



OVERVIEW

Contextual Bridge — From Integration to Discernment

The first three sessions of the mentorship focused on establishing the conditions for meaningful telepathic and intuitive work: grounding the group in regulation, normalizing diverse ways of receiving information, and explicitly naming consent, willingness, and ethical engagement. Participants were supported in slowing down, integrating experience through relationship, and learning to honor both what arises and what does not. With this foundation in place, this fourth session marked a shift from preparation into alignment—clarifying the shared intentions, boundaries, and values that will guide the group as telepathic practice begins, and ensuring that participants understand not only how the work will unfold, but what kind of experience they are choosing to have together.

This session focused on explicitly naming the intentions and boundaries that will guide the next phase of the mentorship. With foundational regulation, integration, and consent established, Suzy used this call to clarify how the group will engage telepathic practice going forward and what kind of experience participants are choosing to have.

Rather than practicing telepathy, the emphasis was on alignment—ensuring clarity around purpose, ethical framing, and process before moving into applied work.

Session Purpose

- Clarify shared intentions for the mentorship
- Name ethical and practical boundaries for telepathic work
- Introduce the relational and energetic structure of practice
- Prepare participants for upcoming telepathy practice
- Reduce anxiety by outlining the process in advance
- Reinforce regulation, consent, and choice as ongoing guides

1. OPENING & ORIENTATION

Suzy opened by reassuring the group that **no telepathy practice would occur during this session**, explicitly inviting participants to relax and release any anticipatory pressure. She explained that the purpose of the call was to establish clarity around intention and process so that future practice would not feel surprising, overwhelming, or performance-based.

Participants were invited to briefly share anything still integrating from the previous week's energetic connection practice, though no new material emerged at the opening.





2. WHY INTENTION MATTERS

Suzy explained that **intention acts as a filter and guide** for telepathic and energetic perception. Once the group aligns around shared intentions, those intentions shape what information becomes available and how it is experienced over time. She emphasized that:

- Intention is participatory, not imposed
- Participants are not required to adopt language that doesn't resonate
- The intention is something the group returns to repeatedly, not a one-time statement

This framed intention as a **living orientation**, not a rule or belief system.

3. CORE INTENTIONS FOR THE WORK

Suzy shared several intentions that have guided her own work over time, inviting the group to feel into which of these resonate for them:

- **Only receive information that supports relationship, understanding, or positive change**
- **Do not receive information that cannot be acted upon**
- **Do not engage in information that would harm, manipulate, or be used against others**
- **Remain in service of connection rather than conflict**

She noted that receiving information without the ability to respond, support, or integrate can be destabilizing, and that the mentorship is intentionally designed **not** to overwhelm participants with content they cannot work with.

Suzy also emphasized that telepathic connection is **relational and reciprocal**. Children are not only being supported; they often support, teach, and help reorganize the practitioner's own field. Growth and healing occur on both sides of the connection.

4. TELEPATHY IN SERVICE OF SUPPORT, NOT HARM

Suzy was explicit that she does not participate in telepathic work that:

- Investigates others without consent
- Relays information to create conflict or judgment
- Positions the practitioner as a “go-between” in relational disputes

She described herself as a **bridge**, not an intermediary for harm, and encouraged participants to adopt a similar stance—using telepathic awareness to support clarity, compassion, and relationship.

This further refined the ethical container established in Session 3.





5. THE TRIAD AND FIELD COHERENCE

Suzy introduced the **triad** as a core framework for understanding telepathic interaction. Each engagement involves three points:

- the child
- the person bringing the question
- the practitioner

Together, these form a relational field. When all three points are coherent, communication flows more easily. When one point is dysregulated, the interaction naturally shifts toward restoring stability rather than producing information.

Suzy emphasized that practitioners are responsible **only for the coherence of their own field**, not for stabilizing others. Attempting to regulate or carry someone else's nervous system leads to exhaustion and reduced clarity.

Maintaining one's own regulation allows the rest of the field to entrain naturally.

6. REGULATION AS THE ONGOING REFERENCE POINT

Suzy reiterated that **regulation remains the primary guide** throughout telepathic practice. Rather than using technique to push through discomfort, participants are encouraged to:

- Pause when overwhelmed
- Return to the heart and breath
- Re-orient to the body
- Step back when needed

She emphasized that regulation shapes **how information is held and integrated**, not whether someone is "good" at telepathy.

7. WHAT TELEPATHY PRACTICE WILL LOOK LIKE

To reduce anxiety, Suzy outlined the **basic structure** of the upcoming practice sessions:

- Telepathy will be introduced gradually
- One child will be worked with at a time
- A simple identifier (such as name and age) and **one clear question** will be provided
- No extended backstory will be shared
- Participants will have a period of silent attunement
- Sharing will focus on *how information arrived*, not on judging accuracy
- Suzy and Colby will hold feedback and guidance within the session





Participants will not be put on the spot, evaluated, or expected to “get” anything. Silence or absence of information is always acceptable. This structure emphasizes safety, clarity, and non-performance.

8. PERMISSION TO CHOOSE THE EXPERIENCE YOU WANT

A key theme of the session was that **participants are choosing what kind of experience they want to have** in this mentorship. Suzy named qualities that many participants resonated with:

- Ease
- Grace
- Clarity
- Joy

She emphasized that these are not guarantees, but **orienting values**—and that participants are always free to adjust their engagement if something does not feel aligned.

CLOSING

The session closed with a sense of grounding and clarity. Participants were reminded that the upcoming telepathic work will unfold within the intentions and boundaries named here, and that curiosity, self-trust, and regulation remain more important than any specific outcome.

This session completed the preparatory arc and opened the door to **telepathic practice grounded in consent, discernment, and care**.