Session with Suzanne Giesemann and Sanaya
Unity of The Villages
Summerfield, FL
September 20, 2015

Before the session started, Suzanne shared highlights of a reading, healing and visits from spirit that occurred during the recent International Association for Near-Death Studies (IANDS) conference where she gave the keynote address and a workshop. The description of the healing that Suzanne shared was actually captured on video at the conference and you can see it here: https://youtu.be/6xzYzl3-n1I

She also shared a few highlights of her session with Sanaya at Unity of Wilmington, NC and recent readings. 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 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.

The next Special Session with Sanaya at Unity of The Villages will be held on Sunday, November 1, 2015 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

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: It is a pleasure to have this one back with you again. We have been with you all along whilst this one was wandering about. Do you understand that we can be in many places at one time? Many of you feel an affinity with the group known as "Sanaya," and

we wish to tell you that is because we are a grouping of spirits that many of you would recognize. You would recognize certain names such as Jesus, Archangel Michael, Archangel Gabriel, Mother Mary and others. Quite surprising it is to this one for us to say these names aloud, but many of you have felt these energies and have wondered while the heart already knows the truth. For that reason, this one lays no proprietary claim to this group. The name "Sanaya" was given to her when she asked for a name. We did state that we are a collective consciousness of guides and angels. All of you are surrounded by guides and angels. This one is no more special than any other, therefore should you wish to have our company, you need merely call upon us, using whatever name you desire to apply to us. It is all the same.

The higher realms are populated with those who love you dearly, and watch over you closely, and lend help and support as needed, and as asked for in your prayers. We hear your every prayer, your every plea, your every call. Some of you may ask, "Why then is not every prayer answered?" The answer is simple: for many of you have not the greater perspective.

It is quite normal for the human being to think only of the self, most especially when the challenges weigh heavily upon you. You ask for help, but cannot see that things such as death and accidents and illnesses are not always the tragedies that they seem. Hear us well, we understand that your personal tragedies are tragedies to you, but we are asking you to take now the higher perspective. See the lessons involved for all when these tragedies, these illnesses, these deaths, these things that you think and label as "bad" occur. When you look back upon them, you see the growth that has ensued. You see the love that surrounded you during these times of trial, do you not? Are not your funerals some of the most love-filled events of your lives even though there are tears? There is reason for this.

We are quite happy to share in a love-filled event such as this (*our channeling session tonight*) with no sadness.

We wish to speak this evening of the topic of "aging." This one has come quite—as you would understand it—"up close and personal" of late with the process of aging *(with the illness of her 88 year old mother)*. Some of you speak of new scientific discoveries that would prolong life and some of you ask, "Can we get to a place in consciousness where we live forever?" We are here to tell you that the aging process is part of the perfection.

Can you not see that there are a limited number of lessons for the human being to learn? These lessons repeat themselves over and over and over again. You understand lessons such as forgiveness and learning to love each other unconditionally. Are there not some who have aged fourscore-and-then-some in human years and still have not yet learned to love unconditionally and still carry around issues of forgiveness and inability to forgive? Do you not know some who have not yet learned their lessons? Do you believe that if

they lived yet more decades they would finally get it? Perhaps so, but we have found that it is much more beneficial to the whole for the spirit to reincarnate in a different vessel (*body*) for different opportunities to learn lessons which were not learned in a previous lifetime.

"What of those who pass young?" you ask. "Did they learn all their lessons?" In some cases the answer is "yes," but of course also "no." These early passings afford those around them to learn greater lessons. We ask you to always think of the web, the interconnectedness of all souls, to see this connection from the higher perspective of which we were speaking, to understand your place in it ... to understand the death process.

Aging may not seem perfect to you, for quite often it is accompanied by what appears to be suffering. We wish to comfort you by letting you know the soul within that aging body is quite at peace. It is the human that quite often is not at peace. Were you able to look behind the mask, the costume, of one with which you know as "dementia," you would there find quite a clear soul, merely biding its time, so to speak, until that body passes from this earth. It has not yet passed, for the lessons to be learned by those around it.

We ask you therefore to look upon suffering and to look upon the aging process as part of the perfect process of life. You are part of a self-informing system … all of you learning and growing. This learning adds to the whole when the soul emerges from this body (*at death)* once again free to fully express the love that it is. It is then shown the full lessons that were learned: that which was benefitted from that experience in the body. This is added to the whole. If there is opportunity for more learning, that soul is given the opportunity to return again in the form of a tiny child and have lessons over again. So we ask you to look upon aging as a beautiful process of life, not as a tragedy, and to find peace within.

This one was reminded of the benefit of non-attachment. It is quite easy to look upon one who you love, who you wish nothing but wellbeing for, and to feel angst when you see suffering. This is quite natural and quite understandable. It is your attachments to having that one not suffer, it is your attachments that all always be peaceful, it is your attachments that change not occur that bring you angst, that knock you off center. We remind you once again that when you find yourself off balance, it is most likely due to the thoughts and attachments and desires, all of which are linked to the human side of your coin. (*Suzanne shared her new "Love Side Up" coins before the session. You can read more about the coins and what they represent at http://www.suzannegiesemann.com/love*)

Am I at peace?" ask yourself. If not, ask yourself, "What am I demanding that be so? What am I demanding that not be as it is?" All is as it is. All is well. It may not appear well to you, but look at the other side of the coin. See the soul beyond the physical body and know that there is a purpose even in suffering.

These are heavy lessons. These are the most challenging lessons you will face in your lifetime … the bumps in the road. You tend to focus on the good times and wish that they would never change. This is one of the lessons this one teaches: about the "red lights" and the "green lights" in your life (*Suzanne shares the story of her stepdaughter learning to drive a stick shift in one of her workshops*.). If you are learning to drive - we will use the analogy of your stick shift – and you come to a red light, do you not then get to practice more? Yet, if all the lights were always green, would you not sail through life and learn nothing of how to shift? It is all part of the perfection … the red lights as well as the green lights. Celebrate all of them. Accept all of them as part of the process, always asking, "What have I yet to learn from these bumps in the road? There must be a reason."

Now we wish to tell you that when you are nudged to examine certain circumstances – when something tells you "something is not quite right here - this process is not unfolding exactly right" … this is the intuition speaking to you. We did awaken this one in the middle of the night so much so that she could not go back to sleep until ideas were given to her from above. Many of you are given ideas and take them as your own thoughts. We wish to tell you that many of your greatest thoughts are not your own at all. (*attendees laugh*).

When you receive those nudges that something is not quite right – follow those nudges. When you cannot let something go, become like the terrier with the bone that will not let it go and track down that thought until ease once again follows you. This one did make some discoveries from following the nudges which may help in the circumstances which she now faces. We do quite often use her as example to all of you. Listen to the voices within. When you cannot sleep, ask why this is so. Track down the nudges. There is a reason for this.

We wish to answer any questions that some of you may have this evening. It is quite enjoyable for us. We ask you to keep your questions succinct. Is there a question?

Questioner: What was the purpose of Wayne Dyer dying when he did?

Sanaya: Did not this great teacher, this master, impart upon humanity many lessons? Did not his final book state quite clearly, "I can see clearly now?" Did not his final book wrap up, encapsulate, all of his lessons? Did not this man write book upon book upon book? Was it not time to pass the mantle? Did not this man fulfill his mission quite fully and beautifully? Did not this man earn his rest? This man does not now need to suffer. All those around him learned their lessons quite well.

This may seem as a perverse way for many of you to see life, that at times suffering is necessary for the lessons. Understand that the soul always agrees to this. His passing is quite perfect, and rest assured that he is now sitting face to face with those masters about whom he wrote, enjoying quite fruitful conversations. (*attendees chuckle*)

Is there another question?

Questioner: Thank you Sanaya. Given that we understand that on the earth plane time is linear and yet in heaven linear time does not exist, and given that you are speaking tonight about lessons learned, especially those relationships we have with other people, do we as individual spirits carry forth the lessons that we learn from lifetime to lifetime so that we don't have to repeat the same karma over and over and over again?

Sanaya: The question is, "Do you carry forth the lessons that you have learned?" We do not wish to confuse all of you this evening talking about time and the passage of time and how many lifetimes are happening at the same time. In successive lifetimes, "Yes," quite indeed lessons are carried forward and dealt with.

The past life regressions with which many of you are familiar are quite a valuable tool for those who do not understand why they are facing certain lessons in this lifetime. Much is explained. This one was quite doubtful about the efficacy of past life regression until in sessions (*readings she has conducted for others*) we have shown her that which her clients have suffered in past lives and how it is now affecting them. Without knowing any of the history of the client, we were able to show the history that they are experiencing now and how it was linked to a past tragedy or event in their life. Yes, these are carried forth so that in a different manner these tragedies, these challenges, these karmic issues can be resolved in a new and innovative way as they were not resolved in the past lifetime. We hope that we have answered your question without delving into the difficulties of telling that you that all lives are actually happening at the same time. Quite confusing it can be.

Questioner: Can our energy or our vibrations increase in this life or do we have to reincarnate and come back with a higher vibration?

Sanaya: The question is asked if your energies can increase enough in this lifetime - we wish to understand that you are saying … so that you would not come back? Is it that you do not wish to do this anymore, Sir? (*attendees chuckle*) We can understand this. It is quite possible for the human being to raise the quality of consciousness to such a point that one would make the decision not to come back as a human being. This is completely up to the soul whilst on the other side whether or not to incarnate again. Understand that lessons are learned on this earthly plane far more deeply and more rapidly than on the other side. Can you understand that when surrounded by naught but love it is difficult to raise the love when you are already immersed in it? When you come into this earthly plane where you are surrounded by such a variety of love and less-than-love that you now know the difference and you strive for more of that love.

This learning environment is such a rich environment for the lessons it affords. Many on the other side, once they have bathed enough in those higher vibrations, clamor to return

here even though they are quite aware of the challenges they would face. Is it not true that one quickly forgets pain? Yes. So you arrive on the other side and are given a break, as you would understand it – a bit of a vacation. Do you not think that you would become quickly bored sitting around on a cloud for a while? (*attendees laugh*)

We are making a joke, for it is not like that at all. You are quite busy and can take on any number of tasks on the other side. It is a choice to come back again. Why would you come back? For the lessons, for the opportunity to raise the consciousness even higher. You do not do this for the self alone, Sir, you do this for the whole. This is seen quite clearly on the other side. What each sows, each one reaps and adds to the whole. It is gatherings such as this that allow you to raise your consciousness even higher. This group has a consciousness of its own, and this is why we so rejoice in sharing with groups such as this. We hope we have answered your question.

Questioner: Sanaya, do our animal companions reincarnate with us? (*next few words are inaudible)*

Sanaya: It is quite different on the animal plane. Domestic animals are different from nondomestic animals. Nondomestic animals join a group soul, but you have asked specifically about our animal companions. "Quite so," is the answer. There are certain animal souls that you would recognize. Yet, just as in human form, even if a beloved pet – the soul of that pet – has come back again to be at your side, an aspect of the original pet remains in spirit. Do you understand? Therefore when you pass to the other side, if you precede a reincarnated pet, the original soul will be there to greet you.

Humans tend to see souls as human "form" – discrete units, but the spirit is formless, and aspects of that spirit can separate to incarnate. Therefore, if you have a beloved pet – we would call it "Fluffy" (*attendees laugh*) and Fluffy is now in spirt - aspects of Fluffy will now reincarnate as another companion at your side. It will be one which you would recognize. Unlike in the human realm when reincarnation takes place *(in the human realm*), it may often be in a different family, but there will be some joining of the soul group. A domestic animal would choose to be in a place so that it would end up at your side. This is not the norm – we wish you to know. It is when there is a most strong bond that much healing can take place through the presence of that soul. One who is most sensitive to animal spirits would sense this through the behavior, through the eyes, through the soul communication. We hope we have answered your question.

Questioner: Can you shed any light on the true nature of the pope's upcoming visit to the United States?

Sanaya: This is a man who is very concerned with equality, with fairness, with changing a long history of non-equality and non-fairness. He is quite aware that the dogmatic religion – the Catholic religion- has been losing … this one is searching for the word …

we will give her one she can use: "adherents" is a close word: "those who follow the Catholic church" to put it in words you would understand. Why is that? It is because "times they are a-changing." Many people are not changing with them in the hierarchy of the Catholic Church. This man wishes to bring this new revitalized energy to your country here to show that "he walks the talk" and is interested in change, and wishes to revitalize the church and to share the love. His heart is good and pure. He walks his talk, as you would understand it.

We will entertain one more (*question*).

Questioner: Can you tell me the link between dreams and communication with the spirit side?

Sanaya: Very good question: the link between dreams and communication from the spirit side. Dreams are not always a clear connection with the other side. Dreams can quite often be the subconscious mind run amok. When you go to sleep with much on your mind, your brain is still firing and sending signals to you. We wish to tell you that when you have actual visitations from those in spirit—who, by the way, can contact you very clearly in your dreams for you have gotten your conscious mind out of the way—these visits will always, Sir, always be pleasant and loving.

If you have a dream in which a loved one comes to you and there is fear, or angst, or misery, or grief … this is the subconscious mind enacting your fears about that one or your relationship with that one. We are very careful, like guards at a gate – guards at a gate – to make sure that visitations in dreams remain love-filled and bring you not angst. You will remember these such visitations for the clarity, for the vividness. It is quite beneficial for the spirit to communicate with one in the dream state.

Most of you whilst in waking form are so focused on your physical world that your loved ones find it quite difficult to get through to you. Your guides speak to you, and yet you hear them not. Much learning takes place in the dream state. Many times you are unaware of this. There are many of you here who are never aware of your dreams, but we wish you to know that much communication is happening in any case between the soul and higher consciousness. There is an intricate link, but we wish you to remain aware of the subconscious mind and how it can cause what you would understand as "crossed wires."

We hope we have answered your questions. Quite a few this evening.

Quite some heavy lessons for all of you. We hope also you have felt the love that is present this evening. We know that you come here knowing all of these lessons in the heart. This is where we ask you to test all that you have heard this evening. How does it feel in the heart? The logical mind many times will tell you, "This cannot be so. I cannot

believe this." This is quite fine. This is your level of consciousness at this point, but we hope that something that was said this evening has gotten through to the heart and caused it to open just a bit more and more. This is how you raise your consciousness. The amount that you can raise it is limitless.

One woman was sharing with this one earlier this evening about a new relationship and her surprise at the ability to love again and to love even more. We wish to tell you that the surprises never cease when it comes to love. The capacity of the heart to open is limitless. When you think in human terms, you limit yourself. If we were to allow you to open your hearts fully at this time, if we were to flood you with the full brunt of the force of our love for you, there are not enough ambulances in this city to carry you all away. *(attendees laugh*).

You would all be on the floor sobbing, the weakness in the legs not allowing you to stand. Understand us well, it would be sobbing of recognition, the sobbing of bliss, the sobbing of remembrance … "Ah, yes, that is what I have known, but I had forgotten. That is what continues to urge me forward, to learn more, to love more."

My friends, there is no limit to how much you can love. Only you are holding yourselves back with your belief systems that "I must not hug another. I must not say 'I love you' even though my heart wishes to love all of my brothers and sisters." You are taught as human beings to have walls, to be cautious, to not let your true feelings be made known.

Was it not your President Reagan who said, "Take down this wall." We wish to ask you to do the same. Take down your walls, learn your lessons now. The greatest lesson of all being that you are all part of One Being and life is about being That. What is That? It is Love. You are love incarnate. Your domestic animals are all unconditional love incarnate. Be as the animals. Love unconditionally. Open your hearts. See past the humanity that you see all around you and be that which you seek. Be that which the heart already knows and is urging you to open to.

We thank you for joining us this evening. Know and understand that your consciousness has gone up a notch or two simply by being in the presence of all of your love – not just ours. It is all cumulative. We thank you, for you are all part of our home and you make a difference.

We love you so very much. We bid you goodnight.

Attendees: Goodnight. Thank you.