

Session with Suzanne Giesemann and Sanaya
Unity Spiritual Center
Fruitland Park, FL
February 19 2017

Before the session started Suzanne shared highlights of her recent readings and daily messages from Sanaya. The song played before the session was “Om Kumara Mantra” from Deva Premal and Miten’s CD, *A Deeper Light*. The song enjoyed after the session was, “If Not for Love” by Karen Taylor Good and J. Martin.

All notes in parentheses 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.

The recording of this session with Sanaya is available for listening and download 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.

Attendees: Good evening.

Sanaya: It is with great pleasure that we welcome all of you once again, and we are quite pleased to be in your presence. It gives us a lift to feel the dedication of so many of you who would give up your evenings in front of your television to join us for what some of you will find perhaps a bit of a spectacle. But this is not entertainment. It is, as this one has said to you, an experience in energy.

It is the energy that flows through all of you at all times. You would know this as the life force. And were it not for the life force flowing through this body, why, the body will return to ashes and dust in a short period of time. But the soul, my friends, would continue, for you cannot destroy the life force. You cannot destroy you as a beautiful soul. You are eternal, and it is that soul which comes back as these drop-ins, as this one has spoken to you this evening, to let others know “I am alive! I exist!”

Life goes on and on and on, and it is the human who grows weary of life with its challenges and of the suffering which ensues as part of human life, who says “but I do not wish to go on and on, can I not get off this merry-go-round for a while?” And we wish to assure you all that when you pass from this physical body with its many challenges -- we are quite aware of the physical challenges the body presents you as you grow older – when you leave it behind, you will wish to leap and run about as a child once again, saying “I am free! I remember how this felt!”

And as you are running through the fields of wild flowers, why, you'll discover that you can indeed fly, and then you will experience true freedom. You may feel yourself with a body for a while, and you will realize that you are creating that, and you can shed it with no embarrassment and be that naked light to the world, shining brightly.

But you can do that now here as well. The body is merely a costume, masking the light which is inside of you. [Cell phone rings] There is always one (cell phone that rings at an inappropriate time), and we will assure you that that one had turned off the phone, but electricity and energy is a funny thing, and we do enjoy playing tricks with energy.

We were speaking of flying and being free, being free. It is this body which gives you the illusion that you are trapped here in your earthly personage, but this is far from the truth. And we wish you to have, as this one has termed them, adventures in consciousness, and it being with the belief that it is possible for all of you for you are souls here and now.

So we are sending energy to all of you this evening, a bit of an upliftment. Some of you will feel it as a bit of tingling. It will linger after you leave here. We ask you not to return to your homes and turn on your televisions. That will bring your energy plummeting immediately – not a joke at all but actuality. Leave your television sets in the off position and sit for a while or lie in your bed in the silence and contemplate not only what you have heard this evening but what you have felt. What feels different in the body? What feels different in your emotions? You cannot help but rise in vibration when surrounded by loving spirits and with the energy boost we are giving you this evening.

We wish to talk a bit about how humans bring down and block your own energy. This one this week did have a bit of an uncomfortable experience. She has made a vow to us (long ago) to never lie again. All humans lie, so every one of you, if you are honest with yourselves, are well aware of times in your past when you have not told the truth. It is the human way. But for at least 20 years, we have been keeping our thumb on this one to ensure that she tells only the truth – quite a challenge for human beings.

And we wish to tell you why it is so very important, for each time that you do not speak the truth, it matters not to the recipient -- although many times you tell untruths as a protective measure for others -- but if you are honest with yourself, it is because you are afraid you will not be loved if you speak the truth, or you will get in trouble, which is the same thing, for when you are in trouble, you are afraid you will not be loved. And is this not what all humans want at the deepest level, to be loved?

And so this one was put in a bit of an embarrassing predicament. She was embarrassed for something very human that she did, something that all of you have done and do do. And so she did not lie at all, but she was aware that she was hemming and hawing a bit and going around the story – you understand how that goes? – and the feeling that did descend upon this one was one of dread. And we wish to tell you that is but the slightest bit of what happens to your energy field when you tell an all-out lie as you would understand it.

And so wishing to be rid of this dreadful feeling, she immediately “came clean” and admitted her embarrassing truth, and immediately the pall was lifted, the embarrassment wasn't present. But we wish to tell you it is far greater to have a bit of embarrassment and than to (unintelligible) live with the energetic disturbance of an untruth. And this is exactly what it is.

Some of you have had muscle spasms. You experience them as knots in the body. The muscles tighten. You can even feel a nut-sized shape in the muscle. Now we wish you to see that or that image in your energetic field and you can label that with a great big L-I-E for your lies do the very same thing to your energy system, instant blockages. Why? For the life force knows nothing but truth, and therefore (unintelligible – untruths in) the system block the flow of life force, dim your light.

We are doing our best to not sound as if we are preaching, for we wish you to know there is no judgment from our side, from any of your guides nor angels nor loved ones in spirit, who see all – we hate to tell you this, but they are aware of everything going on – no judgment. We only share this with you to bring you to the awareness that we do see the light dim as you are not standing in truth. We wish to make you aware that it is fear at the base of every lie. Fear that if you tell the truth, things will have to change, there will have to be adjustments. Can you feel the fear in your untruths?

We wish you to know the freedom that comes from baring all. It is the human way to be fearful. Step into the power of who you are. Love yourself enough to free yourself of blockages. Know who you are. Know what you are: a beautiful light, and wish only for that light to shine brightly, and you would have nothing to hide.

One more short lesson before we answer questions, and this is one that we have shared through this one in the messages posted for the public this week, and that is how to clear blockages once deep-seated in the system. We are not necessarily speaking of these small nut-shaped blockages from untruths, but the deeper-seated, at the cellular level, the deep-seated blockages from human programming, wounds from the past.

As you become aware of what is causing the challenges in your life, as you have the courage to sit in the silence and ask your team of helpers “What is causing me to react in this way to this situation, what is causing me to show this lower vibrational side of myself in that situation?” your guides will be happy to show you from points from your fears. Once identified, the patterning, the programming, it is up to you to free them. Yes, you can go to an energy worker and say “Fix me, please,” but they, outsiders, can only do so much; it is up to you. Your soul’s growth depends upon your human side, the ego, being willing to surrender that patterning.

And so, once you have identified a blockage within you and you can see the source of it in your thought patterns, why, imagine that blockage as an actual – and we have used the term this week a “thought tumor”; it is an apt description, is it not, for what is a tumor? An unwanted blockage in the system. We wish you to take that thought tumor, once identified, take it lovingly in your imaginary hands and gently remove it, gently, and hold it up to the light. We are asking you not to cast it into the darkness; that is giving power to darkness. Hold it to the light and bless it in the light for the lessons and the growth that thought pattern has brought to you; but now in the awareness that it no longer serves you, then you allow it to be dissolved by the light. Picture it dissolving into billions of particles of light, transformed.

As we have stated earlier, energy cannot be created or destroyed, this is absolutely correct, merely transformed. And now you have taken an energetic pattern held within the confines of your human energy system and have given it through your lesson to the light to be transformed now that the pattern has been dismantled. And that is what it takes.

But now you have a place within you that needs to be filled with the light, so you complete the process by taking a virtual shower of higher vibrational energy and asking for help from your friends in spirit to reprogram the thoughts so that the tumor does not grow back.

Is this helpful to you? We hope that you will give it a try and clear out old programming, and thus we would see the results from our vantage point as your light glows brighter.

There, that was not so painful, was it? We will entertain questions now of benefit to the group. Is there a question we can answer? Keep it short, please.

Attendee: You talked about flying. Jesus walked on water and said you can do all I can do. Are you saying we can fly and walk on water as a human?

Sanaya: My friend, we were speaking in terms of once rid of this heavy body. There are certain laws – the question was we have spoken of flying, are we saying that you can fly while still in human form just as Jesus walked on water, and the answer is no. There have been apparitions such as your Padre Pio who have appeared in two places. You call these miracles. What has happened in these instances is the bilocation of the spirit. But there are laws, physical laws, in your universe which must be obeyed. It is part of the rule set of this human earthly program, and we hold fast to them and we work with them.

There are occasions when the laws are set aside to make a point such as Jesus walking on water. This is truth, but it takes a very high consciousness, a very refined soul, to understand the difference between the two realities and to be able to manipulate the energy and play with the rule sets in two dimensions at once. So if you wish to fly, purchase a ticket for an airplane (laughter) but work on growing your angel wings whilst in human form. We can see them, and they will sprout immediately upon passing to the spirit world if you have earned your wings.

All can fly once you no longer have a body, but it is not like flying, soaring as a bird. It is merely creating with the mind transport, moving from one place to another. If you truly wish to have the experience of soaring like a bird, then it is possible as well, for that is the rule set in the spirit world. You will enjoy it, but we hope that you enjoy your time here as well. The more you turn up the light here, the more enjoyable it becomes.

Is there another question?

Attendee: Last month you made an allusion to past life, present life, and future life all being – happening simultaneous -- simultaneously like the bands on a record.

Sanaya: Indeed.

Attendee: My question – I can handle the past life and the present life being simultaneous; the question is the future life; if we are learning lessons in our present life to try to be able to live a better future life –

Sanaya: May we interrupt? We understand your question --

Attendee: Okay.

Sanaya: -- and we hope that all have heard it. You are not quite in the same gear with us for what we said is all are simultaneous, therefore there is no future. Do you understand? All is happening

simultaneously. But the human mind needs to unfold things in a linear fashion – past, present, future. Once again, challenging to come – to explain this to the human mind. Let us say that you have various CDs -- we will not use the analogy of records anymore but CDs -- stacked up, and each one an individual soul group life. If they are so closely aligned, you may have a so-called past life of one soul at one level and, at another CD, another level, and all of these creating, if they are on the same track, similar memories: Obviously this is the 1940s, the 1940s, with that specific music. And all of these CDs stacked together and on this particular track many enjoying and experiencing your decade of the '40s. But then a soul may skip a track or two, but the memories carry on even though the lives may be discontinuous. This is how you get your record of time. But the time is not continuous; it is simultaneous.

We can hear your minds now screeching and saying we cannot understand this, and so we merely ask you to hold onto that thought until you understand it. Yes, there is free will; we can predict your future only up until about, in your human time, 18 hours and the free will comes into effect. This one certainly had the conversation in which it was explained how so many people around your earth were receiving images of the impending attack on your 9/11 for that was created in the consciousness and the attack already happened a few hours into the future. There was no stopping it for the lessons which would ensue and for the choice of human free will which did cause it to come about.

But beyond that, you are skipping to another track, and that is beyond the laws of this physical universe. But yes, things have already happened, but in the immediate future, that is what you experience here. But then these become memories, which overlap as lives overlap, and these are already the past or future lives. Are we losing you again? (laughter) which makes perfect sense to us.

And we will stop there and allow you to sleep on that until you have your own ah-ha moments. Do not worry so much about the future. We will put it into simple terms: Your own future can be seen to a certain point, but it is the extension of the current track you are experiencing. You are having lives far in your future now, but they are separate tracks, not influenced too very much by this one, but all similar type experiences. This one is a warrior in female form in this life and has worn a so-called warrior's uniform on other tracks, and if we were to put her into the future, there would be yet similar circumstances. The same is true with all of you. We hope this has answered your question.

Is there another? You are exhausting us. (Laughter)

Attendee: In telling the truth, deciding to tell the truth or not the truth, isn't intention the most important thing?

Sanaya: We are quite pleased that you have brought up the question: Is intention the most important thing? And given this question, can you feel the energy rising? If you are faced – if you are facing one, an elderly person, who wishes to know an answer to a question and you know that it will bring them only pain, is it acceptable to tell them an untruth? Ask yourself this question in your heart immediately in this very moment and you will have your answer: Yes. Yes, the motive is all important. But then you would not call it a lie. Do you see how limiting your language is? All or nothing, black or white. You have what you call your white lies. And we will tell you that your body knows the difference between a white lie stated to save another one pain and a lie stated to save you embarrassment. And you know the difference well, do you not? Always, always motive is important.

We bring this up, again, not to bring you a sense of guilt but to free blockages within. And so, if you in the instance given were to state an untruth to an elderly person to save them pain, you will feel no pain in your own physical body for you have spoken from the heart with the sole purpose of saving another pain. Thank you for the clarification. Is there another?

Attendee: Sanaya, are there any certain foods or diets that help humans in achieving higher vibrational levels or improving meditation?

Sanaya: Once again, the question of whether or not to eat certain foods goes to the individual. There are no “shoulds.” We do recognize the vibration of that one as one who asks questions related to “shoulds” and “have-tos” in past session the same, and we welcome your questions again.

Should you eat this or should you not eat this? There are no “shoulds,” and they are different for each person. We wish to tell you that some of you could eat, consume your chemicals in the little packets we are showing this one. You would understand the yellow and the pink packets, would you not (Splenda and Sweet N Low)? And some would say that is poison to the system, and to them it would be poison. And to the one ingesting it who says “this does no harm to me,” it would do no harm. Your thoughts are corrosive or non-corrosive. Indeed, we would not ask you to try poison to test this system (laughter) but whether or not you eat meat again depends upon your intention and what you are creating by doing so.

Certainly there are vibrational issues. This one does not prefer to eat red meat before a session such as this. She will not imbibe in the wine prior to a session such as this. But that is merely for those types of products do bring a vibration down for a while. But in moderation, my friends, in moderation and checking within what is right for you. Your team of helpers will guide you with every bite that you put into your body. You may buy your Diet Cokes until they line your shelves, but each (laughter) one of you can ask for your own dietary guidance from your team for it is specific to each one of you.

You have the greatest advisors at your hands at a higher level. Ask them. They will reply. And will your body not tell you instantly if it was good? The heart is the greatest teacher. It is the bridge to your guidance. Use it often.

We have so enjoyed sharing with you yet again. Thank you for your attention. We are trying to bring in more humor as it no longer knocks this one out of alignment with us. (laughter)

Your world in the United States has become quite polarized. We wish to merely leave you with these words: It is all part of the process. As you go to extremes, you will swing back again to balance. We ask you not to lose your balance but to learn to rise above and become centered. Catch yourself when you are off balance for your lights dim when you align too strongly with any side. Move your seat once in a while. We beg you, see from your brother and sister’s eyes. They are not all fools. They are merely in another seat. They want love as much as you do. There are no enemies, only teachers. Therefore, you are a student of life and of love. Bless your opportunities. They abound at this time.

We surround you with love. Our wish is that you come to know how very loved you are so that your light shines ever brighter. We bid you good night.

Attendees: Good night. Thank you.