

**Session with Suzanne Giesemann and Sanaya
Unity of The Villages
Summerfield, FL
January 3, 2016**

Before the session started, Suzanne shared highlights of recent readings and communications with spirit. She shared a demonstration of mediumship as she brought forth messages from the husband of a woman in attendance.

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, February 7, 2016 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: There are those of you present this evening who are wishing to hear from the one known as Jesus, the Nazarene, having read of the experiences in the past month of this one bringing through that consciousness. We wish to tell you that that one, the one known as Jesus, is always part of the group known as Sanaya, made up of various consciousnesses if you will. Such is the reason for the high energy that all of you will be experiencing this evening. This evening we are not going to differentiate ourselves but to speak to you as a group with both masculine and feminine energies.

We wish all of you to see what you feel within yourselves, to see how it feels to you. We wish you to know that you will experience this evening that which is in your heart. The more open and loving you are feeling this evening, the more loving of an experience you will have. For is it not so that it is difficult to experience that which you do not know in your heart? If you are feeling guilty, then you will project guilt upon others. If you lack forgiveness for others, it is because you are unable to forgive yourself. So as you fill your hearts with love this evening such will be the experience that you will have, as our love for you flows through this room and through all of you.

If you could see yourselves as we see you, you would see no bodies at all. You would see naught but waves of energy. You would see how the love does flow. We use words in your English language which you understand such as “vibration” and “energy”, but all of it having to do with consciousness and all of that with love as the very basic essence. There is nothing but love.

Many of you have been raised by families who have passed on the tradition of not knowing love. It is that need for this essence, this love in your life that has drawn you to a circle of friends such as you experience here. Have you not seen the many people exchanging embraces this evening? Why is that? It is part of your innate nature to want to come to completion ... completing a circuit of love as it were. In forming a circle, you have now formed a basic symbol of oneness. What is an embrace, but forming a circle between two human beings? What is in the center of any circle? Pure possibility. It is an emptiness that is actually a fullness. Full of what? Of love. Why do you join hands in a circle? Once again to form a symbol of oneness.

If you were quite sensitive to energy, you would feel that that love flows in a circuit around the circle buoying all those within it. You can feel it quite intensely the more you tune into the body. We wish to tell you this evening that the body is indeed an instrument. It does not always behoove you to try to put it out of the way in your meditation, for the body has much to teach you. It is one of the instruments that we use to make our presence known to you. Perhaps you did notice that we were making the finger of this one move prior to our appearance this evening. It was the very first signal that we gave to this one when we did wish her to pick up the pen and write our word (*in 2009*) She did remark, “My goodness! I am not doing that. Who is moving my finger?” Now if this one had pushed all thoughts of the body out of the way during meditation, she would have missed this signal.

We invite all of you in the silence to ask for a sign from your guides – a physical sign of a presence. Perhaps you will feel a movement in the hair. Perhaps you will feel a tickle against the skin. Perhaps your heart will beat in an irregular pattern. Perhaps a muscle will twitch. We can do that very easily with you for all is energy. We need only recreate the perfect frequency for your instrument that you call a brain to produce a sign within the

physical body. It is as child's play for us and we do so enjoy this kind of play (*chuckles from those present*).

We invite all of you to ask for this experience. To many of you it may not have occurred to you that not only do you, yes indeed, have guides at your beck and call but not in a servile way, but in a helping way. Those guides are only waiting to be asked to make their presence known to you. Again, we say that the body is the perfect instrument, but it takes awareness of the body. Many of you have shut that off. We ask you to turn it back on to the point where you feel the blood rushing through your veins. It is actually quite possible to feel it flowing through you. When you can get to that level of sensitivity, then you can feel your guides as well. We issue this invitation to you, and are quite hopeful for the experiences that the majority of you will have.

Shifting gears now we wish to share with you a phrase which many of you have heard in the past. You are familiar with the phrase that, "It is better to have loved and lost than not to have loved at all." This evening we wish to talk a bit about fear and change your phrase to one that says, "It is better to have tried and failed than not to have tried at all." What is it that keeps the human being from trying new things such as talking to guides, such as setting goals, such as trying new things? It is fear of failure. What if you knew that failure is only a human concept ... that you are merely afraid of what your fellow human beings will think of you and say about you? This is what has kept this one from stepping in front of large crowds and demonstrating what she knows in her heart and soul is very real. We often use her as our instrument to make an example. We used her this evening for the demonstration of mediumship given moments ago.

Anytime that fear gets in the way, it blocks the flow of spirit. Heed us, mind us well that spirit always flows through you or you would not breath. Your awareness of that presence of the flow can be blocked by your human essences. So, the moment that you entertain a thought that you might fail, that things are not going as you had planned, you have essentially cut off your connection with the Source. What is it that you would do if you knew you could not fail? You have all heard this question asked before, have you not? Would you move to a new location? Would you start a new vocation? We are not going to begin with the poems (*laughter from those present*). What is it that holds you back? Would you leave a relationship that is stagnating? Would you start a relationship that is calling to you, but you are afraid to fail?

We wish to tell you that if you can push your human doubts aside – your human worries about the reactions of your fellow human beings – you will be met with far more peace and ease in all of your endeavors. Why? For then you will be aware of the presence of spirit. You will be aware of your connection with the higher aspects of you. Note that we did not say, "being separate from you" for you are always one with your Source and with all levels of being. When you become so focused upon your human ways, you no longer are aware of that connection.

We ask you to embrace us. You can only do that by opening your arms and opening yourselves to your fellow human beings and saying, "Here I am ready to expose myself, ready to possibly fail in front of you, but willing to take the risk for I wish to know who I really am." My friends it is impossible to know that unless you open the flow of spirit through you. It flows most greatly when you can love yourself. Love controls the flow. If you have not yet felt that flow within you, we ask you to ask yourself what is blocking you from stepping forward and stating to the world, "Here I am." We are not asking you to step on a stage. We are asking you merely to be true to yourself.

What are you afraid of? What are you afraid that others will say about you? Do you not know that every single one of your friends is worrying the same thing about themselves? You are all so very alike. It is why we can share a message with a room full of human beings and know that our message will be heard by every one of you. There is no separation between you. As human beings you share the same ups and downs, the same fears, the same doubts, the same insecurities.

We wish merely to make you aware of these tendencies and to notice that there are always two sides to all of you. Perhaps you have been focused too much on the side that worries. Step out beyond your human doubts. Welcome in spirit. After you have taken our advice and had the experience of asking for a physical sign and you receive it, perhaps you will have a bit more courage. And is not courage yet another essential quality of the soul? It is different from bravery. Bravery is of the human, knowing that one can be hurt and wounded and perhaps die. There are many who are quite afraid of public speaking thinking that they could possibly die on the spot (*laughter from attendees*). When you have courage, you know who you are. There will always be that human aspect of you that tries to get in the way and draw your attention away from the spirit side of you, but knowing courage and knowing love, you can always come back into alignment with who you are.

Always in these sessions we do attempt to get you to look at dark places within yourselves. Why? Those are what are blocking you from being in our presence. Yes, we say "our presence" for this group that this one and all of you know as Sanaya is made up of the same beings who are accessible to all of you. You all can speak with the highest of the high. We would give you different names by which to know us, for always there is a bit of different flavoring for all of you. Because all is one and all arises from the same Source, you all have access to the same guidance, the same loving energy. Let nothing hold you back from achieving your dreams, your goals, your desires, but know that desires are of the human.

What is it that the heart longs to do? Mostly it is to recognize you for who you are ... and that is always a beautiful soul waiting to be shown to the world. What would others think?

That is how the human being thinks. When you can put that aside and step forward showing the real you to the world, then you truly begin to live.

We so enjoy speaking with all of you and we would enjoy answering a question or two.

Questioner: So what is the process to try to connect with our spirits?

Sanaya: Thank you for that question. The process for connecting with spirits is one that we did answer in our message in the last few days and is quite simple. It begins, sir, with intention. This one did have doubts that she could do another demonstration of mediumship, but we did assure her that it is the intention that sets it into motion. Had she not agreed to do work on our behalf this evening, then she indeed might not have made a connection. We only respond to your wishes.

You sit quietly where you will not be interrupted and you set a very clear intention, "I wish to know my guides. I wish to know that I am not alone. I have a knowing in my heart that you are here. Please make yourselves known to me." With that you become as the sky ... clear. As thoughts pass as clouds upon that sky, you allow them to pass. You wait and you watch allowing the thoughts to pass, but with an expectancy knowing that because you have asked, this experience will arise for you. It is a waiting. It is a watching. It is a sensing for something new.

Those of you in this room who enjoy a bit of fishing would understand that it is a bit like casting a rod into the water, watching the ripples spread out, and knowing that in the depths below the surface where you cannot see, there lies a prize. If you would but wait quietly, not making a sound, you know you will catch the big one (*laughter from attendees*). In this case you are waiting for your spirit guides to respond and tug ever so gently on the line and say, "We are here. We have heard you call. We are grateful that you are finally acknowledging us. Now we can begin our relationship."

That is the beginning. From there, merely ask your guides ... thoughts will arise, "How am I to communicate with you?" What do you have to tell me? ... answer once again. You cast your line into the water and you wait with the same expectancy, knowing the water is full of answers and any answer can be hooked on your line at any time, but knowing that the Great Fisherman in the sky will put exactly the answer that you need on your line. When you reel it in you will know that it comes not from your own thoughts, but from your guides. It is that willingness to surrender the awareness of exactly which fish you are going to catch, but the knowing that you will catch exactly what you need, that allows you to remain in that state of pleasant expectancy. In that state the answers arise. Like fishing, it may be frustrating, but it is also a bit of fun.

We wish you to have fun with this process ... not to take it so seriously. We do enjoy humor. We do enjoy making our presence known in ways that at times tickle your fancy.

It keeps you coming back for more. Can you imagine if your guides were always as serious as many of you are? (*laughter from attendees*)

Is there another question?

Questioner: Thank you. My father is sick but he seems to go into another place and then come back to himself. Is he choosing that?

Sanaya: His soul is choosing it, my friend. All of you go to that other place when you sleep. Those who have an affliction you would understand as “dementia” are more in that other place than in this place. It is a choice as the human begins to detach from being human. The soul comes more to the forefront and enjoys playing a bit in its true home.

Be not worried, be not afraid. Be in fact happy for your father that he is having this experience of traveling home for a bit. Know that all of you travel there in your dreams and can go there at will in your meditation. You exist in both worlds at once: the spirit world from which you arose and this world – the human world. It is only your identification with being human that keeps you solely focused on this world. When you, as in speaking with your guides, set the intention of traveling to that other world, then you will have that experience more and more.

Again we wish you to know that you need not worry about your father or any loved ones who seem to drift in and out. The soul knows what it is doing. It is detaching a bit from its identification with the ego. This is a good thing if most of you could do this. This is what we were trying to tell you earlier this evening: detaching from identification with the ego will allow more of your true self to flow through you.

We come back to the image of the coin with two sides (*The “Love Side Up” coin which is described on Suzanne’s [website](#)*). That is you ... both (sides) existing at once. It is always your choice which side is face up ... which side you show to the world. You can get to the point where you are aware of both sides at once. This is the goal. In that state, you can receive guidance and yet very much be living as a human being.

We so enjoy sharing with all of you. We hope you have felt the love flowing through here this evening. But most of all ... that you have felt it awakening within you. That is always the goal. That is your purpose in being here in human form - to remember who you are. You are love. That is all.

We thank you for joining us and bid you goodnight.

Attendees: Goodnight. Thank you.