

**Session with Suzanne Giesemann and Sanaya
Unity Spiritual Center
Fruitland Park, FL**

July 30, 2017

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 is available for listening and download at:

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

You can read more about Sanaya at <http://www.suzannegiesemann.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: And this one has become so accustomed to our presence that we were telling her that theatrics are not necessary, that (rapid) breathing and all of those physical shifts that many of you are used to seeing (as she goes into deeper meditation) are not necessary. And within her we felt a moment of panic, for the human is used to your rituals, and without them many of you feel that you could not experience what you are used to experiencing. And we wish to tell you that rituals are not necessary for spiritual activities, for family activities, for whatever you wish to put a label on for your rituals; they serve the human need for habit, for trust, for knowing that something is going to go the way you wish it would. But how often does that happen? Not always, does it? What is it that ensures you that if a thing is to happen, that it will have the greatest likelihood of happening? That is your intention. That is all the ritual that you need to accomplish a thing.

Now, we cannot tell you that your success or the achievement of that goal will happen -- that is why we prefaced our words by saying “will have the greatest likelihood” -- if it is meant to happen. For you at the human level do not always have the big picture, as you would understand it, but know that if what you have in mind will serve the greater good, then indeed the heavens will part and your guides will do their very best to help you to achieve that goal. But in order to do your part, as we were saying, rituals are unnecessary. Intention is the fuel for opening the door to all possibility. But not just mere human will, not just thinking about a thing, but fueling

that intention with one very important fuel – and we are sure that you know what that is, for we would be remiss if we did not talk at least ten times in a session of Love. Is that not so?

When you can fuel your intention with that greatest of powers, with Love, with true heartfelt, divine Love that knows no opposite, then you have done the best you can do. Then you can sit back and say, "If it is God's will, if that is how you would like to see it, if the will of Love itself will be fulfilled through this intention, then I have done my part by setting my sights on what I wish to be accomplished, fueling it with Love." And there, you have sent it out.

What you have done in so doing is lighted up a circuit from your energetic field to whatever fields are necessary for this to be accomplished – not only human fields, but those in the spirit world and even those who produce that in the material world which might be needed to accomplish your goal. All is connected. All is connected.

We have used the word "field" ... one that, if you were to look through past transcripts of our meetings with you, has not come up quite often, but it is one in which we are educating this one quite a bit now, for more and more your scientists are beginning to understand "field theory" and the importance of understanding that every object in existence in your world has a field around it, a field of energy, you included. And your field has its own frequency, its own vibration.

In this room are many souls vibrating quite highly. We always do appreciate seeing groups such as this gathered, for it is hard to miss you for the brightness of your light. Your energetic field shines due to your efforts, and so we applaud you for doing your best to focus on the heart, for doing your best to set aside what else you could be doing this evening to gather with like-minded souls to further brighten your field.

All is part of an enormous grid. We use an English term for this one when enormous denotes size and it is limitless in scope, infinitely small, infinitely great, limitless. But you may picture it as a grid with each node being an individual field in this grid. You are one node in a limitless grid, you as the current story that has your name attached to it. We will not use this one's name, for that will cause her to drop the link, but you can put your own name on your light and imagine it in a grid of lights. And this is how you are able to connect with others, by seeing yourself as an energetic field, turning up the Love and simply setting the intention, whether you wish to get a silent message telepathically to one here: "Call me. I need to hear from you."

Do you know – and you will laugh when we say this, but it is not in jest – in the future you will no longer need your phones and texting, for the human consciousness is developing to such a point that generations to come will know so clearly how to control consciousness that instead of texting "Call me now," you merely open the heart chamber, send a circuit of telepathic thought, and your phone will ring in return.

Now then, that begs the question: Why use the phone at all? (In answer to the summons) It is an incremental change. The barest of messages, "Call me now," is an abbreviated message, is it not? To hold an entire phone conversation, why, we dare say that may be quite a few generations down the line, but it is coming, for all is consciousness, and you are made of that.

Let us return to our teaching on this network, this grid of which we are speaking. And so, all of you here have a beloved on the other side of the veil. They too are fields of energy, are light beings. We are light beings as well. Those of us who make up Sanaya, many no longer take on form at all; we are merely light. We recognize each other by our vibration. Your loved ones, many of them, still create a human form (in the spirit world). We wish to tell you that the age of 35 is the optimum form desired by most on the other side; it is the height of health and prowess and physical – this one lacks the word, but you understand the concept, do you not? – “perfection” in human terms. This one is now doing the calculation of how far she has come from that age (of 35) (laughter from attendees). Humor lifts the energy, and this is good.

We return to what we are speaking of. If you wish to connect with loved ones who have passed, picture them on the selfsame grid we were describing to you. It is like your World Wide Web. You need not know exactly the IP address of a loved one on the other side. Here on your Internet do you know the IP address? No, you merely enter into your search box a term, and it goes across your web, finds exactly what you are looking for, and the information comes to you, does it not? In the spirit world it works the same way.

You are a spirit, and therefore you can communicate in the same way; you tune into your heart, you enter into your awareness, through intention, the visual image or perhaps a name or perhaps a memory of a loved one, and your heart-filled intention goes out, lighting up a circuit, going through the grid. It is the selfsame grid whether or not in physical form or spiritual; do you understand that? Is is one field of Love, of which you are a part.

Universes upon universes, realities upon realities, all arise from one field of Love. And within it are limitless, infinite-in-number fields of Love, yet not all are aware of the Love depending upon the reality in which that current light-being finds itself. And so, through your heart-fueled intention, you’ll send out a circuit, it finds its match automatically, for this is how consciousness works, operates. And that other light being, if on the other side, is well-versed in receiving telepathic communications, unlike those still here who may not hear you when you send your thought “Call now,” those on the other side “Oh, Father, I wish to communicate with you, I have a new child, I wish you knew about it,” and, of course, through that heartfelt message, the father on the other side knows all about it already. Do you understand how it works?

This is not merely a model, this is reality. There is a grid. There is one energetic field. Your Sacred Geometry does an excellent job in describing the very circuitry and the ways in which communication takes place. You have a field around you made up of nodal points creating a nodal network. The more you awaken to who you are as a light being, the more your circuitry activates, is activated, allowing you greater and greater access to more and more of this energetic grid.

We wish to tell you that part of the reason why telepathic communications will be far more accessible and easily attained in the future is because your younger generations of scientists will no longer dig their heels in and say we cannot believe in such a thing. They will think outside of the box. No more your materialistic reductionistic thinking. Consciousness is all that is. You are that. You are made of that. You cannot get away from that.

This teaching, can you feel it is a bit different than our normal teaching? Can you feel the energetic difference? Is it a bit drier, it is a bit less filled with emotion, and we wish for you to feel the difference in vibration. Many of you, quite empathic, sensitive to vibrations, will feel the difference; others of you may not have noticed. We will shift gears now so that you feel the difference.

Do you know who you are? Do you know why you are here in this physical world? When you arrived as a new baby, the brain was not yet fully functional, and without that filter (the brain) to filter out the awareness of the home which you had just left; you are still quite connected at the heart with your home, your true home, which is not this earthly realm where there are so many who have forgotten who they are, but a home that most humans spend the rest of their life trying to return to in awareness.

Why do you struggle? For the feeling of homesickness is so uncomfortable to the human. There is a part of you that always remembers that home, that place where you were enveloped in Love, like a warm blanket straight out of your drying machine that wraps around you. That is what your true home is like in energetic form, and the soul remembers this. And you get into this world, and for some of you who, through choice, for the learning that would ensue, end up with family members who have forgotten who you are, who they are, who hurt so badly from the homesickness. They are the ones that seem to jerk that blanket away, leaving you naked to the world, cold and shivering -- you are all familiar with this feeling; it is quite human – and that is why the longing exists within you to go home. But we would not send you to such a place where there was no hope. It is gatherings such as this where you make that connection, where you link the soul in awareness with that true home.

Now we wish to explain to you why we have just described this grid. The field of Love from which you came is not another grid. It is here. It is your home right here right now, always present, all powerful, all knowing. What do you call such an energy? You call it God. You can call it Spirit. You can call it Pure Consciousness. You can call it The Field of Love. Your true home is here within you. That light that is you, your energetic field, is made of the same light that powers the grid. It is Love. It is your true nature. You cannot be separated from the grid, from home. Do you understand now?

Heaven is not a far-off place; it is a state of awareness. When you no longer have this human brain that filters out your awareness of who you are, when you shed the physical body with its lower vibrations, your location on the network, on the grid, does not change. Your light merely burns brighter without the physical body to dim your light. Your awareness of all of the circuitry increases. You are aware of the Love that flows through you and has always been flowing through you. You are aware that you cannot be separated from this Love, that you never were. When you come to this awareness whilst still in human form, then heaven is where you are. Do you understand? It is an awareness. The homesickness goes away as you open yourself to the realization “I am that. I am the entire field yet just an aspect of it now in human form.” This is awakening, coming to know who you are, and it is as simple as getting out of the head and into the heart.

Could you feel the difference? Far more than slowing down the voice of the channel, an energetic shift to show you you can make that shift at any time. How do you do so? We come back to the beginning: With intention fueled by Love. "I wish to remember who I am. I wish to awaken more and more to my awareness of my true home. I know that I am Love. I turn up the Love and connect with all those I love in order to bring more love into this world."

We will answer a few questions. Is there one of you here with a question that will serve the entire group? Ask it now.

Attendee: You're speaking about the field around us, which I am actually just learning to manipulate that field to heal people. Is there any point of the body that is stronger for me to manipulate – or for other healers as well – to manipulate that part of the body?

Sanaya: We wish you to focus on the solar plexus, which is the fuel source. Connecting always with the core of your earth in a grounding maneuver, bring energy up through the entire physical body and down into the hands and the heart. This vessel (the human body) is not to be scorned but to be used as an instrument of healing, knowing of course that it is not you who does the healing but who serves as the conduit. Focus on the heart – quite a good question – and the solar plexus to fuel it, drawing in the energy from the earth to keep you grounded to fuel the physical body to do the work of a healer. And know that there are many modalities of healing, many of which require rituals, and they are all beneficial, all of them, yet all that is necessary to heal another soul is intention fueled with love. Is there another question?

Attendee: Sanaya, I'd like to know that when we're light and we go out into the world as light, sometimes we're challenged by people that aren't in touch with who they are and situations that you want to make a difference but sometimes you feel like you should remove yourself from that situation. How do –

Sanaya: There are infinite situations in which you will find yourself, each one different – and we appreciate your question for the answer always comes back to the self – because it is one field, all having experiences as different aspects of the field, you need not worry about the field; the field takes care of itself. For that reason, the greater solution in any moment is to focus on your own light; let it burn as brightly as possible, and you need not say or do anything else. Follow the heart always. Most definitely if you feel the need to extract yourself from a situation, this is to be heeded; however, if you can stay and maintain a state of peace, this is quite an excellent test for the human – not for another but for the self -- if you can remain present in the presence of those who are not radiating a vibration that is resonant with your own. Notice that we did not say it is better or worse. We do not wish you to feel righteous nor to judge another, simply to recognize dissonant energy and know that the one energy that is resonant with all energies is Love. If you can be the presence of Love and hold that vibration in the presence of lower vibrations, trust us, you are doing healing work. And we thank you for the question.

We are showing this one repeatedly an image, and we wish to share it with you. She was given a lesson recently and is only now beginning to apply it with excellent results, and that is when you are in the presence of another who is radiating energies that are dissonant to yours or who is sapping your energy for it feels good to them, in your mind through intention fueled with Love,

deposit an imaginary rose between the two of you. Some of you may have heard of this. In your world the rose is the flower with quite a high vibration. Rose oils and rose scents are quite therapeutic, are they not? The mere creation of the image of a rose creates that selfsame vibration; it is the same energetically as dabbing on rose oil or spraying a scent. And so if you are having a challenge with another, simply visualize: Place a rose between you. You need not say a word. And you will feel an immediate energetic balancing taking place within yourself. The other may never become aware of what has just happened. They need not know. It is a protective barrier with high qualities which allows you to maintain your presence as Love and not go out of balance. It will absorb lower vibrations. It will allow higher vibrations to come through to you. This may sound a bit “woo-woo” to some of you (laughter from the attendees) and we wish to tell you you may laugh all you wish until you try it. And when you have success with this method, then you can be as woo-woo as you wish (laughter from the attendees) and never tell another soul. When you are finished in your interaction with that other, merely offer that rose to the Light to be dissolved and transmuted. And the whole issue has gone away, and you have not taken on any lower vibrations, and you have maintained yours in the highest state of Love. We will entertain one more. Can you see our lights?

Attendee: My question is that when we leave the Earth and we go into the Light, do we feel the mourning that your family feels on Earth or –

Sanaya: That is a good question. And we wish you to see how your English language creates a belief system. You actually do not go or leave. You merely become aware of differing aspects of the field. Do you understand? Suddenly interlocking networks; some are shut off, some are activated. You remain in your position at the center, for you are the center of All That Is at a different level. We do not wish to confuse you, merely to get you thinking in another mode.

Now, as to answer your question, you are quite aware of your loved ones who are remaining in the physical world. You can see them, you can be at their side, yet they no longer are aware of your presence. And you see them grieving deeply for you. And we wish to assure you there is understanding. Suddenly you are so enveloped in that warm blanket that you know this awaits your loved ones as well, and you know that all is well. Do you understand us?

Attendee: Yes.

Sanaya: We can only assure you this is so. This is not, as you would understand it, Pollyanna talk to get you to feel good; it is truth. You are so surrounded by Love. As you become aware of your true home that has never gone anywhere, that you have always been a part of, but this pesky organ called a brain did filter out your awareness of it, and now with that brain no longer in the picture, you are aware of the big picture; you see how all fit together, how you fit in the big picture, how suffering leads to some of the greatest breakthroughs of that brain. Do you understand?

Attendee: Yes.

Sanaya: And you know that allowing your loved one to go through the process of grief is the greatest gift you can give them as from the other side love pours into those who grieve, strength

and courage pour into them that they may only shift their awareness and realize that it is their thoughts that hold them in grief, for if they only knew that their loved ones were wrapped in that warm blanket, then they would be at peace.

As always, it has been a pleasure to share with you. We thank you for your openness and your willingness to be with us this evening. We do appreciate your bright lights and the energy you have given to this one. Rest assured what you give out comes back to you. May you take that gift of love and share it with all those you encounter in the coming days until we meet again. You are so very loved. It is why you so enjoy these sessions. And we will see you again. We see you always. You are never alone. But we thank you for answering the call to join as one with us this evening. We bid you good night.

Attendees. Good night.