Special Online Session with Sanaya and Suzanne Giesemann
"Channeling for Charity: Seeds of Hope"
Unity Spiritual Center, Fruitland Park, FL
February 13, 2022

Notes:
1. All remarks in parentheses were written during the transcription of the session.
2. "This one" refers to Suzanne.
3. The music played before the session was the "Om Kumara Mantra" from Deva Premal and Miten's CD "A Deeper Light". The music played at the end of the session was "If Not for Love" by Karen Taylor Good and J. Martin.

The recording of this session with Sanaya is available for listening at:XXXXXX

The group gathered to hear Suzanne and Sanaya this evening contributed towards a donation to the local "Seeds of Hope" charity which provides meals and groceries to those in need. Suzanne shared highlights of her communications with those across the veil in the past month and opened the evening with an invocation.

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: What a pleasure it is for us to feel your presence here this evening. We have been gauging the group, adjusting, and refining our message to you. Do you know this is not like you are back in high school and must prepare a term paper or speech to give to a group, not certain who will be present.

We do not prepare anything in advance, save our efforts to encourage you to be present here this evening and we are very grateful to those of you who have answered the call of the soul. It speaks to you through the heart, not through the head. The head was saying, "Perhaps I should stay and watch the football game." (This was Super Bowl Sunday.) "But no", you answered the heart which knows that you will hear something this evening or perhaps at the very least find an upliftment, grow by leaps and bounds on your spiritual journey by the very energy that's present here.

And so, not knowing, due to the free will that each of you at the human level has, who would answer that nudge and who would stay home in front of the television? We had a few ideas, but the group is more or less what we expected. Not knowing exactly, we wait until the group is gathered and we adjust just a bit. But you all can be quite assured that we as always will speak of love. And This One was quite correct when she spoke of love as that lack of separation.

It is quite easy, as many of you know who have been following our words for years now, it is quite easy to look about you and see the separation caused by the “people suits” that you wear. But this is an illusion from our point of view and not an illusion from the human point of view.

And therein lies the path you are on, to come to know that you choose your point of view from moment to moment. Not day by day, hour by hour. But you can shift from human point of view to the bigger-picture point of view at any moment. And this, dear friends, is the greatest use of your free will.

Will I remain stuck in only human mode? Or will I shift into the observer mode of the soul which knows that these suits are temporary, the human body that you wear. This is what we are referring to when we speak of suits.

The point of view is all … increase the love a bit, why don’t you? [*Sanaya requests that those in the audience send love to Suzanne throughout a channeling session, in order to keep her energy at a high enough level to bring through the message.*] This One just had a very human thought. Quite interesting. For it caused her to revert a bit to human mode. And we wish to tell you that as you tap into higher consciousness, you must maintain the high vibration of the soul.

Many of you know those who have departed your energetic field because they are no longer in resonance with your beliefs. Can you understand this? Have you experienced this? That as you awake to greater reality, or you have some kind of a dissonance with another, and you no longer wish to speak, that the human interaction can bring you down, as you understand it. And this one did experience in that moment there a bit of a lowering of the vibration, causing the link to almost be severed. Quite an unusual event but quite an excellent lesson for all of you in how important it is to maintain the awareness that you are both human and a soul. And that when you wish to connect with your own helpers across the veil ~ for hear us well, we are not unique to This One ~ you all have guides and helpers at the high levels.

And when you wish to connect to your own helpers, to your own loved ones across the veil, it is quite important to set the human story aside, to set all of your earthly challenges aside. And that can be a challenge, for the earthly story comes with nearly constant challenges. At any time you can bring one into your mind if you so choose. All you need to do is turn on your television sets and you will find all that you need to bring you down.(*laughter*)

Is this not correct? Where do you place your focus? It is quite important to keep abreast of the news. However, this will bring your energy down. If you can read your news, stay aware of what is happening in your human world, and remember it is not the only world. Then you will be more likely to maintain the ability to shift moment by moment, to converse with the higher realms and receive answers.

For it is one thing to speak to us and as you are of course quite correct that we hear every word. We are aware of every thought that you share with us.

It is quite another thing to discern our answers.

They do not always come in words such as This One is sharing with you this evening. This has taken a bit of training, quite a lot of experience. Quite stilted it was at first. And there are those in here who will remember when the messages came through in disparate words, almost separate words. And now there is a flow. And the fluency has come through practice but also in coming to know that you are not separate, that you actually are the flow of consciousness itself.

That is who you are —Awareness. These bodies are a dipping down, a limitation of the consciousness, the One Mind that unites all of you, from which all of you arise.

You are an idea in the mind of God. There are so many words which you can use to share who you are. You have heard this evening of the shaman, who spoke a different language to that of mediumship. Here you are in a church and churches speak a different language, speaking of God. We may speak of Source, we may speak of the quantum field. These are words. Impossible to define the limitless nature that is your true nature.

And yet, at the soul level, do you not feel a stirring as you hear Truth? And so, you get to choose: Which viewpoint will I take? The soul's viewpoint, that knows no separation? That knows that the news will pass and yet always remain the same? Different players, different years, different stories.

Whilst that remains the same, there is something else that never changes. This is the basic awareness: I am. Take away all of the stories, and what remains is that which all of you share: Awareness. I exist.

All of you without a story suddenly shed the costumes and here we are, being this awareness. What good does it do for you to understand this? In the midst of the chaos, in the midst of the turmoil, in the midst of the challenges, you can shift your point of view instantaneously to this place where there is no story, where there are no challenges.

It is as if awakening from a dream. Your dreams can be quite challenging, causing you to cry out in the middle of the night. And yet when you awaken, you suddenly become aware: All is well, and the dream no longer affects you. It has not affected you. It was an experience in awareness.

And you will leave these bodies behind. And this story will continue, for it serves a most excellent purpose for all the souls – all of the expressions of the One Light who wish to experience the fullness of a life where there are ups and downs, good and bad, battles between light and dark.

We are not saying this reality is not real. But we are saying that when you leave it behind, you will have that observer's viewpoint and you will say, "It was like a dream."

And yet it is still ongoing, and, from the higher viewpoint, you will wish to help those who are still immersed in this reality in which we speak to you now. Your earthly stories -they are quite real. They are adventures in consciousness. And yet those adventures are going on in reality upon reality upon reality. Different realms, different dimensions. And every one of them shares the same basic awareness: I exist, say all of the beings within those realities.

That is the limitless part of you. That is the part that never dies. From the higher perspective, once you leave this suit you do not dissolve into no-thing-ness. You still participate in this reality for you have heartstrings that connect you back here. As long as it serves the greater good, you will maintain this connection. As long as you have heart connections here, you will have experiences of interacting here. Should it serve the greater good.

But we wish to tell all of you that all of you dissolve into no-thing-ness moment by moment in the blink of an eye. For you are arising moment by moment from the One Mind. This is what can be a bit challenging for the human mind to grasp. But you do understand pixels on a television screen, do you not? That picture appears to be moving, but it is actually blinking on and off.

This is what you are doing now. You have dimmed the lights in this room, some of them fluorescent style. They are strobing lights, and yet they appear as a solid ongoing light to you. You are blinking on and off, and you appear as a solid ongoing moving being to you.

And yet to us, we see you as sparkling beings of light. We see through you. We see your every thought. We know every hair on your head. You need not be ashamed of the choices you have made in this lifetime. We understand why you've made those choices.

Should you feel not worthy of love, this is the greatest disservice that you can do to the self. Know that the One Mind cannot be harmed by your actions and judges you not. You do quite a good job of judging yourselves. And it is a waste of good energy.

We understand human life. We understand that humans learn by trial and error. There is not a one of you in human form after the possible age of two years old who has not made a mistake. When you learn to say no. When you learn your separation from those who know only separation, for they have forgotten who they are, that is when the dream can become a nightmare.

But as you remove the blindfolds that have come about through a belief system, of being amongst too many humans who have forgotten their dual role of human and soul, as you remove this blindfold, you come to remember there's something so much greater.

The easiest way to re-access this aspect of you that has not gone anywhere, that is always here, is what you have already done as a group this evening. And that is to move awareness from the thinking head into the feeling heart. There is no need to think.

Yes, at the job it is quite helpful. But if you truly want the greatest answers, the highest insights, simply drop down to the heart area, where pure awareness resides. No thinking is necessary. Insights will arise. The pure knowing of the next step comes through the heart space.

The more you spend time here, getting out of the constant hamster-on-wheel activity of the human mind, the more the soul will be able to get through to you as it did this evening when it nudged you to be present with us here this evening.

And so the message does not ever change. There truly is nothing new under the sun. And yet there are so many ways in which to state it – scientifically, religiously, philosophically, spiritually. However, you wish to describe human nature and the path you are on, it all comes back to one thing: You are all connected.

To put this into words diminishes the truth. We have said this many times before. But could you embody the fullness of the light that shines through you now, you would dissolve in the heat of it.

The love that is your true nature would bring you to your knees. We do not wish to do that – although we would love for you to have the experience of having so much gratitude for your awakening that you wish to drop to your knees and send gratitude to the universe.

But as you do so, please note that you are part of this universe. Not separate from it, and the universe will bend over backwards in your human terms to make your path so much easier if you can get your human side, with your human thinking and your human separation, out of the way.

You will come to know you are so very loved. It can be no other way. For you are not separate. And as many of you are coming to know here: Where there is no separation, this is love.

We are always quite happy to answer questions and we invite you, should you have one that pertains to the group, to raise a hand and ask it now.

Attendee: Richard? Are you able to see how he is?

Sanaya: It comes as a question that doesn't apply to all, and we guarantee that your loved ones who are out of your sight are fine, whether in a physical body or not. Whether across the veil or here, they are seen by those of the spirit world, but we wish to assure you that all have passed are received in love, by love, welcomed with open arms regardless of the method of passing.

They are very much aware of all of you here and are doing their best to let you know that they are still with you. And so please do continue to talk to them. They will get through to you as they can. They cannot always speak in words as we have seen with This One this evening. They can send signs, such as you are aware of butterflies that act in unusual ways. Electronics that flicker and there is no reason for it.

Many, many ways. The nudging of your heart to turn on the radio just when a special song is coming on. Pay attention to the stirring of the heart. And do not chalk it up to imagination. Honor the source.

Is there another (question) please?... Richard is quite fine.

Attendee: I would like to ask, please, will you explain what are the goosebumps that go all through me? How do they happen, and what are they telling me?

Sanaya: This is the movement of Source through the body. You would call it energy. It is an infusion of the light of awareness. It is a very beautiful way and an easy way for your higher guides, your loved ones across the veil, higher consciousness in any form by giving you a flood of this higher energy, causing it to erupt forth on the surface of the vessel and say, “Are you paying attention?” An eruption of the higher energy. You may experience it as a “thumbs up” from the spirit world. (*laugher*)

Is there another one?

Attendee: It’s kind of a silly question, I guess. But I have some friends who have died of drug overdoses, so my curiosity is, do they stand up at the last and say, “This is really cool?” Or do they go, “Damn, I killed myself.”

Sanaya: That would depend on a case-by-case basis. Each one is unique. As in all cases, those who pass by overdose are met by love. But in most cases they are aware of the pain that it has caused those left behind. And they, more so than many, are quite eager to let those left behind know that they are okay.

Not a single one says “this is cool,” as they are aware of the pain caused to the family. But almost to a soul across the veil, that is reawakening to their true nature, they will say, “This is cool to be met by so much love.”

And yet none are encouraged to hasten this greeting across the veil. For each of you is on your own path with certain life skill sets you have agreed to experience whilst here, and a drug overdose is not one of them.

We wish to tell you that many who have passed in this manner now take on the work across the veil of doing their best to influence the awareness of those here who have the propensity to use narcotics and illegal drugs to not use these. Trying to help from across the veil. This is one of the greatest experiences those across the veil have, the urge to help lessen the burden here.

Is there another question?

Attendee: How do we connect with our guides?

Sanaya: Talk to them as friends. Understand that they are as close as your breath. And understand that they must stand back and not help unless it is an emergency and you are about to go quite off your path or unless you ask specifically for their help.

And so the very best way is, as we had said previously, is to get out of the head and your human thoughts that say, “This is a silly thing to do,” and move into the heart space where the soul acts as the bridge.

Connect here and, very deliberately, just as you have been sending love to This One this evening, send your love to your guides. Even if you have never met them or are not quite sure that they are here – and we assure you that they are – and, from this transmission of love, transmit your question as well. What is it I most need to know now? This is the most useful question for you to ask the guides.

And we are quite aware that most of you wish to have a name to call your guide.We do not have names. We know each other by our light, just as we know you the same way. But we will give you a name should you ask for it. And so you may ask us: What shall I call you? And we will gauge your energy field. We will also look ahead to what is going to happen to you in the coming days. And we will give you a name that we know you will encounter in the coming days so that you can play the game, and say, “If this is the name that you wish me to call you, this name that I just heard when I asked, I wish to see it in the coming days,” and we already know what will happen. And it is quite amusing when you get (laughter).

Is there another question?

We wish to tell you that it can be challenging being guides to humans, for you do have your own way of doing things and you can be like intransigent children at times, refusing to accept our help, refusing to understand that we are here, when it is our mission to serve you. For in serving you, it serves the greater good. So do us a favor, won’t you? And ask for our help, so we can finally give it freely and often.

And the next question.

Attendee: It seems like we are living in somewhat discouraging times. I wonder if you can give us good advice on how to cope, what else we can do.

Sanaya: We have been waiting for this question. Our whole talk this evening has been to show you that you are not totally human. You have come into this lifetime at this time knowing that it would be a challenge.

And yet we wish to take you back to a time when heads were put on the guillotine and (human life was) so much more challenging in those days. Such things do not happen now. Those were more of the Dark Ages.

We often joke to bring up the energy and say that you have advanced to the Dim Ages. Humans have a very challenging experience. It will always be this way. Do you understand this? In a world of gravity, you came here to experience the ups and downs.

It does not affect Source. The more you allow it to affect you, the greater the distance you are facing 'twixt you and Source. There is no difference save in the belief system. As you find yourself discouraged, and you do not understand why this happens, shift your point of view. Practice going to that place with no story. Rewind the recording now and go back to what they've shared with you this evening.

It was for this very purpose to remind you - you are both a soul and a human. The soul is never discouraged. May we repeat this, for it is only humans who think the soul gets discouraged. The soul is a direct extension of the One Light of Consciousness. The soul is a less limited aspect of God. The soul knows all is well.

The human gets caught up in the role. We have the greatest compassion for the human who is caught up in the role. And yet we know that all is well. This is why we ask you to ask for our help. For we will put our arms around you. We will shepherd you through your human lives with greater peace. With greater understanding. With greater perspective. You will not get knocked off balance so easily. You will no longer be discouraged. It is quite possible to live an integrated life of human and soul and not become discouraged.

This is The Awakened Way.

Thank you so very much for allowing us to inspire you. Breathe it in, would you, this divine energy that flows through you at all times. It is quite healing energy, and you need not come to a special session like this one to in-spire the human aspect of you. Your soul is waiting for you to set the discouragement aside and be en-couraged by the soul's very nature of strength and courage, harmony, joy and peace. And divine love.

We thank you so very much, and we bid you good night.

Suzanne Giesemann is a spiritual teacher, author, and medium recognized on the Watkins' 2022 list of the 100 Most Spiritually Influential Living People. A former Navy Commander and aide to the Chairman of the Joint Chiefs, she is a member of the visionary Evolutionary Leaders Circle. She is the founder and teacher of The Awakened Way™ - a path to knowing who you are and why you're here, a verified evidential medium, author of 13 books, radio show host, and inspirational speaker.

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