

**Session with Suzanne Giesemann and Sanaya  
Unity of The Villages  
Summerfield, FL  
March 6, 2016**

Suzanne discussed the new workshop she led over the past few days (“Your Emerging Soul”) and apologized that she was a bit tired. She gave a brief overview of how she blends her consciousness with her group of guides called “Sanaya.” You can read more about Sanaya at: <http://www.suzannegiesemann.com/whoissanaya> and read Sanaya’s daily messages at: [www.SanayaSays.com](http://www.SanayaSays.com)

The song enjoyed before the session was “Om Kumara Mantra” from Deva Premal and Miten’s CD, *A Deeper Light*. The song enjoyed after the session was, “If Not for Love” by Karen Taylor Good and J. Martin.

All notes in parentheses are inserted after the session to help the reader have a clearer understanding of the words spoken and the experiences shared. “This one” refers to Suzanne.

The recording of this session with Sanaya is available for listening and download at: <http://www.suzannegiesemann.com/sessions-with-sanaya-2>

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Sanaya: Good evening.

Attendees: Good evening.

Sanaya: We have done our best to lift this one up this evening, and she is in a bit of an airy state – in between the two worlds ... not quite with her feet in this one, and not quite with her feet in that one, as it were. You might note the difference, but you will still feel our energy just as powerfully as ever.

We are here amongst you this evening spreading our energy out and over you like a blanket to enfold you in our love as we do at all times, but as you have set the intention of feeling that—of being present to that which you are—this evening, we give it to you in a tangible way.

This one has shared with you this evening an example of her being brought down to the very human level through a very human reaction, and quite aware of it was she at the moment at which it occurred, when words that are no stranger to her lips, but ones that

she wishes not to repeat quite often, did slip from the mouth. And does this not happen to you as well when you—as you say—“lose your temper”?

What is temper, but the flaring up of human emotions in such a way that it causes conflict with others, quite often caused by conflict coming at you, as it were. When one gets in your face, do you not immediately react in the same way in return? Impactful acts cause this. But what is at the root of all of this? What is at the root of anger? What is at the root of spite? What is at the root of pain? It is pain that is at the root of anger, but beneath all of that is separation.

The pain comes from forgetting at a visceral level who you are. And you forget for various reasons. This one did not necessarily forget, but the tiredness did keep her from being in a state of knowing, a state of feeling, a state of remembrance that we are one—that we are spirit—all of us in the spirit world with all of you: one vibration. One frequency. And that is love.

You are immersed in quite a bit of pain in your environment right now. It is a discord amongst the citizens of your country who are dissatisfied with your leadership. “Oh no! Are They going to talk of politics?” (Laughter) In a way, yes. In a way, no. For, underneath all of the pain is separation ... separation from the Source ... forgetting why you are all here ... forgetting that you are all brothers and sisters. But even in that, there is separation, for beyond gender, all is One. Love has no separation.

And yet, you separate into male and female, and from there the separation continues until now you are fighting against each other due to the belief systems ... programming. And this pain from separation comes out as anger. (This election period is) One of the most angry episodes you have all experienced in your lifetimes in a country based upon unity. For did this country not come together in the beginning based on separation from its ancestors? And you have forgotten that.

You all came together, for there was discord, and now you are growing apart again. What will it take to come back together? A massive transformation at a spiritual level – at the heart level.

Can you make a difference? Yes, you can, by going to the heart, by remembering Who you are, by not putting oil onto the fire. Does this mean that you do not state your opinion when you feel very strongly about these issues that are coming to the fore? Not at all, but can you do it with love? Can you do it with equanimity? When you feel the anger rising, it is because those around you are in pain, and they raise the pain in you—the pain of separation. “Why cannot we live as one?”

That is the heart’s desire. That is why you feel the pain. What is the solution? To continue to be the presence of Love. This does not guarantee that your election will come out as

you wish it to. This does not guarantee that you will have peace in your country, but it most certainly guarantees that you will have peace in your heart.

Would not that be a beginning? Where there is true and lasting peace, there can be no pain. There can be no suffering. If you can hold the vision of a country where all are at peace, this is the beginning, and it begins with you. Ah, yes, the song. "Let there be peace on earth, and let it begin with me." There is quite a lot of truth in these words.

Are you living these words? Can you state your opinions and maintain that state of equanimity? As you read your headlines, we are quite sure that many of you will feel a bit of dismay. May this be a reminder to you that yes, you are part human as well as fully spirit. And therefore it is quite all right to express the human side, but when you can merge the two and express the human side with love, then you are living on purpose.

Peace always lies within. It is always there, and getting back to our point: it is the pain that you will recognize in yourself as disease and dis-ease, as discomfort, and as dismay at the direction in which your country is going, and turn it around – turn around the disease, and the discomfort, and the dismay that you are feeling, and look at it in the face. What is this trying to tell me? Rather than spewing that out with sailor words to others, can I look in the mirror and see what within me needs to change?

By rejecting the actions and the thoughts and the beliefs of those around you, you are not accepting the wholeness, the fullness, of the human experience. All of this is part of it. These are your greatest lessons. What do you have to learn from this? Peace. Understanding. Acceptance.

Suffering comes from denial of what is. "I cannot live in a country like this. I cannot stand this situation." Do you see where suffering comes from? This is what you are faced with. This is what consciousness has created through the mass consciousness of the human belief system. Here it is. What will you do with it, my friends? What will you do with it? Will you throw oil on the fire, or will you be a change agent?

Will you come from the heart? It does not mean that you cannot protest. It does not mean that you cannot state your opinion. But can you do it from a place of love instead of pointing fingers? Turn that finger around and point it at yourself. "Am I being the example for others or am I -- in human terms, understand us -- 'just as bad as they are'?"

Us vs. them. Such human, human situations, and you are mired in them. Yes, this is a bit of preaching. We understand this. Can you feel the love underneath it? We are trying to help you. We are trying to give you a different way of seeing this situation you have created. You, as a nation.

“Oh, I feel that I have not created this at all!” you say. “I do not think like what I am hearing around me.” But you understand “As above, so below.” If all is one, there is one Soul, and it expresses itself in a myriad of ways. One nation is one body. It is an expression of consciousness. A nation is a being—a living so-called “breathing” being of consciousness. It has a vibration all its own. All nations around the world have their own vibrations. Many around the world have looked to this nation for its unity. “One nation under God.” You are all under God. You are all God. This is the point that many around the world and in this nation are failing to see at this moment: the oneness. The oneness.

How can you change this? Can you sit in the silence several minutes each day and hold the vision of peace in all hearts? Can you see that no matter how your elections turn out, change is a’coming, as you say? And change is the human way. All changes. For good reason. This is a learning laboratory. Change is not always comfortable. Human beings do enjoy their comfort. You enjoy settling into a warm, soft place and staying there, which is why meditation feels so very good. At some point you must emerge and step back into the tumult of the human situation and it is most certainly tumultuous for you at this time.

Tempers flaring. Underneath it all, pain and suffering. And at a different level: peace. May you carry that peace with you as you read your headlines, as you watch the pain on the television screens, and continue to recognize the pain that that arouses in you as a sign of misalignment, causing you to ask, “How can I come into alignment to help to raise the consciousness as a whole?” For you are a cell in this body of a nation, and when cells fight against each other, you have a cancer. A cancerous condition is not optimal. But there are always cells that can remain healthy to ensure the survival of the body.

Do you understand our message? Do you understand how very important it is for you to be the presence of peace? The presence of love?

We will entertain questions now and hopefully raise the energy a bit in here, but we do know that this was a message better stated earlier than later so that you will maintain equanimity up until your November deadline. (Laughter)

Is there a question that we can answer?

Attendee: You have stated previously that when we reincarnate, we don’t come back as animals, but we go to a higher level. Do we reincarnate in other dimensions and come back as what we would know as aliens?

Sanaya: This is quite a good question, and we will repeat it for those of you who have not heard. Yes, we have stated in the past that once you have achieved the higher consciousness of the human being, you do not reincarnate as a being with the consciousness such as an animal, although we dare say that there are some domesticated animals with a higher consciousness than some human beings (Laughter).

And now, there is the (higher) energy. Thank you. (Laughter).

The question is asked: Do you reincarnate and become extraterrestrials? First of all, remember the lesson that we have stated and this one has shared most recently at the culmination of the workshop: that all is one ... one expression of the one Intelligence, the one Source ... of Ultimacy ... with thanks to the member in our audience who has come up with this term “Ultimacy” as the one Source of all of you.

All that is, on every dimension, is Ultimacy, Source Energy. Doctor James Royster is the name—the man who coined this term (“Ultimacy”) that you should take to heart. There is naught but Ultimacy. There is no opposite to Ultimacy. You are an expression of Ultimacy in human form, therefore, you—in a manner of speaking—are expressing as a dog and as a cat. Do you understand our point? There is no separation. It is all the same Source Energy expressing at different levels, but these different levels add to the whole, and therefore do not go backward but ever onward, ever upward.

It is all one energy. You are on a trajectory now as a human being, and this vibration will continue. (The energy shifts here and the speaking takes on a whole new rhythm and picks up speed).

If you will read the transmission of information we did give to this one about life in the afterlife, you will see that you will remain on this trajectory, returning to the human lifetime over and over until enough lessons have been learned so that there is no reason to return to human form again. And then you will maintain this trajectory ever onward and upward in a spiral-like form, and help those who remain in the human lifetime, becoming spirit guides, or perhaps doctors on the other side assisting those who need doctoring from the other side ... but still in the human life line, and then becoming angels for the humans, and archangels.

Now, does that very same Energy reincarnate in different universes, different levels, different dimensions? “Yes and no” is the answer, based on what we have just shared with you. All is one, and so, that One Source Energy is having different experiences at this very moment in a different trajectory as Pleiadians, as Arcturians, as Syrians, and dimensions and worlds and realities which do not even have names in your vocabulary at this time.

There are limitless ways in which Ultimacy expresses itself. Concern yourself with the trajectory that you find yourself on now. Do you not have enough lessons to learn here without worrying what you are doing when you are around as a Pleiadian or an Arcturian? (Laughter)

So, in a sense, yes, You are having all of those other experiences, but that is You with a capital “Y.” Do you understand? There is no separation. And for this reason, should you construct a shape in your energy field that allows you to expand your field in such a way that you can travel to these different dimensions, you can experience the lifetimes that You with a capital “Y” are experiencing at this moment in those lifetimes, for there is only one Now Moment.

And you can experience You as You in every dimension if you are willing to leave your identification with the human side behind for a moment. This does engender fear in some that they will not return. But trust us: as long as there are lessons to be learned as a human being, this body will remain in place intact waiting for the soul to return from its playground during its experiments in consciousness.

So travel at will if you will, and experience the multitude of experiences that all of you are having as The One. The playground awaits all of you. Play, but know that you are here in human form for the lessons. If you have not yet mastered these lessons, then perhaps you will want to work on raising your frequency here to the utmost of your ability, to bring more love back with you when you cross the veil and rejoin—at the angelic level—the guides who have been guiding you so lovingly to get through this lifetime.

Ahhhhh. We hope we have answered your question.

Attendee: Yes, thank you.

Sanaya: Yes. We did bring in another member to answer that. Did you all feel the shift in energy? Yes. Is there another question?

Attendee: Are there spots on earth that are more powerful or more spiritual—

Sanaya: (Interrupts) Most definitely. You would call these “vortexes of energy,” and you are sitting on one here. Are there spots on this earth that are more spiritual/that have different energy? And we have answered “most definitely.”

Why have some of you been called to this place (The Villages/Central Florida). Some of you came kicking and screaming, others quite willingly (Laughter) ... quite willingly, and did not know why. And you find yourself here on a completely different trajectory, if we may use that word again. It is not what you expected, and yet you find yourself in this place where your spiritual path unfolds in a direction which you never did expect.

And here you are. It is because there is a refined energy here, but it is built around the consciousness of those who wanted to be among kindred spirits, and so gathered in a place known as “a happy town.” And so, love can flourish here. You are free to experiment and play and believe what you wish to believe here without being ridiculed by

those who are mired in dogmatic religions and belief systems which are holding them back from experimenting and playing.

So this is one of them. Others you will find on mountain tops, and also in great valleys, where the energy surrounds you. Many of these spots are inhabited by kindred spirits. Your Mount Shasta is one. Your Lake Louise area is another. The entire region of the Rocky Mountains is another. Your Asheville in North Carolina is another.

You will find all of these spots at nodes on the Christ Consciousness grid—that stellated dodecahedron that wraps itself around your earth as an indicator of the consciousness level of the earth at this time. Ever brighter, believe it or not. That grid is growing in brightness as those who inhabit the different nodes—those vortexes of energy—with of course smaller nodes in between the nodes just as you have smaller chakras in between the major chakras in the human body, all those adding to the brightness of your Christ Consciousness grid.

And so, your presence is quite a gift to the grid, to the consciousness of humanity, and to Mother Earth herself. We are glad you have come.

A good question. Is there another?

Attendee: Could you tell us, when will there be telepathic communication commonplace?

Sanaya: When will telepathic conversation be commonplace? It is becoming more commonplace. If the husband of this one can pick up on her thoughts, as he has demonstrated today, then there is hope for all of you. (Laughter).

All of you make this one laugh in the background, for she listens to our words as well. It is quite surprising as you begin to pick up on the thoughts of those around you. “How is it that we are catching each other’s’ thoughts?” It is because you yourself are raising your consciousness to such a level that those around you and those you attract to you cannot help but rise in consciousness as well.

You are seeing this in your younger generation, for they are not mired in the dogmatic beliefs that we have been talking about. And they are able to see past there, and go into the heart. They are used to instant telecommunications through their texting, through their telephones, through their internet. They like things rapidly, like we are speaking, and this speaking through the words is quite a wasteful use of energy, is it not?

For we can send messages in an instant like a hockey puck of which this one spoke earlier. It is most efficient (to send entire concepts telepathically back and forth like a hockey puck, rather than individual words). And so, if you were to practice this you would find that you can do it at will.

Your telephone rings for you have sent out a call (telepathically) for a loved one to call you. You call a loved one and they say, "Why, I was just thinking of you!" It is happening more and more. It is indicative of the Christ Consciousness grid becoming brighter. As it becomes brighter, the consciousness that is held in place beneath it cannot help but rise. It goes in both directions. Ahhhh. So there is hope.

Work on yourself, and all others around you will rise, and the generations that follow you will find it quite commonplace. They will no longer need to text each other. They need merely make that shift to a higher level for instant communication.

Was this not fun? Yes. We will do it again. One more, please. Another question.

Attendee: Sanaya, great gratitude.

Sanaya: And to you, Beloved.

Attendee: A Course in Miracles, Sanaya ... I have been studying that, and I wanted to ... it is the word of ...

Sanaya: It is the word of God. It is the word of Jesus, as it is the word of One.

Attendee: Thank you.

Sanaya: It speaks to the heart, for all is One. It is the words of that one which you have heard this evening.

Attendee: Thank you.

Sanaya: It can be believed. If it does not speak directly to you then find another word of That One. All channeled words speak to the heart. And ask the heart: "Can these words be believed or not?" You already knew the answer to your question. You merely wanted confirmation, (Yes) which is what all human beings want. Those who visit a psychic already know the answers to your question.

You already know the answers in your heart. If you can only know to look within. You can use a pendulum if you want. It is the body answering the question for you. Put the pendulum down. Go to the heart. Seek confirmation if you will. Use the body as the pendulum, if you will. It is the human mind that gets in the way and wishes you to say, "This is nonsense. I need an expert opinion."

Hear us well: the Expert lies within and around you. It is you, which is all that is. Expert, with a capital E. And you are That.

Rely upon your friends, if you will, but none can be trusted greater than the One, and you are That. Seek within for answers. When you have a question, ask it. Connect with the Divine. "I surrender to the Divine, and ask this question ..." Surrendered to Ultimacy.

You are That. Ask your questions of that, my friends. The answers already lie within. If you need a sign, ask for a sign. You will receive it. Ask your questions one after another until you begin to understand that you can trust the answers you receive when they come from the heart.

There is only one Heart, and you are part of That. We will speak to you telepathically now for a moment. Tune in to your heart and hear our words: (Long pause).

Message delivered.

You are so very loved. The answer is "Yes."

Blessings be upon you.