

## Channeling for Charity – Care Camps for Kids

Suzanne Gieseemann and Sanaya

Sunday, August 29, 2021

Sanaya: Good day to all of you. And we normally begin by saying “Good evening,” but of course you are gathered around the world, and know that in our reality, the sun always shines, and there is no “time,” and there is no worrying “Am I going to be late?” We are always on time for there is only now.

The more that all of you can come to practice being present and knowing what it truly means to be here and now in awareness, the greater the peace you will find, for surely you have noticed when you are not present in this moment – and there truly is ever only this moment – then the mind begins to wander as it will; it goes to the past and digs up all sorts of memories, most likely the ones you would label “bad.” We do not like labeling things “good” or “bad,” for that gives a certain tone to words, yet there is a vibration that will bring you down, or bring you into alignment with your true nature, which is lovingkindness and goodness.

So there goes the human mind, wandering into the past; and because it is the human aspect of you that goes away from the present moment, it will look for that lower vibration. Oh, your media moguls do know that truth very well, for they will put before you only the negative – is this not so? – for then you will remain attached to the drama.

Going into the past will almost always bring up drama, whether it is what you label “good” or “bad,” but going into the past can often bring you suffering, for you have given meaning to all memories. And there is nothing wrong with this, for the more you stay present, the more you become aware of the human tendency to do this. And then, of course, from the past, the human mind wanders off into the future, where catastrophizing takes place. Can you not identify with this?

We are trying to keep the mood light here and not make it seem as if this is an awful thing that the human mind does. We look upon you with neutrality, that “Isn’t-that-interesting” frame of mind that behooves you all to remain in as you go into the future, which could go in any direction, could it not, for the future dips into the sea of all possibilities. And yet, because you are human, and from your caveman nature, you are programmed for self-protection to look for danger; as that human mind wanders off into the future, it is looking for those possibilities that might endanger you.

Can you see how dangerous in a non-physical way but a suffering way it can be for the untamed human mind to wander at will? Well, rein in that human mind, why don’t you, but not with insistence. Do you see how the human hands come into fists and there is tension in the body as soon as you try to control the human? And good luck with that. Yes.

But what is most helpful is when you ask your guides and angels: “Please assist me in remaining present. Help me to notice those things which I am missing because my mind is wandering. Catch my attention with a beautiful flower, catch my attention with something I might not have noticed, and help me to remain there in my focus so that I might enjoy a surprising moment. And if you have information for me, guidance for me that I would have missed while my little monkey-mind was chattering away and dropping peanut shells on the

ground all around me that distract me from what is right before my eyes and right here welling up in my awareness, help me to notice this, keep that monkey-mind at bay for me, will you please?"

Do you see how your guides are simply waiting for you to ask for their assistance with the most mundane things? They can sound a little bell in your ear, as it were, to say "You are wandering again. Come back to center."

And we hear you well: Some of you in this moment said "Yes, but how do I do that? How do I come back to center?" And all of you have just done that with that beautiful, deep, relaxing breath (*that all shared during the invocation before the channeling started*). That is all it takes. And yet, when the mind is caught up in its wandering, it is even challenging for many humans to remember to breathe. Are you aware, as This One has taught, that when you are thinking deeply, you cease breathing? Notice the breath. Practice the deep breathing whilst walking, whilst doing the dishes, whilst doing any mundane practice, and you will benefit from it.

So, we do so enjoy sharing with you practical tools when we get the opportunity to speak with you, and we wish to change topics now and speak a bit about these camps for the children (*This session was held to raise money for Care Camps for Kids – a camp where children with cancer can go to forget their challenges and just be a kid with other children going through the same thing. To donate, you can visit [www.CareCamps.org](http://www.CareCamps.org)*). You look upon these camps – and we most certainly understand the dismay you feel that children, of all humans at all stages, would have to go through a process such as suffering with an illness such as cancer. **And we are aware that there is one member (of the audience) who was questioning the motive behind contributing money to a camp for happiness for the children when the money could also go to a cure for cancer. An interesting point to raise, is it not?**

Always you face choices and, in this case, where to give a beautiful donation of your hard-earned money. And know that it matters not where that money goes from an angelic point of view as long as it comes from the heart.

In this case, you are providing happiness. What a gift. There is always enough money to go around. This is part of the challenge for humans to understand, and the money will continue to flow for a cure, but today what we would like to share with you is that this cancer is not a punishment for the children, not in any way, and we wish you to also understand that the souls of all those at any age who suffer from an illness are fine; they remain shining lights. It is the physical body that suffers. Of course, we cannot deny that. In your physical form there is suffering, but the soul remains in an equanimical state, always aware, for the soul is always here and now. It is the human aspect of you that goes into the wandering. But we digress.

Know that these children did not bring this cancer upon themselves – and we ask you all to keep the energy high as we delve into a subject which has the tendency to bring the human nature down – keeping an awareness that the soul of anyone going through an illness is always fine, whether that illness be mental, physical, or spiritual.

Cancer you understand well. It is when certain cells in the body attack other cells. This is contrary to Nature itself, is it not? For nature is a direct expression of Source, and you are direct expressions of Source, and Source has experiences. You may call Source "God," you may call Source "Consciousness." Whatever you

wish to call this field of possibilities, it comes into manifestation for the experience of these possibilities, and evolution is the result.

Why come into manifestation if not to create something better, more beautiful, something that progresses and adds to what beautiful thing has already been produced? Yet in your physical world, you have dualities. You have what you consider “bad” and “good.” Turn up the energy, please, for this is a quite long explanation that we wish to share with you through the medium. Thank you.

And so, with that explanation, you can understand why it is opposite to evolution for one cell to attack another. And yet, “As above, so below” is a phrase that holds truth at all levels of being. As a cell attacks another cell -- and you come to understand that humans, all of you, and all of creation--created beings—are cells in the one body of humanity, or whatever the creation you are speaking of. As you attack each other, you are creating a cancer in your world.

**What you are seeing as cancer arises in your world is a direct reflection of the state of consciousness of your world.** And all you need do is look at the negative news on your internet or your television sets to understand there is a cancer at work here.

**Can you now understand how bringing happiness to children is actually helping to find a cure?**

(Long pause to allow this question to sink in.)

Many of you will ask “Did the souls of children with cancer sign up for this?” Hear us well: In many cases, the answer is yes, but not in all cases. To see a child in physical form suffer causes humans to pay attention, to want to make a difference. You see an older person suffer when they are not part of your family. We understand it is the human way to say “Oh, what a shame,” and then go on your way. But to see a child suffer, who can deny, “We must do something, this goes against the grain.”

And there are those souls who agree to come into a body that they are well-aware from the genetics has a propensity for this cancer to occur. Now, we are not placing blame on the parents, hear us well, and we say this with firmness but with love, you are all members of the same body of humanity. All bear the same responsibility to love one another, to oust this cancer which affects all of you, and any negativity, any fighting one against the other (and we hear you wanting to place blame upon that other now) is a cancer upon the entire body of humanity.

Yes, you have toxic chemicals in your world now; yes, you have foods that are probably not the best for some of you to be eating. We could go on and on with the list of cancer-causing agents, but that is at the physical level. You are speaking now to angels, dear friends. From our level we wish to up-level you and understand that the greatest cancer begins at the higher levels, beyond the physical body, at the spiritual level where there is a dearth of positivity – not (*quite at*) the soul level, the bridge between the soul and the human body, where you make choices.

“Here and now, moment by moment, will I respond with love or will I act out in anger?” And, oh, it is the human way to reflexively act out, we understand this, but only by practicing presence ... (Do you see how we come back around to this?) By being present, by hearing that little alarm in your ear, in your head, go off and

say, “Ah, I am about to make a choice. Is it based on the past and my belief system about this group of people or this person or this “should” or this “have to” or this “need”? Yes, that is the past. If I am present, I can take a breath, I can tune in to guidance from my guides, align with my true nature, which is love.”

And we speak now to every one of you, whether or not you have experienced your true nature, understanding that every one of you is the expression of God. What a responsibility! And every one of you carries a responsibility to shut out cancer in your lifetime.

Happiness is aligned with Love. Joy is your true nature. In that moment of taking a breath, pause and recall a moment of Joy. Now, what are you going to give back in this moment? Each choice that you make is like a cell greeting another cell.

We love you all so very much. Would that you could harness all of the love that we pour upon you moment by moment, your choices would be oh, so easy. Simply become aware. You are human. You will react as human beings, but the more you make it your cause to eradicate the sickness that affects the human nature, the more human nature will evolve.

You are directly responsible for this and for your own happiness. So cast not blame upon another for causing your own anger, your own unhappiness. You, dear friends, control that choice. We will help you. Ask for our help. You are in human nature camp interacting with others. And oh, many of you most likely have memories of camp, and it was not always fun. (laughter) And life, we understand, is not always fun in human form, but it can be joy-ous moment by moment as you work connected with us through the soul, and the heart is the bridge. Join us, won't you, and eradicate the cancer that affects you all.

Thank you for allowing us to share this message with you today, and we welcome questions on any topic that benefit the whole group gathered here. Would that you could see the light emanating from your planet at this moment. You as a group. Do not think you are small. You are having ripple effects that are seen from the angelic realms. You make a difference. Your commitment to this path makes a difference, and we honor you.

Do not put us on a pedestal. It is we who put you high up as the torchbearers. Is there a question, please?

Bev: Yes, Sanaya. Susan asks, “How can we best pray or lift up those people and animals who live in the areas of military conflict right now?”

Sanaya: You do it with your thoughts. You can do it in this moment. You already are doing so now. As you did in your opening prayer, send those ripples out. It is why we have just said to you that we can see the effects of this group turning up the light. Understand that there is no geographical distance between you and those in areas of conflict now at the level of the soul.

So, from the soul level, send your peaceful thoughts. You may not have an immediate awareness of making a difference, but there would be individual stories of miracles taking place, of individuals finding moments of peace when surrounded by terror, and know that you are directly responsible for those who take a breath and suddenly are infused with the awareness “I am not alone.” This is but an inkling of the difference your prayers make. Hear us well: Every prayer is heard.

Bev: Thank you.

Sanaya: And you will all please turn up the energy as we go through this question period, and it is much appreciated. Please continue.

Bev: Jennifer asks, "Can we communicate with interdimensional beings simply through meditation or telepathy?"

Sanaya: You are communicating with interdimensional beings at this moment. You have just asked your question through another, through an intermediary known as Beverly, and yet, you need not use an intermediary nor a medium at any time to connect with any expression of consciousness, of God, at any level, for you, dear ones, are also the selfsame expression of that Source. Coming to know this, you understand that Source is talking to itself at multiple levels and choosing to have the focus, the awareness, as you and as that "other."

So, merely by activating the heart and a cord, an energetic cord from the heart to the recipient of your intention, that cord lights up and a conversation ensues, be it telepathically, which is without words, be it spoken aloud, you may also do it in writing. Any method works, but it is the belief, the intention, whatever visual you choose to use, this is the key to making it happen. Silence will allow you to hear, feel, sense whatever conversation takes place in reverse. Do not hesitate to engage when you sense a presence, and most definitely simply affirm that any conversations and interactions you have will be of the highest energy, for you are always protected as you remain aware, "I am the light of consciousness."

And another, please.

Bev: Thank you. Debbie says, I'm concerned about the path we are on environmentally. It seems like my grandkids won't have a future. Can you shed any light on what can be done to change this path?

Sanaya: Most definitely. In the first place, notice the bit of fear that comes with that concern. Affirm that as you remain aware of the need to take care of Mother Earth as her children, that you are making a difference, and now with this awareness, take whatever efforts you can and encourage others to do the same. Consciousness has shifted; there is awareness that yes, your Earth has resources, and they must be protected. But casting blame is not the highest way to take care of this.

In all efforts, as you can come from the heart, to do so from the soul level, you will break down walls of resistance in those who feel that we-must-do-this/you-are-wrong energy. As you do that kind of blaming and pointing fingers, you are remaining in human mode. Can you feel the difference that we see? Energetically, when you acknowledge yes, we have a challenge and it is also an opportunity for us to learn to go to the soul to find our connectedness not only with each other but with the planet that hosts us, and, from this place of the heart, encourage others to come from that same place and make changes not because it will bring them more success, more money, more creature comforts, but because it is the helpful, loving, kind thing to do.

This kind of answer, of course, relates to all issues that all of you deal with. As long as you come from the heart, you will break down barriers and find greater success in your endeavors. You will find others more

willing to help you instead of a bellicose – This One is missing our word, who can provide the word? -- bellicose state of mind. Thank you very much.

We hope you understand the difference it makes to come from the soul, related to the heart, and from human nature. “Us versus Them” is quite different than “We are all in this together, it is our Mother Ship, we must keep her in good shape.”

Is there another question?

Bev: Thank you. John-Pierre says, I’ve heard that our loved ones go first to the astral realm after they pass from this world. Could you explain what the astral realm is?

Sanaya: Would that we could explain it to you without words for there will be many among you who will say “No, but I have heard it is the ‘fifth dimension,’ and I have heard it is ‘the place between here and there,’ and I have heard it is ‘going to the Light’ and ‘not going to the Light.’ And so we will do our best to give it to you in energetic terms.

Instead of giving labels to different levels, understand that all there is, no matter where or how you find yourself, is an experience in awareness. Look about you now. You call this the physical world. It has certain attributes; you recognize these. Immediately upon leaving the body behind at the point of what you call death, you experience a new experience in awareness with different rules for that environment. No longer are you affected by gravity, no longer are you looking at your watch, for all appears to be happening only in the now.

You may call this the spirit world, the astral realm. Whatever you call it, it is an ongoing experience of awareness, of you, the soul. And there may come a time when you shift to another experience, perhaps more expansive, perhaps no longer quite so familiar to the human story with bodies of light and such, but instead now with simply dancing lights of blue and white. Where have you recently had this image? (*Suzanne told a story before the channeling started of seeing her guides as a dancing blue and white flame before her eyes*).

Did that come from a level above the astral level, or was it merely a different experience interpenetrating into this current experience? You are an eternal being as a soul; “An expression of Source” is a definition for “soul.” And that soul has experiences that are ongoing; this is the meaning of “eternal.” And it is the nature of the soul to want to define those experiences. And so at the human level, you may give them names, but this limits the experience. Understand that even now, whilst in this human experience, you may travel as a soul to levels, if you wish to call it that, but merely different experiences of consciousness, of awareness.

May you have great fun during these adventures; may you play, and may you learn, and may what you learn be brought back into this experience here and now for the evolution of all souls.

We will entertain a few more.

Bev: Thank you. This is anonymous. Does karma exist, and do we carry it from lifetime to lifetime?

Sanaya: There are, once again, various definitions for karma, and so without giving a definition to the word, may we tell you that you are not one soul having one individual lifetime. You are the light of consciousness having various experiences focused in this moment on your human experience as this particular story and drama of what you call “my life.”

As that soul evolves, it desires to have such experiences. It is well-aware of all of the experiences going on – and we will not go into time and simultaneity for we would blow a few circuits in doing so -- but we will tell you that the soul is well-aware that there are certain opportunities that it can experience that will lead to greater growth, and yes, that might include taking on a body with a propensity for a certain illness for the opportunities for those around that being to turn up the love, to make more loving choices, to care for that one, to accept, to learn how thoughts affect suffering, and so on.

And so, the soul may say “In this experience here, we dealt with patience, but it did not go very well, so let’s put a little opportunity into this experience over here where we can dive more into that opportunity to work on patience.” This is what most understand as karma. So yes, it is carried forth from lifetime to lifetime, but actually, many of those lifetimes are happening at the same time, and it is all an ongoing process of integrating the many opportunities that being in form offers, and learning from them.

Is there another?

Bev: Thank you. Rain asks is the ringing we sometimes hear, or vibration we hear when meditating, is that strictly a physical thing or is there more meaning to that?

Sanaya: Understand that all physical manifestations have an underlying cause at an energetic level. You may experience it at a physical level, but it is a phenomenon of what is happening in awareness. Many of you now are feeling a bit of pressure in the head from the higher energy that you are experiencing in this moment. It is an energetic vibration that you are not normally interacting with in your normal waking consciousness. For some of you, you are actually experiencing in this moment a ringing in your ears. Not always is ringing in the ears, or what you would know as tinnitus, the result of “an angel at your side”; there are various causes.

However, if you experience such a ringing, a tingling, excessive heat, or such pressure, headaches, or anything that you would call unpleasant while in a state of meditation, you need merely understand that you can ask for that energy to be backed off just a little bit, and comfort will ensue.

And so, we can feel that many of you are having a bit of a challenge holding the focus during our extended session with you today, and we will end the questions with that one, for it is a good opportunity for us to once again emphasize for all of you that you are connected with each other and with us, the angels and guides who surround you always, at an energetic level.

You may not be able to see what we have labeled “cords,” but you have most likely seen images of spiderwebs. Bring such an image to your mind now and understand that that is how we see the connections with all expressions of God, of Source, of Consciousness, and you and all of us are found at the intersections of all of these strands of love.

And by thinking of loved ones across the veil and loved ones across the world from where you find yourselves now, you light up the various strands. It is an ongoing energetic buzzing hive of interactive exchange of Consciousness ... strands lighting up and going out. Can you feel the energy right now, zzzt, zzzt, zzzt, zzzt, such as that? This is what is happening, and you are part of that. Every thought you have is felt by the entire web of which you are a part, and that is why we wish you never to feel helpless or useless. Every one of you makes a difference. All are equal in this regard. What you send out is felt and received.

We send you many blessings. In your greatest times of needs, one of our greatest tasks is to remind you you are not alone and that it is your thoughts which will affect your peace in the moment.

And so, we return to the beginning and remind you that remaining here and now in the moment, lessening the wandering mind, returning to the heart moment by moment, is where you will find peace, love, and us, for if you were to call God "Joy," this world is Joy-Us. Be joyous, dear friends, and celebrate. You are so very loved.

We bid you good day.