



From Student to Professional Medium

Suzanne Giesemann

- Suzanne: Hi, I'm Suzanne Giesemann. I am so excited about this little chat I'm about to have for your benefit. I'm going to be talking with two of my dear, dear friends. They're former students of mediumship of mine and other teachers, but they're now working as professional mediums. In fact, I now refer clients to these two ladies and a few others when I don't have time to do readings or can't see someone. This is a chat with people who, just like me, were not always professional mediums and now are. I just look forward to sharing what they have to share with you and for you meeting them. We have Colleen Smith and Britta Grubin. Let's see. We'll begin with Colleen. Why don't you just say hi and tell everybody about your mediumship practice now. Let's start there.
- Colleen: Sure, I'm Colleen Smith. Hello, everybody. I currently see clients for mediumship readings and psychic readings. I'm also a psychotherapist, so I also see clients in that vein as well.
- Suzanne: Yeah, that's what I find so unique about you, Colleen, is that you were working as a professional psychotherapist. You have beautifully integrated this into your practice. We may go there a little bit later. Britta Grubin, welcome and what is your practice like?
- Britta: Hi, thank you for having me. I'm Britta Grubin, and I'm an evidential medium and also a psychic. I see clients all over the world. I'm currently living in Zurich, Switzerland, so it's been nice to be able to continue to see and meet people as I've traveled.
- Suzanne: Yeah, I've gotten to meet both of you at your homes. I remember Britta being in your home in California when you were getting ready to move to Switzerland. You were a little bit concerned about, I've just finally gone professional as a medium, and now I'm going around the world. We knew that with technology like this, that that wouldn't be a problem. Has it worked out well for you?

- Britta: Yes, it's actually been amazing. I've been able to actually touch on to clients in Azerbaijan, in India, with the different time changes, along with maintaining connections in the United States. It's been great.
- Suzanne: Awesome. What I know everybody wants to hear is how you make that transition from student to professional. But let's talk about the backgrounds of how you first perceive spirit. Colleen, I know from talking to you that you saw spirits as a child. What was that like and then what happened?
- Colleen: Oh, that was beautiful. Right from the get-go, as long as I can remember, I saw spirit people. What it gave me was a great source of comfort, comfort being around spirit people and just comfort in my own life. But eventually, as time rolled on, at first, I was very comfortable. Then as I got older, I started to feel less comfort because of the noise in my head and the thought of seeing people that I became aware that other people didn't see. Right around puberty, I decided to do some work to turn the volume down and to stop the communication. I always say, can you believe I actually worked for a year to turn off spirit?
- Suzanne: I don't think I want to get into how you did turn it off. People sometimes say, what do I do? I'm hearing too much. We tell people they can set boundaries. But then you actually ended up going back and taking classes to turn it back on.
- Colleen: I did and I found you, which is so wonderful. Yes, through study and through opening, through asking for it to return, through meditation, they all came back. It is possible to quiet it when you need it to be quiet, and to turn the volume up and bring it back when that needs to happen.
- Suzanne: I feel it's very important to honor the reason why you got back into mediumship, if you would tell people how we initially met, and this is what really kick started your journey into mediumship.
- Colleen: Yeah. Unfortunately, my oldest child, my son Austin passed at the age of 26. There were some questions around his passing, and I needed answers. I said I need to talk to a medium. Through a series of meeting different people, I found Suzanne. I enrolled in her Serving Spirit class and also was fortunate got on her waitlist and was fortunate to have a reading with Suzanne. Through that process of wanting to talk to my son, which many of you out there, I know that's the beginning for a lot of people wanting to connect with your own loved one. That started my journey back. Once I opened the door to Austin, all the other spirit people came back in.
- Suzanne: I love that. Now, Britta, your story is a little different. I remember, well, you have to tell people your connection with me through Bev.

- Britta: Yes, that's right. Bev is my aunt. Over the years, I had read your books.
- Suzanne: If I could just interrupt. Bev is my lovely assistant and has worked with me for 12 years. Britta is her niece. I'd heard about Britta. You had read some of my books?
- Britta: Yes, I have read some of your books and had watched you from afar as Bev had been supporting you. I've always been interested in spirituality but always believed from a young child that you were a medium at birth and it would show up at birth. I never saw spirits. I never thought that was part of my journey. I actually had the opportunity to attend one of your sessions in Camarillo, California, back in 2016 or 2017. That was really the ignition for me. I went there just as an exploration and just to continue my own spirituality. You had an actual test that we did with partners, and you had us all play together. It was always really important to play. I remember the first person that I had tried to connect with was a woman who had lost a child. It was just amazing the information that had come through and that was just the start. It was almost like you gave me these keys. These golden keys, in your first class to really start exploring what was out there for me and what my journey was going to be.
- Suzanne: I remember that class so clearly, Britta, because I was focused on you because, oh, this is Bev's niece. This is so cool she's here. I remember you were this corporate person, really successful in your corporate career. Man, you came in, you sat in the front row, and you took notes. You're very serious. I watched you all along unfolding because I recognized that joy when we realize, you mean I can do this too?
- Britta: That's absolutely it. I've been in corporate sales for over a decade. Again, this was never something that I ever thought was going to be part of my own journey. It was absolutely fascinating to see that I was making this connection. What did this mean? Really early on, I started searching for why is this happening to me? Why didn't this show up like Colleen's experience when she was younger? I've come to learn over these years that really our souls open at different points in our life, and it's just part of the process. We have to have life experiences in order to make these amazing connections with those in the spirit world and with those here on the earthly bound.
- Suzanne: Beautiful. Now, Colleen, at what point did you realize this is something I want to do? It's a calling, not just dabble in it?
- Colleen: Well, I always knew it. But like many of your listeners, I'm sure that there was hesitancy to come out with it and to be public. Part of it, when I was younger, was just as a teenager wanting to fit in. Then as I got older, it was my work life because I too was in the corporate world and then I became a therapist. Both of those professions, they weren't embracing of the mystical.

Suzanne: I've completely forgotten until now. You have that military background that I do. You were an army helicopter pilot for a few years.

Colleen: Yeah. Medium and a helicopter pilot. My son's passing, it took a big event for me to say, it doesn't matter to me what other people think anymore. I know this to be true. I'm going to follow my mission. It's almost like I didn't have a choice. I wanted to do it, but it was such a strong draw. For a lot of people, that's how it feels. This is what I need to do. It's what I want to do. Then I started up and came out as I say.

Suzanne: Yeah, and people listening right now recognize that feeling. Britta, I remember you came to me at one point after you were, I think you were already a professional and you said, "Suzanne, I've never actually had a reading because I don't have anybody close to me who's passed." I know your grandmother now has passed, I believe. But at that point you hadn't, and I shared some readings with you. How did it become a calling for you?

Britta: Wow, that's just a great question. I think it's just something innate inside of me. It's something that is, like Colleen said, you can turn off and you can turn down, but you don't really ever step away from it. One of the things that you've taught over the years is not just the mechanics of the mediumship, but really your whole spirituality within your own self. How you grow and how you look at your experience here on this earthly plane. That has just really instilled every day with me. I'm a mom. I've got three young kids, and it's just been this calling, if I could live and breathe it 24/7 every day, I would love to do that. Every time I get the chance to play around and try out new techniques, it's exciting for me. It's been a natural progression. After I went to your class and I started really experiencing more of my own mediumship and experiences, I started making more friends in the community. What a joy to go to coffee or to chat with people that were on the same path as I was versus others that are still my friends today. But it's a very different experience when you can have a cup of tea with somebody and really just talk spirituality and your experiences. It just warms you inside.

Suzanne: It sure does.

Colleen: Suzanne, I want to echo on that. When I was learning how to stand in comfort with my spirituality and my mediumship. Being in your classes and being in other events where there are likeminded people around you, it allows you to get your feet under you and find your comfort with it. Which then allowed me to turn and face outward to those that maybe weren't likeminded. Being at your events and being with other people, it's really an important part of the process, I think.

- Suzanne: It sure is. Both of you, let's start with Colleen, how did you find people to practice with? That's always a challenge for students.
- Colleen: Well, one, you had said, you allowed us to exchange information in the class. I did practice with some people from the first class that I did with you. Then, eventually, one of the tips I always tell people is if somebody gives you someone, maybe a friend of theirs or a family member, to practice with, they usually say, oh, what can we do to repay you for this reading? I always say, can you please give me my name and contact number to two people that I don't know that you know. Eventually, when they give to two people and then those people give to two people, eventually you have so many people to practice on. It's a great way to do it.
- Suzanne: It is. It really builds on itself. How about you, Britta?
- Britta: I actually had the same process. I had a website going and for almost a year I did no charge readings and really just practicing. I started very small with one of the groups' souls awakening, then I would continue to expand out. Then I realized as I was getting the website going, people would just, as Colleen said, word of mouth, come to my website and they would book sessions. It was really fantastic. I was getting up, because I was still working in the corporate world, I was getting up at 5:00 a.m. in the morning. I was so excited. I would do two practice sessions in the morning before I would get in the car and hit my LA traffic to get to my day job. Then I would come home in the afternoons, and I would do a few sessions in the evening. That's what I would do for almost an entire year before I decided to pull back from work and move forward with this.
- Suzanne: There is a theme here, everybody, and it's commitment and dedication. I know you can feel it in these two. They're all in. Colleen, how about any pitfalls going from student to professional medium?
- Colleen: Well, one of the pitfalls was just getting out there and doing it. Suzanne said to me one day, "Colleen, you are ready." I felt like she put her big old boot on me and pushed me out of the nest and said get out there and start doing readings. You guys, I was one of those folks who I found comfort being a student. I love to be a student. I love to learn and it's comfortable. Making the transition over to doing it for real, even though I wasn't being paid, it was practice, it still was very scary. Courage is what was needed and somebody telling me I was ready. Let me tell you, she was right because you learn wonderful things in the classroom, but it's when you get into the seat, when you get into the saddle and you're doing it every day that the learning, it crystallizes everything that Suzanne teaches and other teachers you may be with. It's doing it that really brings home the practice.

Suzanne: But at the same time, you don't want to make that leap if you're not ready. How did you know you were ready besides me telling you? You knew it.

Colleen: You told me. I knew because it went well. You guys, in the beginning, it's not that every reading goes smashingly well. My progression over time has been that consistency is one of the indicators, and consistency started to come up. I started to have more readings that went well than those that didn't go well. But in the beginning, it's probably 50/50 or 60/40. The pitfalls are linked to that because one of my pitfalls was what I call my inner critic. If it wasn't perfect or it wasn't great, then I felt that it wasn't worthy, or I had let the person down. I think there's something to being a career changer or being older and along in your journey. You probably have been somewhere doing some work where you were good at it. Then you switch over and you start this new activity, and nobody comes out great, in the beginning. Sliding from being good at something to not being good at something, it really ignites that inner critic. For me, I'm cutting myself slack and to be in the learning process was a pitfall I had to jump over.

Suzanne: Very good point. Britta, pitfalls moving from student to professional.

Britta: I think, for me, the biggest thing also is just standing in the power and really trusting your own self and knowing that mediumship is not an exact science. I tell this to people every day that I connect with. I wish it was an exact science, but it's not. I'm still living this human experience. I do everything I can to make the connection, and I share with them everything that I can. When you truly recognize that, and you can truly step into that space. You know that even if you don't think you're having a great connection or that session didn't go as planned, you're still a medium when you walk away that day. You have to really believe that and trust that. That took time. It didn't happen overnight. It truly took years for me to really get the courage. Now, just as Colleen said, it's like, in a way, when you come out of the closet with your friends and former work colleagues and what you do.

I tell people, it's okay that they're on a different journey. They may not be at the same space that I'm at and understanding the work that I do. They're no different and no less than I am. It's just we're all on different paths. I would say, for me, it was really gaining that courage, like Colleen said. Obviously, testing all the different techniques. You started us with amazing mechanics. I used to listen to all of the recordings that you would do with Hemi-Sync. They were fantastic to start out with. They really, really help set you up in understanding the mechanics. You get all this information that's coming through, but you're not quite sure how to sort through and as you're sharing it with your sitter. As time moves on, you develop your own process. That's what you've really helped teach us and instill in us is just play, just play around with it.

- Suzanne: It's very serious. We talk about the responsibility, but that self-critic that Colleen was talking about and, Britta, you're talking about the attitude of play, they're just so important here. What is life like now as a professional, Colleen, as opposed to just playing in the past?
- Colleen: Oh, my god, I can't believe I get to do this work for my life work. I can't say enough about how satisfying it is. There are the books written about it, about flow. When you do what you love and you hit flow, it makes my whole life great. I can't imagine life without it. I just can't. Sure, it's hard to balance because there's a lot of people out there that need readings. Of course, doing readings you hear sad things. There's a hard side to it. I will say that you have to keep yourself in tip-top shape because you, this is the instrument, and so getting good sleep, eating well, exercise, all of those things. It requires dedication, but it's so rewarding. It's great. It's a wonderful profession.
- Suzanne: You balance this for the family as well. You still have teenagers at home and family.
- Colleen: I do. I have four kids and teenagers. It's wonderful because we talk about spirit all the time. It's part of our everyday discussions. People will ask, what does your mom do? They say, oh, she's a therapist and a medium. They'll have to explain. It's been a great journey and it's opened their eyes and then people that they meet, it opens their eyes. Because in general, once people find out you're a medium, they get really curious and they want to ask you questions. There are all these conversations that they want to have, that they haven't had. It opens up a lot of neat conversation.
- Suzanne: Speaking of speaking with spirit, Britta, give me a second here because I just flashed back on a moment. Everybody knows I can't do anything without sharing evidence. But, Colleen, you remember that time you invited Ty and me to your house and you and your family, you prepared dinner. Your husband, Doug, we were sitting out and having a drink before dinner and I looked and I said, "Your son Austin is here in spirit. Why is he putting a watermelon rind on his head?" Your husband looked at me like I was crazy and then he said that he was carving a watermelon the night before to put the desert fruit bowl in. Your son Dakota had walked through the room and said, "Dad, can I have that for a helmet when you're done?" Remember?
- Colleen: Yes. I almost had to pick my husband up off the floor when she said that. His mouth dropped like, oh! It's wonderful evidence.
- Suzanne: It's one of those moments with a drop-in. We all just celebrate that. It's very, very real. Britta, you know it's really. You do it every day for people. What is your life like as a professional medium?

- Britta: I think just like as Colleen had mentioned, living and breathing it every day is just part of my day to day. But with young children, I don't have the time like I used to in the beginning to prep. But I have come to learn that I don't need to prep in the same way. I used to be very mechanical in the very beginning and think I needed to take all this time before my first client for the day. Where throughout the day, I'm connecting to spirit all day. I work with my guides all day, and I can hear things from them. I'm tuning into them. Just like Colleen said, I'm having these conversations. I was just in the car with my girls today, and we were talking about their own spiritual guides. It's really a lifelong experience that I've just come to love because it just extends beyond this face to face with another sitter. It's everything you do and everything you breathe and helping my children navigate their own life. That's really such a huge component of what you have taught us over the years is it goes beyond just the mechanics. Yes, that's how it's been for me.
- Suzanne: People who are watching this video because they're interested in the course that I'm about to do with The Shift Network may think that I prompted you to say that. But you have no idea that my upcoming course is all about what I'm calling the holistic medium. It's a deeper dive into how exactly what you just said, Britta, it becomes part of your day-to-day life. You live and breathe it, not just when you're doing readings. You both have just validated the way you talk about it with your family. It is a way of living. It's not just compartmentalized into I'm going to go sit down and do a reading.
- Britta: Absolutely and that takes time. That's what takes time as you progress, totally.
- Colleen: Yeah, and it's that journey where maybe you're hesitant at first on who you're going to reveal it to and then you reveal it, then you stand more solidly in it. Then it infuses into your life. It's so wonderful to be whole. That's how it feels to me. It feels like it's integration and it's a whole.
- Suzanne: I've got goosebumps. That's where the term holistic medium came from. I'd never heard of it, but my guide gave it to me and that's it. You just become whole, beautiful. Ladies, did you ever believe or think at the human level that you would be working as a professional medium? Let's go back 20 years, Colleen.
- Colleen: No, I didn't. I thought spirit was going to be in my life, but I didn't realize the magnitude in which it was going to enter. Of course, I wish the circumstances were different. But the beauty, the collateral beauty of that has been the spirit coming back into my life and being able, because I work with parents in grief, so being able to help others through spirit, it's phenomenal. No, I don't think I would have guessed it. I would not.

Suzanne: Of course, your soul already knew it and that's what lights that fire when you first get introduced to it. Like Britta, when you attended, I think you first heard me speak at a conference, the Celebrate Your Life conference type of thing in Los Angeles and then came to the class later. I just remember Bev told me you called her and you were all excited about it. I know the answer is you never imagined you'd be doing this.

Britta: No, absolutely not. Twenty years ago, I had met my husband and we were just dating in college. If I had known that this journey was going to be what it was, he would have had some forewarning. That's also been a fun experience for the two of us. He's been the biggest support, so that's what's important.

Suzanne: That is very important. I know both of you, we are all blessed to have very supportive spouses. That's important. Let's just touch on that for a moment. Have either of you had an experience with family members, not necessarily immediate ones or friends who really questioned this path, and how did you deal with that?

Colleen: Mine came through grief and what, unfortunately, some people would say is some version of, well, you're in grief and whatever you need, whatever you need to feel better. The nonbelievers, if you will, they would say that what I was doing was because I was in grief. Then it stuck around. It continued through my journey, and it got stronger and bigger. Were there some relationships and people along the way that they're not as central to me as they used to be? Yes, there have been changes in who's in my inner circle. There are some people that have come closer and some people that have chosen to move farther out. There haven't been any huge rifts, but there have been adjustments in in who's close and who's not. As Britta said before, I developed this whole new community of likeminded spiritual people. Because once you start the journey and you meet people at the workshops, you start friendships, it just grows. It feels good to be surrounded by people who are on the journey. I didn't quite lose them, but there's some that have backed up.

Suzanne: How about you, Britta? Thank you, Colleen.

Britta: I think for me, when you first start out, you're so excited. You just want to share your stories with everybody. Not everybody is so open, and not everyone's at that same place. That's taken time to evolve. Like Colleen said, you find a whole new community you make friends with. With people that you want to have a coffee and a tea with to talk, not only your own personal experiences but to hear through them. Again, it's been so important for me to understand that our souls are all at different places on this life experience, and not everybody is going to get to where I'm at and that is okay. It is okay that they are not going to be at the same place that I'm at. I can still be a great friend with them just at a different perspective. That's just allowed me and helped me to rationalize and understand that it's not

a big deal. We can all have different beliefs and moving forward, and I know what I know and I stand in my truth and I stand in my power. That's what's important. It's all about love.

Suzanne: Amen. Amen. One of the things, as you know, from attending my classes, I always tell people, it just keeps getting better. The connection may level off for a while, but then we have these growth spurts, and it always improves. I love what Colleen said, the consistency of good readings is what we need before we go professional. But even now that you're both professionals, what have you found out about, it just keeps getting better? We'll go to Britta.

Britta: Oh, gosh, I have found that I get certain signs and symbols now as I work with the spirit world even ahead before a session starts. If I have mechanical or internet difficulties, I know that there might be something wonky that's going to start up with a session. That's taken time as I've worked with spirit. They're my biggest teachers, and I'm always the first to tell everybody, I learn every time I get the chance to sit with you as my sitter. This is such an amazing opportunity for me also to make that connection with your loved ones. That's really been important.

Suzanne: Awesome. How about you, Colleen?

Colleen: I'm sorry, Suzanne, I completely forgot the question.

Suzanne: Getting better. What do you see about your journey?

Colleen: Oh, I was sitting here reflecting on this is the best profession because it promises decades and decades of learning and growth. As humans, we all love to grow and develop. If you're somebody who likes that, boy, this path is fantastic because every, like Britta said, every day, every session, I'm taught something. It's a wonderment. Sometimes I wake up and I think, ah, what am I going to be shown today? Isn't it awesome?

Suzanne: Yeah. That's what I say every day.

Colleen: Yeah, it makes you excited to get out of bed to see what spirit is going to reveal. Over the years I have trusted that it is revealed in the time that it needs to be revealed. For a lot of us, patience is one of the pitfalls. It's one of the hard things because you want it now, and you want it to go fast and you can't force it. You need to do the mechanics and learn the techniques, but it reveals itself in its own time. It's always growth. It's always learning. That's exciting.

Suzanne: It is and that's why we're here. As we wrap this up, I chose you two specifically because you've gone from student of mine to now professional mediumship. I do want to just say that I know the both of you have studied with different teachers.

I always recommend that as well, because we all have different systems and different tools. You're very well rounded in that regard. Ultimately, as Britta said, your guides are your greatest teachers, and they will teach you for the rest of your life. But anybody that's watching this may not necessarily be destined to be a professional. I love that what you shared today applies to everybody. But I'd like to give you both just an extra chance, anything else you'd like to say to anybody about the mediumship journey, whether or not you choose to go professional. We'll start with Colleen.

Colleen: I can clearly say that it has been one of the most, if not the most, rewarding adventures that I've chosen to undertake. I have not regretted it. I was afraid of it, you guys. I was afraid of what it might bring because of career retribution and other reasons. Oh, my gosh, knowing what I know now, I would do it in a second. It's hard work. It takes dedication, and it takes courage. But the results permeate your life, affect your family and your friends in positive ways. It's life changing. If there's interest, pursue it. Definitely.

Suzanne: Beautiful. Thank you. How about you, Britta?

Britta: I think your soul is going to direct you exactly where you need to go. As I've crossed paths with many people on this journey, some have learned that they're not taking the professional route of mediumship, but they've gone into sound healing, or they've gone into another modality. I think that's the beauty as you explore your own spirituality with Suzanne or other medium teachers. You have that opportunity just to see where your soul is going to take you. If you keep your heart open and you keep everything open. Not say this is where I need to be and I'm going to be here, enjoy the journey because you just don't know where it's going to take you. That's what I just tried to express to everybody.

Suzanne: Beautiful. Well, I hate for this half hour to end. Britta, you're in Switzerland. Colleen, you're in Virginia. I'm not too far away in South Carolina. But the beautiful part is with the internet, we can meet people and have friends all over the world. I consider both of these ladies dear friends of mine. I respect their mediumship. I respect their commitment. I hope that all of you have learned something here today. I know they've lighted the fire under you at the very least. My thank you to Colleen and Britta and to all of you. Blessings on this awesome journey.

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