

**Special Session with Suzanne Giesemann and Sanaya
Webinar
December 27, 2017**

Suzanne shared a brief overview of her channeling sessions. She described an experience she had earlier in the day of Sanaya showing her an image of tonight's gathering of attendees as a web of bright light. A bit of humor was added to the introduction as one of Suzanne and Ty's dogs, Rudy, played with a toy in the room.

"This one" refers to Suzanne.

The recording of this session is available on YouTube: <https://youtu.be/9ZgXxatPtwM>
The recording and transcript are also available at: <http://www.suzannegiesemann.com/category/special-sessions-with-sanaya/>

You can read more about Sanaya at <http://www.suzannegiesemann.com/who-is-sanaya/> and read Sanaya's daily messages at: SanayaSpeaks.com

Thank you to Debra Henson for this transcription.

Sanaya: Good evening. It is our pleasure to join all of you this evening, including the dogs, who add quite a pleasant energy to this gathering; and those of you holding your domestic animals, your pets, upon your laps as you view this event, this gathering, from your homes will have noticed the calm which takes place when you hold an animal upon your lap. Is that not why you enjoy your animals so much? For they represent purity; they represent the highest of consciousness. And why is that? Why do we love our animals so much? For they have no ego. We are going to spend quite a bit of time this evening speaking to you of ego so that you have a greater understanding of what it is that gets in the way of humans knowing yourselves as love.

You love your animals, most of you, unconditionally. You gaze upon a puppy or a kitten, and the heart opens, the heart threatens to overflow with love as you imagine or as you do hold your pets and stroke them. Why is this? For they give you in return naught but love. There is no danger in your animals. Most certainly, an animal who you do not know, some of you experience a bit of fear that they may bite you, but those that are part of your family unit, who you trust in your heart, you love them for the love that they give you.

You gaze into their eyes, and you see only love coming back at you. And that is why new relationships in your human lives are so special to you. You gaze into each other's eyes, and you see nothing coming back but love. And this you would understand as the honeymoon period, do you not? The honeymoon period lasts varying lengths of human time, for it does not take too long for some relationships in which suddenly you look into the eyes and you are not seeing love coming back, you are seeing a bit of judgment, you are seeing a bit of disdain, you are seeing a bit of mistrust. And this can have an effect of growing and snowballing we are showing this one. She must find the words for the concepts which we put into the heart. This is how your guides speak to you, through the heart only. But we digress.

The honeymoon period for those in love is shortened when you come back into your sense of individuality. This is ego. The honeymoon period is so beautiful, for you have lost your idea, the illusion, of separation. “We are one,” you say, and you feel that oneness, the yin and the yang, coming together but no longer different, one unit, one wholeness. And we wish to tell all of you this evening that all of you are that one unit; all of you are but projections of one being, who is not a being at all with form but pure being itself, pure consciousness, the essence of which you already know in the heart: It is Love.

All of you are this at the very essence, but from the moment you are born, at that moment you are like the puppy and the kitten. All others gaze upon you and see nothing but that pure love reflected back at them. Is it any wonder you love your babies, and then you make the mistake of giving them a name, and you refer to each baby by a separate name? And until that baby learns that that name pertains to them, they maintain that purity, that innocence. It will always be there under the name, but little by little, as they identify the being in a body by that name, then they come to self-identify as “I,” no longer as one with all they gaze about the room.

Have you not seen a baby gazing with great curiosity around them but with no judgment, with no distance, with pure curiosity and love until they come to know “I am somehow different” and begin to compare? And this is where ego gets its start.

And so as we speak to you this evening as – about ego, it is not about a pride nor is it about shame; it is about separation. That is what causes all challenges between humans, for where there is separation, you have lost your awareness of the self as awareness itself. We are giving this one the image of a grove of trees, of very special sacred trees, which you have given the label to of aspen trees. Were you to look under the surface of this grove of trees, you would find it is not a grouping of separate trees but one tree sharing the same roots.

If you could see all of you as we see you, not as human beings – we can see your form, but to us it is pixelated; we see through the form. We do not identify each of you as that form; that would be folly. We identify you as the lights that we see quite clearly with our hearts. And your lights are shining quite brightly this evening, and we feel that, and we are so grateful that you have come to sit with us this evening, for as your heart lights burn brighter, we also burn brighter, for there is no separation twixt your lights and ours.

We speak this evening of earthly separation between the trees and the roots, but were you able to see yourselves as we see you, as what appear to be individual lights but as, exactly as was shown to this one earlier, lights joined together by the source of all light, which is you, which burns through you, which is love. You may choose to call it God, you may choose to call it simply the Light. Take away the English word “the,” and it is simply Light. And it is what joins all of you, for it is you. And so imagine light, light, light, light emerging all around your Earth but connected to all other realms, and you are beginning to get a greater idea of oneness.

Do you see how it is impossible for us to see you as separate forms? Do you see why we love you so very much? Do you understand how very loved you are? For we do not see the separation; we see only light reflected back at us, exactly what you see when you look in the eyes of your beloved pets, of your

beloved on your honeymoon. This love is what humankind is destined to come to know. This love is your birthright. It is through having believed yourself to be the name affixed upon your bassinette upon your birth that has given you the start of a story that led you to believe you are separate.

Hear us well: The story is a necessary part of being human. You are here for a reason. For in building a story and then awakening to the fact that you are acting out a story and then unraveling the story back to the beginning, to the essence of you and where you came from, where you have always come from, who you have always been, the light that you find, your purpose, it is here now.

Why are you here? To turn up the light. To see through the body with your physical eyes – this is quite difficult, but when you see with the eyes of the soul, you no longer see a body; you see only light. The greatest gift you can give yourself and all souls around you is to see not only through the body as if with an x-ray machine but, my friends, to see through the stories. The stories are what keep you separate from each other. This is the shift in consciousness of which all of you are hearing so much lately, all of you who attend events such as this, all of you who know yourselves to be on a journey. All humans are on the same journey, but not all humans are aware of this fact. But those of you aware that you are on a journey are here to see through the story. This is called awakening. This is called awareness.

As you turn up the light within, you begin to see the light in others. You begin to see that when others do things that irk you, that get under your human skin, ah, that is a story, they are not aware of the story or they would not have done that, but I feel a bit irked myself at their unconsciousness; and suddenly you are aware of your own lingering story. We wish this evening to give you a gift, and that is a reminder that you may laugh at your story.

There are many times when you will not feel like laughing, but we are going to give you one word which can aid you in your journey, propelling you farther along in a hurry. Are you humans not all in a hurry? Well, we understand this, for it does feel quite good to awaken to the truth that the heart has never forgotten, and so our gift, that one word for you that we wish you to tattoo upon your forehead – in your mind's eye of course; we are making a joke – is – the word is “Conscious.”

You are consciousness; that is who you are. The English language gives away dry words such as consciousness, but feel into this word if you would. Feel that consciousness is pure being, is pure love, and it is your task to see through the story to that which you are, two different levels of the self: The human with the story seemingly separate, and pure being.

This word “Conscious” shall serve as your trigger. When you catch yourself being very human, feeling very human, saying, thinking unkind thoughts or words about another seemingly separate human, in your mind we ask you to say the word “Conscious.”

We are imbuing all of you with healing energy so that this word “Conscious” is not just a word but a trigger to remind you “I am pure love, I am light, I am conscious of this. In this moment I am conscious.” And we wish to tell you that a conscious light can harm no other. A conscious light loves all, and there are no others. A conscious light sees stories for what they are, merely illusion, dressing that goes with the body, not the real you.

And so, with this gift we give you, the healing energy, the awareness, the awakening that comes with this word, which you must say silently yourselves, but your guides, who have been with you guiding you to hear this event, will remind you of this word. As you say the word silently, “Conscious,” you will shift awareness; you will shift from the human viewpoint, who sees, as we have shown this one, from the bottom up; from the human awareness of separation, you will shift to the view, as the light, from the top down, and that is oneness, conscious that I am that, conscious that I want to lash out, but from this viewpoint, I no longer wish to for I suddenly understand why I want to lash out, for I suddenly feel compassion for those I previously viewed as wrong, conscious that as a human there is right and wrong, and the ego must believe itself to be right or it will die, conscious that there is no death, conscious that only the story dies. Love is eternal.

We wish you to breathe in deeply. Breathe in love. Breathe in awareness. In that moment when there was no thought, in that moment of pure presence, of breathing in, and your thoughts ceased, you as a soul were that, for it is thinking that keeps you separate, and the ego is deathly afraid of thinking for the more you think and reason, then you begin to look beyond the self and you begin to realize that it is thinking that has gotten you into trouble, and then you become aware there is something beyond that. And this is why ego is afraid of thought, for if there is no thought, then there is no more ego. And the ego will go to great lengths to preserve itself.

You as pure being have no thoughts. This is why, when you take in a breath and become present, suddenly you are aware of something beyond the self, something beyond the story. Take in a breath. In that moment of ceasing all thought, you have shifted your awareness from the thinking ego to pure awareness. In that moment you are conscious. Conscious of what? Pure awareness with no thought. In that space there can be no judgment, only love.

This is a powerful lesson which we have shared with all of you, and there are many of you listening this evening, and all of you at different places on the sidewalk of human growth, the journey, the spiritual journey that each of you is on. We do not see you as souls who are better or worse, more elevated or less than others; we see you as lights, all of you, some of you burning so brightly, some of you not so brightly but it is not lesser or more in our awareness. There is only light.

May you come—as a result of conscious awareness—may you come to know yourself as light. May you come to see and know the story for what it is: Not right, not wrong, an experience that you as the light have chosen to undergo. May you choose to laugh at yourself when you are so very human.

Your addictions that you have are merely tools of the ego to hold you prisoner to the story. You have your alcohol addictions, your drug addictions, your sex addictions, your food addictions, your television addictions. Why are they addictions? For all of them keep you from becoming aware of who you are, for if you cease thinking, then suddenly you begin to feel your heart again, and the ego does not want that; you must remain separate.

And so you watch your television and you so-called “zone out”; you allow the television to think for you, and this can be quite dangerous, for then the story is programmable, the human being is programmable. And you have been programmed from day one, as you would understand it, to see yourself as greater or lesser, as right or wrong. This is the way the human learns, by trial and error. Do you see how insidious the story can be?

See beyond the story. Look at your addictions as the gifts that they have been until this moment. But what are you now? Conscious. Feel the power in being conscious, that the addictions are merely a tool, a survival mechanism of a story which is an illusion which began with your name, which began with the sense of I, which began with a sense of separation.

We have excellent news for all of you: You will no longer need your addictions when you reassure the ego it will always be necessary as long as you have a name, and you will always rely upon it, but as a companion, not as the ruler of your reality; for when you become conscious, ego can no longer rule your life, addictions can no longer hold sway on you. They simply drift away. They lose their power. For there is nothing, dear ones, more powerful than love, more powerful than light, more powerful than pure awareness. And you are that.

Do you see why ego does not want you to know this? And so we assure the ego you are still needed as long as “I” have a name, but “I am conscious, and I love you. And I am conscious, and I love you, my beloved partner. The honeymoon may have gotten a bit rocky, but now I see we have both been acting out stories. Beyond the story, there is that light which attracted us in the first place. And my beloved child with whom I have had conflict, I see now that it is a story we have been acting out to bring us to this moment here when finally, I am conscious. I see through your body; I see light. I see through this fallacy of a story. I am only light. And you, my co-worker, I have not wanted to come to work because of the conflict I have experienced with you, but now I am conscious from a higher level, not as the story, not as a co-worker, as the light; only now from that higher level do I see that even you, that one with whom I believed there was conflict, I understand now even you have your challenges, I understand now why you behave the way you do, I understand now why you raise such ire within me. They are all stories. You are as right as I thought I was right. All the stories. I am conscious.”

Do you see how we could continue for hours showing you how the stories serve a purpose, to bring you to your true purpose as a soul: To remember who you have always been? You, our friends, are love. You are so very loved. You have always been loved. We are on a honeymoon with you, and it never ends for love never ends, it never dies. Conscious you are of this fact in your heart. That stirring you feel in this moment is called awakening. “Welcome home” is what your heart is saying to you and what it will say ever louder as you repeat repeatedly throughout every day from this moment forth, “Conscious,” and it will stir within your heart that remembrance, until being conscious of being, pure being, becomes your very life, for you are life itself. You are that. See the light that joins all of you as one.

You will come back into your bodies – you have lifted a bit out of them in this energy – and you will fall back into your story; that is the human way. You will go forth from this moment, and you will play your role as a story with a name, but you will remember and become conscious. That is the journey you are on, and it is a beautiful one. Never forget who you are. Be conscious. You are love.

We will not answer questions this evening for you are all in resonance now around the world and beyond the world, resonating with your higher self, all one, no separation, only love. How does that feel? Conscious.

We bid you good night.