Special Session with Sanaya
The Monroe Institute
November 2, 2019

NOTES:
- Words in parentheses have been added after the transcription for clarity.
- "This one" refers the channeler, Suzanne.
- Many thanks to Debbie Henson for transcribing this session.

Michael: Good evening. And this one is struggling a bit for I have not spoken through her in a channeling session, but having told my story so much today, would it not make sense to you that I would show up to converse with you, I being the one you would know as Michael? And there are those among you who are already acquainted with me. And those of you who have listened to these recordings and are listening to this as a recording now will recognize that this is a deeper voice and one that has not been heard through this one in the past. You in your human nature need to differentiate between voices; in our realms we know each other only by our light. It is a luminosity, a brightness which changes with each aspect and each expression of the Light, and this one did recognize me as the one with the sword and with the shield, but these are all artifacts of the humans who need stories and need to pigeonhole your archangels, but we do have individual roles. There is no hierarchy; this we wish you to understand. We do not wish for you to revere us or to think we are somehow special. You are special. Do you understand that? The smallest plant is special. Each of you is unique in your own way, unique facets, expressions of the Light.

You have read my words today. You will take them with you on paper but understand: I can speak through your heart at any time. What is the phrase that I gave this one? I come to all those who stand for freedom and fight for love. Is this not a strange juxtaposition of words, "fighting for love"? It is your language that limits you. It is not a fight at all; it is taking that stand. And my shield, if you would like to see me with it, is not for protection but to reflect love out to all.

Love is your very nature. That is what makes you special. It is my mission to bring more love into your awareness. It is already in your world. Your world is made of love. It is quite challenging to put into a language that which the soul already knows. Feel these words.

We are making an adjustment for your energy is quite strong, exactly as we have asked you this evening, actually giving the channel chest pains, but do not worry. There is no physical ailment. It is all energy. All symptoms are energy. The pain is gone now. But all symptoms are signals. Frequency is what your world is made of. You are swimming in a sea of energy. Can you picture a heartbeat depicted pictorially on a strip of paper?

Of course, you can. This is how your world is created moment by moment, cyclical in nature, all of it arising from what would call a void, but it is also a plenum full, fullness of pure potential. That is love. The bubbling up is love. You are the heartbeat of creation. You are the arising.

This one is asking: Why is Michael speaking of this? What would Michael speak of but love? Higher lessons.

You are all surrounded by archangels at all times. We are the guardians of your reality. It is no accident that the stories of the archangelic realm have been passed down through generations for we insert ourselves into your conscious awareness filtering through your belief system so that you know you are not alone. And look how beliefs limit you from realizing you are not alone, so many of you, like this one, willing to eschew angels, to push us to the side and think "I can do this on my own, I can stand on my own," and then you truly do fight. Do you know that when you fight, you are always fighting for love. The reason you fight is for you do not realize you are loved. You fight for you believe you are not appreciated, you are not heard, you will never have enough, you are not enough, you are not worthy. Can you identify with these very human thoughts? This voice with which I speak to you now has a masculine ferocity to it, but it is imbued with love, and it is our wish that you feel that in spite of the deep nature of the voice, this message is delivered with nothing but love. But yet it is a harsh reality in which you find yourselves, this earthly realm, for there are so many who do not realize you are love in expression, beating for all eternity. Creation is ever ongoing, and yet because of this filter known as the body, you do not realize that the physical heart mimics creation, and when the physical heart ceases beating, you go on as love in expression. But those who forget this feel fear. It is part and parcel of the h-h-h human body.

And so when I state that I stand for freedom and fight for love, it is not the fighting that humans know – us against them, me against the world – it is a standing tall, it is a standing for what the soul knows, it is a doing of the right thing. But are there not humans who, in killing another, feel they are doing the right thing? Yes. Motive is all important. At times there is a time to defend when one is not coming from the heart. The soul knows when one must stand for freedom.

And what is meant by this word "freedom"? You are slaves to the human body when you do not remember your true nature as love, and no human likes to be shackled, and so you fight each other. But true freedom comes as the soul awareness "I am the Light!" seeps through the human body, through that animal awareness, and you remember and you realize I need no longer be held captive by these lower vibrations, I willingly took on a body – and you were indeed brave for doing so – but once you do remember, then there is no turning back, and you wish for nothing more than to be a beacon unto others and to hold tall your shield. Yes, it can shield you from the lower vibrations of others, but if you see it as it is, a reflection, a tool of reflection, to allow the light of others to shine back upon themselves and let them realize "The more I give love, the more I receive," then you are a spiritual warrior.

Yes, indeed, stand tall in the light. Radiate your love outward. That is why you are here. There is such a high vibration in this group for a reason, for the soul has seeped through. Imagine a dense material with pinpricks through it that the light seeps through. Would it not look like rays from the sun? And that is what each of you is. In the midst of this dense body, your light is shining through every cell. If you were to gaze upon the globe in the painting on the back wall, you would see pinpricks of light in the populated areas. We did draw this one's awareness to it earlier, and now we use it as an analogy. These pinpricks of light show where there are concentrations of human beings, but we see your world where there are concentrations of awakened souls, those souls whose awareness "I am the light in a human body" has seeped through into the human awareness such that there is more of a balance.

Did I not come through this one to share the lesson of coherence? And you have learned today about a tool to use to bring you into balance. This toroidal shape is indeed around your planet, it is indeed around your heart, it is indeed around your little finger. This flow of eternal energy constantly arising and returning to Source is around all things for all is the heartbeat of God. And you are that. As you come to realize this, the lights on your planet turn up, and in that way, as your light increases, you increase the whole.

Do you see how you need not heal the world? You need only heal yourself. And how do you do that? By realizing that love heals all. It will not stop a bullet, but a bullet does not kill the soul. You understand that you can heal over time with love or in an instant, but this reality that you have entered into is one of time. In our realm we have instant results for our conscious creations. In your world, as your teaching assistant would understand, there is a law of attraction, and your thoughts do attract miracles to you, but everything, as you have learned this weekend, is indeed a miracle. You are the miracle. And the more you come to realize that a miracle is the arising of love and you are this, the more you come to realize this, then the miracles are attracted to you. If you are not experiencing miracles in your life, you simply need acknowledge "I am a miracle." We most certainly see this. This is why I have spoken of no hierarchies. See no other above you and see no other beneath you. See only light.

Dewdrops are indeed an apt and fitting analogy for all of you and all of us. We take on pattern. You see me as an angel with wings, a sword, and a shield. I see you as light. Can we turn the tables? I can see you with wings, I can see you as fellow angels, soldiers in the army of love for that is what you are, all equal, one team.

Completely new teaching this evening. And you have made that happen out of your desire to learn from the highest levels. The highest level is what you are, and you need only ask for that experience. Who am I? I would like to know my true nature. But yet, your true nature cannot speak to you in words, only in bliss, only as Joy. And here in physical form, that comes out in numerous ways and not always blissful and not always joyful, but once you taste that bliss, then you truly know all is well. Ultimately all there is is love.

And so Source steps down this vibration, and you have what you in human nature need to understand as a higher level; you need your hierarchies to give meaning and comprehension to that which you cannot understand. You must relate it to that which you know, and you do understand your rank and order and hierarchies. But from our level, the higher perspective so to speak, there is only love. And so we conform to your understanding and show up as higher beings and speak to you in words you understand, yet we could speak to you with no words at all for by your true nature you already know I am love, I am the light, I am here to stand for that. Stand in your knowing when someone gets in your face and is acting very human from their pain and look upon them with compassion, understanding, born of the awareness that pain is part of this reality but that at some point there will be remembrance perhaps after the human body is gone. No matter how long it takes, always comes the remembrance. This is the promise we leave you with. Yet you need not wait. Call upon your fellow lights, be it those at the archangelic realm, be it – turn up the energy, please – be it your guides, be it your loved ones across the veil. All leave behind the physical body. Remember, it is a continuity of the light. You would understand it as a spectrum, but the light is the light.

It has been my pleasure to speak with you this evening, a rare treat for us to have such acceptance of our presence. I will come to all of you individually if you so desire. Miracles happen when you believe. Do you believe?

Attendees: Yes.

Michael: Indeed. There is no reason not to believe in miracles other than that you might be a bit stuck in human nature, which is a limited nature by nature. And so simply be aware of this: Be not hard on yourself. Recognize "I am in human awareness" and step into the power. That is where I will meet you; that is where any higher being will meet you for miracles are the norm. You are so very loved. Had you any idea how loved you are, you would never fight and there would be no need for such a word in your vocabulary and I would have no need to put it in juxtaposition with a word such as "love," which supersedes all others. In a world in which there truly is no hierarchy, for humans, however, who need a hierarchy, there is no higher word, no higher vibration than love.

I will take my leave and bring in the team known as Sanaya, but know that I am part of that team for "sanaya" does mean "One worth knowing." There is only one worth knowing, and that is Source; and once you know that, you know every being that exists. Come to know your true nature and you will never again be shackled. I thank you for your attention. We will now shift gears, but in order to have your questions answered, we do request that you continue to send the higher energy to fuel the medium. I bid you good night.

Attendees: Good night. Thank you.

Sanaya: Good evening. And now you're faced with the group known as Sanaya, and you will notice a bit of a change in the cadence and a bit of a change in the fluency of the speaking, and we look forward to answering your questions one at a time, and we will not promise how many we will answer; it will depend upon the exchange of energy which you are enjoying with this one at this moment. And so if there is one of you with a question, please ask it now.

Attendee: Is there a destiny for each human being, or is it a total choice along the way what we – our lives unfold?

Sanaya: Destiny is evolution. What a good question. Is there a destiny for each soul? Your destiny is to grow in love and to grow in expressing love. How that plays out for each soul is indeed different, but, you see, the story and the role that you take on will play out differently. With certain milestones that you will meet along the way, those are planned out: You will have certain parents, you will meet a certain soulmate, and you will know that instantly. And you may have certain accidents and certain illnesses. These are indeed part of the plan for the lessons they will afford you. That is destiny. But the ultimate outcome depends upon the free will that humans are imbued with. Human and soul together make choices. That human nature does influence the soul's choices until the soul has sufficiently awakened that the choices come from a higher place, and then the outcome is one born of love and not fear. So we hope that we have answered your question. Do you feel satisfied with this answer?

Attendee: Yes, thank you.

Sanaya: Thank you very much. Is there another? And this one is already noticing that this energy is again quite different from that of the normal one she knows as Sanaya.

Attendee: If we do reincarnation, do we always stay in human form; sometimes are we animals or plants?

Sanaya: Onward and upward, my friend. Have you not grown tired enough of being in a human animal body? Is it not enough of a challenge? That is said with humor but a bit of irony. You can have parallel lives, so we do not wish to confuse all of you by thinking that you are now having an experience as an animal, but indeed it is all the momentary arising just as Michael has shared with you this evening. All is arising and disappearing now, yet in this reality, part of the rules it set is that you have a past, a present, and a future, and so for you to better learn your lessons and understand how it all works, it will unfold that way, and so you will understand that you may have perhaps come from a less-aware being in the past as perhaps a plant that has less awareness than does an animal, and the human being the upper echelons of awareness. But do not kid yourselves; your whales and your dolphins are quite wise, quite wise. But these lifetimes that you are having are actually all arising; there is only one now moment. But as you understand it from the human perspective, you will move onward, and some of you will graduate and decide you do not need to go back around the block again and you can become a spirit guide and then move onward and decide there is no need to

incarnate at all again for you have learned as much as you need, it was quite an adventure, it was quite fun, I learned a lot, but it was all about love and I wish to just simply be the light for a while. That is history in a nutshell.

Attendee: And that's a choice we have?

Sanaya: Always a choice, yes. Is there another question?

Attendee: Yes. Will there be a time, as Isaiah wrote, where the lamb will lie down with the lion? And when will that be?

Sanaya: It is happening ongoing individually and collectively, dear sir. It is part of this world of duality. You can look around and see your lions and you see your lambs, and that will always be in this world, the lamb lying down with the lion, and when you finally do all lie down with the lamb, well, then this experience will have come to a successful conclusion. Do you understand?

Attendee: Yes.

Sanaya: But this will not happen in this current lifetime as you perceive it, and yet it has all played out. So there will come a time, if you wish to see it that way, in time, but you will not see it in this lifetime. But love always, always prevails, it has prevailed for there is only love, but this reality exists to see what happens when there is no love, knowing that you cannot ultimately be harmed. Do you understand that part?

Attendee: Yes.

Sanaya: It is very hard to understand when you are in the depths of it, and all of you will experience pain as those you love pass from this physical life, and you will say was it all nonsense, how can this all be about love; but know in the depths of your despair that ultimately you will come through the veil – the veil being the body, the veil being the filters – and you will remember yes, it was all for the experience, and oh, the learning and the experience that took place! Do you not go into your movie theaters deliberately to feel a variety of emotions? Do you not come out of movies and say that was a terrible movie, it was so boring because you did not go up and down? You go up and down on purpose. You pay good money to go up and down and to be jerked around, as you would understand it, to have tears coming down your face, to be horrorized – this one does not have a better word for that. But you inflict this upon yourself willingly. It is a bit analogous to what the soul takes on, knowing that at any time you can step out of the theater and find peace. And you go into that theater for the experience of it. And there will be times in your earthly experience when you say "I did not sign up for this," and perhaps not for that exact circumstance, but every circumstance that you face is one brought upon you by thoughts in the collective consciousness. But as you remember that there is another level to this reality – there are realities upon realities – may this bring you peace as you understand that you can step out of the theater without leaving the body. In other words, you do need to take your own life to step out of the

theater; you have learned here in this class and from many other teachers how to rise above the awareness "I am only my body," just as the patriarch of this location, Mr. Robert Monroe, taught so many of you: I am far more than a physical body. There is so much Truth, with a capital T, in that statement. And the more you come to know this, the more freedom you experience. Is there another question? Send more energy, please.

Attendee: Sometimes then you work with bringing in – when we've been experiencing a connection with spirits, they have all seemed to be of the light. Are there those spirits that come and are here that have – that are tormented?

Sanaya: Just as in your myths, your mythological stories, there are friends and foes. It is part of the experience. So, yes, in the past we have not wanted to bring in the concept of evil and darkness, but it is reality in a world of duality. Yet as you come to understand that this is a collective consciousness and you say we do not need that anymore, I am the light, as you come to recognize this, you need not buy into that. Just as you have a choice to turn off your television and no longer watch the news for it drags you down, you can choose to no longer partake in that collective agreement. Do you understand?

Attendees: Yes.

Sanaya: There are those who still need the darkness. They are learning from it. Do you need it now?

Attendees: No.

Sanaya: If you have had enough of that, turn off the darkness channel. It is that simple. This one does not experience that nor does she watch the news. This is a choice at the human level and a choice at the soul level. And should darkness seep in, should there be a moment of fear, such is the anchoring of the awareness "I am the light" that it is merely a matter of stepping into the power and saying "Out, out, that is not part of this reality," and so it is. The collective consciousness is keeping that in reality and it does exist, but it need not overcome your awareness. Face it with love. Feel no fear for it can hold no sway. It is an experience. All there is is experiences of consciousness, the heartbeat of consciousness arising. We do hope this brings you peace to know this. Some of you will take on roles to help fight the darkness. Michael is one who fights for love. Think about that for a while. Some of you will help those who are mired in darkness. These are roles, and they are valid roles. But there are others who come merely to stand in the light for those who do not yet know they are the light. All choices, all choices. That is a good one to leave you with this evening. No fear, have no fear. But fear is a choice. If you no longer wish to feel fear, if you are tired of the darkness, make the choice now. Do not leave it with another. Do not foist it off on another, let them deal with it. Know that it is each soul's choice to live in the light or to deal with the darkness in a world of duality, in this reality. Hear us well: There are other realities without any darkness; there are other realities that are total darkness. Do you

understand this? You have not encountered those here in this Earthly reality for yours is like your yin/yang symbol, the perfect balance. Do you not see that now in your world? Fifty percent. Which side do you choose? It is not good or bad, right or wrong; it is simply a choice. What experience does your soul choose to have in this lifetime? And you are lightworkers, lightworkers, and the light will always overcome the darkness, but ultimately all there is is light.

Some of this may seem paradoxical. You may go back and examine our words. The bottom line is at the ultimate level, all is light, and yet it appears to arise from darkness. This is something that is hard for humans to understand for you try to compartmentalize and understand things relative to your experience. And in human form all you have is the experience of duality. But the more you step into the power and come to know yourselves as the light, then you understand oneness, non-duality, and then you truly understand "I am the light and there is only light, and all arises from the light," and you see the darkness and the light for what they are, experiences of the light, and you understand that nothing can turn out the light. And ultimately, in spite of the appearance of evil and darkness, they are experiences. They are quite real, quite valid, but nothing can harm the light. And you are the light. And all is well.

It has been our pleasure to share with you this evening. You have brought this experience unto yourselves, and it will be shared with others thanks to you. And we thank you for this opportunity. You are so very loved. All of you hearing this recording are so very loved. It is your choice, light or darkness. There is no wrong choice. You are here for the experience. Live it fully. There is nothing but life and light. We bid you good night.