



SARA WISEMAN

As an author, I do not write—I receive. My job description is to consistently perform acts of extreme humility: sit down. Turn on laptop. Act as “scribe” or “receiver”. Don’t argue back. There’s nothing more to it! It all comes from God, the Divine, the universe, these words I hear, and my only job is to take dictation and hope I get them down right. In this same way, I believe we do not create music, we receive it, and that it all comes directly from the Divine. Unlike many authors, I’m also a channel; this means I receive psychic information clairaudiently—via psychic hearing. I am able to hear voices in my mind's ear; it’s how I received “*THE 33 LESSONS*”. In this process, I hear words and language, which I either bring forth with my voice by speaking, or I usually write them down. And often in this process, I hear music. I hear complete melodies, fully formed and orchestrated, that play and play, as if I’m front row center at some kind of Divine concert. It’s not celestial stuff either—no harps and trumpets! It’s the wildest, most beautiful music I’ve heard. I believe all of it: music, writing, art, dance, healing, everything we express—all come direct from the Divine. It moves through us, not from us—and it’s our job to just toss out our fishing nets and catch it. Reel that stuff in!



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