connect with those on the other side, whether loved ones who have passed, spirit guides, or your own Higher Self. Yes, you can do it too. All of the tools on this page will help you to raise your consciousness sufficiently to make the connection.

*"What do you do when the world gets you down?"*

*You realize that this is not the only world, and that awareness makes all the difference in the world."*

*Sanaya*