Special Session with Sanaya
November 8, 2013
Unity of Citrus County, Lecanto, FL

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: And it is with great pleasure that we introduce ourselves to you this evening. For many of you, a joyful reunion to be with you again and to share in your energy – and quite a good job you are doing of sending the energy to this one and much appreciated it is by all of us who are looking forward to sharing with you this evening.

For those of you who are new to his experience it may take you a bit of time to accustom yourselves to our accent. Name that accent. Yes, we did speak of this earlier. The accent matters not, the words matter not. In point of fact, the words are a bit of a detriment, an impediment to us for, in our reality, we speak not in words but in thought only. Sending thought waves from one bit of consciousness to another. Are you aware that all of you are aspects of the One divine mind of pure consciousness? You are a facet of the greatest jewel that exists. And as that facet, you are identifiable. In human form, you have the physical form to identity you, but also your own personal frequency made up of what you would know as the personality, formed by years of growth in the human world, of being around other humans, taking on belief system, and all of this adding up to your personal vibration. When you pass to the other side, *that* is what you take with you, your vibration, as consciousness, as a vibration of the great consciousness.

Those of us who speak to you this evening are of a higher frequency from a different octave than your own. And it is for this reason only that you normally cannot attune to us, are not aware of our presence. The video, which you have seen and will see on the morrow, is a display of the higher vibrations showing these aspects of consciousness in the form of what you would know as an orb, quite a real thing it is, but you cannot see this with the human eye for the physical brain filters out these higher frequencies. This evening, we speak through this one in consciousness thought forms of energy going out to you. But these frequencies have no words, we are forced to use the consciousness of this one and only can she produce words which are in the conscious vocabulary. Were we to introduce a word which was not understood by this one, it would come to a halt and so we provide concepts in thought form only necessary to be translated into the English language for all of you.

A question has been asked of this one, "What if my loved one did not speak English?" It matters not, for the thought forms from the spirit world come through in concept only and once brought through the consciousness of the medium are translated into the language, which is in the consciousness. Do you understand? [Audience: Yes.] And so, we are merely communicating in thought, we do not use a language, and thus it will be for you when you pass to the other side. Your language is a very slow and clumsy thing. We can transmit our thought instantly and we

have practiced this with this one in the meditative state. It is how thoughts are put into your minds through the human brain. Instantaneous bursts of knowledge, of wisdom, which then must be translated linearly and put into a form into that you would recognize and then can communicate to your fellow human beings; quite cumbersome. It is much easier to communicate through the heart, through emotions. This is a universal language, is it not, for all speak the language of love. And, unfortunately, as human beings, all of you are familiar with the emotions of hatred and anger and those lesser vibrations, but all follows a spectrum of vibration. And what are these lesser vibrations? Nothing but the absence of love, they do not have a power of their own. And so, where anger is present, where hatred, intolerance, and judgment is present, it does no good to fight these with the same energy. You will find a much greater effect by bringing in what is missing. And what is missing my friends, but love in these cases. Knowing this, can you not see how all of you can be healers in any situation? You can add fuel to a fire by bringing in more of the lower vibrations or you can solve a problem by adding what is lacking, the love.

It is true we do not have names. Names, also, are a human invention. We recognize each other by the frequency, by the light, and it is the higher energy that is coming through this evening. We hope you are now experiencing this in the form of the higher temperatures present. But you all do need your names, do you not? And so each of you was given an identifier upon the birth - you are John and you are Mary and you are Hazel and Ethel – all of these names identify you to all of those around you. But what happens if the consciousness changes? As it will for that is why you are here in human form, for the growth, the raising of the consciousness of the soul energy of the spirit. And so you begin life as John or Mary but the vibration changes, hopefully, grows ever more loving as you go through this life school. And yet you graduate with the same name. Would it not be an excellent idea to change names as you grow so that those around you could recognize, “Ah, that is not the same one that I knew years ago.” How many of you here could now take on a new name? Perhaps there are a few who would still be carrying around the old name and that is quite alright. All of you follow a different path. All of you are developing at the perfect rate for you. You cannot hurry up a flower in blossoming. You can give it fertilizer and water but always it will grow at the rate that is programmed. But certainly, you can make your path easier, by adding the fertilizer of love.

But, as you grow, yes you change – to the point where, would not some of friends say, “Why I hardly recognize that one now, how they have changed.” And we would hope that would be a good thing. What is it about you that has changed? Most likely it is your frequency, and some of your friends would have a difficult time putting their finger on exactly what it is that has changed about you. You can be quite proud if you see others looking at you with a puzzled looked knowing there is something a bit different about her or him and I would like have some of that.

You have been given a lesson this evening in the power of love to transform those around you. If you had any concept of how very powerful is the vibration of the higher forms of love – higher forms meaning that you have your human love, which is conditional (is it not?) for you turn it on and off dependent upon if another returns that love. But the higher forms of love, those of the spirit, are not conditional and when you can radiate that unconditional love with unconditional acceptance for all around you for you understand that all are spirit inside merely exhibiting the ignorance of the human, the ego, then your vibration rises and as it rises, you affect those around you. That is why we so appreciate your attendance at sessions such as this. As you feel this heat,

as you hear these messages, our vibration settles into every cell of your physical body. Your spirit rejoices and says, “Ah, yes, I recognize this vibration, it is love and it is what I once knew and it is who and what I am.”

If you can allow your ego to surrender, to give up it’s clinging to this misperception of separation, then you would feel this presence. Then you would know who and what you truly are; then you would allow yourselves to weep from the joy of the recognition. Can you feel it? Can you feel that power? Do you know what it is that draws you to hear these words, what draws you in? It is the one and only power that exists. Some may call it God, some may call it the Holy Spirit. It is what enlivens you. It is what breathes you. Were it not for this love, this divine love, flowing through you now, you would cease breathing as a human being. But the real you would not cease at all for you are divine. You are eternal. You are eternally spirit. You are love. Can you feel it?

Surrender the ego and go within to the heart, the bridge between the human being and the spirit. Go there often, most especially if you have forgotten how true love feels. If you feel abandoned, if you ever feel lonely, alone, singular, solitary – all of these could not be farther from the truth. All of these are misperceptions, ideas perpetuated by the ego, which wants nothing more than for you to believe these falsehoods. Go to the heart, my children, and there you will remember and there you will feel the love and there you will know that you are That.

That place is always accessible to you. You need not ever feel alone, you need not ever feel abandoned, you need not ever feel unloved. Again, we say, nothing could be farther from the truth and that truth lies within you and it lies within all of your friends, all of your human beings, but oh how few of them know this truth. Once you have awakened to this truth, and have experienced it, you will want nothing more than to retreat to your sanctuary in the heart. And know that you can go there at anytime to experience yourself as love. And then prepare for the transformation for never again will you need look outside yourself for love. Never again will you be disappointed when one who proclaimed their love for you withholds it. Never again need you blame another for hurting you for you will understand that no other can hurt you for you are that power that breathes you – you are the very source of love itself. It rests within you. You need not ever again seek it, you need not ever again do the foolish things that humans do in seeking it, in trying to fill that void, which so many feel. That void is merely the result of ignorance.

We wish to awaken you this evening to the truth of who you are - sacred, holy, magnificent beings - children of God; but not the limited God in human form that some of you as children were taught to believe looks upon you with judgment. Not at all - but a limitless source of love that flows through all that is – that *is* All That Is – that is you and your friend and your neighbor and all that is. You are a child of That, an aspect of That, a beautiful facet of That jewel. Can you return to your homes this evening a changed human being, for the spirit that has been awakened to the truth that has always been in the heart.

This one did pray for a greater experience of surrender this evening so that a greater message could come through, and we wish to tell you that prayers are answered. Are you aware of how powerful your prayers are? You need not ask in supplication, merely acknowledge the truth of

your connection with All That Is and give gratitude for that, give thanks for your connection and knowing that it is, if it is, for the good of all, that prayers will be answered. And so it is.

We do believe we have spoken quite a bit longer this evening, also an answered prayer. But we do not wish to disappoint those of you who may have come with questions, this may be a bit of a let down after such a lesson we did give you, but we do wish to provide you the experience of answering your question.

Yes, it would be quite good if you were to continue sending the love for already this one as has expended bit of energy, more than normal so, send love please, as those of you with questions raise your hand at this time.

Attendee: Are dogs [inaudible].

Sanaya: Repeat the question so that all may hear it, please.

Attendee: Are dogs spirit, too?

Sanaya: Are dogs in spirit world? Ah, most certainly they are. This one could regale you with stories of those from the other side, those beloved animals that have passed to the other side, and we wish to ask you why would not dogs and cats and turtles and goldfish be on the other side? All is spirit as we have shared with you this evening. All is a manifestation of the Great Spirit but you will most especially recognize your beloved children with fur when you get to the other side for have they not taken on a particular recognizable personality? Can you not recognize one puppy from another? One cat from another? Perhaps not the goldfish (audience laughs) but, [inaudible] the little dogs.

And what is it about those animals that attracts you, why is it that you wish to see them again? For they open the heart, you have a heart connection with them, they have a *soul* and it is that soul force which lives on and we can guarantee you, and have provided copious evidence (which this one requires for the background is so very factual), this one requires evidence and thus we have provided it that the soul of the little animals is one of the first to greet you upon your passing and they will greet you exactly as they greet you in this physical world with the wet, sloppy kisses. [Audience laughter.] Even though you no longer have form, this is how you recognize them. And so you grieve when they are gone, but know that just as your loved ones are not gone forever, your dear, loved animals are with you now and forever more.

Sanaya: Thank you for that question, is there another?

Attendee: Why are we all the same age, there?

My dear, you look in the mirror now and [inaudible] and as you age do you not feel the same inside? Do you not feel quite a bit younger in spite of what the face tells you when you look in the mirror? When you were younger did you not look at those who are the age you carry now and think that that older person some how felt a bit different? Yet when you reach that older age you realize, as you do now, that nothing inside has changed. This is because, my friends, the part

of you that never changes is the spirit, the soul. And it is the soul that passes to the other side and the soul is ageless. And it is for this reason that you cannot exactly give an age to what it is that the soul experiences on the other side, but many a medium has been told that the spirit achieves an age quite like the age of 35 years old in the human form. And why is this? For this is an age, generally, in which you experience great health, great vitality, and a bit of wisdom. (Audience laughter.) But know that the spirit, once it gets to the other side, has much more access to wisdom. But the soul itself does not age.

This begs a greater explanation. The stepdaughter of this one did pass to the other side whilst carrying an unborn child, and this child has come through from the other side at various stages through the ensuing ages since the passing to non-physical form. Why is it that this young one, who never did take form in the physical world, comes through as a toddler? And the answer is quite simple, so that you in human for would recognize him. Were he to show up as a 35 year old man, why no one would know that that is the stepdaughter's son. Do you understand? [Audience member: uh huh.] It is a convention for your recognition, but spirit is ageless, as are you. And so, as the physical body ages, and you moan and groan and bemoan the wrinkles [audience laugher], can you recognize these reactions as the ignorance of the ego, who wishes you to be unhappy. Can you see past exterior appearances to the spirit - the beautiful, perfect, ageless, formless, spirit that is you, and feel gratitude?

Sanaya: Is there another question?

Attendee: I don't know how to ask my question, exactly… but I believe you said that for those who feel alone at times or, um, a lack of connection… Many of us have lost loved ones and are now living singly. And so we, because we don't have that heart connection and that physical presence in our lives anymore, how do we …

Sanaya: This is one of the greatest challenges that the human faces for you are so focused in the physical world that it is hard for you to believe that your loved ones are still with you. When you are able to view this videotape of which this one spoke earlier, you will see in physical form a light and energy showing that loved ones are still quite present. If you were only aware of how present they were perhaps you would not feel quite so alone, but we do understand it is quite different to give a physical hug to one, to hear their voice come back to you, to give the kisses. This is sorely lacking in your human world and we are quite aware of this; one of your greatest challenges in human form and one of the greatest tests of your understanding of how reality works. There is no way around it, my friend, other than asking, asking, for the courage and the strength to get through what to you are very long days in human form but what, to your loved ones, is the mere blink of an eye until you are together again. We advise you to write to your loved ones on the other side. You may talk to them at any time, rest assured that they hear you, but when you sit and write perhaps you will know that they are over your shoulder, reading your words. And perhaps as you write, you could ask them a question and you may be quite surprised as the answer flows through your pen. This has never come up in a session. This is the first time we have shared this with the group. We do wish you were to try it. And we are quite assured that the first few times quite a few of you will say that you are making that up; but keep it up, we beg you. For as you get into the altered state and surrender the ego, the separated side of you, and blend with the consciousness of your loved one, some of you will have a most holy experience of

the presence. And it would not be the first time that this has happened. You will find quite a few volumes in your libraries of those who have lost loved ones who have connected in this way of writing, so try that. But, in the meantime, we simply ask you to have faith - to ask for evidence of their presence, to be aware of the signs of their presence. They are there and will be there in abundance when you open your belief system to this possibility. It is through the heart that you are connected, not through this physical body. You ask for the physical connection for that is all you know when your focus is on the physical world. But, if you enter into the meditative state, it is there that you connect through the heart, which is the bridge between the physical world and the spirit world. And so if you wish you to have a greater connection with your loved ones on the other side, and you are not meditating regularly, we ask you to begin this practice. It is what has transformed this one and many others. By raising your vibration, by sitting in the silence and connecting with the higher realms, of which you are a part now but you cannot experience whilst walking about in human consciousness, that is not where your loved ones now reside and abide. They are with you but at a different octave of vibration. If you wish to connect with them, you must meet them in the middle, not in this physical world. If you wish to connect with them you must surrender ego consciousness, enter an expanded state of consciousness, and there you will find them. And you may even have the experience of a caress, of a gentle breeze across the skin, you may have a visual experience of energy. But it takes devotion to sitting in the silence, it takes belief; but, trust us for now, you are never alone.

Sanaya: We will entertain one more question.

Attendee: How do we as humans, as a community, help raise the consciousness of the world? How do we help humanity?

Sanaya: And do you see why we asked for one more question? [Audience laughter.] That is the great question, is it not? You are doing that now, my friends, by sitting in a group such as this and raising the group consciousness here. Each of you are like pebbles thrown into a great pond and the ripples go outward from you in the form of the vibration that you send out. What kind of vibration are you sending out?

Your very cells have been changed by this experience here this evening and we wish you to listen again to the recording when it is sent out. For the words issued this evening carry the very vibration of the concepts and you will return to that place of love that you experienced, that higher power that came through and in to you this evening. You will experience it again upon hearing the recording and it is transformational. And you'll walk away a changed being, a soul with a bit more of a higher vibration and this cannot help but affect those around you. And so when you read your headlines, when you watch your news and you feel helpless, thinking that your world is going to hell – do you not realize, it is already there? Lacking love. You bring heaven to earth and transform hell into heaven by bringing in the love. Is this not of which we spoke of here this evening? It is merely the absence of love. And your desperation and your discouragement does little to raise the vibrations. And so we ask you to watch your headlines with neutrality, so as not to become dragged down to baser levels, and then make the choice to be the change you wish to see by bringing in love. Many would say this is naïve, this is an attitude that will not change a thing. We wish to tell you, again, there is nothing more powerful than love. That source flows through you. You are the ones who send it forth. You are the

powers of change. Were it not for you, all would be sent to darkness. Were it not for those beings who recognize the light inside and are turning it up on a regular basis, then truly more would experience a bit of hell on earth. But the power of love overcomes the lower vibrations, always. And it matters not that there is more ignorance at this point in your human world than those who have awakened, for the power of the awakened ones far overcomes the ignorance. And as each individual light is turned up, more and more of the darkness is overcome.

Be hopeful. Be joyous that you are a light bearer. Go forth from this room knowing that the consciousness of humanity is rising more and more. The energy surrounding your earth is far greater than in decades past and is accelerating. This will be explained in the presentations to come from this one as we have brought the teachings through to be shared. And so, partake in the new knowledge coming though, and be a light bearer. There is a reason that you were drawn here this evening. Your soul knows what it is. Your soul rejoices and thanks you for being a messenger.

Do you know that "messenger" is another word in your English language for an angel? All of you are here to grow your angel wings and you grow them larger and larger with your words and actions and your thoughts. Go forth as the angels that you are, our messengers in human form. Angels in spirit form walk amongst you at all times, you merely cannot see them. Your little dogs can see them – not all of them, but some. And some of you as well can see the angels who walk amongst you. But we look out upon this room and see a room full of potential angels – messengers of ours who will go forth and spread the river of love and thus raise consciousness of all beings who walk in ignorance. Do not despair, there is always hope, for there is one thing of which you can always be sure– love will always prevail, it is the one and only power.

We thank you for your attendance and your attention. We love you all so very much, do not forget this central message – you are adored, you are loved, and you are never alone.

Sanaya: We bid you good night.

Attendees: Good night.