

**Special Session with Suzanne Giesemann and Sanaya**  
**Awaken Whole Life Center**  
**Unity Village, Missouri**  
**July 11, 2015**

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

This session was part of the “Making the Connection” weekend retreat attended by 84 people at the Awaken Whole Life Center of Unity Village. 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: <http://www.suzannegiesemann.com/sanayasays>

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 of this unusually long session.

There is an addendum at the end of the transcript about a special experience with Sanaya that followed this session.

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*As Suzanne began to enter into a deeper state, she asked those in attendance to “be her battery chargers” – to open their hearts and send the energy of love towards her to facilitate the connection with the higher vibration of Sanaya. Suzanne explained that it typically takes her about 2 minutes to reach the point of attunement for Sanaya to enter. After only 38 seconds this evening Sanaya started to speak.*

Sanaya: We are so very present this weekend with all of you that there is no need for a preparatory phase. Good evening.

Attendees: Good evening.

Sanaya: And such is the energy this evening that all of you may feel it. We ask you to open yourselves to experience the great presence of Spirit. That is why you have come. We are so pleased that you have followed the calling of Spirit to be with us this weekend. Do you know that you will take our presence with you after you depart these lovely

grounds? You cannot be in the presence of such loving energy and not be changed from within. We are so grateful to all of you for having made the sacrifice to set the human lives aside for a time to come here to remember who and what you are. These messages that you have heard this weekend are not new to you. Perhaps you have heard a few phrases - a few ideas that will get you thinking along a different path, but this is not new to you as a soul. The soul knows all of these truths that we have been sharing with you this weekend. That is why this one is particularly tired this weekend for we have been speaking through her all along. None of you need to prepare what to say once you have learned to tap into the higher aspects of you (*Suzanne breaths deeply and audibly*) and allow it to flow through you.

Send more love now and you will s-s-s-see the d-d-d-difference (*Suzanne stutters*) and we (*pause – Suzanne appears to be adjusting to higher energy*) will shower it upon you now ... returning the favor. Those of you sensitive to energy will feel the lift. It is a back and forth flow of energy. This is how it operates. Energy does not stagnate. It is always moving. That is why life is full of change whether here or in the hereafter. Get used to it. (*laughter*)

(See the post in “Suzanne’s News and Musings” blog entitled “[My Heart Runneth Over](#)” about her “Aha!” moment she had later in relation to this teaching.)

Change ... all things change. Was not this our message the day before this one ([www.SanayaSays.com](http://www.SanayaSays.com) dated 7/10/15) about change and being prepared for it? And knowing that when life is going well ...yes, eventually it may not go so well. That is life in human form. You knew that as a soul when you agreed to take on this assignment as yourself in human form. You knew this, and some of you say with great sorrow at times, “But I would not have signed up for this.” But yes you did. And why did you? For the growth ... knowing that the soul cannot help but rise in consciousness ... rise in the capacity to hold love. Thus, when the soul returns to pure spirit having had this human experience, it takes with it a higher vibration than that with which it arrived. This is what the cycle of life is all about. Yes, it is a cycle, for you have been here before. All of you. All of you. There is not a baby soul in the room or you would not be here. You might perhaps be making headlines – headlines – as do those poor blinded souls who have not yet remembered who they are.

Those of you here followed the urge, even if it was the urging of a partner to be with us. You could have said, “No.” That is the beauty of being human. You have choices. Every choice that you make adds to the learning, even when those choices result in what you would understand as “mistakes.” Mistakes ... they are all learning opportunities. When you can come to see them in this way, there is no regret. You do get to have—as you would understand it—a “do-over,” even if that is in a different body in another lifetime. That is why the taking of one’s own life through the use of free will is a waste of time—time that you have on this human planet to make choices ... higher choices. But

understand us well: we do understand why some souls make this choice. It is because they are so blinded by the life circumstances that they can see no other way out. That is why there is no judgement of any soul – any soul -- when it comes to the other side. Any judgement what-so-ever comes from within the individual aspect of consciousness. Do you understand this? It is self-imposed, whilst the soul is surrounded by love, enveloped by the wings of angels to support it. It is shown the choices that it was given to make as a human being and these are felt - each choice is felt. Judgement as you know it in human form is different for the soul. It is more of a feeling ... a bathing in the experience of one's actions and the effects that they had upon the whole. That is why each action that you take in this lifetime is so very important. It all comes back to you. May this not frighten you. It is not meant as a threat, nor as an ultimatum – merely to teach you how life actually works. It is true, "What goes around – comes around." But you get to go around, around, around again.

By choice (*Suzanne pauses – rapid breathing – struggles with voice*) ... We wish to tell you that it has been quite a while since this one has heard the voice of the one known as B-B-Boris (*stuttering*). (*Attendees chuckle because the spirit guide known to Suzanne as Boris came through to Suzanne briefly the day before during her workshop and implied that he might be back again.*)

Boris: There is a good reason for that (for the long time since Boris has spoken aloud). Even now it is difficult for me to come through for we have had to lower ... lower the energy of this one (*the lower energy can be felt and sensed in the slowing down of speech*), for I am but a spirit guide here to help this one through the life known as human form. I have not yet reached the upper stages that you would understand as angels. Yes, we do w-w-work (*Suzanne stutters as she continues to adjust*) on the other side. It is a "labor of love." You would understand this term would you not?

Attendees: Yes

Boris: I am the one (*spirit guide*) assigned to this one. I have been with her throughout her life. She is caught this moment between the levels (*of higher consciousness*) for the group known as Sanaya (*which is of the angelic realm*) is pulling her upwards, but they have allowed me to lower the energy. It has been forever since she has heard my voice aloud for I speak to her in her own thoughts.

(*Boris softens his voice and speaks directly to Suzanne.*) Yes, there is a reason you did enjoy the Russian language (*in college*) and why it was also very easy for you. I will never let you down during the readings. You will remember to ask me (*for help when a connection is not strong with other spirits*). This is a message for all of you to trust your guides that we are present. A treat for you to meet the one who twitches the lip. (*laughter – Suzanne explained the day before how her lip twitches and looks "ridiculous" when Boris is with her*). You understand that getting rid of the ego is so very important. This is

why it is good for this one to learn to look ridiculous. (*laughter from audience*). Enough of that. Ochen priyatna (*Boris is speaking Russian. His words translate as, "It is a pleasure to meet you all*).

Sanaya: We did hesitate to allow that one (*Boris*) to come in, for it did lapse for a moment into what you would understand as entertainment. (*laughter*) It is not entertainment, but we do enjoy humor, for humor opens the heart, does it not?

We wish to speak to you of that pesky fellow that you would understand as "ego." The subject has arisen earlier this evening for this one. We wish to tell you that it is the greatest obstacle to your connection with your guides. Ego, not so much in the sense of pride—although that is quite a challenge for the human being – but ego in the sense of separation. Ego in the sense of shame of looking foolish. We ask you to always ask yourself, "Can my actions serve the greater good? What is the benefit to the whole in what I am asking to do?" When the motive comes from the heart, when you wish only to raise the vibration of the whole—and quite naturally you will rise as well—when you get to that point, you will not care if you look silly, foolish, ridiculous. These are human terms, my friends, human terms. Can you see how they get in the way?

Attendees: Yes.

Sanaya: Pay attention to when ego raises his head. You will learn more about this tomorrow as we share with you the lessons. For as you may already know, and as you will learn tomorrow, the spiritual path—which is the great passion of so many of you here—is quite simple to enunciate in but a few words. The spiritual path is merely the journey from the ego to spirit. That is all. You will always have an ego while you walk about in this human body. It comes with the costume. (*laughter*) Accept this, but learn that it does not control you. He will try his best to control you – to make decisions for you – but the strong soul with love steps to the forefront and says, "Thank you very much. We choose love. We choose unity and oneness. You wish to be by yourself. Very well, go stand by yourself over there while we become one with those around us." Become the presence of love. Can you make that your goal?

Attendees: Yes

Sanaya: Then you will graduate with honors from the school of life. We so appreciate your energy this weekend. You came in with love. This is quite difficult for us to give you even more (*said this way to make the point that the love in this group is quite high*) but it is our great pleasure. We hope you can feel it this evening. We will not disappoint this one by not answering a few of your questions. If there is one of you here with a question that will benefit the group, please ask it.

Questioner: Do you (we) continue to evolve once you (we) transcend?

Sanaya: The soul is ever, ever evolving. Transcendence in your English terms means different things to different ones of you. Some of you think that you will leave your body and not return to it. To others it means simple enlightenment, which is never simple is it? When you leave the physical body permanently and the body returns to dust, it is quite so (*that you continue to evolve*). The soul continues evolving ever closer and closer to that state of pure light. We as Sanaya feel the Light (*of the One*). We know it, but we have made the choice to continue serving this earthly plane. It is a choice, but even our souls are evolving. The consciousness of Jesus most certainly could join immediately with the Light and not return again. What a travesty that would be for those who call upon him daily. Do you understand? It is a service – it is his service and that of these other masters who join with you now to help you evolve. In doing so, we evolve as well. This energy flows as we said. It is reciprocal, and for this you will always have our gratitude. This one gave you the example of the so-called handicapped child whose soul is so very perfect. She (*the girl with cerebral palsy*) allows those (*human-souls*) who wish to evolve by being the presence of love to have someone to love.

All of you brave souls volunteered to return to this earth and take on your earthly existence so that your souls would continue growing. You allow us the opportunity to serve you as well by providing guidance, by providing the presence of a higher vibration so that you remember that you came from the realm of pure light and to it you shall return. This is guaranteed. It can be no other way, for you are light. You are not yet ready to transcend your human form or you would not be here at this moment. There is more learning to be had. All of it will not be easy, but recognize these challenges as the growth opportunities that they are.

You will see that our answers are always a bit wordy – a bit lengthy. We hope we have answered your question. Is there another?

Questioner: Hello Sanaya. I would like to ask if the physical body ... if the soul leaves the body prior to death ...like ...

Sanaya: The soul is playing each night. Do you know that? (*murmurs throughout the room*) There is an aspect of consciousness that remains to keep the body operating, but the soul recharges in different ways. This question has not yet been asked in a session, so you may find it quite interesting. The soul is pure spirit which is not completely tied to the body ... a body can continue operating and so the soul is visiting at times with family members on the other side. At times receiving lessons – sitting in a group such as ours this evening –guidance. Whether or not that translates back into the human awareness upon awakening depends upon the sensitivity of the human side of that soul. How much of a veil there exists. Was there a second part of this question? We believe we did cut you off?

Questioner: I was saying particularly in like a traumatic death.

Sanaya: And the question was, “Does the soul leave the body . . . “

Questioner ...prior to the death.

Sanaya: Ah, such a good question – such a good question. Indeed this is so. Quite often in the case of your automobile accidents the soul is catapulted out of the body before the body feels any pain. In the case of a fire or drowning – have no fear – have no fear. The soul has already separated from the body. There is one small aspect remaining behind, but the fear, while it may be momentary—a momentary flash as you would understand it in your human terms, “an ‘uh oh’ moment” (*chuckles from the audience*) ... something is not right ... Then a flash of light and looking down upon the body watching what is happening to the body with a sense of detachment. Rest assured it is so. Thank you for asking this question. Is there another question?

Questioner: This question is two-fold. What about the souls like the Isis – those people who have been shooters here in the United States? What about people who don't appear to come from the light? How to see them . . . what can we do to neutralize that energy?

Sanaya: You are saving this one the trouble of discussing this tomorrow for this was a topic that was to come up tomorrow. We will keep it brief this evening. It is quite simple. Those of you here remember who and what you are as spirit. It is as if when coming into the human body the eyes are fully open as a child and for this reason the little baby looks around with such wonder at this world adjusting the eyesight as it were from the view of spirit – the eyes of the soul – to human eyes' restricted vision. As one closes off the spirit eye ... one also at times closes the heart. It is love that keeps the heart open. Some human beings are in families with those who have completely forgotten who they are. They are raised with pain. They are maltreated. They become even more shut off as to who they are. You will hear this expression tomorrow, “Those who are hurt ...hurt others. Hurt people hurt people.” It is a phrase you are advised to remember. If souls that you would understand as terrorists truly understood that the light is within them and that they are pure love at the very heart of themselves they could not hurt others. Do you understand that?

Attendees: Yes

Sanaya: All of you are a pure soul. It is this dressing – this window dressing (*the body*) – that blocks the light. Those of you in this room are in the process of removing the veil. Those who hurt others - who make your headlines – have blocked the light completely. Yet that urge – that urge (*to remember who you are/to find love*) - is inside all human beings. And understand it or not that acting out in cruel ways is following a nudge inside that there must be something besides this pain that I am feeling. (*Suzanne breaths deeply*)

*and exhales audibly*). We must raise the energy in this room. These topics do bring it down do they not?

It is a fact of human life that there are those souls who are awake and those souls who are asleep – deeply asleep. Do not become discouraged. This is our message for all of you, that one light in a room full of darkness brings light. It is that simple. You may not see the results of that light in your far away countries, but know that you add to the whole. If you are to study the history of mankind you will see that it is far brighter now. Why did they call them the Dark Ages? (*murmurs throughout room*) It is far brighter now. It may seem hopeless to you until you study your history books.

Yes, there is still much of what you would understand as tragedy in your world. We call them “growing pains” ... “growing pains.” While it is painful, painful for many of you, it need not be if you can see with the eyes of the soul the “big picture,” looking down on all of you going through life as trial and error, knowing that the final moments need not be so painful. All of this pain, if it does result in greater choices - even if those choices are in the next go-around—are worth it if you can bring one bit more of light to this world.

You have already made a difference here. You have already raised the light in your world. What a gift your presence has brought to the world. Do you see why we thank you? Do you see why we are so grateful to you? You are still here. There is yet more light to bring. So, we nudged you: “Continue learning. Be amongst kindred spirits,” so that when you leave this sacred, holy ground - this (*Unity Village*) campus - and go out into the world of those who still slumber, your light will burn even brighter.

We will entertain another (*question*) ... unless you are getting bored? (*laughter*)

Questioner: Do master souls such as yourself ever come back to reincarnate on this plane?

Sanaya: My dear, we wish you to understand—and you may wish to laugh, and we ask you not to laugh at this moment, for we are quite serious: This (*earthly*) plane to us is hell (*relatively speaking*). Do you understand? We have some of us been at this level. We can serve you better from this vantage point where we can see the best ways to guide you. It is not that we are afraid. It is not that we do not wish to endure these hardships again. It is that we can serve you better by guiding you through these challenges that you have. The reason we bring up the fact that this is akin to hell is that we understand what it is like for you. We can help you better by not lowering our energy to yours. Did you not witness what had to happen for one of lower energy – even one on the other side – the one known as Boris -- to come through? The energy had to be lowered a level. A good demonstration was it not?

Attendees: Yes

Sanaya: For us to talk to you this evening requires us to lower our energy merely to meet in the middle. This one must raise her energy. It is a blending that takes place in the middle. This is what you are learning this weekend ... to raise your vibration so that we do not have to lower ours quite so far. Do you understand?

Attendees: Yes.

Sanaya: We could come back in human form, but you understand it would serve not as great a purpose. The vibrations of this physical world you call Planet Earth are so very, very dense. Learning takes place very, very slowly here for many. The results of your actions are not immediately felt. In our world they are instantaneous – instantaneous. So we can better serve from on high as you would understand it – from on high. It is not that we do not wish to be with you. We are with you in spirit. It is a different level of vibration and a different level of service. You have been given the example of how one of us – the one known as (*Archangel*) Michael, the warrior- has appeared in human form. It takes a tremendous amount of energy, but it is possible when for a good purpose.

What this one did not share with you is that the one to whom he appeared went on to found two very important organizations in your world which you would recognize. We are keeping this from you to protect his identity. There was purpose in Michael appearing to that gentleman, for he was abusing his time here, making foolish choices to drive when the physical body was overtired. He was not listening to our guidance to pull over. We had to take such as you would understand them “drastic measures” for a materialization. And this does happen, for, my friends, angels are real. Quite real. Often we use other human beings such as Hebrew-speaking Israelis to make our messages clear to all of you that you do not walk through this hellish existence at times alone at any time. You are well looked over. (*The Israelis relate to a story Suzanne shared about the first time that Archangel made his presence known to her*).

At times we wrap our energetic wings around you and you can feel it. It is like a warm blanket surrounding you. That is the vibration of love. That is when the soul says, “I recognize that.” That is when the soul says, “This is Home. I do not need to go Home now, for I am there now.” We wish to leave you with this message this evening. You are Home now. Do not be in such a hurry to get to your heavenly home. That is merely another chapter in your existence. Yes, you will be surrounded by love there, but you are all instruments of the Divine here for a very important purpose: to raise the light. You bring Home to you at any time you wish. Ask us for that experience. Ask for it. You are being given teachings this weekend in how to have such an experience. The meditations and many other tools available to you outside of these rooms are given to you as “remembrance tools.” Remembrance tools to remember to who you are ... to part the curtain ... to life the veil so that the soul has full remembrance and says, “Ah, yes ... Home ... I never really left it. I carried it with me.



We carry you in our hearts. We would never leave you alone. We in the group known as Sanaya are of the angelic realm, and thus Sanaya does not belong to this one. These are merely higher aspects of this one. Do you understand that? And we are higher aspects of you, for at this level there is no separation. You may wish to give us different names. If you will ask us, we will give you different names. It is all one element ... light. The basic essence of that light is love, which is why we say, "Turn up the love. Turn up the love." In doing so, your light burns brighter.

Ask to have the experience of Home in meditation. Be careful what you ask for. (*chuckles*) You may have your paper and pen ready (*to write down what you hear from above*), but you may wish to have your box of Kleenex ready as well. There is such joy (*emphasis*) in remembering – such joy and such love that the body cannot contain it. It overflows in the form of tears.

We are blessed by your presence this evening. It is a rare occasion when we see such light coming from the earth. The collective light of your hearts is a beacon to us – hard to miss from our viewpoint. You will separate from this group and go about your business. Return to your homes like the fireflies that you are. (See the [www.SanayaSays.com](http://www.SanayaSays.com) post entitled "[Lighting Up Our World](#)" for a beautiful moment related to this analogy) Light up your communities. You need merely recall this experience this evening to recreate this group light. We will say "Hello" to you at that time.

Thank you once again for your presence, for your dedication to raising the light. Lord knows it is much needed in this world. Your soul knows it, and you have answered the call. We are most grateful.

We bid you goodnight.

Attendees: Good night. Thank you.

*(Pause. Suzanne does not immediately come out of the attunement – her head pulls to the side. Her lips move slightly and it appears that she is listening to more conversation.)*

Sanaya: We are continuing to talk to this one and she has given us permission to share with you what we are saying, for this is an unusual occurrence. Those of you who have attended these sessions in the past will recognize this has not happened before. This one has been informed that there will be new experiences, continued blending of consciousness, a greater awareness of our presence, which is of course an answer to prayer. Do you not have the same prayer: to feel your guides, to feel their presence? We wish to tell you that prayers are answered. This one can channel our presence at will. You did see this evening how we were instantaneously present. We wish to merely

model to you what is possible. You may not become a channel, but you can communicate instantly with your guides.

We wish you to not give up hope if you do not have “a sacred experience” as you might term it this weekend. Continue with all dedication your efforts in this regard. Your guides are merely waiting to help you, and help you they will. Talk to them frequently throughout your day. You have imaginary friends – imagine that! (*laughter*). We do advise you to keep your mouth still as you do this or your friends will look askance at you. Talk to them frequently – such will be the magical response to this. If you will repeat the practice, you will be changed. You will be a changed person. You will be a blended being. This is what we were telling this one: The blending is much more complete, and she will see a difference. There is never any stopping – any cessation of growth. Expect no limits. Do you understand?

Attendees: Yes

Sanaya: Take the lid off of your box (*reference to the title of Friday’s workshop “Getting Out of the Box”*) and we will continue to surprise you. We know how much you enjoy surprises. (*laughter*) Life is good my friends. Life is good. It has its ups and downs, to be sure, but at its very essence it is goodness. The Source of life is the Source of good: It is Love. Remember that, when things go to hell in this earthly existence. Life is good, and you are the purveyors of goodness.

Blessings be upon you.

*Suzanne softly says to Sanaya, “Thank you. Thank you so much.”*

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Note from Suzanne: I am never completely aware of what words are coming through when Sanaya has blended with me. I did not read what they said about surprises until Bev sent me the transcript one week later. Now it is clear that their final message of the evening about the blending being complete foreshadowed the surprise we would all experience the next day.

As I was eating breakfast prior to the final session of the weekend retreat, I felt the presence of Sanaya and received a quick message. I shared with Ty that they had just told me I would soon be channeling Sanaya much like Esther Hicks channels Abraham. Ty was not familiar with Esther Hicks’ work, so I told him that she simply closes her eyes for a moment, whether standing or sitting, and then opens her eyes and speaks as Abraham. I admitted to him that when I first saw her do this my reaction was, “It’s not possible to channel like that! (I had convinced myself that I need to be seated and close my eyes to hold the link).

I was about an hour into the morning session with the retreat group, when I was nudged to share what Sanaya had told me at breakfast. I had no idea how this might come about, because I always have a preparatory process before bringing them through. I continued with the workshop. The lesson included a story about a friend who was faced with a decision to provide food at a soup kitchen to a man who had been identified as a sexual predator.

A woman in the audience raised her hand and asked, "Would those on the other side allow a soul to come into this world knowing he would be a sexual predator?"

The question brought me up short. Such a question had never been asked, and I had never considered the issue. I didn't know the answer, and as I paused to think about it I was clearly nudged from above to allow Sanaya to answer. I was taken aback, but I knew that the answer to this very deep question would be much wiser than any I could provide. I closed my eyes for a moment, took a deep breath, and shifted my awareness. When I opened my eyes, I allowed Sanaya to speak. I later received an email from a participant who said, "I was stunned. Your lip twitched and your whole face changed as you began speaking in Sanaya's voice."

When I channel Sanaya, I am aware of what is going on from the perspective of an observer in the balcony of a theater. I listen just like everyone else in attendance, but later I remember very little other than concepts they shared. I often find myself thinking things like, "What an excellent analogy," or "I had no idea they were going to talk about that," all the while Sanaya is speaking through me. As the answer to the woman's question came from my lips, I listened with the same detached awareness, thinking, "Keep your eyes open. You can do this. Look around the room and allow them to share. Don't let your eyes focus on anyone. That will bring you out of it. Just hold the link. Hold the link."

We did not have a tape recorder running at the time. Later, in private, I asked Sanaya to repeat for all who would read this transcript the answer to the question, "*Would those on the other side allow a soul to come into this world knowing he would be a sexual predator?*"

Sanaya said:

*"Those on the other side would never send a soul to live amongst human beings knowing that he or she would deliberately cause harm to another. We do know, however, that all humans are gifted with the use of free will for the learning it affords. Sexual predation is the use of free will gone awry. It is an aberration. This would be a choice made by a very young soul who has clearly forgotten who he is and is so very detached from his awareness of the self as spirit that he makes the lowest of choices.*

*We wish you to understand that the potential to be a sexual predator, or a terrorist, or a murderer lies within each one of you, for within you exist all possibilities. All possibilities. Do you understand this? An older soul (one which has lived many lifetimes as a human) does not even consider such lower vibrational choices. A younger soul (not in age, but in lifetimes) has a greater potential of making such a choice. It is possible, but not planned. Again we say that a soul would not be sent to your earth knowing the exact way in which the choices would play out.*

*The souls of children given to such a young soul are quite often older souls. They did willingly make the choice to be part of a family in which lesser choices might be made for the learning that would result for all concerned. They are the bravest of the brave. No soul is ever given more than it can handle.”*

When Sanaya finished speaking, I closed my eyes for a brief moment, thanked them, and brought myself back into the room. When I opened my eyes, the audience burst into applause. I turned away, embarrassed and wanting to be alone to process what had just happened. I then realized that the energy I was feeling from those gathered was the same that I was feeling: gratitude. We had all experienced something very special.\*\*

I continued on with the workshop without dwelling on what had happened. Later I saw the beauty in how that experience unfolded. Very few people had raised their hands over the course of the weekend. I feel very strongly that the woman who raised her hand was “set up” by Spirit ... used, as we so often are, as an instrument to bring not only this higher answer, but this new opening for me (foreshadowed by Sanaya that morning) and this group-bonding experience for all of us.

I'm sorry, Esther Hicks. I can see now that it is possible to do what you do. I know now that I don't have to sit and close my eyes to bring through Sanaya aloud. They are right here with me and with you. Our guides and angels always are. They are the ones who have told us repeatedly, “You are never alone. We are always at your side.”

Thank you, Sanaya. I am so very grateful.

*\*\*The weekend was so profound for all of us that Unity Village has asked me to repeat it. We have confirmed the dates and look forward to returning to share the love from June 24 to 26, 2016*

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