

**A Session with Suzanne Giesemann and Sanaya
At Unity Church, Summerfield, Florida on July 26, 2013**

(Note that "This one" refers to Suzanne. All notes in parentheses are Suzanne's, made after the session.)

Many, many thanks to Bev Garlipp for the transcription of the recording of this session.

Sanaya: Good evening. Yes, even though the visit (of Suzanne to Florida) is quite a short one, we are quite happy that this one was willing to sit with you and (that) all of you (are) so willing to invite her into your hearts. For that is where we reside at all times - in the heart. All of you have within the heart a special place where you can connect with this so-called All That Is. We use this term "so-called," for how can you put a name upon that which has no limits?

Your language is limited, but the All That Is sent one of peace to overcome the distractions. The All That Is is everywhere and nowhere, a strange concept for you to grasp, but it is you. It flows through you, and the closest place at which you can make that connection is in the heart. Why do you have such expressions as, "My heart overflows"? This is when you cannot contain that high vibration yet another moment and it does express itself as emotion that you would know as pure joy. Pure bliss – the heart overflows.

Is it not beautiful how the spirit allows itself to be felt through the physical body in the form of emotions, feelings, physical feelings? And these can be expressed in moments of joy and bliss. This one, this morning in the course of exercising in public was feeling great feelings of joy and expressing them visually. Quite a strange sight it might have been for those passing nearby to see the arms go up in joy as one is running.

And now we come around then to that topic of "What is sane?" If you were to see a person running down the road talking to themselves, singing to themselves, laughing out loud with joy, raising their arms with jubilation, would you not have an expression about "a screw loose?" (*laughter here*) Yes, that person has lost their mind. Yet inside they are connecting at the deepest level with the All That Is, experiencing a moment of joy that cannot be contained, that must be let out. And have you not felt this at times yourself and have you not held it in for fear of what others would say?

Be as the little child. Did not one you know say that? And is there not great wisdom in these words? Be as the little child, and you will know the kingdom. You will have brought the kingdom home to you. It resides there in the heart, my children – in the heart.

Let it out - no longer keep it bottled up. Some of you will recognize a different vibration here and you are most correct. (*Pause - Suzanne takes faster breaths*) It is a vibration of the highest order - pure love. That is who all of you are at all times, yet you temper it. You dampen it down, thinking, "What would others think of me if I expressed the true joy that I feel at being alive?"

Oh, that all of you may experience this joy at some point in the near future. It will come around to all of you. Perhaps not in this lifetime but it is guaranteed. For that is your birthright to experience bliss. To do so here and now merely recognize who you are - that aspect of the Father, if you wish to use those terms, those most human terms. But then again you are putting a limit on that which cannot be limited, the all-encompassing, fulfilling force of love that created you, that maintains you, the son and daughter of that loving force.

What is insanity? Not confirming with a norm. You have your norms here in the human realm ... your sense of behaviors that all of you have bought into and all of you fight so very hard to maintain. "I must stay within the boundaries that my culture has bestowed upon me."

If you were to look at the Asian cultures- the Japanese you would call them - they have learned to be like children at times giggling and laughing. The television does show this – the giggling, the laughter and some of you would call this childish. They have learned to drop the boundaries a bit. Could you but do that such joy you would experience. This one has been known to act like a child at times and it is advertised on your internet much to her woe. (*laughter*) But does it not bring joy to see another who has loosened the boundaries just a bit? We ask you to leave here this evening and take a look at how much joy you feel in your lives. Could there be more?

There is one here this evening suffering from what many of you would shrivel in fear from - an illness that many take to be a dire diagnosis. But this one here - not this one (Suzanne) - but another here has taken this diagnosis with joy as yet another part of the experience of living. That one here understands this is why you are here - for the experience. You are part of the All That Is -God - if you wish to call it that. God has no body, and therefore you are experiencing life in physical form for the Creator.

That one which was discussed earlier (in a discussion Suzanne had with those present before Sanaya came through) given the name of Wolf in this lifetime (Wolf was a young man who is now on the other side) did come to this earth from a higher vibration to experience life in physical form. And he did do so willingly and chose a most difficult situation - a body that was wired a bit differently than most so that the brain did not filter out all of the inputs from our world.

We currently give you inputs but many of you shut them out. Would you like to connect more with our world? You can turn this back on by turning up the love. But we digress. . .

You are here for the experience, so that you when you leave this experience of life in human form you take with you a higher vibration. You cannot help but grow, for the heart pulls you ever upward, ever onward. And thus you grow, and when you return to the other side you will see how you have grown and you will be asked, "What did you experience?" And you will share and you will see what in the physical form here you would call good experiences and bad experiences. Here you judge these, you label them good and bad. When you get to the other side the labels will disappear and they will simply be experiences.

"Was it fun?" will be a question you will be asked. Can you imagine such a question from the other side? "Was it fun?" How would you answer that question were you to join us in this moment? Fear not, it is not going to happen. There will not be a mass ascension. (*laughter*) Was it fun? You are here for the experience. Do not waste it.

We do not speak in shoulds. We do not tell you what to do, but this experience is for the experience, not even necessarily the learning. This might seem contrary to some prior teachings, but we use this in a different form this evening. You cannot help but learn as you grow, but not all bad things that befall you are lessons. They are merely experiences and if you learn from them and if you grow, so much the better. Was it fun? Most likely not, but do you not realize that you are the ones who create the fun?

All is a matter of perspective. This is our word for the evening: perspective. As we spoke earlier of the one with the most unique perspective of the diagnosis of the illness that most would consider grave - that one has a way of making anything fun and we congratulate you. It is always a choice. Have you not screamed and cried and wailed at times, "I do not wish to go

through this any longer”? You do not wish to suffer any longer. And we do not wish for you to suffer either, but we recognize it as part of the experience. We do not expect you to have fun in dire circumstances, but know that this always awaits once you have obtained a greater perspective.

How can you gain that greater perspective? We ask you to rise above your situation and to realize that any moment - what we repeat over and over and over again - that you are all spirit beings in a body here for the experience. If you can remember that whilst in the midst of a challenge, you can merely shift your focus, shift your consciousness higher above this physical body that is currently having this challenge and look down upon it. You do not reside inside the head. The real you is not your brain. This is a filter. It is filtering out the most joyous experience of all - that of being pure being. That is you, pure being.

If you are here as a human being and you are not enjoying the experience, rise above, look down upon yourself with compassion - just as you would look with compassion upon any who is suffering. And what would you tell that one? “It will be better. It will get better. I promise you that.” Are these not the exact words you would say to one you love? Say these to yourselves with full certainty that this is so.

We assure you this is so.

We look down upon your lives as if you were in a movie, and some of you here have heard this analogy quite recently. Do forgive us for repeating ourselves, but it bears repeating. When you leave your movie theaters, do you not reflect on what you watched? If it was a horror movie, do you not at times laugh for it was almost too much to bear, and so humor makes it easier to bear? If it was comedy you chatter and chatter of how good that movie made you feel. And you return home where you feel safe again and remember that movie.

You will all return home. This is not your true home. This is your movie. You, my friends, scripted your movie. You are the producer. The Director directs all, but you are responsible for your movie. All of you are enjoying your own individual scripts that do interact ... multiple scripts here interacting at once, and all of you can step back from the movie when it becomes too much to bear and know that it has a happy ending. This we can assure you.

All of you will experience a blissful, joyful, happy ending in the blink of an eye. But you do not want to go there yet, even if you are suffering and feel that you cannot bear it yet another moment. It is part of the movie that you have scripted. “But why would I have brought this upon myself?!” you cry out, and this is when trust comes into the script. You are asked to trust and to see the situation in a different way, and to know that one day you will leave the theater and all of this you have traveled through will have passed in the blink of an eye. It seemed like forever whilst you were on the screen.

Can you gain a new perspective on your script now, seeing that the movie always has a happy ending? Always this is guaranteed. You are not the movie. You are but a player at this time. All of you have become so immersed in the script that you have forgotten what the producer ... (an aside) Do you not have some of your more famous actors who are also producers at the same time? ... They step onto the stage in front of the camera. This is what you have done. You forget you are acting. What role are you playing now?

This one was reminded recently of her former role (as a Navy Commander). Quite a different one from the one she now plays. But oh, it came to the forefront most recently upon visiting a

military base and quite a shock it did give this one to revert so quickly to the old ways. Quite a lesson in how we do play roles, do we not?

Are you happy with your role? At this time we on the other side are playing the roles of your guides, your helpers, and you all have them. We call them your "stage hands," waiting off in the wings to assist you. Many of you are unaware that we are here. We are quite pleased with our roles, and when you pass to the other side we will all laugh at that movie. We will not judge the good times and the bad times. We will laugh with joy that you had the courage to experience life as a human. Believe us, one of the most challenging roles a spirit can undertake (is that of a human). We give you great credit for undertaking this role. Within it many sub roles are played. Are you happy in your role? You may change it. You can change it at any time. You need the recognition that it is a role and the intention and desire to have a different experience

Is there a question this evening one would wish to ask?

Questioner: How do we ascend to a higher level?

Sanaya: The question is asked, "How do we ascend to a higher level?" Send more love please, all of you, and that is the answer. Send more of your love. You are quite rooted in this world and will remain here until your script is finished. You cannot change this unless you take matters into your own hand. And some of you have done this - not those of you present. Some of you humans have taken your own lives in your own hands and shortened the movie a bit and then you get to the other side and see that you did not experience the full experience you were destined to have, and there is regret.

How do you turn up the love? You sit in the meditation and connect with your source. Allow it to flow through you to raise your very vibration. You pray to be uplifted. You do energy work to raise the vibration and thus the spirit raises higher and higher so that when you pass to the other side you do bring with you a higher vibration that is felt by all and benefits all. This is the point of this experience - to return with a higher frequency than that with which you came so that you add to the whole of which you are a part. And then those watching the movie can applaud and say, "Bravo- well done." And though there is no judgment, it matters not whether you grow a little or a lot, there is always growth, but certainly it is much appreciated when those here in human form take it upon themselves to turn up the love.

Is there yet another? Thank you for that most beneficial question.

Questioner: Would you speak more of those who are walking in both worlds?

Sanaya: The question was asked can we speak more of those who are walking in both worlds. This one is walking in both worlds, but the secret will now be out that all of you are walking in both worlds. You merely do not realize this. The brain is a filter. It keeps you from experiencing chaos at all moments. Were you to tune into both worlds fully at once it would be quite impossible to function in this world for the chatter, the chatter would be so constant.

This one has allowed us to speak to her in moderation and knows to ask to turn it off. All of you can do this, but would not many of you be quite frightened if suddenly you heard voices chattering. It would be an unsettling experience. The voices are there, but the brain has tuned it out. You can turn it on as this one has done through the willing intention to do so, through the

meditation and these ascension hints that we have given you this evening and many other methods.

There are others who by deliberate choice -- just as this one named Wolf did do -- came to this earth with the brain so-called "wired" in a method that does allow more of the higher frequencies to get through. The so-called "born mediums" have less of a filter. They have heard voices since they were young. It is quite a normal thing. They have chosen a path of healing to use these voices to help others.

Most of you came with the intent of awakening slowly as part of the growth process, but you can accelerate this as this one has shown. But there are those such as the one known as Wolf who made the deliberate choice to be more fully immersed in both worlds. And in many cases and in the case of this one known as Wolf many of the experiences were what you would understand as dark ... dark experiences which can be frightening to many of you. It is considered abnormal, for you have your norms of behavior here. But it is merely dark for the brain is trying to filter out and these become distorted. The loving vibrations of home become distorted and this becomes fearful to some, to those who are experiencing it, but this was agreed to.

This is difficult for you to understand, but do not those who surround one with so-called troubles and challenges grow from this experience? Do you not learn compassion? Do you not learn tolerance? Do you not learn patience? Do you not learn understanding?

And do not many of you look down upon those and think they are abnormal? Abnormal yes, according to your norms, but we hope this evening that you can see those with your so-called mental illnesses in a different light. All of these, you may call them lessons, all of them merely for the experience for the growth that it affords the soul. Those in both worlds merely have less of a filter in the brain. All of this chatter that they hear, the tiny bits of chatter that this one hears, is happening all around you now. It is here. Billions of conversations taking place around you at this time. Is it not a good thing that you cannot hear it? Would it not drive you crazy? Yes.

You would not wish this upon any other or upon yourselves. You can ask to have the voices turned on selectively so that only the most benevolent voices and vibrations get through. It is the twisting of the so-called wires in the brain circuitry in your normal circuitry that brings on the fear and the darkness. You are in both worlds. You as spirit exist in the other dimensions - *plural* - at all times. There is not just this physical world and the so-called heaven.

There are multiple experiences happening. Would you shrink in fear if we were to tell you that you have multiple personalities? All of you - now - have them. You are not insane. You are merely filtering those out whilst parts of your greater self are off having fun. This is truth, my friends. We do not speak of this often for it sounds a bit crazy does it not? You are a greater self, the true you. What you see in the mirror is but a small aspect of that – that you have chosen to focus so clearly upon to the exclusion of all of your other selves so that you can fully experience this experience. All of you are experiencing multiple experiences all connected to your greater self. You will see this. You will understand this when you get to the other side.

We do believe that most of you would not wish to tap into all of those selves at once or you would be quite frightened. And this is not the goal, but it will be quite fascinating to you when you step through the veil and are reunited with the greater self that is you. And yet that greater self is but a tiny, tiny part of the All That Is of which the greater self is a part. And all of the greater selves intermingling, connected, a great matrix of energetic interaction of all of your

scripts here interacting - yes, that is the true you. That is the expanded self that this one steps into in order to mesh with us, the stage hands in the wings

All of you have this expanded self, and do you not see how even this one is uncomfortable with this concept of being in two worlds at once for does it not look a bit unusual? We hope we have answered your question. The bottom line, as it were, is that you all are in both worlds at once – (there are) many worlds, but for now (focus on simply) the physical and the nonphysical, at a spirit level and at a human level. You have chosen to filter it out. You chose this before coming into the physical form.

You can open this up bit by bit, or a great bit. But even that, how much it would be opened, was scripted by you before coming here. That is why certain works such as being a healer is a calling – a calling to be a medium, a teacher, a healer, for it was scripted. It calls to you. This is why you came here. Do you not recognize what your calling is: to play beautiful musical instruments, to share love with the voice, with the writing, all of this scripted before you came here. But you are always connected to that so-called place from which you came. You never lose that connection. You are always kept on track by your stage hands in the other world, who speak to you in any way they can. If you do not hear their voices, then you will get gentle nudges, a tug in the heart, an idea to pursue an interest, a calling.

Thank you so very much for joining us this evening. We hope that those of you who have experienced this for the first time and perhaps have felt a bit of the higher vibration do not think that you are crazy. (*laughter*) You have merely experienced a taste of the other world of which you are a part at all times.

If you have enjoyed the experience, sit in the silence on a regular basis, ask your stage hands to sit at your side and to come through the filter a bit more clearly and they will be most willing to talk to you. And if you hear voices in your head and they sound exactly like your own, that is part of the script and it is up to you to learn to discern the difference between the human side and the spirit side. They are always waiting in the wings to help you, to give you a lift up, to help you to enjoy the fun of living - always full of challenges. For your challenges we send you the utmost of compassion and love to surround you and buoy you as you go through these moments that seem unbearably long.

We end this evening reminding you yet again there is always a happy ending which is waiting for you - it is guaranteed. But you have agreed to be here to experience this, and knowing this we ask you to watch your movie that you call this life you are currently immersed in. Watch yourself with compassion and with a new perspective. Continue the act, continue playing your role to the best of your ability, sending yourself love as you do so, so that your experience is the best possible one.

We send you forth from this room to continue playing your role hopefully a bit buoyed, a bit more vibrant. May this vibration stay with you long after you leave here. May you look upon your friends with new eyes, seeing that they too are playing their roles, and sending them love and compassion for their courage in coming here.

We salute you and send you our love. We bid you goodnight.