

Special Session with Sanaya  
Held at the “W-holy You!” retreat at Unity Village  
April 13, 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, available to view as a video at: <https://youtu.be/VdKw0TR7VIQ>

Sanaya: Good evening.

Attendees: Good evening.

Sanaya/Jesus: And it has been quite a while since this one has felt my presence. And why would we keep you waiting? We know every hair on your head. We know every thought in your mind, for as you know in your soul, there is only one Mind. It has taken this one quite a bit of time to accept my main message that all of you are my brothers and sisters, that all of you are indeed children of God. But does that not carry with it a bit of what you would understand as baggage? And to put a word such as “baggage” in juxtaposition with the Nameless One seems a sacrilege.

This one was gazing upon me (just now) as I drew near, with the wonder of a child, a bit surprised but not surprised that I would be the first to come in (because Suzanne had shared during the retreat the wondrous evidence that Jesus does indeed speak to us and through us when we ask him to). But did you not ask for that in your heart? Did you not ask to be in this presence? Have I not told you I hear your prayers and prayers are answered?

Yes, I did say, “I and the Father are One.” The main message is that you and I are equals. I was a man, yes, in human form, but I knew completely who I was whilst in human form. I never forgot. And the message is: At a certain level, neither have you. It matters not if you were raised to so-called “believe” in me. I was a man, but was I your savior? (Yes,) if indeed the messages that I brought to those with ears to hear could indeed have saved them, if they understood it meant that you are part and parcel of the Great One.

(There is) one mind, one heart, one consciousness. This is the message that cuts across religions and goes directly to the heart. This is why you know this message intimately.

My message to all of you this evening is that you are your own savior. You need no other. But what is it from which you are being saved? The thought that you could be anything less than love, the false belief that you are unworthy of love, and, worst of all, that you would not be worthy of my love. You are worthy of love for that is your Source. It flows through you. You cannot be worthy or unworthy. These are human belief systems, mental constructs. I see you, and I see naught but love. Love is what binds us. Love is what brought me here to you today,

and it is what keeps me assisting the human realm instead of dissolving back into pure Love, which is what all of us ultimately will do.

This one at this moment has the awareness of myself superimposed upon her using an image which was taken from a schoolbook, and each of you will see me in your own way, for I am a mental construct. All that exists is a mental construct, for the initial Word that was so good was, "I Am." And from this construct came the stories, which you heard so much of this weekend, and we, the other constructs accompanying me, as we watched, as we listened, as we saw your lights turn up (for the stories) have caused your lights to burn brighter. And that is the goal for all of you, to allow the light within to shine ever brighter.

Our shared Source is love, is Joy, is peace. Many have forgotten this most basic message. But love does not have a voice, and so it must come through thoughts and a voice box. My vibration is that of lovingkindness. It is my mission to have all of you find that within yourselves and to share it as widely as possible. That is why I have come through this one. Other channels channel other mental constructs, but where is the love in such a word ("construct")? But there is a story attached to the one known as the Nazarene. Put the vibration of lovingkindness together with the one known as Jesus and you have an overlay that will appear to each of you in whatever way suits your belief system. Do you understand? Yes. Yes. And so, it is possible for each of you to embody my vibration, for we are One. It is all one Mind, one Vibration.

Your soul knows exactly what you need for your own growth. It will urge you to ask for just the right teacher. For this one, I am a teacher. For others, a savior. There is no right or wrong. Hear me well: I am not trying to change dogmatic views. For those who see me as their savior, who understand only in terms of sin and redemption, I am their savior. For one who wishes a more intimate relationship with me and sees me as a brother, I willingly fill that role. Do you understand?

Attendees: Yes.

Sanaya/Jesus: Spirit comes to all of you in the way that provides the greatest growth, the greatest healing, the greatest opening of your heart to the soul within. And so, rest assured, the messages that others believe about me are not right or wrong, simply catalysts for growth. I will tell you that some of my messages have been twisted around, and you can tell which ones these are when they do not espouse and cause and result in lovingkindness. Where there is separation based upon beliefs, where there is exclusion based upon belief systems, even in the midst of telling my story, that is a bit of a twisting of the story. And you need not correct one who may have twisted the story a bit, but simply know in your heart the way that works well for you. Do you understand?

Attendees: Yes.

Sanaya/Jesus: We are well at work to clear mental constructs in those who are continuing to see through the veil of separation. But all is in perfect order. All is well. You may look around you and not believe this is so. Wars have been fought in my name, and yet I weep not, for I

understand. The road is long, but well worth the journey. I am at peace. I wish the same for you.

Call my name if my mission of lovingkindness and love speaks to your heart, and I will come to you in the way that best reflects your current belief system. This is how it works. And I greet those who expect to see me when they cross the veil, for that is how it works. And for those in whom I see a bright light burning in the center who do not believe that I can come to them, why, I stand back and send my love, and respect where they are at the moment, and that emanation of love eventually may result in the opening of a door that allows me to step into the heart as it did with this one, who wanted nothing to do with me for most of her life, and yet I have no ill regard, naught but understanding and knowing, once again, that all is in perfect order, as it is with you, Beloved.

I am Spirit. Are those my words or your words? They are one and the same. It is the same God who speaks all words. Do you understand this?

Attendees: Yes.

Sanaya/Jesus: Words come from your lips, and you think they belong to the smaller self. All thoughts arise from one Source. This one has been instructed to call that Source “Joy,” and as a result, Joy erupts continuously. Some have learned that God can be a heavy being, coming down heavy, as you would understand it, on those who sin, and you might notice a lack of Joy in those, and that is why we do have our hierarchy across the veil ... assignments. We see you at all times, not as lesser beings, (but) as unique emanations of the Light. And we, having experienced ourselves as the Light ...

Yes, I hear you: “Who is this ‘We’?”

Multiple levels, multiple realities of being. The angelic realm, ascended masters, yes, even the mythological entities all arise from one Source. We see you. We know you. Some (of us) have been where you are and know how it feels to be lost. But you are never lost, just lambs who we are quite honored to shepherd towards the Light until you realize the Light is who you are.

The message does not change. “I Am the Light” is a most powerful affirmation. I recommend that you repeat it often until you can state it with conviction and know “I and the Father are One, I and the Mother are One, I and my Neighbor are One, I and the Terrorist are One.” Do you understand the underlying message I have just related to you?

Attendees: Yes.

Sanaya/Jesus: On the surface level, Source expresses itself in many ways, many times not deliberately. Hear us well: We do not come into this world to wreak havoc (such as terrorists). Havoc results from the lack of awareness of the Light within. Yet, the more you ascend toward that Light, the more you can see the Light in even the being whose Light is shielded the greatest and, therefore, acting in the least of ways, the least loving. Do you understand?

Attendees: Yes.

Sanaya/Jesus: We can still see the Light in all beings, and we know that only love heals pain, and we know that ultimately all is well. “This too shall pass” is one of the great truths in this earthly reality. This is why we have infinite patience, infinite awareness that whatever pain you suffer, we have already known it, and we send you our love. We send you thoughts that pass through you as awareness that you do have the strength to carry on. We send you courage to soldier on. Yes, all of you can do this. You are so very loved. We hope that you can feel this. Do you know that we are as close as your breath? Not all of you understand this yet at the most basic level. I am speaking through this one as a man many of you would recognize, but this is the Source being voiced.

I will return now to my previous message, that each time you open your mouth and words emerge, that is the Source being voiced through you. It is One and the same. How else would God speak? Humankind has created mythological figures. They tell stories. They are no more nor less real than I am. They are all emanations of the Source. You may call your thoughts your own. I will not call them mine; I know to whom they belong.

There is one Mind, and it is Divine. And if there is only one Mind and it speaks through many voices, and every time you open your mouth, that Mind is expressed through you, then you are Divine. Your soul knows this for all souls are connected. All souls are one. Some of you in this room were ripe for this message this evening, ripe to go to a new level of understanding. “I have been praying to God as if God is separate from me,” has been your way until now. Something in you will change as a result of this energy, and you will understand it makes no sense to ask favors of yourself. (Laughter in the room) Exactly. Rather, affirm “I am not all of God but an extension of that loving Source.” As above, so below. Once again, we are using metaphors as if there is a separate One above. But all of creation echoes and mirrors itself, all of it (is) emanations of one Source, the monad, dear one.

We rejoice as you recognize your Source, as you see what you consider magical moments – you call them synchronicities – and you know there is something greater than this mundane world, and you are right. We rejoice as we see you celebrate. Do be as the child, for the child has no fear, no inhibitions; the child simply marvels and wonders at the magic of it all, as do we. Yet, the secret is out at our level. It is true: In a moment we could dissolve back into the Light, but we delight in helping you to remember: “I Am the Light.”

It has been my pleasure, our pleasure, to share with you this evening. I wish you to understand when I use a word such as “our pleasure,” and in your mind pass images of other beings surrounding me, sharing with you now, indeed that does happen, and yet all of us know that at any moment we could all merge into one being. This is the play of God, arising and dissolving, as you like it, for your mind is God’s Mind, and is it not fun to play? And to interact? And to see what happens?

And did you not have a bit of wonder this evening: “I wonder if Jesus will show up?” And look what you have manifested. I would not have missed it for the world. (Laughter in the room.)

Would I have a sense of humor? This one would have it no other way, for she was not raised with a serious savior. She was introduced on her own terms with one who told her to call him a brother. And she has seen drawings of me laughing. And why not? If your story requires me to be serious, that is how I will appear to you.

Point taken.

You are all so very loved. Pray to me if you will. I will answer, for that is how it works if that is where you are on your journey. Otherwise, affirm with me, "Thank you for being my teacher. Thank you for helping me to understand that to access one's true nature, one does not need any other at all, for there is ultimately only One. But life is so much better when it is shared, enjoyed."

It has been my great Joy to share with you this evening in a W-holy new way through this one. She has done much work to clear out the fear of what others think. We have established a W-holy new relationship, and it is quite comfortable. I appear to her in many forms, but now you must understand that that "I" does not refer to Jesus, but to Source, which has informed this one that the word "Joy" would be appropriate. Do you understand this last statement?

Attendees: Yes.

Sanaya/Source: It is deeply metaphysical. "I" has shown up this evening as Jesus. "I" could in a moment show up as a mythological god. "I" could in an instant show up as the stepdaughter. Are you beginning to remember?

"I" can show up in your heart as a bursting forth of love that cannot be contained, and that is called Awakening. "I." Your thoughts and your feelings and all that you perceive, have been here your entire life, for you have had it backwards: You are "I" in expression.

Some of you have been wondering, "Who was that speaking?" That was Source speaking through one taking on the role of Jesus, but speaking to you not as Jesus but as Joy. Do you understand?

Attendees: Yes.

Sanaya/Source: We could not speak in this way to another group, but you have been primed for this. Some of you do not quite understand what is happening; others are having an awakening. Yes, you are allowed to believe, "I Am That." How does this change things for you? Why, it need not change a thing, other than to know that the thoughts that pass through your head arise from the same Source as others' thoughts, but they can only be expressed in the way at which the soul has developed to that point. And that is why you will experience all that you experience exactly in the way that is perfect for you now. And is it not fun?

Attendees: Yes.

Sanaya/Source: Indeed. You are so very loved, for Joy knows naught but love. As you come to understand that Joy is expressing itself as you, through you – not for you, but as you -- then the responsibility is gone. When you realize who you are, you already make the highest choices. You want nothing more than to express your highest nature, for you know that what you do unto others, you do indeed do unto yourself. Now do you understand?

Attendees: Yes.

Sanaya/Source: When you look at another, you are looking at yourself expressing through another. Why get angry when someone does something that you do not agree with? It is just you trying out another angle. It changes everything to understand this, does it not?

Attendees: Yes.

Sanaya/Source: Does this mean that you do not get angry? It depends on where you are on your path. It is all unfolding. We hope that you will enjoy the journey a bit more now, with curiosity. We do understand that these concepts contradict the basic understanding of most humans at the current time, but the diagrams that you were shown of the alignment within your galaxy are quite accurate. It is the rule-set of your reality. Play with it. Know that consciousness is indeed rising and, as a result, you have greater access to what in the past were secrets known only to adepts who were judged worthy of receiving secret teachings. But the secret is out, and the information is available to the masses now. Spread the word, will you not: Love is all that matters. Not that it matters if you do not understand. Do you understand that?

Attendees: Yes.

Sanaya/Source: You are quick learners. (Laughter) It has only taken mankind 2,000 years to get to this point. Others would be labeled heretics for this experience. But you are beginning to understand (that) you are free to believe what you are able to believe. You no longer need believe what others have told you. Do not believe the words that come from anyone's lips, let alone this one using my words, unless they speak to your heart. It is your path, but it is all the path of Source ... one path bifurcating out of curiosity.

I am so enjoying gazing at you this evening. I am so enjoying being in your presence. I am so enjoying this feeling of connection. Could you not remain in this loving state for quite a while? This is Home. The more you come to understand this state and that it is always here – for it is Source in expression through you, as you – the less you long to leave this experience, for all there is is experience until you dissolve back into the Light.

Thank you for creating exactly the environment that has allowed this experience for Source. We bid you good night.

Attendees: Good night. (But it continues after a pause ...)

Sanaya: And what you are seeing now is this one experiencing a multitude of characters, and who is speaking now is the one you would understand as Sanaya, but we wish you to understand

that you have (until this point) been experiencing Sanaya in one form (as Jesus). Do you understand that?

Attendees: Yes.

Sanaya: Yes. For that is what you expected, and that is what you manifested, and that is what happened. That is what is called being a co-creator as the Creator, and we have just shown this one a multitude of characters who could come in (now), but we do not want to provide you a sideshow. That is not what this is about. (Laughter)

What we are trying to show you (is) that you can manifest anything in consciousness, or, “Anything that can be created that carries information,” – have you heard this quote before, yes? – “and that carries healing and growth and evolution is possible, most especially when it helps the greater good.” All of you have helped the greater good this evening by sending your energy to this one, who feels no pain. You did that. You are a creator. Creation flows through you. And is it not fun?

Attendees: Yes.

Sanaya: And now with the group energy up here with many standing by who do not want to disappoint you, we’re going longer than this one has held the link in the past, but it is the group energy once again that is so very strong, so very powerful. “Sitting in the power” is an apt term for this – it is limitless, and therefore, if there is one of you with a question, then please do approach the microphone, for we look forward to answering it for you. Ask away.

Attendee: If I could ask two questions? The first is you mentioned earlier an image taken from a schoolbook. If you could elaborate. And also --

Sanaya: One question at a time, please. “An image taken from a schoolbook” means that in the awareness of the channel, there is a certain form that the one known as Jesus would take, and He can only dip into that in the memory banks (of Suzanne) to create a manifestation, and therefore, since she was not one to attend church as a child, she has seen pictures, drawings of the one known as Jesus, and they portray a man with long locks sitting in a white robe, and so (the phrase, ‘an image from a schoolbook’ is) merely a metaphor for the standardized vision of the one known as Jesus. And that is how Source as He appears to her -- do you understand? – so that she would recognize Him. That is all.

Attendee: Thank you.

Sanaya: And the second question, please.

Attendee: Thank you. And in the five books of Moses in the Old Testament, are they, the stories and events, true as written? And are those the word of God?

Sanaya: You must understand that anything in the book has been filtered through human minds just as these words must be filtered through the mind of a channel. All words are the word of God. Do you understand?

Attendees: Yes.

Sanaya: Yes, that is the message. Do they come from the Highest? They come from the highest place that the recipient can understand. Are the events true? Anything that is experienced is true to the experiencer of it. Do you understand? Are you getting an idea of how malleable consciousness is? This is why we have informed this one to share with you an exercise in Point of View, for if those exact same experiences had happened to another group of beings in another time, it would be their truth, and it would be expressed in a different way – one moment – and it would be the word of God. Do you understand?

Attendees: Yes.

Sanaya: Thank you for your question. A new questioner, please.

Attendee: Yes. I work with hospice.

Sanaya: An angel in a human costume.

Attendee: One of my biggest joys is that when someone is declining physically is to help the patient and the family see the sacredness of what is going on yet I know so little about that sacredness. What can you share with me about the sacredness of --?

Sanaya: You are called to do this work, as are any in the healing profession – and you will forgive us, for we do quite often interrupt one as they asking a question – you are called to do this work, for the soul understands the sacred needs of the heart connected to the Source. You are perfect as you are. There are not varying degrees of sacredness. Sacred means working from the heart, which you do, as you would understand, in spades. (Laughter)

May you continue doing your work, and Spirit will work through you as you in the perfect expression, for you in that moment. And as you continue growing and evolving and giving of the self in service to others, that feeling of sacredness will not change. The expression of it may change. You will be received perhaps a bit differently by those you serve, but they will come to know sacredness through your very presence. And we thank you for your service.

Attendee: Thank you.

Sanaya: Indeed. And some of you now are a bit confused. Who is this speaking? This is Sanaya. And Jesus was Sanaya. And Suzanne is Sanaya. And for the first time, we can say her name without knocking her out of this state, for the understanding has finally filtered through the consciousness that All is Sanaya, which means One Worth Knowing, which is synonymous with Joy. Do you understand?

Attendees: Yes.

Sanaya: And therefore, all of you are Sanaya. And yet you did not need a T-shirt to say this. (Laughter) And you see now that we can bring a bit of humor in, for in the belief system of this one, “Jesus can say a few funny things, but not too much, for that would be over the top.” (laughter in the room) Everything is provided exactly as each of you can handle it, and Jesus would come through another and not joke at all. But now that this one is becoming more familiar with what and who exactly is Sanaya, the Holy Spirit – do you understand that?

Attendees: Yes.

Sanaya: -- the voice of God – now we are speaking in religious terms and some of you can understand that a bit better – but it does not sit well with this one, who was not raised with religious contexts, and so it has taken us years to get through those constructs to the point where she understands, “I am allowed to be that.”

You all are that. You all are “This” ... bubbling up.

And we do not wish you all to go around now and say, “I am Sanaya.” (Laughter) Find your own word (laughter).

And you will find that Sanaya is a bit more funny these days, for now it is okay for Sanaya to express through this one (with humor), now that she understands that Source can only express itself through each one of you in the own way that it can, through that unique lens. Do you understand?

Attendees: Yes.

Sanaya: So we can even have a bit more fun these days (laughter), and we are talking to her on bicycle rides ... a dialog, ongoing, and it does seem a bit schizophrenic (laughter). “It is a little busy in here” (quoting a line from “Wolf’s Message”), and yet she has gotten to the point where she knows she is not crazy, and she does not give a darn if anybody thinks she is (laughter and whooping and hollering and clapping).

Can you get to that point? Can you get to that point? It may take you years. We are not saying that you are all destined to be channelers. The main point of all of this is that you come to understand that exactly as the one known as Jesus, which is only Source showing up as that, for you expected it, can only speak through you in the way in which you understand, and it (Source) will show up in a perfect way for you. And the mother of this one (who transitioned last August) has not shown up yet (to Suzanne, a medium), for that would have kept her in the role of the needy daughter. Do you understand?

Attendees: Yes.

Sanaya: She needed to be set free if – even if that caused a bit of heartache, but the heartache was not there, for she knows there is no death, and she understands now that the mother was Source expressing itself through Ruthie. Do you understand?

Attendees: Yes.

Sanaya: And to speak to the mother now, there is only the need to go into the heart and say “Hi, Mom.” Do you understand?

Attendees: Yes.

Sanaya: And you are connecting there (with your own loved ones who have passed -- in the heart) for it is all the same Source, and all is well. And yet, some of you will have to listen to this a time or two (laughter) or for ten years (laughter). And it is all perfect.

And there is such Joy in remembering. And the forgetting is not deliberate; it is not part of a plan – (this is) a direct answer to a question – it just happens (the forgetting) as part of the rule-set in this reality. That is why we tell you to be as the little child, for the little child has not forgotten. It simply happens as you focus outward, and it is fine, it is fine.

You go about, and you have your careers, and you have your families, and you focus on your success. And even that is fun for a while, is it not? Great fun. Not always. (Laughter) There are times when you have your overtime and your double time and your family challenges. But there comes a time when all that loses a bit of its luster, or there comes a time when in the human world tragedy befalls you. We do not want to make light of these experiences, and we are speaking now most especially to the parents in this world (who have a child who has transitioned), and that is no joke. And yet, your children are well cared for, for who are your children? Source.

You have an image that they are held in the arms of God, and this is truth for you have created that. And so it is. Do you understand this?

Attendees: Yes.

Sanaya: Yes. Source is that malleable. Anything that can be created in consciousness is real. Your children, your loved ones, are indeed met by loving family members across the veil. No one is alone, for Source does not like to be alone. It is too enjoyable to connect, to feel the Joy of reunion, to anticipate the Joy of your reunion when you cross the veil and see it is true.

Here you are ... to enjoy your Joy as we part the veil for these magical moments when you experience synchronicities and glimpses through the veil. It is all very real, yet it is all Source. Is this a dream? Saying “yes” would denigrate your experience, but what is a dream but the play of consciousness. Will you awaken from this dream? Absolutely. Will you look back upon it and say “It seemed so real”? Most definitely. Does that make it any less real now? Not at all.

Are your dreams at night real to you whilst you are in them? Absolutely. Do you awaken in the morning and say “But it seemed so real”? It is all a play of consciousness. It is all a play of God. It is all a play of Joy. It may not all be enjoyable, but it is all a temporary outpouring of love in manifestation. And it is you who are creating this experience tonight as it goes on and on and on. (Laughter) It is your energy that is holding this space. Do you see how important you are? Another question, please.

Attendee: Is the younger generation that we call --

Sanaya: Not lost at all.

Attendee: Okay. Not my question but (laughter) but what they call the Millennials, are they here to – are they bringing a positive change, a higher vibration?

Sanaya: Most definitely. Many do not like change, but if you look at the pattern of generation upon generation, what is dangerous to some is a thrill to others. What is change to some is abomination to others. Many humans do not like change. But the theme that you are seeing in these younger ones is equality, and change is difficult. We’re not saying that all is good or bad, it is simply happening, and you are feeling the results of that as discomfort, as trying to fit into ill-fitting clothes at the moment. Whoever enjoys the clothes of younger people? (Laughter) And so watch and see how it unfolds, and remain open, and change your seat within this theater of the round, (correction: theater) in the round, and enjoy the process. Change is a‘coming. It is inevitable. It is the way I like it, Source. Do you understand?

Attendees: Yes.

Sanaya: It would be quite boring if nothing changed. Do remember these manifestations of masters, angels truly do exist. They are part of the rule-set here. It is Source bubbling up, and they can dissolve into One at any time, but they do exist, and they are indeed looking over you, nudging all of you to stay on the right path.

You all have free will, but they are making sure that things do not get too out of control, for there always is a basic message: Love is All That Matters. And we will not go on and on and on, for now the lessons, the learning continue through you as Source opens your eyes wide and views outward at the world, but never forgetting it is just a window upon the world, a viewpoint that you are providing.

See with new eyes, will you? Understand Who and What is looking through your eyes. Know it for the blessing that it is to know it. You are so loved. You are reflection of the Source.

We bid you good night.