Session with Suzanne Giesemann and Sanaya
Unity of Phoenix
Phoenix, AZ
April 19, 2016

Before the session started, Suzanne gave an overview of how she attunes with her group of guides in spirit who call themselves 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 italics 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/sessions-with-sanaya-2 Enjoy the energetic experience of listening as you read along.

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: And for once you must not wait for our entrance, for it is we who are impatient this evening. You will hear this evening that at times we do speak using your pronoun "we" and at times we do speak using your singular pronoun "I". Those of you who often visit a church such as this (*Unity of Phoenix*) would understand that there is only one "I". That one "I", the "I Am" that is All-That-Is, manifests as "we", as you and you and you … All-that is … not just the human manifestations of Spirit with a capital "S", but as the small creatures and the large: the plants and flowers, the weeds, the vegetables that feed the physical body. All-that-is is a manifestation of the One Mind, and all of you are part of that.

When you pass to what you know as "the other side" you will begin to understand your role that you have just finished playing here in this human world all the better. You can come to understand it now without having to pass beyond the veil - that very thin veil- that separates you from the greater reality. You can come to know that greater reality now in the silence as this one has explained to you. You have instant and immediate access to

that reality at all times, for you are in and out of that reality here and now. You cannot be separated from it for you are that. It is your true home.

Some of you may have heard of this physical reality as an "illusion". You may have balked at such a term. "How can this be an illusion when I feel its physicality - when it is quite solid to me - when I suffer so? How can that be an illusion?" We ask you to go in your minds to the dream state that many of you experience at night. Do not your dreams feel quite solid to you - quite real - quite believable whilst you are in those dream states? We wish to tell you this evening that this (*the human plane*) is a dream state. All states of awareness have their own "rules of engagement" – a military term we use for the enjoyment of this one this evening (*Suzanne is a retired U.S. Navy Commander*). You would understand a "rule set".

Your soul did agree to abide by these rules whilst in human form. You agreed that when amongst your fellow humans you would enjoy a concept that you call "time" and time would appear to pass. You would all agree upon this concept of a past and a present and a future that exists somewhere out there, not yet determined. It is an agreement, and thus all experience would seem to unfold. Could you imagine that in actuality - to a certain point - your reality is a bit scripted? Imagine it as one of your CD's in which all is written and various lifetimes are different rings - programs- on that CD. The husband of this one will tell you that such an analogy has not yet been used in one of these sessions.

If you could escape from the prison of your belief system holding you in the belief that this physical reality is all that exists, and you could rise to that greater aspect of your soul of which you are a part at this very moment and look down upon your various lives, so called "past, present, and future" as rings on a CD - a compact disc - you would understand then how it is that you are not actually having past lives, but concurrent simultaneous lives. We are anticipating that some of you were going to ask about past lives this evening, so we are answering in advance and giving you a bit to chew on. We will not go too deeply into the subject for we understand the human brain and it will quickly go into overload were we to explain to you the true reality of which you are a part.

Do you wish to play? Are you a bit adventurous? (*attendees answer "yes"*) Can you escape the chains of consciousness which keep you tied to this reality - your physical body - as the one and only aspect of you and play in the other realities? We wish to tell you this evening that this is quite possible. Many of you here do this at night and some of you do it involuntarily during what is known as an "out-of-body experience." When you launch, as your quantum leaps from one orbit to another, on the CD of life, that is your greater soul playing various roles on various cuts on this CD … and play. You have chosen this ring here which is labeled "Life in the Twenty-First Century." Is that where we are now? Time does not exist for us. It is the year 2000 and … 16 is it not in your time? You are bringing us down to earth and that is quite challenging for us. There is a

ring on that CD of earthly experiences with a label of a time period and you are enacting this life.

You did agree to focus on that life as the one with your name attached to you. You so thoroughly identify with that aspect of your greater self that you have fallen into the belief system that it is real – that it is the only you. Some of you are having quite a difficult go-round of it. We understand this. Can you see it as a drama that is unfolding in one now moment after another? When it becomes too difficult, you can always rise above it, if you are willing and able to believe that it is possible to step out of the drama.

Do you understand … most do not … that you are actually a vibration? You can see yourselves as a sine wave with troughs and … this one does not have the word for it – we are showing her the concept – dips – highs and lows – highs and lows of a sine wave. When you are here (*Suzanne points in one direction*) you are in the human existence, when you are here (*Suzanne points in another direction*) you are associated with your soul awareness. You are blinking on and off: physical world … soul … physical world … soul. Do you understand our meaning here? You are actually in human form, most often aware of you in physicality, but there is a greater aspect of you at all times that is aware of you as a soul at this very moment. It requires letting go of your awareness as a human being.

All of you as human beings come equipped with what is known as an "ego". He is quite a pesky fellow, isn't he? And (he) can cause you quite a bit of challenges here. It is his role, his task, to keep you with your feet very firmly planted in the physical world. If he were not present causing you to believe that you are all separate individual beings, why then you would float up to the higher aspect of you at all times. You would not learn the lessons you came here to learn. He does play a bit of an important role – we will give him that much, but we wish you to know that he does not run the show.

You are spirit. You are a beautiful soul here and now, and (we must revert to your understanding of time) forevermore. It is when you go into the silence and shut out this physical world and expand your awareness, then you experience the peaks and not the valleys. It is then that you realize, "I am both. I am both." When this drama on this current journey in the year 2016 becomes more than you can handle, why then - from your forays in meditation to the greater reality - you know that there is more. You know that there is a place to which you can escape at any time using that gift of free will to escape ego's grasp. Rise above the drama to that place, that Home with a capital "H" where love prevails. Eventually, love will prevail here in this reality. It is coming, and when it does, the CD will be obsolete … ob-so-lete. For now it serves a purpose to afford you lessons.

We will return to our explanation of simultaneous lives. When you rise above, you then understand that there is the view with you with the name you created yourself as, as one aspect of your greater self - experiencing life on the rim of 2016. And there (*on another*

ring on the CD) you are in another century, and there (*on another ring on the CD*) you are in another century, and it is not past at all but happening here and now. There is only now. Each one of you has your own CD and they are all overlapping and that is why there is an appearance of continuity, and that is how you have history, but we do not want to lose you now.

You have access to all your concurrent lives if you are willing to play and if you are able to say to ego, "Can you step aside for a bit so that I can truly remember and understand why I am here …why I came to take on these challenges. Why it is I agreed to suffer? Can you step aside? I'm going traveling, and I will be back, and we will continue these lessons, but in my travels, in my forays into the other realities … and heed our words there are limitless realities … this but one grain of sand on an endless beach. You can play in all of them, but you will go back at will after playing to complete your script here in human form, for you have agreed to it.

When your lives here become challenging, and as this one has stated: none of you are exempt - all of you the bravest souls for agreeing to come here and enact these situations for the learning that would ensue. When you are finished, then these lives will coalesce and there will be understanding of the learning and the soul growth that has taken place. There will have been great purpose in those challenges. That is enough of a lesson.

Some of you will have understood this completely and a bit of those "Aha's" that so many of you enjoy. Others are saying, "What did she say?" It is all good. Each of you learns at your own rates. Be quite patient with yourselves until you can release your grip on this reality. It can be challenging, but if you are willing to say, "I surrender, knowing that all is in divine order at all times," then true lessons will begin.

We will entertain questions this evening, and so if there are those of you with a question, you would approach the microphone at this point and wait until the husband of this one does indicate. We will pause. And so, we will entertain the first question.

Questioner: Can you tell us about meditation and productive techniques?

Sanaya: There are … just as there are grains of sand on the beach, limitless ways to meditate. So many of you do complain that you cannot quiet the mind. We wish to tell you now that it is not necessary and quite impossible to quiet the human mind, for it is designed to think. You can learn to shut out the outer world by assuming a comfortable position, practicing the deep breathing, which immediately slows down the biological processes and causes the brain to operate in a different manner. The body understands rest, and you can get the body out of the way. Then you can begin to understand the greater realities. We could spend the rest of this evening discussing meditation.

We wish to tell you that the mere intention to shift to a reality is the main point. Your intention is key. What is the goal – the intention – of a meditation session? Be quite clear. Do you do it to get a check in the box? Do you do it to be a good spiritual person? Do you do it to connect with the greater reality of which you are part? Do you do it to awaken, to grow in what you are? We ask you to ask yourselves, "What is my motive? Then you may ask your team of guides to guide you to various methods of meditation. Sir, there is no one method.

We will never advise you to go down a certain path when it is your soul's path to discover that for yourself. You are quite blessed to be in an era where information is so readily available to you, and therefore you have your Amazon.com. You have your internet to search for "meditation." We ask you to play. We ask you to dabble. We ask you to experiment, and if one method does not work for you, why then, put it aside. If another works for you, why then play with that for a while. Be quite aware … are you getting in a rut now? Are you operating in a rote manner, or is there freshness? Are you gaining some soul upliftment from this meditative experience? If so, keep with it. If not, try yet another method. So, in a way, we hope we have answered your question, and in another way, we have - as we always wish to do - put the onus back upon you to follow that path. We thank you for that question.

Is there another?

Questioner: Do you know Beowulf, and what should I do with all the information that has been given to me over the last 19 months by him?

Sanaya: We ask you to understand that all characters who are literary characters, mythological figures, aspects of consciousness whether they did take on a human form or not can be accessed by you, for you are all aspects of consciousness. We are not quite familiar with this one known as Beowulf, other than an aspect of consciousness held in form, as it were, by a consciousness who is familiar with the works of that one. He has paid a visit to you, for there is meaning in that, and we know already that you are gaining quite a bit of awareness and awakening from your interactions with that one. We are quite grateful that you have given credence to this and continue to enjoy the back and forth learning from this aspect of consciousness rather than dismissing it as a mere figment of your imagination. Do continue your interactions with that one. It is not necessary to share that with others who would dismiss this as mere illusion and a bit of craziness. So do continue those interactions, asking always, "What is the purpose in your visit to me? What have you come to teach me? What do I have to learn from this?" We advise all of you when visited by greater awareness that you are not familiar with: know that all is consciousness and you are that. There are limitless forms that consciousness can take. If you are visited, there is a reason. It is an interaction; it is a two-way communication. Take advantage of that and ask questions. Be open to receiving the answer. Blessings be upon you in this grand journey you are embarking upon.

Is there another?

Questioner: Good evening. I have essentially one question with two specific parts to it. I think that I hear you confirm tonight our purpose for being in this plane is lessons for us to learn for our soul development. Many people probably in this room have experienced loved ones who experience dementia and also mental illness and suicide. I want to understand how that affects the soul.

Sanaya: We wish you to understand that the soul is always aware of the greater reality of which it is a part at all times. Therefore, the soul does not feel distressed, the soul does not feel discord, the soul does not feel discomfort. The soul is always in direct access with the greater aspects of All-That-Is. Those who have been labeled with a "mental illness" quite often are having difficulty aligning the human side with the soul and are in fact walking in both worlds and are aware of that simultaneously. They are labeled "abnormal," when in fact they are in a greater reality and aware of it.

Those with dementia such as the Alzheimer's have already begun detaching from the physical form - releasing, surrendering. The consciousness remains in the physical form. The consciousness of the body keeps the body operating, but the soul is playing more and more in the greater reality. In many cases of dementia, the soul is beginning to pass to the other side, but the human feels a bit of fear doing so and is not quite ready yet to go. The soul experiences that which awaits it, giving it a bit of a taste of its home to which it is returning.

Be not worried about those who are no longer expressing themselves in what you would call a "normal" way in this reality. Understand the soul is perfectly clear playing in that greater reality. What purpose does it serve those of you here who must interact and at times be care givers for those who are not in fine physical and mental form? These are the greatest opportunities for your soul to grow, are they not? You are now faced with a choice which is what the human rule set affords you … the choice to respond with love or with resentment, with love or with fear, with love or with judgement. You are getting our drift.

We wish to tell you that you did agree to come into a lifetime in which there would be a possibility of interacting with one who faced such a challenge. If you can rise above this duality and see that the soul is fine and that there is great purpose in being a caregiver and being a companion to one who is less than "normal" in human terms, then your soul will see the purpose in that. We hope we have answered your question.

For yes, your situations here afford you lessons for the soul's growth. This one has had quite a few opportunities to bring through the souls of those who have passed to the other side after experiencing situations as Alzheimer's, dementia and mental illness. We wish

to tell you that each one of the souls comes through in such a manner that shows they are quite lucid, quite clear, content and with gratitude for those left behind who were able to see past the exterior and know that mother and father and loved ones were "in there" somewhere.

Is there another question?

Questioner: Is there any way the change of energy in the world is having a physical manifestation in our bodies that are … causing the symptoms that a person is having?

Sanaya: Many of you are experiencing periods of light-headedness. Some of you notice here as these higher energies come in - some of you experience shaking and you do not know why - pressure in the head. Were you to go to a doctor, they might prescribe for you pills, but we ask you to first go into meditation and ask, "Why am I experiencing these changes in my physical body? Why am I awakening perfectly to awarenesses that I did not have earlier? How do I know these things that I did not know before?"

It is because your earth's energy is being bombarded with higher vibrations now. Part of that a result of the alignment of your solar system - your planet within the solar system. The higher solar energies surrounding it and part of it as well for the light beings that live among you in your world now turning up the lights of those around them. All of you raising your consciousness in concert. Very slowly to those of you in human form, but be assured that those of us on the other side can see the effects of this higher energy. We see it as a light. You would understand a rheostat – a dimmer switch. It is as if your earthly realm is turning up the light and it is quite a beautiful condition.

Those of you who do not pay attention to history would think that this is a very dark time in your history, but we wish to tell you that the light is burning ever brighter. Yes, a result of higher energies around you, but also coming from the bottom. From the bottom up as human consciousness rises. You are part of a self-informing system. All is not completely scripted. It is all a give and take with human will playing into the equation. As more humans feel the higher energy and make higher choices, you can see that the system informs itself. This worked …this did not work … and happily more and more higher choices are being made. Yes, these do result in a bit of discomfort as adjustments are made. We wish to tell you to, "Buckle your seat belts." Changes are coming.

Is there another question?

Questioner: Was Jesus part of the higher energy intellect, and if so did he come down to the CD that all of us are on with particular purpose? Is he the son of God as you know it?

Sanaya: We wish to tell you (*long pause – energy becomes more powerful – voice changes*) as human beings you did create the consciousness of Jesus and you hold it in place. We will refer to him as "He" or as "I" in this moment. It is a consciousness that many of you here would recognize and would know by the feel … and would know by the love.

Jesus: Yes, I did come to this earth for a purpose and yes, I still reside amongst you for there is yet more love and more leaning to take place. Was I the son of God? No more so, and no less than you. Did I not say, "I and the Father are one?" Did I not come to teach all of you that you are That because all is that one Spirit? All is of the Father because all is consciousness and the very essence of that is Love.

You are gifted with love, with the opportunity to create with your minds. Therefore, there will be groups of the sons and daughters of God who believe that only one man could contain that energy. There will be groups of that Love who understand that it was the Holy Spirit that embodied itself in one man to share the message that all of you are That, but without the concept of sin, without the dogma, but with the belief that all of you can do what I do and greater things can you do. There will be others who do not believe at all in a consciousness known as the Nazarene, nor that it would be possible that he would come back to speak through any one being or any being who wishes to have that experience. There will be others who claim that it is the devil's work.

I wish to tell you that because all is consciousness, all of these are true. Do you understand? You are here to create; you are here to use that which you are – spirit – to create what? The experience of spirit incarnated -of love here- of Heaven on earth. In my Father's house are many mansions. There is no limit to what you are, to what you can believe. I will not limit you, for that would be limiting love. Are you loving enough? This is what we wish you to concern yourselves with. Can you love your neighbor as you love yourself? Do you love yourself?

If you do not love yourself, for someone has made the mistake of telling you that you are unworthy- it entered your belief system, then you do not know your true nature. You do not truly understand that you are love. Then you would look to another being and adore him and worship him, and I wish to tell you that it is I who worship you. Do not put me on a pedestal. All are special. You are the son of God. You are the daughter of God.

You are free to believe what you wish, for you cannot limit God. Any belief system is valid, for it is an aspect of that which you are. Therefore, examine your beliefs. Examine what you have been told by others to believe. A child is taught. A child is taught stories that have been passed down for 2000 years. A child believes, and some tell the child that they are unworthy, and some tell a child they are loved. The two children grow on different paths. I am sharing that all paths ultimately lead to the same place.

As you leave this reality with its limited belief systems and do pass, you are joined by whatever aspect of consciousness you did choose to believe in whilst here. Then you will have a greater understanding, but I wish you to understand now that you are here to learn to love. You are here to learn that you are worthy and that no man and no woman is any more or any less worthy than another for All-That-Is is God. You are That. Was that not the lesson of the one known as Jesus? Was it not human beings that stated that there was only one son of God? What does your heart tell you?

I wish you to examine as you go forth from this room your belief systems – from where they come. Were they taught to you as a child? Did they change as you grew? Do they serve you to step into the fullness of who you are? Or, do they bring you back into the human awareness that you are limited. Nothing could be farther from the truth. You are so very loved. You cannot be other than loved, for you are love incarnate. You have come to this one reality of many realities. I will greet those of you pass to the other side if you wish to see me, if I am part of the belief system that you carry with you. Or, I will meet you here in your meditations, for we have created each other from that which we are … Love.

This is quite an unexpected experience for this one this evening, but the question was asked, and it is one that I came to teach you, and it is one that other masters come to teach you. Love can take limitless forms. You need not believe who is visiting you this evening. It matters not what has happened to you as a result of these words. What has happened to you as a result of this higher energy that is present? Has something within you changed? Has something within in your heart frozen or melted?

Consciousness is here for you to use, for you to grow, for your soul to remember, to awaken, to say, “Ah, yes, I am that I am.” That is the only lesson that matters. It matters not who or what delivers these words. Do not concern yourself with the source of these words. Concern yourself only with the greatest Source of your soul. You are That and it is Love. Therefore, you are Love. Be that which you are and you will have fulfilled your purpose in being here.

Blessings be upon you.

(long pause)

Sanaya: We wish to tell all of you that this is the result of surrendering. We wish to tell all of you that you are part of the far greater reality and that this kind of experience you had this evening you can experience in the privacy of your own sanctuary, be that in the home or in nature. And so we wish you to return to your earthly homes and set the intention of remembering your true home, knowing that it lies within each of you and that you can experience it at any time for you have never left it.

We bid you goodnight.

Attendees: Goodnight.