

**Session with Suzanne Giesemann and Sanaya
Unity of The Villages
Summerfield, FL
December 6, 2015**

Before the session started, Suzanne shared highlights of her recent class at the Arthur Findlay College of Psychic Sciences in Stansted, England. Her week was filled with miracles and amazing synchronicities as well as intensive advanced study (“boot camp”) in mediumship. As she concluded the highlights, attendees were given a special gift ... Suzanne announced that a spirit, the father of someone in attendance, was at her side. As she described the spirit, a man identified him as his father. This evidence-filled communication was filmed and with permission Suzanne posted it on her blog. “The Miracle of Mediumship” is available at <http://www.suzannegiesemann.com/the-miracle-of-mediumship/>

Suzanne gave a brief overview of how she blends her consciousness with her group of guides called “Sanaya.” You can read more about Sanaya at: <http://www.suzannegiesemann.com/whoissanaya> and read Sanaya’s daily messages at: www.SanayaSays.com

The song enjoyed 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.

Many thanks to Bev Garlipp for this transcript.

The next Special Session with Sanaya at Unity of The Villages will be held on Sunday, January 3, 2015 from 7-8:30 p.m. It is open to the public.

The recording of this session with Sanaya is available for listening and download at: <http://www.suzannegiesemann.com/sessions-with-sanaya-2>

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Sanaya: Good evening.

Attendees: Good evening.

Sanaya: We are very much present ... there is no need for a long preliminary (*period of silence as Suzanne attunes*) this evening for this one has learned that spirit is always present. We wish to share with you that all of you who believe strongly in the need for rituals and for tools to attune you to spirit--implements such as pendulums and crystals and the like--we wish to tell you that these are fine for you to use. They are necessary steps in your evolvment towards higher attunement with spirit, but as this one has learned this week, communing with spirit is a natural ability. You need merely step into your power as one with the Great Spirit. Therefore, there is no need for meditation prior to attuning. There is no need for special rituals. You wish to be aware of the presence of spirit, merely set that intention and say, "Come now." (*A friend told Suzanne after the session that she had been sitting in the front row wanting to ask a question about the use of crystals, and Sanaya answered her in these opening words.*)

This may be a surprise to some of you. It may be a time saver to some of you to not have to go through such long rituals as you have enjoyed in the past. When wishing to commune with your guides, merely ask for their presence. Make the shift in awareness from human awareness to spirit awareness and there you shall be in the presence of your guides.

We were reminding this one during the musical section not to become too "self-aggrandized." We will correct that term, but you will understand our meaning "not to congratulate the self too much" for this so-called victory this evening. (*Sanaya is referring to Suzanne's communication with spirit before the session.*) Yes, it is an achievement, but the human being wishes to always heap praise upon the self when things go well, but then of course you are always equally likely to berate yourself and knock yourself down when things do not go well. Surely most of you can identify with these traits of the human being.

We wish to tell you that the moment you recognize these ups and downs that come and go like the cycles of your weather you will recognize that, "Ah, yes. I am in human mode again. What goes up will most definitely come down." Therefore, as has been shared with you earlier, the antidote to these ups and downs is identifying with the qualities of the soul. This one has shared with you already one (*quality*) which will immediately take you to the heart, and that is gratitude. Gratitude.

At any time when you are feeling that you are a bit superior or puffing yourself up for some victory that you have achieved, we remind you: go to the heart where gratitude reigns. You will find peace there and will not have to suffer the subsequent "down in the troughs" fall that always follows the puffing up ...the deflation as you would know it. Very human reactions, but this one knows as well as most of you that the human being cannot take credit for those things that are of spirit. When this realization occurs there is naught but gratitude.

We are so grateful to all of you this evening for your presence here. We are quite aware that it has been a rough week for you in this country, the United States, where terrorism has broached your shores yet again. (*Sanaya is referring to the shootings in San Bernardino, CA on December 7*) We wish to tell you that you are focusing on that, but haven't you also experienced your very own citizens taking their guns in hand? Can you feel the energy plummeting as we talk about this? Do not despair, we will bring it back up again.

Just to tell you that the sickness pervades all of humanity. Yes, most certainly it is concentrated in one group, but we wish to ask you to be aware of when anger threatens to take over your soul ... to wrap itself around your heart like a net that becomes pulled tighter and tighter, suffocating the heart so that you lose awareness of who you are. This can happen so rapidly when it becomes so easy to throw blame. We wish to make you aware of the two levels that operate together at all times. They are not separate, but joined together. They appear separate to you, for you have what you call physical matter and you are part of that, and so you draw a line between the physical world and the spirit world. It is all one world. Could you see with the eyes of the soul, hear with the ears of the soul, you would understand that all is one. The separation comes into play when you identify with the thoughts in your head and feel the emotions that follow immediately on the heels of those thoughts.

We understand anger. We understand your wish to lash out. We understand your wish to throw blame. We understand your desire for retribution. What human being would not wish that (*because*) you understand love, you understand family members, you have empathy for those who have lost family members. You are human. Bringing to mind the two sides of the coin you were shown this evening, you are also, my friends, spirit at all times. (*The coin shared was the "Living Love Side Up" coin that was produced based on a message from Sanaya. See www.LoveAtTheCenter.com.*) When you catch yourself throwing blame, being angry, empathizing and wanting to seek retribution and throwing oil onto the fire ... we ask you to turn the coin over if only to catch your breath. The human will come back. Always flip flopping you are until you get to the place where you can no longer deny that the two sides are one, merely spinning on its edge waiting for you to make the choice, how will you react in any moment.

From the spirit side you see situations differently, you see with understanding. You understand why human beings hurt other human beings. You understand the need for retribution. You understand the need for love. You understand that humans do not understand how love can heal. You come to a new place of understanding, and when you can no longer stand those who do not understand, then you go into the silence and pray for peace. At the very least, peace descends upon you and you can go about your day remembering who you are, opening your heart once again and spreading that protective soothing balm of your love on those around you so that you do not all remain in a state of angst.

It is so understandable. There is nothing wrong with being angry. Do you understand us? There is nothing wrong with it. It is understandable when you see with the eyes of the human being, but is it peaceful? Does it help? Does it help your equanimity? Does it bring you to a place of peace? Does it take you farther from being the presence of love, which is your purpose in being here in the first place? If it takes you farther from that purpose ... then if we leave you with one lesson this evening it is to always find that catch in the head that says, "There is another way." You may not be able to change this situation immediately, but if you do not like that squeezing net around your heart that is cutting you off from your very soul, you can loosen it, if only temporarily, by remembering all of this is temporary.

Those who have been the victims of violence are quite well. They are in a safe place. Their lives go on as was demonstrated to you this evening – life is eternal. You are eternal. If you were to walk outside and be killed in an act of violence your life would go on. Yes, of course, it would be a tragedy for those left behind, but you would experience instead understanding. This is the gift of the spirit. You can have this instant understanding here and now, but it does not come when you identify with the brain, with the thoughts, with the body. It comes only when you identify with the spirit that you are. This is where you will find peace. This is where you will find relief. This is where you will know that there is an aspect of all of you that never changes, that cannot be killed, that does not die, that when the physical body dies will rise above this human drama and look back and say, "I see my loved ones suffering. I understand that could they but be aware of my presence they would feel my continuing love flowing towards them as I give them the strength to go on."

Where do you think your strength comes from my friends? From the soul. Courage is one of the innate qualities of the soul, one of your essential qualities. It does not go away. Courage is always present within you. You pray for strength and it is yours. Courage, gratitude: essential qualities of the soul. What are the others? One is joy. Is this not the season for joy ... to celebrate loving each other?

We wish you this evening to celebrate the magic of coming to know that you are spirit. That you do not die. That your loved ones who have passed are as close as your breath. Imagine fogging up a mirror and seeing the presence of a loved one there – they are that close, watching over you, yet giving you your privacy. We always do wish to assure you of that. When you think of them, most especially during your holiday periods, your anniversaries, the birthdays, those special dates, they are with you. They are aware of your pain. They are aware of your suffering.

We wish to tell you that pain and suffering are essential qualities of the human. Why is this so? For that is how you grow. A bit of a perverse system is it not? But if all were goodness and light, how would you grow? So when you become aware of pain, as you

become aware that you are suffering and suffocating from the pain, become aware this is the human side of me, but there is always another side ... the spirit, the soul. "I no longer wish to feel this pain." To no longer feel that pain is as easy as turning over the coin, flipping the switch, changing your identification from human to spirit. It is simple in terms of the process ... not so easy in terms of surrendering your identity, in terms of understanding at a deep level that this is so, but this is truth we speak this evening. Your soul knows this. It is why many of you come back to these gatherings time after time. For the soul here, hears truth, recognizes truth, cannot hear it too many times, wants to hear it over and over, nudging you, "Go again. Hear it again so that you wake up more and more."

Your innate quality is also peace. Peace be upon all of you this holiday season as you remember who you are: beautiful souls, beautiful lights that cannot shine fully until you remember the two aspects of you. If we were to go on now, we would merely be repeating ourselves. We do feel that we have shared enough of this lesson, hopefully giving you some tools to go back out and be very human again when you leave here.

We would be remiss in not answering a question or two this evening to be a demonstration to those present that this talk has not been prepared in advance, but is in fact coming from that very Consciousness of which all of you are a part. Is there a question that we can answer for you this evening?

Questioner: I hear you saying that the victims of the terrorist attacks are fine and that they have gone on. What is the spirit purpose for the families and the nation in going through these terrorist attacks?

Sanaya: Has not killing, killing, taken place amongst humans from the very beginning? Always, the lesson is the same: understanding that killing is the act of free will gone awry. It is done by those in two situations we will share with you this evening: In one case, from those whose wiring of the human body is such that you would understand it as "mental imbalance." In the other case it is those whose belief system is so clouded over with falsehoods that they no longer can even feel the soul within them. In either case, killing is not an aspect of the soul. No human being would be sent to the earth to deliberately take the life of another in this type of murder situation.

The lesson for those left behind is: through these such tragedies there can be much growth. This one is a prime example of this. Never did she imagine that she would be doing work such as this prior to the death of the stepdaughter. As a result of that (*he death of, Susan, Suzanne's stepdaughter.*), the soul was ignited as you would understand it and there was no turning back. We wish to tell you that your candlelight vigils stir the hearts of many souls. Your headlines, whilst they do engender anger, also push many to make changes if only within themselves.

Of course, forgiveness is always a lesson, but very challenging in cases such as this. We are asking all of you to merely ask yourselves, "What is the lesson in this?" Our lesson for you this evening, all of the words that we have shared with you have given you new ways to view all of this. We are not condoning any of these acts. We are merely showing you the difference between human and spirit and why these types of acts take place ... the schism between the two, the disconnection, between what is in fact one reality. What is the lesson? To find your way back home through the pain and suffering. This is why we have stated, "It is a bit of a perverse system."

Your souls come here knowing that you will encounter pain and suffering. That is the human way of learning. Not specifically cases of murder, we wish to be very clear of this. This one will be sharing the transmission we did give her earlier about the soul's path (*A message that Sanaya gave to the Heart Circle on November 15*). You will find in there a lesson that no soul is sent here knowing it will commit murder. Hear our words ...this does happen when free will goes awry. What will you do with that? That is where the learning comes, for there is pain and there is suffering as a result of free will. If you can take what you consider a painful situation and learn from it, then there is purpose in being human.

We will entertain another (*question*).

Questioner: Thank you for taking my question. If we are made perfect in the eyes of God when we are here as babies, then we forget and we have to learn through suffering and pain, why do we have to incarnate at all if we are perfect?

Sanaya: My dear, if you were always in the light, you would not understand darkness. If you were always in darkness, you would not understand light. It is through the play of opposites here that you know what the light is. In the spirit world, most especially at the higher levels where all is love, there is not as much more growth. Where there is lack of love, there is growth as the soul urges, urges you onward, upward, upward towards that state of pure light. In the spirit realms where one is surrounded by love, learning does not take place as rapidly as it does in the lower realms where the opposites become so clear.

As we have stated in the past, we consider human beings – the souls connected with them – the bravest of the brave, coming here knowing that because of free will, consciousness will be given a chance to rise rapidly. Then through grace you are allowed to return home and have a rest and you say, "Yes, we feel the love, but it can be raised even more. Some of us will go back and help to raise it yet again." It is a learning laboratory you occupy here. You came here willingly, but always remember, yes, created as perfect aspects of Perfection. That is the soul that is always within you and, yes, that is why young children and babies are considered perfect, beautiful, loving souls –

examples for all of us. Why you are advised to be as the child? For, at that stage you are still pure love.

You are all still pure love at your very essence. This is what we have been trying to impress upon you this evening: That basic essence of yourselves as the light is there within you, within all of you, and it is your task to see that within all of you. Yes, even those who pick up guns and use them in anger, in hatred. It is seeing that that soul is somewhere buried under there. That is the task. A most challenging one, which is why this school is so difficult. It is why this school continues in session.

If learning were not taking place, then this world would disappear in an instant. It is held together by grace. When it is no longer needed, you will all return home. For some of you this engenders fear, for you are still quite rooted in this reality. When you truly understand who you are, there is no longer fear of death. This the point. If you fear death, there is still more growth to be had. So many lessons – we could expound upon them for many evenings.

We hope you will join us again in the future as the soul nudges you. As these questions such as this bother your heart, bother your mind, this is your soul speaking to you, saying to you, “Ask these questions please for there is truth to be learned. You have more lessons yet to be learned.” We wish to tell you that the greatest answers will always come to you through the soul, through the silence, when you identify fully with yourself as the perfect aspect of the Great Soul.

We advise you all to spend time in the silence daily to remember that that eternal soul rests within you and is accessible to all of you. You need not look outside yourselves for love. You can easily lose it by looking outside yourselves. Find it within, in the silence, and through grace. When you open your eyes yet again, then you will see it glowing in the hearts of your fellow man. That is the gift we wish for all of you this holiday season.

We bid you goodnight.

Attendees: Goodnight. Thank you.