

Special Session with Sanaya and Suzanne Giesemann

Unity Spiritual Center, Fruitland Park, FL

November 26, 2017

Before the session started Suzanne shared highlights of her recent readings and messages from spirit. She announced the availability of her new CD produced by Hemi-Sync entitled “Mediumship: The Training Ground” <https://www.suzannegiesemann.com/mediumship-training-ground/> and her new book, *Still Right Here* <https://www.suzannegiesemann.com/still-right-here/>.

The song played 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.

The recording of this session with Sanaya is available for listening and download at: <https://giesemann.link/sanaya-sessions>

You can read more about Sanaya at <http://www.suzannegiesemann.com/who-is-sanaya/> and read Sanaya’s daily messages at: <https://giesemann.link/sanaya-speaks>

Thank you to Debra Henson for this transcription,

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: And it does not take this one as long as normal these days to begin speaking for us, for we are more present than ever with her, and so are your guides with you if you would but trust that this is so. This one that you gaze upon is not special – unique, perhaps, in the ability to bring through the voice of spirit – but all of you, when you open your mouths, are the voice of spirit, for you cannot be separated from that which you are.

This is a message that bears repeating over and over, and you have heard it from this one, and you have heard it in churches such as this one when they say to you that which the one known as Jesus said, that the Father and I are one. You could substitute the word “love” for “Father,” “God,” “Spirit,” “Consciousness,” “Light.” All are synonyms for this vibration, this music that never goes away: “The Word.” And you are that.

This is what you come here to remember, not to learn, for when you came into your body as a soul, fitting that huge vibration into this tiny package that you call a newborn baby, why, at that moment you knew who you were; but as you mixed and mingled with other humans who had

forgotten, you too forgot and placed the focus firmly on the physical world, and that is what we call the downfall.

But you are not this human body alone. Yes, of course, you are your story of you in a body, but it is a story that never ends. You are so much more than that. Even this one continues to peel back the layers and the layers and the layers that obscure the one truth that never changes: that you are the voice for God, you are the expression of Love, you are walking, talking Light.

Do you understand that? At the soul level you do. It is why you attend events such as this, for the soul knows, and it is the soul that has called you here this evening, to remember, for it becomes a bit tiresome, does it not, to be among human beings who shut out what the soul knows. The soul is always nudging you: “Do you remember? I am here.” It is why you took on this body, for the experiences.

Do you know that coming into a body, you knew that there would be pain, for that is how the human learns, unfortunately for those of you who cling to your stories. But as you come to realize you are far more than the story, then the story changes as you realize, “I am both human and a soul, all of it spirit, that vibration.” And why would Love need to express itself at all? For the fun of it. For the fun of it.

And there are some of you who are saying “It is not very much fun at this moment,” and we understand that, and it will never be all fun. But Love welled up and had to be expressed. And here you are. And if you are not feeling the Love, then we ask you to step outside the boundaries of the physical body with the mind. Use the heart. It is only waiting for you to open it more, to find out you have been that which you are seeking all along.

This message never changes. Those of you who have been coming to commune with us for years now know that we say the selfsame message over and over in different ways, but the human can never hear this too many times. Even once you awaken to this truth, that you are that Love that you seek, it is a reunion, it is a coming home, not just to hear the words but to bask in the energy of the words. Can you feel it? It feels, yes, as we have said in the past, delicious.

We are going to shift gears a bit here now for a moment and reflect a bit upon a lesson we gave this one this morning when she was out walking the little dog that sees us. He cannot hide his surprise when we step into the room and makes it quite obvious; has he not backed up at times from our presence? Is it not unusual to see a dog walking backwards staring upward? Yes. Animals can see spirit. Animals have souls as well, of course; all is spirit.

But today is the birthday of the one who sees us; he has completed 13 of your earthly years. Dogs, you know, are the greatest messengers of love, unconditional love, although that one known as Rudy does have a bit of attitude. (Laughter from audience) He has been with human beings a bit too long. But we digress.

The realization that was given through shared consciousness with this one was the moment that she thought “Little Rudy, we will go on a special walk today to your favorite place to celebrate your birthday”; we did put in her mind the awareness that every day is special. Why would you

treat someone -- an animal, anyone -- any differently one day of a year than you would any other day? It is a human way, is it not? But if you could remember that every moment of this life and the afterlife -- there is no such thing (as the afterlife), you understand that? There is only life -- but every moment, every now moment, is all that you ever have, and every one of them is quite special, why, then, you would be eating your chocolate cake every moment and blowing out the candles daily.

We wish to imbue upon you how special every moment is and ask that you celebrate your birth and presence, present-moment awareness, every moment that you can remember to do so. And then we did impart the awareness that there is of course a purpose in that celebrating every moment, for human beings get in what you would well would recognize as a rut, and if every moment were special, then there would not be something that stood out.

It is how the human world of duality operates: Because of the opposites, because of relativity, you notice things. You learn from things. Were every day as special as a birthday, why, then, where would the learning be? It is a paradox, is it not? You want to celebrate every moment, but yet if you did, then there would not be an awareness that there is something beyond the ordinary. This is why not all beings are aware of extraordinary abilities to communicate across the veil, for if all of you were quite aware of your loved ones who have passed present with you in this moment, where would be the learning?

This one has gone through quite a process of purifying the rules of healing the emotional traumas that all of you go through throughout your human lives. Knowing that and being willing to shine a light on the dark shadows that all of you carry about, you do raise your consciousness, and the reward is a greater connection with the spirit world.

Were all of you able in an instant to connect with your loved ones who have passed, then where would be the impetus to purify the energetic body? Do you understand us? It is a reward system of sorts; you are rewarded for your efforts to raise your vibration, all of you. But it is not a "gift from God" as you would understand it; it is a gift you give yourself. It is a natural result of the law of cause and effect. "You reap what you sow" is a natural law that is invariable.

Therefore, you do not raise your consciousness to be granted favors from some arbitrary figure who doles them out, not at all. You raise your consciousness for you are reaping what you are sowing. Do you understand us? Yes. (Sanaya answered their own question because no one in the audience answered aloud). This crowd is not quite used to us. We do like to hear your voices. We are here with you. Your guides are with you waiting for you to acknowledge their presence. Speak to them silently or aloud. Ask to be shown, "What is it I need to purify within myself?"

We hesitate to use such a word as "purification"; it has a bit of a religious tone. You would understand that it seems to put one in a higher place than another. We are speaking purely in vibrational terms with you. There is a low vibration and a higher one. One is indeed purer just as you would recognize a pure tone when you strike a glass versus a dull thud. Do you understand our analogy?

Attendees: Yes.

Sanaya: This is what – thanks very much (for answering aloud) . . . This is what we are speaking of when we speak of purification. It is not to put one above another; it is to show you that you can raise your vibration from slow like molasses, which would create a dull thud, to clearing out blockages, filling that space with the light that you are, coming into awareness of who you are such that you sing the purest of tones without even opening your mouth. Now you understand.

This is the goal for the human, so that when you leave this body behind, you leave the music behind, and the music never stops playing. You are eternal, for you are Source energy, the Light, pure Love in expression, yet you look around and you say “I am not seeing the Love.” You are not feeling the Love. That is because you walk amidst other humans who continue to be blinded as to who and what all of you are. So play your tune loudly, clearly, beautifully, harmoniously, and know that in doing so, you raise the vibration of the whole.

Is there one of you here with a question that we can answer this evening? Please ask it now.

Attendee: Yes. When we depart, when the soul departs from the form, is the soul, when it enters the soul world, aware of time? And if so, how much time does the soul experience ‘till it’s united with Source?

Sanaya: Thank you for the question about the nature of the soul. The soul is an energetic vibration which takes on form as necessary to raise the vibration of the whole. We wish you to not see the soul in the form of a human body but as an energetic field beyond the human perceptual reality that you would understand as Earth school. Could you but picture Earth school having both a physical and a nonphysical component, the soul is beyond this reality but projects into it form, which takes on a physical form as a human being. Even without the body, that soul’s projection continues on in the astral world, which you would understand as the spirit world, as a spirit being going round and round through incarnations, learning lessons but being fed, as it were, the vibration of the soul from beyond the astral and physical worlds.

We hope we are not confusing you here this evening. This reality of the soul is physically dissimilar from the human world in that it is a world of no time and no space. This reality interpenetrates your world such that your physicists have come to know that there are realms where time and space are irrelevant. Therefore, the soul knows no time. The soul is limitless. The soul is everywhere at once as a signal, as a vibration. You may need to restate your question, as we have given you the broad-brush picture. Have we answered your question?

Attendee: Except how long will it be until soul reunites with Source?

Sanaya: Do you understand this is a nonsensical question stated with no intention of insulting you, sir, but you cannot ask a question that is temporal of an entity that is outside of time. The soul is Source, sir. You are Source, all of you. This is our point in our teaching. The soul is a projection of Source energy. All souls are facets of the one Light, always united, but the farther and farther the vibration comes and goes from the original, absolute vibration, which is pure

potential, not vibrating at all, the farther the vibration goes from that pure potential state, then it appears to take on time, and the entire journey is one of merging yet again with absolute silence.

And so, it is not a matter of time but of the raising of vibration and the merging, the total integration, as it were, of Source energy in awareness that all there is is pure awareness.

We can see the glazed eyes. (Laughter) Here as well. At a soul level, you as a soul in human form understand our words. The human understands as well, but your mind has a need to put it into words, to put into words what the heart already knows. We can summarize this for you by saying that you need only focus on responding to all situations and all opportunities with genuine Divine Love, that is, the unconditional kind, which is quite rare. The more you do that, the more your vibration is refined and purified. We hope we have answered your question. Is there another of you who dares to ask a question? (Laughter) Ask it now.

Attendee: Someone asked me the other day when we were talking about the subject “What do souls do on the other side? How are they busy?”

Sanaya: And now we wish to put into terms that may clarify this a bit. You understand that your English language will confound you. In answering the previous question, we were speaking of the soul, which is beyond your human perceptual reality, which is both physical and astral worlds, projecting spirit beings into this reality, and so we would rephrase your question “What do spirit beings (vs. “souls”) do on the other side?” Do you understand the difference now?

The soul is pure vibration of Source yet still a facet of Source, and in order to raise the vibration, it is an ongoing learning process of evolution, projected into the human perceptual reality is a spirit, which, in the astral realm, decides to take on a body in the physical realm; and when that body leaves, it returns to pure spirit still governed by the soul at a higher level. What are those spirits doing on the other side? Whatever will aid that spirit’s growth. Whatever the awareness of that spirit creates in their awareness.

As we have stated earlier, you reap what you sow. Therefore, if you have reaped goodness and love, such will be your experience on the other side. If here you have not yet had your hole in one, well, you will get your opportunity to play golf on the other side if that is what is important to that spirit. And you think we are making a joke. You can in fact play golf in the spirit world. You can in fact minister to other spirits in the spirit world. You can in fact eat berry pies in the spirit world, even though you do not need the food for sustenance.

If it brings pleasure to your awareness, you will create that until you realize you no longer need such earthly experiences and you look a bit higher and you say “What are those spirit beings over there doing? They’re glowing a bit brighter.” There is an attraction, and you drift that way, and you notice there is a greater feeling of love, and you can leave the golf game behind – oh, my goodness, it is possible – and now you feel more of that love, and you say “This is what I was missing,” and yet you look back on the earthly realm, the physical realm, which you can see at any time through intention from the spirit world, and you say “There are some in that human world who also glow as brightly as these, yet I missed that opportunity whilst there in human form. I am not going to miss it now, I am going to go hang out with those fellows for a while,”

and you drift that way. And perhaps you no longer need to wear your human garb, but you put on robes and join those at a higher level. And you say “I wish to go back and try this again, perhaps make different choices when I go back,” and you make a plan, and you return. Round and round until you decide “I have learned enough, I am responding to every situation with naught but love.”

That is why they call it Earth school. Have you learned your lessons yet? Are you tired of the pain in this earthly realm? Why, then, it behooves you to respond to each opportunity with nothing but love. Until you can turn the other cheek and do so with loving compassion and forgiveness, then there are still more lessons to be learned. This is the curriculum. It is the only curriculum. We do not wish to get, as you would understand it, too heavy, but yet the heart knows this. Try it (responding with love). It is the healing balm which heals all wounds – not as quickly in this physical reality as in the spirit world where you immediately feel the effects of your actions.

We will entertain one more.

Attendee: Are the greatest human inventions or discoveries truly human, or are they simply downloaded –

Sanaya: It is a collaborative effort, my friend, for there are those in spirit who were scientists here who continue to carry out their experiments. Do not for a moment believe that you cross the veil and instantly all information and all knowledge is available. It is a learning laboratory on the other side as well, but, as we have stated, instant results (in the spirit world).

However, it is collaboration that those on the other side are putting thoughts into minds here that are open to them. How could your spirit being known as – this one has taught this in a class and we are downloading it to her now – (known as) Dmitri Mendeleev, who is the one credited with discovering your Periodic Table of the Elements, he was seeking a way to organize your elementary – what is the word, elementary elements – and they were not ordered at that time; in a dream he saw these elements filtering down from the air, landing on a table in a specific order. That was a gift from our world that came in a dream, and yet he got all the credit. (Laughter)

Your genius musicians are hearing these tones from the spirit world. We love to infuse your world with beauty, for you become so blinded at times; you need a reminder, a postcard from Home. If you were to open your minds as well as (how) your hearts are already open to the existence of the greater reality, we daresay you would be flooded with insights, and you would have to sleep with paper and pen by the pillow to get these downloads. They are there for the asking.

The greatest gift you could give us this evening is to return to your earthly homes and ask: “Show me who I am. I am open to receiving gifts of the spirit.” But this is where the collaboration takes place, for you must earn these gifts yourself. You open the self to what is already in the field by opening the heart. Do you understand?

Attendees: Yes.

Sanaya: We are so grateful for your presence with us this evening. You will not walk out of here alone; you will walk out with your guides by your shoulders. Open your hearts to their presence, and speak with them this evening, and we daresay some of you will indeed experience a miracle. The miracle, our friends, is life itself. Your scientists have yet to figure out how the many miracles of life happen. The heart already knows how; it is because you are life in expression, walking, talking love. We bid you goodnight.