



OVERVIEW

Contextual Bridge — From Integration to Discernment

The first two sessions of the mentorship focused on establishing the container: grounding participants in regulation, orienting the group to a non-syllabus-based approach, and normalizing diverse ways of perceiving and integrating subtle information. Emphasis was placed on slowing down, building relational coherence, and allowing experience to settle through nervous-system regulation and shared reflection. With that foundation in place, this third session marked a natural next step—moving from openness and integration into clearer discernment. The work shifted toward explicitly addressing consent, willingness, and ethical engagement, while continuing to support participants in understanding how information arises, clears, and integrates through the body, dreams, and lived experience.

This session marked a shift from foundational orientation and integration into **explicit discernment and ethical clarity** around telepathic and energetic work. While still preparatory in nature, the call introduced clear guidance about consent, willingness, regulation, and the kinds of information and experiences that belong within the container.

The session combined energetic instruction, conceptual framing, and participant sharing to illustrate how telepathic and intuitive information arises, clears, and integrates—often through the body, dreams, and lived experience. Particular emphasis was placed on **permission, non-forcing, and honoring when information is not available**.

Session Purpose

- Deepen understanding of how telepathic and intuitive information emerges
- Introduce explicit guidance around consent and willingness
- Normalize physical, emotional, and dream-state clearing
- Reinforce regulation and discernment as essential skills
- Prepare the group for the beginning of telepathic practice

1. OPENING: 360-DEGREE BREATH & WHOLE-BEING ORIENTATION

The session opened with a guided **360-degree breath**, used to orient participants into a felt sense of wholeness—described as the totality of who we are across time, experience, and dimension. Key points emphasized:

- Breathing in 360 degrees represents inhaling one's wholeness
- Exhaling informs the body, nervous system, and psyche of that wholeness
- Expansion occurs naturally through intention, not effort





- Exploration of different aspects of self (collective, galactic, ancestral, etc.) is possible without separation

This practice reinforced that **nothing new is being added**; rather, participants are learning to engage more fully with what already exists.

2. COMMUNITY & PARTNERSHIP REMINDERS

Suzy encouraged participants to:

- Use the online community space to connect and share
- Bring questions to the group rather than emailing privately
- Continue engaging with partners, allowing space for honest sharing

Participants were reminded that relational friction or discomfort can arise and that **direct, authentic communication** is the first place to work with it before seeking facilitation support.

3. SETTING UP TELEPATHIC PRACTICE: STAND-INS & ENERGY FIELDS

Suzy revisited the energetic setup used in earlier recordings, clarifying that:

- The “child” participants envisioned is a **stand-in**. This stand-in may represent:
 - children participants already know
 - children they will work with during the course
 - the collective consciousness of the children

Participants were encouraged not to over-interpret who the child was, but to understand the setup as **an energetic configuration**, not a literal interaction.

Importantly, participants were told they could:

- Revisit and reset the energetic setup at any time
- Redo it with different children or intentions
- Allow new information to arise as the course unfolds

4. CONSENT, PERMISSION, AND WILLINGNESS (EXPLICITLY NAMED)

A central teaching in this session concerned **consent**. Suzy shared that:

- Early in her work, she explicitly asked permission each time
- Over time, she recognized a deeper truth:
 - She cannot connect with anyone who does not want to connect





- If she is not the right match, nothing will appear

She clearly stated:

- She does not want to interact with children, souls, or energies that do not wish to communicate
- If nothing shows up, that absence itself is meaningful
- Authenticity includes saying, “I’m not getting anything right now”

This guidance established **non-forcing and consent** as foundational principles for the work. This guidance was framed broadly. Suzy clarified that consent and willingness apply not only to individual children, but also to **souls, collectives, and energetic fields**. The absence of communication—from a person, group, or field—was consistently described as meaningful information in itself, rather than something to override or work around.

5. WHEN NOTHING COMES THROUGH

Suzy normalized experiences where:

- No information is received
- Previously accessible information is temporarily unavailable

Rather than framing these moments as blocks or failures, Suzy emphasized that **the absence of information is itself meaningful**. Participants were encouraged to respect these pauses rather than push past them or attempt to force connection.

She clarified that **regulation functions as a guide for how information is held and integrated**, not as a mechanism for controlling what appears. When the nervous system is settled, participants are better able to remain present with what is arising—whether that is clarity, uncertainty, or silence—without needing to resolve it immediately.

Participants were encouraged to:

- Honor moments of non-communication as expressions of consent or timing
- Ask contextual or relational questions rather than forcing access
- Notice what their body and nervous system are signaling about capacity

This framing positioned discernment as a **relational and ethical practice**, grounded in regulation rather than performance or outcome.



6. CLEARING THROUGH DREAMS, BODY, AND EMOTION

Participants shared experiences of:

- Vivid or disturbing dreams
- Physical discomfort or fatigue
- Emotional release following earlier sessions

Suzy explained that the field being created is:

- Highly refined
- Similar to the way children experience energy

As a result:

- The body and psyche may release old material
- Clearing may occur through dreams or physical sensations

A suggested practice before sleep:

- Intentionally frame whatever arises as *clearing*
- Express gratitude for material releasing in sleep rather than physical manifestation

This reframed challenging experiences as **integration rather than disruption**.

7. PARTICIPANT SHARING: INFORMATION AS LIVED EXPERIENCE

Several participants shared experiences illustrating how information moves:

- **Lisa** described a “download” about the nature of conversation that later mirrored itself through a spontaneous interaction with an autistic child—demonstrating cyclical, relational knowing.
- **Dara** shared deeply personal material around her daughter, collective child fields, and dream experiences, highlighting how personal healing and collective work intersect.
- These shares were affirmed not for their content, but for how they illustrated **non-linear communication, timing, and coherence**.

Suzy emphasized noticing:

- Cycles of question and response
- How life “closes the loop” without effort



8. BOTH–AND, TIMELINES, AND CHOICE

Later in the session, **in response to participant sharing and lived experience**, Suzy introduced the idea of timeline shifts as one way to contextualize rapid changes in perception, emotion, or state. This framing was offered as a supportive lens rather than a fixed teaching.

She referenced the:

- possibility that multiple realities or timelines may be accessible
- experience of moving between expansion and contraction
- role of conscious choice in how one responds to what is arising

Participants were reminded that:

- Expansion and contraction both serve growth
- Challenging experiences do not negate earlier clarity
- Regulation allows conscious choice about which “timeline” one inhabits

This reinforced discernment as an **ongoing, responsive practice**, rather than a static or perfected state.

CLOSING

The session closed with an emphasis on:

- Staying present with what is unfolding
- Trusting regulation over interpretation
- Allowing information to arrive—or not—without pressure

This session prepared the group to begin telepathic practice with **clarity, consent, and care**, grounded in relationship rather than performance.