

Session with Suzanne Giesemann and Sanaya
Academy for Spiritual and Consciousness Studies Annual Conference
Chapel Hill, NC
June 11, 2015

This special session with Sanaya was offered to participants of the ASCS Annual Conference in Chapel Hill, NC. Suzanne presented her workshop “Awakened Living 301” and gave the keynote address, “Getting Out of the Box: Redefining What is Real” on the previous day. 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>

The song played before the session was “*Let Them See You in Me*” by JJ Weeks Band. The song played 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.

The recording of this session is available on <http://www.suzannegiesemann.com/sessions-with-sanaya-2>

Many thanks to Bev Garlipp for this transcript of the 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: I’m starting the tape recorder here. If you will all just give me a couple of minutes – I’ll see you later. *(A pause of 1 minute and 39 seconds has been removed from the recording for your listening convenience.)*

Sanaya: Good evening. It has been quite a while since this one has brought through our energy and quite a welcome feeling it is. Even though she brings us through each morning in daily meditations, the group energy is quite distinct from that of the public demonstrations of the trance state. You would do her a favor if you increased even more the radiation of love from your own hearts.

This is a message which we wish to begin with this evening ... to let all of you know how very important of a role you play as the light-bringers unto the earth. All of you play a very special role. Many of you were raised by those who did not recognize the light within

the soul. The parental unit - the family unit around you – perhaps a different level of soul than yours ... and thus perhaps they did you a disservice telling you that you are less than you are, for they did not recognize in themselves who all of you are. And who are you? All of you are divine. All of you arise from the same Source. Yes, indeed, all of you are aspects of Consciousness with a capital “C” and therefore all of you are Love incarnated with a capital “L.” Not the ephemeral love of the human being dependent as it is upon the actions of others. It (*human love*) can disappear in a moment of anger – in a moment of words spoken without thought. That kind of love disappears and you realize that it never was true and enduring spiritual divine love.

That kind of love (*spiritual and divine love*) is the basic building block of all life. That is your essence. That is what breathes you. You are That. That is what nudges you to be kind – to reach out to another – to provide support when you yourself crave support. You cannot get away from it for it is you. You are Love. For that reason all human beings crave love – seek love – do what you would call “crazy things” to find it – to get it. Silly things that cause you regret – cause you guilt – cause you to feel less than you are. Oh, my children if you only knew ... if you could part this illusion of a veil and see beyond it to the world from which you came. You would walk about not with these feelings of unworthiness, but with feelings of love for all beings and give deep compassion for those who walk about blinded to who they truly are inside.

Many of you here in this room are well aware of who you are. You are the light ... the light that lies hidden in so many. Thus we get back to what is your role. Your role is to let your light shine so brightly that others turn their head and say, “What is it about that person that attracts me so? What is it about that person that when I look upon them I want nothing but to be near them? I feel that I want to smile. I want to embrace them. What is that?” That is recognition. That is soul awareness. That is who you are. Can you feel it? Feel it now. Welcome it and turn it up. You do this with your thoughts. It is so simple, but those around you who walk in darkness – who have been in darkness for their earthly existence – have done you a disservice by telling you that you are anything less than loveable. “Unworthy” – “unworthy” ... such a human term. Those of you who look in a mirror and quickly turn away carry with you this feeling of unworthiness. You do not live up to a human standard that can never be met.

There is no standard for the soul to meet. There is only love, and that is who you are. And as that is your basic essence there is nothing to do ... there is only believing. Can you be love if you have not known love from other humans? Perhaps you do not remember how it feels. Notice our choice of words “remember,” for there is a part of you that has never forgotten who you are. There is a part of you that lies in wait within you ... waiting for that part of the unconscious of which you have heard this evening ... to awaken. That is what the nudge is. There are those who turn to external things to fill that void within. It will never be filled from without. It is already full within, but has been stuffed down by the external thoughts of others that you have taken on as your own beliefs. If

another raises ire within you, realize, “This is not the real me. From whence comes this anger? From whence come these feelings of worthiness – of being less than I truly am? From what I was told? From what I have accepted? Now it is time to step into my own and take on my true role as an aspect of the divine.”

This is spirituality 101 is it not? Yes.

Perhaps we are preaching to the choir in this crowd, but we dare say there are always those lingering strands of energy brought forth from the childhood days that tell the human, “You are less than you are.” Therefore it is settings such as this when surrounded by other bright lights that you truly come into your own. You may discover new abilities here this week amongst these kindred spirits. Away from the naysayers in your soul group ... those who said, “Why do you want to go to such a conference? (*attendees chuckle*) Why would you want to listen to all of that ‘rattle trap’? (*attendees chuckle*) That is not true.” And yet you came did you not? To sit amongst those who think differently than your fellow human beings, for you are one of the different ones. You are one of those who knows truth in the heart and listens and acts upon it and opens your heart and allows your light to shine. You feel that here this evening in the presence of the other lights. Perhaps you see it in the auras of those around you. Turn it up and leave it up. That is your job. You are the light workers.

Why do we encourage this one to do sessions such as this? For all of you will leave here a changed being. Every time that your frequency rises, the soul takes advantage of this opportunity to instill in your conscious mind, “This is how it feels to operate at a higher level.” Once you have recalled that memory there is no going back. You may slip back a bit, but always the evolution of the soul is upwards and onwards. A bit like a wave reaching plateaus, but always onward and upward. This evening we are doing our best to imbue you with the higher energy that is you to show your soul how to put into your conscious mind what is necessary to raise your human consciousness ... to come more into alignment with who you really are. (*pause – Suzanne exhales audibly*) Yes, we are quite aware of the intention this one has set this evening for us to answer questions. She was quite insistent throughout the day (*attendees chuckle*), and we would not let her down or you either. You may ask the first question.

Questioner: I would like to know if you are in perfect harmony – if your messages are in perfect harmony with the spirit known as “Seth”?

Sanaya: We are quite familiar with that energy known as “Seth”. We wish to answer a question which many have, and that is: “What is the name of my guide?” We wish to tell you that in reality (*for example*) we known as “Sanaya” and the energy known as “Seth” do not really have names, but you human beings need your names. You need to put identifiers upon things and forms and beings. The one know as Seth is an energy form, and it is as you would understand it in your parlance “right up there” with that which you

are hearing this evening. A very much advanced energy and one that still exists in form even though the channel for the one known as Seth has long since departed from your earthly realm. We hope we have answered your question.

We wish to add that should you wish to know the name of your guides we advise you not to ask it of another. You need not wait to sit with a psychic to ask, “Can you tell me my guides’ names?” They (*your guides*) will give you a name if you ask them, for they understand this human need for names. We will tell you that it was quite humorous the first time that this one did ask for a name, for if we had given her the name of “Sanaya” at that time she would not have believed that we were – as you would understand it – “real”. So we gave her human names which she could wrap her head around for approximately one year in your human terms until we stepped up the power a bit and stepped into her awareness and she asked for our name. If you would like to know the names of your guides sit in a meditative state – trust that they will hear you, and ask. The first name that you hear – if it resonates with your heart – accept it and send gratitude to your new-found name ...that soul energy that has always been with you – that aspect of consciousness that has been with you since birth just waiting to be recognized. You see that we always give a bit more than you asked for. (*attendees chuckle*) Is there another question?

Questioner: Could you tell us how to use the double tetrahedron shape that the subject showed us last night?

Sanaya: You will want to sit in meditation. First we advise you to study the shape quite well for to do so in meditation and be opening your eyes to look at diagrams is a bit disruptive. You may wish to practice a bit before you go into the meditative state so that you can visualize the points of this shape around you and go into a state of peace – of communion with higher consciousness. Imagine the lower tetrahedron around the base of you and the upper tetrahedron coming from above, and join the two.



In your mind, consciousness moves energy. As the two are joined perhaps you will experience what this one does – that is, an opening of the crown chakra and the feeling of the energy flowing directly to the center – the heart chakra. At that point a jolt is felt as the energy coalesces in a state of coherence. And then, yes, as the one known as Lee Lawrence did advise this one ... play a bit with the spin of the merkaba– another term for the star tetrahedron (*or double tetrahedron*). The Hebrews understood that the merkaba is a chariot – a bit of a transport unit to higher consciousness. This is quite an apt symbol to use as an antenna, is it not, if you wish to travel to different realms and explore different realities?



Different shapes around you in your consciousness will attune you to different frequencies and different experiences. Do enjoy the play. That is what life here in human form is all about. The experience ... how does it feel? Did it have a good and positive result for you? As a human being you know things in terms of “positive” and “negative.” Very appropriate tools for learning are they not? They give you immediate feedback as to whether or not you wish to play with that – “be” it, again. Learning tools these opposites are – are they not? Play with your star tetrahedrons and your diamond shapes and your spheres and your cubes. All shapes that will produce different effects ... the star tetrahedron being quite a powerful one for its transport capabilities. Is there yet another question?

Questioner: How could more people use channeling as a way of their daily life?

Sanaya: You all channel at all times but you do not realize it. Many times when you open your mouth to speak and wise words come through and you ask, “Where did that come from?” That was a gift from above. Many times when the artist sits with a blank canvas and an implement in the hand and gets into a state of flow and paints a beautiful picture or makes a creation that was unexpected and sits back and says, “My God, where did that come from?” ... they have just answered their own question. (*attendees chuckle*) Many times when the composer sits at a piano and a tune is heard through the ears and emerges from the fingers to produce sound audible to all others, it is the music of the spheres that is channeled. All of you channel at all times. You need merely set the intention of stepping into your higher self.

The imagery was given earlier this evening of an iceberg. Picture yourself as the iceberg – the entire berg - yet the physical aspect of you is the only aspect which most see at all times. Invert that iceberg and picture the greater part of you spreading upward and outward - not limited by the form of the iceberg, but melting into the sea of all consciousness. Now you understand that you are part of That. When you hold this imagery in your mind and tap into That in a meditative state and invite That to blend completely with you - to teach you- to give you an experience that is new to you as a human being – then you begin to know yourself as That ...and that is transformation. It is quite simple. You hold the intention – you accept that that is reality, and you step into your power. You may wish to have pen and paper nearby. Once you open the flood gates – the gates to the flood of wisdom that is available to all of you at all times – the wisdom will flow if you are willing to continue that connection – to maintain that communion. We are just waiting to be invited into your life. Will you invite us? We will always answer. We ask you to remind this one to tell you the story of the download given to her this morning upon conclusion of this session. Let us move on to another question.

Questioner: We love and are so grateful for this beautiful earth that our Creator has given to us. We ask you to thank Him – our Creator - and ask Him for His and Her help. Our creatures are suffering. Our earth is ...

Sanaya: May we interrupt you please and redirect the energy to tell you that you are hearing the voice of the Creator as you speak – as you speak and as we speak through this one to ease your pain and suffering through the understanding that there is no division – no separation – between you and your Creator. Your English language has done you a disservice. Any other human being who has taught you that you need pray to a being separate from you – or give thanks to a being separate from you has done you a disservice. You cannot be separated from That One. Your prayers are heard for they are part of you. You need not use this opportunity to thank any being, but to give thanks for being.

There is but one Power – one Source – one Energy and one Consciousness and you are That. You – you –all of you are That. You are in the presence of That now and at all times. Can you feel it? That is Love. That is what you would know as God. We would invite you to learn to pray in a different manner. Not a prayer of beseeching, but a prayer of affirmation. “I am That. I am so grateful for the awareness of That. I recognize that the others live in a state of separation and see and feel suffering for they do not realize that all is One and all are That.” We hear your prayers. We understand from whence they come. We send you love to raise your energy. We pray for your awakening – that you no longer suffer and send only love and compassion to all those who continue to feel a separation from That which all of you are.

Do you understand our message? (*silence*) Do you understand our message? (*Attendees answer “Yes”*) It is the most critical – the most critical. It is indeed advanced human thinking, for the mass of humanity still believes that they are separate from that which you call God, and that God answers the prayers of some and allows others to suffer. (*pause- Suzanne exhales audibly*) There is no such being. Look around you. If you cannot see that Source of Love in your fellow human beings, we ask you to walk outside and look at a tree – and look at a flower – and look at a puppy – and find a baby – and find something that takes your heart back to a sense of purity – a sense of innocence – a sense of pre-humanity – a sense of who you are and from where you came. This, my friends, you can find when you sit in the silence and go within and ask to feel it. Have you asked or do you merely wish? Now, does this not sound like a prayer? Who are you asking? You are setting an intention in the asking. You are asking your guides to help you to surrender your humanness - your doubts and fears. Beseeching prayer plays a role – it helps you to set an intention, but it is not the highest form of raising consciousness. A higher form would be one in which you sit in a state of peace and acknowledge your oneness with All-That-Is. With your own consciousness aware that it is indivisible from higher consciousness ... connect the two. Rise upward on the vertical axis and do feel who you are. Experience who you are. When you have enough of these opportunities you will not go back to the beseeching method of prayer, but send love and compassion to those who have not yet realized that they have been blinded until they too feel the light. We will entertain one more.

Questioner: (*inaudible*)

Sanaya: (*Repeats the question*) “Is there anything in our physical state as humans that we cannot prevent or overcome with our consciousness?” Yes, this is quite so if there are lessons to be learned from those around you. The individual is quite powerful, but at times there are certain lessons to be learned by other humans. Perhaps you are playing a role in their learning. Do you understand this? All are connected. The Nazarene - the one known as Jesus - understood the full power of the human and was able to perform miracles. Other enlightened beings have performed what you understand as miracles overcoming so-called human limitations. Higher souls were they, agreeing to come to this earth to help those around them to awaken. This is all part of a greater plan that is known at a level above your own.

We ask you not to feel frustration if miracles do not occur. Why do healings take place in some and not in others? You do not have all the answers, and this is when trust is quite helpful. We ask you to believe in miracles – to believe in the greatest power and to believe that the greatest good will come of your actions. This happens in synchrony with higher consciousness. It is a bit of a paradox that there is great power in surrender and that surrender and the conscious use of power go together. We ask you- yes- to set goals for yourself. To set a goal to overcome human limitations ... to rise as high as you can as a spirit being in human form, but at the same time surrendering to the greater good and knowing that perhaps you will not know when that is until you pass from this human world. At times Spirit withholds information and knowingness, but always for a purpose that becomes revealed upon passing to the next stage of your existence.

We wish to repeat again to hold the highest of goals and to have plans for yourselves, but to keep them quite general, for the human being cannot possibly know in human form how high you can go. If you put limitations upon yourself, perhaps you will not experience all that you are capable of. A great goal can be brought. Set the highest you can imagine and then surrender to the greatest good to be brought to this earth through you. Pray if you must ... “Make me your instrument.” ... or pray if you like, “I am at your service.” You must rely upon the English language, and so you use words such as “God” and “You” with a capital “Y,” but know that you are speaking to higher aspects of the self and that you are part of That. When you do all that you do from the heart – from a place of love – yes, when your motives are pure - then you can work miracles. Motive is all important.

What are your motives for being here this evening? We hope that they have been fulfilled. We hope that you have experienced the love that you are. We do expect that you will go from this room a changed person – a human person with the soul that is you a bit more to the forefront – bared as it were to the world. That is why you are here – not just in this room, but on this earthly plane. As long as you are here and you are being breathed there is purpose in you being here. May that be revealed to you in every breath that you take.

May you go forth from this room radiating the love that you are. Never forget why you are here – to be the presence of love.

We bid you goodnight.

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Note that after the session, one of the attendees told Suzanne that Sanaya had asked them to remind her to discuss the download given to her that morning. Suzanne shared how Sanaya awakened her in the dark that morning to give her some teachings. She had written several pages when Sanaya told her to turn on the light on her phone and look at the last page. When she did so she saw that the pen had just run out of ink. They did not want her to miss a word!