

New Volume of Channelled Teachings Invite Readers Into “GREAT FULLNESS OF HEART”

Susan “Suz” Gallaher releases *The Little One Diaries, Volume Two* — a 25th-anniversary continuation of the series readers say changed their lives



Lynchburg, Virginia Sep 14, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Author, teacher, and spiritual mentor Susan “Suz” Gallaher has released *The Little One Diaries, Volume Two: Great Fullness of Heart*, the second book in her series of channeled spiritual guidance.

Following *Volume One: Taking the Boards off the Windows*, the new volume gathers ninety-three consecutive daily transmissions — Days 94 through 186 — each closing with the series’ signature benediction: *Be love. Be loved. Beloved*. Where the first volume opened the door, *Great Fullness of Heart* goes deeper, expanding on the spiritual laws and principles of truth at the heart of Gallaher’s work and offering readers a direct experience of what she calls a personal portal to the Divine.

Gallaher describes *Great Fullness of Heart* as a state of expanded consciousness — gratitude beyond gratitude, love beyond love, grace beyond grace — in which the individual heart merges with the Heart of All Hearts and the veils of separation dissolve.

“These teachings were never meant for me alone,” said Gallaher. “They came to remind every one of us that we are Children of a Limitless Universe, greatly loved, with our own direct link to Source. My hope is that readers close this book trusting the still, small voice that has been calling their name all along.”

An early reader of the series warned that the book would change their life. It is a claim the author embraces: *The Little One Diaries* is, above all, a book about the reader — an invitation to unconditional love, overflowing joy, and boundless grace in every moment, and to awaken from the trance created by the illusions of fear, unworthiness, and scarcity.

Readers can approach *Volume Two* by reading sequentially, following the teachings as they unfolded within the context of Gallaher’s own life, or use it as a daily oracle — holding the book, asking for the lesson most needed that day, and opening to a page at random.

The volume arrives bearing a 25th-anniversary seal, marking a quarter century since the teachings were first received. *Volume Three: Weaving a Web of Grace* is forthcoming.

ABOUT THE AUTHOR

Susan “Suz” Gallaher is a writer, teacher, spiritual mentor, and storyteller. With her husband, Rick Gallaher, she co-founded the Love Out Loud Initiative and UR-Loved.org in Lynchburg, Virginia. Gallaher began receiving direct spiritual guidance early in life. In *The Little One Diaries* she shares her intimate conversations with the Divine and Its Infinite Manifestations of Love, encouraging others to experience themselves as children of the Divine and to establish their own direct channel of grace, healing, and unconditional love. She is also the author of *Taking the Boards off the Windows: An Exercise in Grace*. Learn more at suzgallaher.com.

BOOK DETAILS

Title: The Little One Diaries, Volume Two: Great Fullness of Heart

Author: Susan Gallaher

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Review copies, interview requests, and cover art are available on request.

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