

**Session with Suzanne Giesemann and Sanaya  
Unity of The Villages  
Summerfield, FL  
February 7, 2016**

Before the session started, Suzanne shared highlights of the synchronicities and spiritual experiences she had on her recent trip to New Zealand with her husband, Ty. She also shared highlights of recent readings and downloads she has received from spirit.

Suzanne gave a brief overview of how she blends her consciousness with her group of guides called "Sanaya." You can read more about Sanaya at: <http://www.suzannegiesemann.com/whoissanaya> and read Sanaya's daily messages at: [www.SanayaSays.com](http://www.SanayaSays.com)

The song enjoyed 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.

Many thanks to Bev Garlipp for this transcript.

The next Special Session with Sanaya at Unity of The Villages will be held on Sunday, March 6, 2016 from 7-8:30 p.m. It is open to the public.

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.

Attendees: Good evening.

Sanaya: We did give this one a bit of a jolt this evening. (*A quick gasp could be heard from Suzanne as her body jolted while going into the deeper state just before Sanaya began speaking.*) All is energy and this one has had a bit of a rewiring during a recent healing session.

We do recommend to all of you that you find one who is attuned to the higher frequencies who can help you with the innate blockages, those energetic blockages that do occur to the human body due to the dissonant energy in which many of you are bathed in this human experience. It is part and parcel of the human experience, but not always pleasant is it to be about energies that cause a bit of--as you would understand it--“gunking up” of the energetic byways throughout the body. This one did have a bit of a clearing out so as to be able to handle the challenges with a bit more equanimity. You can do this yourselves on a daily basis. This we recommend to all of you: that you realize that within you are energetic centers.

We wish to speak to you this evening of a topic of which we have not previously discussed – not even with this one: a new way of looking at this concept of the “light”. Have we not said, “You are the light” and told you to say, “I am the light”? What is meant by this? Is this light as you would know your physical light in the terms of your scientific physics, where light is known as photons and particles or is it the light of consciousness? This (the light of consciousness) is the light of which we speak, but we wish you to know that the light of physics and the light of consciousness are quite parallel - quite similar. You will understand the analogy this evening as we explain to you that consciousness is the ground of all being, when it comes to “being.”

From pure awareness you do arise ... from the void of consciousness. You would understand it as “darkness,” for there is no awareness until from the darkness there arises the slightest awareness. What could be contrary to darkness, but a bit of light? You can see immediately how we are comparing human consciousness and spirit consciousness with your physical light. Consciousness ... you would understand it as a vibratory function. The higher consciousness is quite refined. The more dense and low the consciousness, you can actually feel it in the physical body can you not? When you feel one who is not quite awakened to their true nature and they step into your presence, are you not aware of a bit of density – of darkness in the soul? Again you see our analogy with physical light and consciousness.



We wish to speak to you of physical light. Does it not contain the white light? Does it not contain all of the colors of your known visible spectrum? You would understand this light as your rainbow with the very orderly progression of colors. You are all aware of these colors. They go from red to orange to yellow to green to light blue, indigo and violet. Your rainbow – refractions of what? White light – the purest of light. You, my friends, are analogous with a rainbow. Those of you who have studied the chakra system, the energetic system of the human body understands that there are these seven energetic centers within you. Each of them resonate with what? The colors of your rainbow, in the exact order we have stated them.

Now we wish to tell you if you were to arrive in human form completely awakened with perfection in your every cell and in your consciousness, your aura would appear as the perfect white light. This is the highest vibration. In your consciousness you have the models of those who walked on earth as bright lights (*Masters such as Jesus and Buddha*). They understood the basic key of how to refine consciousness. We have taught it to you over the years here. What is the highest vibration? (*attendees are slow to answer the question*) It is love. This group is out of practice. (*attendees chuckle – normally the answer would have been voiced quickly and loudly*) The highest vibration is unconditional love. Therefore, the human being who has learned to express, to model, to live, to be naught but unconditional love has perfected their color scheme.

There are however many young souls (*not young in human age, but “young” in spiritual development*) in a human body, and they have come into being with a vibratory frequency that perfectly matches the lesson that the soul needs to learn to move more towards that state of perfect white light. Hopefully, our lesson will become more clear to you as we progress here.

If a (*soul's*) lesson can be learned through a relationship, for example, it is the second chakra – the one which is in relation with your color orange – which will be a bit off color in that soul from the minute it incarnates. That soul will have “orange” issues throughout its lifetime. Are you beginning to understand us now? If in a past life a soul has had challenges with emotions and with feeling a heart connection, that soul will come into this life with the green out of balance – not quite the pure white light and so on and so forth.

We will not go through each of your chakras, but we wish to show you that the energetic “average,” the frequency – we have in the past referred to it as your “ring tone” - is perfectly suited to each so-called individual through the refraction of your white light as a perfect soul into this body for exactly the lessons that you need to learn.

Many times your physical illnesses will point you towards the lessons that you need to learn. Where are they (*illnesses*) located in your body? Do you have a preponderance of challenges in the abdominal region? Then what is your challenge with the orange color (*in your relationships*)? Do you have a preponderance of challenges in the throat area – then what is your challenge with communication? Why is that chakra out of balance?

You can look back through your lifetime and find a pattern here. We wish to tell you that it is usually more than one of these colors which is out of balance. If you are brave enough and willing to look at your rainbow and see where your emotional challenges lie and where your physical challenges lie, then you know what color is out of balance and you can set the goal to be that perfect white light. Turn up your light by bringing all of your energetic centers into alignment. How do they become aligned? When all of them have been

purified, brightened, and studied by yourself to see, “Where is it that I can improve on the human aspects of my myself? For that is why I am here.”

Do you understand our teachings this evening? A bit different. A new way of showing you that all is energy. It is all about the vibration. When you meet another and you do not resonate with that other, there is dissonance there. It is most likely a way of showing you what is missing within you. We wish to clarify, for this is an important lesson as well. There may be another with whom you interact quite frequently and you “rub each other the wrong way” as you would understand it. That other has a personality trait that you want nothing to do with. Does this mean that you now need to take on that trait? No, not at all. It is calling you to pay attention to why you are rejecting that trait, for that other is your polar opposite leading you back to a state of wholeness.

If you reject a trait in another... if you say, “I cannot possibly accept that personality trait”, then you are not accepting aspects of the whole. You will find if you are willing to do this experiment with energy, that if you say, “I may not resonate with that energy. I may not ever wish to have that trait myself, but I can appreciate that that is also an aspect of consciousness and I can show unconditional love to that one as well”, suddenly the love will flow. No longer are you blocking that one’s energy. It does not mean that you have to like them. It does not mean that you have to be their best friend, but now you are no longer putting up an energetic wall which is hurting you far more than it is hurting them.

This is how energy flows and becomes blocked as well. Notice what in another is distasteful to you and recognize that all are aspects of consciousness. The mere acceptance of these traits and the allowance of consciousness to unfold as it will for the learning that will take place, opens you to greater and greater expressions of love and brings your energetic centers back into balance. The goal, my friends, is to be the light that you are. That light is within you. You have come in (*to the earth realm*) in a refracted state to come back to wholeness through the lessons afforded you in this lifetime.

As this one has shared with you, your family members are your greatest teachers. We wish to assure you yet again that you are never given more than you can handle. There are many here this evening who can relate to stories such as this one has shared with you this evening, which is why we have urged her subconsciously to share these stories. (*Suzanne shared an experience in the past week of dealing with her mother’s health issues.*) It is quite challenging to be a caregiver, as many of you understand. It brings up issues from early childhood, and of the ego, and of time, and of demands. Such lessons for all of you. You can apply the teachings that the heart knows and has to share with you instead of becoming wrapped up in your drama. Go within to see that there is always another aspect of you - a higher aspect closer to the brightest of the lights. Therein lie the answers you seek. Your path will be far easier.

We hope that all of you have heard something (*tonight*) that turned a key in your consciousness. We hope that we have given you the courage to face the refracted parts of your soul which is already whole. It always has been whole, but you came here willingly to work on certain aspects of the whole. When you willingly shine a light on those aspects of yourself which you know are not quite up to par, then you are fulfilling your purpose here in this lifetime. It always comes back to love, and so, when you end your emails with, "I bless you with love and light," know that you are saying one and the same thing.

Love is the light. It is consciousness, it is all-that-is, it is the ground of all being. From the void, from the darkness arose the light – you arose from the void for the experience of being the light. You are here, for the light burns within you. What will you do with that?

We will entertain a question or two. Is there one?

Questioner: Would you please help me to understand better the illness we call "schizophrenia".

Sanaya: Schizophrenia. We wish you – those of you who have read the book about the one known as "Wolf" - to understand that at times it is a chemical imbalance within the physical body. At times it is a soul who is still very much with one foot in the spirit world and one foot here, in constant communication with the spirit world to the point where they cannot turn it off. At other times it is this imbalance of which we spoke earlier.

You call certain ways of being as a human being "normal". We wish to tell you that were that being who was diagnosed with schizophrenia able to discern the difference between the spirit world and this one, they would not be called "abnormal" they would be called "paranormal". (*murmurs from attendees*) It is merely a matter of not being able to function on a "normal" human baseline. For that reason, you call it "mental illness". It is a shame that you have labels, but there are quite a few who cannot function amongst the so-called "normal" human beings merely because their consciousness is not operating in a certain norm of behavior. Many of them due to this do experience quite a bit of internal turmoil and do in fact need exterior assistance. As in all cases, these souls should be seen with great compassion, knowing that beneath the turmoil, the soul is quite fine, but because of the interaction between the soul and the physical wiring there is a manifestation of confusion. In your human lifetime it is advisable to seek help and assistance, but to know also that the soul is quite well underneath the turmoil.

We hope that we have answered your question. You have noticed this evening this one is doing more rocking than normal. Have you not seen this behavior as well quite often in those that are labeled "mentally ill"? It is the added energy- the higher energy flowing through the physical body causing them to be a bit off balance. Because most human beings do not normally rock, you call this "abnormal". Quite a coincidence is it not (*that*

*Suzanne has been rocking during the channeling session – something she does not normally do)? There are no coincidences.*

Is there another question?

Questioner: I just have a follow-up to that. Would autism also be considered ...

Sanaya: Question is, “Would autism also be considered . . . and we wish to finish your question .... considered a mental illness?” It is considered an “abnormality” in the human mind, but we wish to tell you that in the future you will find that those with autism are actually far more attuned to the greater reality than most human beings. You are finding now that there are ways to bring those who have the autistic label into alignment with the human norms so that they can relate on the human level. You will find quite a few savants within that category of a “mental illness” and you will come to find that it is not quite so much a “mental illness” as a higher vibration in which they were not able to operate as most humans would understand it. You will come to understand this and you will actually look upon those as quite special beings. Of course, all are special. All souls are perfect inside. Thank you for this question.

We will entertain another.

Questioner: Is there advice on how to say “goodbye” to a loved one who passed away two weeks ago?

Sanaya: We wish to answer the question about saying goodbye to a loved one who passed, but before we do that, we wish to tell you to not be afraid to speak of death to those who are close to that passage. Fear is the greatest ailment those who are dying suffer from. It is because most human beings are afraid to mention what you think of as a “tragedy”. If most human beings knew it (*death*) was but a passage, there would be no fear. Have conversations with your loved ones. Tell them what you know (*about the afterlife*). Share with them the evidence, the personal experiences that all of you have had that have brought you to this place, that have opened your heart to a greater reality. We dare say that you will find that your loved ones who are making the transition will be, in many cases, eager to hear more once you open the door. There is a taboo in your culture that says, “We will not discuss this.” Talk about the fear, validate it, surround that one with love, and assure them that they will be met by loved ones.

As to the question of how to say “goodbye” to one who has left, how do you say goodbye to a loved one who has gone to a foreign country, or who has made a move? Yes, we are quite aware that the difference is you can pick up a phone, you can use your computers to communicate while here. It is quite different because you have lost the physical presence (*of one who has died*), and in many cases you know that one (*who is traveling to a foreign country*) will return. We wish to assure you; your loved ones (*who*

*have passed*) have gone to what you would know as a “foreign country”. They are still very much alive, they are still very much in communication with you, but you cannot hear them. They no longer have the dense body which allowed them to communicate at this level. They are speaking to you. They are most likely knocking on your door, but you cannot hear them.

How do you say goodbye? You merely recognize their presence. There is no need to say goodbye at all. You say, “I know in my heart that death is not the end. It cannot be, for I know that ‘I am’ and I know that the ‘I am’ in me is the same ‘I am’ within you. ‘I am’ is all that is and therefore ‘I am’ never dies, and though I may not be able to see you, I know that what connected us in love continues to connect us across the veil. I will continue to speak with you and I will continue to know that that stirring in my heart is your presence. I will hold memories of you and the presence of you here with me now forever in human terms until we continue to spend forever together again when I cross to what is now to me a “foreign country” and see you again.”

It is but a passage to another chapter in your lifetime. It is not goodbye. It is farewell for now. Hold this knowingness in your heart. Know that your loved ones are as close as your thought and that your mere intention, as this one has explained to you, to connect with them brings them to your presence. Their world is your world. They are with you this evening as you think of them. Honor them by speaking to them, acknowledge their presence. Yes, we know, you wish you could turn on your computer screen and see them, but in the screen of your mind, in your dreams as you perfect the light within you and as you work on the refracted parts of yourself, you will open up that connection. You will be able to communicate over time. It is the density of your vibration which holds them at bay. Do not feel bad about this. All is in perfect order. All is revealed as it should be. For now, perhaps trusting in what you know is part of your lesson. Trusting the heart, trusting that there is more, trusting that it is the “I am” within you that connects you always and eternally to the “I am” of your loved ones. It can be no other way.

This is a very good message with which to leave you this evening. We will bid farewell to you, but not goodbye. Where do we go when we bid farewell? To that same place that your loved ones who pass through the veil go. It is not a place at all, it is merely another state of consciousness. This is what those with autism and those with schizophrenia are experiencing ... various states of awareness, various types of rainbows which makes their reality seem different. You are operating on a certain segment of bandwidth of the spectrum of consciousness that you call “human awareness”. There is far, far more than that which you perceive with your physical senses. That is where your loved ones have gone ... outside of that spectrum. Is it a place? Not at all. It is a state of awareness and you will get there as well when you no longer carry this dense body.

We hope this has brought you much comfort and given you a bit of a task to work on ... to shine your light ever whiter, ever brighter. It is already there, but know all is always in

perfect order as we have said and will say again and again. Do not be impatient with yourselves. Life unfolds perfectly step by step. Enjoy the perfection. Love yourselves along the way. How can you love others if you do not appreciate the beauty that is your light here and now?

We love you all so very much. We thank you for coming. In coming here you have taken on a bit of the higher energy here and raised your own. Now you will go out and shine your light on others. Can you think of anything more beautiful?

We bid you goodnight.

Attendees: Goodnight. Thank you.