

**Special Session with Sanaya and Suzanne Gieseemann**  
**Unity Spiritual Center, Fruitland Park, FL**  
**Sunday, January 6, 2019**

Before the session started Suzanne shared highlights of her recent readings and daily messages from Sanaya. The song played 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 and the written transcript is available for listening and download at: [www.suzannegieseemann.com/category/special-sessions-with-sanaya/](http://www.suzannegieseemann.com/category/special-sessions-with-sanaya/)

You can read more about Sanaya at [www.suzannegieseemann.com/who-is-sanaya/](http://www.suzannegieseemann.com/who-is-sanaya/) and read Sanaya’s daily messages at: [www.DailyWay.org](http://www.DailyWay.org)

Thank you to Debra Henson for this transcription.

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: And we welcome all of you, those who have been sitting with us for quite a while as well as those of you for whom this is a new experience. And for those of you who have never experienced the presence of Spirit speaking through a channel, it may seem a bit different. We ask you to get out of the thinking mind and sink down into the heart.

What do we mean by sinking? So many of you believe that you exist as a miniature “you” in the head, and the rest is something that you carry around with you, when in fact you are not the body at all. The body is that costume that you wear throughout the role that you are playing here on this earthly stage, but you are not stuck in the head nor do you exist in the heart, but the heart is the perfect bridge between your essential nature as a soul, as pure Spirit energy, and the body for it is the center of you. And in a way you are the center of the universe, but do not allow that to go to your head for that would be ego. You cannot not be the center of All That Is for when you get to your true essence, your true nature as pure Spirit, pure Be-ing, in effect, there is no center, for only an object, which has boundaries, which has limitations, can have a geographical center. But you as pure Be-ing, pure Is-ness, awareness, have no limits. This is your task, to grasp this awareness and allow it to filter through to your human awareness. The key to living a peaceful life whilst in human form is to remember that you are Spirit.

And now we will define a few things with the proviso that you understand that using your language is a limitation in itself. Some of you are a bit confused when we use terms such as “Spirit” and you are a soul. Spirit is this pure awareness, the energy of love that connects, that is All That Is. The soul is an aspect of that that has arisen from the sea of all consciousness, awareness, and that soul manifests in form as you; and therefore, there are three aspects of what you would know as “You.” There is the drop of water, which would be analogous to you in the body; there is the wave of water, analogous to the soul that arises and goes back into the sea of pure Be-ing, of consciousness. Three in one, and all at once, all a human. And this is what we mean when we say that the key to a peaceful life is understanding that you are not just a human in form, the drop of water, but the entire ocean that has no form yet arises. Spirit is the ocean; the soul is the wave; the human body is the drop. Do you understand us? We are trying to put into words that which cannot be put into words, using analogies, using parables, using stories. What you are doing in human form is living out a story.

You have just recently gone through, in the Christian world, the Christmas season where many have celebrated the birth of Christ, and now we are going to share with you the metaphysical definition of a christ, a noun. A christ, metaphysically speaking, is the perfect idea of God, if we were to give that sea of love a name, pure intelligence and creativity that rises and manifests; that is God. Can you see that God is the ocean? And you have arisen from that, an idea that arose as a wave and then had a further idea, to take on a role. And the perfect idea with all of the highest attributes contained within the sea of pure potential, the perfect formation of this is a christ. Can you see now how your story of Jesus the Christ is exactly that, the perfect idea of God? And you see now why the one known as Jesus said “I and the Father are One” and yet made it clear that all have this potential for it is the same ocean, the same Father from which all of you arise. And we wish to make it perfectly clear that it matters not whether you are Christian, Jew, Muslim, or atheist. All of you arise from the sea of consciousness, whether or not you choose to call that “God,” knowing that love is the very nature of that sea, for divine love is the absence of separation. That sea of consciousness has also been referred to as the Light. And therefore, when you hear one say – and we ask you to say this often – I am the Light, you are speaking truth for all of you are rays from the same sun, that self-luminous Light that never goes out, that has radiated forth in its fullness, in its desire to create and has created you for no other reason than to shine.

And therefore, as we say, that to experience your true nature, which is that indivisible luminosity, you must get out of the head, the human mind, which looks outward and sees only separation, and sink like a wave back down into the stillness at the bottom of the ocean, where all exists in potential to rise again and again and again as waves, having adventures, rising up where it can be a bit bumpy and tumultuous on the surface. You agreed to ride the waves. And we know full well how it is to be human. We, the group known as Sanaya, there are members of our group who have been in human form, others have not, yet all of us are quite grateful to all of you for the learning you have agreed to endure in your earthly roles. Why would you do such a thing? Some of you question your sanity for deciding to take on human lifetimes. That decision was not a human one; that was the Sea of Love, knowing it must create, it must share. It cannot be otherwise. And, of course, we are anthropomorphizing that which is not at all human – again, an analogy so that you will understand at a soul level, at the heart level, this is who I am. And hopefully, that will rise up into your human awareness so that when you go through your

challenges that are inevitable in the human life, you will say “Ah, yes, this is most uncomfortable, I do not care for this, but what has been learned from this that can be improved upon?” Like the painter who creates a beautiful work of art and looks at it and says “That is beautiful, I have gained much pleasure from it, but I am not quite content with this area over here, let us create yet again.” And even though that which was created before brought pleasure, life in expression is about creating again and again. That does not mean that you do not ball up creation and toss them to the side.

Be patient with yourselves. You are masterpieces evolving, all of you born of the same canvas, all of you arising from the same sea, all of us arising with you. We do not speak down to you but with you as fellow travelers, fellow waves, you the drops in human form, the bravest of the brave, knowing you have entered into this reality where the flesh, which is the veil that descends when the soul enters the physical body, knowing that, that veil of flesh will blind you to your true nature, which is why it behooves all of you when you are knocked off balance to sit back, close the eyes, shut out the outer world, get out of the thinking head with your chattering thoughts, the gerbil that goes round and round and round endlessly, and remember there is another aspect of me, I’m tired of the drop of water, I am going to dissolve back into the wave.

The soul – hear us well – is the bridge between Spirit and human, but it is not three separate entities; it is a spectrum of experience of pure Be-ing, of wave, of specific apparent individuality. But imagine the drop in the ocean; it is not separate at all nor can you divide a wave from the ocean.

We state the same stories many times, but you cannot hear it too many times for the human in looking outward so often forgets to turn around and remember I am this awareness, I am this sea of love. Now that I have remembered, may I shine my own luminosity upon others around me. May I strive to be that perfect expression of the source that joins us all. It is here in potential. It has always been here. And this is why I feel a bit uncomfortable at times, when I do not quite live up to that ideal. But hear us well: Do not feel guilty if you are not perfect. Have you yet met in your lifetime the perfect person? It does not exist, but it can. And to merely strive to do your best at times is quite enough. Know that there is no one judging you from on high. Your own heart does not judge you; it nudges you, it pushes to the awareness rising up like the wave to say “You remember love. You remember your true home. It is not a far-off place. It is right here bursting to be expressed. Come back. Choose love. Shine upon the world.” Do you know that that is all you need do to find peace? You need not move mountains. You need only choose love.

If that sounds simplistic, can you see how it would change your world if all did exactly that? It is exactly that simple. And so when you see power grabs and judgment and all of those very human things, it is quite all right for that is the human way. But there is a better way, and it comes from aligning your true nature as Spirit with your current nature as a human being. How lucky you are to have this awareness and to have limitless opportunities to practice. And you may practice perfecting yourselves, but that is a lofty goal. Simply practice being present, loving, and begin by loving yourself now that you are remembering who is really inside, not the mini-you inside the head but the true you with no limits, no boundaries, eternal and always here. When you remember this, then you are truly guided coming from the heart.

We are always quite aware that our words at times sound a bit like preaching, but at the same time, it is merely a little chat from our heart to yours, and does it not feel delicious?

If there is one of you with a question this evening, we welcome it.

Attendee: Many of us in this room have been to see the Brazilian healer John of God, who's recently been accused of molesting several --

Sanaya: Rather than bringing down the energy, we are quite aware of the question: How could one who was stated to be a healer have perhaps conducted himself in such an atrocious way? And was not our discourse with you this evening the perfect explanation that no human is perfect? You are all both human and Spirit. Are there not now lessons for all of you from what you are reading in your news that even those who appear to be on a pedestal, who can indeed be working with teachers from on high, who can indeed be guided by surgeons from the higher realms, how could one such as this do very human things? For the human is not always connected to Spirit. When that one was working, he was working with Spirit. But waves rise and waves go down, and drops of water wander off at times, and the surface gets a bit tumultuous. Is this not an opportunity to understand the human condition, to see where human frailties and failings arise and why they do? Is this not a time to practice compassion and understanding and appropriate responses such as, of course, the agreement that human actions that hurt another are not acceptable, to understand that all humans have a dual nature, and that so far there are very few who walked this Earth as a christ? In the meantime, rather than worrying about another's actions, know that we all in human form have the potential to fail. Be easy on yourselves, focus on your own actions, and state "There but by the grace of God go I."

Is there another question?

Attendee: Is there a correlation between the zodiac sign we're born under and what we're supposed to learn here?

Sanaya: Quite a correlation between the zodiac sign and what you are supposed to learn. There is quite a bit of truth in your astrology. Your little snippets that you read in the newspaper each day does not do a service to the actual alignment of planets. Were you to study the orbitals of planets, you would see that even the orbitals create geometrical shapes similar to the forms and patterns around your own energetic body and around all organic beings. What does this have to do with astrology? The fact that these patterns are ways of holding in form your life pattern, and it is decided upon at a soul level at the time that you are choosing the parents who will most help the soul to undergo the tests, the challenges, and the learning that the soul wishes to have to expand its repertoire of using and experiencing energy. At the time that the parents are decided upon, it is looked at, the relationship of the planets, and what form under which the being will be born is the perfect timing for that being to have certain experiences. And so if you are aware of a Leo that is quite a show person and shines their light brightly for they cannot help it, you would know that that soul chose to be born to specific parents so that they would be born in that time period under the planetary influences of what you would know as Leo. And so there is quite a

bit of truth to it. Long answer indeed. But the more you look at anything that exists in your world, you will see how you are part of one big web connecting All That Is.

We will entertain one more.

Attendee: Is there a vortex of energy here in The Villages unlike other places?

Sanaya: Most definitely. And you know that you did not even need to answer ... ask that question for you have come to this place and you said "What is it that drew me here and how could I have found so many like-minded individuals?" If you were to see how you have been guided by the guides to this place, many of you would say, "But I never thought I would go to live in Florida." And indeed know that the vortex in certain places is created geographically along what you would know as your ley lines at certain nodes where these lines do intersect. But in other places these vortices exist based on the energetic component of the people who are living in that location, and that is the case in this location, created by like-minded individuals. For what happens in the life pattern of the human being? You come into form as a soul, you remember exactly who and what you are, but as the flesh has veiled you, as we have spoken of earlier, and you slowly but surely focus outward, take on the belief system of those around you, you forget, and nigh upon 12 years old have completely forgotten your true home and where you come from, forgetting that it is always within at the center of the universe. And you go through your teenage years, some of the most tumultuous years, as you work out your so-called apparent individuality, and it is all a play, yet you do not realize it. And thank goodness you have guides looking from above and steering you always back onto the path. And then in your early adult years, the focus becomes that of a family and creating, just as the Creator did with you, creating anew for that is what creators do, create out of love, and the cycle begins again for the offspring. And you take your task seriously and help your offspring to grow and rise and evolve so that they too can go on and create from love, and those offspring go and leave the nest. And when they do, they leave you with what? A game of golf. (laughter) And you move to a place called The Villages. And now many of you in this area, whether or not you live in that specific community, find yourself at a juncture point in your life, no longer focused on the self, no longer focused on the family, now once again focused on the self but in a universal way and focused on the end of a cycle, which is coming a bit too close for comfort, and you say "What is it all about?" And you say that perhaps the dogma of a religion that you were taught as you went through these various stages no longer serves you, for there is a bit of fear and there are people telling you what to believe when in fact through all of your life challenges and your lessons, you have come to know there is something so much greater. You have endured the physical loss of ones close to you, and you know in the heart that they cannot possibly die. You know intrinsically, intuitively, for the soul knows there is no death. And now with all of this free time on your hands, you must know more.

Do you understand the vortex of energy created by so many at this particular stage in the life, coming together in one community, over 100,000 souls at the point in their lives where they have achieved a bit of wisdom through those bumps in the road, where they have hearts full and aching to create yet they can no longer create offspring, but they can create a legacy. And here you are. What a blessing. Enjoy your golf. Enjoy your card games. But do spend a bit of each day sitting quietly and asking the big questions: I know who I am, but I do not quite understand

all of it. Will you teach me? I wish to learn. I wish to know all I can, all that I brought in as a child and have forgotten, I wish to remember before I go to the next chapter. Teach me. Guide me so that I may shine my light all the brighter on those around me so that I will have no fear, knowing that the transition that awaits me a bit down the road is nothing but that, the opening of a door and stepping from here to here.

We have so enjoyed sharing with you. This one has no idea how often she will be back to share with you again. We will do the nudging. She has learned to answer. We hope that our presence with you this evening has given you the nudge to answer the voice within you that is unerring for now we will speak for that voice and assure you you are so very loved. It can be no other way. If any other has ever told you anything but how very magnificent you are, they were speaking from a place of ignorance. The heart knows truth. We bid you goodnight.