

Thank you to Kenny Nichols for this transcription.

Special Session with Sanaya at Tulsa Unity Church on April 2, 2016

(SANAYA) Good evening. We are most grateful that all of you have gathered this evening to be in the presence of spirit. It has been quite a long day for “this one,” for we have been with her more presently than ever. We wish all of you to know that you are always accompanied by your spiritual friends at all times. But it is when you make the conscious effort—set the intention of being aware of the presence of your guides—being open to hearing their messages for you—that you hear them more greatly than ever.

Rest assured that there is purpose in your inability to hear spirit at all times. You are here in physical form for the lessons it affords you. Could you hear spirit at all times, then all of your questions would be answered, and you would not learn through the choices that you would make. Unfortunately, it is through your human struggles that you learn the best—you learn most rapidly. It is a bit of a perverse system, is it not? (Laughter from the attendees.)

Of course you would wish that life would be free of suffering. But it is that way—for would you not suffer, there would not be the impulse to grow, to improve. Think of the rare child who feels no physical pain. Imagine the pain the parents go through trying to protect that child from harm. For when he can feel no pain, he has no fears, and he jumps off of cliffs. This is but an example to show you that were you to have no suffering, you would just go through like aimlessly and not with deliberate effort to rid yourself from that suffering. Do you get our point? It is a bit convoluted, but it is because you feel pain that you will go to great efforts to overcome it. Through your efforts you learn that further suffering does you no good—that certain choices do not serve you.

So it is a constant, on-going, trial and error process through which you through your entire lifetime. Most of you will live long lives of four-score-and-then-some years in your human lives through which you continuously go through this process until the learning more or less has come to an end—for the cycles have repeated

themselves enough times that you have learned your lessons. The human body is designed quite perfectly for this. You learn your lessons and then you go and have a bit of a rest period where there is not so much suffering.

Yes, we hear your questions at this time: “Why is it that some die young, some before their time?” This one has suffered the quite tragic—in your eyes, tragic—loss of one who was quite young. We ask you to look at the benefits—as you would put it—that have accrued from the passing of one who died young.

So many now have come to know the presence of spirit through this one. So many of you have suffered at loss. What has been gained from that loss? If nothing but grief has accrued, then we ask you to ask: “How can I make something good come of this loss?” For if you look at the so-called “tragedies” that you have suffered in your lives, we dare say that they have afforded you your greatest periods of growth, have they not? Of course, you would never wish to repeat them. If indeed you have learned the main lessons that they brought to you, then you need not repeat them. But those who do not learn the basic lessons of forgiveness, of acceptance, of allowing unconditional love that you all come here to learn, then you will repeat those lessons in yet another lifetime, for all is cyclical.

We are part of a self-informing system. As each part grows, it adds to the whole of the system of life. As consciousness as a whole rises, then the mass consciousness no longer needs to go through so much tumult. Many of you focus on what is so-called “wrong” with your lives, your society. Your network news wishes you to focus on the negative vibrations. But we dare say, if you were to look back in your history, you have passed through what is known as “The Dark Ages.” You are now in what we would call the “The Dim Ages,” (much laughter from the audience) which is not quite all beauty and light. (more laughter) It is a bit of humor, but do you see the truth in it? It is dim, but not quite as dark as in the past.

Yes, there is still mass killing. Yes, there is still warfare. You are all still human. You are all still learning. But you are advancing. The light is growing from dark to dim to brighter and brighter. There is hope. And it is because gatherings like this are increasing and more of you are interested in learning: “How can I turn up my

individual light to add to the light of the whole?” It is because of these individual quests that the whole is indeed becoming brighter. What a blessing! If you can focus upon that and hold in your heart the intention of being the light—even when those around you are still a bit dim—then you are fulfilling your purpose. There is great purpose in you being here in human form at this time. You are all beautiful souls prepared to shine brightly. You feel that pull in your heart; and it is through your relationships—one on one and in your small groups—that the most growth occurs.

We ask you to be aware of the group interactions when human gossiping takes place. This is a topic we have not often addressed. Gossip is like a virus, is it not? It is so very easy to fall into the trap of saying what others say; it feels good to the human being. Why? Because it takes the focus off of you; and you all wish to feel good.

This is inbred to the human: the desire to be loved, the desire to push away pain. So it is very human to push pain onto others. Yes, perversity. Be aware of this, be cognizant of this. When you hear gossip, judge not, but be aware of how easy it is to lapse into that. Then realize: “Who am I? I could just as easily be the victim of this speaking.” Merely be—once again, we advise you—the presence of love. Make the conscious choice not to buy into that human behavior. By your very act of choosing not to go along with the crowd, others will take notice and will model your behavior. That is the goal. Now we are sounding a bit preachy and that is not our goal, but merely to show you what the heart already knows.

We feel our time this evening will best served by answering your questions. We ask you now to share your questions with all of us.

(Attendee) Did we pick our parents? (She giggles and there is scattered laughter since Sanaya began to answer before the question was finished being asked.)

(SANAYA) Most definitely. This is decided before you come into physical awareness. You are aware of who your parents are. There is much literature in the human world of young children who give evidence of having chosen their parents—identifying exact clothing that the mother was wearing when discussing

with the father that it is time to have a child. You choose your parents based on the opportunities that they will give you to experience exactly what your soul needs for its growth. This where the concept of “karma” comes into play. If you had a challenge with forgiveness in a past life and you are unable to deal with that—you are unable to give forgiveness—then you will seek out a couple who will give you the greatest opportunity to need to forgive them. (Much laughter.) Do you understand? Yes, you can laugh, but you can see how you might have signed up for such.

We tell you that you have gone round and round quite often with certain family members. You are indeed part of the full family, interchanging relationships in different lifetimes. Always there are new members of these soul-groups, but there is a familiarity when you meet them, is it not? It is as if you have known them for many lifetimes. But the parental unit is most important.

There are some—as was mentioned by this one earlier today in the interview—who will choose a physical body knowing that there is a great likelihood that it will not be the perfect body. Those with a so-called “syndrome,” known as Down’s Syndrome, would be advanced souls, knowing that they need not have a perfect body to be the expression of love. In choosing such a body that most humans would call not-normal, what good have they served? Why, they allowed those around that one to grow in love—to grow in unconditional love, and acceptance, and in forgiveness of imperfections. It is agreed upon. We hope we have answered your question. We do get a bit lengthy at times.

(Attendee) What about autism?

(SANAYA) You are seeing this more and more in your lifetime now, for there are genetic influences that come into play here. Some of you speak of your vaccinations—we wish to tell you not to exchew all human medicine, but to test in the heart what is right and what is not right—to not take for granted that something is safe.

But we wish to tell you that, once again, these are souls who volunteered for this. In many cases autism can be overcome. We wish you to know that the soul of one

who has autism is quite perfect, quite fine, quite aware of what it signed up for. The instant reaction of parents of one is: “Woe be upon us, what a tragedy!” But we wish that all parents would understand that this is but a great opportunity to learn love and to learn from that child, to know that that child has the opportunity to live a full life. As a spirit much growth will ensue from this.

Is there another question?

(Attendee) I want to know, if we have some loved ones that may have been reincarnated already, would they still be reachable?

(SANAYA) Most definitely. All is spirit, and spirit takes many forms. As we mentioned, you are part of a soul-group or one group-soul, as it were. A part of that spirit, as you would say, breaks off and takes form in a human body—it takes on a certain flavor. The analogy was given earlier today of smoke, and we will use it again, for it is one that many of you here will understand.

During a lifetime, a spirit, through all of the lessons learned, takes on its own particular smoky scent. As the body passes, that spirit returns to the oversoul from whence it came, having had that experience, having added that scent to the whole. When it is time—and when it is decided upon by the group consciousness—a bit of that spirit will again take on human form—in a different form this time—for the different experiences that it will engender.

Now, should the family members of the spirit over here decide they wish to connect with the loved one who has passed, they would consult a medium perhaps. That medium, with intention, would tune into the loved, tune into the exact personality, which, as you now know, continues to exist as this smoky scent that is recognizable as your loved one. Are you following us? While this scent of smoke here, such as hickory smoke, is recognizable as your loved one, a part of that spirit can be in another state, another country, another state of awareness, adding another lifetime, gaining another scent such as mesquite. When that life is over, joining the whole, and blending all of these scents. It matters not if one has reincarnated, the entirety of that soul does not reincarnate. It is an aspect of consciousness actually having many lifetimes at once. We do not wish to confuse

you more than ever this evening. (Scattered laughter.) Thank you. Is there another?

(Attendee) A couple of times you were talking about energy being recognizable. Do we have individualized energy, or soul-energy, and do we keep it forever?

(SANAYA) All that is, sir, is energy. You can call it consciousness, or spirit, or force, or souls, or whatever. You cannot get rid of it. So, do you keep it? Yes indeed you do; you cannot be rid of it. It is what you are. It is what breathes you. Without it, there is no without. Do you see? It is all that is. The physical form is a manifestation of that spirit energy. Spirit energy is the ground of all that is. It forms the energetic pattern to which the body conforms. This is why, should one lose a limb, the energetic pattern persists. It is why you have a phantom-limb pain, for the pattern, the energy, is still there. Energy is all that is. You are not the physical body. When the human mind can release its identification with the physical matter and come to know itself as that force, that is when true wisdom occurs, for you tap into greater and greater aspects of what you truly are.

We thank you for this question. Is there another?

(Attendee) How did God begin, or Being?

(SANAYA) There is no beginning. There is no end. There is only life, only the force. Your Big Bang theory is but one aspect of the human effort to explain a beginning that had no beginning and has no end. The human being cannot conceive of that which is limitless and endless and formless. So you try and try to give meaning, to give words, to give definitions to that which is wordless, timeless, formless, spaceless.

You are all that is. It is only through sitting in the silence that you come to know the self before there was a beginning and after there was an end. Do you begin to understand that it is something that cannot be put into words and cannot even be experienced because experience is an aspect of consciousness? What comes before consciousness? No thing. And you are no thing. You simply are. So we cannot put it into words. It is before words.

What is God? God is the formed and the formless, the eternal and the temporal. You cannot put your finger on God. You cannot put God into a box, or put a name to God. But you can come to know IT as much as is possible by sitting in the silence and asking, “Who am I? What is GOD?” and putting all human concepts aside, all that you have come to believe is true, and simply asking to experience What You Are.

You may come closer and closer, but whilst in human form it is nigh unto impossible to know the extent of your limitlessness. God is All That Is and you are an aspect of That. When you can come to know that all that you see is God, then you can walk about in an expanded state with compassion for all beings, for all that you see, appreciating the flowers as well as the weeds, knowing that God shows up at these exact times. Then you can awaken each day and ask, “How will God show up today?” for God has always been and God will always be. The same can be said for you, for you are that.

We could continue to speak in this manner all night and still not answer your questions sufficiently (Laughter) for there is no true answer that words could ever give you to describe the beginning of something that has no beginning. Is there another question?

(Attendee) Why would we choose to leave bliss to have a human experience?

(SANAYA) We thank you for this question, for you are love, sir, and love wishes all those who do not know love to know love more. It is a cycle that has been going round and round. In answering your question, we have not answered your question. So we will tell you that love knows love and wishes to feel it more and more. The only way to know light is through knowing darkness. Do you understand?

So you agree to incarnate as a being—perhaps not into a human being. There are many aspects of consciousness in which you can come to know love. A tree, itself, may not have what you would understand as consciousness, but it contains much wisdom and can radiate love to you. No, we are not trying to turn you into a group of tree-huggers. (Laughter) But why would you incarnate and leave love? So

that you would more appreciate love and because it is that self-informing system of which we spoke earlier.

Love is limitless and can ever grow and grow and rise. So round and round you go in cycles, coming back to grow in love. How much more did you grow? How much can you take back to the whole? By going into the darkness, you emerge even brighter. How bright can you grow? You do not know at this point, so you glow. It is ever on-going. Again we say, you cannot know brightness until you have experienced darkness. This is why you agreed to this lifetime. We will entertain yet another.

(Attendee) Is there a time humans will know no more war?

(SANAYA) We are afraid to tell it will not happen in your lifetime, but if you agree to come back and back again (laughter) that time will come. It may not happen on this Earth, for you do have the potential to destroy yourselves. But we ask you not to be afraid of that eventuality for there is no death! Death is a tragedy for those left behind, to be sure. It is part of the suffering; it is part of how you grow. We know that it is not pleasant for any of you, but rest assured that your loved ones who have passed are well-cared for, enveloped by love, and are looking upon you and wishing that you know they are safe and well. So even when there is mass-killing and mass-pain, those who have passed are met with love and are fine.

Yes, there will come a time when there is no more war, but you have quite a long way to go. Has there been a time when humanity has not known war against themselves? But as we have said, you have moved from the dark periods to the dim periods, and it is growing brighter.

Continue to hold that light in your heart, to open your heart and share it upon all others, and you will have made a difference. Do not become hopeless; then you will have regressed. Life is ever going onward. You do slip backwards because you are human and it is quite all right. But do know that that nudging in your heart—that hope that you hold—that there is hope for humanity—that there will come a day when there is no war—that is the salve pushing you ever onward to have

hope. For were there no hope, then chaos would prevail in your lifetime. It does not, and it has not, so you move ever onward.

We thank you for joining us this evening. We hope we have answered some of your questions. We could continue speaking all night. But this one has expended enough energy that we will give her a rest. We ask you to ask in your heart how these answers have felt. Know that your guides are standing by to answer any questions that were not answered for you this evening. We know that some of you have had answers given to you without having asked the questions this evening. But do ask them of your own guides at any opportunity and you will be most surprised the answers do flow.

You are all so very loved. Never forget that, never doubt that. We know that you have felt the presence of love this evening. We have bathed you in it and you will carry it with you when you go from this room. Do us the pleasure of bestowing the energy on all you encounter in the coming days and we will have fulfilled our purpose here this evening.

Again, you are so very loved. May you carry that knowledge in the heart and in your awareness. We bid you goodnight.