

## Special Session with Sanaya and Suzanne Giesemann

Unity Spiritual Center, Fruitland Park, FL

October 22, 2017

Before the session started Suzanne shared highlights of her recent readings and messages from spirit. She shared the inspiration behind the new designation for parents who have children in spirit: Shinning Light Parents. <https://www.suzannegiesemann.com/shining-brightly-so-that-others-may-heal/>

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. It is quite a pleasure to be back with all of you again, some of you quite familiar with our presence, our vibration, others hearing our voice and feeling our vibration for the first time. We ask you to settle into it, to settle into your awareness of who and what you are. Spend not your time trying to figure out who this is who addresses you now; it is you. What could that possibly mean? All of our lessons from the very first day we appeared to this one have been focused on the very same message, and that is that all is one.

Now, you look about yourselves here, and you say what kind of nonsense is that, for there are many individuals here and we passed hundreds of individuals on our way here, and we know that if we were to turn on our televisions, we would see millions of individuals. How can you continuously repeat this message that all is one? And we wish to take you back to basics now and tell you that what you experience as your self – with a small “s” – is but a very minute aspect of the greater part of what you would understand as “you.” Above the physical body, if we were to speak in terms of location, but understand that once you leave the body, there is no location, there is no time, there is only “being,” “is-ness” as you would understand it, but we will speak in terms of “higher,” for you understand vibration. And you understand that the vibration of the human is quite dense, and as you leave the body behind and return to pure spirit, then the vibration is higher. But you can achieve higher vibrations whilst in a human body by merely

thinking about – what? (Their inflection makes it clear that they are asking the audience to respond)

Attendees: Love.

Sanaya: Love, of course, the highest vibration, which is why you were given a briefing this evening as to how to raise the vibration in this group. And this makes a difference no matter where you are, no matter what you are doing. You turn up your light and you change your world. You do this through the choice, the free-will choice, to respond with love or not to respond with other than love. We digress. Returning now . . .

Beyond the physical body, of course, is the astral body. You would understand it as the soul, which encompasses the human being, now the soul directing what is happening at the human level, but due to this aspect of the human known as the ego, at times the smaller self does not listen to the urging of the Higher Self, much to your dismay, is it not? “I should have listened,” you say with regret. But the more you do listen, the more you come to know there is indeed a higher aspect of the self.

Now, we wish to confound you on purpose this evening to get you thinking outside of the box that the human tends to get into and to understand that the soul does not just associate itself with one personality known as you but many, many at once in what is known as past lives and other lives in other realities concurrently happening in is-ness and future lives. The soul is having experiences, each designed to allow that soul to work on particular lessons such as forgiveness, overcoming guilt, fear, and such. Most of you could readily identify your soul’s purpose for this incarnation if you were to look at patterns throughout your life here.

And so we rise above the human self to the soul, knowing that the soul encompasses multiple personalities, persons, but not all persons; some are indeed those extraterrestrials. But we will not go there this evening. And multiple souls form what is called an oversoul. And on and on it goes. You are part of what is called the human perceptual reality. You would call it Earth. We call it what we have just said, the human perceptual reality. Notice the word “perceptual,” for it is perceived by the human as very real. For us at the higher level, it is a learning laboratory, and it is indeed a bit illusory, all of it is, for all of that which you are experiencing is a projection of higher consciousness.

And the more you sit in the silence, the more you come to know that all of it is being created by higher consciousness. And you can leave behind the awareness of the self as a limited being and step into the higher levels and go higher and higher still.

We wish to picture – we wish for you to picture the emanations from Source much like a lightning bolt. The Creator had what some of you who studied *A Course in Miracles* would understand as “a crazy idea” to experience something besides pure being. And there are certain beings who have never forgotten that they are nothing but a projection of pure love. But then one of the projections decided to go off on its own and have a little adventure, and the farther and farther it got from what you would know as the Father, then more and more choices were made, and you can see the bifurcations in the Light from the original source of Light.

Do you understand that analogy of a lightning bolt? You as a human being would be at the very bottom of this lightning bolt but intimately and eternally connected to the Source. It is merely a matter of coming into alignment with your higher self and thus having an experience of expanded awareness. You can then go to successively higher levels of awareness until ultimately rejoining as one with the Source.

All of these bolts, these jagged lights that come out, (are) each going on their own path for the experience of it, for the learning, for the lessons, all ultimately join at the Source. This is the true meaning of oneness, all of you connected. You may wish to turn that around and see it like a tree with the many branches, all connected at the source. And yet you compete with each other, do you not? And you judge each other, thinking you are separate, where if you could see that you are all connected, you would understand how silly it is to judge another human being. But when learning can ensue from these decisions, these comparisons, the judgments that you make, the foolish choices often made by humans who are desperate for love, then a purpose has been served, for often it is in desperation that you turn around and look higher for answers: "Help me, please. What I am doing is not working."

This one has given more than a few readings lately for those whose lives were ended, terminated due to drug addictions. Surely you are aware of the epidemic, as you would call it, in the United States, this country of yours, by those who are taking opiates and heroin. We feel the energy coming down as we speak of this, but bear with us and send more love, would you please, so that we can impart our words about this.

We wish you to have compassion for those who have made choices that are not in their greatest interest. We wish you to understand that it is merely those in pain who are hoping to deaden that pain with artificial substances for they have forgotten who they are. Indeed, it is an epidemic, and the only way out is for all of you to teach only love, to teach those who feel that there is no choice but to deaden the pain with addictive substances that they are loved. But in order to teach love, you must find it within the self; is that not so?

How to do that? Well, it is quite simple. You must remember who you are. And it is quite simple to forget who you are when you fail to make that connection on a regular basis. We ask you to sit quietly every day – "Oh, no, not meditation!" we hear you saying. And it is not necessary to carve out meditation time. Can you carve out a bit of silence?

How many of you must keep your televisions playing around the clock? How many of you must turn on a radio for you are afraid of the silence? We wish you to make silence our friend. Why? For if you are to come to know the silence, then we could speak to you. We, your guides. We, your angels. Above us we are all connected to the Holy Spirit, if we must put a name upon it, the voice for God. That is who speaks to and through all of us, all of you, if you could but hear that sweet voice. If you could but create space in your awareness to hear that sweet voice, then you would hear the whisperings that say, "You are so very loved. We adore you."

Ah, is that not what is missing these days, the awareness that you are beloved, the awareness that you are The Beloved, which is but another name for the Source, the I Am? You cannot come to know that when you identify with the constant chatter in the mind, and the pain in the heart is so

great that you cannot feel the love that flows through you, your heart pumping blood every second to your extremities, the energetic heart pumping the vibration of Om, the one sound that sounds endlessly through all creation. If you cannot create silence, then we ask you to get outside of your dwellings daily, look up at the sun, and take a moment to soak up that vibration, share some time with a tree – oh, no, not tree huggers! Yes, there is great wisdom in connecting with nature for nature does not make foolish decisions; nature simply is.

You are one with Source. You are here as a projection of the light. If you have lost your way, if you feel darkness around you, you need merely go within to find the light, not turn to addictive substances. Can you see now how many are lost? Perhaps they became lost while seeking a thrill, but why were they seeking a thrill in the first place? For human life is difficult. We understand this. And each one of you, by understanding that as well, can feel compassion for the self, find the light again, and turn it up for others. We must educate the children, is that not so, and let them know how loved they are.

But we have good news for you this evening. Consciousness is rising, and bit by bit the word is getting out: Meditation is safe. Yoga is helpful. Healers are real. Mediumship is not scary. The paranormal is not “woo-woo.” And so we are grateful for gatherings such as this which help to raise the vibration so that all, once again, can remember the light is not outside of us but within us, and the more we turn up our lights, which to hear you saying such words -- the more we turn up our lights -- we correct this one – the more the lights around us will shine. You need not have a child pass to the other side to be a shining light for those around you.

We hope that we have not sounded like preachers this evening, but always it is a reminder to go home in your heart. You need not pass to the other side to find heaven. That connection is always there, always with you. You are one with the Source. The more you sit in the silence or carve out a moment of silence in contemplation or get out in nature, the more you do this on a daily basis, the higher and higher and higher you can ascend until your average vibration rises and rises and rises. Life is a progression of the raising of the vibration, whether in human form or without. All of it, all of you, all of us, making our way back ultimately to that pure being that you call God.

We are most pleased to answer a question or two or three. If there is one of you with a question, please ask it by raising your hand.

Attendee: When a person dies and their soul doesn't cross over and then one of their loved one dies, do they not then see them when they pass?

Sanaya: It is a fallacy that the soul does not cross over for without the body, the soul suddenly knows I have always been in this state of pure being. It is an awareness. You understand that the ultimate pure being is of the highest level. Without the body there is an awareness that there is far more than the human life. You, some of you, have heard of what you would term “Earthbound spirits.” These are, in many cases, loved ones, souls, as you would understand it, who have such a connection here that they do not wish to have a fully spiritual experience, and so they may choose to, as you would understand it, hang around awhile. But trust us, they are not in an intermediate mode; they are well looked after, their guides have not abandoned them.

At times they merely need a reminder: “You have passed, you are now in the astral realm, please continue creating your experiences, but do it with those who have also left their physical body. Those here still in physical form can carry on well, you can still communicate with them.”

What we are telling you is that the soul is already playing on the other side, as you would understand it. Aspects of the soul can still maintain attachments here not to their detriment. Merely a reminder, you may fully wish to experience your new reality in the astral realms is all it takes. When another loved one passes, they can immediately reunite with that loved one, and often this creates a magnetic pull to bring them into alignment with their new reality. We hope that has answered your question. Is there another?

Attendee: Are there entities here that are affecting our world negatively or beings –

Sanaya: Only if you imagine it. In actuality there are higher and lower vibrations, and, indeed, some of you have read quite a bit about extraterrestrials and those from other planetary systems who are working to create wars, and there is all kinds of talk, but we are not going to speak of that this evening. Do you know why? Well, the human mind can go a bit crazy, can it not, and create scenarios and create “woe is me” scenarios that it is the end of the world. And our message from the very beginning has been one of love. Do you know that you create your reality? And so if we were to tell you to be afraid, be afraid, be very afraid, what would you do? Create your doomsday scenarios. And we will tell you with all due assurance you need not worry about that. All is in good hands, very good hands, as this is a universe based on love. There are other realities of lower vibrations. This human perceptual reality is well-protected, you are well-protected, and your task is to uphold the light, and that is all that you need to understand. We hope that we have helped you with this answer. You have nothing to fear. And one more, please.

Attendee: When spirits appear around you, do they, for lack of a better word, mimic your aura? Will their aura appear the same as yours?

Sanaya: You are addressing who, please, for you are confusing this one, whose consciousness must take in all questions as we answer them. Let us answer this in another way. As you gaze upon this one, if you are able to see auras, you will see both the aura of the physical body of this one and you will also see our emanations layer upon layer. Your use of the term “you” can be misconstrued, so we will answer this in a way that is educational for the entire group. If you have the eyes of the soul to gaze upon this one, you can make out the brighter light emanating just a bit beyond the physical body, and that is of this one; but as you see the sparks of color and light, that is the group known as Sanaya, which steps in, which comes and goes as questions are asked, and there is always a bit of a bright light when we step in that goes out a bit to the side and to another side; that is the shunting that takes place as we blend and merge with this one and integrate. The same thing happens with all of you. As you ask to communicate with your guides, they step near to you, and you can feel their presence. You have used the term “mimicking,” and we would change that term to “aligning” and “integrating” and “merging.” Does this answer your question?

Attendee: Yes.

Sanaya: Very well. In that case, we will answer one more. Do you understand that we learn as much from you as we pray you learn from us? For all levels of being are growing, and when you pass to the other side, what have we told you is the first question that we ask? “What have you brought us?” As we come to groups such as this, we are taking in data, we are seeing and sensing how our answers affect you, what has the greatest impact on the heart. Can you see how each group can engender different lessons? We see your auras; we see the diminishment as we speak of lower vibratory issues, we see the turning up of the light as we mention other things, and in that way we grow and we refine our message, and, thus, the whole changes. It is a cooperative effort. You may look upon us as teachers, but you come here not to adulate us, to admire us, but, hopefully, to raise your vibration from the vibration which we bring to you. But know well that as yours rises, it cannot help but affect the whole. And so an additional question, please.

Attendee: What do we as humans need to do to help Mother Earth right now?

Sanaya: What do we as humans need to do to help Mother Earth? To understand that indeed she is your mother, and she may groan and complain a bit, but understand that her vibration is so great that you need not worry about harming her permanently. Here as well, were it to get bad enough, then, indeed, changes could be made in the human species to ensure the continuation of this human perceptual reality. Do you feel the shiver of fear as we say this? We mean not to frighten you.

We wish to tell you that she is indeed a mother with love for all of you to whom she gives a home. Her vibration is the one that is nudging you to do the right thing. As human consciousness is rising, more and more of you are doing that, but there is a great deal of waste. Individually, as always, the answer comes back to feeling in your heart what is the right thing to do, what is the right thing to do, and it is not – it is to not be wasteful, to treat your mother with respect, to know that she loves you and provides to you a beautiful home, which is why we have advised you to get out in nature, for it is there that you connect with your true nature as pure being, as the light.

Do not feel that hurricanes, earthquakes, tidal waves, and the like are punishments. These are normal reactions of your planet and will continue. Look at your history, and you will see that they have been going on in cycles. All goes in cycles. All grows and improves even though it may not seem that way. Some things must resort to chaos before a tipping point is reached and growth ensues. Listen to your mother and treat her well.

Once again, it has been our pleasure to be amongst all of you, and we wish to assure you that the efforts you make to open your hearts to others, to see others with greater compassion, to understand that what appear to be foolish choices made by humans are choices made by humans in pain. May that open your heart so that you can be the presence of love for them. Yes, of course, correction is often necessary, but a gentle loving correction – tough love as you would understand it – at times, of course, is necessary, but anything that is fueled with love as the foundation will have a much more healing effect than anything else the human can do.

May you remember always you are far more than human. May you continue rising higher and higher and higher in that space that you create, whether that be in meditation, in contemplation, in turning off the devices, and getting out in nature and perhaps even hugging that tree.

You are so very loved. We wish you to take that as your prescription with you this evening and repeat it liberally; take liberally that dose of self-love, for it is this that the human has forgotten more than anything, how very loved you are, that you emanate from, ultimately, the source of pure love, your God.

We bid you goodnight.

Attendees: Goodnight.