

**Session with Suzanne Giesemann and Sanaya
Unity of The Villages, Summerfield, FL
March 1, 2015**

The song enjoyed before the session was “*Let Them See You in Me*” by JJ Weeks Band. The song enjoyed after the session was “*If Not For Love*” by Karen Taylor Good and J. Martin

There were approximately 200 people in attendance.

Before the channeling session, Suzanne shared parts of a memorable session one year ago with a man who only recently gave her permission to disclose the information. The session was conducted by Skype on their respective computers. To Suzanne’s surprise, the session included a visit from Archangel Michael. He (Michael) advised Suzanne to “think outside the box.” Once she surrendered her disbelief, he identified numerous details of an event the client had experienced in which a stranger appeared “out of nowhere” and likely saved the client’s life. Suzanne knew that she was not merely reading her client’s mind/memories, because she could feel Michael’s distinct and powerful presence. The energy was so high that it shorted out the computer mid-way through the session.

The powerful energy present during the March 1st session you are about to enjoy can be felt when listening to the recording. It is suggested that you read the transcript while listening to the recording found at this link:

<http://www.suzannegiesemann.com/sanayasessions/>

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.

Many thanks to Bev Garlipp for this transcript of the session.



As Suzanne began to enter into a deeper state, she asked those in attendance to “be her battery chargers” – to open their hearts and send the energy of love towards her to facilitate the connection with the higher vibration of Sanaya. As she began to blend with this higher energy, her breathing rate increased more than usual. With eyes closed she held a hand toward those gathered and said softly, “Throttle back just a little ...ok.” Her breathing slowed, and after a few minutes the words began ...

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: You cannot expect to share the stories of the presence of the angels and not expect to have that higher consciousness with you present this evening. Some of you would recognize a bit of a deeper voice this evening, and I am pleased to make your acquaintance. (*Suzanne appears to again be straining with the energy present.*) This one is struggling a bit, and we wish to bring the body into alignment with this energy.

We wish you to know that angels are always in your midst. You would not survive for long were it not for the helping hands around you holding you up in times of sorrow, in times of need. Those of you who have learned to pray to the angels have often experienced our presence. This one has shared in the workshop (*Suzanne's new Awakened Living 301 workshop*) of a friend who did experience my presence after a very grave cancer surgery. (*Suzanne again strains and her breathing becomes rapid and labored.*)

She is fighting this (*because she recognizes the energy of Archangel Michael, and was not prepared to "share" him in such a public venue*).

Angels are real. This one did not wish to believe that for several years after making our presence known to her through the poetry. It was the only way we could prove to the left brain that we are quite real. Then several rare occurrences pushed aside the disbelief that many of you still experience. Why is it that you put up these barriers to what is only love ... what is only healing energy ... which is only goodness? Why? For at your birth the veil descended for a reason. If you could all see the mighty angels who fly around you like the birds, then you would not have the opportunities to learn from your challenges. Is this not why you have come to this world - to have the challenges? So that then you are faced with choices, "How will I respond ... with love which is always the optimal choice or with something less than love?" It is always one choice for love and various choices for less than love. You can never go wrong by choosing love – never. "Oh, but I might die," you say, "I might be killed. I must defend myself," you say. This is the view of one behind the veil.

Yes, at times the angels must step through the veil to make our presence known – to bring in a bit of the magic. What is magic? What is a miracle, but a parting of the veil so that you remember who you are, why you are here, why you did agree to this lifetime with its challenges and tragedies. You are never alone. Yes, granted we, the archangels, are quite busy. We do come when you call. Every one of you is answered. This takes belief. This takes surrendering the disbelief, as was suggested to you. Know that if you cannot believe in the presence of this level of love (*the archangel realm*), then believe us when we tell you that all of you have personal assistants who do not have a body. All of you

have loved ones now in spirit who do their best to help you – who also hear your every cry for them. Yes, they are busy with their own lives, for life continues. It is eternal. But, when you call them, they are at your side in a nonphysical sense in an instant. What has been connected through love can never be severed.

Yes, angels are real. Archangels exist – held in existence by the mass consciousness. There is only one conscious mind, and you are part of That. Each of us in the angelic realm has taken on specific duties as you would understand them. I, Michael, am the one seen with a sword, for as I did tell this one at our first encounter, (*Archangel Michael first appeared to Suzanne during meditation.*) “I come to all those who fight for freedom and stand for love.” It is no coincidence that the one known as “Wolf” is also named Michael (*Michael Pasakarnis, whose soul-touching messages from the nonphysical realm are shared in Suzanne’s latest book, Wolf’s Message*), and his lesson for all of you is about freedom ... freedom from behind the veil. You will find that many with the name “Michael” carry a certain vibration that is a bit higher than others. There are no coincidences. (*Pause – Suzanne breaths deeply and exhales loudly.*)

You are embroiled in battles (*stuttering*) in your world at this time, and we come at times of great challenges. Always you human beings have faced great challenges. Those of you who do not look in your past history books forget the challenges faced by your ancestors. You bemoan the fact that you are in the dark ages now. You read your headlines and you think that your world is going to hell. In past sessions have we not told you this (*life on earth*) is hell from the perspective of the higher vibratory realms of pure spirit – of love? You did agree to come here to experience this “hell” of an existence for the growth of the whole. When you can see through the veil and recognize the great purpose your existence here bestows upon your brothers and sisters, then you can endure through the challenges.

We are showing this one now images seen on the computer only yesterday ... images that now are seen around the world thanks to your internet ... images of young children held at gunpoint by your terrorists ... images of Christians being rounded up and shot by Muslims – non-Christians. The email of which we speak was sent to this one with an urgent prayer ... to pray for the Christians. We wish to show you this evening that from the higher perspective, yes, we understand how you view these scenarios with great angst – with pain in the heart. This shows you that love is the essence of you. You cannot fail but to feel the pain ... this is hell. When you can rise above this and realize that circumstances such as this have been occurring among mankind since the beginning of mankind and realize that ever so slowly consciousness is rising in the earth plane so that abominations such as those seen in this email are becoming more and more of a rarity - you will see that little by little the raising of the consciousness of all of you is indeed making a difference.

You see such photographs and you despair, but we ask you to go back in time – removing your focus from the now for a moment and think of the truly darker ages. We do apologize for bringing a lower vibration to you. (*Some in attendance later reported feeling the lower vibration and the temperature drop*) We will raise it as we go along. Do remember periods in mankind when mass extermination did occur. You understand the term “genocide” in the millions. Do you not have memories of this? Killing continues, for so many remain behind the veil. Yes, as humans there are human reactions, and we do understand the necessity of defensive actions and offensive actions to prevent further killing (*but*) we do wish to impart to you this evening the message that love does make a difference. It can be a two-pronged approach. There are those who will take the human method of changing the course of history, and there are those who will bring in the Light. It has always been this way. (*The power in Michael’s words rises - the pace picks up – the passion is felt.*)

The one known as Jesus brought in the Light, and his message continues with you today. This is why we bring up this master to you now, for even if Jesus were told, “Pray for the Christians,” what would your brother (*Jesus*) say to you? The same thing that I and my brothers and sisters (*the archangels*) say to you now: “Pray for the Muslims as well. Pray for all souls that they may see beyond the veil of illusion to recognize who they are.”

When the veil is lifted, there is no longer any illusion. All is known, and all is known to be merely love. Yes, it is true: you will not solve this immediate emergency (*of the terrorists*) with merely love. We understand this, but we wish to tell you that love heals all things. By praying only for one section of humanity, you are saying that one soul is more important and more special than another. We wish to tell you this evening that if all recognized and realized that there is no division between souls ... (*Suzanne’s breathing quickens.*) ... there is only Soul and you are all aspects of That – the One Spirit ... then there would be no fighting, there would be no atrocities. There would be only the recognition of a brother. Praying only for one group of men creates a separation – a division – as you would understand it, an “us vs. them” mentality that only perpetuates the sense of separation.

Yes, we understand - this is advanced thinking, and the mass of human consciousness is not yet prepared to think in such a way. Many of you here this evening are the “light bearers.” You carry the torch. You light the way for others. You can understand our message this evening that where there is division, the love is lacking. What is lacking when you look at these photographs of atrocity is the awareness that love is the only power.

These appear to be dark days, and in comparison to the light that burns within all of you, indeed it is dark, but far brighter than in centuries past. We wish you to know there is hope for mankind. Man has existed in this experimental laboratory (*called Earth*) for millennia, from the barbarian stages onward, (*and*) some remain in the barbarian stages.

You understand this. Behind that barbaric mentality is a soul ... a soul who has forgotten. If you can see beyond the atrocities and simply pray for love and understanding and awakening of all souls, then you will have dropped the division and you are seeing with the eyes of the soul. You are seeing with the perspective of the angels, and you are indeed having an effect. This we wish to impress upon you most strongly.

Ah, this one (*Suzanne*) has recognition now. You did witness as we stepped into the conscious fields of this one (*at the beginning of the session*) that the love radiated from all of you came very close to the point of being overwhelming this evening. You did witness this one requesting you to “throttle back.” (*attendees chuckle*) This is the effect of opening the heart and radiating love. It is felt by those who feel love and the higher vibrations. It is tangible. There are many – most especially those of the barbarian mindset -- who do not recognize this vibration. We wish to tell you it does have an effect. It will most likely not be visible to you in this lifetime, but we wish you to remember this example that you did witness this evening. It was your heart opening which did raise the energy to this point that it was close to overwhelming. Are you ready to overwhelm your world with love? This is your purpose. You – the “light workers” among this group -- are here to be that which you are: the presence of love. You – every one of you facets of the great jewel that you know as God – as Spirit - makes a difference. May this empower you to go forth from this room and open your heart.

Lest you think that this one did memorize these words or have any idea that we would discuss such a topic of a low vibration this evening – quite a rarity in these sessions - we will indeed entertain questions this evening. I may call upon my brothers and sisters to assist in answering the questions. This (*the question and answer session*) is for those of you who have not been witness to our presence (*prior to*) this evening. You may ask questions of a philosophical or spiritual nature, and we are most happy to oblige. Is there a question?

(The audience now became witness to the instantaneous and fluent nature of the responses)

Female Questioner: How can you as archangels be in more than one place at a time?

Sanaya: (*The speaker changes – a lighter energy.*) For all is energy – all is consciousness. When you ask such a question as how we can be in more places at one time it is because you are thinking from the human viewpoint with a physical body. You (*humans*) can only be in one place in an area that has only geographic space. In our dimension there is no space and no time. There is only energy - consciousness – spirit.

Energy is everywhere at all times. Think of your smoke, and you will understand how a person – a physical being - at one end of a field can smell smoke, and the human being at another end of that field also smells that aspect of smoke. This is similar – merely an

analogy that we share this evening (*and quite an appropriate analogy to use a “field” as an example, since energy propagates in fields*). You understand a physical world with geography. We have no such world. We are of such a vibration that we penetrate multiple dimensions. We are not of the astral realm where your loved ones go after they pass from this world. We are of a higher vibration – far higher – and therefore able to penetrate throughout multiple dimensions at once. It is all energy- no magic trick at all - but simply the way it is.

Again, we repeat ... were it not for our presence in your lives, you would stumble about far more than you already do. (*attendees chuckle*) We ask you to call upon us freely. If more of you were to acknowledge our presence and call upon us, your path through this life would be far more smooth. Is there another question?

Female Questioner: How can we better connect with spirit?

Sanaya: We ask you to meditate regularly. Those of you who have not experienced our presence are quite focused on the material plane – the physical world. It is the personal experience which will convince those of you who have never experienced such as you are experiencing at this moment that this it is indeed quite real. You, at a soul level, are part of this experience. You are a spirit being now. The way to recognize this is to go into the silence on a regular basis with discipline and commitment with the intention of getting to know the greater aspect of you.

All of you ... If you will visualize yourselves now as a pin prick in physical sense that expands as spirit up to the nonphysical world, and at this level all of your souls intermingle in the universal mind - you can understand this. When you remain focused on the point of physicality that is you (*then*) this is all you know. In meditation, you are able to expand the consciousness ... (*to*) release it from the confines of the physical body, which this one is demonstrating at this moment, and access wisdom far beyond your imaginings.

Do you not hunger for such an experience? It is for this reason that you come to this room, but we wish to impress upon you that such an experience is yours for the taking if you believe, and if you set the intention, and if you sit with us on a regular basis. We are merely waiting for your invitation, and we will descend upon you with such love that it may knock you off the chair. You will have such a personal experience that you will never go back to the darkness and feelings of solitude that may have followed you throughout your life, but you leave (*the darkness*) in the past once you taste the bliss of knowing who you are.

We hope we have enticed you to get to know us. It happens in the silence through dedication when you can set the identification only with the physical body to the side. Thank you for being our instrument and asking this question so that your brothers and sisters will have this lesson. Is there another question?

Male Questioner: Are ... ex ...people that contact ...what they call ...extraterrestrials ... Are they just aspects of other beings helping us work on this path?

Sanaya: (*The energy of Michael returns.*) A very wise question, and had you asked that of this one in years past, there would have been a bit of stuttering as we tried to get the answer past the left brain. (*attendees chuckle*) This one has come to know that all is possible in consciousness, from getting to know personally those which you would understand as mythological figures - as gods and goddesses -- and, yes, if you would like to call them extraterrestrials ...we prefer the term "celestials."

There are various degrees of frequencies and dimensions, and indeed if life were only limited to this experience here (*on earth*) then that would mean you are a part of a God that is limited ...and you are not, Sir. Life exists in many forms. Do not limit it only to your solar system – what you understand as planets. Expand your consciousness. Expand your belief system. Set the intention of getting to know greater and greater aspects of the Self - with a capital "S" - of which you are a part - and worlds upon worlds will be presented to you. We wish to use an expression that you would understand well: "It would blow your mind." (*attendees laugh*) This is what you must do: free the mind ... blow out the dust that has been blinding you to the greater, greater realities of which you are a part and of which we are a part.

We are in many realities at once, but we the archangels have been assigned to this realm, for humankind is a great challenge for us. (*attendees chuckle*) (*It is*) a great task to keep you all in a state of hope – to surround you with love when you despair – to know that the end is not near. In truth, there is no end to this journey you are on ... life is eternal. When you have fulfilled your purpose here on earth - which is to recognize completely who you are - when you are ready to graduate, you will know. Then you can look at the pictures in your emails and see the gun pointed at the face of the child and feel love for the child and the one holding the gun. (*pause ...*) Then you are ready to graduate. Then you know the message that your brother Jesus came to teach: forgiveness and unconditional love. This is the task of each of you.

You may not get to this point in this lifetime, and we wish to tell you that is quite alright. That is how it works. This is why reincarnation is indeed a fact. You get many chances to get it right – to learn your lessons. This is why we are at your side to aid you in the learning process – to let you know you are on track. If you cannot feel that unconditional love, we raise the love within you. We allow you to feel our presence through the love, and in this recognition you are able to move forward.

What we ask of you is that you take back to the whole after each incarnation more (*love*) than you brought with you. That is your task. Ultimately, after you have recycled and grown through each incarnation, you will truly know and exhibit unconditional love and

forgiveness for all beings. As each being rises to this state of pure love, then the experiment will conclude.

All that matters is love. This is why you are here. If you are not yet ready for forgiveness and unconditional love, this evening we have at least given you a goal, a remembrance of who you are, why you are here, what it is all about, what to strive for. Each time that you open your heart and radiate love, recharging the batteries of those around you, you have raised the consciousness of mankind and there is hope.

Angels are real. You are not alone. Call on us at any time.

You are so very loved. It can be no other way. Even when you judge ... even when you make mistakes, and fail at forgiveness, and fail at unconditional love, you are still loved. From our viewpoint there is naught but love. This is why you are here.

We love you so very much.

We bid you goodnight.

Attendees: Good night.