

Special Session with Sanaya and Suzanne Gieseemann
Unity of Prescott, Prescott, AZ
Friday, April 20, 2018

Before the session started Suzanne shared highlights of her recent readings and daily messages from Sanaya.

The song played before the session was “Om Kumara Mantra” from Deva Premal and Miten’s CD, *A Deeper Light*. The song enjoyed after the session was, “If Not for Love” by Karen Taylor Good and J. Martin.

All notes in parentheses are inserted after the session to help the reader have a clearer understanding of the words spoken and the experiences shared. “This one” refers to Suzanne.

The recording of this session with Sanaya and the written transcript is available for listening and download at:

<http://www.suzannegieseemann.com/category/special-sessions-with-sanaya/>

You can read more about Sanaya at <http://www.suzannegieseemann.com/who-is-sanaya/> and read Sanaya’s daily messages at: SanayaSpeaks.com

Thank you to Debra Henson for this transcription

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: It has been quite a while since this one has sensed the higher energy, and yet it is not so different for her to feel our presence for we are with her always, just as your guides are with you always. It becomes a matter of noticing this, of paying attention that you are not alone. That still, small voice within you is the voice of your guides. It is also the voice of your own higher self. It is the voice of God. How can it be all of these separate voices? Look around you. Do you not see individual expressions of the Source? We will use different names for this Source throughout the evening. We have already called it God, and we call it the Source, or we could call it You. You are part of that, inseparable from that, and yet you are not all of That. This you understand. This is your Spirituality 101 as you would understand it. But we wish you to understand that we who speak to you now understand ourselves as aspects of That, and our main goal anytime that we speak with you is for you to understand that you also are aspects of That -- and you would

understand “That” with a capital “T” – and therefore, it is God speaking to you this evening, and it is God speaking to you in your prayers, in your meditations, and it is God speaking to you when you speak with another human being, yet neither of you may be aware of this higher connection that you share. We hope you do understand this, for none of this interaction would be happening were it not for the Source of all of it.

For you in human form, you are aware of this voice through the medium of consciousness, yet even without consciousness God is there for God is All That Is. Yet that word is a bit tainted for some, for it does cause you to picture a human-being-like being, for you cannot picture something greater than yourselves with intelligence and creativity and self-awareness and love and those human attributes with which you are accustomed without attributing them to a human form. What would it look like? You can look in a mirror and know what it would look like. As we have stated in this morning’s message (www.SanayaSays.com post for April 20, 2018), you can look at a puppy, which brings forth the love that is in your heart, and know what God looks like. Or you could look at a flower or any of God’s creatures and know what It looks like. And yet God needs no form. We will shift to another word, therefore, one that this one learned from a teacher of your so-called religions, and that term is “Ultimacy,” “Ultimacy,” quite a clever word given to that teacher by the Source. Your greatest insights come from the Source when centered. And Ultimacy is such a fitting word for That Which Breathes You for there is nothing beyond Ultimacy. There is no word such as “the” or “an” before the word Ultimacy for it stands alone. There is nothing beyond it, and there is nothing opposite to it. Ultimacy, All That Is. And yet It cannot be defined by a word.

How to know your Source? By becoming centered, by becoming a coherent vessel. What do we mean by coherent? The human aspect of you and that aspect of you which never changes, that aspect of you which is always aligned with Source, the two in perfect resonance, in harmony, those two aspects. Yet within the human aspect of you, there must also be coherence, and by this we mean the heart is not beating too fast or too slow; the heart is radiating vibrations of love, the highest order. And the brain is not scattered, the brain is not thinking. The brain is settled, the heart is radiating love, and therefore the two are in resonance. This is coherence.

And so you may wish to visualize the human aspect of you along a horizontal axis; the human aspect is centered, and the spirit aspect is centered, and there you have a cross, which also has its own meaning to many but a very fitting meaning for becoming centered as human and spirit. And notice where the center lies of course: At the heart. So you can align – and this one has taught this lesson given to her before – align the human side of you by picturing your human aspect as the horizontal axis and merely turning it to align with All That Is. And so anytime that you feel out of balance, off-center – and do you

not know this feeling well? – you can picture this cross, take hold in your mind of this horizontal axis and twist it into alignment, now visualizing yourself perfectly aligned with your guides, with your own higher self, with the Source, with Ultimacy. And we tell you then to buckle your seatbelts for then the insights will flow; then the knowingness will ensue; then you will come to know yourself, the more you practice this practice, to know yourself as one with the Source.

If all human beings were to practice alignment and coherence on a regular basis, then there would be no more fighting, for there would be no more sense of separation. You would still be quite aware of yourselves carrying out your human roles, for that is why you are here in Earth school. You are here for a purpose, and we will get back to that and talk about that in a moment – yet as you sit in alignment and coherence, you would come to feel your innate connection with each other, for coherent beings emit vibrations that are in phase, in phase, not canceling out each other; this is called destructive vibration.

If you are all in phase, you are all working for the same purpose. And what would that be? It would be the evolution of the soul. But that is not how evolved of a soul you are. There is always more growth to be had. That is why this Earth laboratory exists, so that you can practice and grow and say “Let us see how this works if we interact with each other in this way.” “Let us see what happens if we choose this decision versus that one.” “Let us see what happens.” And you are catching on now.

Do you see how every choice you make, every decision that you make is an opportunity for the soul’s growth? But the challenge is that so many of you do not realize you are souls. In this room most of you do; it is why our message is so well received, and we are quite grateful. But you know that beyond the confines of a church, a sanctuary, beyond the confines of a group of kindred souls, there are many who have no idea that they are souls. And so, when faced with a choice to be caring and cooperative and nonjudgmental versus to take care of the self, many would choose to look out for the self, to look out for the self, for they acting out of fear. And this is why many spiritual teachers teach that the opposite of love is fear. And some say “But no, the opposite of love is anger.” But do you not understand that anger results from fear, fear that you will not have enough, and therefore, you protect what you have and you lash out?

And we will not bring down the energy by speaking of the lower vibrations now, but can you see – and if you give great thought to this after you leave here this evening, how fear of not having enough love leads to your power struggles and leads to the lower vibrations? And so it behooves all of you to come into alignment with who you are, your true essence, your connection with Ultimacy and to feel the love. And the more you sit in that Presence, with a capital “P” –

we are directing ourselves to the transcriptionist to make sure that that capital “P” is inserted, for there is “presence” and there is “Presence” – and you can feel that Presence this evening as you tune into your heart. But can you not understand that the more who would sit and feel that Presence would make the choices for love and not out of fear?

That is precisely why you are here, not simply in this session with us but on this Earth. For the soul said, “That is an environment in which the soul can experience much growth, especially if we forget who we are and become so absorbed in our roles that we identify with the roles.” And that is what has happened. And yet part of the plan is that the more you choose love, the more you’ll reconnect with the soul. You cannot be separated, but it is a connection in awareness, and that is why once you kindle that connection, you want more and more.

The human being wants more and more and more of this human love, but once you feel true Divine Love, there is no turning back, and it is more and more difficult to choose out of fear.

We do at times sound like preachers, and we do apologize, and yet we do appreciate you listening to our messages, for they are words that the human cannot hear too often; they are words that help you in that connection. You would not have been drawn here this evening if your very soul did not nudge you to attend, to listen. Why? Because the human needs reminders, and the awakened soul loves the communion. It is a win/win situation all around. It is a win/win situation for us, for we see your lights growing brighter as you hear words such as these; as you read uplifting words in your own spiritual practice, we see your lights burning brighter.

You are our messengers. And you need not go out and proselytize. No. You need merely burn that light within you brighter to have an effect on others. You need not open your mouth, for that energy goes out without words and also, of course, carried on your words. You have far more effect on others than you are aware -- and not just those with whom you are in direct communication but those at a distance as well for all lights are joined. There is only one Light, and you are That. We see the connection. Our intention is that you come to see it as well, that you look upon another who may not be burning bright in that moment and think “There go I. If I can ignite their light for them simply by being present and being the Light, then I have served another today.”

Do you see how simple it is to ignite a spark in another? Simply turn up your own. You may wish to reach out a caring hand, to touch an arm, to give an embrace. And if you are not a touchy-feely type, then you can merely give a smile, say a kind word to a stranger. You are well familiar with these actions, yet so few remember to take these actions regularly throughout your day. It is so simple to ignite the soul, and so you are given opportunities and experiences

such as this to remember to reignite that which never goes out. And we thank you.

Is there one of you this evening with a question that we can answer?

Attendee: I don't understand why we come back to forget who we are; it doesn't make sense to me. It just seems silly when –

Sanaya: My friend, why would you come back at all to –

Attendee: (Laughter)

Sanaya: -- this earthly realm to experience the ups and downs, the pain and suffering that go with not remembering if it not – if it were not for the expanded opportunities for growth? When you are in your unearthly realm, pure souls communicating with each other, you are all quite aware of the love that is you, you are all quite aware of the Presence of the Source; that light never goes out in your awareness in the spirit world. It will be quite pleasant for you when your time comes. However, after a while you say “If there were a way to turn up our light even brighter, would we take that opportunity?” Can you hear the mass rumbling as all the souls say “But of course, but of course. This light feels so good, we would like it to grow even brighter.” And you say “What would allow us to grow brighter?” The only way to grow brighter is to forget that we already glow bright. It is a bit perverse. But you say “Would it not be interesting to see what would happen if we forget who we are?” But of course you are already well familiar with those who have gone before you, and you see them come back battle-weary, battle-scarred from those experiences, but they are welcomed back into the nonphysical arms of the other souls, welcomed back with such love, such appreciation and immediately remember from whence they came, immediately aware that they are home, and immediately all pain and suffering is forgotten. And your friends, the souls, say “And what have you brought us?” And you say “Well, it is true, I completely forgot who I was” –

Attendee: (Laughter)

Sanaya: -- “and it was hell. Do you understand? It was quite challenging, for without the awareness of where we came from, I did stumble a bit and I had to once again make choices and I did make some mistakes, but oh, it was worth it, for every time that I chose love, I remembered for just a moment, and the joy and the pleasure that came to me as I chose love, for the briefest of moments, it was like ‘Was that a dream?’ I have a feeling, it was déjà vu, there is something out there, there is something greater, and I wanted nothing more than to feel that again, but then it slipped away like a dream. What is that? And then a chance arose to choose again, and I chose love and there it was again.”

Do you see why souls go back and forget? For we live imbued with love in the spirit world, and there is evolution, but there is nothing like the power that comes for the soul from going through this Earthly school. It is all about evolution for, understand us well, it is not a finite reality in the spirit world. The souls continue learning, and they will take any opportunity at all to continue that progression. And why would you not choose to go to an environment with a ruleset that dictates that you do not remember? We hope you see that there is learning to be had in this amnesia.

Attendee: Thank you.

Sanaya: We thank you for that question. Is there another?

Attendee: If a human being is on this Earth plane currently and they feel like they are finished with their experiences in this human life form, wouldn't – and that person wants to go toward that love and light, what would you say to that person?

Sanaya: The perspective of the human being – and we do thank you for your question; it is quite a good one, a great lesson here – the perspective of the human being is always limited. Even one who considers themselves fully awakened has a limited perspective. Even one who sits in meditation and can connect with guides to get the higher perspective of the soul still does not quite reach that perspective that one has when without the physical body, which does bring down the vibration quite a bit. And so there is always learning to be had until the final breath is taken. And yet there is another side to that story, that those around you learn from you as well, and this is an answer to a question as to why was my – why must one suffer until the final breath. For those around get to choose love instead of fear. For the learning of those around. And so it is the soul volunteering to stay just a bit longer to allow those around to learn.

And so, the human may never know the opportunities that their presence here on Earth is offering to both their own soul and the souls of those around, understanding that all souls are connected as one, ultimately, as Ultimacy. And so there is great understanding for those who end their life early; there is no judgment from the other side save for the soul itself, who gets to the other side and then very much sees the opportunities lost. Can you feel the difference that would be felt when greeted on the other side instead of “What have you brought us?” It is not judgment, but it is not the same. And yet for one who is quite ill, who knows they have no more to give on this side, they may take their life. It is a bit different than one who is young and most certainly has many more opportunities here. What a heavy lesson you are affording us to give to you this evening, but there is always understanding. It

is all about the opportunities for growth, and the human sight is limited. We hope we have answered your question. Is there another?

Attendee: Then how – how do you explain young people who die in the right time?

Sanaya: Some of you have heard of the soul's plan, and there is no doubt from those souls who have shown in advance of their passing that they are well aware that they are going to live a life that you would consider shorter than others. It is planned, in some cases, that those who have been around the block quite a few times, you might understand it, who have had many more incarnations than others as a soul, who have had so much growth that they do not need to learn the lessons that come from a lifetime of the normal, average human lifetime ... those souls volunteer to be in a situation in which an early – so-called early passing would allow greater growth for those around them, understanding the pain that it would cause those around them.

We are quite aware of the human reactions to the transition that you call death. Please see the death transition through the eyes of the soul. We see it as a celebration. When a life has been well-lived, when it has fulfilled its purpose, and when the passage of death will allow greater love to result, then that one is welcomed back with rejoicing. Death to us is equally a celebration as birth. It is not a tragedy to those on the other side. And yet we understand that because of the human mindset that says a life must be 80, 90, 100 or more years and that a child must not pass before a parent, we understand that this belief system causes suffering.

It is only your beliefs that cause that pain, and, of course, the missing the physical presence of the loved one; we are quite aware of that. But if you are to examine those cases of young ones who pass to the other side, most especially those who knew they were going to pass, and even the family members had an inkling that something was going to pass, you will recognize a brighter light in those old souls. And it is those families that feel especially motivated to go out and begin foundations, to offer scholarships, to change their world as a result of that young one having been in this life. Do you understand us?

There is great purpose in all lives. It is not a tragedy for the soul (to leave the earthly realm “early”). It is a belief system that causes suffering. If all of you understood that young or old, those who pass are surrounded with love, greeted with joy, continue to see you and follow your life and interact with your lives, and are part of your lives, why then, you would not suffer so much. But does that suffering not offer you opportunities for growth, to choose to remain suffering or to say “It is time for me to wake up. I do not like the way this feels to suffer, I wish to learn more about this so-called afterlife. Is it real? I need to know. Can I connect with my loved one for I cannot bear this suffering any longer?” And thus you have had what is known as a wakeup call. For the

human being who does not remember you are a soul, in many cases a wakeup call is necessary but not always essential.

May your prayers imitate the ones of this one (Suzanne), who has learned from her suffering to pray: “May the prayers – may the lessons be as painless as possible.” A very good prayer to pray. This type of prayer shows an awareness that suffering is optional once you remember who you are. And who are you? You are the Light that burns within you.

Your thoughts, your beliefs truly are the cause of your suffering. When you come into alignment with the Source, you feel naught but love. You remember and you know that the soul does not come here to suffer; the soul comes here to remember. Yes, a bit of a perverse system. Then why forget in the first place? Is your world not filled with paradoxes that can only be reconciled by aligning the two worlds? It makes perfect sense to the soul. Come to know who you are and cease suffering. This is why we come to be with you. There is not a soul in the spirit world that enjoys seeing you suffering. That is why you have guides who are waiting for you to ask for guidance. That is why the soul within you speaks “I am here. Can you hear me? Brighten your light and you will be aware of me.”

You turn up your light by choosing love instead of fear. You become aware of suffering and it is laced with fear? Seek your God, seek the ultimate of love, come to know it as you, and there will be no more suffering. This is our prayer for you. This truly need not be hell on Earth. Through remembering who you are it can truly be Heaven on Earth. You control your thoughts. We are here for you. Think of us often and we are there, for you cannot be separated from the Source.

We bid you goodnight.