



Channeling Session with Suzanne Giesemann and Sanaya
Messages of Hope Workshop
Omega Institute, Rhinebeck, NY
July 8, 2023

Notes:

1. Remarks in parentheses are added as explanation.
2. "This one" refers to Suzanne.
3. The "SIP of the Divine" meditation referred to is available here:
<https://youtu.be/1LPuE3rueVY>
4. The recording of this session with Sanaya is available for listening at:
<https://youtu.be/8LNH3FAFIrE>

Sanaya: Good morning.

(The sound of a jet taking off is heard as the session begins.) If you could hear the sound once again that is arising behind this one, it is like a jet taking off and as she did advise you yesterday, you may wish to buckle your seatbelts as we are about to take off!

Yes, it did not take long at all. *(For Suzanne to reach the point of connecting with Sanaya.)* But when we merge with this one, it is a different kind of feeling altogether than when we stand a bit apart. As we use these terms, "merge with" and "stand apart," we wish you to think in both/and terms ... meaning you are both spirit and human in a physical body.

We know you understand that at this point in the weekend and in your life's journey. But the "both" part also includes the fact that you can have your individual awareness as a human and as a human you are only understanding that we are somehow separate from you.

As we speak in the terms of "We", we are speaking in terms of guides. The group that this one refers to as "Sanaya" is made up of many beings. Some of them you would understand as masters, such as the Master Jesus and others who have earned their wings, so to speak. And as such, we are not proprietary to any one human being, not to this one or any others. The name Sanaya allows this one and all of you to know, "Ah, yes ...that is the group of

guides that speaks through this one when she has the intention to share higher wisdom with others.”

Understand that you all have groups of masters and higher beings available to all (*Sanaya asks the group to bring up the energy.*) of you. Do you understand this?

Attendees: Yes

Sanaya: No human being is more special than another, all are unique, each has unique abilities. This one has honed the abilities to tune into those at the level of the masters, but all of you have masters at your beck and call.

That word “master” has a bit of a connotation of subservience on your part. But from our part there is nothing like this. In our awareness we are here to serve you and in so doing we benefit. Do you understand?

Attendees: Yes.

Sanaya: Please, we beseech you to call upon any being at a higher level just as this one has shared. You do not need to know who it is that is responding to your call as long as you trust that when you call from the heart, those in spirit feel that call, feel your need, feel your... authenticity.

As this one searches for words, we wish to tell you that we speak not in words. We send thought vibrations telepathically. These must be translated in the human instrument you call a brain into words which come out of the mouth. It is quite a cumbersome process. We wish to promise you that when you cross the veil and you no longer have this brain that only acts as a filter, and you no longer need a tongue and lips to form words, communication is far easier. You will gaze into the eyes of loved ones who you have not seen face to face/soul to soul in your waking human hours, save in your dreams, and you will gaze upon them, and no words will be necessary. Do you understand?

Attendees: Yes.

Sanaya: There is a knowing just as the soul has in this moment a knowing that all are connected by Love.

We return now to our previous topic of the connection. It is this connection of love that joins all of us and so this one experiences our presence here. When she speaks it is merely a way of her knowing we are here.

We snag her with our attention. She looks up and all of you then know that words coming from her mouth are not only from her but are from the spirit world. It works.

However, when she asks us to merge with her, we simply adjust the energetic field. It is not an actual physical stepping into the body. This is the first time we have explained this, but it is done for multiple reasons. Most especially as a concession to those of you in human bodies who need to understand that it should have taken place and we are truly present now... in the body and yet the body at our level is not real. In relative terms, it is an energetic field that you all recognize as a body, and which you call a body. It serves a purpose in that way, but it is a temporary instrument.

We wish to assure you, knowing that the majority of you came here to learn how to connect with loved ones who have passed that even without this instrument that served your loved ones well for years...they still exist!

You will notice how we will modulate the speed of our speaking so that at times when the message is not so important we speak very quickly but when it is quite important such as they – still - exist... we slow down so that our words and our energy seep into your awareness and you truly take it on as a Knowing, which is quite different than a Belief is it not? And very much different from a Hope.

This weekend has been tied to “Messages of Hope” and messages of hope are quite important to get you into the door...and here you are. We have moved far beyond hope. We can see in your energy fields; we have moved beyond belief to the knowing ... the certainty that there is more.

This has occurred with the sharing of stories but also to upgrades to all of you as you have been receiving our energy in our immediate presence, using human terms geographically, this whole weekend. We ask where you are prepared... you were prepared before you even entered the door to receive this higher energy and you will feel a difference after you leave here.

You will be a bit higher... in fact you are feeling that way now. Perhaps some of you would not identify it as a “high” for it can be a bit uncomfortable as you experience the higher energies and need to adjust your energetic field to this new way of being and living. It can be a bit off putting for it is made of the light, and it is working its way through the density in your bodies that are shielded from the light. Proof that you have shielded yourself as a way of protecting the self from prior wounds.

Are we speaking too quickly or are you following us? Are you following us?

Attendees: Yes.

Sanaya: Very good.

And so, we have been imbuing you, pumping you, filling you with the light from the higher realms so that you will maintain this awareness of who you are for longer periods. Hear us well, you may revert to your prior way of being much more human than aware of your soul nature as you go back to intermingling with others who are very deeply entrenched in their human story. Through awareness you can maintain the growth that you have achieved this weekend, but you must do the work. YOU. MUST. DO. THE. WORK.

It may now be felt as work as you sit in peace...SIP of the Divine ... with us, with your individual guides and affirm, "I no longer wish to go back to only human thinking. I no longer wish to go back to the dial of the human side dialed up as high as it was before. I am quite enjoying this new state of integrating soul awareness of my human nature more than I ever have before." That is the gift you are taking home with you.

It is asked that we give liberally, for we need messengers. You need not open your mouth and share with those who are not ready to hear what you have learned this weekend. You need merely be a messenger of love for what you are now radiating at a higher rate, a higher vibration as a result of dedicating yourself to hearing these truths, taking them into your being and integrating them into your energy field.

Now the work truly begins and continues for many of you in earnest as you search for and find and bring to the surface those dense areas of darkness that all human beings carry about as a result of intermingling with other humans who do not understand who they are. As you bring them (areas of darkness) to the surface and have the courage to look at them knowing that they cannot hurt you ... only by not being looked at can they continue to do damage to your energetic field and perhaps to your physical body.

Now that you are willing to look at them and see them for what they are: ignorance that caused a density, ignorance of the light that has always broken through, and (ignorance) of who you truly are as magnificent soul beings, now is simply dissolved through the light of awareness. It is that easy... it is that instantaneous.

You, like this one, may have carried around wounds from the mother for decades upon decades. This one did receive a healing a few days ago and said to the healer, "Could it be that easy to let go of mother wounds that I have carried since childhood?" The healer did laugh and say, "Yes, it is that easy".

Now we laugh with all of you and say, “Yes, it can be that easy when you are willing to simply say, ‘I have held this inside me for so long, out of shame, out of fear, out of ignorance.’”

Yet, there is not a one of you who need be ashamed of anything. All of you have had human experience and you know that all grieve, all have pain, all feel shame, and all feel guilt. Yet, you as souls came here to feel it, acknowledge that it does not help to raise the love, and to release it. This affords growth. This affords the evolution of the species.

Do you understand that you are here not just for your personal growth but for the growth of the human species.? As each one of you heals yourself you radiate a higher vibration. This is felt by those around you and slowly, slowly, slowly, we are picking up speed as we speak, all of humanity is shining brighter.

The number of people attending these sessions has grown over the years for humanity is growing and is more open to hearing these messages to move from hope through belief to knowing and being the light. There is hope for humanity as humanity comes to believe and then to know we are the light of consciousness.

We came into this experiment eons ago and at that time we hit each other with clubs. Now we continue to hit each other but not in the same way. There is growth. We have moved as we have often joked in the past from the dark ages to what we now call the dim ages.

We know you would all agree with us that it is surely dim here in human form, but you are making a difference, dear ones. You do this one human being at a time...all souls at the same time...working to clear away the clouds of humanity. You are all responsible for all this. Love each other; see the ignorance in those who do not yet remember who they are.

When you wish to grow angry, when you feel discouraged, frustrated with those around you ... most especially now that you are operating at a higher vibration than even Friday morning, feel that frustration and understand where it comes from. Transmute it, (*Sanaya asks attendees to turn up the energy.*) transmute it into what the soul knows quite well – love and connection. That is the healing balm that will take you from the dark ages to the dim ages to the bright ages. Which most definitely lies ahead... but not in this lifetime.

If this discourages you then you have missed the point. Evolution happens at a rate we cannot control at an individual level, but it is a process. You are part of the process. If you give up now out of frustration because you will not achieve it in this lifetime then you do not understand what life is all about ... love in full expression.

Doing the work NOW and feeling the joy NOW, knowing that every choice you make NOW makes a difference in every NOW moment which follows ... feeling wonder and excitement and knowing the brightness is coming and yet still finding joy in these moments now. Do you see how the big picture equals the little picture here and now? You suffer now and yet you know these moments of joy are here and your individual life can go from dark to dim to bright within this lifetime.

We are speaking of the species that is going from dark to dim to bright over multiple lifetimes. Nested realities ...that is the both/and. Think about this and you will understand what we are saying. Do not lose hope for humanity and most certainly do not lose hope for this lifetime for yourself. That is the teaching part of this session.

We will now answer a few questions and wrap it all up with another message. This one is most definitely in need of more of your energy as we enter the question-and-answer part of this session.

We are asking the one with the microphone (*The person who is selecting attendees to ask their question.*) to use her heart to know exactly which one to take for we will not be able to answer all those who have raised their hand.

We will answer the first question:

Attendee: Good morning, what I am wondering is what happens to souls when or if they decide not to reincarnate?

Sanaya: What happens to souls who decide not to reincarnate? (*Sanaya asks for more energy.*) We wish you to know that this choice is for the most part made by those souls who know they have achieved the most benefit from being in a human form. In the human form, the majority of you would say, "Why did I decide to come here? I'm never coming back here again. This was a stupid decision to make! What was I thinking?"

Then, you get across the veil, you have a bit of rest, you are so surrounded by the all-pervasive love that one feels when no longer a part of that world silenced by the body and the brain, that you decide to have another go at it. You see that one does continue growing across the veil, learning, and having opportunities to love. But the most growth ... the most rapid growth ... the most noticeable growth ... happens here in this world of challenges, in the world of duality where you must choose to give your love, where it is not quite so obvious that love is all that matters.

So, you decide to come back again and again and again to practice those qualities which afford you most choices to give love. There comes a point when you have practiced the human challenges: patience, pain, forgiveness - all of these, and you have mastered them. These humans (*who have mastered these qualities*) are a bit rare are they not?

At this point, you realize that by no longer taking on human form but remaining as a spirit guide helping larger groups of humans, you can serve the whole ... the all and the whole species of humanity at this level. So, it is only after having endured as many challenges as possible, willingly, that one decides to go higher.

The one that assists this one, known as Brenda, did experience abuse and many of the challenges. She had close to a full awakening before passing from the human body. She awakened fully once passing and could see the ability to give more as a spirit guide. Does this mean she will never reincarnate? No, she is not a full spirit guide, she is a mediumship guide. This is new information for many here.

Spirit guides are an even higher level than individual issue guides. This all depends on the individual choice of the one known as Brenda. You can see how there are no absolutes. You understand now, more about why to make the decision to come back yet again. We assure most of you, and it is not a derogatory judgement about where you are in your lives now, but most of you will be coming back again. You bring so much with you and take so much back with you as well.

We thank you for the question and are ready for another.

And we are going to ask the runner to do what a runner does and run!

Attendee: When the soul reincarnates back to earth can we still connect with them?

Sanaya: Most definitely, this has been discussed previously...perhaps you were drifting off? We could ask each of you to share this and we do not wish to embarrass anyone, but we will tell you that is a question that is oft asked. And that is because when one reincarnates it is only... and it is quite difficult to speak in human terms because we are about to give you the word "fragment" of the soul because that is what the English language requires of us to use to discuss a portion of the soul that reincarnates into the human being. And yet, how can you take a beam of light and take a fragment...you understand of what we are getting at here?

You take one aspect, one expression ... one tiny bit of a soul ... do you see how every word

that we use makes it seem that it is separate from the soul when it cannot be so. But this aspect of the soul incarnates. You may have a discussion with one that has a near death experience, and they will tell you that when they go to the light. All of you are in the light and of the light now so once again this a misuse of the English language.

They realize their true nature by merging with the light as you did in the meditation yesterday, and becoming the light in awareness where you are never not the light ... do you understand this critical point?

Attendees: Yes.

Sanaya: You cannot not be in or go to the light...you are the light.

Those who have had a near death experience who return to the full awareness of being in their body say it is like putting sausage into a casing ... quite difficult, quite challenging, quite uncomfortable, quite restricting, quite painful. For once you remember who you are as the light in this expanded state of soul awareness, to be in the limited awareness of the human being is a challenge indeed.

But yet, that being you knew in human form is now once again, aware of itself as the greater soul. The soul is quite intelligent for it is directly representative of the one source which is all intelligence. Therefore, upon receiving awareness that another of the story - your loved one - is now once again a soul ... the soul incarnates in non-physical form that story once again. Are you following us?

The story of your beloved is once again active even if it has gone a bit dormant across the veil. We do not wish to confuse you with this term active and dormant. Are you not dormant at night when you sleep? Does that mean that you do not exist? Not at all.

You are constantly blinking on and off at a rate so fast that you appear as a solid being. Have you not seen your flip books that are individual manifestations but when flipped through rapidly appear to be real? You as a human being are dissolving into spirit on and off, so rapidly that you think this is real when indeed you are visiting the spirit world in between when you blink.

Every choice that you make for love you give back to the soul. Think about that.

Runner do your job please

Humor raises the vibration ... do not forget this!

Attendee: Good morning, can you please guide us to help children that are struggling with their special gifts at a young age?

Sanaya: Love is the answer... love is the answer... love is the answer. You need not understand what another is going through ... in fact at times others hide their gifts under a bushel ... as you would understand that phrase. That is merely darkness, fear, not understanding. By radiating love even if you do not understand what they are exactly going through, you are showing them “You are accepted, we understand, we are here for you, you are safe.”

As you radiate that love to any human being that is struggling, do you know what this does? It allows the love that's inside each one of you to be acknowledged. It parts any clouds that are present and as the soul within feels that love and vibrates, vibrates, vibrates higher, this one feels that love ... knows who they are ... remembers who they are and in that feeling of safety, appreciation, love ... they are better able to tune into their own inner guidance (*Sanaya asks to turn up the love now please*).

The wisdom to make choices lies within each of you.

That is it for the questions.

There is more teaching we had for all of you but why don't we take a break. We wish to tell you that wisdom lies within all of you. It comes from the soul. We wish you to see yourselves as individual lights part of one great light ... not separate. You cannot be separate from your true nature.

Anything that you express that comes out in what you would call a dark nature is merely a sign that your true light is occluded. We wish to stay away from the word “negative” emotions for this has a negative connotation. You may wish to use the word constricted or restricted.

As one of your teachers, don Miguel Ruiz, has stated, “Be impeccable with your word.” They carry energetic vibrations. You are constantly in flux in your energetic field. It changes with every word you use.

We wish to share with you a lesson this one has shared many times in the past. Perhaps there are some of you who say, “I do not like that person ... I hate ...” (*Sanaya asks attendees to send love, please.*) the word hate carries such a negative vibration. We can see the effect it has immediately. Erase this word from your vocabulary.

You harm yourself by using certain words. So, what do you say instead? "I do not resonate with that...I do not resonate with that person ... I do not resonate with those actions." Can you feel the difference? Do you recognize how in changing your words, you change yourself, you clear the clouds, and the soul is now really shining through.

In this way you heal from the inside out, layer upon layer ultimately healing the physical body. The one known as Brenda did receive a healing and yet she died. In saying she died the word causes humans to think that is the end. Instead, the body no longer functioned. After years of not understanding who she truly was, she received a healing at the deepest level. She did receive a healing. The physical body passed, no longer functioned but the soul shined through to the point that she was communicating immediately and has ascended to being a helper now to far more people.

You speak of ascension and many of you get wrapped up in the concept of levels three, four, five, six, seven ... that is human thinking. Think in terms of love. Love permeates all levels. It is a spectrum. To ascend, clear away the clouds ... as the plane is landing now! Find the love that has always been in you. Shine it brightly. Notice the darkness in yourself as you notice it in others. Heal yourself ... put the mask on yourself first before you help others, and you will move from darkness to light.

We thank so you very much for your attention. We are not going anywhere, merely in human terms, stepping to the side a bit.

Call on the masters, call on your guides who you will connect with shortly. We are here at your beck and call. You are so very loved.

We bid you good day.

