

Special Session with Sanaya
Up Close and Personal with Susanne & Suzanne Weekend
May 21, 2017

Notes:

- “This One” refers to Suzanne
- Song played in the beginning was *Let Them See You* by JJ Weeks.
- Song played at the end was *If Not for Love* by Karen Taylor Good

Sanaya: Good afternoon.

Attendees: Good afternoon.

Sanaya: It has been quite a while since This One has felt our presence in a group setting, and she is reminded of sitting in a classroom with the teacher known as Mavis, who did first witness us on that British stage (when Suzanne first experienced the trance state at the Arthur Findlay College of Psychic Sciences in England). Two of us were present that day, but the larger group was gathered waiting to prepare This One. And the teacher Mavis did say recently that it is not necessary to go through the heavy breathing and all of those theatrics, and This One did feel a bit of what the human would understand as guilt – and we do not want to talk of that word “guilt” for it does lower the vibration a bit – but This One was questioning, “But that is what happens to This One,” (the heavier breathing as she goes into trance) and we wish to tell This One that it is okay. It is all right for any of you. All of you are the Light. But you are, as part of the story, individuals, and each of you will find your own way to bring through Spirit. Each of you will have your own rituals; you have your own path. You have learned techniques here in this class. You have been introduced, some of you for the first time, to your spirit team, and we are most grateful to these two teachers, who are no more special than you are.

Do you know that we see all of you as Light? And we do not wish to give you a label such as “special,” but there could be nothing more special than being the Light. You put labels on things, and you call them “special” or “not special.” The specialness of which we speak has no opposite; it is life itself, and you are That. And you are life expressing itself. Can you feel that flowing through you, that Life Force? We wish you to lie in your beds at night and feel the Life Force flowing. You may feel it as if it is blood in your veins, but where does that blood come from? All of it vibration. You can become so sensitive that you feel your heart beat without taking a pulse here or there (puts hands to wrist and throat).

We wish you to become so sensitive to your guides that you feel their presence when they settle in around you. It is nothing to be feared. It is not a scary thing to have a complete blending with your team. How else can they speak to you yet from within and from without. This close

blending is a kinship, a birthing of sorts. You have given birth this weekend. Even those of you who already had quite a pleasant relationship with your guides have given birth in a new way to new beliefs, new thoughts.

Always are you creating your reality as you walk this path hand in hand with your guides, with your team, with your loved ones who have crossed to the other side. You do not walk alone. But some of you have struggled for far more than the normal gestation period of nine months for the human being. You have struggled feeling as if you are alone, as if you had to make all decisions on your own. You pray to God, “Help me,” and at times your prayers appear to be answered and at other times not. Is it God, one being on a cloud, that answers or does not answer your prayers? It is those helping hands that reach in from across the veil to render assistance when it serves the greater good.

Please keep this in mind: You are one aspect of the greater good. You cannot be separated from that central sun of which you are part, of which you are a sunbeam. You cannot turn off the Light. You have opened a window to the soul this weekend to allow your light to shine ever brighter. We daresay that if you go from the room radiating as you are now, some may need to put on their sunglasses for you will blind them. Some with whom you share space may say “Just exactly what was it that you were doing there at that hotel this weekend?” For something within you has changed, perhaps a bit more peace, perhaps a bit more serenity, perhaps a bit more radiance. Could you stand a bit more of that?

We wish to tell you that you can heal yourselves. At times it is good to get a little help from your friends. Soak it up, and know that that same Source that takes a tiny seed and allows it to burst forth through the soil, becoming a beautiful plant which later blossoms and then blooms, that same Source has been doing the same for you since the moment your soul decided “It is time, I am ready to enter back into that seed with those two as my parents for the learning that will take place.”

You have known how long you have here on Earth – for some of you limited time, for some a full lifetime. Do not worry. All is in perfect order. You are here for a reason; you have been called to this space in the world of space and time for a reason. You have received messages from your guide in the most recent session to help you to clarify the reason your soul came to this earthly experience.

Your soul, your higher self, is saying “It is about time they realize it.” Some of you have known your calling. Some of you may not have a worldly calling. Do not feel that it is your responsibility to go out and stand on a stage, to be a great healer, to make a huge difference, for we wish you to know it matters not whether you change one life or a billion lives, for there is only one life.

As you lay a comforting hand on an arm of a soul in need and perhaps save that life for one who was so desperate they were thinking of exiting this life before it was their time, then you have

made as much of a difference as changing a million lives. Do you understand this? In a world where none are more special than another, every act of kindness and love makes an equal difference.

Human beings think in terms of greater and lesser, better and worse. From the soul's perspective, there is only Love. And you are That. And the more you step into and embody who you are as Love, the more you realize it matters not what you do but how you do it and your motive in doing so. And with this understanding, you understand that you need not do anything at all; you can merely sit and be present, for as you are present fully in the moment outside of time, taking up no space, then you are perfect Love. And you are Home.

You are there now. Your heart recognizes it. At times tears flow from the eyes and you do not understand this desire to cry. But they are not tears of sadness, they are what you would understand as melancholy tears, and that comes from the recognition from whence you come and to where you will return – as if you have ever been separated from that place. Only in your awareness, my friends, only in your awareness.

You can shift your focus. Now you know how to surrender and shift and, in that instant of leaving your story behind, be back with the brothers and sisters who are merely awaiting your return. You visit them at night, in your meditation periods, and any moment when you surrender the story. Such learning has taken place here this weekend. Many of you were familiar with these lessons, but can you ever hear them too often? The answer, we know, is no. You need not be afraid of answering us; we hear you.

Is there a question among you that we can answer for you this afternoon? Ask it now.

Attendee: Is Earth the only planet of free will available now? If so, why is that useful to All That Is?

Sanaya: Earth is but one world upon worlds. You have heard this term many times this weekend. There are realities upon realities. Your solar system is one system with the Earth; it is the only one in your solar system with free will in the physical form in which you would know. But there are other experimental environments where free will is at use, but it is at different levels.

There are other realities with what you would understand as extraterrestrials -- which merely means "beyond the earth," does it not? – and we use the word "experimental" for this is a learning laboratory here where you learn through trial and error. And you make an error, and how does it feel to you? It does not feel pleasant, and so the next time, you do not touch that burning stove. This is how the human learns. And you always have a choice whether to reach out and get burned or not. And if that is your definition of free will, then yes, the choice towards Love is being made on multiple levels.

We wish you to understand that such choices are even made in what you understand as the spirit world, for the soul continues to make choices – whether to come back into this Earth laboratory and have another go at it or whether to remain in the spirit world for a while. There are so many ways that the Light can manifest. You are on the earthly trajectory, but at any time, because you are the Light, you may be reabsorbed into the Light to take on another experiment.

We do not wish to, as you would understand it, blow your minds this afternoon, and so we will not go into the many levels; but trust us, free will is one of the greatest learning tools, one of the most challenging as well, for you are free to wander off away from home as far as you choose, and you loving souls are bearing the brunt of that, are witnessing the result of that, are you not? And it is not always pleasant bearing the results of your brothers and sisters who have used their free will to make choices.

We wish to diverge a moment here and state that this morning we gave This One a message, as we do every morning, and this one was about not despairing when you look about and see the direction in which your world is traveling. And a woman did comment on our message and say that she is agonizing over this message now, it is causing her great angst for she had wished that her world would change faster than that.

And we wish to tell you that her world and your world can change in an instant when you make the choice to see it differently. That is the power of free will: the freedom to choose how you view. If you view your world as a catastrophe going down the drain with nothing but evil and difficulties, then of course you will agonize and despair; but if you use your free will to choose to see yourself as the Light and choose to see all around you as the learning opportunities that they are, then you will no longer despair. Do you understand? It is all within your will, your choice.

And so we have gone off topic a bit here, but only to tell you that you do have interest in other worlds and we understand that, but you are here in this world for a reason. Let your curiosity wander to other worlds; explore your Arcturians and Pleiadians and the way whales and dolphins communicate with each other – it is fascinating – but if you could devote that much time to your own thought patterns and how often you choose Love, then your efforts will be well-placed.

We thank you for this question. Is there another?

Susanne Wilson: Dear Sanaya, thank you for being here. Is there anything Master Jesus would like us to know today and now?

Sanaya: And as we adjust This One, she wishes us to say for her that this is what is called “a setup.” (Suzanne had no idea that Susanne would ask this question, and it knocked her off balance. She later learned that Susanne asked the question because she could visibly see Jesus standing by Suzanne’s left shoulder. Others in the audience saw him or his light as well).

(Brief pause as the energy shifts)

Master Jesus: My brothers and sisters, the one who has asked this question knows my presence well, for I have spoken through her recently, and it is an experience that changes the one who feels my presence, and we wish you—all of us on the Council—wish you to know it is true what I have said: that that which I do, you also can do, for I am you ... not the one known as the Nazarene, who walked your Earth 2,000 years ago, but the one known as the Christ.

I am no more special than any of you. I merely understood from the moment of my birth that I and the Father are One. I put this in Biblical terms, but can you replace the word “Father” with “Love”? This is the eternal message which I came to bring to you lo three – 2,000 words – years ago.

Suzanne is stumbling over the concepts as she attempts to hold the higher energy. Jesus understands this and says ...

An adjustment. (Pause while the energy adjusts)

And it is an unchanging message and will remain the same until all understand that they and Love are One.

You carry this energy in you, no matter your belief system, throughout your life. Understand, my words have been changed over time. They have been filtered much like your “Whisper Down the Lane.” There is much truth in what you would understand as scripture, but translations lose a bit, do they not? Take the words that you read into your heart and there discern: Is this truth? Take the words that you hear this afternoon into the heart and discern: Is this truth?

They must be filtered through a human consciousness. But I speak to all of you directly as the Christ through the heart without words: There, a stirring ... There, a connection that is never broken ... There, the one that has been calling to you every moment since you forgot who you are to remember “I am the Light.” Repeat those words often. Word – I AM the Word.

As you utter words, you are separate from the Light. Words become belief systems. You are not a belief system; you are Love. How does that feel? Are you at home in that vibration? It is at home in you. This adjustment is yours to make.

Sit in the silence, and I will come and sit with you. I willingly wash your feet, for none is more special than another. When you get to the point where you could willingly wash the feet of any other, no matter how they look, no matter what acts they have performed ... no matter what acts ... and see that one as the Light, but one who has been blinded to the Light within, and this awareness ignites within you naught but compassion and understanding and the awareness,

“This is who I have been all along. This is why I entered into this earthly body: to realize that I walked away from the Father for a bit, but now that I remember who I am, oh, Father, take me back into your arms. I will spend the rest of my life serving only Love.”

It is not a religious message. It is the only message that matters, and it is universal, for it is of the heart. You are That. It is why you are here, to understand that, and we come at this time to remind you of that. It matters not how that message is delivered to you and by whom as long as they are of the Light. And your guides would not have been granted the role of Spirit Guide had they not attained a high enough vibration to guide you to the Light. They are all under our tutelage as the Council, the Universal Brotherhood and sisterhood who have decided to leave the Light, having merged with it, to allow others the greatest of blessings.

Do you know yourself as the Light? May you be forever changed. Blessings be upon you.

(Brief pause)

Sanaya: And you will understand that, as usual, we, the group known as Sanaya, will come back in – a bit anticlimactic we might say – but we could not leave you on that note. But we wish you to know that all of you have been changed at a cellular level. Your DNA, once your scientists study it a bit more closely, does have these extra strands. It is not junk. And you have been a bit more activated. It is all about the raising of consciousness. If you let this go to your head, you may go sit in the corner. (said with humor)

And so we ask you to sit in the Power now that you have met your guides. Thank them for making their presence known, and ask them, “What am I to do with this awakening? helping me not to let it go to my head but to my heart.”

You are so very loved. You are nothing but Love. We love you immensely. May you come to love yourself as much.

We bid you goodnight.