

**Session with Suzanne Giesemann and Sanaya
Consciousness Frontier at Unity of Wilmington
Wilmington, NC
August 27, 2015**

Before the session started, Suzanne gave an overview of how she attunes with her group of guides in spirit who call themselves Sanaya. You can read more about Sanaya at <http://www.suzannegiesemann.com/whoissanaya> and read Sanaya's daily messages at: www.SanayaSays.com

The song enjoyed before the session was "*Let Them See You in Me*" by JJ Weeks Band. The song enjoyed after the session was "*If Not for Love*" by Karen Taylor Good and J. Martin

All notes in italics 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 Bev Garlipp for this transcript.

The recording of this session with Sanaya is available for listening and download at: <http://www.suzannegiesemann.com/sessions-with-sanaya-2>

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Sanaya: Good evening. There is a reason that we push this one to exercise regularly for the physical body is used to containing and expressing a certain level of energy. That which this one experiences in sessions such as this is of a higher vibration than most human beings normally channel. *(After the session a woman told Suzanne that she had just commented to Ty that the fact that Suzanne and Ty exercise regularly must help in this work.)*

It does come as a bit of surprise to this one having not felt our presence in this way in the presence of a large group in quite some time. Yes, it is true that each morning we speak through her as we give our messages to all of you, but at a personal level it is different.

You have been given a lesson this evening of the importance of all of you sending your energy to this one. Had you any idea how much of a difference you make when you open your hearts, you would walk about in an open state far more often. You come across a couple having an argument and you withdraw, do you not? Or you shut yourself off and turn away. We wish to tell you this evening that were you to look upon that couple and without saying a word open your heart and merely send that which you are ... love ...

towards them, you would be applying a salve to their wounds. It would be like placing a bandage on their hurts and aches. We use this as an analogy, but it is quite literally true that you are all healers, and it is consciousness flowing through you that does the healing.

What is it that causes pain and discord and discomfort in others? It is when they are out of alignment with their true self. What is the true self? You are witnessing that now. It is the higher aspects of all of you. We have been described to you this evening as “entities,” “individual beings of higher consciousness.” In a way this is true. It has been explained in a way that you would understand it, but at another level we are you and you are us. There is only one consciousness, one mind, one heart, one soul ... one great soul that you would understand as the One Mind, or the Great Spirit, or God. Call it what you like, but it is you, and you are That. You are but a small aspect of That, do not mistake us, but all of you can tap into the greater aspects of That to come into alignment with who and what you are.

You need first and foremost recognize that you are not just a human being that sits in a chair, and does your work, and sits at your computers, and produces, and produces, and gets bored. You are far more than that. You are part of something so interesting, so vast and wise, that it would take lifetimes upon lifetimes upon lifetimes to absorb it all. The good news is you have that time. You are eternal beings for a time being having an experience as a human being. At times you beings forget that ... you forget who you are. You become disconnected from the Source. The connection point is here (*points to the heart*) my friends ... at the heart.

It is the disconnection which causes pain. It is this disconnection with the Self – with a capital “S” – which causes discord. It is this disconnection which causes human beings to clash. So you can see with this understanding that when you come upon two souls seeing themselves as very separate beings involved in a clash, that it merely takes the presence of one coming from a higher state of consciousness and awareness of who and what they are to bring in that higher energy and channel it towards those who are in a state of discord. You may find an instant healing. You may also find that your efforts do not seem to be having an effect, but trust us at some level they have been felt, for the soul feels it. The soul, could it speak through the awful words you are hearing, would say to you, “Thank you my friend. I will do my best to remind this human of whom I am ... a part of who they are, but thank you for recognizing me.”

You need no one outside of yourself to remind you who you are. You are a beautiful soul. You have always been that. Just today this one did a session for a lost soul. There are quite a bit of those walking amongst you, are there not? You read about them in your headlines. They are the ones who have been told since childhood that they are less than worthy. Words are used that if we were to use them now would bring the vibration in this room crashing down, and that is not our goal. We are sure you would recognize them, would you not? Many of you have heard them your entire lives from wounded human

beings who were so disconnected from the Source that they forgot who they are. This is perpetuated, passed down as a legacy of sorts. Quite a tragic legacy to pass down anything less than love, anything less than allowing young children to know their incredible worth, their value. Gold nuggets they are.

All of you come into this world as pure gold, shining so brightly. All gather around and look upon you and say, "How beautiful. Look at those fingers and toes. That is perfection. Such a beautiful baby." Then you begin to cry, and then you turn two years old, and the rest ... you know that story do you not? The "terrible twos" when you assert your independence. It is at this point that you begin to forget. You forget that connection and it becomes clouded over. At that point it depends upon the legacy passed down to the parental unit – the family unit – the friends – all those around the young one what kind of information and belief systems they will feed that young one. All of you began your lives in human form as pure gold ... valuable beyond words.

(A cell phone in the audience rings.) Ah, yes, this is not the first time that this has happened ... our very first time it did give us an opportunity. We are well aware of you human beings who at this point would wish to throw your dagger eyes upon the one whose phone did go on. We wish to tell you that this is a prime example of an opportunity ... for what? Forgiveness. Yes, and love. Could it not as easily have been your telephone that turned itself on? All human beings make mistakes, and those telephones are one of the greatest mistakes. *(laughter from attendees)*. Were we not speaking of disconnection? *(However)* Yes, they do allow you to have a connection across great distances. We will not go in that direction. You are all quite aware of this.

We were speaking of you as gold nuggets. A new analogy for us to use this evening, but yet another way for all of you to recognize your divinity. You are worthy beyond words, yet how many of you look in a mirror and turn away? How many of you, as we stated in our message recently, the daily message, *(Sanaya Says, August 25, 2015: <http://www.suzannegiesemann.com/sanayasays/lost-and-found/>)* could look in the mirror, and hold the gaze, and lower the gaze upon the body, and feel love, and feel appreciation no matter how it looks? It is a teacher to you. Do you realize that? Your body has much to tell to you. It is a reflection of your thoughts.

We love you all so very much. We value you so very much. Why? For you were brave enough to come to this earth for the experience as a human being to live amongst those who slumber, who have forgotten how valuable they are, who have lost the connection at a conscious level. Let us stress this *(consciousness level)*, for at the subconscious level – deep, deep beneath all of the belief systems--the soul remembers. This is what this one spoke of earlier. This is why some feel tears when we speak of how beautiful you are. This is why some come to tears and shake and stutter when we tell you, "You are beautiful and we love you." Can you ever hear those words too many times? Can you hear those words enough?

The human being hungers for this food ... hungers so greatly that the human being feels it will never be satisfied. Yet, it only takes an instant of remembrance – of tasting the manna from heaven. That is the gift of remembrance, and all of that angst, all of that unworthiness is pushed aside to come back again as waves in the ocean trying over and over to knock you down. The soul is mighty, and it is eternal, and it will never go away. It will never cease trying to reawaken you to who you are.

You are here this evening at the prompting of the soul. Did you know that? Something propelled you to come and witness this strange occurrence of spirits speaking. But it is not so strange after all, is it? These words are strangely familiar. Why is that? For they speak to you at all times, but you can only hear them when you listen with the soul. They speak to you when you slumber, in your dreams when the soul is playing and recharging itself, as it were. Just as you plug in your telephones to recharge them, the soul recharges each evening when finally that pesky ego is quiet and can no longer tell you over and over that you are less than you are.

You are royalty. We see you with a crown of jewels upon your head – the bravest of the brave having agreed to come and have this existence in human form full of its challenges. All of you are up to the challenge for you are spirit at the core. There is no greater power. Do you remember?

It is our great pleasure to answer a few of your questions this evening, and then we will return with our prepared statement. Whilst this one is kept in the dark, we have had a meeting to discuss exactly what you need to hear as a group. We wish to tell you that your group at this moment holds a specific energy made up of the various souls. There is a message different for every group ... this one groomed for you. We will entertain the first question.

Questioner: *(Cannot hear questioner on the recording, but Sanaya repeats the question.)*

Sanaya: The question asked is, “What happens in consciousness when one takes their own life?” A very good question indeed. This one has had the opportunity to converse frequently with those who have taken their own lives. We wish to tell you that all souls, regardless of how they passed to the other side, are surrounded by love. Upon passing from the human body, all souls – all souls – may we say it again – ALL souls are surrounded by love.

The ability to which the soul is able to experience that love is dependent upon that human being’s actions whilst in human form. That is a different subject, for it relates to those who commit atrocities. Those who take their own lives are seen in a different light, not as criminals, but as those who have faced such challenges that they have taken free will

into their own hands. The challenge is that they have missed opportunities for their soul to grow.

We wish you all to understand that your purpose in life in human form is the development of the soul to raise consciousness of the whole. How do you do this? By raising your individual consciousness. How do you raise the consciousness in this room? You turn up the love. You as human beings are given opportunity after opportunity, after opportunity, after opportunity to turn up the love.

Those who take their own lives have cut short those opportunities. At an individual level, this would not seem like such a big deal as you would understand it. However each one of you as an individual light adds to the light of the whole when you reach the other side. You can see, therefore, that one who has not fulfilled their assigned lifetime in their lifetime returns to the reality from which they came not glowing quite so bright as they could have. They have not fulfilled their mission.

Nevertheless, they are surrounded with love and with understanding and with no judgment. They are fully aware of the full impact of their decision. Many are held in what you would understand as a “sanatorium state.” You would understand it as akin to a “hospital state” while helped by guides and angels who help them to see the effects of their decision. Always, always surrounded by love. We hope this has answered your question.

Is there another?

Questioner: How many eons (*cannot hear the speaker complete the question*)

Sanaya: How many eons before mankind grows in consciousness? We do ask you to pardon us for interrupting your question, but this answer depends upon mankind. There is no time in the world from which we speak to you now (*the nonphysical realm*). You would not understand us if we put the answer in your time, but we wish to tell you that all unfolds at the perfect rate according to the mass consciousness.

What we feel most from your world now is impatience. Consciousness is rising rapidly, and you are fed up, are you not? You are fed up with those who still slumber. There are quite a number of those sleeping souls. We will put it in terms that you would understand: If you were to look back in the history of mankind upon this earth, you would remember the caveman. This one does teach in a workshop what we have taught her ... that the cavemen were the infancy of humankind. It was all about survival was it not?

We will keep this brief and tell you that humankind is now in the stage you would understand as “adolescence.” Adolescents do still act a bit like children at times, do they not? Yet, there is the spark of hope for those teenagers, and we see that now with humankind. We can see adulthood just over the horizon. There is most definitely hope for humankind. What makes the difference is all of you turning up the light as you help others to reach adulthood.

Be patient with those who still walk as children. Not all have reached adolescence. It is those who have already reached adulthood who will help to bring the group along. Worry not.

The mass of humanity will not reach adulthood in your lifetime. As individuals you do have the capability for this (*reaching spiritual adulthood*) by awakening to who and what you are. You no longer live in the dark ages. That indeed was a desperate time as far as soul growth. The lights are becoming brighter. We wish you to understand, just as we spoke (*the earlier analogy of two people clashing*), that opening your heart can have an effect on the clashing of two souls. The opening of the collective heart of groups such as this does indeed have an effect on the collective consciousness of the whole. This is why you are seeing a rapid increase in consciousness as a whole.

We will not put it in terms of time. We will tell you it most definitely will not happen – wars will not cease, fighting will not cease - in your lifetime. That is why you are here: to continue awakening. There are those among you who will return time and time again to help the adolescents rise into adulthood.

We will entertain another (*question*).

Questioner: How will we help each other to believe what we can't see?

Sanaya: How do we help each other to believe what we cannot see? Once again it comes down to opening the heart. My friend, the greatest advice we can give to you is to not worry about the others. Simply be that which you are and allow your light to shine. It will have an effect beyond even the one upon whom you focus. It has far reaching effects. It is human nature to want to help others. Those who do not see appear blind to those who see with the eyes of the soul. We quite understand your eagerness—once you have awakened to the presence of spirit within and without—to want to share this on a grand scale. As you are called to do this, shine your light. It will be felt. If your scope of effect is limited, it is all well and good. Worry not.

You may shine, and shine, and shine, and based on the age of the soul – how many times that soul in human body has incarnated – they will be open or closed to your shining light. Do you understand this? All souls come into this world with different levels of vibration, having had different experiences in human form in the past. Yes, we are speaking of reincarnation, which is quite real. If you only had one chance to get it right, that would be quite tragic would it not? (*attendees chuckle*).

You would be, as you understand it in human terms, “wasting your breath” to try to explain spirit and soul vision to a young soul. By merely opening your heart you allow that which you are to be felt at a soul level. That, my friend, has an effect far greater than words which fall on deaf ears. Ask within, “Should I speak with human words? Should I try to exert influence with this one or this group, or should I merely shine my light?” The soul will guide you. This is true in every instance. Go within for guidance. The heart will never

steer you wrong.

Is there another question?

Questioner: How do we support a loved one whose body is giving out and they are having a difficult time letting go of their body?

Sanaya: We believe you all have heard this question – no need to repeat it. Thank you for speaking this question. Know that the soul of one whose body is failing is well aware of what is happening and is at peace. Know that the soul is fine and is doing its best to communicate with the one whose body is failing. We ask you to do the same as we have just advised the one in the previous question. Go into the heart and ask, “How much can I share of what I know?”

Human beings are afraid to speak of death. Such fear. Get rid of the fear and speak from the heart. Fear is of the ego, which is locked in the head. If you were the one who was failing, what would you most want, my friend? You would want a loving voice, an understanding voice, a compassionate voice, or perhaps you would want no voice. Perhaps you would just want one to just sit at your side. Each case is different. Speak soul-to-soul with that one who is failing. Your heart will tell you whether to speak or not. Merely be present. Bring through the Presence. That in itself will be healing. If you are to say more the heart will guide you.

Is there another question?

Questioner: ...Extraterrestrials....more advanced than we are ... (*cannot hear the question*)

Sanaya: This is a dear friend from the Heart Circle (*a small group of Suzanne’s friends who share regular sessions with Sanaya*) who has joined this one many times, and we dare say she is a plant this evening. (*attendees laugh*) (*Suzanne later learned from this friend that the friend had planned to ask a completely different question. As the words came from her mouth, she thought, ‘Why on Earth am I asking this question?’ Suzanne later heard from a woman seated directly behind this friend that she wanted to ask this very question about ET’s, but did not have the nerve. This explains what Sanaya means by, “She is a plant”—planted there to be the voice for the one who did not dare to ask it.*)

We dare say that you have asked a question that will put many ill at ease and others on the edge of their seats. We ask all of you to tune into your hearts at this point and ask yourselves, “How does this question and answer feel to you?”

Yes, there are multiple realities. We have given this one examples of visitors from other realities. We quickly told her not to share this, for hers is a task of bringing credibility (*to the existence of a non-physical world*) and there are those who would not welcome such news (*that there exist such things as extraterrestrials*).

We wish to tell you that just as many of you would stumble about were it not for your guides and your angels who keep you out of trouble, there are multiple realities helping this physical earth. That is not your concern at this point. You are amongst adolescents (*younger souls, as discussed earlier in this session*) who envision extraterrestrials with pointed eyes and visual antennas. This does not help the soul's growth.

You have asked the question, and we answer you: Spirit is limitless. Why would it only express itself in human form? Can you understand that there is no limit to the expression of Consciousness? Just because you cannot see what you would understand as "living forms" does not mean that they do not exist. Your crop circles are methods of communication. They are not all hoaxes. If this fascinates you, by all means study it. If this seems to you foolish, then place your focus somewhere else. That is the beauty of being on Earth is it not? Something for everyone.

Consciousness is limitless. You are limitless. We wish to impart upon you as we take our leave this evening that there is no need to be frightened as you go through this world. We have already stated this evening that fear is of the ego - that part of the human being that would like nothing better than to let you think that you are separate and alone. Nothing could be farther from the truth. You are, as we said in the beginning, – yes, wrapping it up and bringing it back full circle – a beautiful soul. A nugget of gold. As such, you are here to glitter – to shine. The more you do that, the less fear you have.

We ask you to go forth from this place with awareness: your greatest gift as one who is nothing but consciousness. What is consciousness, but the awareness of "I Am"? That never goes away, my friends. The more you are aware of who you are: a beautiful spirit here to shine your light on all others, here to return to that reality from which you came – the spirit world if you wish to call it that - shining brighter than you arrived ... then you will want to do nothing more than to shine in every moment.

We wish to tell you that darkness does not like light. It abhors darkness. Therefore, the more you shine your light brightly, the less fear is part of your belief system. There is no fear of tiny beings from other planets attacking you. There is no fear of evil spirits. Why is this? The more you awaken, the more you shine your light, the more you realize there is only one power, and that is LOVE. Can you feel it? If not, sit in the silence daily, my friends, - daily.

Yes, this takes discipline, and the ego does not like that. If you have the discipline to sit daily you will recognize ego for what it is: an aspect of you that wishes nothing more than for you to remain ignorant of the light within. Through the practice of sitting in the silence you turn up the light quite naturally.

We look forward to each of you having the experience of the tingling fingers, of the heart opening, of the bliss that flows through the one who has so quieted ego's voice that there is no mistaking who you are. This is the path to awakening. You are well upon it. Is it not time to leave childhood behind, to leave adolescence aside? It is not a comfortable

period for anyone. Adulthood is most welcome to the soul. Wisdom comes with age. Souls come at various ages. You can speed up your aging of the soul through shining your light. That is why you are here ... to polish the gold.

We bid you goodnight.

Attendees: Goodnight.