



# Intuitive Heart Beat

Newsletter of the Intuitive Heart Discovery Network

Issue 1



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## Spotlight On: Susan Sanderford

Conversations with a Medium *by Fran Kramer*

Like many people, I never had a session with a genuine medium. I was curious to see “the real thing.” My experience was limited to Ouija boards in high school. At the time, that struck me as fakery. However, I was open to the experience because of Susan’s reputation and my own work with dreams where I frequently had insightful contact with the dead ranging from my parents to the famous like George Washington, Robert E. Lee, and Pope John Paul II.

Getting to know Susan Sanderford was fascinating; both in learning about her personally to write this feature and as a client seeking her professional help. Since I knew I wanted to do the two activities, I chose to meet with her first as a medium because I wanted to experience her session as any new client would, without having a budding personal relationship color the experience. Till then, my only knowledge of her was from others’ excellent recommendations. I had also visited her web site briefly.

Susan’s gift lies in being able to “see” the helping spirits surrounding the person with whom she is working. Later she described this ability as coming from a “Divine Love experience” which occurred in 1995 at the age of 38. *Continued, P. 2*

*At left, Susan and Milt Sanderford at Casa de Santa Maria, San Luis, Colorado, a retreat center dedicated to Mother Mary.*

It opened her other intuitive and psychic gifts and started her on a spiritual journey that brought in her very supportive husband, Milt, and took her many places far from her roots in fundamental Christianity of the South.

Prior to our arranged phone session—me in Hawaii, her in Colorado—I had emailed Susan in businesslike fashion an agenda of “issues” important to me that I would like to cover. On the given day, I phoned her and the taped interview began with a prayer by Susan. I immediately sensed an intimate and trustworthy “heart connection.” We talked about the agenda items, but the main focus of the conversation shifted elsewhere and soon arrived at and resolved a deeper, and perhaps more important issue I had *but never thought to mention*. The interview had me in tears of gratitude for the whole hour. Another friend of mine also held a session with Susan, and had a similar experience. *To me, this getting to the heart of a hidden issue is a significant gift to the client and a sign of the genuine helpfulness of the medium.* Of course, I was amazed when Susan identified and described to a “T” my parents as helping spirits around me. She said they were very good parents and that there was no unfinished business between them and me. This was true. She said Mom and Dad were with me now because they wanted me to know how much they loved me and how proud they were of me in what I was doing in my current pursuit—which ironically is something neither one of them would quite understand while alive. The night after my mother died I had a dream where she appeared and said she could finally understand me, and that I was very special. So to hear Susan say my parents supported me now was confirmation of that dream. It

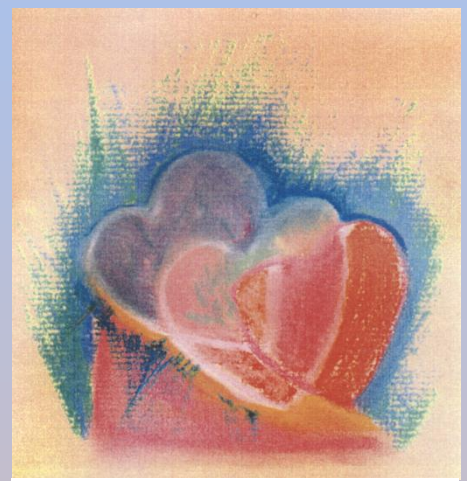
was news which provided a great relief because in order to pursue my current activities of promoting intuitive study and dreamwork, I have invested five years of their inheritance money. Nagging doubts badgered me about whether they would approve of this. I could hear my father say, “Get out there and get a real job!” I am a responsible person and would want them to feel that I have used their gift wisely. I told Susan this, and she laughed, commenting, “I am hearing your mother say that you have two more years to use the rest of the money. Get going on it.”

All in all, it was very heartwarming to know who’s “out there” helping me at that moment! And it reaffirmed another belief I had that those close to us never really leave us. They are there to help us when we need them.

To find out more about Susan and how she grew her work I later asked her how the Intuitive Heart program helped and assisted in her work and growth as a person. She answered in her words:

“Using Henry’s methods allowed me to gain confidence with my own newly awakened abilities, which then allowed me to be more comfortable to start giving readings. Now here we are 18 years later, not only have we been giving mediumship, life-guidance, and soul-growth readings, we are now helping to take others on their spiritual journeys to the next level by using some of Henry’s methods as well as some we’ve learned from spirit along the way.

Milt and I have learned to instinctively follow that inner guidance that has led us on an adventurous journey. We’ve followed our “Intuitive Heart” guidance to live in Sedona, and Australia, and to visit Bosnia and Brazil. We now have landed in the San Luis Valley of Colorado



## Resources for Sharing

### Intuitive Heart Provider Resources:

The contents of the Provider RESOURCES CD are always growing. [Click on this link](#) to get the latest collection of material you can share with others, freely or for sale.

## Tools to Help You

A new [webpage](#) has been created for the entire Intuitive Heart community. It provides the latest recordings and other tools.

to create the Casa de Santa Maria—a healing retreat center with the mission to heal broken hearts, offer clarity of purpose and to bring love, peace and joy to the soul.

Our favorite work is to combine the “Intuitive Heart” methods with the spiritual growth principles Spirit had taught us. This makes for major transformation in the lives of folks who want to grow spiritually. The ‘Intuitive Heart’ has a strong foundation in love-centeredness, which what we have to learn is that ‘It is Love that heals!’”

Susan is also an author. See Page Three for two book reviews. Her websites can be found at: <http://www.susansanderford.com> and [www.casadesantamaria.org](http://www.casadesantamaria.org).

## Our Featured Artist

Many thanks to Henry Reed for the artwork in this issue. If you want to share your art or music in digital form, please contact the newsletter editor at [fran\\_kramer@healingdreamgarden.com](mailto:fran_kramer@healingdreamgarden.com).



## Henry Shares

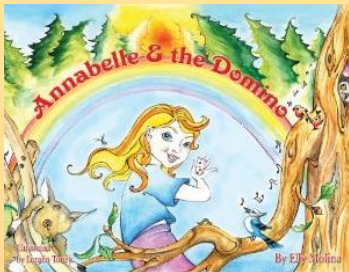
If I may begin with a sincere cliché, “it warms my heart to see our Intuitive Heart providers get some attention. Too often the focus is on the Intuitive Heart tools themselves. People are astounded when they experience the special healing power and ecstasy inducing qualities of our unique “Inspired Heart” meditative process. They are amazed that they can actually “dream true” when they participate in our unique Edgar Cayce Intuitive Heart Dream Giveaway Circle (as some are calling it). As wonderful as these personal discoveries are, the real spirit of the Intuitive Heart comes from SHARING IT. Edgar Cayce was more interested in our relationships with one another than with the quality of our attunement during meditation or the travels of our soul during dreamtime. Even sharing one’s own simple experiences can be helpful to others.

Thus to truly and fully honor the extreme idealism in both the life and work of Edgar Cayce, we have designed our Intuitive Heart Certification program to emphasize sharing the experiences with others, rather than simply being content to learn them only for one’s own sake and purposes. That makes our training a bit more demanding, but then it pays off in soul dividends big time.

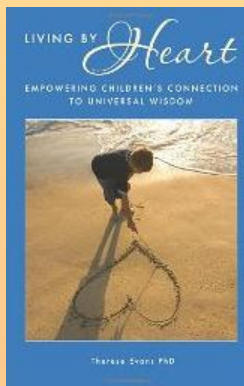
There’s a huge new website, at <http://edgarcayce-intuitionschool.org/intuitiveheart/certificate/> that attempts to share the riches of the Intuitive Heart world of discovery into bite size pieces. I appreciate your help in finding new ways to portray how the lives of our certified teachers/practitioners/providers are being enriched by their sharing with others.

-- Henry Reed

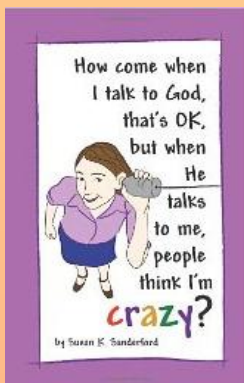
## Publications by Teachers



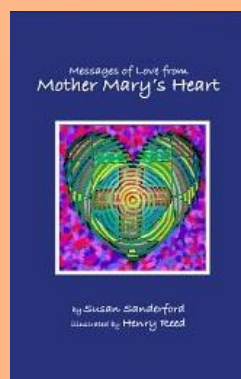
Elly Molina, founder and CEO of [Beyond the Crescent Moon](#) is an educator, visionary, coach, psychic and author. She has written articles and a children's book titled, [Annabelle and the Domino](#). Elly has been teaching children and adults how to use more of their minds in a special and different manner. This book introduces children to telekinesis when Annabelle tries to move a domino.



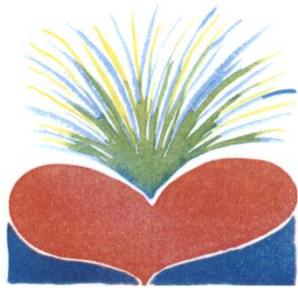
Therese Evans, Ph.D. is a mother, teacher, intuitive counselor and holistic integrative therapist. Her heart-centered practice, [Sacred Bridges LLC](#), helps individuals and couples connect to the Love within and between them so they can create the joyful and purposeful lives they are meant to live. [Living By Heart: Empowering Children's Connections to Universal Wisdom](#) offers a heart-centered paradigm with techniques for parenting that introduces universal wisdom and supports children's Divine connection.



[How come when I talk to God, that's OK, but when He talks to me, people think I'm Crazy?: Channeled Messages from the Holy Spirit](#) is a book chronicling the messages that [Susan Sanderford](#) received. Susan begins by describing the experiences and circumstances that brought on her channeling. Then she details the messages which concern many topics including why we are here, illusions, fear, and healing. These insightful passages are best read a little at a time and savored thoughtfully and heartfully.



[In Messages of Love from Mother Mary's Heart](#), [Susan Sanderford](#) channels messages of a divine mother who is speaking to her dearly loved child. This book is a gift for those seeking a particularly wise, feminine, comforting and loving voice. It can be used as a meditation guide. One passage a week read from and by the heart is recommended. The book is also beautifully illustrated by the Heart Art of Henry Reed.



## IH Explorations

### When only The Heart has the Answers

For each person undergoing a strong release of kundalini energy, there is a unique set of causes, manifestations and outcomes. But no matter how one experiences kundalini, or how much one knows about the many complicated symptoms and effects of this powerful force, there will likely be accompanying confusion, anxiety, bewilderment, and disorientation. One is no longer at home in one's old skin.

Without a guru knowledgeable in kundalini, as is often the case in the West, Edgar Cayce urges that it is helpful to find understanding counselors and friends, but more importantly, through prayer and meditation one must ultimately rely on one's own inner resources. An inner guide is more important than any guru can be. Secondly, he notes that balancing the energy is important to avoid injury to the body and psyche. Accessing inner wisdom or an inner guide can teach the person how to balance energy in a healthy way. Also, this intuitive process can help one to self-diagnose kundalini energy as being the cause of a symptom—and not disease. After all, the medical establishment will not likely recognize kundalini signs, and could mistreat a condition, resulting in unnecessary medications and expenses. What is required is a reliable way of going inward to seek answers. Many other life situations such as ill health, complicated family issues, etc., present us with such a demand when the answers lie only in the heart.

This column will explore how IH tools can be used in cutting edge ways when the usual ways of gathering information or having precedents don't exist. For example, it will describe how kundalini can be worked with using methods of the Institute of Intuitive Studies such as dreamwork and heart-centered meditation. Other articles will focus on such topics as the effectiveness of IH tools in seeking the intuitive guidance to maintain or improve physical health or provide a specific answer to a health question. As much as possible, personal, real-life experiences will be used as examples. -- Fran Kramer

## The Beat Goes On: What's Happening

### Teachers' Events & Experiences

Margaret Dwyer and Cynthia Zeki who are promoting the Intuitive Heart Discovery Group Process Certification Program in Chicago were prize winners as entrepreneurial women of the Count Me In: Urban Rebound Initiative held in Detroit at the Renaissance Center last fall.

Margaret is serving as our roving reporter and is contacting all Intuitive Heart providers to learn of their activities so that we may create additional awareness of the fruits being spread. Please contact Margaret at [eagle1062@sbcglobal.net](mailto:eagle1062@sbcglobal.net) with your news.

## Upcoming Events

### Certification Training for Intuitive Heart Practitioners and Teachers:

June 9-15, 2013

This is the next training session being offered by the Edgar Cayce Institute for Intuitive Studies and is part of a year-long program designed to train leaders in intuitive and heart-centered practices. See <http://edgarcayce-intuitionschool.org/intuitiveheart/certificate/> for more details.

## Contacting IntuitiveHeartBeat

**Publisher: Henry Reed, Ph.D.**

**Editor: Fran Kramer**

The IntuitiveHeartBeat is published as the heart directs. Feel free to submit comments, suggestions, letters (under 150 words) and short articles (under 450 words) and artwork or music in digital format for consideration of inclusion in a future newsletter. These items or links may be emailed to Fran Kramer at: [fran\\_kramer@healingdreamgarden.com](mailto:fran_kramer@healingdreamgarden.com).

If you know someone who would want to receive this newsletter, please contact Henry Read at: <mailto:starbuck@ls.net> to be added to the distribution list.

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