

**Special Online Session with Sanaya and Suzanne Giesemann
December 20, 2020**

Notes:

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.

Many thanks to Debra Henson for transcribing this session.

The recording of this session with Sanaya is available for listening at: <https://youtu.be/72Zjgs2nOxc>

Sanaya: Good afternoon. And we are so pleased that so many of you have gathered together for the sole purpose of knowing the soul. Those who come to know the soul as the truest part of you and not the human role are those who find the greatest peace no matter what is happening in your life. Look about you as you go about your daily day, and you will see some who are calm, who are peaceful, who have found a way to rise above the ups and downs of being human.

Hear us well: There is nothing wrong with getting angry, with getting upset, with getting frustrated, with feeling grief with all of those many human attributes with which you are so familiar, but does it not get a bit tiresome, these ups and downs? Have you not had enough of that in this, your year which will go down in infamy, 2020? ... The jokes that arise ... this is the human way: to make light of that which is actually quite heavy.

Do you see the opposites here: light and dark? This is the human way. And we wish to tell you that you have come at this time into human form to experience the fullness of the light and dark. We are showing This One now the yin and yang symbol, which is so appropriate for these roles you have taken on, so that you can experience the fullness of light and dark.

You have all of this within you as pure potential. You may point fingers at another and say, “I would never act like that!” and yet, there is something within you that knows quite well you could very easily act like that at a moment’s passing, for you are indeed human. And what a blessing it is to know the soul, to know that peace that lies here within you, always and easily accessible once you remember that the human part of you is but a story that you agreed to play before you came into this body at a soul level.

We have given This One recently the teaching of how all of you as souls looked down upon this

earthly realm – and this is a metaphor, understand, for it is not truly up and down, looking down; it is looking through consciousness. If we were to use the analogy of a radio station, it would by all means be a higher station, which is why you may hear it referred to as “higher” and “lower” looking down -- but you as souls looked “down” upon the human realm and said “I am ready for another go at it, knowing it will be challenging, knowing I will enter into the realm where so many have forgotten from where we came.”

That is the challenge. The challenge is not the ups and downs. A fully awakened soul sees these for the opportunities that they are. A soul whose light has become clouded over with the conditioning of being human, who has become so proficient at playing the role that they believe they are the role, that is the one who suffers. But the soul does not suffer, for the soul is always above the role.

It is the role, it is the costume, which blocks the awareness, and so we beseech you not because it bothers us when you suffer, but because we know the joy that awaits you when you push aside the curtain and reveal the true nature of you, the soul, the eternal soul who willingly took on this role.

And we hear some of you now saying “I would not possibly choose these challenges.” That, dear friends, is the human viewpoint. When you view your life as a challenge, when you view your problems as problems, you are in the role. This (becoming aware that you are viewing your problems as problems), may it be an alarm for you, like a bell going off in the head, to rise above the road, to step off the stage.

It is that easy to access the soul’s point of view. All you must do is acknowledge that deep knowing within you, “There is something more than this.” That is what keeps you going. That is why the sages throughout the ages have said you are never given more than you can handle. Those who forget this have simply become so enmeshed in the role that they no longer listen to the nudge within.

You can handle all challenges most of all for your soul is connected to the Whole. This is our greatest message, and it is one that we repeat over and over and over and bears repeating ‘till all humans recall they are souls: that you are already whole. And you say “How can this be? I am broken. I can no longer handle all of these challenges. I had no idea life could be so challenging.” And that is when we most want you to know that part of the wholeness is that you have unseen helpers. You may not see us, your angels, but we are here, and we are here for the asking, so call on your angels.

Perhaps your role caused you to be one who does not believe in such things as angels and spirit guides, but there is a part of you that wants to believe like the little child who holds out hope, and so grasp onto that, that little child within you that believes in miracles, that still dreams. That is your lifeline to the soul connected with the Whole, and you will find it here in the heart.

Go there, following the breath. Become centered in the heart and ask “Is anyone listening?” The

resounding answer from the heavens will always be “Yes, dear one. We have only been waiting for you to ask.” You may not hear it for the conditioning of the human has blocked off your soul awareness for a time, but through the very act of asking, you have begun to part the curtain.

It is that simple. Ask for help. This is prayer. It matters not who you ask; you may ask your loved ones who have passed, for they are near – more on that later – you may ask your spirit guides, you may ask the angels, the archangels, the masters, and, of course, Source itself, for our point is: it is all the same Being, all the same One ... one mind, one heart, one consciousness.

You are intimately and infinitely connected to this Wholeness. It is only the role you have been playing so well that has caused you to forget this, to lose awareness of this. Through the trust of asking, you have opened the door. Ask and continue asking, and then your guides, your helpers, the Source itself will help you if you are willing to use the greatest gift given to the human, and that is your will. Will is the wild card.

Were it not for your ability to make choices, there would be no reason for you coming here into a body, for you can choose peace or you can choose suffering. Neither choice harms the soul, but you, the soul, came here so that the Whole could experience wholeness/no wholeness and, when this incarnation is over, celebrate those choices that brought you ever closer to this wholeness.

How do you know which choice is the one most beneficial to your role? That is why you have a heart. Go there often. It knows which choices are best. At times there is instant feedback when you make a choice: “Oh, that did not feel good,” or “Oh, this I remember. This feeling is aligned with my true nature.” You learn by trial and error.

Please remember the soul is not harmed. The human can suffer or not. Make wise choices. If you make unwise choices, that feedback mechanism will help you to make a wiser choice in the future. But does it not behoove you all to make those choices that are most aligned with the soul, with love, each time? And then what happens? Why, then we see your planet as we see it now; as a result of all of you coming together here now to join with us in communion, to celebrate the fact that spirits can and do talk to you, why, the light around your planet does indeed turn up.

It is glowing brightly now. And are you not experiencing magical energy on your planet this very weekend? Tomorrow a beautiful star in the sky, a Christmas star you have heard it called, as two of your planets come into alignment. Magic happens when alignment occurs. We will not go into great depth about your astrology, but those astrologers who have dug deep do know that the planetary influences are in fact real, and you are on the cusp of a great awakening of consciousness.

This year of 2020 has been preparation, knocking you all a bit off of your feet, off-balance, providing you an opportunity to become solitary and ask the deeper questions: Why must I suffer? What is this all about? Why am I alone? And through that suffering and through that distraction, through your solitary changes, through your sense of helplessness and powerlessness, which is so

uncomfortable, it is causing you to look for new ways to step outside of your normal roles.

Have you not done enough of that this year? And we watch you with the greatest compassion and the greatest understanding, and we see now the greatest opportunity for growth, aided by the new energies available to you.

Change is the most challenging for the human. For the soul it is an opportunity. Those who suffer are those who dig in and say, "I do not want to change. I like the old way." But the old way is good for some and not good for others. You are in the world of duality; change is part of that world. Roles will change.

Suffering lessens when you can, at least through trial and error, try new ways as we have been advising you: "Is this new way in alignment with love, the wholeness, the fullness and the wholeness?" Not all change is good. This is where discernment will help you. Be very wary of the human tendency to go along with the crowd ... groupthink.

Groupthink can be the antithesis of what the soul knows. Be discerning as these new energies open you to change. Is this helpful to the whole? Can I change or am I digging in? Am I stuck in my pattern? The soul did not come here to remain static. Love one another fully. You are so very loved from those outside of the human realm, entire realms of angels dedicated to helping you. Yes, that is our role. It is why you are never given more than you can handle.

And now shifting gears a bit, we did promise you we would get to this later, and that is to assure you that there is indeed another realm where your loved ones once in a physical body now look upon you, walk amongst you in spirit form.

This One has dedicated much time to learning to connect with those no longer in a body. She insists on evidence, and it is well-suited to those who are skeptical, but you know in your heart, with or without the evidence, when a loved one draws near. They come into the memory, and many of you will say, "Is it just my imagination?"

Not at all, Dear Ones. How else will they make their presence known? This One does not see them with the physical eyes but has learned to trust. Trust is the key. Your loved ones love you so much, they are connected at the heart always. Do not fear that you move on without them. It is that very heart connection that allows you to move forward with them.

You are entering your holiday week, are you not? Many of you who have suffered from the passing of a loved one have suffered for you do not fully understand how near they are. We have advised you in our daily messages to set a place for them at your family table. It is not done in vain. Could you see with the eyes of the soul, you would see them joining you.

Honor their presence with or without a place setting. Honor yourself by acknowledging what the soul

knows: They cannot be dead. And you are correct. Death is but the passing of the physical body. There are only so many lessons that the human can learn in one lifetime. It is that very tendency of the human to dig in and not wish to change that at some point—for those souls who do go through a long lifetime—it is those souls who have been given many opportunities, who have hopefully made the best of those opportunities, who do pass from what you know as old age, as even they come back again, should their soul so choose, for the opportunity to create.

You have experiences to use that (free) will for the greater good, to bring more love into this world, to share that love through relationship. Look about you after this session at all those in your life and all those in your photographs who are still in your life, whether or not still in a body, and recognize the opportunities you provide each other to grow. There, of course, will be those moments when you butt heads and have your moments and push each other's buttons. Know that at a soul level, the souls are enjoying this, knowing there will be growth from it, and when the body is no longer here, you will look upon those moments and say "What an opportunity!"

We ask you now to make your apologies now, to give your forgiveness now rather than waiting until you meet again across the veil. It matters not if they have already passed. They hear you. If they owe you an apology, give them a chance to offer it even from the spirit world. Healing takes place across the veil for the only veil which separates you is the flesh. It masks the light inside of you.

We see your light. We so love you and so appreciate you for being brave enough to take on these roles at this time. "Are you sure you want to go into a body? 2020 is coming." And, you see, we do have a sense of humor. It has not been humorous for many of you, but we say again: humor is a gift given to rise above what can be perceived as tragedy, to change your perspective and see it as the soul does: with compassion.

We have gone on at length, and we would be remiss if we did not ask you to give us a few questions, which we look forward to answering ... questions which will benefit the entire group. And as we do so, we invite you to know that you can ask any questions which were not asked today (aloud by Bev, the moderator) in the exact manner in which we instructed you earlier. (In other words, you can ask it of higher consciousness, yourself)

"Oh, my question was not asked." Do you know there is a reason for that, dear one? So that afterwards, nudged by your disappointment ... did we not say the lower vibrations urge you upward? ... nudged by your disappointment, why, now, you are nudged to ask that question within, for all of you have your own team of guides who are merely waiting for you to ask.

But as is a matter of course when we do these sessions, we will take a question now ...

Bev: Sanaya, my question is, do we have a choice to reincarnate? How do we make this choice?

Sanaya: The question has been asked do we have a choice to reincarnate and how do we make

this choice. We would tell you that we are quite aware of you at the human level saying “I never would have chosen this role, and I have no intention of coming back and doing this again.”

And we hear you and we understand. But this was the point we were making earlier that at a soul level, when you have that higher perspective and you know you cannot be harmed, and you know that it serves the whole, that each light turns up through its so-called individual choices, why, then, once you leave the body and are instantly imbued with the awareness, “Oh, my God, yes, there is a God, and it is this, this light, this love, and it has been within me all along ... I am an expression of that, I am this light, oh, my God, now I can understand why I took on those challenges, for I am here unscathed, I am shining ... and there were moments when I forgot to shine.”

“Oh, my God, I wish to do it again, after a bit of a break, please, to have a bit of play with those I have missed so much, now, light to light, heart to heart, may I take this awareness back with me. Now that I have run from that lifetime, may I be more awake and more aware in this new lifetime! It is my greatest intention to shine this light upon all I encounter in this new lifetime. Please may I have this chance, and may I not squander it this time? Send me now. I know it will be challenging, but I am up for the challenge. I am ready to be a light in human form.”

Does that answer your question? Is there another?

Bev: Thank you. Sanaya, what is the difference between an old soul and a young soul?

Sanaya: The light is always bursting with new creations. Do you not see it each spring as the daffodils spring up from the ripe earth? And so, there are those souls who do wish to come back and have another go at it, having learned and then having realized that they could have awakened even more as we have just shared with you, and they decide to come back until they live a life that is so awakened that they are ready to go to another level, to become more of the light without a human body.

These would be the old souls, those who are so awakened here that their light shines brightly, that they turn heads at their good deeds, at their cheerful nature. This is not to say that they do not suffer. This is not to say that they do not make wise choices. But the majority of their choices are in alignment with the soul. And that is enough for that answer.

Is there another question? Ah, one moment. We hear you. The young souls are merely those who are new to this incarnation, but that does not mean that they cannot also make wise choices, for the soul is the soul is the soul, all an extension of the Source energy.

And so, those who are clinging to the old ways who do not wish to change, perhaps they are a teenage soul. They are still beautiful souls. All of you are. Do not berate yourself when you make choices not aligned with the heart. You are all works in progress, at all levels, all ascending higher and higher.

Is there another question?

Bev: Yes, Sanaya. As humans in the Earth realm, do we weave in and out of different dimensions?

Sanaya: Consciously and at night, the soul is playing and recharging and recovering from your human role whilst you sleep. A bit of humor there, but it is well-understood by you. And there are those of you making an effort through meditation, through practicing presence ... What do we mean by this? Being aware “I Am the Light” throughout your normal waking hours ... when you can experience altered states of awareness and altered realms.

We have used previously the analogy of a radio dial. Think of each realm as a station on a radio dial. All of them are available to all of you, for you are part of “The One Frequency,” the Carrier Wave, as it were.

Is there another question?

(Silence)

And we are not hearing the question.

Bev: I'll try again. Why do some people die of suicide, and what happens when they arrive on the other side?

Sanaya: We have tried to allude to this, that none are given more than they can handle, but there are some whose patterns of suffering, whose identification with the role has become so solidified, so dense, that they have lost full awareness of the light within.

Please understand that the soul is always fine, and the soul is not suffering. Please see these souls not as lost souls, but as human roles that have become a bit occluded to the soul's light. And so they have used that will – which is why it is the wild card – to make a choice, and that choice does result in them crossing the veil, becoming one in the spirit world now again prior to the full length of the life that they had agreed to.

What happens to them when they cross is that they are surrounded by love, aware of that light of which we spoke and able to see the effects of their actions on others.

Hear us well: The soul does not suffer in the way that humans know. At the soul level there is awareness. Whilst they are still identified with the human role, there is that human understanding, and still opportunities for the soul to grow across the veil, and so growing does ensue. But they are, as are all souls, surrounded by love and given loving helpers to assist them. Talk to them as you would any beloved. They hear you and wish for you to know all is well.

Is there another question?

Bev: Yes. Can a human ever make a choice that is against their soul contract and therefore throw the plan in the wrong direction?

Sanaya: Can a soul make a choice against the soul contract and therefore throw their soul in the wrong direction? Again, we ask you to see this from both points of view. Know that you have guides who are assigned to you for life to keep you somewhat on track when you go astray in your human role and lose sight of why you came here.

In most cases, your guides will nudge you back, and certain miracles, as you would call it, which is simply the parting of the veil in a way that you would understand it, do happen, in the case of, for example, an automobile accident that happens when one veered off path that it does not happen, for it will send one off track too much. Are you following us?

In these cases, guides will step in. However, of course, there are those instances where the human role will make a choice and the higher levels can see this will take this individual soul off track; however, the growth opportunities for other incarnated souls around them are so great as a result of this choice that this will be allowed.

We are asking you to think in terms of wholeness, which is what we always look at: the greater picture, the greatest good.

And one more question, please. We do not wish to bore you or tire you.

Bev: Okay. A question about children with autism ... (The full question submitted in the chat box read, "Why do we see more kids experiencing autism and having trouble with social interaction?" Sanaya answered the question before Bev asked the rest of it ...)

Sanaya: Are you not seeing more and more of this? This is also part of the shift in the human species. Your actual DNA is changing. Have you not looked at other species and seen how the physical bodies actually change?

You look upon those with autism and say this is "on a spectrum." This is how all humans are: on a spectrum of consciousness. Some of you have different filters. You can say, "These people are 'normal' for they are 'here' on the spectrum." Do you not know that this body is a filter?

Those with autism have a different filter. It may not be "normal," but it is the collective consciousness of humans which has determined what is normal. We daresay you can learn from those who are on a different spectrum. And so, while you may see more cases of this for now and think that this is not "normal," this is part of the shifting and adjusting as the human body rises to new ways of being.

We wish to shift gears now and tell you – and we thank you for your questions – do not worry about those who are "on the spectrum." The souls are fine. Do you know that those souls incarnated into

these bodies knowing it would offer opportunities for growth not only for their own soul but for those around them in understanding, in patience, in compassion, in dealing with challenges?

All are so very loved. The human species is changing. The new energies flooding your awareness now are allowing all of you to open more to the Awareness that is always here Self.

This kind of activity of connecting with higher consciousness (channeling) is available to all of you. This new energy is changing your filters. Are you prepared to change? Generations from now, you will see those with fewer filters, with open access to higher consciousness.

How much light can you radiate? We have said this before, and it bears repeating: Were you to experience the fullness of the Light that is your true nature, you would dissolve instantly. The body is perfectly designed as a filter to allow you to dance this dance of duality ... the light and the dark, the good and the bad, the sickness and the health, the strife and the peace.

The body blocks your full awareness of the Love that you are, for if you had that awareness now, which you will have more of a taste of when you leave this body behind, why, then, there would be no reason to come into the body. It serves a purpose. Use it well. Learn to get rid of the filters as much as you are able to handle, little by little, carefully so as not to get too off-balance. Use it to connect with us—those at the angelic level who are guiding you, doing our best to let you know you are never alone.

This year of tumult will pass. Everything goes in cycles -- the weather, the challenges. It is part of the duality. When the duality and the role get to be too much, simply go to the Oneness which you find in the one Heart which connects us all. You are already magnificent. You are already whole and complete. How could you be anything less than fully loved?

We thank you for the attention you have given us today, for the opportunity to remind you what the soul already knows. May you take any heart opening you have experienced today and bestow it upon those around you.

Celebrate you. Congratulate yourself for being here now and for simply being Love.

We bid you good afternoon.

Suzanne Giesemann is a retired U.S. Navy Commander who now serves humanity as a verified evidential medium and messenger of hope. She is the founder and teacher of The Awakened WaySM - a path to knowing who you are and why you're here.

Find more about Suzanne and her mission at: www.SuzanneGiesemann.com