

**Special Session with Sanaya and Suzanne Giesemann
Unity Spiritual Center, Fruitland Park, FL
Sunday, March 4, 2018**

Before the session started Suzanne shared highlights of her recent readings and daily messages from Sanaya. She welcomed special guest Mavis Pittilla who is in The Villages teaching her week-long class in advanced mediumship. Mavis was also Suzanne's guest on her radio show, "Messages of Hope" on Unity FM on March 8 and this show is archived at: <http://www.unity.fm/program/MessagesOfHope>

The song played before the session was "How Great Thou Art" sung by Carrie Underwood. 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 and the written transcript is available for listening and download at: <http://www.suzannegiesemann.com/category/special-sessions-with-sanaya/>

You can read more about Sanaya at <http://www.suzannegiesemann.com/who-is-sanaya/> and read Sanaya's daily messages at: SanayaSpeaks.com

Thank you to Debra Henson for this transcription.

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: What would happen if you would cease having opinions? What if you were to no longer place labels upon yourself? What if, instead of judging yourself with low-vibratory words such as "I am not worthy," "I am a fool" -- and we regret starting this evening with such low vibrations, but we do promise you we will raise them as the evening proceeds, but we are quite sure that all of you are familiar with this sort of self-talk that does nothing for helping you through this life when, in fact, it keeps you quite separate from the true self, from knowing the soul of you, the heart of you.

What if you were to have no opinion at all of your human self? Have you ever thought of this? Why, if you were to have no opinion of yourself, if you were to simply practice being ... being what? Being life itself. Being alive. Being imbued with the life force, as you are at all times, yet the labels that you put upon yourself do dampen your awareness of this life that flows through you. "I am not worthy." "I am less than..."

Can you see how these labels that you put upon yourself, these opinions that most likely were passed down from another who also felt “less than” keep you from experiencing your magnificence?

How often do you say to yourself “I am magnificent”? You might laugh at saying such a thing. “Why, that would be egotistical,” you say. “Who would I be to say ‘I am great!’”? And yet, you do not hesitate to say quite the opposite. And we tell you such lower vibratory words are also egotistical, for it is the ego which wishes to keep you from knowing your greatness, from knowing how magnificent you are.

And so, as you put labels upon yourself, as you have opinions about yourself that are not based in Truth – with a capital T – why, then, the human habit is to then project these selfsame attributes upon others. Were you to have no opinions about yourself, why, then, you would have no opinions about others. Have you thought of this? Try it, why don’t you, and you will see if you can get into the habit of having no labels, of simply being present, of enjoying life flowing and not constantly judging your reactions to it, your role in it, this life in which you find yourself, why, then, you would no longer label others either. You would simply be able to be present with others and not say “There is one who is different” and project your judgments.

This is an exercise we wish you to practice as you go about your day in the coming weeks of simply being aware of the opinions you hold about yourself, or “I failed at that,” “I am a failure,” and then it becomes quite easy to find others who are failures as well. And yes, of course, you could practice puffing up the self with these words such as “magnificent” and “great,” but we dare say this would feel false to the human side of you, which is why we advocate no labels at all, and you would find as the mind ceases thinking, the attachment to the thoughts in this spacious openness, this presence that you have created, what you will experience is something the ego does not want you to experience, and that is love and connection; for when you are no longer judging the self, and when you are no longer judging others, why, what is left but the awareness of love, and the awareness that this is what has been beneath those labels all along, and the awareness that this is what flows through the others as well now that you are no longer projecting labels.

And as you come to recognize that love that flows through you, it will transform your life.

Are you not ready for a bit of transformation?

This one has had several difficult lessons this week as people with whom she is not familiar, she has never met, have been throwing labels at her through your computer, your websites, your Facebook, you would understand it. (These messages have come from) people who do not know the recipient of their words, simply acting upon fear, fear of speaking to spirits. Do you understand us? This is speaking from a place of ignorance, for if they were to take away their own fears, they would then be able to access the heart, the true self, and feel the love beneath all works that come from the heart. And the lesson for this one is not to judge their fear either, to have no labels.

We wish to speak now of a separate subject: How often is it that the human, the ego side, needs to have the last word?

Have you caught yourself when one says something to you and you get your back up, and you get a bit defensive, you feel wronged? Can you recognize the ego at work here, the separation? And so, either with love in your heart or ego at the forefront, you react, and you state your case, and you feel you have done a good job of it. You have expressed your opinion—and there are those opinions again—and you are satisfied until the other, who now needs to have the last word, states their opinion. And you can see this is like a tennis game. The ball will continue bouncing back and forth, back and forth, back and forth until one of the egos gets out of the way and the soul finally gets through and says “Can we have a moment here, please, can we bring in a bit of love to this discussion?” for it will never end unless one of you comes to your true sense and realizes both of you are entitled to your opinion.

It matters not who is right and who is wrong, all that matters is love.

This one was shouted at with your capital letters earlier. The energy in your emails reflects the energy with which those emails are returned. Do you understand that? As you correspond with others, be quite aware of the emotion and the energy you are putting into your correspondence, for it is felt at times physically. At times the other is not aware that your energy is coming through the words, but, hear us well, this is reality. And to respond in a kind with your capital letters, shouting, without bringing the heart into the issue, is throwing oil upon fire.

We understand it is the human way, to fight fire with fire, but what happens when you do not fight at all? The ego wishes to, again, put the back up. But if you can take a breath when one gets in your face either in person or with words carrying the selfsame energy, why, then, in that moment of pausing, that moment of “no-thought,” there is the space where the spirit can speak, where the soul can make its presence known and say “Can we show you a better way to respond?” And at times that better way is no verbal response at all, but an opening of the heart. For as you do this, the selfsame energy that you would put into an email, were you to write a love letter, goes out and is received by the object of those thought vibrations. A bit of science here, but quite real: The love that you send out, the love that you put behind your words, is received; whether or not the ego wants to let it through, the soul receives it.

And so, the next time that someone expresses an opinion opposite of yours – for they have not yet learned to silence the opinions, to try living without opinions and labels – try responding not with words but quelling ego’s desire to fight back and simply open your heart and responding with *heart mail*. You may never know the results of your action at a human level, but trust us, two souls are now saying “At least one of them gets it.”

Do you get it, how important it is to recognize that there are two sides to you, human ego and the soul? It is not a competition. Ego will bow to the soul as that love comes through. It has a job to do, to keep you operating amongst other humans, but as you come to know your true self, as you get rid of the labels and the opinions, more and more you will radiate such a vibration that you will no longer need the lessons of others putting lower vibrations in your path.

Is there one of you here this evening with a question for us? We look forward to answering it.

Attendee: Can you tell us more about ascension and how soon it will happen?

Sanaya: Ascension is occurring now, friends. It is not a momentary occurrence when all souls will suddenly arise to the higher realities. Ascension occurs soul by soul as you awaken to the reality that you are far more than human.

Ascension is an awakening as you begin to tune in more and more to your higher selves. We do not wish to puff up the egos here this evening and tell you that all of you are ascending more than others out there; that is not our purpose. It is not a competition, as we said. Evolution of the soul is ongoing. You can look about you and read your headlines and see that there are many who have yet to awaken to the reality that love is why you are here, that you are here to learn to accept human behavior and overcome it with love.

The more you find yourself not having to have the last word, the more you find yourself not judging others and putting your opinions upon them, why, you can then claim, “Perhaps I am ascending a bit.” But the more you find yourself not needing to judge how much you have ascended, then you do begin to understand what this fuss and shout is all about.

The more you can read your headlines with your ongoing tragedies and understand that learning is taking place, and often it happens as a result of these tragedies, that transformation occurs from pain, that death is not the end; the more you understand this, the more you ascend.

What does this mean? Your energetic field reveals your light. The more you understand who you are, your light brightens. We can see your lights. From our perspective they are brighter than in decades past. Yes, of course, there’s quite a bit of brightening yet to be had; there are dim spots throughout your Earth. But you are not alone; you have much help. These nudges of which you have heard this evening come from your assistants in the higher realities. You are not ascending alone; you are coming into communion in awareness with us. That communion happens naturally, for our worlds interpenetrate each other. We are here to help you, and in so doing, you help us.

It is all about the love, the love. We cannot state this often enough. Tune into your heart. Do you feel the lift? That is ascension. Do not worry about when or how; simply love each other. That is our message.

Is there another?

(No response)

Sanaya: Why, we have left you speechless.

Attendee: What are your thoughts –

Sanaya: We wish to leave you merely speechless in the awareness of the love that surrounds you. Could you see the light beings around you, you would no longer need to label yourself, to drag yourself down. We begin again with the message – we will end this evening with the selfsame message, to pay attention to your thoughts. This is the beginning and the end of the spiritual path: to awaken to the damage the human mind can do. This is a legacy that is passed down from ego to ego, but you can stop it by awakening: “I am not these labels. I am not only a human. I am both human and a beautiful light, a soul.” This is what you came here to learn.

Catch yourself if you ever demean the self. Human beings make mistakes. You will continue to make mistakes. Treat yourself as you would treat a little child who stumbles, with love, with compassion, with understanding. This is how we see you, not as children, as equal lights, here to help you turn your light up. We will help you catch yourselves as you repeat habitual patterns of pulling yourself down. Can you help us help you? Catch the labels, put them aside, and repeat after us: “I am love. I am a beautiful light. I am here to shine.”

May this be your daily mantra. May this transform your life as you shine your light upon others. You are so very loved. This we cannot say often enough.

Shine brightly.

We bid you good night.